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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Aromatherapy for the Parents of Teenagers

By Francoise Rapp

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If you are the parent of a teen, you are certainly aware of how much your family dynamics have changed in recent years. It doesn't seem all that long ago that you were the center of your children's universe. Remember when you were the one they came to when they had bruised shins and broken hearts? Well your once-little baby is now approaching adulthood, testing his or her independence, and at times your patience.

You may find yourself struggling with many dichotomies. For instance, while you are aware of and respect your teen's growing demands for privacy, you may have concerns about his or her friends and interests. Or you may want to establish strong boundaries, and yet at the same time you want to help your teen become independent.

So while your teenager is facing a profound transition in life, you as a parent are as well. Now is the time to evaluate issues not only with your children, but also with yourself. What are your boundaries? Are you a secure and trusting person? Are you someone with whom your teen can and wants to communicate?

If you feel you need guidance with some of these issues, there are many great books on the market about raising teens. Establish a support system with other parents in your community. You can also find wonderful support systems via online parenting communities and chat rooms.

Meanwhile, the use of aromatherapy on a daily basis will help you stay balanced, gain more insight, open yourself to trust your teen, and communicate your feelings and life perspective in a compassionate and calm manner. Below are several aromatherapy recipes to help you survive the teen years!

Each recipe below should be prepared in a 10ml bottle. Pour the essential oils first and then add organic vegetable oil to fill.

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Blend for Tranquility

This blend will help you to remain balanced. It will calm your mind and emotions when you experience symptoms of stress and nervous tension.

- 6 drops Sandalwood
- 7 drops Lavender
- 5 drops Marjoram
- 2 drops Rose otto

Massage the solar plexus and abdomen. Pour one-third of the blend into your warm bathwater and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply as

needed throughout the day.

Blend for Boundaries

This blend will help you feel more grounded, centered and assertive when a need arises to establish new boundaries with your teen.

- 6 drops Rosemary
- 5 drops Cypress
- 6 drops Cedarwood
- 4 drops Sandalwood

Massage the solar plexus and lower back. Pour one-third of the blend into your warm bath water and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply as needed throughout the day.

Blend for Emotional Security and Acceptance

This blend soothes your emotions and enhances a profound sense of emotional security and comfort while accepting the natural steps of your teen's growth.

- 3 drops Rose
- 5 drops Sandalwood
- 5 drops Orange
- 4 drops Pine

Massage the solar plexus and abdomen. Pour one-third of the blend into your warm bath water and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply as needed throughout the day.

Blend to Open Communication

This blend supports and opens communication with others while releasing any anger, resentment, guilt or frustration held within the body and mind.

- 4 drops Lavender
- 5 drops Sage
- 4 drops German Chamomile

Massage the throat, neck, and shoulders. Pour one-third of the blend into your warm bath water and soak for at least 15 minutes. Pour a few drops into the palm of your hands and inhale deeply as needed throughout the day.

In Good Health,
Francoise Rapp
<http://www.aromalchemy.com>

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Internationally renowned aromatherapist and alchemist Françoise Rapp shares her expertise each week in her free ezine, the Arom'Alchemy Newsletter. To subscribe, visit www.aromalchemy.com/education.

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

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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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