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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!

Nature's Aromatherapy Cupboard

By Merrie Schonbach

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Six common Essential Oils in the Healing Cupboard of Aromatherapy

The Art of Aromatherapy works with the Olfactory System – the sense of smell, and the Integumentary System – the skin, and is an excellent means of providing a natural alternative to ease many common conditions. All of the herbs we are discussing here, are common and found in most kitchens used for additional flavoring in your favorite recipes.

However, the pure essential oils of these herbs are used quite differently in Aromatherapy. A plant's scent is produced by its special oils - called essential oils. The essential oils are usually added to a carrier oil, When you practice aromatherapy, the only oils that should be used are all natural and 100% pure essential oils extracted from plants that have not been treated with chemical pesticides. We would like to advise you however, to please consult your health care professional for any questions or concerns with your health.

The first herb's essential oil is Sweet Bay, and has a lively spicy scent. Sweet Bay is used in Aromatherapy to relax tight muscles, soothe sprains, lessen pain, to calm, promote restful sleep, improve digestion, improve mental clarity and memory, as a disinfectant, repels insects and the vapors help breathing.

Clove is our next herb's essential oil. It has a hot and spicy scent and is used to warm the body, relieve pain, lifts the mood, helps relieve fatigue, serves as a aphrodisiac, vapors help breathing, is a disinfectant and repels insects.

Fennel is our third herb's essential oil and it has a strong licorice scent and is used for warming the body, relieves pain; it contains estrogen-like hormones, stimulates lactation in nursing mothers, helps to reduce cellulite deposits, has a purifying effect on the body and repels insects.

Ginger is our forth herb's essential oil and has a spicy scent. It is used for warming the body, relaxing tight muscles, relieving pain, lifts the mood, and helps relieve fatigue, energizing and increases

appetite.

Lemon is not an herb but is a common fruit and has a variety of uses in Aromatherapy. It is used to cool the body, depending on the amount used it can balance, calm or energize. Lemon lifts the mood, is refreshing, improves mental clarity and memory, helps reduce cellulite deposits, has a purifying effect on the body, stops bleeding from minor injuries, serves as a disinfectant and soothes insect bites.

Our last herb's essential oil is Sage which has a spicy scent and is used to lessen pain, reduce lactation in nursing mothers, reduces perspiration, has a purifying effect on the body and serves as a disinfectant.

Most often these pure essential oils are combined according to an Aromatherapy formula and used in room sprays, lotions and massage oils for ease of use.

Often a drop or two of the pure essential oil can be added to a bath, which is especially good for any of the herbs that aid in relaxation.

If you have an interest in the use of Aromatherapy please contact a Certified Aromatherapist or consider purchasing pre-made products for the purpose you wish to use it for.

Disclaimer: The information contained within is not intended as medical advice nor intended to replace a relationship with a qualified health care professional. They are intended as a sharing of knowledge and information. We encourage you to make your own health care decisions based on your own research and with a qualified health care professional.

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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 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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