

The List of Best Essential Oils That Can be Used as Natural Remedies for Pain

If you find yourself in pain you could reach for a painkiller, but do you really want to take something that could cause even more problems? These days more people than ever are taking a holistic and natural approach to medicine and that includes natural remedies for pain.

Some of the best natural remedies for pain are essential oils. Here are some of the best essential oil pain remedies.

Lavender Oil

Lavender oil is great for relieving pain and relaxing. You can inhale the vapors from the bottle or use a diffuser to relieve stress and muscle tension, which is causing pain. It also reduces the stress of headaches and migraines to reduce pain. Mixing lavender oil into your bath is a great way to make something that is super relaxing.

Clary Sage

Clary sage can be found in many massage oils because of its effectiveness in reducing muscle aches, spasms, and cramps. Just be careful because you only need a very small amount. You should also avoid using it with alcohol or before having a night on the town because it enhances the effects of alcohol and can be dangerous.

Juniper

Juniper is one of the [most effective essential oil among the other natural remedies for pain](#). There are plenty of uses for the juniper essential oil, including antispasmodic and anti-rheumatic properties for pain relief. Juniper can be applied using a cream or a lotion to relieve muscle spasms and the aches and pains caused by conditions such as arthritis and fibromyalgia. Juniper also reinforces your nerves which makes it an effective treatment for neuropathic pain. Just beware that juniper also has stimulant effects, which means that you should only use it early in the morning or it could make it hard for you to fall asleep.

Rosemary

Rosemary oil can be used to treat headaches naturally and works wonders on pains in joints and muscles. It can also be used to keep you alert, improve concentration, and even memory. It's also a great natural antidepressant. Rosemary blends perfectly with other essential oils but pregnant women should avoid using it.

Wintergreen

Wintergreen is only one of two plants in the whole world that contain natural methyl salicylate, which is the main active ingredient in aspirin. Native Americans would use Wintergreen for natural pain relief. Research has proven that wintergreen works quickly and effectively and it has a whole host of benefits. It's an anti-inflammatory, an analgesic, and an antispasmodic. This means that it's great for headache relief, muscle pain relief, and joint pain relief. Just be careful; wintergreen is an extremely potent essential oil and it should never be consumed. It is also considered to be unsafe for children who suffer from epilepsy.

Well there you have it; some of the absolute best natural remedies for pain. Remember that no matter what ails you, there is likely an all-natural remedy. So don't hesitate to give these essential oils for pain relief a go the next time you have a headache or need to relax your muscles.