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# Flowers That Get You in the Mood for Love

**Published:** October 28, 2012   **Publication:** HealthyWoman from Bottom Line   **Source:** Laurie Steelsmith, ND, LAc   **Print:**



An extravagant bouquet of your favorite blooms, hand-delivered by your honey, might indeed make your thoughts turn to love...and lovemaking. But there's another way that blossoms can put you in the mood for romance—because flower-derived oral remedies called “essences” and topical essential oils can enhance libido naturally.

We heard about these botanical passion-boosters from Laurie Steelsmith, ND, LAc, coauthor of the new book *Great Sex, Naturally: Every Woman's Guide to Enhancing Her Sexuality Through the Secrets of Natural Medicine*. She explained that flower essences promote gentle emotional shifts, helping you feel relaxed...more fully present in the moment...or better able to let go of negative feelings that hinder your ability to enjoy sex.

The scents from certain essential oils evoke sensual feelings quite swiftly because your sense of smell bypasses your cerebral cortex (the rational part of your brain) and connects straight to your limbic system (your brain's emotional center). Scents can help shift moods...promote emotions that enhance closeness and enjoyment...and heighten your partner's attraction to you.

Look for the following flower products at health-food stores and online, and follow the instructions on the labels. They generally are safe for everyone and can be used by both women and men (but should be avoided by those who have a known allergy to any of the ingredients).

### ***The power of flower essences...***

Essences typically are taken in the form of drops or pellets placed under the tongue to dissolve. Try whichever one seems to best suit your needs, continuing for several days to several weeks to see if it helps. Once you have made the desired emotional shift, stop taking the remedy. Resume use if needed. *Consider...*

**Pinus sylvestris.** Made from pine flowers, this remedy is recommended if you feel uncomfortable letting yourself experience pleasure during intimacy—for example, because your upbringing was full of negative messages about sex. It also may be helpful for overcoming self-defeating thoughts or feelings of guilt.

**Mimulus.** This flower essence can help you gain courage and confidence if you experience trepidation surrounding intimacy—for instance, apprehension about your sexual performance or anxiety over a first sexual experience with a new partner.

### ***Sensual essential oils...***

With either of the essential oils below, you can apply one to three drops directly to your skin or combine with a dab of skin lotion or massage oil first. Apply to your inner thighs or between your breasts, Dr. Steelsmith suggested—but avoid your clitoris, vulva and other mucous membranes. Dab the oil on shortly before sex...or in the morning to set the mood for the day. *Alluring options...*

**Ylang-ylang.** The oil from these yellow blossoms produces a succulent, elegant perfume. According to some sources, Dr. Steelsmith said, it nourishes sexual *chi* by acting on the adrenal glands. Because ylang-ylang has both uplifting and calming qualities, it lessens feelings of anxiety about sex and helps create a relaxed, sensual atmosphere.

**Jasmine.** This oil emits a sweet, musky aroma that prompts the release of pleasure-supporting brain chemicals such as endorphins. It rouses passion...promotes sexual confidence...and helps establish an ambience of intimacy. Who knows? It just may be the secret to the most satisfying lovemaking of your life.

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**Source:** Laurie Steelsmith, ND, LAc, is coauthor, with her husband, Alex Steelsmith, of *Great Sex. Naturally: Every Woman's Guide to Enhancing Her Sexuality Through the Secrets of Natural Medicine* (<http://www.amazon.com/exec/obidos/ASIN/1401931464/bottlinepubl-20>) and author of *Natural Choices for Women's Health: How the Secrets of Natural and Chinese Medicine Can Create a Lifetime of Wellness* (<http://www.amazon.com/exec/obidos/ASIN/140004796X/bottlinepubl-20>). Dr. Steelsmith maintains a private practice in naturopathic and Chinese medicine in Honolulu and is an advisory board member for *HealthyWoman from Bottom Line*. [DrSteelsmith.com](http://www.DrSteelsmith.com) (<http://www.DrSteelsmith.com>)