



AROMATHERAPY

Past and Present

1 Always use diluted oil.

2 Perform a skin patch test before using any oil. Then wait 24 hours before using. If you have nut allergies, remember some oils are diluted with nut oils. Read the bottles.

3 Some scents should be avoided if you have asthma or epilepsy. Consult a professional before you begin aromatherapy.

4 Less is more.

5 Not all oils are suitable for aromatherapy.

6 Children need adult supervision when using essential oils

7 Never ingest oils. Aromatherapy is for external use only.

8 Essential oils are flammable. Keep away from open flames.

Aromatherapy is a form of complimentary alternative medicine (CAM). CAM is a group of medical and health care systems, practices and products that are not presently considered to be a part of conventional western medicine. Aromatherapy is not widely practiced, but could help manage the medical treatments and stress of HIV and AIDS.

Aromatherapy dates back thousands of years., and was initially used as spiritual practice. Ancient Chinese, Indian, Greek, Roman, and Egyptian cultures used smoke, aromatic scents, and oils to attract Gods and ward off evil spirits.

In ancient China it has been documented as far back as 3000 B.C. Plants were the main sources of medicine until the early 19th century. Early Chinese currency was printed on silk and was perfumed. The citrus plant, which originated in China, uses its oil for mood alteration.

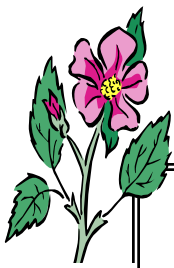
Ancient Egyptian priests practiced the extracted oils from flowers for perfumes and cosmetics. The scents were used in religious practice and hygiene practice.

Romans used essential oils in baths and massage oils. There was even a special section of town dedicated to perfumeries. If you enter a catholic church today you will smell frankincense and myrrh. These strong volatile oils are still burned in modern religious ceremonies.

Aromatherapy has become less popular since the introduction of chemistry and western medicines. However, that is not to say that there is no place for its use today. Aromatherapy is not a cure it can improve mood and decrease stress.

Not all oils provide the same level of benefit. In fact some can have negative effects. It is important to use treatment appropriately. Always consult your care provider before starting any alternative treatment Including aromatherapy.





Lavender, one of the oldest plants used for aromatherapy, grows in the mountains of Southern France, the Canary Islands, and Persia. The leaves and flowers of the plant are used in distillation, and considered one of the most versatile plants as far as its applications.

Lavender can assist with anxiety, depression, insomnia, headache, and stress. Its scent is enhanced when blended with rose, geranium, sage, and rosemary.

Rose: There are many different rose scents. Each one is a bit different and you have probably experienced each through different perfumes and lotions. Rose can be cooling and soothing. It can decrease sadness and depression.

Grapefruit, Orange, Lemon: Citrus have a fresh clean scent that energizes the body. It can help manage sluggishness and stimulate the nervous system. A few drops of natural lemon juice in hot tea, olive oil, or honey is thought to help digestion and stimulate the mind.

Basil oil is often used to decrease stress, mental exhaustion, and memory loss. Basil can stimulate circulation, alleviates headaches, and sinus related pressure. Basil can also help manage nausea and indigestion associated with chemotherapy. Use basil oil on sore muscles associated with menstruation, colds, and the flu.

Rosemary: This strong scent comes from the fresh leaves and stalks of the plant. It has a clear and strong scent. Rosemary has been thought to stimulate the mind, treat weakness. A few drops of essential oils in shampoo to awaken the senses in the morning.

Rosemary blends well with lavender.

Note: Avoid rosemary if you are pregnant, suffer from seizure disorder and have high blood pressure.

Black Pepper: Black pepper has a stimulating effect. This essential oil can be used in bath water, massage oils, and for its warming properties in cold winter months.

Peppermint: Distilled in the North West, this oil is found in many everyday products such as chewing gum, candy, toothpaste, mouthwash, and teas. Peppermint is found in pharmaceutical products used to treat sore muscles, aches and pains. It has antiseptic, sedative, and cooling properties. Menthol is the ingredient in peppermint responsible for its cooling effects. Inhaling the vapors of peppermint is thought to clear the mind of negative thoughts.

Peppermint is used to treat nausea, motion sickness, fevers, colds, flu, respiratory disorders, and can help clear the sinuses. When added to bath water, peppermint may cool a fever. Try a cold compress of peppermint and water on a wash cloth to alleviate the itching of a mosquito bite.

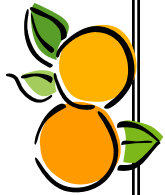
Frankincense can help decrease anxiety and nervous tension. It is believed to elevate, soothe and have a warming effect on the mind. It is an ideal scent to incorporate in meditative practices because its effects slow and deepen breath.

Geranium is distilled from the leaves and stalks of the plant. This flower has a light, floral, fresh sweet and fruity scent. Has calming, balancing and uplifting effects. Geranium may be helpful when feeling depressed, nervous, or fearful.

Geranium blends well with basil, rose and citrus scents.

Ginger is extracted from the root of the ginger plant. Ginger is thought to relieve nausea, increase appetite and aid digestion. As a massage oil it can alleviate pain and congested areas. Some use ginger to promote courage, confidence, and success.

Roman Chamomile: This essential oil is thought to relieve stress and anxiety. It is a medium to strongly scented oil that has a bright, crisp, sweet, and fruity scent.



Recipes



Calming/Relaxing Bath* Blend

2 oz of carrier oil
10 drops of chamomile extract
5 drops of lavender extract

Directions: Mix the essential oils well and add to a clean, air-tight dark glass container.

Energizing Blends of Massage oil

1oz carrier oil
4 drops basil
3 drop of cypress
4 drops of grapefruit

1 oz carrier oil
6 drops of grapefruit
4 drops of ginger

1 oz carrier oil
4 drops of peppermint extract
2 drops of frankincense extract
4 drops of lemon extract



Directions: Mix the essential oils well and add to a clean, air-tight dark glass container for storage.

Sleeplessness Blend: Not to be used on skin

10 drops of chamomile extract
5 drops of sage extract
5 drops of bergamot extract

Directions: Blend your essential oil in a clean, air-tight dark glass container. Add 1-2 drops to a tissue and place inside your pillow case.

***Bath Oil**



Aromatherapy is not only limited to our lotions and perfumes. It is also in the food that we eat. When you arrived here today you tasted an olive oil that had been infused with the essence of Rosemary, Sage, and Lemon. All of these herbs have properties that can aid in digestion and mood.