

Aromatherapy Charlottetown

Aromatherapy Charlottetown - Aromatherapy is the method of using fragrant herbs and essential oils to promote health and natural healing. Since the ancient times of Egypt and Babylon, scented herbs have been used for their spiritual and medicinal properties. Egyptian priests frequently made use of oils and incense in their duties as healers and the pharaohs were embalmed utilizing herbal preparations to clean their bodies for the spirit world.

The "father of modern medicine" Hippocrates, believed the use of herbs was very vital to health. Many of his prescriptions consisted of fragrant essential oils and fresh, crushed herbs. By the 10th century, books were being written in Arabia which were dedicated to the use and benefits of particular aromas.

The French cosmetic chemist, Rene Maurice Gattefosse first came up with the term "aromatherapy." In the early 1920's, while working in his lab, Monsieur Gattefosse severely burned himself. So as to immediately cool the pain, he dipped his arm into the nearest cold substance present, a container of lavender essential oil. His burns quickly healed and little scarring occurred, therefore, a new science began. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power of scented oils. Modern scientific research proves that certain herbs and essential oils do have therapeutic healing properties. Lavender is still used at present to treat burn victims and the aroma is also commonly used to treat anxiety and depression.

A variety of essential oils are utilized particularly for the benefits of their aroma alone. Like for instance, the scent of eucalyptus is frequently utilized in order to relieve chest congestion. Tea tree oil is one more essential oil greatly prized for its anti-bacterial and anti-fungal properties. It is a time honored treatment utilized for athlete's foot, ringworm and other fungal issues. Rosemary is a stimulating fragrance that is believed to revitalize energy when utilized in the morning bath. It also has a reputation for alleviating arthritis and muscle pain.

In accordance to lots of aromatherapy technicians, they believe that numerous essential oils must be in each and every medicine cabinet. These are: Peppermint, Geranium, Rosemary, Tea Tree, Lemon, Chamomile, Lavender, Thyme, Eucalyptus, and Clove. These essential oils can be found in nearly all health food stores and may likewise be found in drugstores and grocery stores. Special diffusers can be utilized in order to distribute the smell of the oils throughout one's home or office. These diffusers can be found in nearly all malls, specialty outlets and super centers.