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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 While Traveling

By Sharon Hopkins

Whether you are on business trip, a romantic holiday, a family trip or simply want to experience outdoor life, aromatherapy essential oils come useful along the way. Take along carrier oils for diluting the essential oils.

Are you going away on business trip? Whether you have to meet clients, give presentations, hold seminars, business meetings, etc, one can surely feel stressed out. Take along with you lavender, peppermint, marjoram and Neroli essential oils.

– Massage your body with 1 drop of marjoram and lavender oil each mixed with sweet almond or calendula oil after a warm bath to lessen the jet lag effect. – Are you jittery before a big presentation or a meeting? Inhale few drops of Neroli oil to settle all the butterflies and ease all the nervousness. – For headaches or migraines, concoct 1 drop of peppermint & lavender oil each with 1 tsp of sweet almond oil and massage it on your forehead, temples, sides and base of your neck. It will ease the headache away and let you stay alert. Few drops of lavender oil on your pillow will allow for peaceful night of sleep. – Eating out and upset stomach go hand in hand. Massage 1 drop of peppermint & lavender oil each with 1 tsp of sweet almond oil on your stomach to help you with indigestion. Or you can try a peppermint tea.

Holidaying with your sweetheart or going for your honeymoon? Make sure you smell desirable all the time. Rose & jasmine oil are considered romantic oils.

– 1 drop of rose and jasmine oil each in 100 ml of jojoba oil makes a nice personal perfume for your holiday. – A single drop of Ylang Ylang with its oriental scent is heady potent seduction perfume. – For a romantic bath, add little of your personal perfume to the bath gel or water. You can use the perfume as massage oil on your partner.

Out with the kids. Calendula oil, lavender oil, chamomile essential oil and tea tree oil are some of children's oil that comes handy.

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– Inhale a drop of lavender or peppermint oil from kerchief or tissue to ease the nausea and travel sickness. – Got a tired kid on hand. Get your child to relax and inhale lavender oil. – For small babies, apply lavender oil on your neck and shoulders so when you carry your little one around, the fragrance stays with baby. – Stomach upset or colic trouble – 1 drop of chamomile mixed with 1 tsp of sweet almond oil rubbed clockwise on tummy will ease the stomachache. – Lavender oil rubbed on the body helps to keep insects away. – Few drops of calendula, lavender & chamomile oil is good for cuts and bruises. – Aloe Vera gel or lavender oil applied to sun burn will soothe the pain.

Sharon Hopkins manages site

<http://www.aromatherapies.net>

that provides information on

aromatherapy essential oils. They are concentrated extracts of plants and their roots, stems, flowers and fruits. Further they can be classified as carrier oils, massage oils, cooking and baking oils.

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.

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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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