

Aromatherapy : A scent away for great relationships

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By Caroline Therancy

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Is it possible that a scent can make you more mellow and increase dramatically the relation with you and your mate? Can you calm the kids down instantly? Do you wish that you would feel and look more in control for the big meeting? Thousands of people around the world have discovered the powerful benefits of Aromatherapy. And you can do it to.

With the stress involve in our way of living today, we get psychological and physiological consequences to our fragile health. We spend more of our hard earned money on over-the-counter medication or on prescriptions to help cure our little and bigger pains.

The power of Aromatherapy could help you lead to a better outlook of life And keep more money in your pocket.

But what is Aromatherapy exactly?

Aromatherapy is the art and practice of using essential oils extracted from aromatic plants and herbs to restore or enhance health, beauty and well being. Aromatic molecules interact with the tops of your nasal cavity and gives the signal to the limbic system (the emotional switchboard of the brain). The limbic system is directly connected to the part that controls the heart rate, blood pressure, breathing, memory, stress level and hormone balance.

And it works. For example, we use Vicks for our colds, sinusitis and sore throat. It contains Eucalyptus. For me, it's the only treatment that I find effective for Bronchitis, despite antibiotics treatment.

Let's talk about Lavender. Lavender is multi use oil; it has strong psychological effects and physiological cures.

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We find Lavender in the France. That flower has a fresh, sweet, floral scent. It has calming effect; smell it when you are stressed in the traffic, or at work, or right before an exam because Lavender has calming properties for panic attacks, stress, anxiety and even depression! It's a gentle narcotic for mental and physical strain.

Some couples use Lavender base candles during giving birth to have the most calming experience, for the mother and for the new born. Other people burn a candle on a regular basis, after a surgery to help cope with the pain. You can also do it to calm the kids in the house! Or, for an anticipated quiet night at home with you lover...

Lavender is a good antibiotic for the skin. If your child has cuts and burnings, you can apply creams or lotion with enough concentration of the oil to prevent infection. It also reduces scarring.

Another good aromatic oil is Rosewood. It origins from a native tree in Brazil. It has a psychological

effect of balancing, uplifting and enlivening. You can use it before an interview, or a business meeting, or even before a hot date! If you are feeling down or lack of "joie-de-vivre" this aromatic essence can change your state of mind and make you look like an enjoyable person (save on alcohol or drugs here!).

Rosewood is also good to treat sensitive of aged skin, because it stimulates the regeneration of the skin.

You can use Aromatherapy in different forms; candles, shower gels, soap, bath mousse, diffuser, potpourri, spray for the room, etc... whatever you feel comfortable with. There is a good selection on www.quixtar.com – IBO #3378953 There are 4 lines of products: FloraCalm, PureForest, Vitafruits and AquaSpa.

You can use aromatherapy for different emotional well-being; you can treat anger, anxiety, confidence, depression, burnout, loneliness, concentration, etc...

With all the chemicals that float in the air, in the water and in our food, those can produce chemical imbalance in the brain and change our moods and alter the relation that we have with the people in our lives.

The use of aromatic products is a cheap solutions for better health and an happier life.

All those aromatic products can help you have better relationship with your mate (or the opposite sex), with your business associates, at social events, in your home, etc.... to be able to obtain more out of life because of the uplifting attitude that you'll get. Be careful of buying too cheap; make sure that you are buying quality products with enough concentration to get the beneficial effects.

Wishing you great moments!

Who is Caroline? She is a growing expert on love, relationship, romance because she is reading a lot

on the subject. She is presently in a fulfilling relationship and she is gladly sharing her knowledge and experience. To continue receiving tips on how to get the love life that you want, you can subscribe free to her newsletter at

and receive a free gift.

Five Tips For Buying The Best Aromatherapy Oils

By Vincent DeLuca

Walking into an aromatherapy supply store can feel like walking into a slice of heaven. The sweet scent of aromatic skin care solutions excite the soul while the tantalizing aromas coming from scented candles steal the show. However, the aromatherapy connoisseur knows that not every scented oil and sweet smelling candle on the shelf contains healing power. Here are five tips to help you find only the best in aromatherapy products.

Tip #1: Check the bottle. If your aromatherapy essential oil is in a clear bottle or a plastic bottle, then you should not get it. Light has a damaging effect on oil and truly essential aromatherapy oils can be contaminated when stored in plastic bottles.

Tip #2: Check the label. Keywords such as "perfume" or "fragrance oil" are a big sign that the oils contained within the bottle are not pure essential aromatherapy oils. Even though the bottle may have the term aromatherapy printed on it, if you see natural identical oil or fragrance oil on the label, then your aromatherapy oil more than likely contains unwanted perfumery chemicals.

Tip #3: Check for dust. If you see an aromatherapy product on the shelf that has dust on its cap or around its container, then avoid getting it. Dust generally means that your aromatherapy product is old. Like many other types of oil and solutions, as aromatherapy products age, they lose their healing powers and aromatic scent.

Tip #4: Check the price. Different types of aromatherapy oils demand different prices. Pure therapeutic oils that are exotic cost more than aromatherapy oils that are more common. If every bottle of aromatherapy oil is the same price, you may want to reconsider.

Tip #5: Do your research. Each type of aromatherapy oil has a different therapeutic quality. The scent of aromatic essential oils such as cypress is good for treating coughs and asthma. However, the scent of Patchouli is used for anxiety, depression, and healing skin conditions.

Don't let the sweet talk of the salesman override the natural therapeutic power of pure essential aromatherapy oils. Whether you are purchasing your aromatherapy supplies from one of the many great online retailers or from the local establishment at the shopping center down the road, by following these five tips you can avoid the pitfalls and start enjoying the healing power of aromatherapy.

Vincent DeLuca is author of "Healing Health from Home." To learn more about aromatherapy and purchasing aromatherapy supplies, look at the aromatherapy resources available at

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