

The Ultimate Guide to Aromatherapy



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Introduction

The art and science of using volatile oils for the psychological and physical well-being is called aromatherapy. These volatile oils are derived from plants. Essential oils are used the most in aromatherapy on account of their innumerable benefits they have on the mind-body system of human beings. There are many types of essential oils that are used in aromatherapy to fetch different therapeutic results.

Different human beings have been putting unnecessary drugs into their body to help them relax or to help their body heal. What some of the world is not aware of is that the mind is more powerful than these drugs. The body can and will be healed with the natural herbs of Mother Nature. These herbs will help to relax and stimulate the body.

The use of distilled essences of plants which prompts the well being and health of your mind, emotions, and body is aromatherapy (Wilson 3). Aromatherapy has been defined in many different ways but it basically is the process of diffusing scents into the air to make people feel better

(aromatherapy). Aromatherapy is used to relax the body. Scientists have been studying the use of aromatherapy and came down to one conclusion, "Aromatherapy does relieve stress" (aromatherapy).

Aromatherapy developed from the ancient practice of using different kinds of natural plant essences to promote a person's health and well being as well. It consists of pure essential oils obtained from a wide assortment of plants. These have been distilled or cold-preserved from roots, bark, flowers, and fruit (what). History shows that aromatherapy has been a vital part of caring for the mind body and soul. Our ancestors have inhaled the sweet aroma, which was used to stimulate the mind. Aromatherapy started when a chemist named Rene-Maurice Gattefosse became interested in healing the body by using all natural essential oils. He came across the technique of using distilled plants and fruits for a wonderful smell. His mind pondered on the question could this sensational smell stimulate the mind into relaxation. While pondering this question he decided he was going to do an experiment. He purposely burnt his hand and then took the lavender oil and rubbed it on his hand. In minutes the burning sensation was gone.

Soon enough the burn disappeared. He then realized that these distilled plants and fruits could heal not only burns but could heal the whole mind. He found out that these terrific oils and aroma could change a human's emotion and put them to extreme relaxation in minutes (aromatherapy).

Aromatherapy is proven to reduce stress affectedly on human beings (What). Aromatherapy can ease the body and relive any discomfort your body is feeling, such as pains or any headaches (what). Aromatherapy does really work. Modern scientists have been doing research on aromatherapy and they have proven the healing evaluates different kinds of pure essential oils (you). "The appropriate oils can have powerful results, both on the body and spirit" (what). There are different aromatherapy products that work for different emotions and for different people. Whatever product you are using all relates on what kind of person you are. Different people may get different reactions. It is proved that aromatherapy bath salts have a relaxing and stress releasing effect (soak). Another product that is proven to release stress is lavender. Most salons when using lavender mix it with some sort of lubricating oil. When using the lavender it is almost positive that there will be a relaxing reaction when

rubbed on a human's body. Aromatherapy can help you reduce and manage stress. It plays a major role in almost every illness a human will come across. The use of essential oils can help you control stress, alleviate anxiety, and tension. Essential oils will minimize the physical aches. You can use aromatherapy to relax and unwind after a stressful day at work, on the road, or even at your own home. Aromatherapy has a positive influence on your emotions. When talking aromatherapy it will put your mind at ease and calm down your nerve (Wilson11).

Some hospitals as well use the aromatherapy procedure to relax the patients and put their aches to ease. In fact most of the staff at these hospitals use aromatic oils to help them relieve stress. After they use the oils they say it helps them to concentrate more on the patients instead of their own stress that is bothering them throughout the day. In conclusion, the patients get the undivided attention that is needed and makes the patient feel better and more comfortable in the hospital (Bricklen 21-22). The aromatic procedure has been a big success in the hospitals. Different reporters have been going around to hospital to hospital and saying that patients swear that when they use

aromatherapy it replenishes them and relaxes there nerves (what).

"Aromatherapy also acts on the central nervous system, reliving depression and anxiety, reducing stress, relaxing, uplifting, sedating, stimulating both physical and emotional wellbeing" (Prevent). Aromatherapy helps people to relax and to reduce their stress. The aroma signals a special part of the brain that controls the emotions you feel. Scientists have been doing research and they have found that the aroma of the smells controls some of your emotions (another). The essential oils are absorbed into the skin's pores and then reaches the blood stream through connective and lymphatic tissues. This usually takes 10-20 minutes to happen. The essential oils go through the subcutaneous or fat layer and penetrate the skin (Tutorial). All of our senses travel through our sensory path of nerves and spinal cord before it reaches the brain. When you smell the aroma the essential oils go through the impulses to the old factory membrane (actual brain cell) (Tutorial).

Although the concept of aromatherapy has been around for many years it is still around. Aromatherapy has continued to help ease the human body. "People everywhere are responding to

aromatherapy," says Mae, vice president and director of the fragrance marketing. The future of aromatherapy looks bright indeed. People everywhere are finding out about the benefits of aromatherapy. Its ability to promote relaxation, reduce stress, improve work performance and to evaluate the mood you are in (past).

You have heard in all cases on how aromatherapy has reduces stress effectively on human beings. The aroma of sweet lavender has and is proven to calm the nerves of a human being. We have heard in some cases that patients in hospitals are now using the aromatic procedure. Aromatherapy does work and it is more powerful then any drug in any drug store. Your mind has the ability to do anything it wants to. The aroma of the oils gets to the part of your brain that allows you to do whatever you want. When you use the oils you are most likely wanting to relax. As the oils are on your body you are thinking about relaxes and your mind and the oils do the rest.

The basis of aromatherapy is in its utilization of naturally gathered essential oils. These oils are commonly extracted from plant material and additional compounds. The flower based oils are commonly for powerfully aromatic users while the

early sources of oils are principally utilized for medicinal purposes. These oils are chiefly extracted from flowers or delicate plant tissues which are already known for their various properties. Get all the info you need here.



Aromatherapy Basics

Aromatherapy - a word frequently associated with calm, odoriferous and relaxing surroundings. Made famous for its largely relaxing indulgent feature, utilizing aromatherapy has also been known to be related to bear medicinal qualities.

Amazingly even in the culinary field, such components are now becoming popular, particularly among those with a more discerning palate. Although it should be noted here that such components have long been utilized as a more traditional source of nutrition and even flavor.

The Basics

Occasionally divided into 3 distinctive areas of uses, aromatherapy has proven an effective resolution to a lot of problems. Aerial diffusion falls in the class for environmental fragrance or disinfection.

Direct inhalation is promoted to arrest assorted respiratory problems like respiratory disinfection, congestion, tautness in the chest cavity and a lot of others. Topical applications are chiefly for relaxing

purposes like massages, baths, compresses and therapeutic skincare treatments.

In theory aromatherapy has been encouraged to be thought of as an alternate to more invasive sort of treatments. Besides being much more pleasant as a treatment choice it may occasionally even be touted as a prevention element to particular diseases.

At worst it may play a major role in relaxing the general state of an person and perhaps contribute in some way to the more successful part of recovery when combined with other more scientifically accepted techniques of treatment.

Nowadays there are a lot of avenues of treatment to explore before embarking on a certain sort suitable for the person. However it must always be noted that before making a choice, one must always try to be as well informed as possible.

The importance of understanding a certain topic, idea, or element is frequently overlooked in this busy world. To make matters worse it's frequently difficult to find the time to truly extensively explore certain topics. But with the use of assorted modern tools, this task may be not only fun but really informative also.

Most individuals nowadays think aromatherapy as just a different indulgent exercise the privileged few enjoy. But upon taking the time to delve deeper, one is likely to find a whole new prospect relating to the really diverse uses of aromatherapy.

Originating long before medical science made breakthroughs and discoveries; aromatherapy has had a lot of success stories to back it's a lot of fantastic attributes. The concept of utilizing aromatherapy to treat wounds and burns first came about when a scientist badly burned his hand while conducting an experiment and later it was utilized again successfully, as an antiseptic to treat the wounded soldiers during world war two.

Being the basis of natural materials, aromatherapy is less unsafe a technique to choose from, when deciding on the best fitted treatment for assorted illnesses. In essence aromatherapy is a treatment that could or might not help in the prevention of diseases by the use of essential oils. When paired with the more conventional methods of treatments it has been found to produce impressive results, chiefly contributing as a calming ingredient to the equation.

Aromatherapy may have a positive affect on the limbic system through the olfactory system. It has likewise been known to have direct pharmacological effects. There have been studies done to prove the connection between the direct affects of use between aromatherapy coupled with other scientific techniques, but to date no absolute data has been forth coming.



Tips For Getting Started

Here are some good tips for getting started with aromatherapy and essential oils.

For The Novice

Don't purchase perfume oils thinking they're the same thing as essential oils. Perfume oils don't offer the healing benefits of essential oils. Even if you merely intend on using aromatherapy in your life for the out-and-out enjoyment of the aroma, essential oils that are breathed in may provide therapeutic advantages. These advantages don't happen with the utilization of perfume oils.

Don't purchase essential oils with rubber glass dropper tops. Essential oils are really concentrated and will turn the rubber to a gum therefore ruining the oil.

Read as much as you are able to on Aromatherapy. It's really simple to get going with Aromatherapy, however there are safety concerns that you need to

be aware of. You're wise to read even further on the significant subject of essential oil safety.

Be choosy of where you buy your essential oils. The quality varies widely from company to company. In addition, a few companies might falsely claim that their oils are pure when they aren't.

Learn to equate apples to apples if shopping for oils. Anise, lilac, bay laurel, cedar, and eucalyptus are examples of the basic names of plants utilized to make essential oils. There, however, are assorted varieties of each of these plants. To differential these varieties, the botanical name is utilized to tell them apart. For example, two assorted oils are referred to as "bay laurel essential oil," yet they come from 2 assorted plants. The attributes and aroma of each oil do differ as does the basic cost between the two. It, consequently, is crucial to pay attention to the botanical name.

It's likewise helpful to note the native land for the oil. Most great essential oil sellers will promptly supply the botanical names and native land for the oils that they sell. When comparing one company's oils with another's, likewise pay attention to if the oils are organic, wild-crafted or ethically produced.

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