



# Essential Aromatherapy

Aromatherapy has been considered down through the century as a remedy that soothes the body and mind. The remedies are said to relieve symptoms coming from a variety of diseases. In addition, the remedies are claimed to relieve stress, anxiety, nervous tension, and related symptoms. Many people have used aromatherapy, including the French natives, Egyptians, Germans, Brazilians, Europeans, Indians, Canadians, Americans, people in the Mediterranean lands, and so on. The oils include the scented and essential oils. Online you can find a variety of the oils, including Basil, Cedarwood, celery seed, carrot seed, African Bluegrass oils, bergamot, clove bud and leaf oils, and so on. The oils each have its purpose for healing the body and mind. Before using the oils be sure to read all available instructions before using.

## About Aromatherapy

### Brief History:

Aromatherapy came from France, which a Frenchman burnt his arm, dipped it in lavender oil, and concluded from the results that essential oils and scented oils are healers. The result delivered ceased the burning, as well there were no apparent scars on his arm. Essential oils and scented oils are aromatherapy oils, which came from living plants. Exceptions include the oils that came from swallowtail butterflies.

The intentions of the oils are to heal the body and mind by relaxing the soul of stress. Few types of oils are intended to produce a romantic mood. However, according to reports the best alternative for using aromatherapy comes from massaging the oils into the flesh.

I've talked with a masseuse who claims that many of her clients complained, since the oils made them feel drowsy, or put them to sleep. Consequently, the oils must work to relax the body and mind; otherwise the person would not feel drowsy or sleep when the oils are burning. The masseuse also mentioned that the green oils were prone to relax the body and mind, more so than other scents. Now, whether this is true or not would depend on the person and his or her level of stress.

As for aromatherapy creating romantic mood well the fact is down through the years candle lit dinners, candle lit areas, etc have created a romantic mood for many. So we can assume that aromatherapy can also create a romantic mood. The romantic oils include Jasmine. Still, a selection of aromatherapy oils can work as a romantic sparker.

Understand that aromatherapy romantic oils are essential oils. The oils work to create synchronization with the spirit, mind, and body. The oils are said to elevate moods through feeling by producing relaxation affects. The affects are said to enhance well-being, confidence, and openness. According to studies, few people using essential oils experienced a hormonal affect, which increased desire of sexuality.

The oils available to promote romance are the Patchouli oils, YLANG YLANG oils, Sandalwood, Jasmine, etc. The oils are said to deliver a strong arousing feeling. The oils work by sending odors that stimulate the moods and mind, which in turn produces an arousing sensation, as well as an awakening yearning. Aromatherapy oils with aphrodisiac ingredients are also romantic arousers. YLANG, Lemon oils, Patchouli, Rosewood, Eucalyptus, Geranium, and Rosemary are a few of aromatherapy oils, which contain aphrodisiac. Aphrodisiac Sensual oils are oil that produces a romantic mood.

How do I choose oils for massaging?

Distilled oils, which are made from low temperatures and pressure, as well as 100% natural graded A, oils is ideal for romantic massages. According to reviews however, you should dilute the oils in the carrier oil. Carrier oils is said to affect the skin, which produces relaxation. Additional oils include the romance oils. The oils contain cedar wood, clove buds, cinnamon leaf, clary sage, orange, and chamomile.

Yohimbe oils which include the Combinations work by increasing erectile capabilities, libido, and sex drives.

How do I choose the types of oils for different occasions?

You should learn more about the scents and essential oils to make your choice. Lavender oils work to balance, elucidate, soothe, and regularize the body and mind. Eucalyptus oils work to purify, cool, balance, and revitalize the body and mind. Peppermint oils invigorate, refresh, cool, and promote energy whereas Rosemary revitalizes, warms, and clarifies the body and mind. Sweet Orange oils uplift your body and mind, as well as produce a cheerful and stimulating feeling. Geranium lifts, balance, stabilizes and relaxes the body and mind. Bergamot oils lift your moods, normalize your mind, and build your confidence.

## **Aromatherapy Extracted to Heal**

Aromatherapy works to heal the mind and body. The natural herbs, oils, fragrances, etc aid in healing a wide array of diseases. At most aromatherapy reduces irritating symptoms, as well as emotional negativity's. Aromatherapy is used to heal the mind by relieving stress.

Down through the century's aromatherapy has been used by a wide selection of professionals and individuals alike. India natives, Egyptians, Germans, Frenchmen, Europeans, Brazilians, etc, have all used and still use aromatherapy oils. After ongoing studies, research, etc, the oils has proven to assist in promoting health. In fact, medical doctors use aromatherapy in medical treatment. On the market is a variety of aromatherapy scented and essential oils. The oils include asafoetida, Cajuput, Celery Seed, Jasmine, Black Currant Seed, Carrot Seed, Bergamot, Basil, and so on. Absinthe, Ajowan, African Bluegrass, Anise Star, Anethi, Australian Balm Mint Bush, Arborvitae Wild are a variety of other oils available on the market.

Australian Balm Latin name is *Prostandthera Melissifolia*. The flowery plant was extracted through steam process. The oils origin is Australia, which its flowers is shaped similar to a purple bell. The oils are pale yellow once extracted, and works as an anti-bacterial agent. The oils work as anti-fungal agents as well. Australian Balm will help reduce colic, headaches, and colds. The medium scented oil blends with peppermint, lavender, lemongrass, spearmint, and citronella. The oils are non-toxic and are used as a cooking ingredient as well.

Ajowan is an essential oil, which its Latin name is *Trachyspermum Copticum*. The herbs were extracted through a steam distillation process. The origin of ajowan starts in India. Ajowan produces pale, yellowish brown oils. The oils are essential for stimulating, and are used as anti-spasmodic agents. In addition, ajowan has microbial agents, and properties that help to fight colic symptoms. The strong scent blends with sage, thyme, and parsley.

Ajowan is sometimes called Bishop Weed. The oils originated in India, yet they are widely used in Egypt, Iran, Afghanistan, and Pakistan. You must dilute the oils before applying to the skin, otherwise it could cause irritation. If you're pregnant it is recommended that you do not use the oils.

Anise Star in Latin is called *Illicium Verum*. The oils are extracted through steam distillation process, and come from plant seeds. In addition, Anise Star originates in China, yet it has a well-known usage in various lands. Anise is a plant that grows licorice flavored seeds. The Mediterranean plants are used in medicines, and to flavor drink and foods. The Latin name is *Pimpinella Anisum*. The oils are clear, or light yellow. Moreover, the oils are used to treat colic, rheumatism, and are used in cough syrups, as well as pastille. The light scented oils blend with orange, lavender, pine, clove, cinnamon, and rosewood. The oil is used in various lands as well as a breath freshener and aid to clear up the digestive system.

Arborvitae Wild is an essential oil, which its botanic name is *Thuja OCCIDENTALIS*. The extraction of the needle and twigs from plants occurred through a steam distillation process. The origin of these plants is

Canada. *Arborvitae* Wild is a conifer tree, which is akin to the cypress family. The flat leaves fit closely, which the leaves resemble scales.

The oils are pale yellow, which the oil is used as an anti-rheumatic agent, anti-infection solution, anti-allergenic aid, etc. The oil is also used as an insect repellent. In addition, you can use this oil as an anti-inflammatory agent, to treat poison ivy, as an anti-microbial agent, etc. The strong scented oils blend with cinnamon Bark, birch sweet, eucalyptus, Cedarwood, cajuput, and cassia oils. *Arborvitae* Wild is considered the oils of from the trees of life. The oils were used to ward off lightning. *Arborvitae* Wild oils are to be used as instructed. We can now learn how to use aromatherapy.

## **How to use Aromatherapy**

While aromatherapy is made up of natural ingredients, it is smart to use the remedies as recommended. Some of the essential oils can cause nausea, vomiting, skin irritation, etc. Since we have a variety of articles available discussing aromatherapy oils and how they work, I thought we could switch up and learn how to use aromatherapy. Absinthe is one of the essential oils available.

### **How to use Absinthe:**

You should use absinthe oils as instructed. The oils include cautions, which recommend that you do not use absinthe with aromatherapy treatments. The oils have agents that work against aromatherapy, such as neurotoxin, thujone, etc.

Absinthe is dark green oil, which is commonly used to treat anorexia. As well, the oil is used to boost the digestive system, while promoting menstruation. In addition, the oil is used to reduce fever, as well as remove worms. The strong scents do not blend with other oils at this time. The prime use of absinthe was to eliminate tapeworms. A last word of caution on absinthe is that people down through the years found that it could be used as a drug for getting high.

African Bluegrass is an essential oil. The oils can cause irritation to the skin. You should also avoid using the oils around the eyes. African Bluegrass is used as an astringent, anti-fungal agent, antiviral agent, and is prepared and used to sooth the feet. The medium scent oils or strong scent blend with floral and citrus notes.

Angelica Root is another of the essential oils, which pregnant women should avoid. The oils are non-toxic; however it is recommended that you avoid using the oils in sunlight. The oil is commonly used in treating gouty, arthritis, joint discomfort, congested skin, nervous tension, migraines, bronchitis, fatigue, water retention, coughing, stress disorders, and so on. The strong scents blend with sandalwood, Cedarwood, Olibanum, and Guaiacwood.

Armoise Mugwort oils should be diluted before usage, since it is toxic oil. The oils include neurotoxin and abortifacient agents. Pregnant women should avoid using this oil. The oil is used as an antispasmodic, and to treat colic based symptoms. IN addition, the oil is used to discharge worms, reduce stomach acids, and so on. The strong scented oil works with oak moss, patchouli, pine, lavender, Rosemary, Clary Sage, sage, Cedarwood, and so on. You can find this oil listed in Felon Herb lines as well. St. Johns line may also have this oil listed.

Aromatherapy has a long line of essential and scented oils. Yet, each, oil has its instructions, which you should follow to avoid harm. The oils are intended to relieve the mind and body, which some oils are taking orally, while others are not.

Bay essential oils is commonly used as an antiseptic, analgesic, antibiotic, astringent, anti-neuralgic, insecticide, febrifuge, sedative, and so on. The oils are claimed to treat colds, rheumatism, flu, muscle pain, skin infections, dental infections, diarrhea, circulation irregularities, neuralgia, and so on. The strong scented oil works with juniper, Cedarwood, ginger, Ylang oils, geranium, coriander, lemon oils, eucalyptus, lavender, Rosemary, rose, thyme, and orange flavored oils. Bay essential oils is

highly concentrated with Eugenol, which can irritate the flesh, mucus membrane, and so on. It is recommended that the oils are used as recommended and that pregnant women avoid using the oils.

A variety of other aromatherapy oils are available, including cardamom, bergamot, caraway, bergamot-Bergaptene free oils, Cananga, Betal Leaf, birch in both tar and sweet oils, cajuput, Cade, black currant seed oils, Calamus root, Buchu, blood orange, Cabreuva, Camphor, Cypress Australian Blue, Basil, and so on. Aromatherapy includes the essential and scented oils.

## **Aromatherapy and Essential Oils**

### **Scented Oils from Oils & Scents**

Aromatherapy includes the scented oils. As well aromatherapy includes the essential oils. The oils work by melting away your stress while the aroma fragrances relax the body, as well as the mind. Aromatherapy is essentials and natural oils. The therapeutic oils allow you to utilize its fragrances in a variety of ways. Aromatherapy oils soothe your body, whilst spoiling the soft tissues of the body and relaxing the mind.

How to find aromatherapy scented and essential oils?

Online you can find a wide assortment of your favorite oils. The oils and scents wash away the days stress. Aromatherapy is the choice which helps you to relax. In addition, you can use aromatherapy oils to set a romantic mood. The oils create a loving feeling, which each of your will experience. In summary, aromatherapy will provide you a relaxing moment in a romantic setting. Oils are also handy for decorating warmers, or mists, since aromatherapy oils fill your environment with natural and fresh scents.

Scented and Essential Oils create a peaceful environment. Aromatherapy scented oils also works to enhance moods in your home environment. Scented oils naturally generate sensual and loving moods, as well as a feeling of relaxation. In fact, many masseuses' will employ aromatherapy combined with reflexology, manipulation massages, and so on. The oils help to relax the body and mind, while setting the mood.

Which oils should I choose for romantic evenings?

IF you want to set the mood for both you and your partner, thus Jasmine is the ultimate aromatherapy. Jasmine includes the Queen oils, which is aromatherapy's essential oils. The scented aromas will set the mood, by producing a luxurious scent. The scent works to create a loving bond between you and your mate. The uninhibited aromatherapy oil is irresistible and will put you and your partner both in the mood.

Aromatherapy oils produce scents which surround your environment. The scented oils will appeal to moods, memory, appetite, body, mind, etc. You've almost certainly took notice of the advertisements, which informed you of exotic, aromatherapy, scented, or essential oils. However, aromatherapy, oils are natural oils, which differ from other types of oils. Aromatherapy comes in a variety of scents, including "Jasmine, Cedar, Lilac, Tuberose, and Myrrh. You have options however, since can purchase a variety of natural scents, such as the enthralling natural forest oils and floral scents.

Those feeling cheerful may benefit from the warmth of fig oils. The oils will keep you in your cheerful mood. The warmth of fig oils includes the orange and cinnamon scents.

The aromatherapy scents set the natural feeling or moods. You merely smell the oils. In addition, the oils will supply new age solutions, since you can use aromatherapy as air fresheners.

Why should I choose Aromatherapy over common oils?

Common oils incorporate chemicals, which will affect the body. You will perhaps experience sinus problems, or related problems using common oils. In addition, aromatherapy oils set the mood in a natural environment. Aromatherapy oils produce sweet smells in the air. Still, the scents will

not affect your sinuses or skin. Moreover, you will not need to invest in products sold at local stores, which the unnatural fresheners will only freshening your home for a short time.

Online you can find a wide assortment of aromatherapy oils. The oils again include the essential oils, and scented oils. Make sure you understand the difference, since each aromatherapy scented or essential oils produce a different effect. For instance, few oils are designed to spark romance, while other oils are designed to lift your moods.

## **Aromatherapy Essential Oils and Scented Oils**

### Questions of the day

You've probably read scores of articles related to scent and essential oils, which arrive from aromatherapy. Probably what you haven't read is articles informing you how the vendors decide on which oils to purchase for resell. Since, you may have not read such articles will consider vendors. Why...because how vendors decide can also help you decide which aromatherapy oils are right for you.

How do vendors decide which scented and essential oils are best for marketing?

Vendors typically consider flavor, medium utilized for sell, targeted selections sold in society, purpose intended, cost, etc.

Base idea:

Scented and essential oils, such as the aromatherapy oils work to melt away daily stress. The fragrances work to relax the body and mind, which provides a healing aid. Aromatherapy essential oils and scented oils are organic oils that derived from living plants. The therapeutic oils make it easy for you to take advantage of its scents in a variety of ways. Aromatherapy scented and essential oils soothe the body and mind, at the same time the oils pamper the skin. Vendors and purchasers choose their favorite oils and designer fragrances based on the volume sold. The aromatherapy oils assist those with overwhelming stress, by relaxing the mind and body. In addition, vendors look for the oils that put you in a romantic mood. Vendors and purchasers alike no what people like.

In addition, vendors and purchasers tend to search for decorative home warmers or misted oils that fill the environment with fresh and natural fragrances. People tend to enjoy the great outdoors.

How long have vendors sold aromatherapy oils?

Scented and essential oils or fragrance have been utilized for 100 years in one fashion or the other. The oils were utilized to keep a pleasing odor in our homes and/or our work environment. In addition, purchasers use the oils to freshen their vehicle. At one time the oils were available in selective flavors. Nowadays however vendors and purchasers alike can choose from hundreds of flavors varying from apple to orange. African rain and Ylang-Ylang oils are also available. Chinese started using the oils whilst promoting the oils as energy enhancers. Indians enjoyed aromatherapy oils, since the oils were praying tools that aiding in what they believed their god would hear from special oils dipped in wax sticks, which they called agarbatti. Thus, the Indians believed that the oils would create a spiritual milieu. The special oil flavored candles are available today which are used for aromatherapy, similar to what the Indians used.

How do vendors and purchasers test aromatherapy oils?

Vendors and purchasers alike tend to test and try the oils through free offers and samples.

One of first and foremost things that vendors and purchasers consider while buying scented or essential oils, apart from the fragrance is the packages. Attractive packages present substandard quality oils, which the products could sell more than the higher quality oils. Moreover pricing is an essential process of the decision making. Vendors typically search in the middle, lower-middle, and related sections, targeting society's

favorites. The price and package then is a demand that must meet modest requirements.

The oils do not have to be dressed in fancy package, yet the oils must present some attraction. The demand for aromatherapy in society is based on price driven and high volumes of oils sold. Thus vendors must meet the demand of supplies sold and society's likings.

How do vendors determine the best way to market aromatherapy?

The average method vendors consider for marketing aromatherapy products is to advertise where customers frequent. Local supermarkets, all-needs stores, flyers, pharmacies, etc are just a few areas that customers visit often. Vendors may also consider targeting the upper middle sections, which they will promote the products, airing them on television or in global and local newspapers. Vendors will also offer free samples in high-fashion stores. Since the stores tend to sell fashion accessories for the upper middle class people, vendors assume that the fragrance will sell. The elite sections are another area where vendors promote aromatherapy oils. Choosing aromatherapy essential and scented oils can be problematic, if you do not understand what orals can do for you.

## **Aromatherapy Essential and Scented Oils**

Aromatherapy includes scented oils and essential oils. The oils work to dissolve away pressure whilst the fragrances aid in relaxing the body and mind. The aromatherapy essential oils are organic oils, which are designed to restore or maintain overall health. The oils make it easy for you to utilize its fragrance in a variety of ways. Aromatherapy oils work to calm the body, whilst mollycoddling the soul. At the same time the oils relax the psyche.

How do I find aromatherapy oils?

Online you can select from favorite oils. Designed scents are available to drown out all your daily stress. Aromatherapy oils assist in helping you relax. As well, aromatherapy oils are available to put you in a romantic mood.

Scented oils can also be utilized to decorate your home, which will warm the environment. The mists of the oils will fill the area with fresh and natural odors.

About Aromatherapy Scented and Essential Oils

Aromatherapy scented and essential oils create a peaceful and loving atmosphere. The oils set the mood while reducing stress from today's over consumed society. When you work all day you will enjoy a moment of relaxation with aromatherapy. Aromatherapy scented oils and essential oils can produce outstanding feelings, whilst enhancing your mood. The scented oils unsurprisingly trigger the physical and tender feelings that a person will express. The aromas set the mood.

How do I choose oils that will set a romantic mood for my partner?

Your partner will enjoy a romantic evening with aromatherapies Jasmine scents. Aromatherapies Jasmine is the emperor of essential oils. Jasmynes scented aroma expresses a loving bond, which your mate will likely enjoy. Jasmine is not reserved, and the oil is irresistible. The scent will definitely allure your mate into your arms.

Aromatherapy oils aroma spreads all about your home. The scented oil will appeal to your mate's mood. As well, the oils will ignite the memory, and wet the appetite, as well as the body and mind. Jasmine, as well as other aromatherapy oils are like no other scented or essential oils on the market. The scented and essential oils come in a variety of fragrances and scents. Jasmine, Lilac, Cedar, Myrrh, Tuberose, Rosemary, floral scents, carrier, Absinthe, AJOWAN, African Bluegrass, ANETHI, etc, are just to name a few aromatherapy oils available to you. Angelica Root, Bay, Basil, Anise Star, Australian Balm/Mint Bush, ASAFOETIDA, etc, are other types of aromatherapy oils available on the market.

How do I choose aromatherapy oils that make me want to feel cheery although I am happy?

If you are feeling in good spirits you can stay in the mood by considering the warmth of fig, orange and cinnamon oils. The scented oils will supply you with the natural feelings or moods merely by smelling the oils aroma. The oils can also be utilized as air fresheners. Oils which include chemicals can affect the nasal. As well the chemical based oils can affect regions of the body. Thus, non-chemical based oils can make your senses express your moods organically.

Aromatherapy oils produce a sweet aroma, which circulates in the air. However, the oils will not influence your skin in a negative light. In addition, you will not have to invest in products sold in general stockpiles, which refreshes the air artificially. Now you can refresh your home naturally with aromatherapy oils.

How do I choose healing aromatherapy oils?

The aromatherapy botanical oils are ideal for healing. The oils are steam distilled and derive from tree barks. Cinnamon oils are one of aromatherapies scented and essential oils that is made of cinnamon tree barks. The oils come from evergreen native lands, such as Vietnam and China.

## **Aromatherapy Oils**

Aromatherapy includes essential and scented oils, yet the variants come from a variety of resources. Aromatherapy is used for healing the mind and body. The essential and scented oils came from plant extracts, as well as other sources. Through distillations the plants fluids were diluted into a watery substance, which produced the oils.

How do I find aromatherapy oils? You can find aromatherapy oils online, which is the better choice. Online you will have a wider selection of oils, resources, vendors, etc. In addition, you can find the oils at discounts, sales, bargains, or even find coupons to save on aromatherapy oils. You may also find aromatherapy in areas were massages are practiced, fashion shops, supermarkets, department stores, etc. Pharmacies sometimes carry aromatherapy oils. The smaller drug stores may not have a wide selection; still they may carry the oils.

How do I choose aromatherapy oils that will relax the mind?

Aromatherapy includes the home therapy, which branches off in self treatments, cosmetic usage, and perfumes. Clinical therapy includes the Pharmacotherapy and the Pharmacology. Aromatherapy includes the Aromachology, which are the oils you want to choose if you are looking for psychological relief. The oils are claimed to affect the brain positively. The odors send smells, which somehow makes the mind relax.

How do I choose the aromatherapy oils?

To choose aromatherapy oils you must first understand the types of oils. For instance, essential oils are fragrance which was extracted from the living plants. The chief process is distillation, which produced

aromatherapy eucalyptus oils. As well, expression oils, such as the grapefruit arrived from aromatherapy distillation.

Another of aromatherapy oils, include the absolute line. The fragrances are extracted from delicate tissues found in plants, and flowers. The oils are processed through artificial fluids extraction and/or solvents. ROSE scents are one of the absolute aromatherapy. The oils may also come from scented butter, enfleurage pomade, concrete, etc.

The natural volatile compound oils, which arrived from living plants and are intended to eliminate microorganisms, is known as PHYTONCIDE. Terpene is a variant, which the oils are established from sulfuric mixtures, as well as from fragrant oils. Living plants is the main source, which ALLIUM, which is PHYTONCIDE have disagreeing smells. Therefore, you are unlikely to find aromatherapy oils, such as this brand.

Watery hydrosol oils are distilled as well, which produced the rosewater oils. The oils are generally made from chamomile and roses. Infusion aromatherapy is a watery extract, which came from materials found in plants. Chamomile is a variant of infusions. The carrier oils are based from TRIAYLGLYCERIDE. TRIAYLGLYCERIDE is utilized to dilute aromatherapy's essential oils. The oils are designed to treat the flesh, or skin. Sweet Almond oils are a skin healing aromatherapy oil. Lavender scents are good oils for treating burns, or healing the skin as well.

How do I know if I am purchasing aromatherapy oils?

Well, it is difficult to tell, since various essential oils fall along the line of aromatherapy providing it produces an odor.

What is aromatherapy oils actually intended to accomplish?

The oils are intended to accomplish healing. As well, aromatherapy was created to relax the body and mind, produce romantic surroundings, etc.

How can I decide if aromatherapy truly works?

You can decide by asking friends who've actually tried the oils. Reviews are available online as well. Be careful with reviews however, since many are produced by vendors themselves. Ultimately, you can spend a small fortune to try the oils. The oils come in essential oils and scented oils.

How was aromatherapy invented?

A Frenchman burnt his arm, and due to the shock of the burn he instantly dipped his arm in lavender oils, which ceased the burning and healed the arm without causing apparent scars. Asking questions to help you better understanding aromatherapy essential and scented oils:

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## **Aromatherapy Scented Oils**

Aromatherapy is essential and scented oils that work to melt away your stress. The oils fragrances help to relax the body and mind. Aromatherapy's essential oils produce natural scents, which therapeutically drown away your stress as you utilize the fragrances in many ways. Essential and scented oils soothe the body, while refreshing your soul.

Online you can choose your favorites, which are designed to wash away your daily stress. The different oils work by assisting you in relaxation. Otherwise, you can purchase aromatherapy oils, which will set a romantic mood. The oils also work as décors or warmers. You can use the oils to freshen and fill the environment with fresh natural scents.

### **SCENTED OILS**

Both fragrant and scented oils are available. The oils have been utilized for centuries by natives. The oils in various lands work to produce pleasant odors in homes, cars, and workplace. At one time you could only purchase a selection of aromatherapy oils. However, today there are hundreds of scents, flavors, etc available to you. You can choose from apple scents, orange, or from the African Rain scents. Yiang Yiang scents are also available as well as Jasmine. Chinese people at one time utilized aromatherapy, as well as promoted its scents as an energy flow stimulator. Indians employed aromatherapy while praying to their gods. The Indians used the oils in the form of unique oils dipped in wax sticks. The sticks were known as AGARBATTI. Agarbatti was believed to devise a spiritual habit that would produce peace.

The oils are available today. You can find special flavored oils online. The oils are used as aromatherapy. Still, the flavors, scents, etc, depend on a variety of factors.

When considering aromatherapy oils, think of flavor, targeted sections of society, cost, purpose, and the designs of the bottles sold. As well, you want to consider the medium of usage, as well as the cost of selling them if you intend to become an aromatherapy vendor.

Online you can find aromatherapy websites. The sites may offer you free samples, which you can try out. Having the option of trying aromatherapy oils, puts you in the front seat of making a good decision when buying scented or essential aromatherapy oils: One of the hugest decisions made when buying aromatherapy scents, is apart from the packages, the smell is the focus. Online you can locate attractive packages, which are inferior quality oils. In addition, you will find packages online, which focuses on giving you economical selections. If are searching for specifics, you may want to look in a variety of sections. Many aromatherapy scents are packed accordingly to the modern demands.

Where do I find aromatherapy scents?

You can find a wide assortment online. Otherwise, you may find aromatherapy scents and flavors at your local supermarkets, department stores, etc. Since, the demand for aromatherapy products is price-driven, as well as high volumes can be sold and supplied at many local areas, you can find aromatherapy at many locations. The intermediate fitting for purchasing aromatherapy products would be the local supermarkets and

all-needs stores, flyers etc. On the other hand, you may find aromatherapy at exotic stores, fashion stores, and related areas.

How do I decide which oils are best suited for romantic occasions?

The Jasmine line has a wide assortment of aromatherapy scented and essential oils. Few of the oils used in massage therapy include the Almond Oils, and the Apricot Kernel oils. The oils work as relaxing flavor. While you can use them in massage therapy, you can also use them for romantic evenings. In addition, the Apricot Kernel Flavors include vitamins, which work to reduce aging. Aromatherapy is a way to live well.

## **Living Well with Aromatherapy**

Aromatherapy is an alternative medicinal remedy, which is related to CAM. (Complementary & Alternative Medicine) Aromatherapy is made up of liquid plants, or materials. Aromatherapy can be found in the essential and scented oils area. The aromatic scented oils are another area where you will find aromatherapy. The mixture of plants is said to have an effect on health and moods.

Aromatherapy has been in existence for some time. The oils were quickly put on the market after a French man discovered that the oils could heal burns without scarring the flesh. He had suffered a dramatic burn while working in his laboratory, which immediately he dipped his arm in lavender oils. He got good results, which led to aromatherapy and the notion that it can heal the body and mind.

Aromatherapy comprises a set of branches. The branches include perfumes, self treatments, home therapy, cosmetic usage, clinical therapy, pharmacology, pharmacotherapy, Aromacology, etc. Aromacology is the process of healing the psyche by using odors and scents that affect the mind.

Aromatherapy includes essential oils, which are fragrances that were extracted from living plants. The extracting process produced aromatherapy through distillations, which included eucalyptus oils. Grapefruit oils were also produced through distillations of plants.

Aromatherapy also includes the absolute fragrances which were extracted from delicate tissues found in plants, and flowers. Aromatherapy was

created from these sources through a solvent process or else an extraction of artificial fluids. Rose fluids made up Rose Essential Oils in the absolute category of aromatherapy. Rose Fragrances described the extracted oils that arose from concrete, scented butter, ethanol, etc.

Aromatherapy includes the PHYTONCIDES. The organic volatile compounds came from the roots of plants, which were utilized to annihilate microorganisms, also known as microbes. The oils are based from terpene, or sulfuric plant compounds. Terpene is the larger class of diverse hydrocarbons. The carbons are produced in living plants, which includes the prime plant life, such as the conifer. Conifer is a cone bearing tree. In addition, carbons may also arrive from insects. The prime insects may include the swallowtail butterfly. Carbon is also a chief constituent deriving from turpentine, and resin. Turpentine is the prime source, where terpene got its name. Terpene then is a prime ingredient found in essential oils. You can use essential oils to add flavor to foodstuff, perfumes, aromatherapy, etc.

In addition, hydrosol is a variant of aromatherapy. Hydrosol is a watery incidental product, which was distilled in Rose water. This is the scented oils you can find in aromatherapy lanes. Hydrosol limits itself to CAMOMILES and Roses. The purpose of limitation is that hydrosol is a colloidal solvent, which particles are often suspended in water, and sometimes the fragrance is unfriendly.

Aromatherapy also includes infusions. Infusion is another watery extract deriving from living plants. Infusion often comes from CHAMOMILE. Aromatherapy includes Carrier oil. The oil is extracted from TRIACYLGLYCERIDE, and is diluted and produced as essential oils.

Sweet Almond Oils is one of aromatherapy's oils, which came from carrier oils. The oil is utilized to treat the skin.

How do I know if aromatherapy will work for me?

You don't. Most times people have to use a large volume of scents and oils to produce good results, according to reviews. However, theorists have made many claims related to aromatherapy. In addition, many have tried the scented oils and essential oils, which the results led to practitioners using the oils as an herbal solution, naturopath, medicinal remedy for infections, healing aids, etc. According to reports, the oils work best when massaged into the skin, since it will set in motion the limbic system, as well as the emotional section. In addition, aromatherapy was known to set in motion the thermal receptors. There is nothing like relaxing with us we smells of aromatherapy.

## **Relaxing with Aromatherapy**

Aromatherapy is natural oil, which helps you to relax. The oils are distilled from natural plants, tree barks, swallowtail butterflies, etc. Online you can find a wide assortment of aromatherapy oils, including the essential oils and scented oils. The natural oils work in a several ways to help you find relaxation. Still, you want to be careful when shopping for aromatherapy oils, since the market is swamped with substitutes. Since, scents, fragrances, essential oils stand out, aromatherapy oils are now hard to define. Therefore you want to look for oils that come from natural resources.

Essential and scented aromatherapy oils are either distilled from steam. Rarely are the oils concentrated or produced from unnatural solvents.

How can I tell if the oil is aromatherapy based?

Well, I basically covered this question, however it is a good question still, since some vendors will actually claim that the oils are from natural sources when they are not. Therefore, we can consider aromatherapies base, creation, types, etc, to help you avoid purchasing non-aromatherapy oils.

Carrier is one of aromatherapies oils. Yet, few vendors may dress carrier up, disguising the oil as aromatherapy organic oil. To help you understand carrier oils, please consider.

Aromatherapy is a treatment that works by producing natural fragrances deriving from plants. The oils are extracted from living plants to alleviate

psychological and physical disorders. The oils usually work by inhaling the oils, or through massage therapy.

Carrier oils are an oily plant, which its roots came from Triacylglyceride. The constituents are employed to dilute aromatherapy essential oils. Once the substance is diluted it works to heal the skin.

African bluegrass is botanical oils presented as an aromatherapy essential oil. The botanical aromatherapy name is listed under Cymbopogon Validus. African oils were extracted from solid meadow tufts and was distilled under steam. The oils derived from South Africa and is an unrelenting, aromatic oils stemming from grayish green lands, which produced a lemony scent. The aromatic oil is light yellowish in color.

Africa's bluegrass has a history of producing harsh, anti-fungal remedies in addition to its anti-viral production. Africa then uses African Bluegrass aromatherapy to treat the feet. The oils are thin and consist, yet the strength of its scents is medium or else strong.

African bluegrass will blend with citrus scents. Soft flowery notes will also work with African bluegrass. The scent of the oil produces sweet, grassy, herbaceous base, i.e. similar to dills, sage, or thymes. The oils are fresh and light scented, yet smells organic.

African oils achieved its history from Cymbopogon. The name came from Greece kumbe, which defines pogon and/or nacelle. The terms mean bore. Ancient history claims that the African bluegrass oils are arranged with holy oils. The holy oils include citronella, olive, myrrh, and groove

oils. Apparently some people want to avoid this oil, since it can irritate the skin.

One of the safer botanic oils along the line of aromatherapy is *Vitis Vinifera*. The oils were developed from natural fruits and extracted under steam. Cognac as it is named derived from aromatherapies original origin, which was France. The cognac oils derived from natural fruits, such as grapes. Since the grapes used also makeup few of the ingredients in brandy, aromatherapy named the oils cognac. The oils are light yellow, which some oils are green-yellowish. The oils are often employed to act as perfumes or flavors. Cognac works as an after-shaving lotion or cologne and presents an uplifting feeling from its organic fruit aroma. You can also use cognac with tobacco correlated inventions. Cognac is consistent in thick and medium scents. Cognac has a strong aroma, which it blends with galbanum oils, bergamot, all lavender oils, coriander, clary sage, linalool, Ylang Ylang, etc. Aromatherapy is a aid that works like a healer.

## **Aromatherapy Aiding as a Healer**

Aromatherapy aids as a healer. A variety of essential oils and scented oils are available online, in drugstores, fashion stores, etc...

Bergamot is one of the top aromatherapy aids. The aid works to relieve stress, hysteria, fear, anxiety, fatigue, gouty, arthritis, bronchitis, water retention, migraines, nervousness, jammed skin, etc. The sweet aroma is strong solutions that aid in healing the soul and mind. Bergamot's variant is the Bergaptene oils. The botanic oils are also referred as citrus Bergamia. Bergaptene oils are extracted through cold press procedures, and are extracted from rudimentary fruit peels. The oils derived from Italy, yet is found in South East Asian lands, Europe, Tunisia, Morocco, Ivory Coast, etc. Bergaptene comes from Bergamot, which is an Asian based spiny citrus tree. The tree grows sour pear-shaped fruits, and its Latina name is Citrus Bergamia. Aromatherapy oils were extracted from the fruits, which the fragrances are yellow-green and is listed in the essential oil section. The fruits rind was used to make the oils, which produced perfumes. Mediterranean mint plants are a source linking to Bergamot. The fragrances are similar in comparison, and its Latin name is Mentha Citrata.

The oils aid in healing. The common usage is to treat depression, hysteria, fear, infections, anorexia, eczema, psoriasis, stress, anxiety, etc. In summary, Bergaptene aids in healing. The aroma produces a medium affect. You can blend this oil with Jasmine, Ylang, Geranium, Clary Sage, Nutmeg, Mandarin, Cypress, Frankincense, Rosemary, Orange, and Sandalwood. If you are searching for a sweet fruity smell, this is the oil of choice.

Benzoin is aromatherapy essential oils known as *Styrax Benzoin*. Its botanical oils, which arrives from resin. Resin is an organic substance, which comes from plants. The plants are firm and secrete sap from the plants and tree. Resin has a yellow and/or brownish color. Benzoin was extracted from food grade solvents. In addition, benzoin originated from Sumatra, yet Thailand, Java, etc, grows the trees as well.

Benzoin aids as an antiseptic. The oils aid by producing anti-inflammatory and anti-depressant solutions. Still, the oils are used to relieve flatulence, colic, alimentary canal, water retention, colds, cough, eczema, acne, arthritis, rheumatism, psoriasis, scared tissues, mouth ulcers, chilblain, muscle aches, rashes, stress, circulation, nervousness, etc. You can combine benzoin oils with Coriander, Frankincense, Bergamot, Petit-grain, Sandalwood, Rose, Myrrh, Lavender, Juniper, Lemon, Orange, etc. The oils produce a warm, sweet aroma, which smells similar to vanilla.

*Arborvitae Wild* is a botanical essential oil. The oils are sometimes called *Thuja Occidentalis*. *Arborvitae* oils were extracted from twigs and needles through a steam distillation process. The plants were originated in Canada. This particular aromatherapy brand is also known as the Tree of Life. *Arborvitae* is a coniferous tree. The trees derive from the Cypress family.

The leaves of the *Arborvitae* like the Cypress have flat fitted leaves, which resemble scales. The oils aid as anti-infectious-rheumatic-allergenic constituents. The constituents are used to reduce psoriasis and related systems. The oils are also used as insect repellants, anti-microbial

solutions, anti-inflammatory remedies, etc. The oils will also soothe itching and irritation from poison ivy. You can blend the oils with Cajuput, Cedar woods, Eucalyptus, Cinnamon Bark, Cassia, Birch Sweet, etc.

Various other aromatherapy oils are available as well. Carrot Seed Oils, Cassia, a variety of Cedar Wood oils, Celery Seed, Clove Leaf, Clove Bud, Chamomile German, Moroc, and Roman, etc are available to you. Cinnamon Bark and leaf, as well as Chilly Seed, Citronella, Clary Sage, Citronella Java, etc, are all available to you.

Coffee, Cognac, Copaiba Balsam, Cumin, Curry Leaf, is additional aromatherapy healers on the market.

## **Aromatherapy Solutions**

Aromatherapy is the latest solution that has interested many. Aromatherapy has been in existence for thousands of years. The remedies were used by the Romans, Greeks, Egyptians, France, Chinese, etc. Egypt doctors tend to recommend that their patients use aromatherapy by adding the fragrances to their bathes. In addition, massage aromatherapy was also recommended. In fact, Egypt used aromatherapy in the embalmment process of the deceased. Egyptians then used aromatherapy as an alternative medicine that healed the ill and dead respectively.

At one time various other sources, such as the Hippocrates used aromatherapy as medicines, which some were also recommended in bathes. Massages were another recommended remedy. In fact, the Hippocrates used aromatherapy as a treatment alongside fumes to disinfect, or kill pests. See Athens Plagues to learn more about such treatments.

Nowadays, aromatherapy comes in the modern formulas. Aromatherapy took off again after a Frenchmen in the Chemistry industry burnt his arm, which he dipped his arm in Lavender oils. The results produced good fruits. That is the results reduced scaring and healed his burning sensations. He then dubbed the oils as therapeutic aromatherapy solutions. Essential oils came into focus at this time as well. (1930)

During the 30s event, the Frenchmen was inspired by the respond to dipping his arm in lavender oils, that he decided to run tests on related oils. He came up with the notion psychotherapeutic, rather the benefits that aromatherapy oils could produce to treat the body and mind. During

the 1940s, (WWII) another Frenchman who was a military doctor made use of essential oils by using the oils as an antiseptic. (Read Rene Maurice Gattefosse and Jean Valnet to find additional information related to the history of aromatherapy; also see information related to Madame Marguerite Maury) This lady came up with the holistic notion, i.e. she deemed aromatherapy as social, mental, physical, and treatment for the ill. Lady Maury also recommended massage therapy while using the essential oils.

How does aromatherapy heal?

Aromatherapy heals through its natural scented fragrances. The essential oils submit powerful fragrances, aromas, etc, which the odors impact the person smelling the fragrances. The results touch the body and mind. Aromatherapy includes the strong, medium and mild scents. The stronger scents are ideal for anyone who has difficulty smelling. In fact, experts in the medical field found that those seeking mental health for depression and obsessive anxiety lack the ability to smell. According to research and experts in the medical sector, the fragrances produced by aromatherapy targets areas of the nose, which is known as the cilia. The cilia target the limbic system. The limbic system is near the limbic. The two work in harmony and affects the brain region, where out emotions, intellect, moods, and memory is controlled.

According to studies, lavender oils help the brain waves flow smoothly, which produces an increase in the alpha waves. The waves are seated at the back region of the head. The waves help us to relax, which if aromatherapy scents target this area, it could provide relaxing affects. Jasmine is aromatherapy oil, which targets the beta waves. The waves are located at the frontal lobes of the head. The waves work to help us stay

attuned, or alert to what goes on around us. Aromatherapies Jasmine targets these waves, which means the solution could augment awareness.

Aromatherapy was tested in science labs. The scientists concluded that essential oils incorporated prime chemicals that our body and mind produce naturally. The chemicals discovered were ALDEHYDES, Terpene, ester, and alcohol.

Alcohol is essential for killing bacteria buildup. Alcohol also stimulates the mind, energizes the body, vitalizes our well-being, diuretic, and acts as an antiviral solution. In fact, the pancreas alone produces more than 30 types of alcohol. The alcohol targets the metabolism. If you are searching for alcohol-based aromatherapy checkout the line of aromatherapies Ginger, Rose, Sandalwood, Rosewood oils, Patchouli, Peppermint, tea tree, and myrtle oils. Find the cures for you in aromatherapy treatment.

## **Curing with Aromatherapy**

Imagine the sweet smells of aroma coffee perking in the coffeemaker. Each morning when you arise you smell those sweet aromas that perk your nostril. Well know you can add to that smell by using aromatherapies botanical COFFEA ARABICA, or coffee essential oils. The aromas were extracted from coffee beans, or plants. The flavors derived from Brazil. The coffee oils in aromatherapy provide you a smell similar to what you experience from brewed coffee. You smell the aroma and start to feel invigorating and warm.

Coffee aromas are described as the earlier cultivations where as the class of coffee trees where grown often. The species included CANEPHORA and ARABICA, which are fine coffees. Coffee aromatherapy is dark oils, which the coffee oils when burned will deodorize the environment. Coffee is found to be a great antioxidant. Coffee oils work to help those smelling the aromas reduce depressive symptoms. Coffee is also found to soothe respiratory complications, fevers, bee or bug stings, nausea, etc.

Coffee oils is unlike other aromatherapy aromas in that the coffee oils work best alone. Typically you can find coffee aromas in medium or thick formulas. The strength of the aromas is typically medium or strong scents.

The history of coffee oils spaces out. While minimal information is available, the Islamic Monks once utilized coffee oils, especially when one monk found it hard to stay alert while praying. He spotted a man in a field, which appeared gleeful and asked the man what was his recommendation. The man recommended the aromatic smell of coffee,

coffee beans, or oils. The man bent on finding alertness took comfort in coffee aromas, which sparked the entire congregation. Africans, Chinese, Brazilians, Latino, Dutch, etc, including America all found it easier to stay awake while consuming or smelling coffee beans. Coffee is an Abyssinian name, which is called CAFFA.

Cyproil is another of the dark aromas. The botanical CYPERUS SCARIOSUS oil came from flower parts, which were extracted via steam. The oils come from Brazil, just as the coffee beans. Cyproil oils are grassy oil, which aromatic floral scents circle the air. The oils are light brown, or dark amber colored. Cyproil is commonly utilized as a perfume, which includes soaps, incense sticks, etc. The oils work as well as a repellent to ward off insects, as well as a healing medicine. Cyproil oils include the spicy oils, wood, earth, etc. The oils will blend with other aromatic oils, such as Clary Sage, Bergamot, Patchouli, and Labdanum. This particular oil was also used in the India lands, which the purpose was to reduce digestion complications.

Cade oils fall along the essential oil line. The oils are botanical Juniperus Oxycedrus, which the oil is made from woods and distilled via steam. The aromatic derived from France, which it too is darker colored oil. Cade oils come from evergreen shrubs. Cade oils are extracted from the heartwoods and braches where needled shrubs grow black berries.

Cade oils are commonly used as a liniment or ointment. The oils treat severe skin conditions, eczema, PRURIGO, parasitic, psoriasis, ringworms, etc. In addition, the oils are used as disinfectants, antiseptics, antimicrobial, anti-pruritus, vermifuge, analgesics, parasiticides, etc. You can find medium aromas which blend with Clove Bud, Thyme, Cedar Wood, Labdanum, Rosemary, and Origanum. The odors produced by

Cade include tar aromas, smoke, dry, etc, the oils are non-toxic. The oils were commonly used in areas of France; however Africa and Europe now use the oils.

Online you can find a variety of aromatherapy oils. The oils include Absinthe, Basil, African Bluegrass, Angelica Root, Arborvitae Wild, Bay, Benzoin, Ajowan, Bergamot, Blood Orange, Anise Star, Cade, Betel Leaf, Birch Sweet, etc. Are you reading to start your healing process with aromatherapy?

## Healing with Aromatherapy

Aromatherapy essential and scented oils are said to heal the soul and mind. Online you can find a wide assortment of aromatherapy oils, which the oils have its own, focus. The oils can work as relaxing agents, healers, decorations, fresheners, romance sparkers, etc.

The oils available include bergamot, absinthe, benzoin, African bluegrass, bay, basil, anise star, Australian balm mint brush oils, anethi, ajowan, asafoetida, angelica root, armoise mugwort, arborvitae wild, etc. Bergamot includes the Bergaptene free oils. This is one of aromatherapies most popular oils.

Bergamot is botanical oil, which its Latin name is technically known as Citrus Bergamia. The oils can from plant materials, which include Crude Fruit Peels. The method of extraction is through the cold press procedure. Bergamot's origin is Italy. The oil comes from tree plants, which the trees flowers are shaped like a star. The leaves are smooth; as well the trees bear fruit, such as citrus fruits. In addition, the tree resembles a grapefruit and orange respectively, yet it is shaped like a pear. When the fruits are ripe they are often are green at first and turn yellow. Actually, bergamot is a spiny Asian citrus producing tree, which bores sour pear-shaped fruits. The Mediterranean Mint plants are a variant of bergamot, which the plants source is fragrant oils similar to the bergamot oils. The Latin name for the Mediterranean plants is Mentha Citrata.

How do I know what bergamot oils are used for?

The oils are used as essential oils. The oils typically are utilized to treat depression, relieve tension and stress, etc. The oils have also helped in

relieving hysteria, fear, and related systems. In addition, bergamot works to relieve infections. Those with eczema, general convalescence, psoriasis, and anorexia can also benefit from Bergamot oils.

Bergamot is light oils, which its strength is typically medium. The oils blend best with Clary Sage, Black Pepper, Jasmine, Nutmeg, Cypress, Rosemary, Mandarin, Orange, and Geranium, Ylang Ylang, Frankincense, Sandalwood and Vetiver oils. The oils named are common aromatherapy oils marketed and sold at high volumes. The scent of bergamot oils presents citrus, fruity, sweet, and balmy-peppery, flowery aromas. Its evocative aroma mates with Lavender and Neroli oils as well.

Brief Bergamot history:

Bergamot oils first product was sold in Bergamo, Lombardy where it originated. You can find bergamot trees in Lombardy, South Eastern Asia, Europe, Italy, Ivory Coast, Algeria, Tunisia, and in Morocco.

How do I use bergamot oils?

You want to read the instructions carefully, since bergamot is highly concentrated with Bergaptene, it has been known to cause severe burns. This is especially true when the oils are used on sensitive skin. Aromatherapy works that is best to heal you:

## **Aromatherapy at its Best**

Aromatherapy, at its best works to heal the body and mind, healing it from various illnesses, as well as working as a stress reliever to prevent illness:

Aromatherapy has been used over the years by Egyptians, Indians, Europeans, Germans, France, etc. The oils have proven to assist in relaxing the body and mind, and were used as a medicinal remedy. Asafoetida is one of aromatherapy's essential oils. The oil's botanic name is referred as *Ferula Assafoetida*. The oils were extracted through a steam distillation process, which came from the roots and stems of plants. Iran is where the tree originates. Asafoetida is a recurrent native tree, which Palestinians, Afghanistan, and Iran natives make use of the trees roots and stems. Asafoetida is a strong smelly plant, which when extracted and cooked presents a bitter, brownish and acrid smell. The Indians used the oils while cooking meals. Asafetida plants are a sister to the parsley family, which is where Asafetida is extracted. The Latin name is *Ferula Assafoetida*.

Asafetida oils are used to relieve nervous disorders, muscle spasms, colic, coughing, bronchitis, pneumonia, etc. The oils are also used to remove parasites in the intestinal, including worms. In addition, asafetida oils assist in relieving chronic fatigue, digestive sensitivity, candidiasis, etc. The oils have a strong scent. In addition, the oils blend with onion, cardamom, garlic, caraway, basil, and bay scents. Asafetida over the centuries achieved a variety of AKA names. The Devils Dung, as well as the Foods of the God was a couple of AKA's Asafetida is known for. This oil is an ingredient of Worcestershire Sauce, and has no toxic agents

in its ingredients. It is recommended that you avoid using Asafetida oils while pregnant.

Cajeput is aromatherapy's essential oils. The botanic name is MELALEUCA CAJEPUTI. The oils were extracted through the steam distillation process and come from the leaves and twigs of plants. The plant originates in Indonesia. The plant is a smaller tree.

Cajeput is used to heal skin disease, urinary dysfunctions, intestinal, and pulmonary problems. As well the oils are used to stimulate phlegm. You can use Cajeput oils as an antiseptic, anti-neuralgic, analgesic, antispasmodic aid, antimicrobial, carminative, insecticide, tonic, febrifuge, diaphoretic, etc.

You can find Cajeput in medium flavors, which blends with Thyme, Clove Bud, Rosemary, Cedar Wood, Labdanum flavors, Origanum, etc. The White Tea Tree or Cajeput also is known as Paper Bark Tea Tree, Broad Leave Tea Tree, White Wood, Swamp Tea Tree, etc. Again, pregnant women are recommended to avoid using this oil.

Celery Seed Essential Oils is a botanic APIUM GRAVOLEN. The oils were extracted via the steam distillation process from plant seeds. The oil originally comes from India. This pale yellowish oil is used as an anti-oxidative. As well, the oils are used as an aid to treat rheumatic symptoms, and are used as an antiseptic. The antiseptic aids in treating urinary problems. The oils are also an antispasmodic remedy, aperitif, etc. You can use the oils as a depurative, to heal the digestive system, sedative, stimulate of the uterine, etc.

The oils are also made up of detergents, soaps, perfumes, and cosmetics. It is also used as flavors in beverages, and foods. The medium strength remedy blends with pine, tea tree, lavender, spicy oils, LOYAGE, oak moss, OPOPANAX, etc. The oils are frequently used in various parts of the land, including Holland, India, China, the USA, Hungary, etc. Pregnant women should avoid usage of this oil.

Online you can find a wide assortment of aromatherapy oils, including the essential and scented oils. The oils were designed with intents, which you will find helpful information online. In summary, aromatherapy is always an action to heal the soul.

## **Aromatherapy in Action**

Aromatherapy oils include Bergamot, Bergaptene Free, Carrot Seed, Cardamom, Betal Leaf, Caraway, Birch Sweet/Tar, Cananga, Camphor, Black Currant Seed, Calamus Root, Blood Orange, Cade, Cajenut, Buchu, etc. The aromatic oils come in many scents and flavors and are utilized to heal the body and mind.

Blood Orange is botanic Citrus Sinensis oil extracted through cold press procedures from the crude fruit peels of plants. The oils derived from Italy. Citrus is a fruit tree, which producing spiny evergreen barks with edible fruits, such as lemon, orange, grapefruit, lime, and pomelo. The trees from Italy have huge, white flowers, which is where the fragrance of Blood Orange arrives. The oils are a deep orange color, which is used as a therapeutic remedy. Blood Orange oils include agents, such as antidepressants. In addition, the oil is used as an antiseptic, aphrodisiac, anti-spasmodic, cordial, nerve stimulant, carminative, deodorant, and as a tonic circulatory and cardiac healer. The flavors are medium, which the oils blend with clary sage, lavender, nutmeg, clove, spicy oils, lemon, myrrh, and cinnamon. The oils have a soothing citrus aroma, which gives you a tangy fruit expression. Blood Orange oils are sometimes called Maltese Orange. The oils derived from origin came from India. The French lands, and Italy people continue to use the fragrances. The Spain natives use Blood Orange, yet it is called NARANJA. It is recommended that while using Blood Orange that you avoid sun exposure.

Bergamot's variant Citrus Bergamia, better known as Bergaptene Free oils was extracted through cold press procedures from crude fruit peels. The plants originated in Italy. The tree has flowers shaped in the form of

stars, and the leaves are smooth. The tree bears fruit, which resemble grapefruit and/or oranges, yet the fruits are shaped like pears.

Bergamot oils is utilized to treat depression, nervousness, stress, hysteria, fear, anorexia, eczema, psoriasis, and various skin infections. Bergamot oils blend with jasmine, Rosemary, frankincense, black pepper, Ylang oils, sandalwood, orange, geranium, cypress, Vetiver, cypress, Mandarin, etc. Bergamot oils were named after the city of Bergamo, located in Lombardy. The oils were extended to Italy, Europe, Ivory Coast, Algeria, Tunisia, as well as Morocco. Avoid using the oils if you have been exposed to sunlight, which has caused sensitive skin.

Betel Leaf oils is botanic Piper Betle oil, which was extracted through a steam distillation process from plant leaves. The oils originated in India. The twine vine trees are a sister to the pepper family. The oils produce antiseptic phenol. Due to the richness of starches, tannin, and sugar the trees are used as a stimulation aid. The oils deliver aids in warming the mind and body. In addition the oils are used as aphrodisiacs, antiseptics, carminative, etc. Betel Leaf has medicinal agents, which strengthen the gums, enhance teeth life, and freshens, the breath.

The oils blend with cardamom, lavender, Rosemary, tea tree, eucalyptus, etc.

Carrot Seed oils is botanic DAUCUS CAROTA. The oils were extracted through the steam distillation process, which comes from plant seeds. The oils derived from France, and are an herbal scent. The deep, yellowish colors present Carrot Seed as an excellent skin care solution for toning and revitalizing the flesh. The oils are essential oils, which help to mature

the skin. The oils will freshen and firm the skin. In addition, the oils assist in eliminating toxins. You can use Carrot Seed oils to reduce water buildup. Furthermore, carrot seed oils work as a detoxifying agent, which cleans the liver, body, and digestion system respectively. The oils relieve gouty symptoms, arthritis, rheumatism, edema, and works as an anti-inflammatory agent. The oils are said to strengthen mucus membranes, which is at the nose, lungs, and throat area. Influenza and bronchitis symptoms may also fade while using carrot seed essential oils. The extracted oils in the aromatherapy lineage can provide you comfort, hope, strength and power to continue life.

## **Extracted Oils in Aromatherapy**

Aromatherapy is extracted oils, which derive from Australia, Egypt, France, as well as other lands. The oils are intended to serve as a healing agent, which you can find a wide assortment of essential oils online. Aromatherapy oils are used as a homeopathy healer. The oils principle is that poison in smaller doses can serve as a healer. Homeopathy is a medicinal remedy, which assists in healing. The remedies are utilized in treating acute illnesses, as well as chronic illnesses. In other words, it is a prevention strategy.

The oils have been used down through the centuries and in modern times as well. The Hippocrates is known as the father of medicines, which noted that those in good health could benefit from the oils to fight diseases. Homeopathy remedies came into focus in the later 1700s. A German physician named Samuel Hahnemann decided that aromatherapy oils could be used in medical practice as a healer. The doctor decided that vegetables, natural sources from animals, and minerals when prepared could aid in healing. Today, the oils are used worldwide, including throughout the lands of Great Britain, America, and the European countries. India, Brazil, Australia, etc, all used aromatherapy oils for centuries and are still using them today.

How can I learn about the types of essential oils?

Online you will find various articles, which will inform you of aromatherapy's history, the types of oils available, etc. For instance, Curry Leaf is aromatherapy's essential oils, which its botanic name is *Murraya Koenigi*. The oil was extracted from plant leaves through a steam process. Curry Leaf derived from India, and extracted from the

curry trees. The curry tree is a bushy tree, which grows throughout the lands of India. The tree produces pale yellowish leaves. Currently however, Curry Leaf has no available documentation to support its common use. However, Curry Leaf has been utilized to fight against hair loss, diabetes, and as an agent to restore skin pigmentation. The oils are available in medium scents or flavors, as well as strong scents. The oils are sweet and spicy with a touch of bitterness.

Cypress Australian Blue is an essential oil. The oils botanic name is known as *Callitris Intra-tropica*. The oils were extracted from the needles and twigs of plants and processed via steam. Cypress derived from Australia, and was extracted from Australia's tropical Cypress trees. Cypress is a conifer of evergreen trees, which grow through the native lands of Eurasia, North America, etc, and is made up of hardwoods and dark green leaves. The leaves resemble scales. Cypress trees are also called *Cupressus*. Cypress oils are commonly utilized to treat skin conditions, etc. The oils can be used to smooth and moisturize the skin. In addition, Cypress has been utilized to relax the mind, while acting as a sedative. You can find cypress oils in medium flavors. The oils will blend with Lemon Tea Tree and Myrtle Lemon scents. AS well, the oils will blend with Lavender oils, Geranium, Pine, Sandalwood, Juniper, Jasmine, Rose, Marjoram, Mandarin, Clary Sage, Orange scents, etc.

Coffee oils are used to promote awareness, or alertness. The aromas are similar to fresh brewed coffee. Coffee oils work best as standalone's. The oils are utilized as a deodorizer, which the scents are burnt. Coffee oils act as an antioxidant, aiding to fight depression, nausea, fevers, respiratory problems, and bee stings.

Chilly Seed is an essential oil, which derived from Mexico. The oils botanic name is Capsicum Annum. The oils were extracted from plant seeds through a steam distillation process. The oils are utilized as an analgesic, which works as an anti-inflammatory agent, as well as a digestive system supporter.

## **Relax with Aromatherapy**

Aromatherapy is scented oils or essential oils, which people burn, use as décors, etc. The oils are claimed to have healing agents, which come from natural sources. Most oils are extracted from plants, brushes, trees, etc. The natural agents assist in soothing the body and mind, helping both to relax. Essential oils and scented oils have been utilized for thousands of years by foreign members. Egyptians used the oils in massage and medicinal therapy, which the people in the lands also used the oils as an embalmment.

Down through the years many others from France areas found use of aromatherapy as well. Each decade passing brought forth new ideas when newfound discoveries came into focus. The oils has been tested on and off for centuries. Today, aromatherapy is used as well as a healing remedy. Still, few medical doctors will recommend the use of scented oils to heal the body and mind. The oils come in mild, medium, and strong scents. Few oils work as standalones to aid in healing, while other oils blend with various scented oils to enhance healing.

The stronger oils are idea for those with chronic condition. The mild and medium oils work best for those relieving minor symptoms, stress, etc. Aromatherapy oils have its own design and works in various ways to aid in healing the body and mind from an assortment of health related problems. Emotional and mental well-being is the resolve claimed of scented and essential oils. That is, the oils claim to heal the emotions and mental responses, so that the body can function well.

How do I choose aromatherapy oils?

Knowing what the oils can do is the start to deciding which oils will work best for you. What do you want the oils to accomplish? Are you searching for oils that spark romance? Do you want oils that heal? Having an idea of what your intentions are is a great start to finding aromatherapy oils best suited for you. Having an overall idea of what types of oils are available can also help you make a choice.

Few of the oils available include Cumin Essential Oils. The oils botanic name is *Cuminum Cyminum*. The oils were extracted by the use of steam from plant seeds, which derived from Egypt. Cumin oils are medium scents, which is used as antiseptics, anti-oxidants, anti-spasmodic, as well as antitoxic. The oils work as an aphrodisiac to set romantic moods as well. In addition, the oils work to fight bactericidal, depurative, carminative, digestive problems, etc. You can use Cumin oils to relieve osteoarthritis symptoms, muscular pain, bloating, indigestion, headaches, nervous exhaustion, migraines, etc.

You can purchase Cumin oils in mild or medium scents, which the oils blend with Chamomile, Angelica Root, Rosemary, Oriental Flavors, Lavender, and Caraway oils.

Another of aromatherapy oils is Cypress French oils, which is an essential oil. The botanic oils known as *Cupressus Sempervirens* were extracted by steam from the needles and twigs of plants. Cypress originated from Australia and is used to fight varicose veins.

In addition, Cypress French oils are utilized to relieve hemorrhoids, feet perspiration, oily skin, menorrhagia, rheumatism, etc. The oils also aid in skin care and relieving stress. Cypress French oils blend with Lemon

scents, Juniper, Orange scents, Pine, Tangerine, Rosemary, Lavender, Juniper, etc. According to Legends, the stake in which Jesus Christ was annihilated on was made of Cypress Wood, which is a representation of death.

Additional oils available to you is the Cinnamon Bark and Leaf, Citral, Clary Sage, Citronella and Java Citronella, Clementine, Coffee, Clove Bud and Leaf, Cognac, Cypress Australian Blue, Curry Leaf, Copaiba Balsam, Cumin, Coriander, Curcuma, etc. Now we can learn a few more details related to aromatherapy.

## **Aromatherapy Details**

According to reviews the market is saturated with a variety of Cedarwood oils, as well as Atlas oil. Many of the Cedarwood oils assist in relieving cellulite, acne, bronchitis, arthritis, anxiety, catarrh, dandruff, eczema, cystitis, greasy skin, fungal infections, dermatitis, rheumatism, ulcers, stress, skin irritations, hair loss, etc. Cedarwood Himalayan is an essential oil, which offers the highest caliber in promoting spiritual needs.

Black Currant Seed is an essential oil, which its Latin name is RIBES NIGRUM. The oils were extracted via a cold press procedure from the seeds of plants. The root of this oil comes from the United States of America. Black Currant is a small dried grape, which the seedless grape originally came from the Mediterranean areas. The oils are used in cooking. The small plants grow fruits shrubs. The deciduous shrubs are cultivated in temperate areas, and are sometimes called RIBES. Black Currant oils are used to treat linoleic acids, reducing prostoglands, and correct deficiency in acid production. The results of its action works to increase blood flow, reduce clotting and inflammation: As well the oils aid by fighting diabetes mellitus, multiple sclerosis, atherosclerosis, eczema, PMS symptoms, and so on. Black Currant is also an additive in particular cosmetics and skin care products. Black Currant blends with vanilla, Rosemary, jasmine, rosewood, palmarosa, lavender, rose, eucalyptus, tea tree, lime and lemon. As well, black currant seed oils will blend with bergamot. Black Currant is sometimes known as Quinsy Berry.

Birch Tar oils has a Latin name known as Betula Alba. The oils are extracted from bark, and are processed through steam distillation. Birch

Tar oils origin is Japan. The trees are tall trees with peeling barks and they grow in the northern hemisphere. The thin, paper, peeling barks produce dark brown limbs. The oils are commonly used as an ointment. The ointment works to treat psoriasis, a variety of skin infections, eczema, etc. You can also use the oils to fight off mosquitoes. Pharmaceutical remedies are available that include Birch Tar oils, which the remedies are used to treat dermatological illnesses. The medium scent oil blends with Rosemary, Jasmine, Cananga, sandalwood, and Benzoin.

Birch Sweet oils Latin name is *Betula Lenta*. The oils are extracted from plant bark, which is processed through steam distillation. The origin of Birch Sweet is Russia. Birch Sweet is a taller tree with peeling bark as well. The trees grow in the Northern regions. As well Birch Sweet grows in Southeastern America, southern regions of Canada, and currently the trees are grown in Eastern Europe, as well as Russia.

The oils produced are clear in color. Birch Sweet oils are essential oils used as anti-inflammatory agents, analgesic, anti-pryetic, antiseptic, etc. The oil has proven to efficiently work as massaging oil, which relieves sprains, sore muscles, aching joints, etc. The strong scent blends with copaiba, Cedarwood, sandalwood, spruce, rosewood, fir balsam, Peru balsam, pormouwood, etc. The oil produces a sweet, mint scent.

Camphor is another of aromatherapy's essential oils. The oil was extracted through steam distillation process. The oil comes from plant wood, and processed from root stump, chipped woods, branches, etc. China is Camphor's origin, which the chemical-based compound has an antiseptic property. The strong smell is used in medical creams, which relieves itching. IN addition, the plant wood is used to make plastic,

celluloid, and explosives. Camphor is utilized as an anti-inflammatory agent, antiseptic, etc. The oils work to by treating cardiac problems, diuretic, carminative, or colic, febrifuge, laxative, etc. Camphor is also used as an insecticide, stimulant, etc. The oil helps relieve nervousness, depression, inflammation, aches and pains, arthritis, acne, bronchitis, colds, flu, fevers, coughs, etc. The strong scented oil blends with Pennyroyal, Chamomile, Cajuput, Basil, Melissa, Rosemary, and lavender. Caraway oils blend with Camphor as well. Camphor was utilized to fight Persia plagues. IN addition, Iran or Persia used Camphor as an embalmer. China utilized the wood to build a variety of their property. Choosing aromatherapy requires research.

## Choosing Aromatherapy

Choosing aromatherapy is sometimes difficult, since there is a wide assortment available on the market with each doing its own duty. One of the choice oils is *Ocimum Basilicum*. The sweet basil oils are other choice aromatherapy treatments available. The oils deliver a spicy aroma, which is similar according to reviews, to pasta sauce. The oils aroma is distinct that vendors have decided to classify the oils, listing them for its aromatic scents.

In other words, the oils are set apart from the botanic aromatherapy oils. The fresh smells deliver a light spicy fruit aroma with a twist of balsamic. Anise scents is an undertone of these oils. The oils aid by giving those who smell the scents a warming feeling. In addition, the oils tone your mood, while restoring your peace of mind. The oils aid in fighting depression. In addition, these oils uplift, clarify, and energize your body and mind.

The oils blend with clary sage, lavender, bergamot, thyme, cedar wood, hyssop oils, and geranium oils. The oils will clear your mind, as well as relieve symptoms of fatigue. The oils are utilized for external use, and are recommended to be diluted before applying to your skin. Basil oils is utilized to relieve bronchitis, aches and pains, colds, pains from childbirth, congestion, fatigue, head colds, depression, hysteria, insect bites, herpes, headaches, flu, etc. In addition, basil oils work by enhancing awareness, concentration, confidence, etc. You can use basil oils to fight indigestion, insomnia, PMS symptoms, mental exhaustion, migraines, nausea, physical and mental fatigue, stress, nervousness, rheumatism, shingles, sinus problems, aching muscles, etc. Basil also

assists in reducing indecisiveness by promoting, or stimulating your mental. You can use basil oils to fight negative thoughts, sorrow, and stimulate the adrenaline. The oils reduce stress by uplifting your emotional, mental, and physical being.

Bergamot is one of the choice aromatherapy oils available online. The botanic Latin name for bergamot is Citrus Bergamia. The oils were extracted through a cold press process, which comes from crude fruit peels. The plants originated in Italy.

Bergamot is a spiny Asian citrus tree. The tree bears sour fruits in the shape of pears. Oils coming from the bergamot tree are a yellowish green fragrance along the essential oil line, which the oils are extracted from the rinds of the fruit. Bergamot is also used to make perfumes. In addition, bergamot is akin to the Mediterranean mint plants. The plants source is similar to bergamot oils, which its Latin name is Mentha Citrata.

Bergamot oils are commonly used to treat depression, anxiety, stress, hysteria, fear, and a variety of skin infections. In addition, bergamot oils will treat psoriasis, anorexia, eczema, etc. Bergamot blends with clary sage, black pepper, frankincense, jasmine, cypress, Rosemary, Ylang oils, geranium, Mandarin, sandalwood, Nutmeg, and Vetiver oils.

Bergamot oils deliver a citrus scent, which is warming and sweet to the smell. Bergamot has an agent in it however that can cause harsh burns, especially if the oils are applied to sensitive skin.

Cedarwood Himalayan is an aromatherapy essential oil. Its Latin name is Cedrus Deodora. Cedarwood Himalayan was extracted through a steam

distillation process, which the oils come from wood. The wood is found in the Himalayas located in India.

The oil is made in a pale yellowish color, which the oil is used as an antiseptic. In addition, Cedarwood is used as an ant putrescent, etc. This oil is also used as an aphrodisiac, anti-seborrheic, astringent, fungicidal, etc. IT seems this oil combines to aid in a variety of health issues, and mental issues respectively. In addition, the oils are used to set off romantic moods. The strong aroma blends with citrus oils, Rosemary, eucalyptus, and chamomile oils. Aromatherapy is a therapeutic way to heal the body and mind.

## **Healing the Body and Mind with Aromatherapy**

Aromatherapy comprises essential and scented oils. The oils are designed to help relieve stress. As well, the oils are used to heal the body and mind of ailments, which the fragrances work to relieve pressure while healing the soul.

Aromatherapy's essential oils are oils made from natural trees, roots, plants, etc. The oils are intended to reinstate or preserve overall health. The essential oils come in a variety of fragrances. Aromatherapy oils work to offer serene to the body, while pampering the soul. The body and mind will feel refreshed according to claims after using particular aromatherapy oils. Aromatherapy is a treatment scheme made of plant oils, which are extracted from plants and intended to alleviate psychological and physical disorders. The oils are used as inhalants or massage therapy. In addition, you can use aromatherapy oils as décors, fresheners, etc.

Cassia is one of aromatherapy's essential oils. The oils botanic name is pronounced as CINNAMOMUM Cassia. The oils were extracted via a steam method, which came from plant leaves. The oil originates in Vietnam. Cassia is a tree, which its bark is scented with evergreen. The Asian tree's aromatic bark aids in the production of Cassia oils. The name CINNAMOMUM Cassia is a Latin based name. Cassia is dark brown oil, which is commonly used as a tonic, stimulant, and/or carminative. Carminative helps to relieve flatulence symptoms, such as colic. The oils expel gas from the alimentary canal. As well, Cassia oils are used as an aid for nausea, diarrhea, etc. The oils were studied by Japan and China labs, which results showed that Cassia could also be used as a sedative, as

well as treating high blood pressure. The oils also reduce fevers, and works as an antiseptic. In addition, Cassia oil can fight fungi, bacteria, rheumatism, colds, arthritis, fevers, influenza, etc. The strong scents work well with Ginger, Benzoin, and Frankincense, Coriander, Grapefruit, Cloves, Thyme, Rosemary, and Lavender oils. Cassia oils are also called the “Bastard Cinnamon” as well China Cinnamon. Cassia was used in China for thousands of years as a medicine. The first known use of Cassia was in A.D. 200, or 200 B.D. This was at the time of Han Dynasty. The oil has side effects, which include irritability to the mucus membrane. Dermal sensitizer and dermal irritability is another side effect. In addition, it is recommended that pregnant women avoid using Cassia oils.

Basil essential oils are another of aromatherapy’s line, which pregnant women should also avoid. Basil’s botanic name is OCIMUM BASILICUM, which derives from Latin. The oil was extracted through steam distillation from the leaves and flowers of plants. Basil originated in Italy, yet the oils have been used in various areas. Basil is an aromatic plant, sometimes known as an herb, Rosemary, Sage, Thyme, or Parsley. Basil oils are used to strengthen empathy yet it is also used as a sinus reliever. Basil is sometimes used to heal digestive problems, as well as stimulate the circulation system. IN addition, basil is used to heal respiratory complications. The strong aroma blends with Clary Sage, Juniper, Clove Bud, Eucalyptus, Bergamot, Rosemary, Lemon, Lime, and Neroli. Basil is titled the Royal Remedy by the Greeks. Sometimes the Greek call Basil the King. Indians, Mediterranean areas, and Asia all adore this aromatherapy solution.

Online you can find a wide assortment of aromatherapy oils. The oils include Blood Orange, Coffee, Bergamot, Chilly Seed, Carrot Seed,

Celery Seed, Cinnamon Leaf and Cinnamon Bark, etc. IN the same areas you will find a short history available to you, which you can use to select the best aromatherapy treatment.

## **Aromatherapy Healing You**

Aromatherapy has been well-known down through the century as a remedy that soothes the mind and body. The preparations are claimed to mitigate symptoms coming from an assortment of mental and physical illnesses. In addition, the remedies are claimed to reduce stress, anxiety, nervous tension, as well as related symptoms. Many people down through the years have utilized aromatherapy, including the French natives, Egyptians, Germans, Brazilians, Europeans, Indians, Canadians, Americans, people in the Mediterranean lands, and so on. The oils include the scented and essential oils. Online you can find a variety of the oils, including Basil, Cedarwood, celery seed, carrot seed, African Bluegrass oils, bergamot, clove bud and leaf oils, and so on. The oils each have its intention for therapeutically healing the body and mind. Before employing aromatherapy oils be, sure to read all available instructions. Some of the oils may include side effects.

How do I choose aromatherapy oils?  
Everyone is different. Making your choice depends on you and what you are seeking to accomplish. You can ask a few questions to help you make a decision.

Questions:

Do I want aromatherapy oils to ignite romance?

Can I benefit from using aromatherapy as a stress reliever?

Do I have any mental or physical illnesses, which aromatherapy could read relieve my symptoms?

Are my intentions to freshen my car or home?

Can I use aromatherapy scents and fragrances as a décor?

What about perfumes?

As you can see aromatherapy is used in a variety of ways. It is up to you what you want to use the oils for, however if you answered yes to any or all of the questions above you may want to consider Bergamot, Basil, Jasmine, and so on.

If you are considering aromatherapy for décor purposes, you may want to combine oils with the selection of jars and bottles. In the aromatic line you will find glass bottles, plastic jars, Boston shape bottles, steel canisters, acrylic jars, and so on. You can find a variety of caps and tops as well. Amber bottles are ideal to compliment aroma therapeutic oils. You can find dealers online as well who will customize the bottles and jars to your liking. You will find a variety of sizes, colors; designs etc in the bottle and jar line as well. The colors range from Cobalt blue, amber, clear colors, frosted jars, dark greens, black, etc. Unique, modern and funky designs are also available.

If you're looking for little romance, i.e. to spark romance tryout jasmynes line, as well as bergamot. Bergamot works as a body and mind healer as well, which it includes an aphasiac.

Soap additives, soap, and botanical extracts, as well as fragrance and essential oils are available as well. The soaps or additives are highly recommended moisturizing formulas, and are not artificially colored. The products have been tested on animals, and incorporate hundred percent vegetable made. As well the products are biodegradable, non-yellowing, and are superb clarities.

You can find a nice line of clear products, bathe butter foams, goat milk, white, liquid crystalline and liquid organic concentrated products, liquid suspending crystal, organic, olive, shea butter, soy, SLS free oils, and more online.

Benzoin essential oils are commonly used as an antiseptic, anti-inflammatory agent, antidepressant, deodorant, colic and related symptoms reliever, etc. Benzoin is also used as a perfume. The oils aid in treating coughing, colds, bronchitis, acne, wounds, scar tissue, psoriasis, eczema, arthritis, rheumatism, mouth ulcers, muscle pain, etc. You can use the oils as a circulation activator, stress reliever, to reduce tension, and so on. A selection of other aromatherapy oils and products are available to you for the taking, yet it is up to you to make the right choice as to what oils are best suited for your needs. In all aromatherapy is a healing solution.

## **Aromatherapy the Healing Solutions**

Cyproil is one of the essential oils available online that works as an aromatherapy solution. The botanic oils known as Cyperus Scariosus were extracted through a steam process from flowers. The Brazilian oil is a grassy plant, which has floral scented and delicate flowers. The oils are dark amber and sometimes light brown. Cyproil is commonly used in compounds perfumes, soaps, incense, and medicine. You can also use the oil as an insect repellent. The natural smelling oils blend with patchouli, bergamot, labdanum, and clary sage.

Cypress French oils, sometimes called Cupressus Semperiviren. The oils come from needles and twig from plants, and are extracted through a steam process. The Australian oils are pale yellowish, and are commonly used to fight foot perspiration, menorrhagia, hemorrhoids, rheumatism, varicose veins, oily skin, and has worked to relax the mind and body. The oil is also used to relax the nerves and treat the skin with its astringent property. The medium scent oils work with Fennel oils, bergamot, grapefruit oils, lime, lemon, Rosemary, orange, Juniper, clary sage, lavender, pine, and so on. Tangerine oils work blend well with cypress French oils. According to legends Cypress oils derives from the same wood used as a stake in Jesus Christ's murder.

Cypress Australian Blue is an essential oil, named Callitris Intratropica also. The oil comes from needles and twigs, and is extracted via a steam process. The oil originated from Australia, which the trees are family to the Southern Conifer. The beautiful blue oils are commonly used to treat skin by soothing and moisturizing the flesh. Aroma therapists use this oil as an agent to sooth and relax the nerves without sedating the patient. The

medium strength oils blend with lavender oils, Cedarwood oils, Lemon Tea Tree, Pine oils, Lemon Myrtle, orange, geranium oils, clary sage, rose oils, mandarin, cardamom, jasmine oils, sandalwood oils, juniper, marjoram oils, and so on.

Curry Leaf oils are along the essential oil line. The botanic oils named *Murraya Koenigi* are extracted via steam and come from plant leaves. The India based oil comes from diminutive bushes from India, which the bushes grow in the Himalayas, Burma, and throughout the eastern areas. The oils are pale yellow, and are used by the India natives as a culinary remedy. However, there is no available information to claim what curry leaf oil does to heal the body and mind.

Curcuma essential oils come from the Latin name *Curcuma Aromaticum*. The plant seeds were steam extracted, and the origin of the plants is India. Curcuma is a tropical plant, which comes from turmeric, zeodary, and is extracted as aromatherapy oils. The oils are yellow or yellowish green. Curcuma is commonly used to relax and balance the nerves. The oil has an antiseptic application, as well as agents to heal the skin, including acne. It is claimed that this oil will reduce growth of female facial hair. The medium aroma blends with spicy blends, ginger, Ylang oils, Clary Sage, etc.

Cumin essential oils derive from the Latin name *Cuminum Cyminum*. The oils are extracted via steam and come from plant seeds. Egypt is the origin of this oil. The oils are found in various parts of the Mediterranean areas. The cumin plants grow aromatic seeds.

The Mediterranean plants are a member of the carrot family and it grows small pink and white flowers. The flowers are grown for the specific purpose of extracting its aromatic seeds. However, the seeds are sometimes used as spice in cooking. The common use of the oils treat a variety of symptoms, including muscle pain, osteoarthritis, bloating, nervous tension, headaches, digestive problems, dyspepsia, colic, and so on. The oils have antiseptics, aphrodisiacs, anti-toxics, antispasmodic, bactericidal, and so on. The oil will also treat migraines. The medium strength aroma blends with Oriental flavors, essential oils, lavender, chamomile, caraway, Rosemary, Angelica Root, and so on. A variety of all aromatherapy oils are available online.

## **A Variety of Aromatherapy Oils**

Costus root's Latin name is *Sassurica Costus*. The oils were extracted from plant roots and processed via steam. The India based oils grow black flowers, which the dried plant roots are separated, softened, and soaked in warm water. The plants are then made into Costus root through the steam distillation process. The oils are brown or yellow, and the common use is to work as an antiseptic, antiviral, febrifuge, antispasmodic, bactericidal, and so on. The oils are claimed to heal those dealing with hypertension, stomach acids, and so on. In addition, Costus root oils is used to make perfumes and cosmetics. Costus roots are also an ingredient in Soda pops and alcohol, as well as in specific foods. The soft aromas blend with Ylang oils, floral scents, patchouli, Oriental oils, and so on. Costus Root however is a dermal irritant, which is not recommended as an aromatherapy.

Coriander essential oils also named *Coriandrum Sativum* was extracted via the steam distillation process from plant seeds. The Russia based oil produces aroma from its plant. The plants are from the native lands of Asia and throughout Mediterranean areas, and are grown for the purpose of its aromatic leaves. The aroma is also used in cooking. The oils are also called Chinese parsley. Coriander oils are clear or pale yellow and are commonly used as an aphrodisiac, analgesic, deodorant, antispasmodic, and so on. The oils relieve mental fatigue, rheumatism, nervous disorders, tension, migraines, arthritis, colds, flu, muscle spasms, and so on. The medium strength aromas blend with cinnamon, orange, pink or white oils, ginger, lemon, and so on. The people throughout the lands of Egypt used Coriander more so as an aphrodisiac. India used the

oils as a flavoring for foods, while the Greeks and Romans used the oils to flavor their wine.

Copaiba Balsam is another of the essential oils known as *Copaifera Officinalis*. The oils were steam distilled extracted from crude resin plants. Copaiba Balsam begun in Brazil, yet the oils are now spread throughout the country. The pale yellow oils are commonly used to balance, soothe and uplift the mind and body. Blended aromatherapy oils used with Copaiba Balsam is said to extend life. The medium strength oils blend with spicy oils, floral oils, etc. The oil also has an aphrodisiac agent, which works well with Jasmine, sandalwood, rose, frankincense, vanilla, Ylang oils, and so on. The oils are also used in colognes, soap, perfumes, detergents, and so on.

Clove Bud oils named *Syzygium Aromaticum* as well, came from India. The oils were extracted via steam distillation methods from plant buds. The aromatic spices present a strong aromatic scent, which were distilled from the dried flower buds of the tropical clove trees and used as a flavoring for sweet and spicy foods. The evergreen trees come from the family of myrtle, and from native Moluccas. In addition, the buds are grown in various tropical regions. The light golden yellow oils are commonly used as a treatment for mild aches and pains, such as tooth aches, etc. The oils will help fight colds and flu as well. The scents come in both medium and strong and blend with spicy oils, peppermint, grapefruit, Citronella, Rosemary, rose, orange oils, and lemon oils.

Clementine is an essential oil sometimes known as *Citrus Nobilis*. The oils were extracted from crude plant peels and through a cold press procedure. The plant originated in Italy. The pale yellow oils are

commonly used to revitalize the soul, whilst balancing sleep. Insomniacs could benefit from using this oil. The medium strength oil blends with floral and citrus family scents.

## **Aromatherapy Blends**

Botanic oils include *Salvia Sclarea*, otherwise known as Clary Sage. The oil was extracted via a steam distillation process, extracted from plant flowers and leaves. The Bulgaria based plants are herbs with hairy-like leaves, and are large in form. The oils extracted from the plants are light golden yellow. The oil is commonly used as an aromatherapy, including used as an antidepressant, sedative, antispasmodic, tonic, deodorant, hypertension healer, and so on. The oil has also been known to assist in relieving asthma symptoms and spasms. The medium or strong scented oil blends with a variety of essential oils, including German, bergamot, Roman, chamomile, Cedarwood, Neroli, jasmine, rosewood, lavender, orange, geranium, sandalwood, Ylang oils, and so on.

Citronella Java oils also called *Cymbopogon Winterianus* comes from the gum plants and is steam distilled, extracted from the plants. The beginning of citronella arrives at Sri Lanka. The lemon aromatic grass is an Asian tropical bluish green, lemon aromatic leave, and contains aromatic oils. The oils are used in perfumes, and are used as an insect repellent. The oils are yellowish brown, and are used as an aromatherapy. The oils include antiseptics, insecticide, deodorant, tonics, and parasitic. Used with Cedarwood flavors the oil can work well as an insect repellent. The oils are also used to make candles, soaps, etc. You can use the oils to fight flu and cols, as well as oily hair/skin and perspiration. The medium scents blend with in variety of oils, including pine, bergamot, lavender, bitter orange, orange, Cedarwood, lemon, and Geranium oils. Still, it is a, predominate insect repellent.

Another of the botanic oils available is the Citral essentials. The oil was extracted via the steam distill process, which came from stems and roots from plants. China is the beginning, yet China is far from the end of this oils roots. The oils are light yellow and commonly used as an antiseptic, invigorator, antidepressant, and works to heal the nerves, and soothe pain and aches. The oil produces a strong lemon scent, as well as an herbaceous scent. The oils will treat athletic foot odors and itching, acne, scabies, oily skin, and will help to reduce stress.

The botanic aromatherapy Chilly Seed oils were distilled from steam and plant seeds. The Mexico based oils also comes from plants in Southern America and Central America. The rich, reddish orange oils are commonly used in aromatherapy, since it has an analgesic agent, anti-inflammatory agent, and an aid to the digestive system. The strong scents do not blend with other oils.

When you are searching for aromatherapy oils it is best to shop online. Shopping online gives you advantages, including live support. In other words, you can find Live Chat Support online to help you find oils that may not be listed in the series of articles. I thought I would throw this in to give you a briefing on how shopping online can bring you a variety of benefits.

Continuing Chenopodium essential oils were extracted from plant fruit and leaves and distilled through the use of steam. The Russia based oils are commonly used in a variety of problems. The oils will work to remove roundworms, Ascaride, as well as treat diuretics. The strong scent does not blend with other oils. The oils are sometime called the American Wormseed Oils.

Choulmogra is another of the essential oils utilized in treating rheumatism, skin disease, eczema, scrofula, bruising, sores, sprains, leprosy, and so on. The oil derived from India but is currently utilized all over the world. For additional information on aromatherapy and essential oils go online where you will find a variety of helpful information. aromatherapy also has a line of extracts.

## **Aromatherapy Botanic Extracts**

Botanic extracts in aromatherapy product line are 100% natural. The powered extracts are ideal for using as toiletry, and to treat hair and skin. The extracts compose biology cells, which serve as a purpose to structure. The extracts compose organic salts, fats, amino acids, minerals and oils. The extracts include cucumber, barley grass, green tea extracts, chamomile, lotus leaf, St. John, Ginseng, and so on. Additional blends include the Reishi Mushroom, White Willow, Gentian Root, Bilberry, Guarana seed, and so on.

Online you will find a variety of extracts, essential oils, scented oils, fragrances, and more along the aromatherapy product line. Aromatherapy has long line of essential oils, yet all the oils listed are not aromatherapy solutions.

Some of the oils include absinthe, ajowan, African bluegrass, anethi, Angelica root, anise star, armoise mugwort, arborvitae wild, asafoetida, basil, Australian balm mint brush, bay, bergamot, bay, Betal leaf, Blood orange, black currant seed, Cajeput, Cade, and so on. The oils work in a variety of ways to soothe and heal the body and mind.

Blood orange is an essential oil, which comes from the citrus family. The oil was extracted through a cold press method. The oils come from crude plant fruit peels and it originated in Italy. The deep orange oils are commonly used as aromatherapy relieving a variety of illnesses. The oils include an antispasmodic, antidepressant, deodorant, aphrodisiac, cordial, nervous stimulants, digestive, cardiac, and circulatory stimulants, as well as carminative aids. The medium scent oils blend with myrrh, nutmeg,

lemon, lavender, clove, clary sage, cinnamon, etc. Blood orange is sometimes called Maltese Orange. Spanish natives continue to call the oils Naranja.

Ajowan another of aromatherapy's essential oils, stems from herbs and are extracted from a steam distill method. The starting point of ajowan oils come from India. Ajowan oils are pale yellow, brown. Ajowan oils are basic for motivating the body and mind. As well ajowan is exploited as an antispasmodic remedy. AS add-on ajowan oil have microscopic organisms, in addition to properties, which assist in fighting bellyaches, cramps, heartburn, or related colic symptoms. Ajowan has a strong scent what blends with sage, parsley and the aromatic plants known as thymes.

Chamomile Roman oils derived from Hungary, and are processed through a steam distillation, which the oils are extracted from flower head plants. The yellow oils are commonly used as an ingredient in herbal medicines. The oils are useful in treating insomnia, aches and pains, joint and muscle discomforts, PMS, etc. The strong aroma scents aid as relaxant, sedative, and disinfect. The oil blends with lavender, frankincense, geranium, rosewood, rose, clary sage, marjoram, Ylang oils, Cedarwood, and so on.

Australian balms oils assist in helping relieve headaches, colds, bellyaches, including colic symptoms, and so on. The oil's Latin name is Prostandthera Melissifolia. Like many other of aromatherapy's oils the plants were extracted through a steam process. The oil includes an antibacterial solution. The oils also have anti-fungal agents.

Bay essential oils come from the leaves of particular plants and are steamed distilled. The plants derive from West India. The plants are also

grown in Guiana and Venezuela. The golden yellow oils produced from the Bay plants aid as an antiseptic, astringent, antibiotic, analgesic, aperitif, anti-neuralgic, and so on. You can use oil to rest rheumatism symptoms, neuralgia, circulation discomforts, flu, colds, muscle pain, skin infections, dental infections, and diarrhea. The strong oils blend with juniper, Cedarwood, ginger, Ylang oils, geranium, Rosemary, rose, orange scents, lemon, eucalyptus, thyme, coriander, etc. The sweet smelling aromas are said to symbolize peace, wisdom, and security. Bay oils are also used to make rum liquors. Using aromatherapy in healing is becoming a huge action.

## Using Aromatherapy in Healing

Millions of people are using aromatherapy in healing their body and mind. Some of the best sold remedies include coffee, bergamot, basil, bay, cognac, and so on. A variety of other blends are used as well.

Bergamot is an essential oil, which is an aromatherapy solution. The oils work to relieve hysteria, fears, fatigue, anxiety, stress, nervousness, etc. Bergamot also assists in treating bronchitis, as well as inflammatory illnesses, such as gouty arthritis, arthritis, etc. In addition, the oils will relieve water retention, contaminated skin, migraines, and so on.

The aroma is strong, which bergamot's strength works to heal the body and mind. Bergamot oils include the Bergaptene oil, which is also botanic oil and sometimes referred to as citrus oils, or Bergamia. The oils are extracted through a procedure known as the cold press. The flavors are extracted from crude fruit peels. Bergamot oils originated from Italy, yet the oils are cultivated in Tunisia, Ivory Coast, Europe, Asian east areas, Morocco, and so on. Bergamot is a spiny citrus tree, which grows soured fruits shaped like pears. Its Latin name *Citrus Bergamia* stretches the oils to distance lands, which the extracted fruits produce a fresh, natural scent. The oils are yellow or green, and are one of aromatherapy's essential oils. The oils produced from the rinds of fruit are also available in perfume fragrances. The plant Mediterranean mints is akin to Bergamot, which its Latin name is *Mentha Citrata*. Bergamot like many essential oils in the aromatherapy product line works to heal the body and mind, which bergamot is commonly used to treat those suffering with depression, fear, hysteria, anorexia, stress, anxiety, and will treat eczema and psoriasis. The medium strength formula blends with Ylang oils, Jasmine, Clary

Sage, Mandarin, Geranium, Nutmeg, Cypress, Frankincense, Rosemary, Orange, and Sandalwood.

Basil blends work as an agent to heal the circulatory system, digestive system, and can eliminate stressful sinus disorders. The Basil oils were extracted via a steam distillation process, thus extracted from the leaves/flowers of plants. Basil got its start in Italy, nevertheless basil oils are exploited in assorted regions. Basil oils come from aromatic plants, which are sometimes listed as an herbal remedy. The oils also fall along the lines of Rosemary, Sage, Thyme, or Parsley. Basil essential oils are said to strengthen the ability to relate, as well basil is also utilized to treat sinuses. Basil can help heal the digestive system, in addition to stimulating the circulatory structure. Adding to the advantages, basil helps to heal the respiratory channel. The aroma is physically powerful, which blends with Clary Sage, Juniper, Clove Bud, Eucalyptus, Bergamot, Rosemary, Lemon, Lime, and Neroli. In fact, the oil is so strengthening that at one time Greeks called basil the King of oils, as well as the Royal Remedy. Basil is used in the Mediterranean areas, Asia, and is widely used by the Indians.

Via the Internet you can discover a broad collection of aromatherapy essential and scented oils. Aromatherapy oils offers an unlimited selection of healing agents, including Coffee, Bergamot, Blood Orange, Chilly Seed, Carrot Seed, Celery Seed, Cinnamon Leaf and Cinnamon Bark, African bluegrass, carrot seed, anise star, and more.

Aromatherapy essential oils are utilized as aphrodisiacs, anesthetics, antibiotics, anti-inflammatory agents, analgesic solutions, and more.

Jasmine, Rosemary, Rose, and a variety of essential oils will set a romantic mood, as well as a relaxing night.

Aromatherapy oils are used as décors, fragrances, incense, and as massage oils. You will also find a line of aromatherapy soaps, perfumes, colognes, detergents, skin care products, hair care products, and so much more. Learn more about finding relief with aromatherapy.

## **Finding Relief with Aromatherapy**

Finding relief with aromatherapy is not a hard project to accomplish. Online you can find a wide assortment of aromatherapy essential and scented oils. The oils come from natural sources, such as tree, plants, flowers, etc. In addition, aromatherapy oils are used as colognes, perfume, soap, décor, as well as mind and body healers.

Aromatherapy manufacturers deliver chemicals, flavors, compounds, essential oils, natural menthol oils, menthol oils, peppermint oils, Anethole oils, jasmine powders and oils, rosemary oils, and more. A variety of oils online, include Aloe Vera, Alma, Aromatherapy oils, Basil, Cardamom, Cinnamon oils, Citronella, Fruit oils, Flower oils, Fennel, mint, nutmeg, pines, spearmint, etc. You want to be careful while shopping online, since some sites are misleading. If the oils are not extracted 100% from natural resources, likely it is not aromatherapy oils.

One of aromatherapy's oils is the Maschmeijer oils. The oils have a good reputation, and are extracted from natural sources. The different aromatic oils online balance the mind and body, as well as deliver energy, purifications, rejuvenation, deodorants, and cleansing remedies. The oils have been used for around 6000 and have proven fruitful.

In summary, aromatherapy is a series of herbal medicines, which are used as essential oils. The oils derive from herbs, trees, flowers, and plants. In addition, the oils assist in rejuvenating the mind and body, as well as the spiritual needs. From what I've gathered many of the herbs work, yet few people claim that unless you use the strong scents you may not tell a difference. Still, everyone is different.

## **What do theorists say about Aromatherapy?**

Well, it depends on who you ask. According to theorists from various lands aromatherapy is an aid to treating and/or preventing various illnesses. Theorists also believe you must have proper dosages, as well as application duration. In addition, according to theorists it is recommended that a qualifying physician diagnose you with an illness before using the remedies to treat a specific illness. Overall, aromatherapy is considered a legit remedy for healing. In few lands aromatherapy is recognized as a medicinal remedy; however Germany, Japan, Russia, and the USA do not recognize aromatherapy as a medicine.

According to theorists aromatherapy also activates the emotional mid-section of the brain, as well as the limbic system. When using aromatherapy in massaging form, theorist believe that it activists the thermal receptor. As well, it is said that the remedies annihilate fungi and microbes. In addition, the home aromatherapy is recommended only if the person dilutes the oils. If the oils are diluted and used with a small percentage of fats, oils, minerals, hydrosol, etc, it is said that the oils can stimulate the immunity system as well.

## **What do skeptics say about aromatherapy?**

Skeptics will argue that aromatherapy's solutions have no scientific proofs of healing the body and mind. However, the skeptics do believe that aromatic scents can reduce stress, relax the mind and body, and relieve related symptoms. In the same token, the skeptics do not believe that aromatherapy is as effective as the manufacturers claim. Still, experts have used eucalyptus and mint oils to relieve flu, and colds. One of the

problems that inspire skeptics' arguments is that the any oils along the essential line natural or not, can be called aromatherapy. In addition, skeptics argue against the notion that aromatherapy can balance the mind and body, promote energy, etc, arguing that the notions are quacked or pseudoscience notions.

How can I trust that aromatherapy will work for me?

You can't. However, you can find samples online, as well as reviews and low cost oils which you can try out to learn first hand what aromatherapy solutions can do for you.

Find hope with aromatherapy!

## Hope with Aromatherapy

Many people ask does aromatherapy truly give hope. Since, aromatherapy is associated with alternative medicines and complementary medicines, the oils are said to heal the body and mind. Aromatherapy comes from oil-based plants. The oils are commonly referred to as essential oils. The essential oils are claimed to affect a person's health and mood, thus enhancing the body and mind's ability to function. While many claim that aromatherapy has been around for thousands of years, they fail to realize that it wasn't until the early 20s did the name aromatherapy come into focus. A French working in a chemist lab is responsible for the aromatherapy discovery. The man burnt his arm, and found comfort in lavender oil. Once aromatherapy came to the market, it branched into three main categories. The categories include: aromatherapy home remedy, which cosmetics, perfumes, and self-treatments is the prime limbs. Aromatherapy clinical includes pharmacotherapy and pharmacology. Aromachology branch includes the use of odors to affect the mind's ability to function.

What are essential oils?

Essential oils are concentrated oils. The oils are known as hydrophobic liquids. In addition, essential oils contain explosive aroma compounds, which are extracted from natural sources, such as plants. Often the oils are distilled, extracted solvents, or cold pressed. (Expressed) The oils included scented perfumes, flavoring, aromatherapy, incense, cosmetics, drinks, food, cleaning products, etc. Few doctors use aromatherapy in medicines.

Do essential oils branch into different sub-listings?

Yes, essential oils are sometimes known as ethereal oils, or volatile oils. Essential oils also branch into the names in which the oils derived. For instance, Clove, Bay, Basil, African Bluegrass, Bergamot, etc all are essential oils.

How are the oils distilled?

The oils are condensed from raw plants and its materials. The oils distillation process robs its source from peels, flowers, seeds, leaves, roots, wood, and bark. The natural resources are placed into a distillation apparatus, otherwise known as alembic, which it is then placed over water. The water is boiled into a steam, which then the materials of the plants pass through the steam, vaporizing the explosive compounds. At this time the vaporized steam flows through coils, which are capable of condensing back into a liquid form. (Read Hydrosol, water essence, and Hydrolat) The oils are collected, and stored in a container. Ylang oils are processed through a fractional distill process, which takes more than 20 hours to distill.

Hydrosol, water essence and hydrolat are the process where the steam turns back to liquid form. Hydrosol includes waters, such as orange blossom, rose, and lavender.

How does the cold press procedure work?

The cold press process, or else expressions are handled with a machine. The cold press oils include the citrus line of oils.

How do solvent extractions work?

The extraction of solvent processes uses carbon dioxide, including supercritical and hexane carbons to extract flower oil. The oils are

extracted from solvents, such as hexane and hydrophobic solvents, which are sometimes known as concrete. The oils are mixed then with the essential oils. As well, the oil is mixed with resin, wax, etc. The concrete oils produce high fragrances, yet some of the oils are balanced. Thus, ethyl alcohol is also used in the extraction of flowers in an effort to concentrate the fragrance.

How do I know which oils are fragrance or concentrated?

You can use information online to learn more about aromatherapy concentrated and fragrance oils. Keep in mind that all aromatherapy essential oils come from natural sources and the oils should read 100% natural.

Lastly, you can find a wide assortment of aromatherapy oils online, which include jasmine, orange, clove, etc. Aromatherapy includes the expression oils.

## **Aromatherapy Expressions**

Aromatherapy expressions include the top choice oils. The oils lemon, bergamot, lavender, orange sweet, tea tree, lemongrass, eucalyptus, lavender French, rosemary French, and peppermint Japanese are the top oils sold at various companies.

What do lemon oils do?

Lemon scents are botanical oils, which is from the citrus family. The oils are cold pressed (Expressions) and extracted from peels of fruits. The plants derived from Italy; however, California, Europe, Florida, and India cultivate the plants as well. The light color oils are used to cleanse, and is famous for its antiseptic base. The oil cools and refreshes the body and mind, as well and enhances concentration. The fresh lemon scents also incorporate anti-bacterial agents, which work to heal the hair and skin. During the Middle Ages European natives frequently used lemon oils. In addition, Romans and the Greeks used lemon oils as aromatherapy.

What about lavender oils?

Lavender oils work to clarify, balance, regulate, and soothe the body and mind. Lavender oils include Population, Australian, Mont Blanc, Barreme, French, Bulgarian, Croatian, and 40/42.

The 40/42 oils stems from Latin *Lavandula Officinalis*, which the flower heads are steamed condensed in 40 to 42% Ester. The origin of Lavender 40/42 is France. The plants grow violet, mauve, purple, blue lilacs. The plants produce pale yellow, or tinted green oils. Lavender 40/42 is commonly used as a therapeutic treatment. Included in lavender is analgesic, anti-microbial, anti-convulsant, antidepressant, antiseptic,

antitoxic, etc. The oils are used to treat hypertension, diuretic, and so on. Lavender is used in perfumes, soaps, cosmetics, candles, etc. Lavender 40/42 has a strong scent, which blends with the majority of aromatherapy oils. Floral, clove, citrus, pine, Cedarwood, patchouli, labdanum, clary sage, Vetiver, etc are to name a few.

Bergamot essential oils is one the top sellers. The oil helps to relieve stress related symptoms, such as fear, nervousness, hysteria, anxiety, and fatigue. In addition, the oils will assist in treating bronchitis, migraines, congested skin, arthritis, etc. The strong scented oils include Bergaptene Free, in which the oils are referred as Bergamot Citrus. The oils are extracted via the cold press method, or expressions. The fruit peels make up bergamot oils, which derive from Italy.

The oils are Asia based spiny citrus trees, which grow tart shaped pears. The Latina name is Citrus Bergamia. Aromatherapy bergamot oils are yellow, green. The fruits rinds were utilized to create the bergamot oils, which include perfumes. Akin to bergamot are the Mediterranean mint plants. Bergamot is said to heal or relieve depression, fear, hysteria, anorexia, anxiety, eczema, various infections, psoriasis, and so on. Bergaptene also works as a healer. The aromas produce medium scents, which blend with Rosemary, Mandarin, Cypress oils, Frankincense, Clary Sage, Nutmeg, and so on. Sandalwood, orange, Ylang oils, Jasmine oils, etc all work with Bergamia blends.

Tea Tree oils come from Australia, and are steamed distilled from plant leaves. The Tea Tree Australian makes tea. As well the trees are partner to New Zealand trees and shrubs. The leaves were formally utilized to make tea, however a wide production of oils are made from the trees

today, as well cosmetics, lotions, etc are made from the Tea Trees, which is used as an antiseptic. Tea Tree is commonly used as essential oils, which has a powerful immunity stimulator. Tea Tree fights infectious organisms, such as fungi, bacteria, and various viruses. Tea Tree is used as massage oil, which helps to reduce pre-operation shock. The oils in massage therapy serve as a therapy. AS well, the Tea Tree oils fight colds, sinus interruptions, measles, viral infections, etc. You can use tea tree oils to treat your hair and skin as well. Continue reading to learn more about foreign aromatherapy oils.

## Foreign Aromatherapy Treatments

Aromatherapy or the name arrived from foreign lands. More specifically aromatherapy derived from France; however Indonesians, India, Indians, Germany, Brazilians, Spanish, Europeans, and more have all used aromatherapies for centuries. The essential oils include the eucalyptus, bergamot, Rosemary French, orange sweet, peppermint Japanese, Lemongrass, and lavender French. Various others essential oils are available as well.

Eucalyptus is a botanic Latin based oil, which its name came from eucalyptus globulus. The oils were extracted from wood and leaves through a steam distillation process. The origin of eucalyptus plants comes from China, which the tree is tall and beautiful. The aromatic trees of Australia are spotted mainly in native areas of Australia. The trees are made of tough leaves, and flowers grow in clusters. As well, the trees have excellent timber, and resin, which the oils from the tree include medicinal properties. The clear oils are commonly used to treat skin illness, such as blisters, insect bites, burns, skin infections, lice, wounds, etc. As well, you can use eucalyptus oils to fight colds and flu. Reviews online claim that this is one of the aromatherapy oils you must purchase. The oil has a strong scent, which blends with rosemary, lemon, pine, lavender, marjoram, thyme, Cedarwood, etc.

Rosemary French blends come from botanic herbs, and were extracted through steam distillation processes. Rosemary French arrives from France, and has a pale yellow color. The plants have thick, leathery leaves. The plants are sisters to basil, sage, thyme, and parsley. The commonly used as facial oils to treat severe dry skin. As well rosemary

can promote hair growth, mental awareness, scalp problems, etc. The oil is used to help manage stress, etc. In addition, if you want shiny and healthy hair, this is the oil of choice.

Rosemary French comes in medium and strong scents, which the oils blend with Cedarwood, Basil, peppermint, bergamot, lemon, frankincense, ginger, orange, lemon, etc. Rosemary is also called the Dew of the Sea, which its leaves were actually burned as purifiers in hospitals.

Orange sweet oils arrive from plant peels, which the oils is processed through a cold press procedure, also called the expressions. The plant comes from Brazil, which the orange trees common used as antidepressants, antispasmodic, antiseptics, and is used as an aphrodisiac. Orange sweet oils are also used as a deodorant. In addition, orange oils treat carminative, nervousness, cardiac problems, circulatory problems, constipation, colds, dry skin, gums, stress, flu, stress, etc. The scents come in medium and strong aromas, and blend with bergamot, rosewood, lavender, clary sage, nutmeg, clove, spicy scents, cinnamon, myrrh, etc.

Lemongrass is an essential oil, which comes from plant leaves. The oils are extracted from steam methods, and come from India. Lemongrass produces perfumed based oils, which are cultivated in southern India. Southern India processes the plants to use it as scented oils, and flavoring for cooking.

The light yellow oils are commonly used as antiseptic properties. In addition, the oils work as antidepressants, which soothes stressful symptoms. Lemongrass is also said to heal muscle pains. The strong herbaceous and/or lemony scents were frequently utilized in Indian

medicines. The oils helped to relieve fevers and infections. The only downside is if you have glaucoma, it is recommended that you avoid usage of lemongrass oils.

Additional oils available include Davana, Ginger Grass, Dill Seed, Dill Weed, Gia, Elemi, Geranium Bourbon/Egyptian, Fennel Bitter/Sweet, Garlic, Fenugreek, Galbanum, Fir Balsam/Needle, and Frankincense/B.P. Grade oils. Of course you have a variety of choices in the aromatherapy product line. Few of top sellers, include bergamot, lemongrass, tea tree, lavender 40/42, orange sweet, lavender French, and so on.

## Scents in Aromatherapy

Online you will find a variety of essential oils along the aromatherapy product lines. The oils include oat, Peru Balsam, onion, peppermint supreme/Japanese, pepper white/green/black, penny royal, orange 5 fold, patchouli, orange bitter/sweet/sweet dark, and parsley. Various other oils include palmarosa, rosemary, rosemary French, black orange, etc. Peppermint Japanese oils are one of the top sellers. The Latin name for peppermint is *Mentha Aryensis*. The oils come from flowering herbs and are extracted through a steam distillation process.

China is where peppermint Japanese plants arrive, which the plants are pungent herbs, which the mint family combined with the peppermint trees produce dark green, downy leaves which yield pungent oils. The oils are also used as flavoring for foods, as well pharmaceuticals use the remedy in medicines. Peppermint candy comes from the trees as well. The oils are light off white and or light yellow, which the oils are commonly used to fight stomach sickness, and are used as an anti-microbial, antispasmodic, etc. The oils are added to food, drinks, and can be used as skincare and hair care products. The oils aid in healing sore joints, bruises, as well. Candles and soaps are also made of the peppermint trees. The oils come in medium to strong scents and blend with Cajeput, lime oils, lemon, bergamot, rosemary, basil, Cedarwood, marjoram, eucalyptus, thyme, spearmint, and so on. Peppermint Japanese oils come from the Greek myths.

Rosemary French botanical blends are herb-based oils. The oils were extracted from thick, leathery plants, which the process included steam distillation. Rosemary French derives from France. The plants are akin to

basil, sage, thyme, and parsley. The oils are typically exploited as facial oils. Rosemary works to heal dry skin. In addition, Rosemary French promotes the growth of hair, as well as acts as a healer to damaged hair. Rosemary will treat scalp faults, and help to manage stress by promoting mental alertness.

You can purchase Rosemary French medium and strong scents and blend the oil with Cedarwood, Basil, peppermint, bergamot, lemon, frankincense, ginger, orange, lemon, etc.

Lavender French oils were extracted from flower heads, through steam distill processes. The France oils are commonly used as analgesics, antidepressants, anticonvulsive, etc. Lavender oil has agents that work to fight anti-inflammatory disorders, as well as it has an antiseptic. The oils help fight bacteria, fungi, viruses, spasms, etc. The oils heal burns and fight against infections caused from burns as well. The strong scented oils blend with orange, rosemary, jasmine, bay, pine, chamomile, mandarin, bergamot, thyme, clary sage, tangerine, geranium, citronella, palmarosa, Ylang blends, rosewood, and so on.

Davana blends come from India plants and the stems and leaves are processed via steam distillation. The plants produce reddish yellow oils, which are commonly used as an aphrodisiac. In addition, the oils fight anxiety, infections, dry skin, and aids in building the endocrine coordination.

The medium scents can be blended, however it is not recommended. Dilly Seed oils blend its medium scents with elemi, caraway, spicy oils, mint, etc. The oils are a member of the parsley family, and assists in

revitalizing, purifying, cleaning, restoring, and balancing the mind and body. Dilly Seed oils correspond with Fennel Seed oils.

Elemi oils comes from tropical resin based trees. The tropical trees are used to make ink, varnish, perfumes, ointments, etc. The light colored oils give a medium scent, which blends with frankincense, myrrh, sage, lavender, rosemary, etc. Elemi oils are used as an antiseptic, analgesic, and expectorant. The oils aid in healing cuts, wounds, etc, and will reduce respiration build up and mucous.

Additional oils include Gia, Grapefruit White/Pink, Ginger Grass/root, and so on. Next, learn more about Latin essential oils.

## Latin Aromatherapy Titles

Aromatherapy oils come from a variety of lands, yet the original names ironically all come from the Latin titles. Fennel Bitter is one of aromatherapy essential oils, which its Latin title is *Foeniculum Vulgare Amara*.

Davana oils got its name from the Latin title *Artemisia Pallens*. *Artemisia* is an aromatic plant, which is spotted in the northern regions. The plant produces gray-green leaves, which include small flower heads. Davana comes from these stem and leaves. Dilly Weed oils got its name from the Latin title *Anethum Graveolens*. The oils come from the plant seeds.

Stopping for a moment, let me say that aromatherapy was noted in the early 1900s, yet oils from plants were utilized down through the centuries. The oils in fact were used long before Christ walked the earth. Indians would often use the oils as a spiritual guide, or protector. Various other native countries overseas also used the oils in a spiritual light. In addition, the oils were used as massage soothers, medicines, and so on. Aromatherapy includes the scented and essential oils.

Cruising, the internet and using the proper keywords will put the brakes on your flow, since you will find a wide assortment of essential oils used as aromatherapy. Understand that aromatherapy is not the oils; rather it is the oils scents, fragrances, aromas, etc, which are used as therapies.

The scented oils help to reduce stress, while helping you to relax. As well, the oils are available to use as aromatherapy treatments to set romantic moods. Aromatherapy essential oils generate an affectionate

mood. Reviewing, aromatherapy oils are the solution to helping you relax while healing the body and mind.

More about Latin Titles:

Continuing, Fenugreek oils got its name from *Trigonella Foenum*. The plant seeds come from India, which the oils assist in treating boils, indigestion, cysts, inflammatory, mucous, infections, congestion, expectorants, coughing, fevers, bronchitis, allergies, etc. The oils also help to promote oxygen usage. Those with low blood pressure or diabetes can benefit from Fenugreek oils.

Key Lime oils come from the Latin name *Aurantifolia Swingle*. The plants crushed fruits make up the oils. The Mexico based oil is used in manufacturing, toiletry, and perfumes.

The thing about aromatherapy is about all of the oils have a Latin title, yet the oils come from Mexico, China, France, India, Brazil, and so on. The oils all come from foreign trees as well, such as the Mediterranean areas, China, India, and so on. I find the entire makeup of aromatherapy amusing.

Australian Balm Latin name is *Prostandthera Melissifolia* while Australian balm derived from Australia. The plant composes flowers, which are extracted and distilled with steam, diluted, and then re-liquefied. The plants produce light colored oils, which act as an anti-bacterial agent. In addition, the plants produce anti-fungal properties, which the oils produce the benefits. Australian Balm essential oils are designed to minimize commonly infant problems, such as colic. In addition, the oils aid in relieving headaches, as well as common colds.

Australian Balm essential oils are immediate aromatic oils, which are often blended with a variety of related oils, such as lemongrass, lavender, etc, and are also used as a flavoring for foods.

Ajowan essential oils come from the Latin name *Trachyspermum Coticum*. The essential oils are herbal based, which are extracted from the plants, and distilled with a steam process. The plants are India based. Once the oils are distilled with steam, and re-liquefied, thus the oils produced a light in color. Ajowan oils act as an agent to relieve irritating symptoms by using its anti-microbial and anti-spasmodic solutions. Anyway, now you have an idea where essential oils got its name. The frequently asked questions about aromatherapy follow:

## **Frequently asked questions about Aromatherapy**

### Aromatherapy Questions

You have likely read or heard of the many benefits of the scented and essential oils used in aromatherapy. What you may not have seen is information on how dealers select which oils they will purchase for resale. The criteria used by vendors can also help you decide which aromatherapy oils are right for you.

How do vendors decide which scented and essential oils are best for resale?

Vendors typically look at criteria such as flavor, availability for sale, target audiences, intended use, cost, etc.

Base idea:

The scented and essential oils used in aromatherapy oils help to relieve daily stress. The fragrances relax the body and mind, yielding a healing effect. Aromatherapy oils are organic oils derived from plants. The therapeutic oils provide many ways to take advantage of their scents. Aromatherapy oils also pamper the skin as they soothe body and mind. In addition, vendors often look for oils that create a romantic mood. Vendors and purchasers typically choose their favorite oils and designer fragrances based on sales volume. Vendors and purchasers both recognize desirable oils.

Likewise, vendors and purchasers often search for decorative home warmers or misted oils that a room with fresh, natural fragrances, bringing nature's beauty into their homes.

How long aromatherapy oils been sold?

Scented and essential oils and fragrances have been utilized for centuries in one fashion or the other. The oils are often used to create a pleasing scent in homes and workplaces. Another common use for the treatment today is to freshen, vehicles. At one time, the oils were available in limited scents. Today, however, hundreds of scents are available, including fruit scents like cherry blossom, apple, or orange and more exotic scents such as African rain and Ylang-Ylang essential oils. Chinese started, often promoting oils as a means of enhancing energy or inspiring the metabolism. Indians used aromatherapy oils in religious ceremonies, using them as a tool in prayer with the belief that their god would be receptive to special oils dipped in wax sticks, which they called agarbatti. Today, special oil scented candles similar to those used by the Indians are available for aromatherapy.

How do vendors and purchasers test aromatherapy oils?

Vendors and purchasers alike often rely on free trial offers and samples to test different oils and scents.

A key consideration, beyond scent, made by vendors and purchasers when buying scented or essential oils is packaging. Attractive packages represent substandard quality oils, which rely on the packaging to sell them more than the higher quality oils. Likewise, pricing is an important factor, and vendors normally stay within the middle and lower-middle price ranges, focusing on popular scents.

The oils do not have to be presented in fancy packaging, but must be made attractive. The demand for aromatherapy is driven by price, and

influenced by high sales volumes. Equally important, the vendors must be able to meet demand for quantity and also the public's tastes and preferences. On price driven and high volumes of oils sold.

How does a vendor determine the best way to market aromatherapy?

The most common approach for marketing aromatherapy products is to advertise in areas often frequented by customers, such as supermarkets, convenience stores, pharmacies, etc., as well as through flyers. Dealers may also wish to be more upscale with their target audience, promoting products on television or in global and local newspapers, or through spas and salons. Vendors can also offer free samples in more exclusive fashion stores, where fashion accessories are sold, with the idea that the fragrance will also sell.

The many options of aromatherapy is something to consider, since the oils all offer something of good use.

## **Many Options for Aromatherapy Oils**

### **Relating with Aromatherapy**

Costus root oil, *Sassuriea Costus* in Latin, is extracted from plant roots and processed with steam. The black flowered plant grows in India. The dried plant roots are separated, softened, and soaked in warm water, and then made into Costus root using steam distillation. The resulting oil is brown or yellow, and is commonly used as an antiseptic, antiviral, febrifuge, antispasmodic, bactericidal, etc. The claimed benefits for the oil include reducing hypertension, stomach acids, and so on. In addition, Costus root oil is an ingredient in certain perfumes and cosmetics. Costus roots are also an ingredient in some carbonated and alcoholic beverages, as well as in certain foods. The light aromas can be blended with Ylang oils, floral scents, patchouli, Oriental oils, etc. However, Costus Root however can be a dermal irritant, and so is not recommend for aroma therapy.

Coriander essential oil, Latin name *Corriandrum Sativum*, is extracted through a steam distillation process from plant seeds. The Russia-sourced oil generates aroma from its plant, which is native to regions of Asia and throughout the Mediterranean region. It is typically grown for the purpose of its aromatic leaves, and is also used in cooking. The plant is also called Chinese parsley. Coriander oils are clear or pale yellow, and are often used as an aphrodisiac, analgesic, deodorant, antispasmodic, etc. The oils may be used to relieve mental fatigue, rheumatism, nervous disorders, tension, migraines, arthritis, colds, flu, muscle spasms, etc. The medium strength aromas can be mixed with cinnamon, orange, pink or white oils, ginger, and lemon, among others. The Egyptians often used Coriander as an aphrodisiac. In India, the oils are used as a flavoring for foods, while

the Greeks and Romans enhanced the flavor of their wines with it.

Copaiba Balsam is another of the essential oils, also known by the Latin name of *Copaifera Officinalis*. The oils are distilled from raw resin plants using steam. Copaiba Balsam originated in Brazil, and has now become common throughout the country. The pale yellow oil is often used to balance and soothe, creating an uplifting experience for mind and body. Blended aromatherapy oils including Copaiba Balsam are said to extend life. The medium strength oil blends well with spicy or floral oils, etc. The oil also has an aphrodisiac agent, which works well with Jasmine, sandalwood, rose, frankincense, vanilla, Ylang oils, etc... Copaiba Balsam is also used in colognes, soap, perfumes, detergents, etc...

Clove Bud oil, Latin name *Syzygium Aromaticum*, originated in India. The oils are steam-distilled from the dried flower buds of the tropical clove trees and used as a flavoring for sweet and spicy foods. They have a strong, aromatic scent. The clove tree is an evergreen from the myrtle family, and is native to Moluccas, and is now grown in various tropical regions. The light golden yellow oils are frequently applied as a treatment for mild aches and pains, such as tooth aches, etc., and also are used to help fight colds and flu. The scent ranges from medium and strong, and blends nicely with spicy oils such as peppermint, grapefruit, Citronella, Rosemary, rose, orange oils, and lemon oils.

Clementine is an essential oil also known as *Citrus Nobilis*. The oils are extracted from raw Clementine fruit peels using a cold press procedure. The plant is originally native to Italy. The pale yellow oils are commonly used to revitalize the soul, while balancing sleep, making these oils a great aid to insomniacs. The medium strength oil blends well with floral

scents, as well as other members of the citrus family. Feeling good with aromatherapy, well, let's find out?

## Feeling Good with Aromatherapy

Aromatherapy works by using aromas to enhance the feelings or well being of a person through the process of massaging the body, more specifically around the facial area while using essential oils, which were extracted from fruits, flowers, and herbs. Aromatherapy has been utilized down through the centuries by primarily foreign lands. The aromatic scents however stretched over into the United States, which today the oils are still used to heal the body and mind. However, controversy is present, since skeptics tend to disbelieve the notion that aromatherapy essential oils will promote energy, relax the body in mind, and heal the soul. However, reviews are posted, which the reviews claim otherwise. Who wins, who loses?

The fact is essential oils can aid as an aromatherapy solution, since for decades now people have used candles, including the scented candles to enhance moods, such as romance. In fact, candles are burnt in religious ceremonies, in windows, etc. The candles in the window typically are a welcome to the soldiers off the war, thus spiritually representing a cry to come home.

In addition, before candles were available, people would use fireplaces, brushfires, etc to set moods, including relaxing the body and mind. Now, if this remedy worked down through the years, what makes you think that the same remedies would not work today? Is it simply because someone holds a degree and claims that they do more than anybody else? Or is it because of a fear that perhaps essential oils can heal the body and mind?

The fact is essential oils along aromatherapy product lines comes from

100 percent natural sources, such as herbs, fruits, flowers, bark, etc. Now, if the natural sources are distilled into the essential oils, do not think that nature cannot provide a something that will, at most relax our body and mind?

Now, if you want to get technical we can go right down to the beginning of time and see that Adam and Eve lived off natural resources. The resources included fruits, herbs, vegetables, plants, etc. It wasn't until we started eating meats from animal carcasses that mankind begun to suffering digestive problems, as well as other problems. Therefore, nature is our best friend, which if man leaves it alone and only adds natural ingredients, what makes you think it will not work?

Indians those nice people, who were violated at one time, had many things to teach us, which included natural remedies. Now, if people would've been working with these people instead of against them we may have remedies today that would heal the body and mind. In fact, many of the old timers' remedies work better than modern medicines. In fact, to modern medicines are responsible for death, severe illnesses, etc. In addition, FDA is allowing so much, additives to our foods, specifically meats which are causing grave damage.

Now you may wonder why I'm pointing this out to you, the fact is I'm pointing this out to help you appreciate that skeptics, are just that, skeptics. Skeptics are cynics, disbelievers, doubters, and all those other negative energy words that are produced in emotional responses. Now what I'm telling you is it is up to you to decide if the oils or aromatherapy can help heal the body and mind. My Motto is to live and learn from experience and not hearsay. You can purchase inexpensive samples of

aromatherapy essential oils online. Ultimately, you can find aromatherapy samples to test products and judge for yourself whether aromatherapy and essential oils combine makes you feel good. You are the only one that can truly discover the facts about aromatherapy and its essential oils. Continuing, we can define science to learn more about why essential oils in aromatherapy products lines may be our best solutions.

## **Aromatherapy Defining Science**

If I gave you a dollar for every time someone says that we had ultimate solution to heal the body and mind. Would you be rich? In contrast, if I gave you a dollar for everyone that says this product don't work. Wouldn't you also be rich?

Science has studied down through the year's essential oils, scented oils, or aromatic oils. The oils has been tested, retested, and tested again. How many times does it take to prove do something works? Science its work from discipline, knowledge, skills, and art, so what would make anyone disbelieve these people. The fact is they are human beings and will make mistakes. In fact, as human beings dishonesty moves about in the workplace. In addition, curiosity stretches. For instance, a person can find a perfect remedy and may find something wrong with it, add something to it, and destroying its perfection. What are we to believe?

We believe in ourselves, our experiences, and we learn from our mistakes. Have you tried aromatherapies essential oils? Do you know first hand if the products work? Have you read reviews from those who have tried aromatherapy essential oils?

First understand that aromatherapy is a massaging practice, which primarily focuses on the facial area, while using essential oils extracted from fruits, herbs, and plants. The oils come from natural sources and produce aromas. The fact is, working the facial area alone is not enough, since the body has pressure points in a variety of areas. To help you appreciate aromatherapy and essential oils however, we can continue by asking you to think.

Now, I want you to sit down and think for a minute. Think about the last time you smelled an orange growing from its natural source. What did you feel? What did your senses, smell, taste, thoughts, etc tell you? If you do like oranges think of a natural fruit, herb, or plant that set off your senses.

Those same fruits are used to make wine, liquor, beer, cigarettes, related tobacco products, etc, which does not always give a good sense of smell. Why, because coupled with the natural ingredients, are man-made ingredients? It has been contaminated.

The fact is, is so have those plants, fruits, flowers, etc, since man sprays harmful chemicals over the lands, consequently contaminating our natural sources. Still, like human life plants, flowers, etc, are able to reproduce although it has been spoiled. The human body has the capabilities of restoring older cells, or dying cells with new cells. This gives our body the ability to heal naturally. Yet, if we continue to harm the body, it gradually deteriorates, since new cells cannot reproduce quick enough to replace dying, or older cells. This happens with plants as well.

In addition, the body has pressure points, which over the years as stress plagues us, i.e. we are overwhelmed by society, laws, lawlessness, etc; our body starts to feel weighed down. Massage therapy then is a healer in itself, especially if the person has professional skills that he/she can use to hit those pressure points.

For instance, the foot composes the stomach muscles, lower back, etc. Now, if someone knows what they're doing they could quickly release

stomach tension, lower back pain, and additional pains alone without using aromatherapy essential oils. However, a masseuse could combine aromatherapy with massage therapy to completely relax the body and mind. Why, simply because aromas have for years set moods, relaxed people, etc, because it is a natural source.

Furthermore, there are still people in the world denying that we were created, and once lived from natural sources. While they continue to deny this fact, our time today has proven that what we once lived in the histories, is a better choice of living. That is we must rely on nature rather than man and man-made products to live healthier and longer. Essential oils then are a part of the natural sources we must continue to rely on to relax the body and mind. Next, we can learn more about massage therapy and aromatherapy.

## **Massage Therapy and Aromatherapy Working Together**

Aromatherapy started as a combination of massage and essential oils, however the essential oils broke away from massage therapy and now the oils are acting as standalones to heal the body and mind? About 6000 year's ago, the Egyptian doctors recommended aromatherapy through massage. The practices helped to relieve aches, pains, and reduce stress. Later, massage and aromatherapy was also recommended as the better solution to enforce a healthier mind and body. The question then, is how can essential oils stand alone to fight diseases and heal the body and mind?

Essential oils are any members of the volatile oils, which give characteristic to plants, such as oils which are used as flavorings and perfumes. Essential oils differ from fixed oils, since the fixed oils are non-fatty and non-volatile.

Then, how can I tell if essential oils will work as stand alones compared to massage?

We can consider massage therapy vs. aromatherapy essential oils to see if the oils are capable of standing alone to heal the body and mind. First, I want to say that this is a good question because most people may find it hard to believe that essential oils could stand alone to heal the body and mind.

**Massage:**

Massage therapy incorporates reflexology and manipulation while pressing down and rubbing the body. The process is a kneading action, which the masseuse will focus on pressure points. That is, a good

massage will focus on pressure points. If you hit the right pressure points you can release tension in the stomach area, around the lower back, shoulders, etc. If you combine essential oils you will set an atmosphere, which will promote relaxation. The natural scents set the mood.

Stand-alone essential oils:  
essential oils work in as stand-alones we see can set the mood by using natural aromatic scents that circulate the atmosphere. Essential oils are naturally extracted and are made from plants or its materials, which the plants fundamental properties are preserved, e.g. flavors and fragrance. Since the plants and its materials come from natural sources why would it not help the body and mind to relax? Well, let's see. What do aromatherapy essential oils claim to do?

Fir needle is one of the essential oils available. The oils come from an evergreen tree, which grows leaves shaped like needles. The leaves erect from a female cone. The Siberian tree itself resembles fir. Now, according to marketers this oil can assist in healing bronchitis symptoms, colds, flu, coughing, sinusitis, arthritis, rheumatism, and muscle aches and pains. According to reports the oils natural ingredients were preserved, such as antiseptics. Antiseptics we know are antibacterial properties, which deliver uncontaminated, clean, and pure solutions. Now imagine breathing antiseptics from aromatherapy scents? If the source is uncontaminated, pure, and clean why would, it not gives some kind of effect, such as good results? This is especially true if you are inhaling the antiseptic from the air.

Frankincense is another of aromatherapy's essential oils. The oil derives from aromatic resin. The gum and/or resin are commonly burned as

incense. AS well, it is distilled, preserved and added to perfume. In fact, many religious ceremonies use this incense at their gatherings. This particular scent is an aromatherapy solution, which its properties include antiseptics. Again, we can breathe this preserved property in the air, which could help resolve diuretic, astringent, remove tonic, etc. In fact, it could even act as a sedative, since if your symptoms are relieved, why would, you not relax.

I believe myself that aromatherapy essential oils coupled with a massage would serve better purposes, yet it appears that essential oils can stand alone.

## **Aromatherapy**

Aromatherapy is a treatment that uses plant oils, which are extracted from the plants to alleviate, relax, or heal psychological disorders, in physical elements, which usually takes place through massaging and inhalation combined. The treatment can also work through massage and/or inhalation of aromatherapy oils.

Aromatherapy has been used for more than 6000 years; however, it wasn't until the early 1900s did the name aromatherapy come to light. In fact, the Indians used Nutmeg oils to ward off intestine problems. Egyptians also used Nutmeg to embalm the dead. As well, Italy used Nutmeg to ward off plagues in the land.

Since the 1900s discovery of aromatherapy, now, it is one of the latest things that everybody is considering, or asking questions in relation to how it works.

How it works?

Aromatherapy oils come from natural sources, such as plants, bark, trees, flowers, herbs, etc. The oils are either naturally distilled with a steam process, or else cold pressed, otherwise known as expressions. The natural ingredients include antiseptic, natural antidepressants, anti-fungi properties, and so on. So how it works is that the person using aromatherapy oils inhales the scents from the air, which in turn provides an effect. Antiseptics are sterile properties, which include antibacterial remedies. The remedies are uncontaminated. Thus, if you are breathing antibacterial properties into your lungs why would it not fight bacteria, or fungi?

How to decide?

Next, you want to know how to decide which aromatherapy oil is best suited for you. First, you will consider your health, mental and emotional status. If are weighed down with stress you may enjoy aromatic scents such as the Lime essential oils. The oils have a leading property, which works to revitalize. You can also benefit from lime oils, since its astringent properties aid in clearing up oily skin.

Do you suffer from asthma or bronchitis?

If so you may consider Lantana essential oils. The oil has a history of healing bronchitis symptoms, as well as asthma. The oil seems to have an anti-viral solution. Lantana is a shrub like plant with bright colored flowers. The shrubs are akin to the Vervain family, i.e. the shrubs are natives to the tropical American families, which its shrubs produce brilliant scented spikes. The spikes are usually, orange, yellow, violet, or blue. Madagascar is the original area was this plant grows.

Litsea Cubeba oils can benefit you if you suffer inflammatory disorders. The oils have anti-inflammatory properties, insecticides, and antiseptics. Litsea Cubeba oils will help reduce hypertension. Its tonic property also helps to boost, or energize the mind and body.

Nutmeg essential oils are used as spices that add flavor to meals. The aromatic spices are grinded and grated from the hard nutmeg seeds. The tropical evergreen trees are in the India areas, and are widely grown throughout the tropical areas. The seed is the prime reason for growth, which nutmeg and mace are extracted with a steam distillation process. The Latin name is *Myristica Fragrans*. Nutmeg is light brown, and has a

grayish dash. Nutmeg is also used to treat constipation, arthritis, muscle aches, rheumatism, poor blood circulation, nausea, fatigue, Neralgia, digestive problems, and so on. Aromatherapy works well with this oil, since nutmeg is said to inspire, spice up, and warm up your moods. The oils will blend with Clary Sage, spicy oils, lavender, rosemary, and so on. Nutmeg is also used in soaps, lotions, hair treatments, dental, candles, oils, etc.

To learn more visit the Internet where you will find horseradish, Jamarosa Root, juniper berry, laurel leaf, lantana, ho-wood, kanuka, key lime, katrafay seed, and so on. One of the top sellers you may want to consider is Bergamot. In addition, aromatherapy essential oils sell a wide array of products, which includes packs, diffusers, etc.

## **Aromatherapy Products**

Aromatherapy products have a long line, yet some of the top sellers are the aromatic oils. Aromatic oils are commonly referred to as essential oils. Some of the top sellers in the essential oils line are lemon, bergamot, lavender 40/42, orange sweet, tea tree, lemongrass, eucalyptus, lavender French, rosemary French, and peppermint Japanese.

The scent-ball electric diffusers are another of aromatherapy products. The diffusers include car-scenter, refills, Nebulizer Aromatic diffusers/bulbs, and Scent-ball. The scents are inserted into a diffuser. You merely add a few drops of aromatherapy's essential oils. The diffusers plug into your wall socket, which the smells will activate and circulate once the diffusers are connected. The diffusers combined with essential oils are to remove unfriendly odors, such as cigarette smoke.

Oil burners include the endorphins. The burners include a variety of soapstone products: Endorphin, OCOMBO, Tea Light, ULURU, etc are to name a few. The oil burners enable you to add essential oils to get the most out aromatherapy treatments.

Starter aromatherapy packs are also available. The starter kits include the large and small packs. The packs come with hand-crafted chests made of wood, depending on where you make your purchase. The chests may include an assortment of essential oils. For instance, you may receive 8.3 ounces of Sweet Almond Essential Oils, as well as Cedarwood, rosemary, bergamot, lavender, eucalyptus, basil, etc, as well as grape seed oils, soaps, bath bombs, refills, and so on. Instructions are available with the starter kits to help you get the most out of your aromatherapy treatment.

Books are available online which will help you understand aromatherapy essential oils better and how the oils are used to heal the body and mind.

Additional oils online include chamomile German/Moroc and Roman scents. Chamomile is an aromatic plant, which is categorized in the perennial plant section. The plants grow in the native areas of Europe, as well as Asia. The purpose of growth is that the delicate leaves produce scented flowers. The flowers are similar to daisies. The flowers and leaves are distilled to produce medicinal, as well as a property to herbal tea.

Chamomile German is used to treat cuts, dermatitis, boils, sprains, abscessed teeth, arthritis, cystitis, allergies, earaches, headaches, insect bites, hair, insomnia, sores, rheumatism, nausea, wounds, digestive problems, PMS, and so much more. The aromatherapy oil has properties, which include anti-spasmodic, antibiotics, analgesic, anti-inflammatory, and so on.

Chamomile Moroc or Moroccan (Goat Skin Leather) effectively treats headaches, fatigue, nervousness, interrupted bowel production, dyspepsia, etc. The oil works as a sedative as well. Its properties include anti-allergenic, analgesic, antispasmodic, anti-inflammatory, and antibacterial agents.

Chamomile Roman is helpful in healing joint and muscle pain. PMS symptoms are also reduced while using this oil. In addition, the oil works as an agent to reduce stress. In addition, during the early 1940s, the oils were utilized as disinfectants. This particular bland is one of aromatherapy's herb remedies.

Clove Bud essential oils derived from India, which the oils are extracted from tropical clove trees. The flavors are sweet and spicy. Clove Bud oils have a strong, aromatic smell, which its aroma stems from the evergreen myrtle family. Moluccas is the oils native origin. The oils are recurrently used as a treatment to reduce placid gum and teeth aches or pain. Clove Bud aids in fighting common colds and flu as well. You can blend Clove Bud with a few oils, such as orange, rose, lemon, citronella, rosemary, and so on.

Additional oils include Angelica Root, Benzoin, Anise Star, Buchu, Bay, Birch Tar/Sweet, Asafoetida, Arborvitae Wild, Basil, Bergamot, Blood Orange, and Black Currant Seed. Do you need some more aromatherapy suggestions?

## **Suggesting Aromatherapy**

A broad spectrum of company's online is suggesting aromatherapy essential oils as an alternative to healing the body and mind. The problem is however for some of these companies are not offering natural based aromatherapy essential oils. Rather, few companies online are selling fixed oils, which they are claiming as aromatherapy essential oils. You want to make sure you know what you are getting before purchasing aromatherapy essential oils.

How can I tell if the oils are legit?

Good question, which deserves a thorough response. The best recommendations are that you check the company's background status. You can check with the BBB, or else type in the company name and reviews, which should lead you to links that will provide you information about the Company's history, and the products it sells. In addition, legit companies selling aromatherapy oils will not present themselves with unruly slicks. Rather, the company will provide you helpful information that will inform you about each product the company sells. In other words, companies selling essential oils will not use slicks to threaten, or push you to buy. The company will sell you products by advertising in a professional manner.

If you see a slick that says "buy it now, since the product is selling fast." You want to think, since you can find the product guaranteed anywhere else online or offline. This is one example, of a non-professional advertising slick. No one should tell you that if you do not buy the product now you will not have the chance to buy later. This is far from the truth.

Professional companies will not lie to you and will offer you references that will back to their professional information provided to you.

Another slick to ward away from is, “We sell the lowest cost products on the market.” The world has a wide selection of products along the same line, so how can this company no whether you can purchase the product somewhere else at a lower price yet.

To give you an example of helpful information vs. undignified advertising slicks we can consider the following:

A legit company will give you the botanic foundation of the product, extraction procedure, description, color, aroma scent, common purpose, consistency, etc. You will also read history, etc, related to the product.

Now, the extraction method should read cold press, steam distilled, or expressions on essential oils. If the extracted method does not read one or the other, thus it is not essential oils.

Cedarwood Atlas is one of aromatherapy’s essential oils. You should see information that lists aromatherapy. Cedarwood Atlas comes from America plants, rather wood. The process is handled under steam distillation. This is in fact one of aromatherapy’s essential oils. The oil is commonly used to treat a variety of symptoms, including dermatitis, acne, dandruff, cough, bronchitis, and so on. The oil is utilized to uplift the spirits, tone the skin, and comfort the soul. The wood type comes from cedar, which the trees produce aromatherapy essential oils, in which Cedarwood is a member of the juniper family. Note juniper family, since juniper oils is also aromatherapy essentials.

In order to give you an idea what to search for, I will list a few essential oil items that are legit aromatherapy based oils.

Essential oils include: Absinthe, Bay, African Bluegrass, Basil, Ajowan, Anise Star, Anethi, Australian Balm Mint Bush, Angelica Root, Asafoetida, Birch Sweet/Tar, Armoise Mugwort, Benzoin, Orange, Bergamot/Bergaptene Free, Betel Leaf, and so on. In summary the oils are named after the actually plants, flowers, bark, stems, shrubs, etc, in which the oils were extracted and work to relieve stress.

## **Stress Relievers and Aromatherapy**

Aromatherapy is a stress relieving solution that is recommended worldwide. The oils down through the centuries has been used and proven to work. Some of aromatherapy's favorite oils include Cedarwood Atlas. The oil according to examiners is a great product. The oils are high-quality aromatherapy oil. The oil is affordable, yet there are risks. If you are pregnant it is recommended that you do not use this oil, since it can possibly cause an abortion to occur. Cedarwood Atlas oils are comparable to other oils, such as aromatherapy's Himalayan products. The oils are used to relieve acne, bronchitis, anxiety, forgetfulness, catarrh, dandruff, oily skin, eczema, cystitis, cellulite, hair loss, skin disorders, ulcers, rheumatism, stress, and so on. The oil is claimed to boost your confidence as well. You can find Cedarwood Atlas in the aromatherapy line, such as Libanol Oils, African Cedar, Moroc/Moroccan Cedarwood, Atlas cedar, and so on.

Clementine is another of aromatherapy solutions, which has a fresh and invigorating scent. The scents help to uplift the spirits, as well as help to relieve insomnia. Clementine is a diminutive orange citrus fruit tree, which crosses between Seville orange and tangerine.

Cinnamon bark has a robust scent than its sister oils, known as Cinnamon Leaf essentials. The oil is recommended to dilute with carrier oils, etc, which the oil will help battle anorexia. As well, the cinnamon bark oils have anti-fungi, which help to fight bacteria. The battle against bacteria in turns helps to fight colds, flu, chills, and related illnesses. Cinnamon is also good for slowing contractions, fear, PMS, infections, and related symptoms. In addition, the oils can heal bee stings, reduce stress, relieve

wars, rheumatism, and so on. The oils are offered online and a competitive price.

Cypress French oils according to those who have tried to oils claim that the remedies soothe symptoms stemming from menopause. Cypress is a high quality aromatherapy solution, which aids in healing cellulite, tension, asthma, poor blood circulation, stress, oily skin, asthma, varicose veins, hemorrhoids, muscle cramps, coughing, dry skin, nervousness, and so on. This particle blend is highly recommended over the variety of cinnamon essential oils offered.

Cognac essential oils do not come with a high recommendation, i.e. the oil is not effective in aromatherapy. However, according to reviews the oil is best suited for its use as a perfume. Actually, another review claim that the oil had made him feel high. Cognac is used in liquors, such as brandy, and tobacco. Cognac when in the form of liquor is condensed from white grapes. Cognac is found in the Western areas of France, which it also originated.

One of the high recommended oils in aromatherapy is Benzoin. Benzoin is distilled resin based oil. The oil is said to provide comfort. The oil is also claimed to warm the heart and help to set an elated mood. Benzoin will help relieve coughing, poor circulation, congested lungs, anxiety, asthma, chills, skin irritation, bronchitis, gum conditions, cuts, gouty, flu, colic, rheumatism, and will help relieve stress.

Coffee essential oils is said to give a better smell than freshly brewed coffees. The oil is rich in flavor and provides a nice bathing remedy. The

oil is said to exfoliate the skin, as well as perk awareness. Coffee is a highly recommended aromatherapy solution.

Clary Sage essential oils are another of the high-quality oils available. The oil highly recommended, since its near intoxicating aroma makes you feel ecstatic. As well the herbaceous scents, as well as the sweet and nut flavors help balance and calm women suffering PMS (premenstrual syndrome), and related symptoms.

If you have mixed emotions regarding aromatherapy continue reading.

### **Mixed Emotions and Aromatherapy**

Some people have mixed emotions about aromatherapy and how it works. In fact, people will question if the therapy will actually heal the body and mind. While there is no way to tell for sure unless you try the oils first hand, however many lab tests, reviews, etc, have been posted indicating that aromatherapy can work. However, aromatherapy is a massaging solution, which combines essential oils. The oils are extracted via steam distilled processes, expressions, sometimes called cold press, and so on. In addition, the oils come from plants, fruits, bark, leaves, etc, and many have properties that are applied in medicines.

Aromatherapy when used with essential oils can work, since the oils scent circulating the air leaves room for relaxation. The massage however is going to make the biggest difference, especially if the masseuse knows

what he or she is doing. Still, aromatherapy essential oils can relieve the body and mind of certain illnesses, as well as reduce stress. Since, essential oils come from natural resource that include properties such as antibacterial, anti-fungi properties, antiseptics, antibiotics, etc, thus the oils have the capability of at least relieving a variety of illnesses, rather the symptoms stemming from the illnesses. When you inhale antiseptics and antibiotics, you know it has the ability to help you feel relief from a variety of symptoms.

Antibiotics are agents that move to eliminate bacteria, which its substance is capable of kill and/or inactivate bacterial growth in the body. This includes fungi, which are synthetically manufactured. The oils with these agents could do nothing more than help prevent colds, flu, bronchitis, pneumonia, and related symptoms. However, too much antibiotics are not healthy. Therefore, you should read instructions carefully and follow them closely when using aromatherapy essential oils that include antibiotics. Antiseptics are uncontaminated, which means the source is clean and pure.

Clove Bud is one of aromatherapy's essential oils. The oil works well to heal toothaches; as well you can use the oil in cooking. Clove Bud is a highly recommended aromatherapy choice. The aromas produce a spicy, warm, sweet, and fruity effect. You can blend the Oils with rose, Ylang-Ylang, bergamot, citrus based oils, clary sage, etc. The oils are used to relieve arthritis symptoms, fatigue, muscle aches/sprains, rheumatism, bruises, cuts, asthma, and bronchitis. Clove Bud oils include Stern, Leaf, and Bud. Bud is one of the better recommended choice oils. You can also use Clove Bud to heal athletics foot, Acne, nausea, toothaches, colic, ulcers, mild infections, etc; as well you can use the oil as a repellent to

ward off mosquitoes. Clove Bud is sometimes found under Eugenia CARYOPHYLLUS, and related names.

Bay essential oils come from the western regions of India. The oil is great for scalp and hair treatment. In fact, this oil is blended with a variety of hair and skin products. The oil will help boost poor circulation, reduce rheumatism symptoms, inspire hair growth, relieve symptoms from infections, fight colds, etc. You can use the oils as well to relieve neuralgia symptoms, and to relieve aches and pains. The Bay oils will also help reduce pain coming from strains and sprains.

Chamomile German is said to be one of the oils that aromatherapy cannot live without. Chamomile has an anti-inflammatory solution, which wards off inflammations in the joints, skin, etc, and will relieve arthritic symptoms. In addition, the oil helps to battle acne, boils, allergies, burns, cuts, headaches, boils, insomnia, skin irritation, sunburns, dry skin, eczema, insect bites, symptoms from menopause, and so on.

As you can see aromatherapy essential oils have helpful properties, which should clear up any mixed emotions you may have. The therapeutic oils can aid in many ways.

## **Therapeutic Remedies with Aromatherapy**

Aromatherapy is a therapeutic remedy that has helped millions of people down through the years. Aromatherapy has a variety of helpful properties, which include antibiotics, antiseptics, anti-inflammatory agents, anti-fungi agents, and so on. You can find a wide assortment of essential oils and aromatherapy related items online. The oils are also sold in stores. Essential oils are created as soaps, potpourri, perfumes, colognes, toiletry, oils, and so on. The oils are available in packages, diffusers, etc. You can find low cost products online. Essential oils are costly however, since the oils are said to heal the body and mind.

Aromatherapy sometimes includes massage and essential oils combined. The essential oils aid in massage therapy by helping the emotions and body feel relaxed. However, masseuse typically uses carrier oils in the massaging procedure. The oils are extracted from herbs and essential oils. The oils include Grape Seed, Sweet Almond, and Sunflower. The oils should be made up of natural ingredients and should not have additives. Most therapists using aromatherapy treatments will apply the carrier oils to the skin and use the oils in appropriate dosages. The oils will help freshen, the skin.

Aromatherapy is also added to bathe soap, hair care products, skincare, lotions, colognes, perfumes, etc. The natural ingredients aid in repairing damaged hair, skin, and so on. The oils are used as incenses, candles, in diffusers, and so on. In all there are more than 50 types of essential oils.

The oils include, lavender oils, absinthe, basil, bay, Buchu, Calamus root,

caraway, cassia, Australian Balm Mint Bush, Tea Tree, Bergamot, Citral, Chilly Seed, Cinnamon oils, and so on.

One of the less recommended oils is Cassia. The oil however according to the people who have tried the oils says that it blends with other essential oils, which has a better scent vs. Cinnamon Bark oils. The oils if blended with flue remedies and diluted properly are said to help eliminate germs. As well, the oil can reduce mucous buildup. Cassia is botanic Latin Cinnamomum Cassia oil, which the oils are extracted through steam distillation from the leaves of Cassia plants. Cassia plants come from Vietnam. Cassia oils are often used to heal flatulence, nausea, and to reduce high blood pressure. The oils are also useful in treating diarrhea, as well new discoveries show that Cassia can work as a sedative.

Chilly Seed oils are accredited by aromatherapy users, which the oils are said to have anti-inflammatory agents, as well as analgesic properties. Analgesic is a pain reliever agent, which helps to reduce swelling, aches, and pains associated with inflammatory conditions. You can use Chilly Seed oils as a stand alone, i.e. the oil works well on its own.

## **How do I choose?**

When choosing aromatherapy oils, I've found that finding the oils that will suit your needs is idea. For instance, if you have a nervous condition, your best solution is to find essential oils that aid in resting the mind and body. The oils with sedatives, such as Cassia oils are one of the products you may want to consider.

The notion that essential oils heal the body and mind alone will make you consider the majority of essential oils. However, I noted that a few oils help to relieve a variety of symptoms, which you can probably get away with purchasing a small selection of oils. To help you get started we can consider a few of the approved oils.

Some of the expert approved oils include Ylang-Ylang, Bergamot, Thyme, Cajeput, Tea Tree, Citronella, Rosemary Span, Clove Bud, Peppermint, Eucalyptus Australian/Lemon/Red, Geranium, Juniper Berry, Orange Sweet, Lavender, and Lemongrass.

## **A Mixed Variety of Aromatherapy Information**

Aromatherapy uses essential oils as a solution to heal. The scented oils work by circulating into the air. Otherwise you can blend the oils with additional remedies, such as soaps, perfumes, etc. Essential oils arrived from natural resource, which the plant, tree, bark, flowers, etc, may have properties, including antibacterial, anti-fungi properties, antiseptics, antibiotics. The properties work to fight a variety of illnesses, such as arthritis, bronchitis, etc. The oils are either inhaled, or used in massage therapy, however either way the oils work to relax the mind and body.

Since essential oils include antibiotics, we know that the antibodies are used to fight bacteria which mean the oils have to work. Antibodies are used in medicine to kill, or inactivate bacterial growth, including fungi from spreading in the body.

Few of the oils online include the certified oils. The oils are approved and accepted as a remedy to relieve the body and mind of a variety of symptoms. Essential Oil, Ylang-Ylang is one of those oils.

The oils are approved by the BFAOS, which is an organic standard-based organization. Ylang-Ylang is distilled from flower plants. The plants originate in France, and grow about 60 feet in height. The plants produce flowers from huge tropical trees, which the flowers are yellow, mauve, and/or pink. The aromatic flowers yield light yellow or golden tone oil. Ylang-Ylang is commonly used to lower blood pressure. In addition, the oil helps to slow unwarranted breathing. Ylang-Ylang also works by promoting consistent heartbeats. You can use this oil to slow stress related symptoms, such as nervous tension. The oils come in medium

flavors, which blend with a variety of aromatherapy essential oils, including grapefruit, sandalwood, bergamot, rosewood, lavender oils, and so on. Ylang-Ylang is one of the exotic smelling oils, which produce floral aromas. The aroma is sweet to the smell. Ylang-Ylang oils are used in India, Europe, etc. The oils do have side effects if used excessively. The effects include upset stomach, headaches, etc. Therefore follow the available instructions and use the oil accordingly.

Thyme is on the same list as Ylang-Ylang oils. That is the oils are approved and accepted. Thyme oils come from herbs and are organic oils. The oils come from Hungary, and are akin to rosemary, basil, parsley, and sage. Thyme oils are commonly used for its properties, antiseptic, anti-toxic, bactericide, antimicrobial, antifungal, insecticide, antispasmodic, and so on. The oils relieve respiratory discomforts, digestive and circulatory problems, and will stimulate the immunity system. Thyme blends with rosemary, bergamot, pine, grapefruit, lavender, lemon, and so on. Thyme oils were frequently used in Greek, Roman, and Egyptian history.

A few other approved essential oils comprise Bergamot, (Top Seller) Thyme, Cajeput, Tea Tree, (Top Seller) Citronella, Rosemary Span, Clove Bud, Peppermint, Eucalyptus Australian/Lemon/Red, Geranium, Juniper Berry, Orange Sweet, Lavender, and Lemongrass. Peppermint, Eucalyptus, Orange Sweet, are other top selling essential oils available.

In addition to the essential oils along the aromatherapy line you will also find soaps, perfumes, candles, etc. The soaps include the organic soaps, clear and the bath butter soaps, etc. The soaps are recommended as well, since the soaps work as a great skincare solution.

Aromatherapy essential oils also have a nice line of cosmetics. The cosmetics include shampoo base, body butter/milk/wash base, bubble bath, conditioners, body wash, shower gels, face refiners and conditioners, lip balms, moisturizers, massage gel, cream massage oils, face wash, lotions, face scrubs, and so on.

In conclusion, aromatherapy oils are volatile oils, which assist in healing the body and mind. If you suffer stress, illnesses, etc, you may want to give aromatherapy essential oils a whirl.

**Conclusion:**

Aromatherapy incorporates essential oils to deliver a therapeutic solution. The solutions have been used throughout the years by Egyptians, Russians, Spain, Brazil, Europe, Canadians, French, Germany, India, etc. Any remedy I feel coming from overseas has sometime to offer, since these people have remedies available that has proven to work, yet the US Government and FDA will not allow the remedies into the US. There has to be a reason, and that reason is money.

Aromatherapy remedies are claimed to relieve symptoms coming from a variety of diseases. The essential oils are claimed to relieve stress, anxiety, nervous tension, and related symptoms. The oils include the scented and essential oils. Online you can find a variety of the oils, including Basil, Cedarwood, celery seed, carrot seed, African Bluegrass oils, bergamot, clove bud and leaf oils, and so on. The oils each have its purpose for healing the body and mind. Before using the oils be, sure to read all available instructions before using. In conclusion, learn about the products you are considering before purchasing to make sure you are getting the natural oils.

# HOME STUDY



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## Alternative Healing Academy

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

## About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,  
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,  
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,  
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,  
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)  
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)  
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



## Course Testimonials

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*"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."*

-A. Lindquist - Advanced Aromatherapy Practitioner

*"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."*

-M. Oliver - Basic Anatomy & Physiology

*"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."*

-Debbie F. - Basic Reflexology

*"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."*

*"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."*

*"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."*

-Jean Russell - Basic Reflexology Course

*"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."*

*"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."*

-Megan P. - Advanced Aromatherapy Course

# Our Associations

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Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

*Payment plans are available, please [Click Here for More Info](#)*

## Sales & Refund Policy

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We will, within 30 days, refund the purchase price of any course you purchased **\*MINUS\* the cost of the modules you have already received**. This policy does **\*NOT\*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.