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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!

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.

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

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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>

Aromatherapy Essential Oils: Seven Things You Should Know

By Art Turner

Aromatherapy uses essential oils to treat medical conditions, to alleviate psychological ailments, for cosmetic purposes, and to reduce stress. The essential oils of aromatherapy have the power to enhance both your physical and mental state.

Essential oils are extracted from living plants and trees. When essential oils are used appropriately, most can be used at home safely, enjoyably, and with beneficial effects. Keep the following seven things in mind if you want to try aromatherapy at home.

(1) Most essential oils should never be applied directly without diluting them. Only lavender and tea tree oil are exceptions to this rule.

(2) Essential oils are flammable, so use extreme caution around flames and heat sources. If you use a burner to diffuse the oil, put water in the burner first. The essential oil will enter the air as the water evaporates.

(3) Essential oils are for external use only. On very rare occasions, a qualified aromatherapist may prescribe essential oils by mouth. Some essential oils can be very toxic if swallowed. Even essential oils that have a therapeutic effect when diluted in certain oral treatments (like mouthwash) should not be swallowed.

(4) Keep all essential oils out of the reach of children.

(5) If you want to use essential oils during pregnancy, on babies, or with young children, please seek the advice of a trained, qualified aromatherapist first.

(6) If you are using essential oils as part of homeopathic or herbal medicine treatment, get advice from homeopathic or herbal medicine practitioners as well as from an aromatherapist.

(7) Some medical conditions require a doctor's care, and not all medical conditions benefit from aromatherapy. Always check with your doctor first before undertaking aromatherapy for the treatment of any medical condition.

Following these seven principles for safe aromatherapy will help your experience with aromatherapy to

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be both enjoyable and beneficial.

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<http://essential-oil-organic.blogspot.com>

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