

Remedies For Headaches And Migraines.

Headache Inhalant

- 1 d. Rose oil
- 1 d. Basil oil
- 1 d. Orange oil
- 1 d. Rosemary oil

Mix together in palm of hand.

Rub hands together briskly and cup over nose and mouth.

Inhale deeply through nose 3 times.

Wipe off excess oils on a tissue or cotton pad and place in baggie for use throughout the day.

Do **NOT** get into eyes.

If you get Essential Oils into eyes, flush with a vegetable oil, **NOT** with water!

Hangover Compress

- 1 d. Peppermint oil
- 1 d. Rosewood oil
- 1 d. Lavender oil

Mix on a cool, wet rag.

Apply to temples for ten minutes.

Hangover Bath

- 3 d. Rosemary oil
- 3 d. Rosewood oil

Mix into bath water.

Bath for Headache Relief

- 3 drops Chamomile
- 3 drops Lavender
- 2 drops Marjoram
- 1 drop Thyme
- 1 drop Peppermint

Fill bath tub with very warm water (**NOT HOT**).

Add Essential Oils after the tub is full.

Disperse oils through the water immediately before getting in.

(Doing so prevents the oils from puddling into 1 area.)

Soak, inhale deeply and relax for 20 to 30 minutes.

Aromatherapy Blend to Use with Reflex Massage for Headaches

- 10 Peppermint
- 10 Basil
- 8 Marjoram
- 8 Helichrysum

Dilute 50/50 with good carrier oil or vegetable oil and use while massaging reflex points.

Curing Sinus Headaches With Pressure Points

Know your sinus points and use the acupressure method to treat yourself and rid yourself of the pain.

The best thing about the acupressure method is that it has no side effects. It is something that you can do completely on your own and if you are doing it properly, you can get almost instant relief.

The following points describe the steps in detail. Try doing; you'll be glad that you did.

1.) First of all you have to get a clear idea of where your sinuses really are.

For this I recommend that you lie down on a flat surface preferably without the support of a pillow.

The next thing you should do is run your fingers gently over your face, taking note of the various rises and falls.

Now let your fingers linger in the portion above your eyes but just below the eyebrow.

Feel the bone over there and let your fingers sense out a notch in that bone. This space extends from there towards the nasal bone.

This is your first sinus point.

2.) Now let your fingers trail down further until they reach the depressions on both sides of the nose halfway between the eyes and your mouth.

This is your second sinus point.

3.) Now what you have to do is to apply pressure to these sinus points. You have to be careful when you do this and please take care to use only the soft balls of your fingers and not the tips, which may have long nails.

4.) First of all apply pressure gently.

You might experience a particular pricking sensation as you do. If it hurts, stop immediately.

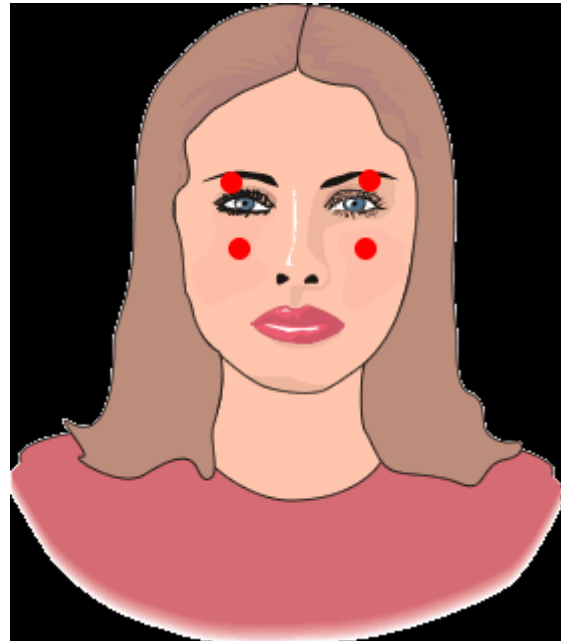
If not, you may continue applying more and more pressure until it becomes uncomfortable.

5.) Then gently let go and lie there for a minute experiencing the pain fading away.

6.) Repeat this with the second sinus point.

Remember that, if your sinuses are infected, these regions will be slightly swollen.

Source: <http://www.mandytonks.net/>



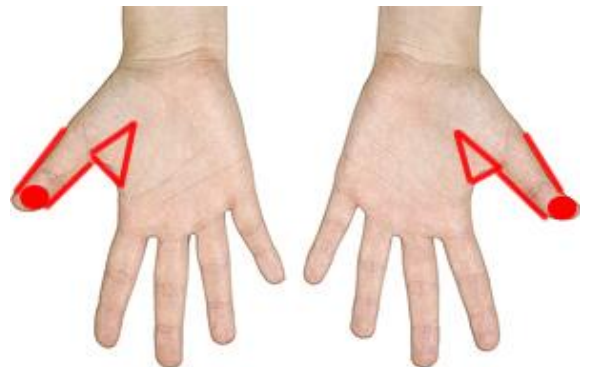
Hand Reflex Points for Headaches And Migraines Technique

Generally massage is applied directly by thumb pressure or by kneading. It will take a while to build up strength.

Alternate the thumb pressure with applications by using bunched or extended fingers, the knuckles, the heel of the hand or a gripping motion wherein the whole hand applies the force.

Alternating the techniques gives your thumbs a chance to gain strength.

Start with light pressure and gradually build. Always feel comfortable with the pressure. Never force your body, or inflict pain.



Headache Relief Pressure Points Tutorial

In this tutorial you will find the technique, based on Chinese pressure points, that can be used for fast headache relief.

The technique takes 5 to 10 minutes, and I find it very useful for most types of the headache. It is also very easy to apply - you can do it to yourself, as well as to someone else. It does not take more than 10 minutes to learn.

Unlike most "non-prescribed drugs", it works almost instantaneously, as a matter of fact, people often feel relieved even before the routine is completed.

There are, of course, conditions, that require different kinds of treatment (a cracked skull is a good example :), but for most types of headache this technique can compete with "non-prescribed drugs". Still, use your own judgment and consult your family doctor if needed.

1.) Using your thumbs, gently massage points, located on your temples. You are supposed to barely touch the skin, the purpose of this part is to relax the patient.

Perform the massage according to the arrows on the picture.

Do it for 20 to 60 seconds (all the pressure points in this routine can be massaged for some minimal time, however, you can increase it, if it feels right).

2.) Using tips of your pointing or middle fingers, massage the points located near the inside ends of eyebrows. These points (as well as all other points in this routine, except for the first pair) should be

massaged with strong, circular motions, the pressure has to be (almost) as strong as the patient can tolerate.



A few words about what we are doing here.

The pressure points we are using have strong influence on the blood circulation, as they regulate blood pressure and open capillary.

Therefore they work as a strong spasmolytic drugs do, relaxing tense muscles and opening capillary where they were blocked.

One of the "side effects" of this explanation is the fact, that to penetrate the pressure point, we need to apply pressure. We do it by pressing the point with the tip of the finger, or, if it is not strong enough, with the second (from the tip) joint of the (bent) pointing or middle finger.

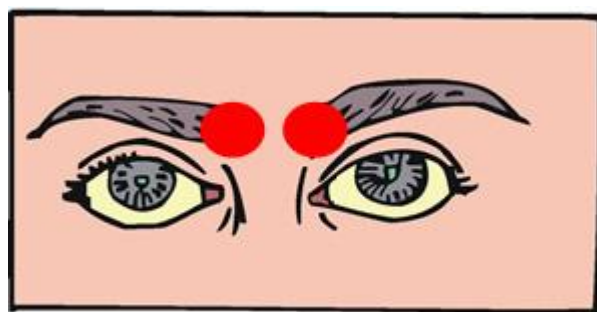
Press with circular moves, as if you are squeezing something in a mortar. This is very important.

You are not supposed to press and hold, as it will only provoke a spasm. Instead, imagine that there is a little ball at the point where you are pressing (often there is, as the muscles in the area are contracted), and you need to squeeze, or to spread it.

Also it should be noticed, that while massaging points on, say, front side of the head, you are pushing it back. And to resist this pressure, the person has to use his neck muscles, which, especially when this person has a headache, is not a good thing.

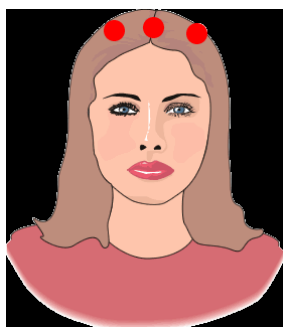
To handle this problem, you can hold the person's head, so that your middle fingers push against the pressure points, while your thumbs are supporting the head from the back (this works if you are giving massage to yourself). If you are doing it on another person though, you can press the points with your thumbs, while supporting the head with the palms.

Massage these points for 10 to 40 seconds.



3.) Draw imaginary line from the outer sides of your eyes up. Move your fingers by these lines, applying pressure, and you will find the points, which are more sensitive, then the areas around them.

Using tips of your pointing or middle fingers, or (most common way) thumbs, massage these points for 10 to 40 seconds.



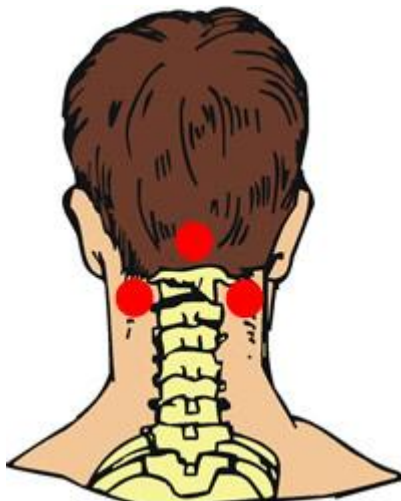
4.) This point is located at the same level, as the previous pair.

Usually, it is more sensitive then the skin around (when applying deep pressure), but not necessarily.

Using tips of your pointing or middle fingers, or (most common way) thumbs, massage these points for 10 to 40 seconds.

Source: <http://taichi.snowcron.com/>

More Reflex Points for a Tension Headache



Headache Soap Bars

8 oz. White Melt and Pour Soap

1/4 t ground Rosemary, Eucalyptus, Peppermint, Lavender (each)

4 drops each Rosemary, Eucalyptus, Peppermint, Lavender Essential Oils

Chop Soap base into small chunks and melt in microwave at 15 second intervals.

Swirl Soap to move melted chunks and return to the microwave.

Repeat for 1.5 minutes or until the Soap is melted, but **NOT** bubbly.

Allow the Soap to cool for 1 minute and slowly fold in remaining ingredients (except ground leaves) until well blended.

Cool and allow the Soap to thicken slightly to suspend leaves ... or they will float.

Ladel soap in to 2 4 oz. soap moulds.

Allow to harden 2 hours and move to the freezer for 30 minutes.

Pop out and bring to room temperature.

Move to plastic container or bags to maintain fragrance.

I use these bars in the shower with the steam to allow the vapours help to relieve Tension, common and sinus Headaches.

The Peppermint is also soothing when headache is accompanied with nausea.

Headache Salts

3/4 C Epsom Salts

1/2 C Baking Soda

1/4 C Fine Sea Salt Crystals

1/8 C Corn Starch

5 Drops each Peppermint, Lavender, Eucalyptus, Rosemary Essential Oils

1 Drop Blue Food Colouring

Blend salts, soda and corn starch by hand in a large bowl.

Add Oils one drop at a time until strong fragrance is achieved.

Blend Blue colorant until colour is mixed throughout salts.

Headache Tea

Pour 2 cups boiling water over 3 tablespoons dried primrose flowers and leaves.

Let stand, covered, about 15 minutes.

Strain and sweeten.

Drink warm or hot.

Use 1 heaping Teaspoon of dried Chamomile flowers for each cup of boiling water.

Steep 10 minutes.

Strain and sweeten with honey.

Naturally Dull Tension Headache

Dull a Tension headache by massaging a few drops of Peppermint Essential Oil (*Mentha piperita*) into your temples.

Peppermint works as well as 1,000 mg of acetaminophen, the main ingredient in aspirin, according to one German study.

Herb experts don't know exactly how it works, but the Peppermint appears to prevent your body from sending pain signals to your central nervous system.

Banish Stress Headaches

Adapted from *The Yoga Facelift* - Marie-Veronique Nadeau (Conari Press, 2007) <http://www.care2.com>

Ahhh, the Tension headache. We instinctively bring our fingertips to our temples in an effort to ease away the pain. And it works, if only for a minute.

For longer-lasting relief we found this simple and effective massage that goes beyond the temples:

- Place the index and middle fingers of both hands in the middle of your forehead. Rub your forehead by making v- shapes out from the centre.
- Now raise your scalp and forehead by lifting your brows slightly with your fingertips. Hold that position while you massage your forehead in short, upward strokes towards your hairline. Release. Alternate v- shapes and stroking six times.

- Move your fingers across your brow to your temples, pausing there to give your temples a gentle massage. This is an area where we hold stress and Tension that can often lead to Headaches.
- Then move your fingers to the corners of your eyes and massage gently.
- Move your fingers down to the hinge of your jaw muscles. Then move your fingers along your jaw-line, massaging firmly.
- Move your fingers down to your collarbone. Then, turning your head to the right, massage both sides of your neck with firm upward strokes.
- Turn your head to the left and repeat the massage on the left side of your neck.

Headache Cures

Excerpt from Travellers Joy p. 102-103 by Juliette de Bairacli Levy

For a headache, make a strong brew of wild or garden Mint (not Peppermint). Take strong drinks of this frequently. Apply the Mint cold on cotton cloths to the entire forehead, and bandage lightly in place.

Or pound up a handful of Lavender sprigs, wild or garden, and infuse them into vinegar for several hours. Then apply this Lavender vinegar to the forehead, using cotton cloths in the same way as the Mint brew. Apply also to the wrists and to the nose. A few drops can be taken internally on a lump of sugar, three times daily. Mint vinegar can be made if Lavender is not available.

Treat very severe Headaches as an illness, and rest in a darkened room and follow a diet of fresh fruits only until the headache is cured.

To induce sleep, make a strong tea of wild poppy flowers or heads, and take with honey. Or a tea of Lime blossoms or Hops or cowslips (can be used alone or mixed) all sweetened with honey.

Help can be had by use of the 'cool' things such as slices of Lemon, raw potato or cucumber, rubbed and patted onto the temples and across the back of the neck.

Direct exposure of the head to hot sunlight is a common cause of headache often severe. The wise nomad people always protect their heads from sunlight, wearing cotton scarves, or turbans, or hats of straw. (Nylon and other plastics are useless.)

For extra protection, keep the headwear sprinkled with cold water. Keep renewing the water if needed. My choice is a wide cotton scarf, and I dampen it well before putting it onto my head.

Getting Rid of Headaches

I would like to share a little technique with you if you haven't heard of it on how to get rid of a headache by asking just three simple questions to the person with the headache. You don't have to learn how to do it but just ask the questions.

- * If your headache had a colour what colour would it be?
- * If your headache had a weight to it how much would it weigh?
- * If your headache had a shape what would the shape be?

Just by asking these three questions to a person with a headache will make the headache go away. Simple yet very powerful tool.

By the way you keep on asking the same three questions until the headache goes away.

I used this technique the other day on a fellow employee and their headache was gone by repeating the questions twice. It totally astounded her and she wanted to know how I did that. Simple I said and you can help anyone with a headache just by asking these same three questions.

Migraine Tea

- 1 2/3 oz. St. Johns Wort
- 1 oz. Valerian
- 1 oz. Linden Flowers
- 1/4 oz. Juniper Berries

Use 1 teaspoon of the mixture per cup of boiling water.

Steep for 10 minutes, strain and sweeten.

This tea helps dilate blood vessels and improve circulation.

If your headaches are triggered by weather, drink the tea as the weather is changing.