

The 3 best essential oils for yogis

“Yoga is equal parts strength, flexibility, balance, and endurance.”

- Mandy Ingber, Yoga Instructor

There are so many ways to enhance your regular [yoga practice](#), and adding essential oils to the mix is a great way to encourage your body to feel more relaxed, focused, and generally in-the-moment as you practice your flow. While it can be beneficial to use certain essential oils to feel more energised for high-impact workouts, the essential oils we're recommending below are much more in tune with a calming yoga practice. Here are a few essential oils you may want to incorporate into your next yoga session, and the products you'll need to make this happen:

Chamomile

The soothing scent of chamomile is a fantastic everyday stress reliever, and the perfect essential oil to accompany your evening yoga practice. Reduce overall muscle tension and mental strain with this calming oil, settling your nerves in the process. You'll find chamomile essential oil in our [De-Stress Candle](#); light this a few minutes before you start yoga, and notice how much more meditative your practice becomes. The added bonus is that it sets a wonderfully relaxing atmosphere in the room, so you can become fully immersed in your yoga journey.

Palmarosa

Muscles feeling a little stiff? Can't quite master the pigeon pose? Palmarosa is the ideal essential oil to incorporate into your regular practice as it is known to help relax muscles and settle your nervous system, helping you feel more calm and confident to push your flexibility further than you might have otherwise. It's also a great one to use before bed for a more restful night's sleep, so it could help turn your yoga practice from frustrating and awkward, to relaxing and peaceful. Rub a little of our [Sleep Well Balm](#) on your pulse points to get the benefits of palmarosa during your practice.

Frankincense

If keeping your balance during your warrior pose is your issue, then the balancing and grounding properties of frankincense could be exactly what your practice is missing. This scent is effective if you've had a somewhat hectic day and you're feeling frazzled, helping you reset and restore the mental balance you need. Feeling more grounded mentally will undoubtedly help with your yoga practice, allowing you to maintain motivation and focus as you stretch. You'll find this scent in our [Escape Balm](#), so rub a little on your wrists before your yoga session begins.

Have you tried yoga accompanied by essential oils? Share your thoughts with us on our [social media channels](#).