



Herbs To Support Aromatherapy For Women's Health

Black haw

Reproductive: regulates menstrual flow, reduces menstrual pain, relieves PMS, aids in labor, alleviates post-partum pains, prepares uterus for delivery, treats ovarian problems, uterine tonic

Cramp bark

Reproductive: regulates menstrual period, regulates menstrual flow, treats polycystic ovaries, reduces menstrual pain, relieves PMS, aids in labor, alleviates post-partum pains, prepares uterus for delivery, treats ovarian problems, prevents miscarriage, uterine tonic

Hops

Reproductive: treats menstrual problems, aids in PMS and menopausal mood swings

Jamaican Dogwood

Reproductive: treats menstrual problems, aids in uterine pain

Jatamansi

Reproductive: treats menstrual problems, aids in PMS and menopausal mood swings

Lavender

Reproductive: treats menstrual problems, aids in PMS and menopausal mood swings

Motherwort

Reproductive: treats menstrual problems, aids in PMS and menopausal mood swings
Nervous: fights moods swings, alleviates neuralgias, reduces panic and anxiety attacks, attenuates headaches, calms irritability, treats exhaustion, helps in chronic fatigue, relieves stress, has sedative effects, aids in insomnia

Menopause blend (reduces / alleviates menopausal symptoms)

Equal parts motherwort, burdock root, licorice, wild yam

Passionflower

Reproductive: treats menstrual problems, aids in PMS and menopausal mood swings, aphrodisiac

Nervous: fights restlessness, adjuvant in withdrawal, alleviates neuralgias, reduces panic attacks, attenuate headaches, calms irritability, treats exhaustion, helps in chronic fatigue, relieves stress and anxiety, has sedative effects, aids in insomnia and sleeping disorders

Skullcap

Nervous: fights mild and seasonal depression, alleviates neuralgias, reduces panic attacks, attenuate headaches, calms irritability, treats exhaustion, helps in chronic fatigue, relieves stress and anxiety, has sedative effects, aids in insomnia

Reproductive: treats menstrual problems, aids in PMS and menopausal mood swings

Combinations

w/ Milky Oats for long-term stress and nervous exhaustion

w/ Passionflower for insomnia, nervous palpitations, and anxiety

w/ White peony and cramp bark for menstrual pain

w/ Rosemary and lavender for tension headaches

Valerian

Reproductive: treats menstrual problems, aids in PMS and menopausal mood swings

w/ Passionflower and Skullcap for anxiety, insomnia, and nervousness.

Vervain

Reproductive: treats menstrual problems, aids in PMS and menopausal mood swings, relieves uterine contractions, facilitates post-partum recovery

Wild Yam

Reproductive: regulates menstrual flow, reduces menstrual pain, relieves PMS, attenuates menopausal effects, aids in labor, aphrodisiac

Wood Betony

Reproductive: regulates menstrual flow, reduces menstrual pain, relieves PMS