

June 18, 2020

<https://www.nytimes.com/2020/06/18/t-magazine/essential-oils-tlist.html>

The T List: Five Things We Recommend This Week

New work from Theaster Gates, bamboo-inspired fine jewelry — and more.

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Try This

Essential Oils To Calm Your Mind



From left: Tata Harper's Aromatic Stress Treatment, Project 62's Atmosphere, Vitruvi's Quiet Blend, Highborn's Moon Saber Aromatic Anointing Oil and the Well's Relax Essential Oil Blend. Courtesy of the brands

By **Caitlin Kelly**

“Certain essential oils can be a fantastic aid in relaxation,” says Michelle Gagnon, a natural alchemist who extracts and distills plant material into their essential oils for the Well, a New York-based wellness center. “Since we process scents with our brains, the aroma alone can quiet the mind, allowing us to feel more grounded and at ease.” Though lavender is a popular option, Gagnon also recommends amyris, which is distilled from the *Amyris balsamifera* tree (or West Indian sandalwood). If your idea of bliss is an English garden, the essential-oil-focused company Vitruvi created [Quiet Blend](#) (\$28) to mimic a calm space filled with fresh flowers. In it, warm amyris and herbaceous clary sage are balanced with notes of geranium and ylang-

ylang. The Well's [Relax Essential Oil Blend](#) (\$48) also contains amyris, in addition to smokey Buddha wood, lavender and sweet orange for a grounding, spalike effect. For a budget-friendly option, Target's Project

62 offers [Atmosphere](#) (\$10), a sandalwood-and-neroli essential-oil mix. All three of these blends can be used in a diffuser, in the bath or sprinkled onto a shower floor — an easy way to make a routine practice feel more Zen. While some essential oils can be harsh on sensitive skin, the Vermont-based natural skin-care entrepreneur Tata Harper created her [Aromatic Stress Treatment](#) (\$80) for use throughout the day on the neck and wrists. For a more concentrated experience, her bergamot-and-neroli blend can be rubbed onto the palms of hands and inhaled deeply for several breaths. And depending on the level of relaxation you're looking for, the Brooklyn-based Highborn offers two versions of its [Moon Saber Aromatic Anointing Oil](#), one with CBD (\$72) and one without (\$40). Both contain neroli, black frankincense and pink peppercorn and can be applied to pulse points.