

AROMATHERAPY

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Aromatherapy refers to the aromatic uses of essential oils. These are distilled aromatic extracts of plants and flowers. Essential oils work on the mind and body simultaneously and so we respond to their presence both physically and psychologically. The aroma of the essential oil is absorbed through our skin. We inhale the aroma that then enters the lungs from there pass into the bloodstream. They then interact with hormones and enzymes in the blood to affect our body system in the following ways:

- Calming the body
- Stimulating the body
- Enhancing Immune system
- Digestion system
- Endocrine system
- Genitor system
- Urinary system and the skin

Aromatherapy & essential oil

Aromatherapy oils can help to lift your spirits as you start the day, and there are many ways in which to enjoy their aroma. Essential oils can help with insomnia and instill peace of mind, helping you to wake up worry free.

Unwinding with aromatherapy

True unwinding means making time for yourself, time when you can fully relax. With aromatherapy you can easily treat yourself, and luxurious baths to de-stress yourself both physically and emotionally

Essential oil profiles:

The oils used in this article are those you are most likely to use every day, because they have broad emotional and physical healing applications.

Organic Chamomile German Blue essential oil:

Properties: Calms nervous and stomach, sleep inducing.

Uses: insomnia and anxiety.

Organic Lavender essential oil:

Properties: Calming, soothing to nerves and digestion, anti depressant, pain relieving and lowers blood pressure.

Uses: Insomnia, tension, depression, headache, catarrh, stomach, cramps, shock and earache.

Organic Neroli essential oil:

Properties: Very relaxing

Uses: Insomnia caused by anxiety, depression, irritability, panic, shock and to reduce fear

Organic Tea Tree essential oil:

Properties: Sense of physical wellbeing's, enhancing respiratory, dental abscesses

Uses: Acne, athlete's foot, blisters, infected, wounded dandruff, colds, fungal & viral infections.

Organic Basil essential oil:

Properties: energizes, brain stimulus, active mind and boost immunity.

Uses: improve concentration, focuses the mind and boost will power, relieve anxiety and depression, releasing worries and feeling of guilt, eases lower backache, tiredness and headache.

Organic Eucalyptus essential oil:

Properties: nasal congestions, sinusitis, cold and flu symptoms, bronchitis and asthma.
Uses: Cold sores, general infections, support the immune system, antiseptic and anti-inflammatory.

Organic Frankincense essential oil:

Properties: help with tightness in chest, reduces heavy menstrual flow.
Uses: mature skin conditions; help prevent wrinkles, mental focuses, meditation, boost respiratory and immune functions.

How to use organic essential oils

Massaging with essential oil

Massaging is the channel of healing energy, they heal at the physical, emotional and psychic level. The uses of essential oils and massaging have mutually enhancing effects.

A full body massage with essential oils can last for hours. The psychological benefits of essential oil molecules can travel into the respiratory system and cause a deepening of the breath as the airways open or dilate and the lung inflate to fuller capacity than normal.

Sample #1: Organic Rosemary essential oil 5 drops, organic Nutmeg essential oil 5 drops, organic Lavender essential oil 5 drops and organic carrier oil 1 tablespoon or 15m (Jojoba oil).

Bathing with essential oils

The use of essential oil in a bath is so simple yet so relaxing, especially good for tired feet, 5 - 10 drops of Organic Chamomile German Blue or organic Lavender essential oil.



For more information about organic essential oils and other natural organic beauty products, please visit our website: [My nature](http://www.mynature.com.au) or call us on 02 8005 8436.