

How To Heal With Aromatherapy

Aromatherapy has been used for thousands of years. Even the earliest of humans would have known that the smell of flowers made them happier than the smell of rotting meat. Aromatherapy is an alternative and natural way to help out your body both physically and emotionally. Essential oils are concentrated extracts removed from the roots, leaves, or blossoms of plants. I love the fact that it is the essence of the plant. Essential oils stimulate our powerful sense of smell. The everyday odors that we smell have a major impact on our moods and emotions. We have the potential to distinguish between 10,000 different smells! That's why those air freshener ads show a powerfully pleasant emotion with someone ignoring everything else but the smell and being lifted into a state of euphoria because, as exaggerated as it seems, that's essentially what our sense of smell can do to us. Smells come in through the fine hairs lining the nose and move on to the limbic system, the part of the brain that controls our moods, emotions, memory and learning. This is why smells can have such a powerful effect on us. I know most people associate a memorable or even sometimes not memorable past event or person in our life with a smell. Even if it's from thirty years ago, just one whiff of a scent from that time will recreate the memory and feeling of it very quickly. Essential oils can also be massaged into the skin or even taken orally. When taken orally any rules given should be followed. Whether inhaled, absorbed, or ingested, essential oils are gaining attention as an alternative way of healing infections, stress, and other health problems. Almost every ailment can be helped with essential oils. For example, a few drops of Lavender or Chamomile added to a warm bath can help relieve tension. Cedarwood or Lemon added to your cream or lotion can aid in treating oily skin or you can add them to rosewater to use as a toner for your skin. A common use is ginger or peppermint for nausea or stomach upset. You can massage a few drops into the abdomen or add a few drops to a warm bath or even use it as an inhalation. Those are just a few of the examples of what essential oils can do for us. It is quite thrilling to think about using these natural oils to help us with physical ailments and emotional issues instead of going out and buying the latest pill. And one of the great things is that you can make your own oils, lotions, and balms at home. Making essential oils at home help in relieving the symptoms of a variety of types of mental and bodily disorders but the effectiveness of any homemade essential oil will depend on the quality of herbs used. So make sure you use organic herbs whenever you can, as well as very high quality oils. When you make them at home you know everything that's going in them as well as it ends up costing less than going out and buying them. It eliminates any unwanted ingredients, or worse an unknown ingredient. Plus your new knowledge will have everyone talking and learning as well which means they will be more natural and healthy.

About the Author

Learn more about aromatherapy and essential oils at the [Aromatherapy Course](#)

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