

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Aromatherapy For Beginners

By Sharon Hopkins

The ancient science of healing, relaxing and energizing oneself with the use of plants and its parts

like roots, barks, flowers, fruits, seeds and nuts is called Aromatherapy. Aromatherapy is the amalgamation of two words "aroma" and "therapy" that mean "fragrance" and "healing" respectively.

Essential oils, extracted from plants and its parts form the crux of aromatherapy. These oils stimulate the brain, effect our body, hereby improving our mood, relaxing and rejuvenating us. Extracted in various ways, they are highly concentrated and should not be used directly onto the body. They should be blended with carrier oils such as olive oil, sweet almond oil, etc, for best results.

If you are new, then explore this world of fragrance at home with a handful of inexpensive oils. To avoid allergic reactions to essential oils, perform a skin test before you indulge yourself. Take a drop of the oil on a cotton swab. Apply it to the inside of your wrist or inner elbow. Cover the area with a bandage and avoid washing for 24 hours. If there is no itching or redness, oil is safe for external use.

Basic oils that any beginner can start with:

– Lavender – Most basic and very important oil in aromatherapy. Helps in relaxation, calming and balancing of mind. Acts as antibiotic, antiseptic, antidepressant, detoxifier and sedative. Soothes cuts, burns, bruises and insect cuts. Relieves stress if blended with your usual bath oil.

– Rosemary – Acts as stimulant for mental health and physical body on low energy days. Relieves muscular strains, sprains and headaches. Alleviates fatigue, congestion and prevents scar tissue formation.

– Bergamot – Oil for refreshing and upliftment. Acts as antiseptic, antidepressant, antispasmodic, analgesic, sedative, expectorant and deodorizer. Could be a slight irritant to skin.

– Peppermint – A great mental stimulant and digestive aid. Eases headache and fatigue. Behaves as anti-inflammatory, antiseptic, antispasmodic and expectorant.

Aromatherapy For Beginners

- Tea Tree – A versatile antiseptic that is very gentle on the skin. Remedy for infections, ringworm, sunburn, acne, athlete's foot, gum disease. It is antibacterial, antiviral, antifungal, antiseptic oil.
- Lemon – Great for dispelling a somber mood, lemon oil can be used to treat insect bites, alleviate tension, headaches and stimulate immune system.
- Tangerine – Works well to create a bright, uplifting atmosphere. It's soothes and calms insomnia and promotes digestion.
- Floral oils – Great stress relievers. Add floral oils like rose, jasmine along with carrier oils to your bath oils for a soothing massage.
- Germanium – Eases stress, acts as antidepressant, adrenal, hormone balancer, detoxifier, sedative and antiseptic. Helps during PMS.
- Clary Sage – Relieves PMS. Soothes and relaxes mind and body. Works as antidepressant, antiseptic, astringent, aphrodisiac and sedative.
- Clove – Relieves toothache pain, asthma, sinusitis. Avoid using it directly on the skin. Acts as antibacterial, antiseptic, analgesic and disinfectant.
- Eucalyptus – Cools the body in summer and warms in winter. An effective treatment for candida, diabetes, sunburn, congestion, cough and neuralgia. Also works as antiviral, antiseptic, stimulant, anti-inflammatory and antibiotic.

Sharon Hopkins is the Webmaster for

<http://www.aromatherapies.net>

, which is an Online guide to

Aromatherapy, alternative medicine, essential oils, recipes, synergies, blends, oil profiles and products.

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

Aromatherapy For Beginners

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

<http://www.aromatherapy-oils.info>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!