

Young Living Essential Oils for Running

Marjoram has properties that promote relaxation and help to alleviate muscle tension. If you are feeling rather stiff following an eventful run, rub marjoram along the calves and quadriceps to help loosen up the tissues and alleviate that tightness.

Helichrysum oil has the ability to block up to 20% of the sun's ultraviolet rays, and for that reason, it is the most common EO recommended for DIY sunscreen. In addition to preventing sunburn, helichrysum moisturizes and nourishes our skin cells which is especially important for runners who sweat out a lot of fluids.

Citronella is widely recognized as a natural bug repellant. It also has natural deodorizing properties, so mixing a few drops of citronella oil with coconut oil makes an effective, cheap and all-natural deodorant. You can also add a drop or two to a foot soak for eliminate foot odor.

Less known for its bug repellant properties, **Clove** gave the longest duration of 100% repellency (2-4 h) against all three species of mosquito in an analysis of the [comparative repellency of 38 essential oils against mosquito bites](#). It also has a stimulating effect on the mind and may help to reduce mental exhaustion and fatigue.

Lemongrass (a personal favorite) naturally soothes exercise induced discomfort, makes a refreshing foot bath, and naturally repels mosquitoes.

Peppermint can be applied to your forehead, shoulders, wrists, and neck to help you cool down after an exceptionally hot run. It also helps soothe muscle fatigue.

Lavender is great for relaxing and winding down. Add a few drops to your bath or to your foot soak to relieve skin irritation from your running shoes!

Tea Tree is a natural antiseptic and data supports that [Tea Tree Oil also has antimicrobial properties](#) and studies also point the [antifungal properties of Tea Tree Oil](#). Try adding Tea Tree Oil to your foot soak to promote overall foot health.

Roman Chamomile is beneficial when added to massage oil for relief of muscle discomfort after exercise. Try adding a few drops of Roman Chamomile oil, with a few drops of lavender oil, to hot water for an ah-maz-ing foot soak.

Wintergreen is beneficial in massage for soothing muscles after exercising. Young Living also has an exclusive blend, **PanAway**, which is comprised of wintergreen, helichrysum, clove and peppermint. This unprecedented combination is recommended for addressing minor aches and discomforts, which makes it a must have for athletes. PanAway is an effortless choice that addresses several common problems that runners experience.

Another exclusive Young Living blend is the INFUSED [Fitness™ Inspired by Oola](#) essential oil blend has been specially formulated to uplift, energize, and give you the inspiration to set and achieve your strength and fitness goals.