



Clove Essential Oil

by
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Clove Essential Oil

Clove essential oil has a warm spicy scent. It's a really beneficial pain reliever for toothache, arthritis and rheumatism and is a useful disinfectant.

About Clove

Clove oil is a powerful analgesic that is especially effective for relieving pain, especially toothache and muscle and joint pain associated with arthritis and rheumatism. It's also really effective when used for digestion issues such as flatulence, nausea and cramping.

Clove oil is also good for skin conditions such as skin sores and fungal infections such as athletes' foot due to its antiseptic and anti-fungal properties.

As a stimulating oil Clove oil can be used to relieve feelings of fatigue and lethargy as well as relieving stress and tension.

As an added bonus Clove oil is a scent that is often associated with Christmas and so it can be used to make a festive room spray.



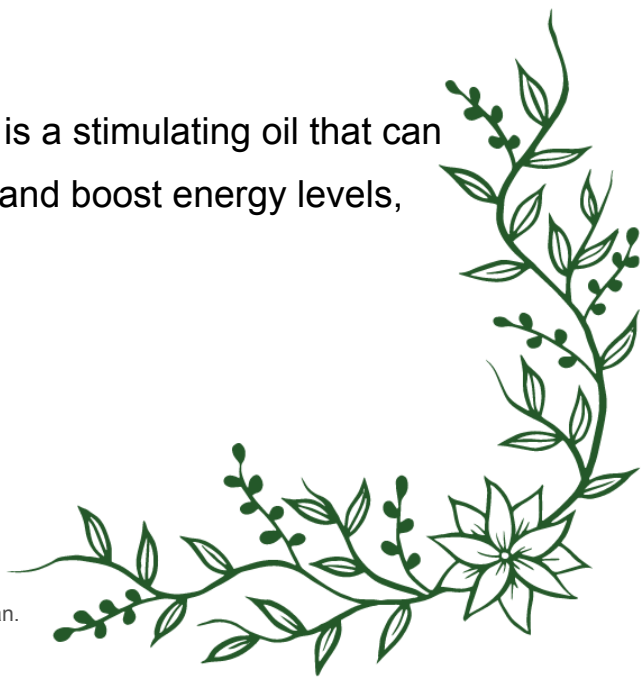
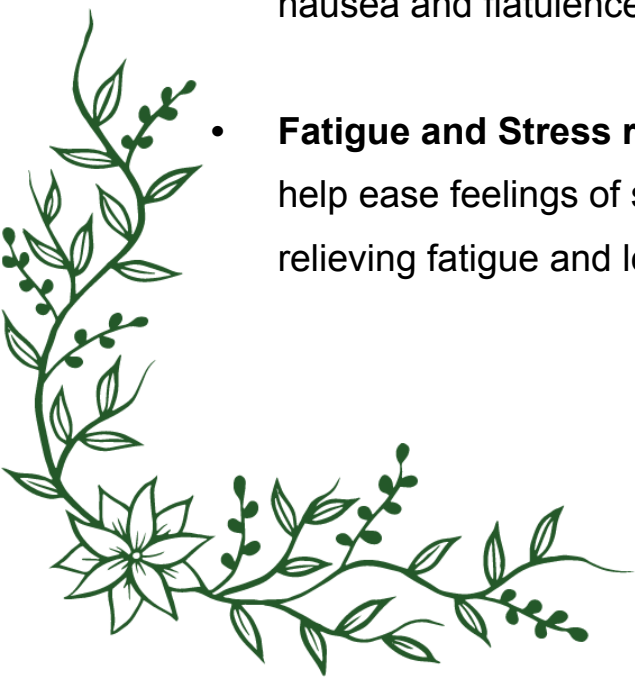
Healing Properties Of Clove Essential Oil

Clove is one of the most versatile oils and has the following healing properties:

Properties

Analgesic, antiseptic, anti-inflammatory, anti-microbial, anti-fungal, antiviral and stimulating properties.

- **Toothache and dental care** - Clove oil can be effective in relieving toothache due to its analgesic properties, it can be used either as a mouthwash or for severe pain it can be blended in an oil and rubbed on the tooth and surrounding area.
- **Pain relief** – Clove oil is a powerful analgesic so makes it effective in relieving pain particularly when applied topically.
- **Muscle and joint pain** – Clove oil can be used to soothe sore aching muscles and pain associated with arthritis and rheumatism thanks to its analgesic pain relieving and anti-inflammatory properties.
- **Digestion system** – Can be used to soothe digestive issues, cramps, nausea and flatulence.
- **Fatigue and Stress reliever** – Clove oil is a stimulating oil that can help ease feelings of stress and tension and boost energy levels, relieving fatigue and lethargy.



- **Skin conditions** – With its antiseptic, analgesic and anti-fungal properties Clove oil is particularly good for skin sores and leg ulcers and fungal infections such as athletes' foot.
- **Headaches** – Clove oil can be used to soothe headaches due to its analgesic and anti-inflammatory properties.
- **Insect repellent** – Clove oil makes an effective insect repellent.



Ways to use Clove Essential Oil

Diffuse

- Clove essential oil can be used in diffusers or oil burners. Using Clove essential oil in this way is particularly beneficial relieving headaches, stress, tension and fatigue.

Diffuse 1 - 3 drops of Clove essential oil in an oil burner or diffuser.

Massage

- Massage is a great way of relaxing the body and mind and easing aching muscles. Clove oil can be massaged along the jawline to relieve toothache. It can also relieve the pain and discomfort associated with muscle and joint aches and pains especially those associated with rheumatism and arthritis.

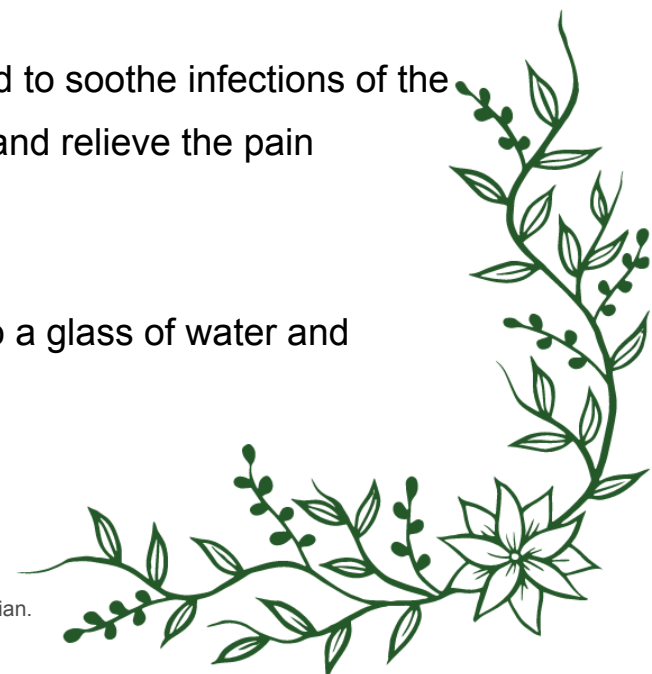
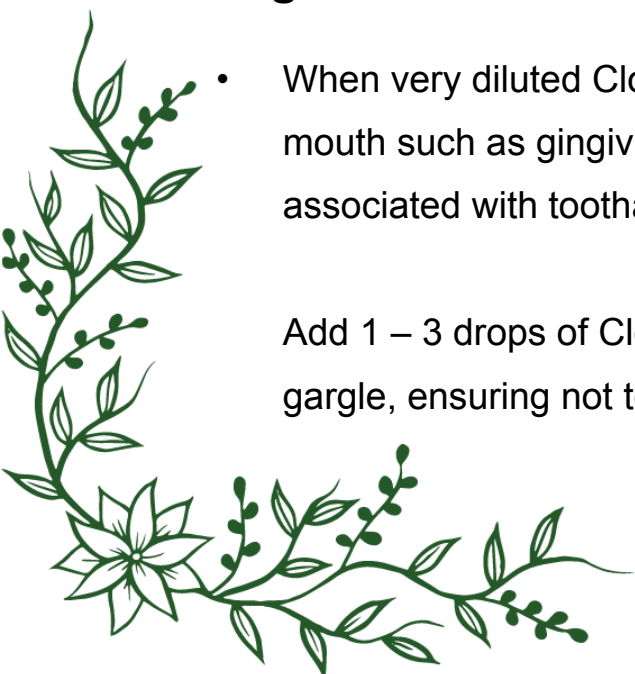
Adults - up to 7 drops of Clove essential oil in 1 tbsp of carrier oil

Children over 2 years old - up to 3 drops of Clove essential oil in 1 tbsp of carrier oil.

Gargle

- When very diluted Clove oil can be used to soothe infections of the mouth such as gingivitis, mouth ulcers and relieve the pain associated with toothache.

Add 1 – 3 drops of Clove essential oil to a glass of water and gargle, ensuring not to swallow.



Cream

- Adding a few drops of Clove to a base cream is a great way of harnessing Clove's pain relieving properties massage over painful areas such as muscles and joints affected by arthritis or rheumatism. Clove is effective in assisting healing of leg ulcers and skin sores.

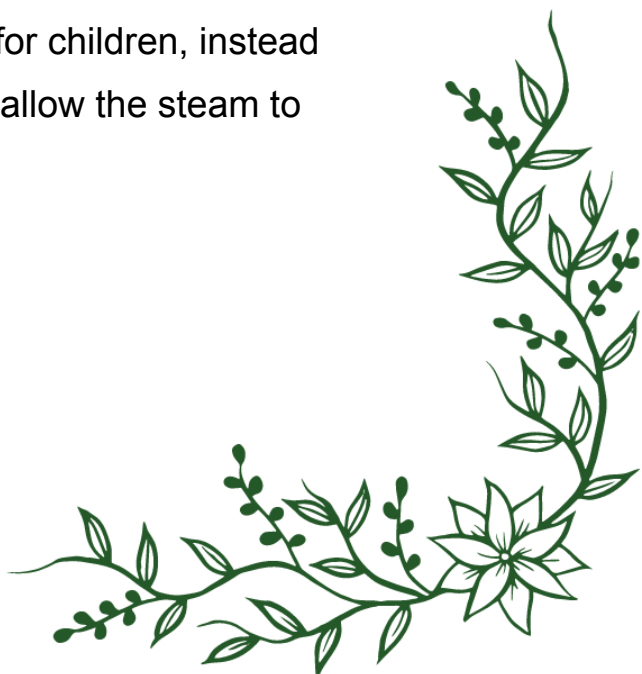
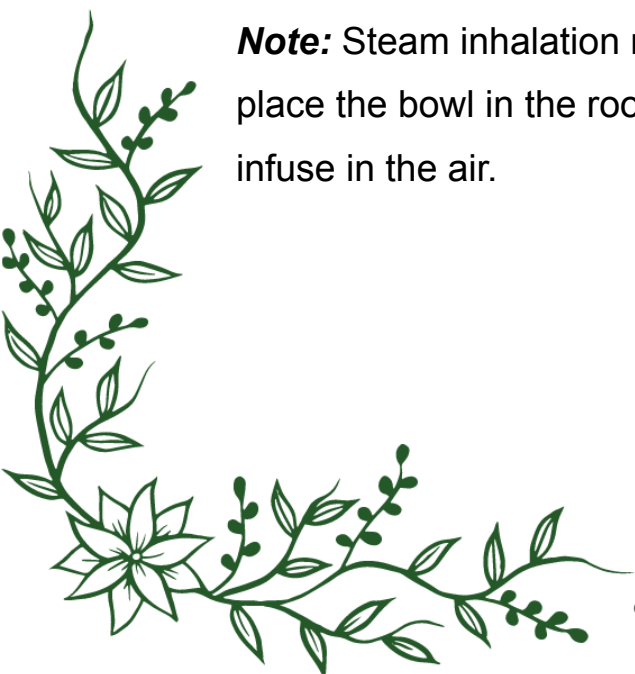
Add up to 12 drops of Clove essential oil to 30 ml of base cream.

Inhalation

- Inhaling Clove essential oil is effective in helping to relieve symptoms associated respiratory tract infections such as bronchitis.

Simply add 1 -3 drops of Clove essential oil to a bowl of hot water, place a towel or blanket over your head and shoulders to enclose your head over the bowl and inhale for 5 – 10 minutes.

Note: Steam inhalation may be too strong for children, instead place the bowl in the room or close by and allow the steam to infuse in the air.



Blends

Whilst most essential oils can be used together some oils can overpower other oils. Clove goes particularly well with oils such as:

- Basil
- Rosemary
- Cinnamon
- Rose
- Ginger
- Sandalwood
- Clary sage
- Bergamot
- Frankincense



Side Effects

As with all essential oils it should not be used neat on the skin, essential oils are very concentrated oils that can irritate the skin unless mixed with a carrier oil. Essential oils should not be used internally unless under the supervision of an aromatherapist.

Pregnant and breastfeeding mums should avoid Clove oil. Excessive use can lead to respiratory issues and cause sores to the mouth.

Pets can be particularly sensitive to the effects of essential oils and can even be toxic so where possible should either be avoided or used where a pet is able to go into another room for example Clove is one such oil.



About *The Reformed Bohemian*

For over 20 years I worked in Health and Social Care, my aim has always been to support and provide people with the inner resources to be the best they can be both mentally and physically. I spent years studying and working my way through and up the conventional system of mental health and well-being. I went through the 'normal' academic route first as an undergrad and then post grad. But far from feeling accomplished and at the top of my profession I felt disillusioned.

So, I went back to my roots and found alternative treatments that didn't just treat and at best masked the symptoms but provided real, long term solutions. I went back and re-focused my studies in Naturopathy and became a certified Herbalist, Flower Remedy Therapist, Aromatherapist, Holistic Nutritionist, Neurolinguistic Programming Practitioner and Holistic Skincare Therapist. I hope by sharing my experiences and knowledge I can help others on their journey into natural healthcare.

You can find out more by visiting me at www.reformedbohemian.com





The Reformed Bohemian

Health & Well-Being Powered By Nature



Find out more at

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