

# Menopause

Menopause can start as early as your thirties, or as late as your fifties. Menopause is a gradual process that takes place over a period of several years.

All of the female cycle problems (amenorrhea, dysmenorrhea, menopause, menorrhagia, PMS, and general hormonal imbalance) have one essential oil blend that you want to get first and never let go of—Venus. It was designed for women and their cycles and is just a marvelous, marvelous essential oil blend. I know that the female cycle is different for every female and you may need to add something to your use of Venus in order to achieve the best results for you, but I highly recommend that you start with Venus and add to its use if you need something more.

Venus essential oil blend (Bergamot, Clary Sage, Geranium, Fennel, Coriander, and Ylang Ylang): applied to soft tissue of the body can help manage hot flashes. Applied on pulse points it helps balance the hormones and gives more control over self. It eases menopause and calms the symptoms of menopause by balancing the hormone cycle.

## How to Use:

- **Topical Use** – Use with a warm compress on the abdomen for cramping.
- Apply to breasts, abdomen, inner thigh, upper inside arms, around the anklebone, or on the bottom of the feet daily as needed, rotating points of application to prevent dermal sensitivity. (Note: some ladies have reported that their breast size has increased since applying Venus blend to that area. If this is not something you want to have happen, just apply to other soft tissue areas and avoid applying directly to the breasts.)
- Valuable when applied to feet and hands at reflexology points for female issues. (All the way around the ankles and wrists.)
- Apply 1-2 undiluted drops on pulse points such as the forehead at the hairline, the temples, solar plexus, along the rim of the ear, on the wrists, bottom of the feet, and under the nose.
- **Inhalation** – 2-3 drops of Venus on a cloth or palms of hands, cup hands, inhale for relief of anxiety, hormonal imbalance, or pain associated with feminine challenges.
- **Massage** – Dilute 3-5 drops in 1 Tablespoon of Message Oil and rub hands together for an all-over body massage to enliven the senses and promote feelings of love, joy, and confidence. Massage oil(s) all over the body and use in your bath. Always massage in the direction of the heart. Massage legs from the feet up, arms from the hands up, torso front and back. You don't need to add a ton of carrier oil—just lightly apply it, you want the oil to be absorbed by the skin, not leave an oily residue. Apply oils to feet, ankles, lower back, groin, and pelvis.
- **Diffuse** – Diffuse as needed, particularly to support balanced moods and emotions. To fill a room with aroma, diffuse 15-20 drops in 10-15 minute intervals throughout the day. The oils can be used in a vaporizer, sprays, bath, hot or cold compress, perfume or for topical body application or massage.
- **Bath Application** – Pure essential oils are most effectively used in bathing when added directly to bath water by using one of the methods listed below:
  - Agitation Method – After adding oil(s) to running water, agitate or vigorously mix the bath water, ensuring even dispersion of the oil(s).
  - Create a Bath Oil – Mix the appropriate amount of oil(s) with Message Oil then add the mixture to bath water.
  - Create a Bath Salt Mixture – Add the appropriate amount of oil(s) directly to Be Young Starflake Salts, Epsom™ Salts, or Sea Salt, and then disperse bath salt mixture into bath.
  - Always avoid contact with eyes while in bath water. Always rinse off after soaking in bath salts as they pull toxins from the body and you don't want them to remain on the skin and be reabsorbed.

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**Hot flashes** are caused by the irregular function of the blood vessels (they are constricting and dilating—increasing blood flow, raising body temperature, and slightly increasing heart rate). Avoid stimulants (coffee, caffeine, alcohol, tea). Evening primrose has shown to have good results in helping decrease hot flashes.

**Essential oils that decrease hot flashes or can act as a female hormone stimulant:**

- Clary sage: decreases hot flashes and night sweats. Helps stimulate the production of estrogen. This essential oil brings relaxation and allows a woman to overcome the mixture of physical and mental difficulties that sometimes accompany the physiology of a woman's body.
- Coriander: Estrogen like effects. May be useful during menopause
- Cypress: reduces hot flashes. Can act as a female hormonal stimulant.
- Fennel: used for balancing hormones. Estrogen like stimulant. Helpful in menopausal problems. Good for women of all ages – from young women with menstrual problems due to the onset of menses to menopausal women. Calms symptoms of menopause, decreases hot flashes, helps reduce inflammation, relieving swelling in the breasts.
- Peppermint: applied to the back of the neck (with a carrier oil) will cool the whole body down almost instantly. If you are experiencing hot flashes often you may want to add a drop of Peppermint to your water and sip throughout the day to keep the cooling action going.

**Masaji 2-3 times daily: decreases hot flashes.**

**Essential oils that help with emotional balance:**

- Bliss Blend: excellent for depression and anxiety.
- Blossom Blend: designed to help one embrace a time of renewal, a time of change, a time of new beginnings.
- Chamomile (German or Roman) has a calming effect, eases tension, anxiety and headaches. This oil is remarkable for addressing irritability, both on a physical and emotional level. Eases pain from PMS and menopausal problems. Hormone-like.
- E Motion Blend: supports emotional balance, releases negative emotions, increases self-esteem. Assists in balancing hormones. Calming to mid-region of the body, whether it be feminine issues, issues of “the gut” or abdominal issues of any kind, and whether emotionally rooted or physically rooted.
- Geranium is a hormone balancer and reduces stress. Exceptional for balancing emotions and calming stress. When inhaled, the scent is antidepressant, uplifting, and averts tension. Reduces and quiets inflamed emotions, and promotes emotional harmony. Hormone-regulating properties make it especially applicable during puberty, menses, and menopause.
- Mars blend: Although originally formulated to balance the hormones of men, it has been found to help women who are experiencing the ‘change of life’ who find themselves too hormonally driven.
- Loving Care blend: supports women in all stages of life. Balances hormones, helps depression, insomnia, and nervous tension. Use as a great daily fragrance or cologne with the benefits of maintaining hormonal balance. Helps regulate hormones during menopause

\*If you are already using a **hormone patch** and want to replace it with Venus try the following: start with Venus on the ankles, inner thighs, breasts, and lower abdomen for a few days (1-2 drops in each location). Then try not having the patch for a few days and note the changes to find a workable routine. Of course, you should be doing the Liver Cleanse and Masaji has also been showing wonders for hormone balancing.

\***Hormonal Headaches** – often caused or affected by birth control pills etc. *Venus blend* applied to the bottom of the feet, around the anklebones, at the base of the hairline, and on the pulse points. If it doesn't hold the headache well enough, add *Lavender* oil.

**Success Stories:**

I have been using the Venus blend for my menopausal symptoms. I had a hysterectomy 20+ years ago and have been on HRT for 15 years. Hot flashes were one thing, but the depression I could not handle, so I continued to take the HRT. Over the last year I have been weaning myself off the HRT. I was ready to go to 1 pill a week, and was having a hard time, especially at night. Some nights the sweats and sleeplessness got really bad, but oh well. The hot flashes during the day were frequent but manageable. I asked Dana about hot flashes and he recommended Venus. I started using it that night for the menopause (I have been using it for other benefits-Yee Haw!). I have not taken a HRT pill since. The directions Dana gave me were to use 3 drops in my palm and rub on my belly. I did do that, and I'm finding that when I add two drops just under my breasts, I get the best results. Don't ask me why, it just works for me. Pretty awesome! Pretty awesome! --B.

*I use the Venus blend every day to just keep my moods level and especially as I'm going through the big "M"! (Don't use my name)*

I was on 2 mg of Estrogen before coming into the Essential Oils at the Utah convention in Feb. I had absolutely no knowledge of oils and how they could work in my life. I ordered the Venus blend and started using it as Dana suggested at the oils training... well here it is 2 months later...and I no longer take Estrogen and I don't have those very annoying hot flashes that women my age get. I am very pleased to have found the oils and am now off one more prescription drug. Thank you. --M.T.

*I have been troubled with hot flashes for several years. My hot flashes occur once every 45 minutes to hour. I refused to take any prescribed hormones in fear of cancer. I have been in complete misery! My sister-in-law told me to use Venus plus Cypress. Within four days of use, my hot flashes disappeared! WOW!!!!!!!!!!!! I had tried everything on the market, with no success. Please feel free to use my story. These oils are absolutely fabulous!!! --Julie M*

**To order, for class information, or if you have questions contact:**

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