

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

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

**Holistic Aromatherapy for Children, Part 2**

**By Francoise Rapp**

**Holistic Aromatherapy for Children, Part 2 by Francoise Rapp**

(c) Francoise Rapp, 2001. Permission is granted to reproduce this article in your print or electronic publications, providing you use the article in its entirety, including the brief bio trailer, all links and references within. Please let me know if you use this article by email to [content@aromalchemy.com](mailto:content@aromalchemy.com).

Holistic Aromatherapy for Children, Part 2

(To review Part 1 of this series, visit <http://www.aromalchemy.com/education/issue62.html>)

Aromatherapy is an enjoyable and beneficial alternative therapy for our young ones. But aromatherapy heals more than just common childhood ailments. It also has a great impact on the emotional and mental issues children face on a daily basis.

Children have their own ways of dealing with stress and internal conflict. Some internalize their emotions and attempt to hide their thoughts and feelings. Others may become overly expressive or abnormally active. Many children simply don't know how to process their complex feelings. Unlike adults, children do not have the skills and the maturity to find healthy outlets for their emotions.

Stresses in a child's family, school and social settings can contribute to any number of emotional issues, including guilt, loneliness, hyperactivity and neediness. Whatever situation your children may be facing, it is most important to emphasize communication, or share your concerns with a child therapist. I also encourage you to use one of the aromatic blends below to safely enhance the work of any therapy.

In a 10ml bottle, pour the essential oils and then add any organic vegetable oil to fill (jojoba, sweet almond, grapeseed, etc.)

\*\*\*\*\*

Rejection Issues

\*\*\*\*\*

- 2 drops Marjoram
- 1 drop Rose

Massage along the spine, the solar plexus and heart chakra. Pour a few drops of the blend into your child's warm bath water and have him/her soak for at least 10 minutes. Pour a few drops in the palm of your hands and have your child inhale deeply.

\*\*\*\*\*

#### Guilt Issues

\*\*\*\*\*

- 2 drops Sandalwood
- 2 drops Orange

- 2 drops Lavender

Massage along the spine, the solar plexus and abdomen. Pour a few drops of the blend into your child's warm bath water and have him/her soak for at least 10 minutes. Pour a few drops in the palm of your hands and have your child inhale deeply.

\*\*\*\*\*

#### Withdrawal

\*\*\*\*\*

NOTE: Avoid nighttime use. Do not use if your child is hyperactive.

- 2 drops Lavender
- 1 drop Peppermint
- 1 drop Rosemary 1,8 cineole

Massage the throat, neck and shoulders.

\*\*\*\*\*

#### Loneliness

\*\*\*\*\*

- 1 drop Rose
- 1 drop Roman Chamomile
- 2 drops Lavender

Massage the solar plexus, abdomen and heart chakra. Pour a few drops of the blend into your child's warm bath water and have him/her soak for at least 10 minutes. Pour a few drops in the palm of your hands and have your child inhale deeply.

\*\*\*\*\*

#### Need for Attention

\*\*\*\*\*

- 2 drops Sandalwood
- 1 drop Rose

- 1 drop Bergamot
- 1 drop Marjoram

Massage along the spine, the solar plexus, and heart chakra. Pour a few drops of the blend into your child's warm bath water and have him/her soak for at least 10 minutes. Pour a few drops in the palm of your hands and have your child inhale deeply.

\*\*\*\*\*

Overly Active

\*\*\*\*\*

- 1 drop Roman Chamomile
- 2 drops Lavender
- 2 drops Marjoram

Massage along the spine and the solar plexus. Pour a few drops of the blend into your child's warm bath water and have him/her soak for at least 10 minutes. Pour a few drops in the palm of your hands and have your child inhale deeply.

In Good Health,  
Francoise Rapp  
[www.aromalchemy.com](http://www.aromalchemy.com)

(c) Francoise Rapp, 2001. Discover the life-transforming power of aromatherapy! Internationally renowned aromatherapist and alchemist, Francoise 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 [www.aromalchemy.com](http://www.aromalchemy.com).

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](http://www.aromalchemy.com/education).

## **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.



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**

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

