

Welcome to the wonderful & Scent-Sational world of AROMATHERAPY

Aromatherapy has been around for a very long time. It is one of the oldest forms of health and beauty care. Many ancient civilizations used essential oils and herbs for medicinal purposes and spiritual rituals. Aromatherapy is the art and science of healing and therapy through the use of plant extracts, known as essential oils - to promote balance in the mind and body.

Your sense of smell is the most powerful sense you have. A single whiff of an aroma can evoke feelings and memories long forgotten.

When you inhale a fragrance, the smell itself bypasses your "thinking brain" and goes directly to the limbic system, the part of the brain that controls certain impulses, such as sex and hunger, as well as emotions. Because of this, these aromas, when used properly, are quite valuable for the purpose of mood alteration. Many hospitals and some hotels diffuse certain aromas into the lobby areas in order to produce a sense of calm and well-being in their clients.

Aromatherapy is a way of treating emotional and physical imbalances through inhalation and the external application of essential oils in massage, baths, etc. Essential oils act on the olfactory nerves, which lead from the nose to the brain. They can influence emotions and hormonal response. Essential oils contain antibacterial properties and also may contain antibiotic, antiviral, and other therapeutic properties.

Aromatherapy is not about fragrance, **but about healing**. In Aromatherapy, aromas ARE therapeutic. Certain properties in essential oils trigger therapeutic effects in your body. When inhaled deeply, or applied to the skin surface in carrier oils, these properties produce very specific beneficial results. When used in a bath or massage, the oils are absorbed through the skin and carried by body fluids to the main body systems, such as the nervous and muscular system for a healing effect. The healing properties come from the highly concentrated extracts, (essential oils) taken from herbs, flowers, roots etc of plants/trees. It is important to understand that essential oils *do not cure*. The body and mind are the heroes when it comes to healing and this is the basic principal of natural health.

Some of these benefits are well known, such as relaxation, energy stimulation, and pleasant memory association. Other benefits are less well known, but equally as powerful. The anti-bacterial and anti-viral properties in certain oils enhance the immune system. Some oils act as appetite stimulants, others act as appetite suppressants, and both can help with weight management. Still other oils are hormone regulators. The list of potential benefits goes on and on. Learning how to use oils to achieve these benefits is what Aromatherapy is really all about. To achieve these benefits, full strength, undiluted essential oils are required. The term "100% essential oil" is used to describe oils that contain only the extract of a particular plant. Many people also assume that because an oil is 100% essential that it also is absolutely pure, but this is not true.

Common oils that are easy to extract consequently cost less than the more precious oils. The best quality oils will always be priced according to the value and rarity of the particular oil, and will never be priced based on bottle size.

Your sense of smell is the most powerful sense you have.

**Humans have made use of aromatic extracts of plants for thousands of years
Aromatherapy can be both - pleasurable and beneficial.**

ESSENTIAL OILS

Essential Oils are the highly concentrated extracts from plants, herbs, and flowers. They are used singularly or in combination to bring about restorative and curative processes in the mind and body, offering a gentle alternative to medicinal drugs.

They are 75-100 times more potent than dried herbs and should be used with care. They are also sensitive to sunlight and should be stored in dark bottles & in a cool area. Use essential oils on the skin, in the bath, in a humidifier, on a light bulb, in potpourri, or in your hair. Some people are sensitive to certain oils and can have allergic reactions. We cannot be responsible for individual body chemistry.

Essential oils are nature's unique gift to us. They are protective, calming, uplifting, energizing etc. They are the life force of the plant. They are derived from shrubs, flowers, trees, roots, seed etc. These essential oils or aromatic oils defend plants from insects, environmental conditions & disease. They are extracted through various methods such as, Hydro-Distillation, Steam Distillation, CO₂ Extraction, Expression (Cold pressed), Solvent extraction, Absolutes & concrete methods, Enfleurage etc

BENEFITS OF AROMATHERAPY

Aromatherapy - The Scent-Sational Art of Healing

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The aromatic oils or essential oils work on the whole body to restore the mental & physical balance. AROMATHERAPY is believed to work in two ways

- Directly by smell (smell is picked up by the sensory cells in the nose which are closely linked to the mood centers in the brain.
- By Oils, being absorbed into the skin in minute quantities. Each essential oil has its unique scent & properties. Many compliment each other – and hence, are made or created as ESSENTIAL OIL BLENDS!

For emotional health, essential oils can be diffused into the air or can be worn as a fragrance. They can be applied to the pulse points, so the scent surrounds & comforts throughout the day.

Aromatherapy is useful in balancing psychological conditions such as depression, anxiety & mental fatigue as well as contributing to general moods enhancement & stress reduction.

For women's disorders, aromatherapy can be used in forms of douches, sitz baths & for external applications for conditions such as PMS, menstrual cramps, menopause, vaginal infection, pregnancy etc.

As preventive medicine, aromatherapy is unsurpassed. Essential Oils dispersed into the atmosphere from diffuser can kill harmful bacteria & micro-organisms before they invade our body, guarding against infections.

It aids in elimination of toxic wastes through its action on the lymphatic system, circulation, liver & kidneys. Aromatherapy increases circulation & oxygenation in the skin, making it ideal beauty therapy. Essential oils, rejuvenates the skin & slows the aging process.

Try our exquisite blends of natural essential oils to enhance your mood, atmosphere, concentration & your – Overall Lifestyle.

SAFETY with Essential oils

- It is not a substitute for proper medical treatment, nor is the information given on this booklet a substitute for advice from a qualified medical practitioner.
- Pure essential oils are highly concentrated and there may be as many different chemicals constituents in a single oil. These compounds are absorbed into the body through the skin, nasal membranes and lungs and you should be aware of the potential effects of these natural organic compounds.
- If experience sensitivity or an allergic reaction to a particular oil, stop using it immediately.

- Never use neat (undiluted) essential oils directly on the skin. To make up massage oil, follow the instructions
- Never take oil internally. Keep essential oils away from the eyes. In case of accidental contact with the eyes, wash with plenty of water and seek medical advise.
- Keep essential oils out of children's reach. Essential oils should not be given to babies & small children.
- Children, pregnant women and those with sensitivity and allergies : **do not** use essential oils without first consulting your doctor.
- Oils are flammable. Keep away from sparks, flames, light etc.
- Oils will damage latex condoms.
- Never use Eucalyptus or Peppermint oil while taking homeopathic medicines
- Caution: If you have epilepsy, high blood pressure, deep vein thrombosis, & varicose veins.
- AVOID - (if you have)
 - If taking aspirin, heparin or warfarin - Bay Oil
 - If taking paracetamol - fennel oil
 - High Blood Pressure - Rosemary & thyme oil
 - Fever - lavandin & lavender oil
 - Liver problems, - Fennel & rosemary oil
 - Epilepsy - Rosemary, Lavandin, Lavender, Fennel
 - Allergies - Almond oil & wheatgerm oil
 - Photo-Toxic oils - Angelica, grapefruit, bergamot, lemon, lime, tagetes & ylang-ylang oil.
 - Pregnancy - Cajepout, cinnamon, celery, chamomile, fennel, jasmine, juniper berry, tagetes oil

Properties most Essential Oils have in common

- Anti-bacterial, anti-microbial, anti-virus (best known is tea tree)
- Detoxify - gets rid of poisons from our blood stream. Urine is usually yellow, as it gets darker it is a sign of toxins being discarded.
- Oxygenate - as oxygen is added it has the effect of pumping up the tissues.
- Temporarily helps rid tissues of excess fluid.
- Easily absorbed by the skin because they are lipo solvents - they dissolve in fats. They dissolve in the fatty part of the skin to quickly penetrate different layers before entering the bloodstream (Sebaceous glands produce Sebum which blends with the oil and makes for easy absorption)

- Has the power of healing rapidly.
- Helps balance the nervous system.
- Inflammable, and so can ignite.
- Odoriferant - smelly.
- Penetrates through the skin.
- Promotes new cell growth and sheds dead skin cells.
- Improves circulation by regulating the action of capillaries.
- Regulates and balances body functions (Bergamot, Clary Sage, Lavender, Geranium).
- Rehydrates over 3-6 hours.
- Restores vitality to tissues.
- Soluble in pure alcohol (ethanol), vegetable oils and, to a small extent, water.
- Volatile - when exposed to air they evaporate quickly.
- Watery and do not leave an oily mark on paper.

Suggested Methods of Use:

The following lists of uses are suggestions only. Always consult a doctor if you suspect a serious illness. Do not use undiluted essential oils on the skin.

MASSAGE

Always dilute oils before applying them to the skin. Use a carrier oil such as, Apricot Kernel Oil, Sweet Almond Oil, Jojoba Oil or any other pure, unblended vegetable oil. Do not use "baby oil", as this is a mineral oil, and unlike vegetable oils will not be absorbed by the skin. 1% dilution: 5-6 drops essential oil per ounce of carrier oil. 2% dilution: 10-12 drops essential oil per ounce of carrier oil. 3% dilution: 15-18 drops essential oil per ounce of carrier oil.

BATHS

Add up to a maximum of 15 drops of pure essential oil, to a bath full of warm (not hot) water. Float the oil on the surface and stir with your hand before relaxing in the bath for 10/15 minutes. For a hand or foot soak use 2 to 3 drops in a bowl of warm water.

INHALATION

Add 3 - 5 drops of essential oil to a bowl of hot water, cover your head with a towel and inhale the fragrant steam.

IN A ROOM BURNER/ DIFFUSER

Use 2 to 3 drops of essential oil in water in the reservoir of your oil burner. Since most burners rely on a lighted candle for heat, never leave them unattended or where children can reach them.

COMPRESSES

Float 2 to 5 drops of essential oil on a saucer of water (warm or cold as appropriate). Pick up the film of oil by laying the compress material across the surface of the water. Apply to the affected part, and cover with cling film. This may be left in place overnight.

Please remember to treat essential oils the same as you would drugs.
Keep them out of reach of children and pets, and store them in a cool dark place.