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Are You Ready for... AROMATHERAPY?

What Is Aromatherapy?

You may have heard quite a bit about aromatherapy in the past. You are sure to have seen the many benefits that it has offered, but have not really thought about it either. Aromatherapy is a method of using the right products to create a scent that is said to better your thoughts, improve your mood or even to help cure you of an ailment that you are feeling. If you have not had the opportunity to use aromatherapy in the past, you should give it a try. If nothing else, you will love the smells and the way that they enlighten the environment you are living in. In fact, that in itself is enough to provide that aromatherapy is a great tool to use.

Learning what aromatherapy is and how it works is something that you will want to know though. It is considered a complementary as well as an alternative form of medicine. In that, it is not said to be the cure all for every ailment under the sun and you should never stop using your current treatments for serious conditions. Yet, many people have found this treatment to help make their lives just a touch better all around.

Aromatherapy uses essential oils to make these things happen. Essential oils are concentrated liquid that comes from a plant. They are compounds that are very strong, in their purest of forms. They are taken from a plant through distillation, through expression or through solvent extraction. They are used throughout your home as it is in your perfumes in your incense as well as in the foods that you eat. This product from a plant is said to provide you with a trigger for your health too. For example, the smell of a specific fragrance may help you to trigger relaxation.

Yet, there is much more to aromatherapy than just this. For example, the term was created in 1920 by a man named Rene Maurice Gattefosse. He was researching how essential oils can help in the healing process. He began this study in part because of an accident in which he caught his arm on fire and accidentally poured lavender oil onto it. The wounds healed quickly, more so than normal and they did not leave a scar. Since then, the exploration of how essential oils work in healing us, both emotionally and physically has been a conquest for many.

Aromatherapy Provides Therapeutic Effects

Aromatherapy is more than just something that smells good. You may be one of the many people that have found it to be a great choice in a candle. You can light the candle and relax as the soft scent fills the room and somehow seems to provide relaxation for you. Yet, it is more than just that. You will also find benefits in how it can help you to get rid of germs, how it can benefit your body and just how wonderful it can be to have around. So, consider what aromatherapy can do for you in total then. You may be surprised on how many options are out there.

One of the many benefits that aromatherapy can offer is that of antiseptic qualities. Yes, it can help you to fight off the germs that happen to land on your body. It is a viricidal, a bactericidal and a fungicidal. Aromatherapy products are capable of helping to keep your skin clean and to help in treating wounds as well. Lavender oil, one common type of aromatherapy essential oil is well known for its healing abilities. While it should not be used in a serious case, you may find products that offer the benefits of essential oil as an antiseptic.

There are other areas of the body that can be found to be benefited by essential oils like those that are in aromatherapy. It is an anesthetic in some cases such as in menthol and camphor. It can help improve the central nervous system too. It can encourage your metabolism, help improve the endocrine system and can provide for help as an immune enhancer, allowing you to fight off the next cold that hits you.

The most common and probably the most profound effect that aromatherapy products can do for you is help with psychological effects. Just by turning on the essential oil incense, you have the ability to be drawn in, relaxed and experiencing a bit of calmness where you were just anything but. Lavender is an option to consider. Others include eucalyptus, rose, bergamot, and jasmine. With so many qualities about it, there is no doubt that adding aromatherapy into your life will help to provide you with a bit of relaxation.

What Is In The Essential Oils?

Aromatherapy relies greatly on essential oils. The thought is that these oils that are extracted from plants can help in the production of good moods and improved thoughts. They can also help in the founding of physical wellness. If you are hurt, you can often find help in the use of aromatherapy. Yet, how this works is quite amazing. Through the smell of these oils, your body triggers healing, it helps to improve the mind, and it can help to improve your mood as well. And, believe it or not, aromatherapy is scientifically proven.

But, what is inside all of those different essential oil products in aromatherapy? Learning what you can get from these oils is important. Here are some of the aspects that you will find in the aromatherapy products that you purchase.

- **Essential Oils:** These oils are taken from a plant. It can be done in one of several methods including through distillation (the most common method) and through expression. In addition, a solvent can help to extract them as well. This makes up a substantial amount of what goes into your bottle.
- **Absolutes:** Another type of oil, this one is extracted from the flowers. It can also come from the plant tissues. It is extracted from solvent use or through supercritical fluid as in a rose.
- **Hydrosols:** Most of the time, these by products are not good smelling and are not often used in the final product. They come from the distillation process. For example in rosewater. You will likely find them used in chamomile and rose products.

- **Phytoncides:** These are organic compounds that are actually able to kill microorganisms. They can help in providing the healing aspects.
- **Carrier Oils:** Triacylglycerides are oily plant bases that are used in aromatherapy products. Their job is to help in diluting the essential oils enough so that they are effective yet not too strong or overpowering to the skin.
- **Infusions:** These are extracts of various types of plant material. They are infused into the product for your use.

Learning about what is in aromatherapy can help you to see just how the process benefits you. Aromatherapy has a lot of very common plants in it. Yet, how those plants are used is what makes the most difference in the long run. Seeing what is in those bottles can help you to see why they would benefit you if you use them.

How Does Aromatherapy Benefit Health?

Aromatherapy works in several ways to give you benefits. There are several different products to use as well. The goal of this treatment is to serve as a method of healing or improving the emotional state as well as the physical state, should it be necessary. To have this type of benefit on you, aromatherapy does have to be administered in the right way, in the right dosage and the right products need to be used. Only then can you find the true benefits of the uses that it can give.

Emotional Repair

One of the most common reasons to purchase aromatherapy products is to give yourself a scent that is soothing or a smell that brings back fond memories. There are many scents that are used that way. Here, the goal of the essential oil mixture is to trigger the limbic system and the emotional control center in your brain. When this happens, your brain works at improving its emotions and allows you to feel better. Aromatherapy in this form is through candles as well as other incense forms that will allow the smell of the essential oil mixture to permeate through your body.

Topical Aids

Another benefit that aromatherapy can provide is that of a topical aid for killing microbes as well as other fungi. Here, you will apply the product to your skin and allow it to take care of the germs or other substances on it. Some forms of essential oils are quite powerful and can give you a complete clean and germ free area as well.

Oils

If the use of the aromatherapy is that of as a massage oil, for example, it is placed onto the skin and the skin's thermal receptors are activated. This helps to give that warm feeling of relaxation and peace. It also helps that your muscles are being worked which additionally helps to restore a calm in your body.

Other Uses

Although you will not find these administered to the public, there are forms of essential oils that are internally ingested. Here, the uses are many including the ability to stimulate your immune system and to help improve antiseptic activity. They can even help increase urine secretion for use as a diuretic.

It is important for you to understand that all essential oils have different types of jobs that they can do. Therefore, make sure not to try to gain the benefits of internal ingestion from over the counter aromatherapy products. It just will cause additional health problems for you. Yet, as you can clearly see, aromatherapy can do quite a bit for you.

How Aromatherapy Can Be Used

As you browse the web, you may find many types of aromatherapy products. When you look at all of them, you may become a bit confused. Although aromatherapy is commonly thought of as just a product for scent, it is not. There are many various types of reasons why you can use aromatherapy. Using a wide range of all of these can help improve many areas of your life.

On the market today, there are many products that claim to have aromatherapy benefits to them. You are sure to see that smell is not the only benefit that can be obtained from these essential oils. In fact, you may not see the term aromatherapy on the products but that of essential oils. As long as the product is well made with high quality essential oils, you will find many benefits from them. You can improve your physical condition as well as your emotional state. You can even use them as antiseptic tools to kill germs.

Here are several methods that aromatherapy can be used.

- **Inhaling.** Still the most common method for benefiting from aromatherapy, inhaling the scent of these oils can help you to gain many benefits. The most common is that of a better mood and the triggering of your emotional control center in your brain. Soon, with the right scent in the air, you will find benefits. Here, the products can be diffused into the air or inhaled directly.
- **Absorbing through the skin.** Essential oils can be used in products like massage oils and in compresses. They can be added to your bath. In these cases, your skin will absorb them and provide you with benefits.
- **Ingestion:** If you do have a doctor that prescribes this treatment for you, you may be able to find benefits here. Improving your immune system and allowing your body to have better antiseptic benefits are the benefits here. Yet, this is rare and should only be done with the help of a doctor.
- **Absorption through your mouth.** If you use products like mouth wash or other gargles, you can get some benefits from aromatherapy products as well. Again, do not swallow them.

There are many applications for aromatherapy that you can use. Make sure that you consider several of these, but only as directed by the product itself. In order for them to work, they do need to be high in quality essential oils.

Be Safe With Aromatherapy

There are several very important things you should consider when it comes to aromatherapy including how to be safe when using it. There is no doubt that aromatherapy is a great tool to have around as it can lighten the dark cloud that life sometimes surrounds us with. Yet, if you want to benefit from it, you need to know how to use it safely to prevent problems down the road. The good news is that there are plenty of methods to protect you.

Tips for Being Safe

Here are some great tips for being safe with your aromatherapy.

- Realize what they are. Aromatherapy uses essential oils. These oils are very potent and if they are used in the wrong manner can make you, your children or your pets sick. Always follow the instructions for using them that are provided with your essential oils. Treat them as if they are medications and you will benefit from them.
- Don't use them undiluted on your skin. This is a very bad thing to do as they can seriously hurt you. The only oils that you can use without diluting them are those of tea tree oil and lavender. Again, follow directions about it to learn the best methods for diluting.
- Insure that you are not allergic. Many people are allergic to these especially since they are natural flower products. Apply just a small drop to your skin to insure that it is safe. Also, try to smell a small amount to insure it does not bother you before deeply inhaling it.
- You should not use aromatherapy if you are pregnant, if you have asthma or epilepsy. In addition, if you have another sensitive health condition, make sure to ask your doctor about this use before trying it out.
- Do not overuse the product. There is just a drop or two that is needed to produce the right fragrance and desired reaction. Too much and your eyes may burn, or worse.

When you take the time to insure that you follow the directions provided with your aromatherapy products you will be able to use them safely. You will be able to truly enjoy them without the risk of misusing them. Aromatherapy is then something that brings happiness and peace rather than problems.

Are Online Aromatherapy Providers Okay?

As you probably know, aromatherapy products are only as good as their ingredients. If you find that there are some products that do not work, there could be several reasons for this. Yet, what you should know is that aromatherapy is a method of using essential oils and that to

gain the benefits of them, you do need to have high quality ingredients in the mix. If the ingredients are not at the right level, then the effects of the products is rather limited. So, can you trust those that are selling these products on the web?

It is important for anyone that is considering the purchase of aromatherapy products to find the right results from them. You should do several things to determine if the product is worthwhile to purchase. Do not expect to pay just a few dollars for something either. Instead, you need to insure the quality is right on otherwise the overall product is worthless. Here are some things to take into consideration.

- What is the product made from? The ingredients should be rather natural, not with many words that you can not pronounce. Sometimes, there will be ingredients that work as preservatives, yet take the ingredients seriously. If they do not offer any benefits to you through natural means, then it may not be worth the cost.
- Who is the manufacturer? Learning who is selling it is one thing, but determining who makes the product may be something completely different. Therefore, you will want to determine this information. Learn more about the both companies, the seller and the manufacturer to determine what level of quality you can expect from them.
- How old is the product? Some products do not produce the same results when they are older. Take some time to determine what they are made of so that you get the best results and the best investment in your money.

Aromatherapy products are an ideal solution for you to use. When you take the time to learn more about the company and what it can provide to you, you are well on your way to finding more benefits in the long run. One last method of determining the quality of a product is to look for reviews and bits of information provided to you on the web from other consumers. This is a great way to know what you are getting in aromatherapy products.

Using Aromatherapy in Your Everyday Life

Aromatherapy is a great tool to have and to use in virtually every area of your life. You are sure to find easy ways to add some fragrance, a few drops of essential oils and a lot of relaxation into your world. There is no doubt that aromatherapy is a good tool to have at your disposal, but how can you actually use it anyway? Here are some tips to help you to get started in doing just that.

In these cases, you will use essential oils directly. You will not be buying a product that has them in it.

- **Inhaling:** To inhale the essential oils, take a couple of drops of the oil and place onto a soft cloth or tissue. You do not need too much here. Then, place the cloth to your nose. Inhale the scent and feel the difference. Make sure to smell new oil slightly before inhaling deeply so you know that you are not going to have a reaction to it.
- **Freshening:** You can also use essential oils to freshen up a room. Whether you want the benefits of aromatherapy or just a nice, fresh smell, using essential oils to freshen a room is a

great choice. To do this, you can use an aromatherapy diffuser if you like or a lamp. Or, you can select a different method of this. Boil two to four cups of water. Add the water into a bowl and place in the center of the room. Add a few drops of the essential oil to it.

- **Bath:** Add a few drops of your favorite essential oil into your bath and you will surely be in heaven. You will want to add it when you are filling the bathtub. Do not overuse.

There are many ways in which you can add aromatherapy and essential oils into your life. Take some time to determine the best method for finding a bit of heaven and you are sure to enjoy every last minute of it. There are so many simple ways that you can enjoy all that this scent can provide to you. Why not spend some time enjoying it?

Purchasing Essential Oils for Aromatherapy

There are plenty of companies that are selling products with the aromatherapy logo on them. Does that mean that all of these products are the same and worth the cost that you will pay for them? By all means, the answer to that is no. There are many companies that offer poor quality and others that offer even worse, products that have little to do with aromatherapy.

Tips to Help You

Here are some simple tips to help you in purchasing aromatherapy products.

- Look at the label carefully. Avoid products that have things like “fragrance oil” or “nature identical oil” on them. These terms do not mean that the product has any amount of essential oil in it. Sometimes they are nothing but chemicals in fact.
- Pure essential oil is not the only thing to consider. If there is a crop that comes in that is not as high in quality, it would be considered pure essential oils as well. Yet, that is not the quality that you need or want in the product you purchase. You also do not want to purchase something that has been sitting for a long period of time even if it is pure in its form.
- Buy those that come in the right container. It should be a dark colored glass bottle that they are stored in. Avoid plastics that will dissolve from the oils. Avoid those that are in light colored glass as these are already being broken down by light.
- A vendor should be willing to provide a test to you. This way, you can see and smell how well you enjoy the product as well as determine the quality of it. They should be able to give you a sample. You should also be able to ask them questions and get good answers from them.

Finding the right products to purchase is important as it can provide you with what you are looking for rather than just any old product out there. Take some time to determine the true benefits of purchasing high quality essential oils for aromatherapy. Then, realize that looking for the right product will make all the difference in the world to you.

Purchasing Aromatherapy Diffusers

One of the things that you will need to do when you are adding aromatherapy into your life is to purchase an aromatherapy diffuser. These units can help you to use the essential oils correctly as well as to get the most out of them. Yet, there are many on the market. Not only that, many of them are anything but worth your cost. If you are looking for the ideal choice for your needs, select the diffuser that fits with your lifestyle perfectly and that includes your budget.

How Will You Diffuse?

Diffusion is simply a term that is used to describe the dispersing of the essential oils that you have purchased into the room. The goal is to have the fragrance fill the room with the smell that you would like to. There are many methods to doing this, though. It may not be as simple as you think either. Although you can use many methods at home to benefit from, here are some of the options you can find on the market. They are by far more doable as they do not require as much time to make happen.

- **Lamp Rings:** These are terra cotta rings that you will be able to place on a light bulb in the room in which you want the aromatherapy to be. The unit sits right around the bulb and the essential oil is placed on a lip around it. When the bulb heats, the essential oil is brought into the air.
- **Clay Pots:** Here is another option. They look just like small terra cotta pots. The essential oils are added into the clay pot. Since terra cotta absorbs, it will absorb the essential oils and as it does the air is filled with the fragrance.
- **Candles:** Here, look for a candle such as a tea light that will be used to heat the plate which holds the essential oils. Candles that come with essential oils in them are okay too, but will not give the same quality of aromatherapy as this method.
- **Fans:** A fan diffuser is a great tool to have as well. These are as simple as they sound. The fan will spin and send the essential oils into the air nice and gently. Usually they have a pad that has absorbed the oils into it. As the fan blows across this pad, then, it will send the aroma into the air.

Select the diffuser that is right for you and begin enjoying your aromatherapy.

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