

The background of the slide is a watercolor-style illustration. It features soft, blended washes of light blue, teal, and pale green. The colors are layered and textured, creating a sense of depth and movement. The overall aesthetic is clean, natural, and soothing, which aligns with the theme of essential oils and intimate health.

# Essential Oils for Women's Intimate Health

CHLOE ELLERT, CA, MSC

- Chloe Ellert
- Certified Aromatherapist | MSc in Sexology
- Author of *Unbroken*: a guide to restoring self-trust and sovereignty through aroma, education, and intuitive care.
- Specializing in women's intimate health, body literacy, and terrain-based care



---

# Women's Intimate Health Needs More Attention

- Vaginal health remains misunderstood, underserved, and over-pathologized
- 70%+ of women will experience an intimate health concern (BV, yeast infection, dryness, atrophy)
- Most women self-diagnose or are told symptoms are "normal"
- Vaginal health impacts fertility, immunity, emotional health, and quality of life
- Essential oils can address microbial balance, irritation, and hormonal shifts without pharmaceuticals



---

## Why This Matters — The Overlooked Link

1

Vaginal infections are common and often mismanaged

2

Antibiotics and antifungals may not resolve the root cause

3

Recurrent infections often signal deeper terrain imbalance

4

Microbiome health is central to hormonal, immune, and emotional health

---

# The Numbers

- Over 200 million women experience candida-related infections annually (WHO, 2022)
- 72% of women with vaginitis are misdiagnosed or undiagnosed (CDC, 2021)
- Infection causes:
  - Bacterial (BV): 40–45%
  - Candida (yeast): 20–25%
  - Trichomonas: 15–20%
- 75% of women will experience at least one yeast infection in their lifetime
- 50% will have recurrent infections within a year
- Untreated infections increase risk of infertility, PID, and ectopic pregnancy

---

# The Symptoms You Might Not Expect

- Classic symptoms: itching, burning, discharge, painful sex
- Systemic signs: fatigue, brain fog, poor immunity
- Mood symptoms: anxiety, depression, irritability
- Gut symptoms: bloating, diarrhea, constipation

---

# Invisible Vaginitis

- *Definition:* Vaginitis refers to inflammation of the vaginal tissue, often caused by infection (yeast, bacteria, or parasites) or irritation. It does **not** mean the vaginal opening is closed or physically obstructed.
- No overt discharge or discomfort
- Instead: low energy, mood instability, brain fog, and low libido
- Often dismissed as hormonal or psychological

---

# Don't Treat the Surface — Reclaim the Root

- Symptoms often misdiagnosed as:
  - Hormonal imbalance
  - Depression or anxiety
  - Low libido
  - Chronic fatigue
- Vaginal health isn't an afterthought: it's foundational
- Recurrent symptoms deserve a whole-body approach

# Common Intimate Challenges in Women

---

Vaginal dryness: linked to hormonal shifts, medication use, or stress

---

Reoccurring yeast infections: often connected to pH imbalances or antibiotics

---

Bacterial Vaginosis (BV): imbalance of healthy flora, common in reproductive years

---

Irritation or itching: caused by products, friction, or unknown sensitivities

---

Menstrual related discomfort: premenstrual irritation, heaviness, or odor

---

Perimenopausal and menopausal changes: thinning tissue, discomfort, and loss of elasticity

---

Postpartum care needs: healing, sensitivity, or inflammation

---



# Where Aromatherapy Fits In

---

- Phytochemical diversity: offers microbial, anti-inflammatory, cicatrizant, and hormone-regulating effects
- Lipophilic nature of EOs: allow for transdermal and mucosal absorption for localized and systemic effects
- Customizable delivery forms: topical oils, pessaries, hydrosol rinses, compresses, and aromatic inhalation
- Synergy with conventional approaches: supportive care post-antibiotic, postpartum, or perimenopause
- Potential to restore homeostasis in the vaginal microbiota and skin barrier function
- Client-centered application empowers safe self-care between treatments and autonomy

---

# Why Essential Oils in Intimate Health Protocols?

- Rapid transdermal and mucosal absorption: supporting both local and systemic actions
- Synergistic phytochemistry offers multifactorial effects: antimicrobial, anti-inflammatory, antispasmodic, cicatrizant, hormone-regulating
- Modulation of neuro-endocrine response via olfactory pathways and limbic activation
- Adaptability in formulation: oils, butters, hydrosols, gels, pessaries
- Energetic resonance of oils support nervous system regulation, embodiment, and self-trust
- Respects the body's terrain without disrupting the microbiome (when properly formulated)



---

# Formulation Safety in Intimate Aromatherapy

- Essential oils can be used in the vaginal canal when professionally diluted in appropriate carriers (aloe vera gel)
- Typical dilution ranges from 0.5-2%, depending on oil chemistry, mucosal sensitivity, and client need (e.g., geranium often tolerated at higher levels)
- Avoid mucosal irritants: phenols (e.g., clove, oregano), aldehydes (e.g., cinnamon), and oxidized oils (expired)
- Base choice matters: aloe vera gel and jojoba or calendula oil (for vulvar and vaginal care), cocoa butter (for pessaries)
- Always assess individual risk factors: hormone status, medications, mucosal integrity, sensitivity history

# Application Methods for Vaginal & Vulvar Care

- **Aloe vera gel (intravaginally):** for dryness, candida, pH imbalance, or itching
- **Cocoa butter pessaries:** slow-release delivery for BV, flora recovery, or post-period reset
- **Coconut oil (vulvar oiling):** for dryness, irritation, and barrier repair — ideal after shower or before bed
- **External sitz soaks:** for acute discomfort, postpartum healing, or yeast support
- **Perineal massage:** for elasticity, circulation, and scar tissue release (prenatal or postnatal)
- **Cycle tracking & womb massage:** gentle abdominal or sacral work with diluted oils
- **Never apply undiluted oils:** mucosal and perineal tissue require careful precision

---

# Essential Oils for Microbial/ Fungal Balance in Vaginal & Vulvar Protocols

- **Palmarosa (Cymbopogon martinii)**
  - High geraniol content; broad-spectrum antifungal and regenerative
  - Ideal for recurrent yeast infections and dryness-linked irritation
- **Tea Tree (Melaleuca alternifolia)**
  - Broad-spectrum antifungal, antibacterial, antiviral
  - Reliable for *Candida*, irritation, odor, and microbial overgrowth
  - Suitable for vulvar and vaginal care when used appropriately; well tolerated by most
- **German Chamomile (Matricaria recutita)**
  - Potent anti-inflammatory and mucosa-friendly
  - Excellent for soothing irritation, itching, and inflammation in sensitive cases
- **Myrrh (Commiphora myrrha)**
  - Resin-based astringent; reduces swelling and microbial overgrowth
  - Ideal for BV-prone clients or post-menstrual flora reset
- **Cypress (Cupressus sempervirens)**
  - Astringent and lymph-stimulating; useful in blends for discharge and stagnation
  - Excellent for clients with bloating, puffiness, or fluid retention
- **Geranium (Pelargonium)**
  - Balances skin microbiome, mildly antifungal, emotionally harmonizing
  - Supports pH recovery, especially post-antibiotics or during stress

---

## Bonus Protocol – Soothing Gel for Itch or Early Irritation

- 1 tsp (approx. 5 mL) aloe vera gel
  - Up to 5 total drops of essential oils, mixed as needed:
    - Tea Tree (soothes itch, antifungal)
    - Geranium (balancing, antimicrobial)
    - German Chamomile (anti-inflammatory, best for sensitivity)
- Apply directly to mucosal tissue at first sign of irritation; reapply as needed



---

# Hormone- Supportive Oils for Cycles & Mood Balance

- Clary Sage (*Salvia sclarea*)  
→ Supports estrogen modulation, PMS relief, and uterine tone
- Geranium (*Pelargonium*)  
→ Regulates mood swings, adrenal fatigue, and hormonal breakouts during cycle shifts
- Cypress (*Cupressus sempervirens*)  
→ Promotes circulation, reduces pelvic congestion, and supports lymphatic flow
- Roman Chamomile (*Chamaemelum nobile*)  
→ Antispasmodic and calming; excellent for cramping, irritability, and sleep disruption
- Myrrh (*Commiphora myrrha*)  
→ Stabilizes mucosal tissue, grounds the nervous system; ideal for low-estrogen states

---

# Essential Oils for Nervous System Repair, Self- Trust & Embodiment

- Cedarwood (*Cedrus atlantica*)
  - Parasympathetic restorative; calms mental looping and hypervigilance
  - Grounds over-functioning patterns and resistance to rest or receptivity
- Patchouli (*Pogostemon cablin*)
  - Deep root chakra stabilizer; reconnects body awareness after shutdown
  - Key oil post-rupture: betrayal, birth trauma, chronic disconnection from sensuality
- Bergamot (*Citrus bergamia*)
  - Nervine and thymoleptic; softens emotional armor
  - Helps access grief beneath irritability or emotional numbness
- Sweet Orange (*Citrus sinensis*)
  - Gentle euphoriant; restores joy, play, and safe sensory engagement
  - Useful after extended periods of emotional suppression or shame-based conditioning
- Frankincense (*Boswellia carterii*)
  - Deepens breath, restores clarity, and supports mind-body-spirit integration
  - Helps stabilize identity and awareness after periods of spiritual fragmentation

---

# Somatic & Sensory Delivery

- **Olfaction (direct inhalation or diffuser)**
  - Fastest route to the limbic system; ideal for grief, anxiety, or emotional freeze
  - Use pre-session, during journaling, or to downshift after overstimulation
- **Abdominal & sacral massage**
  - Reconnects to the core, supports hormone balance and emotional release
  - Use with grounding oils like patchouli, cedarwood, or myrrh
- **Baths & warm compresses**
  - Calms high-alert states and soothes stored pelvic tension
  - Ideal for softening into the body after long-term dissociation or shutdown
- **Breathwork pairing**
  - Anchors awareness during emotional processing or self-regulation
  - Deepens embodiment and expands nervous system capacity

---

# Formulation Examples for Cycle, Microbial & Emotional Repair

## Luteal Phase Reset Massage Oil

*For bloating, mood swings, and PMS overwhelm*

- 30 ml carrier: calendula + jojoba
- 3 drops clary sage
- 3 drops geranium
- 2 drops cypress  
→ Use daily on lower belly and sacrum before bed, luteal phase only

## Yeast Overgrowth Support Gel

*For itch, discharge, and flora reset post-antibiotics*

- 10 mL aloe vera gel
- 1 drop tea tree
- 1 drop palmarosa
- 1 drop myrrh  
→ Apply intravaginally 1x daily for 5–7 days using a sterile applicator

## Emotional Reconnection Bath Blend

*For post-shutdown, grief, or body disconnection*

- 5 drops total: 2 frankincense, 2 sweet orange, 1 patchouli
- Dilute in 1 Tsp of milk before adding to warm bath

---

# Urinary Infections & UTI Support

- Topical oils for acute or recurrent cystitis:
  - Tea Tree, Geranium, Sandalwood → well tolerated, can be applied over bladder area undiluted
- **Easy to carry:** apply frequently over lower abdomen during flare-ups
- **Antibacterial, antifungal, and anti-inflammatory**

**The Next Level (Urinary Terrain Reset):** In 20 mL of coconut oil:

- 8 drops Tea Tree
- 5 drops Geranium
- 4 drops Juniper Berry
- 3 drops Peppermint → Massage over bladder area multiple times daily

**Internal support (optional, advanced use):**

- In aloe vera gel:
  - 2 drops Tea Tree
  - 2 drops Geranium
  - 1 drop Peppermint → Apply to fingertips, cover in aloe, insert vaginally to support flora + reduce inflammation

---

# Reclaiming Intimate Wellness Through Aromatherapy

- Women's vaginal and vulvar health deserves direct, thoughtful aromatherapy support
- Application method matters just as much as formulation
- Hormonal, microbial, and emotional factors are inseparable: essential oils can support all three
- Reconnection to the body is a therapeutic goal, not a side effect
- Aromatherapy offers not just symptom relief, but autonomy, restoration, and dignity

---

# Intimate Health Is a Public Health Issue

Undervalued. Under-researched. Yet Common.

- **84%** of women will have a vaginal infection (yeast or BV) at least once (CDC, 2021)
- **>50%** of women misdiagnose themselves when treating vaginal issues without provider guidance (CDC, 2021)
- **Chronic BV** recurrence rates can be as high as **50–70%** within a year post-antibiotic treatment (Bradshaw et al., 2006)
- **Hormonal shifts** during perimenopause impact vaginal elasticity, flora, and moisture, yet only **25%** seek help (NAMS, 2013)

---

# Why This Work Matter

“Women’s health has been left out of research, out of medicine, and out of the conversation for too long. What we’ve called ‘normal’ discomfort is often untreated imbalance. We deserve better tools, better care, and a better understanding of our own bodies.”

— *Dr. Aviva Romm, MD (integrative physician & women’s health expert)*

# How To Reach Me

---



[chloe@herbychloe.com](mailto:chloe@herbychloe.com)



[learn.herbychloe.com](https://learn.herbychloe.com)