

## What is Aromatherapy?

The practice of Aromatherapy utilizes volatile plant oils, as well as essential oils for physical well-being psychological well-being.

The pure essence of a plant, known as essential oils, has been found to provide both physical and psychological benefits when used safely and correctly. More than 90 essential oils are discussed in the Essential Oils Profiles. As well, Hydrosols, Absolutes and CO2s are also commonly used in aromatherapy.

Even though they are essential oils, absolutes and CO2 extracts rely on a different distillation method. The term essential oil is used as a blanket term to describe all volatile, aromatic and natural plant oils including absolutes and CO2s.

Along with essential oils, aromatherapy additionally encourages the use of other complementary natural ingredients such as herbs, sea salts, muds, clays vegetable oils, milk powders, jojoba a liquid wax, sugars as an exfoliant and hydrosols.

### **The Benefit of an Aroma - Inhaling Essential Oils**

Essential oils that work by being inhaled into the lungs provide both physical and psychological benefits. Not only does the aroma of the natural essential oil stimulate the brain to trigger a reaction, but the natural occurring chemicals known as the natural constituents, can provide a therapeutic benefit when inhaled into the lungs. For instance, a common example of this is diffusing eucalyptus essential oil in order to help ease sinus and nasal congestion.

### **The Benefit of Physical Application**

Essential oils that are applied to the skin can be absorbed into the bloodstream since our skin is our largest organ. The essential oil's constituents can aid in hygiene, beauty and health conditions. Since essential oils are so concentrated and extremely powerful, it is recommended that you do not apply them to the skin in their undiluted form. Essential oils are typically diluted into a carrier oil such as grapeseed oil, apricot kernel oil, sweet almond oil or any cold pressed vegetable oil of your choice.

Experiment with different carrier oils until you find one that you like. Some people prefer oil that soaks in quickly, while others want it to remain a bit "greasier" for massage purposes.

### **Additional Benefits**

Essential oils offer therapeutic benefits at the physical and emotional level, and they are also useful in other applications. For example, many people use essential oils as air fresheners, to scent their bath water and for laundry and household cleaning. Certain essential oils are useful as a natural pesticide and insect repellent. Citronella candles are popular with campers during the summer to help repel mosquitoes. Citronella essential oil is the key ingredient in those repellent products.

Lavender oil is a popular choice for relaxation and may be used under the nose at bedtime or put onto a cotton ball and placed under your pillowcase if you are sensitive to having the oil on your face. If you are using essential oils in your bath, be sure to run the water first and then add the oil before you get in, otherwise, you run the risk of diluting it completely if you add it at the beginning of filling the tub.

### **Essential Oil Blends**

Essential oils can be blended to together in order to create complex and appealing aromas. They are often blended together for a particular application, such as one with stimulating or relaxing properties. Essential oils that are blended with a particular therapeutic purpose may be referred to as essential oil synergy. A synergistic essential oil blend is considered to be greater in its' combined action as opposed to each oil working independently on its own. Smell is a very personal sense and it is important to create blends that you like the smell of or they will not be as beneficial.