



At the start of 2020, we were all looking forward to a new decade, a new era

post-Brexit. Little did we know that waiting in the wings was a pandemic hitting the world and all in its path. By March, our lives had changed. Some found it an imprisonment, others, a chance to reflect, metamorphosise and grow.

With a second wave of Covid-19 looming, aromatherapists can help clients to not only protect their home and workplaces from this virus but, after such a long time, to empower and support themselves physically and mentally.

Other than the usual oils such as ravintsara, eucalyptus, niaouli and tea tree to prevent and protect, let's discuss a few that bring sunshine and light to these dark days; oils that enhance our moods, elevate our psyches, support our immune systems and make a difference by just being there.

Bergamot, neroli, jasmine and

### Which aromatherapy oils can I use to support clients during coronavirus?

ylang ylang can be used to bring an emotional uplift, soothe the stressed brow, aid mindfulness, deep breathing and a sense of restoration. Jasmine is for hope, bergamot for both physical and mental support, bringing joy and lightness into the room – not to mention anti-microbial qualities.

Lemon myrtle has a higher citral content than lemon and is a more protecting oil. With ginger Co2 extract and manuka, it can create a wonderful lemony room spray.

Also, consider drawing on the strength of cedarwood and wisdom and nurturing properties

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of sandalwood, as both oils support the respiratory system

For children and

young people, a blend of lime, mandarin and lavender awakens the fun within, uplifting, soothing and nurturing those going through a difficult time. Put three to five drops of the blend on a tissue that they can inhale from time to time.

For those experiencing the loss of a loved one, blend rose, frankincense, palmarosa and geranium for shock, grief, spiritual support and release.

And finally, for those who are sleep deprived due to anxiety over staying virus-free, suffering with claustrophobia from being indoors all the time or worried about keeping their job, try diffusing three drops of vetiver "the oil of tranquillity" and two of high altitude lavender, known for its extra sedating and soothing properties due to its higher linalyl acetate content.



#### DO YOU HAVE ANY QUESTIONS TO PUT TO OUR EXPERTS?

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