

Cultural Daily

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Using Essential Oils in Your Car

Our Friends · Thursday, November 25th, 2021

Studies show that most Americans (85% estimated 2020) get to work by car and spend at least 1-1.5 hours in a day. And you might be among those car owners. For how many of them road primetime becomes an exhausted, annoying, and a waste of time? How many of them step into their cars with an ugg on their face just because of the pesky odor inside? Almost all of them. But how many of them take the help of the essential oils to combat the two situations? We bet you're not sure about it. No problem – you are the one who can convert the time of idleness into moments of productivity. Essential oils can literally make your travel time an aromatherapy session and make any unwanted odors unnoticed to you. Let's take a look at our top choices in this regard.

1. Lemon Essential Oil

The citrus essence of lemon peels is shown to help decrease anxiety and improve the quality of mood. An experiment concluded that diffusing [Lemon essential oil](#) in the workplace made a clear difference in the act of committing mistakes. And the same impact of the oil can be experienced while driving by making your mind alert and calm. The oil also helps maintain a better mood while in hectic road situations. Just a few drops of the oil can immediately wipe out the muddy smell hovering from the car floor.

2. Coffee Essential Oil

Coffee is one of our favorite drinks just for one reason: it keeps us active and focused – coffee essential oil does the same. The energetic impact of Coffee essential oil's scent helps reduce the effects of exertion, especially during long drives. The oil works as an inhaling tonic for people suffering from car sickness and nausea. Put a few drops of oil on the rear of each seat backrest and enjoy the odor-free drive for a longer time.

3. Lemongrass Essential Oil

Lemongrass is not limited to just food and flavoring uses, but a few blades of grass can give instant anxiety and stress relief. Inhaling [Lemongrass essential oil](#)'s aroma just for a few minutes can help calm your mind and body, enabling you to drive the safest way possible. A subtle citrus scent of the oil freshens and purifies the air and suppresses any unwanted odors in the car.

4. Peppermint Essential Oil

The menthol-like aroma of Peppermint essential oil helps the driver stay alert and focused. This oil

on the list is comparatively strong and may be harmful to children and scent-allergic people. So the driver must keep it near to them – just one drop or two can be put on the shirt collar.

Final Thoughts

So the bottom line here is that essential oils know no bounds in providing you with a closer-to-nature experience no matter if you're in your car or home. From making you enjoy the calmest possible driving experience to making your car free from offensive odors, they serve you, your family, and your lovely car in plenty of ways. The last piece of advice is that opting for a company that offers [100% pure essential oils at fair prices](#) is something you actually need. You can't get something valuable from an impure product and essential oils are no exception at all.

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