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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 for the Holiday Spirit

By Francoise Rapp

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The holiday season stirs up some of our most basic joys in life. The friendship and camaraderie we find at holiday parties and other social engagements is one of the highlights of the season. So is the fulfillment we gain through our special efforts to please our loved ones as we shop to find items that will make them smile. Moreover, since this is the season of giving, I encourage you to donate your time or money to those who lack of the warmth of a home, family and friends, or to children who won't enjoy the delight of opening their gifts.

While the holidays are about giving, loving and joyous celebration, many consider this time of year to be stressful, lonely and expensive. If you're feeling more like Scrooge than Santa, I offer the following aromatic blends to help you get into the holiday spirit, become more sociable, and open your heart to others who are unable to enjoy the holidays the way we do. Be ready to fully enjoy, laugh, socialize and share this holiday season by experimenting with these wonderful aromatic blends!

To create each of these blends, pour the essential oils into a 10-ml bottle and add organic vegetable oil to fill.

Enhance Playfulness

Remember how magical the holidays were as a child? This aromatic blend rekindles your childhood spirit, making you feel more daring, innocent and lighthearted!

- 6 drops Orange
- 3 drops Bergamot
- 3 drops Basil

Massage your abdomen, solar plexus, neck and shoulders. Pour a few drops into the palm of your hands and inhale it deeply. Pour 20 drops of the blend into your warm bathwater and soak for at least 15 minutes.

Aromatherapy for the Holiday Spirit

Increase Laughter

Finding a way to bring more laughter into your life will ensure a longer, happier existence. This aromatic blend makes you more open to humor, and lightens your heart and mind. Enjoy the beauty of life!

- 5 drops Orange
- 5 drops Grapefruit
- 1 drop Lemon Verbena

Massage your abdomen, solar plexus, neck and shoulders. Pour a few drops into the palm of your hands and inhale it deeply. Pour 20 drops of the blend into your warm bathwater and soak for at least 15 minutes.

Improve Your Social Abilities

Dread those social gatherings and holiday parties? This aromatic blend enlivens even the shyest souls.

- 3 drops Basil
- 3 drops Peppermint
- 6 drops Grapefruit

Massage your abdomen, solar plexus, neck and shoulders. Pour a few drops into the palm of your hands and inhale it deeply. Pour 20 drops of the blend into your warm bathwater and soak for at least 15 minutes.

Encourage Giving to Others

This aromatic blend opens the heart and reminds us that the most valuable gift we hold within is sharing and giving to those in need.

- 1 drop Rose
- 2 drops Ginger
- 4 drops Grapefruit
- 3 drops Frankincense

Massage your heart chakra, solar plexus, neck and shoulders. Dare to wear it like a perfume! Pour a few drops into the palm of your hands and inhale it deeply. Pour 20 drops of the blend into your warm bathwater and soak for at least 15 minutes.

(c) Françoise Rapp, 2001. Discover the life-transforming power of aromatherapy! Internationally renowned aromatherapist and alchemist, Françoise Rapp, shares her expertise through aromatherapy

classes designed for working adults and in her free weekly ezine, The Arom'Alchemy Newsletter. All this and more can be found at <http://www.aromalchemy.com>

Internationally renowned aromatherapist and alchemist Françoise Rapp was trained in the sacred ancient arts of anointing and practicing alchemy by priests and alchemists in France more than 10 years ago. She now lives in San Diego where she holds an International License in Aromatherapy. Her talents have been featured in RedBook Magazine, New Age Journal, Self.Com, and the nationally televised program "Men are from Mars, Women are from Venus." Visit her on the web at www.aromalchemy.com.

The Benefits Of Aromatherapy

By Jeff Minter

While the term aromatherapy is sometimes misused to refer to many fragranced products, aromatherapy in the hands of a trained professional is a therapeutic technique using essential oils to promote health and well-being. Aromatherapy can increase energy, trigger relaxation, and reduce stress. Professional aromatherapy is part of the larger field of holistic medicine. Many aromatherapists are also herbalists.

Essential oils, which are the basis of aromatherapy, are highly concentrated derivatives of herbs and flowers. They contain the essence of the plants from which they come. In contrast, perfumed oils and fragranced oils are often synthesized from the plants, created in labs, or diluted.

A holistic approach means that a therapy deals with body, mind and spirit (energy). Only about five percent of essential oils available today are used in aromatherapy, and there are 10 to 15 that are the most commonly used. With few exceptions, essential oils should not be applied to the skin; they are best inhaled. Their aroma does the work.

To use essential oils for aromatherapy, only a few drops are needed. Common ways of dispensing aromatherapy oils are in a vaporizer, on a sachet, in potpourri, in bathwater, or in a lightbulb ring. While candles may emit fragrances thought to be therapeutic, they rarely contain actual essential oils.

Here are some of the typical uses and essences of aromatherapy. Bergamot is said to ease depression and anxiety (be careful if you put it in bathwater because it will temporarily make your skin more sensitive to sunlight). Chamomile is for alleviating insomnia and restlessness. Jasmine supposedly restores confidence and decreases apathy. Lemon is a stimulant that is said to improve memory and concentration. Lavender relieves stress and depression and enhances relaxation. Peppermint helps to eliminate fatigue. Both rose and jasmine are said to have aphrodisiac properties as well. Sandalwood helps to offset stress.



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