

## **5 Different Ways to Use Night Blooming Jasmine Essential Oil**

Night blooming Jasmine oil is a relaxing and calming oil that helps to reduce anxiety, stress, and insomnia. It has a sweet scent, smells like jasmine flowers, and has anti-depressing effects. The oil can be applied topically as well as diffused through the air. Jasmine is one of the most popular essential oils and is often used as calming oil in diffusers. Jasmine can also be used topically to treat headaches, insomnia, and stress.

There are different ways to use night blooming Jasmine oil to relax the mind and body at night or to just deodorize the air in your house. You can also apply it topically on areas of skin prone to breakouts, inhale its scent while falling asleep or having trouble sleeping, or diffuse your jar during meditation or yoga sessions. The five best methods of using essential oils are detailed here for your convenience:

### **1. Diffusing Essential Oils in a Diffuser**

Diffusing your night blooming Jasmine oil through an oil diffuser will help you fall asleep faster and stay asleep throughout the night. Diffusers help to calm the mind and can be used in any room of your home. Even if you are not using the diffuser, a bottle of night blooming Jasmine, when drowned in water, is still effective as a stress reliever and sleep aid.

Generally, people who want faster results or better sleep at sat night use diffusers to magically change the aroma around them. While diffusing changes the mood and aroma of your room, you can also try mixing different essential oils in your diffuser to get unique nodes of aroma.

### **2. Aromatherapy**

Adding a few drops of Jasmine oil to your favorite body lotion or cream can help you relax during a massage session. This is a great way to de-stress while getting pampered at the spa or working on your feet all day. You can also rub the oil on the back of your neck or your temples when you feel stressed, anxious, or tired.

While relaxing with your favorite body lotion, the massage therapist can use the oil from a diffuser to help you feel more relaxed. If you use oil with a sweet aroma, like Jasmine oil, your massage therapy session will feel even better.

### **3. Massage Therapy**

Using a few drops of Night Blooming Jasmine Essential Oil during a full-body massage can help you fall asleep faster and feel more relaxed throughout the night. The best part is that your scalp won't be itchy after the massage because Jasmine oil has anti-inflammatory properties and can be used as an alternative to common oils like almond oil or coconut oil.

If you love using essential oils during a massage, you can add other favorite essential oils to your massage oil to increase the benefits. For example, most body oil and massage lotion is infused with various essential oils that help relax your mind and body.

#### **4. Scented Candles**

Buying special scented candles will themselves have a special aroma that helps you fall asleep faster and stay asleep throughout the night. Many people use scented candles at night when trying to sleep. In addition, using scented candles is an excellent way to de-stress because it helps to release stress, relax and deactivate the mind from stressful situations happening around them.

Inhaling essential oil's scent is one of the fastest ways to calm down and fall asleep peacefully during meditation and yoga sessions. However, most people do not know that a scented candle is a great way to calm down and feel more relaxed.

#### **5. Adding it to Your Bathing Water**

Likewise, pouring only a few drops of Jasmine essential oil to bath water will help you relax and fall asleep faster and wake up refreshed and energized. You can add it directly to the bath water or mix it with some Epsom Salt for added benefit. Additionally, many beautiful diffuser bracelets are easily made with your favorite essential oils and natural materials that make these bracelets glow in the dark.

The best part is that even if the bracelet is glowing, you can still smell the aroma of the essential oil. These beautiful diffusers can be worn during meditation sessions, nighttime strolls around your farm, or walking through a garden while carrying your favorite cup of coffee.

#### **The Bottom Line**

Night blooming Jasmine oil is just the perfect essential oil for all your needs, including aromatherapy, massage therapy sessions, or even at night while falling asleep. Once you start using this oil, your personality will change as you experience its effects on your mind and body. If you want to learn about Night Blooming Jasmine Essential Oil, [click here](#).