

ENRICH YOUR LIFE WITH AROMATHERAPY

by Candace Newman MAT, LMT

Aromatherapy --- Ancient Science of Healing & Health

Aromatherapy is an ancient art and science that encompasses the therapeutic use of essential oils for restoring and maintaining well-being. Although the word "Aromatherapy" was not coined until 1937, the use of essential oils has been traced back more than 5,000 years ago to the Egyptian doctors and priests who were experts in aromatic medicine. Many references to essential oils are found in Greek, Roman and Chinese history, Ayurvedic medicine, and the ways of the Shamans. There are many references in the Bible to the healing ways of oils, notably Frankincense and Myrrh.

Aromatherapy effects us physically, psychologically, spiritually and emotionally. The essential oil aroma triggers the olfactory nerve cells that have a direct tract to the brain. This can change our body chemistry in less than a second. When applied to the skin, essential oils encourage the formation of new cells and are absorbed into the bloodstream, our internal river that bathes and nourishes our entire system. Essential oils are among the origins of medicine that treated human beings as a whole.

Essential oils are highly concentrated volatile liquids extracted from the bark, roots, stems, leaves, fruits or seeds of the plant. Their powerful properties are numerous, such as, antiseptic, antibacterial, antiviral, antifungal and antidepressant. They balance, strengthen and reinforce the body's nervous and immune system.

Two Essential Oils To Keep With You At All Times

Tea Tree essential oil is often referred to as the number one first aid oil. Its antibacterial, antiviral and antifungal properties earn it a respectable place in our medicine cabinets. A drop of Tea Tree can be applied straight on bites, stings and cuts. It does wonders on red ant bites, mosquito bites and bee stings. Application may be repeated several times as discomfort and inflammation command.

Lavender is another essential oil that, in some circumstances, may be used straight on the skin. Lavender is anti-inflammatory, antibacterial and analgesic. It is excellent for healing burns. Apply a drop of Lavender about every 10-15 minutes as pain demands. This can prevent blisters and scars. Do not use this method if the skin has ruptured from the burn.

These two examples of Tea tree and Lavender are some of the few times essential oils are used straight - undiluted - on the skin.

Used Regularly All Over Europe

Essential oils can be used in many ways, all, coming under the umbrella of "Aromatherapy". In many countries throughout the world, notably France and Germany, essential oils are prescribed by physicians, prepared by pharmacists and taken internally as medicine.

The Greek physician, Hippocrates, claimed the way to good health is to have an aromatic bath and scented massage every day. How could we go wrong with the tremendous healing powers of water, scent and touch? Maybe these are worthwhile additions to our regime of good health care.

Today, the fast pace of life and excessive pollution create stressful environments that gradually break down the physical, emotional and mental state of health. Our body is a storehouse of beautiful wisdom. It is our responsibility to look, listen and treat it with respect. One must take preventive measures and adopt a sensible way of life.

Four Ways You Can Use Essential Oils At Home

The easiest ways to get essential oils into our daily lives to relieve stress and encourage good health are inhalations, baths, compresses and massage.

Inhalations can be as simple as smelling from a bottle of straight essential oil, adding 2-3 drops on a cotton ball for a pocket or pillow, using a mist or a room diffuser to disperse molecules into the air (to keep the air healthy and apply sweet scents to the brain).

Baths are an ancient therapeutic healing art. A few drops (4-8) of essential oils may be added to the bath water after you get in; or fill the palm of your hand with Jojoba oil, add 2-3 drops of essential oil, and apply the blend to your nose, chest, low back and feet after you get in the prepared bath. Only use Lavender as straight oil in water.

Compresses are good for cuts, wounds and skin inflammations. Add 6-10 drops total of essential oil (such as Lavender and/or Tea Tree) to approximately 1 cup of water, use a cotton handkerchief to absorb the solution and apply to the area to soothe and disinfect.

Massage is the ultimate way to use essential oils because of the combined effects of the therapeutic use of touch and the therapeutic use of essential oils. Per ounce of Jojoba oil, add 10-15 drops total of essential oil. Lavender and Orange are soothing, calming oils. Eucalyptus and Peppermint are more stimulating oils that can help fight off colds.

THE
Good Medicine Tin[®]
COMPANY LLC
(866) 304-3451
www.GoodMedicineTin.com

OIL GUIDE

Inhale: from bottle, diffuser, cotton ball.
Bath/Shower/Massage: make palm blend.
Palm Blend: 10-15 drops Golden Jojoba in palm, add 1 tap/drop essential oil.

LAVENDER #1 BALANCER

Physical, Mental,
Emotional Tension,
Insomnia, Burns & Cuts

Stand bottles
upright. Use lid
as a tray.

For external use only.

TEA TREE #1 FIRST AID

Infections, Bites, Stings
Acne, Cold Sores
& Nail Fungus

PEPPERMINT #1 DIGESTION

Stomach Ache,
Headache, Sinusitis
& Fatigue

EUCALYPTUS #1 RESPIRATION

Colds, Flu,
Bronchitis,
Aches/Pains & Sinusitis

ORANGE #1 TRANQUILIZER

Anxiety,
Depression,
Children & Insomnia

The above chart is inside the lid of The Good Medicine Tin[®]. This tin is a simple system with 5 essential oils, Lavender Mist, Jojoba base oil, and Candace's 12 page Guide booklet. Excellent for home, work, and travel. Available for purchase on our website. Also my class is on DVD.