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

Aromatherapy: Revive Your Senses

By Robert Thatcher

The art of aromatherapy had been practiced since the earliest times. Strong evidences were found to link aromatherapy to ancient traditions. Though aromatic oils had been used to treat and cure various ailments and conditions for who knows how long, the formal study on their properties only started in the year 1928.

In it's simplest form, aromatherapy is the use of essential plant oils for therapeutic purposes. They are normally employed to relieve a person from stress and a variety of stress-related conditions. And also for promoting an individual's general well being and in invigorating the body and the psyche.

Aromatherapy works by inducing the olfactory nerve cells with aromatic oils, which then carries out the message to the limbic system in the brain. Limbic system is the part of the brain that is responsible for controlling memory and emotions.

Aromatherapy is concerned in both the workings of the physical and emotional aspects of the person under treatment. Physically, aromatherapy helps in relieving specific conditions trough the stimulation of the nervous, immune and circulatory system. In emotions however, they may evoke pleasant memories.

Yet, the medical circles do not agree if aromatherapy in itself is instrumental to the complete healing of a certain condition. But the idea of recovery through aromatherapy is widely accepted.

Essential Oils

Essential oils are derived from the distillation of the elements of a plant like the leaves, roots, flowers, stems and bark. They hold the true essence of the plants from which they originally came in high concentration. Though termed as oil, essential oils normally do not have the real properties of oil. Some essential oils are yellow like that of the lemongrass and orange and many are clear.

These oils are used in a variety of methods: through inhalation, by adding them in the bathwater and by the application of the diluted oil on the body.

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The use of oil in aromatherapy is only restricted to those with unadulterated qualities. The purest of the essential oils alone have the therapeutic values.

The following is a list of the most common essential oils used in aromatherapy. Some of which are used as carrier oils (also known as vegetable oils or base oils):

– Almond, Sweet – Apricot Kernel – Avocado – Borage – Cocoa Butter – Evening Primrose – Grapeseed – Hazelnut – Jojoba – Kukui – Macadamia Nut – Olive – Peanut – Pecan – Rose Hip – Sesame – Shea Butter – Sunflower

Below are listed essential oils that are not advisable to use in aromatherapy, especially if not supervised by a professional aromatherapy practitioner.

– Ajowan – Almond, Bitter – Arnica – Birch, Sweet – Boldo Leaf – Broom, Spanish – Calamus – Camphor – Deertongue – Garlic – Horseradish – Jaborandi – Melilotus – Mugwort – Mustard – Onion – Pennyroyal – Rue – Sassafras – Thuja – Wintergreen – Wormseed – Wormwood

Aromatherapists put into practice the workings of aromatherapy in a spectrum of work environments including:

– private practice – mobile visiting practice – natural health clinics – beauty therapy clinics – health clubs – hospitals – hospices and – nursing homes.

In spite of the lack of formal research on aromatherapy therapists and European physicians are often prescribing certain aromatic oils for a range of complaints including colds and flu, insomnia, sinusitis, migraines, digestive problems and muscle pains. It must be understood though that aromatic oils must never be taken orally and should be first tested to determine the degree of skin's sensitivity to some oils.

Robert Thatcher is a freelance publisher based in Cupertino, California. He publishes articles and reports in various ezines and provides aromatherapy resources on

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

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.

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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

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

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