

# Aromatherapy



**Aromatherapy** can be defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. It is an art and science which seeks to explore the physiological, psychological and spiritual realm of the individual's response to aromatic extracts as well as to observe and enhance the individual's innate healing process. As a holistic medicine, Aromatherapy is both a preventative approach as well as an active treatment during acute and chronic stages of illness or 'dis'-ease.

It is a *natural, non-invasive* treatment system designed to affect the whole person not just the symptom or disease and to assist the body's natural ability to balance, regulate, heal and maintain itself by the correct use of essential oils.

# Origin of the word Aromatherapie

The term "*aromatherapie*" was coined by Rene Maurice Gattefosse in 1928. He utilized the word to imply the therapeutic use of aromatic substances (essential oils). Since the beginning of Aromatherapy, the practice has encompassed human pathology and the treatment of different conditions (emotional and physical) with essential oils. As Aromatherapy developed into a practice it adopted a holistic approach which encompasses the body, the mind and the spirit (energy).

# How Can Aromatherapy Help You?

## Emotion based benefits

Depression • Frustration • Grief • Hysteria • Anxiety • Insomnia • Lack of Concentration • Irritability • Fear • Poor Memory • Hopelessness • Moodiness • Panic Attacks • Nervous Tension • Sadness • Worry

## Medicinal benefits

Bruises / Sprains / Strains • Burns (including sunburn) • Wounds and Scars • Nervousness / Tension / Stress • Motion Sickness • Fatigue • Respiratory • Purifying the Air • Muscular aches and pains • Fungal infections such as athlete's foot and nail fungus • Reduce skin inflammation • Enhance wound healing • Digestive disorders such as Constipation

## Skincare benefits

Dermatitis • Stretch Marks • Eczema • Acne • Psoriasis • Mature Skin • Varicose Veins • Dry Skin • Cellulite • Wrinkles • Enhanced wound healing • Antifungal activity • Antibacterial activity

Before purchasing essential oils for home use, it is always best to seek the advice of a professional qualified aromatherapy practitioner.

# Top Ten Essential Oils



**1. Eucalyptus, Eucalyptus globulus or Eucalyptus radiata:** Helpful in treating respiratory problems, such as coughs, colds, and asthma. Also helps to boost the immune system, and relieve muscle tension.



**2. Ylang Ylang, Cananga odorata:** Helps one to relax, and can reduce muscle tension. Good antidepressant.



**3. Geranium, Pelargonium graveolens:** Helps to balance hormones in women, good for balancing the skin. Can be both relaxing and uplifting, as well as antidepressant.



**4. Peppermint, Mentha piperita:** Useful in treating headaches, muscle aches, digestive disorders such as slow digestion, indigestion, and flatulence.



**5. Lavender, Lavandula angustifolia:** Relaxing, and also useful in treating wounds, burns, and skin care.



**6. Lemon, Citrus limon:** Very uplifting, yet relaxing. Helpful in treating wounds, infections, and house cleaning and deodorizing.



**7. Clary Sage, Salvia sclarea:** Natural pain killer, helpful in treating muscular aches and pains. Very relaxing, and can help with insomnia. Also very helpful in balancing hormones.



**8. Tea Tree, Melaleuca alternifolia:** A natural anti fungal oil, good for treating all sorts of fungal infections including vaginal yeast infections, jock itch, athletes foot, and ringworm. Also helps to boost the immune system.



**9. Roman Chamomile, Anthemus nobilis:** Very relaxing, and can help with sleeplessness and anxiety. Also good for muscle aches and tension. Useful in treating wounds and infection.



**10. Rosemary, Rosmarinus officinalis:** Very stimulating and uplifting, good to help mental stimulation as well as to stimulate the immune system. Very good for muscle aches and tension. Stimulating to the digestive system.