

AROMATHERAPY ESSENTIAL OILS

Aromatherapy is a holistic healing technique that uses essential oils extracted from plants to promote physical, emotional, and mental well-being. Essential oils are highly concentrated plant extracts that contain aromatic compounds, and they are believed to possess therapeutic properties that can have a positive effect on the body and mind when inhaled or applied topically.

	BASIL <i>Ocimum basilicum</i> Sweet, herbaceous
Extraction Method: Steam Distillation Blends with: Bergamot, ginger, lavender Reputed Therapeutic Properties: Analgesic, antispasmodic, antiparasitic, anti-verminous, carminative, diaphoretic, digestive, insecticide, stomachic, tonic and stimulant. Uses: Helpful for easing headaches and migraines. Has an uplifting effect. Soothes mosquito bites. Use in burner, vaporiser and in warm bath.	
Warning Do not overdose.	
	CEDARWOOD <i>Cedrus atlantica</i> Sweet, woody, balsamic
Extraction Method: Steam Distillation Blends with: Frankincense, juniper, neroli Reputed Therapeutic Properties: Antifungal, antiseptic, antispasmodic, tonic, astringent, diuretic, expectorant, insect repellent, sedative and fungicide. Uses: Relieves itching. Helpful for acne, oily skin, oily hair and dandruff. Good general tonic. Use in massage oil, in burner, vaporiser and in relaxing bath.	
Warning Avoid during pregnancy.	
	NEROLI <i>Citrus vulgaris</i> Sweet, floral, citrusy
Extraction Method: Steam Distillation Blends with: Bergamot, lemon, sweet orange Reputed Therapeutic Properties: Skin care, relaxation and stress relief, antiseptic, stomachic, aphrodisiac, digestive health, hormonal balance, emotional balance. Uses: Promote relaxation, extensively used in perfumery, used as a massage oil, used in hair care, used as a flavouring agent in food and beverages.	
Warning Use sparingly with caution.	
	ROSEMARY <i>Minthha piperata</i> Fresh, minty, invigorating
Extraction Method: Steam Distillation Blends with: Eucalyptus, lemon, lavender Reputed Therapeutic Properties: Regulatory health, digestive health, headaches and migraines, muscle pain relief, stress and anxiety, skin care, colds and fever. Uses: Use in a diffuser to promote mental clarity, dilute with a carrier oil for massage, inhale via steam inhalation, add to home-made cleaning products.	
Warning Use sparingly with caution.	
	SANDALWOOD <i>Zingiber officinale</i> Woody, warm, spicy
Extraction Method: Steam Distillation Blends with: Cedarwood, citrus oils, eucalyptus Reputed Therapeutic Properties: Analgesic, antispasmodic, antiseptic, antiparasitic, bactericidal, carminative, cephalic, expectorant, laxative, stimulant, stomachic and tonic. Uses: Mixed with rheumatism, nausea, hangovers, coughs, sores, sore throats, cramps and fevers. Blends in massage oils or compresses.	
Warning Use sparingly with caution.	

	BERGAMOT <i>Citrus bergamia</i> Fresh, sweet, spicy
Extraction Method: Steam Distillation, Cold Pressed Blends with: Chamomile, geranium, lavender Reputed Therapeutic Properties: Arom, absorption, anxiety, boils, cold sores, Acute, depression, diarrhoea, itching, loss of appetite, oily skin, psoriasis, stress. Uses: Uplifting, balancing. Helps to ease anxiety, depression, fear, hysteria. Encourages restful sleep. Use in burner, vaporiser, blend in face cream.	
Warning Not on sensitive skin or during pregnancy.	
	CHAMOMILE (German) <i>Matricaria chamomilla</i> Sweet, fruity, herbaceous
Extraction Method: Steam Distillation Blends with: Jasmine, rose, ylang ylang Reputed Therapeutic Properties: Analgesic, anti-allergenic, antispasmodic, antibiotic, anti-inflammatory, antiphlogistic, bactericidal, carminative, sedative, stomachic. Uses: Helpful for easing irritation, impatience and anger. Use with soothing children. Helps to balance PMO. Useful against allergies, hay fever and asthma.	
Warning Avoid during pregnancy.	
	ROSE <i>Rosa rubiginosa</i> Sweet, floral, romantic
Extraction Method: Steam Distillation Blends with: Lavender, geranium, sandalwood Reputed Therapeutic Properties: Calming the nervous system, anti-inflammatory, antimicrobial properties, skin care, traditional aphrodisiac, digestive aid. Uses: Burn in diffuser to create romantic, soothing atmosphere, use as perfume, as massage oil when diluted with carrier oils, as a hair care product leaving hair shiny, relieve menstrual cramps.	
Warning Avoid during pregnancy.	
	FRANKINCENSE <i>Boswellia carterii</i> Woody, balsamic
Extraction Method: Steam Distillation Blends with: Lavender, neroli, rose Reputed Therapeutic Properties: Antiseptic, anti-inflammatory, astringent, antispasmodic, digestive, diuretic, expectorant, sedative, tonic, uterine and expectorant. Uses: Uplifting, relaxing. Slows down and deepens breathing when meditating. Helps with bronchitis, colds, coughs and voice loss, calms the mind, reduces anxiety and cultivates inner peace. Burner, vaporiser, massage, bath, compress, lotion.	
Warning Avoid during pregnancy.	
	JASMINE <i>Jasminum grandiflorum</i> Sweet, herbaceous
Extraction Method: Solvent Extracted Blends with: Rose, lavender, sandalwood Reputed Therapeutic Properties: Antidepressant, antiseptic, aphrodisiac, antispasmodic, cicatrising, expectorant, galactagogue, paralytic, sedative and uterine. Uses: Emotionally warming. Releases, soothes, uplifts and helps self confidence. Good for stress and general anxiety. Burner, vaporiser, massage oil, creams.	
Warning Avoid during pregnancy.	

	CINNAMON <i>Cinnamomum zeylanicum</i> Warm, spicy, sweet
Extraction Method: Steam Distillation Blends with: Clove, orange, rosemary, lavender Reputed Therapeutic Properties: Antimicrobial, anti-inflammatory, antioxidant, digestive, astringent, antispasmodic, mood enhancer. Uses: Warming and uplifting effect on the mind and body and can help to improve mood, reduce stress, and promote relaxation.	
Warning May cause skin irritation.	
	CLARY SAGE <i>Salvia sclarea</i> Earthy, herbaceous
Extraction Method: Steam Distillation Blends with: Lavender, sandalwood, jasmine Reputed Therapeutic Properties: Antidepressant, anticonvulsant, antispasmodic, antiseptic, astringent, bactericidal, carminative, sedorant, digestive, nervine, sedative, tonic. Uses: Amenorrhoea, asthma, coughing, cramps, exhaustion, gas, labor pains, sore throat, stress. Use in burner, vaporiser and in cream or lotion.	
Warning Avoid during pregnancy.	
	EUCALYPTUS <i>Eucalyptus globulus</i> Medicinal, fresh, earthy
Extraction Method: Steam Distillation Blends with: Lavender, lemon, lemongrass, thyme Reputed Therapeutic Properties: Analgesic, antibacterial, anti-inflammatory, anti-rheumatic, antiseptic, antiviral, astringent, decongestant, deodorant, expectorant, stimulant. Uses: In baths and massage oil during the cold season, as chest rubs. In vaporiser to keep air germ free. Effective against airborne viruses and bacteria.	
Warning Very toxic when taken orally.	
	GERANIUM <i>Pelargonium graveolens</i> Floral, fresh, sweet
Extraction Method: Steam Distillation Blends with: Rose, lavender, clary sage Reputed Therapeutic Properties: Astringent, hemostatic, cicatrising, carminative, diuretic, deodorant, expectorant, mytic, tonic, vermifuge and vulnerary. Uses: Helpful for relieving stress, mild depression, PMO, anxiety and tension, and for bringing fresh energy. Burner, vaporiser, massage oil, bath, in shampoo.	
Warning Avoid during pregnancy.	
	LAVENDER <i>lavandula officinalis</i> Sweet, herbaceous
Extraction Method: Steam Distillation Blends with: Bergamot, clove, rosemary Reputed Therapeutic Properties: Antiseptic, analgesic, anticonvulsant, anti-depressant, anti-rheumatic, antispasmodic, anti-inflammatory, carminative, sedative. Uses: Calming, balancing, soothing. An excellent muscle relaxant, soothing agent, skin conditioner, and astringent. Treats burns and reduces scarring. Use in burner, vaporiser, bath, massage oil, lotions and creams, or as a cold compress.	

Aromatherapy A Basic Guide

Faith Rowan



Aromatherapy A Basic Guide:

Essential Oils and Aromatherapy Basics Sheila Mathison, 2014-05-18 Essential Oils Aromatherapy Basics Great book on essential oils highlighted a ton of info in here and I would highly recommend the book if you're looking to better understand and use essential oils Peter A What are Essential Oils Why would I care what they are Are Essential Oils really that beneficial to me If these are questions you have been asking then this book is exactly what you need Essential oils have been used for thousands of years to cure our physical maladies boost our moods and soothe our mental state Essential oils continue to be sought after to create relief from what ails us Even better essential oils lack all the undesirable and potentially harmful side effects contemporary pharmaceuticals can cause These oils are beginning to make a comeback as more and more people seek out organic solutions to our body's disorders Essential Oils Aromatherapy Basics is your guide to using natural methods to enhance your life and heal your ailments This beginner's guide contains a wealth of useful information gathered from reliable and highly regarded sources Inside this comprehensive resource you will find numerous helpful tips and guidance on buying storing and using essential oils so you can get started on the right path with confidence Here Is A Preview Of What's Inside What Are Essential Oils History of Essential Oils Why Use Essential Oils Different Types of Essential Oils Using Essential Oils For the Body Essential Oils For the Home Where To Buy Essential Oils And much much more This book is an indispensable primer for anyone seeking to learn about Essential Oils from the most basic level There is an entire chapter devoted to using essential oils on your body and another on uses for the oils around your home You'll also learn about carrier oils how to make your own oils and how to safely store your oils I've even include many helpful resources on where you can buy quality oils and a list of 10 essential oils that are great to start with Buy this book now to begin your journey learning about Essentials Oils and all the benefits they provide FREE GIFT with purchase of this book Just my way of saying thanks

Aromatherapy and Essential Oils for Beginners LIAM. OLIVIA, 2025-04-21 Are you curious about essential oils but don't know where to start Aromatherapy and Essential Oils for Beginners is your ultimate guide to natural living using the powerful benefits of plant based remedies Whether you're seeking better sleep reduced stress stronger immunity or simply a more holistic approach to wellness this step by step manual will help you confidently harness the power of aromatherapy in your daily life This beautifully crafted beginner's guide demystifies the world of essential oils with clear explanations expert tips and practical applications that are easy to follow even if you've never opened a bottle of lavender before From understanding how essential oils are made to blending your own custom scents you'll gain everything you need to build a safe personalized aromatherapy practice that supports your mind body and soul Inside This Complete Manual You'll Discover The Basics of Essential Oils Learn what they are how they're extracted and how to identify high quality oils How Aromatherapy Works Dive into the science of scent and the brain's emotional response to aroma Top Oils for Beginners Get to know must have oils like lavender peppermint tea tree and more with tips on how and when to use them Blending Safety

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AROMATHERAPY GUIDE JIM. RUSSLAN,2020 **The Beginners Guide to Making Your Own Essential Oils** Lindsey P,2014-12-16 JUST RELEASED 2ND EDITION First ever available book on making essential oils Do not be fooled There are plenty of books that discuss the making of essential oils sure but these books are about taking pre made essential oils and adding ingredients to making a specific kind of essential oil such as lavender or nutmeg These books are common This is where your gonna get something different This book discusses the process of actually making essential oil base ingredients before adding items to make a specific kind of essential oils Do you not want to make your own product from scratch Control the entire process from start to finish So start today by downloading this original copy of making your own essential oils Making Essential Oils Discussed What Are Essential Oils An Easy Way To Make Your Own Essential Oil At Home How To Make Your Own Essential Oil At Home Through Distillation How To Use Oil To Extract Essential Oil Essential Oils Uses And Benefits List Of Essential Oils And Their Uses Much much more Do not wait any longer purchase your copy today

Aromatherapy Denise Whichello Brown,2003 Aromatherapy is the use of essential oils to maintain the health of the body mind and spirit This comprehensive guide will help you treat yourself your family and your friends safely and effectively Discover the physical emotional and spiritual effects of 40 essential oils how to relieve a wide range of common ailments the techniques involved in sensual aromatherapy the benefits various techniques for using the oils safely and effectively and the uses of aromatherapy for pregnancy childbirth babies and children The guide is suitable for the complete beginner as it progresses in easy steps and with plenty of practice exercises and tips Essential Oils Judy Peter,2019-05-28 Essential Oils Beginner s Guide To Essential Oils and Aromatherapy Aromatherapy has been used for thousands of years to help treat a wide variety of afflictions From physical to psychological and everything in between Here in this book we will explore all the ways that essential oils can be of benefit simply by breathing in the wonderful aroma that these oils provide Detailed recipes along with special tips for use and application are provided If you are interested in aromatherapy and essential oils get this book so you can learn to utilize these all natural healing compounds to their utmost Get ready to be amazed Here you will learn how to Make unique and powerful essential oil recipes Utilize specific application methods Use oils for specific ailments And a whole lot more *Essential Oils* Faith Rowan,2025-09-06 Cut through the hype discover how to use essential oils safely Confused about essential oils You re not alone Essential oils are everywhere but with so many myths miracle claims and conflicting advice it s hard to know what s real or even safe Smart Essential Oils A Beginner s Guide to Evidence Based Aromatherapy gives you clear practical guidance to help you enjoy essential oils with confidence Inside you ll discover how to Build a simple safe starter kit without overspending Use oils for stress sleep and self care in everyday life Avoid risky mistakes with children pets and pregnancy Separate evidence based benefits from marketing hype Choose quality oils and store them properly Instead of overwhelming lists and unrealistic promises this book offers straightforward research informed advice anyone can follow Smart Safe Simple Aromatherapy the way it should be **Practical Aromatherapy** Penny Rich,1994 **Aromatherapy** Mary Haley,2021-08-04 Nature has bestowed the human race with a number of different blessings which are beyond the scope of being countable The potential of utilization of these blessings depends upon the intensive research and rigorous efforts to discover these blessings and make use of these as much as possible One of these blessings includes the different essential oils which can be obtained from different plants and a number of their parts Using these essential oils one of the branches of therapeutics is named as aromatherapy Here is a preview of what you ll learn What is aromatherapy What are essential oils Extraction of essential oils Benefits of aromatherapy and essential oils Precautions in aromatherapy Commonly used essential oils and their benefits Essential oils for natural medicine Essential oils for beauty Much much more Appropriate application of essential oils and aromatherapy can go a long way towards dealing with medical and emotional issues However the application is not as simple as just dropping oils on your skin and waiting for better health and that is why it is necessary to have the right knowledge before doing anything in order to not cause more

harm than good **Handbook of Essential Oils** K. Husnu Can Baser, 2020-08-10 Handbook of Essential Oils Science Technology and Applications presents the development use and marketing of essential oils Exciting new topics include insecticidal applications but there is a continued focus on the chemistry pharmacology and biological activities of essential oils The third edition unveils new chapters including the insect repellent and insecticidal activities of essential oils the synergistic activity with antibiotics against resistant microorganisms essential oil applications in agriculture plant insect interactions and pheromones and contaminants in essential oils Features Presents a wide range of topics including sources production analysis storage transport chemistry aromatherapy pharmacology toxicology metabolism technology biotransformation application utilization and trade Includes discussions of biological activity testing results of antimicrobial and antioxidant tests and penetration enhancing activities useful in drug delivery Covers up to date regulations and legislative procedures together with the use of essential oils in perfumes cosmetics food beverages and pharmaceutical industries Unveils new chapters including the insect repellent and insecticidal activities of essential oils the synergistic activity with antibiotics against resistant microorganisms essential oil applications in agriculture plant insect interactions and pheromones and contaminants in essential oils The American Botanical Council ABC named the second edition as the recipient of the 2016 ABC James A Duke Excellence in Botanical Literature Award and recognized that essential oils are one of the fastest growing segments of the herbal product market *The Healing Power of Essential Oils* Eric Zielinski, DC, 2018-03-13 NATIONAL BESTSELLER Discover the life changing benefit of essential oils and aromatherapy in this soup to nuts guide from the host of the Essential Oil Revolution summits A powerful new approach that can help you safely reverse the effects of modern scourges including depression chronic stress and mood disorders Alan Christianson N M D New York Times bestselling author of *The Adrenal Reset Diet* Aromatic plants and their extracted oils have been used medicinally and in religious traditions for thousands of years they represent nature in its most concentrated form Through modern distillation processes essential oils offer natural treatments for a host of health conditions from anxiety and depression to hormonal imbalance digestive distress candida sleep disorders and even autoimmune disease *The Healing Power of Essential Oils* includes DIY recipes and formulations for all of these health needs and more all backed by extensive scientific research and the trusted guidance of public health researcher and aromatherapist Eric Zielinski D C Some of the unique recipes you will master Morning Prayer or Meditation Body Oil Sweet Slumber Diffuser Blend Citrus Powered Pain Relief Roll On Deet Free Bug Spray Essential Oil Powered Mouthwash Anti aging Body Butter Lemon Fresh Laundry Detergent Hot Spot Spray for Pets Perineum Healing Soap Menopause Relief Ointment From lavender peppermint and frankincense to tea tree and ylang ylang essential oils are God's gift to those seeking to take control of their physical and mental health Whether you're new to essential oils or you're ready for advanced techniques Dr Z's thorough evidence based approach equips you with the knowledge to build daily rituals that fit your unique needs and lead to amazing results [The Beginner's Guide to Essential](#)

Oils Dr. Josh Axe, Jordan Rubin, Ty Bollinger, 2019-12-17 The safe natural alternative to the dangers of prescription meds conventional personal care products and common household cleaners In their quest to help people around the world discover healing and a vibrant life health experts and bestselling authors Dr Josh Axe Jordan Rubin and Ty Bollinger have joined forces to share this Aromatherapy Robert Millican, 1994 **Essential Oils for Healing** Donald Brady, 2021-04-07 To get your hormones back into balance you need to know which essential oils can help fortify which glands in this system It is by creating synergistic mixtures for the glands that we can start bringing the hormones back into balance by triggering them to produce the right amount of hormones needed Here s a preview of what you will learn What exactly are essential oils History of essential oils Health benefits of aromatherapy oils and essential oils Household uses How do essential oils work How beginners can safely use essential oils A buying guide to help you learn how to choose the best oils How to treat certain ailments and conditions such as stress anxiety allergies headaches sleep and even weight loss With essential oils And so much more Within the longevity chapter you ll find recipes to help reduce stress and anxiety as well as boost your memory These recipes can be used in several different ways but here you ll only find recipes that are topical or used in a diffuser There are no edible recipes because you should consult a physician before taking anything There are many benefits of topical and diffuser recipes so edible recipes should not concern you too much **Essential Oils** Sally Evans, 2015-08-10 If you are looking to get started with essential oils you want to make sure that you are doing it right Of course if you ve never used essential oils before then you re going to want to make sure that you know what they really are and how they should be used In this book we re going to talk about all of that and more We re going to help you understand what essential oils are what aromatherapy is how it works and what products you can and should use for it We ll even talk about how to use different oils for different needs If you are looking for a way to get yourself feeling better looking better and being more productive then you re definitely going to want to check this out Make sure that you look at the essential oils that are going to help most with your needs and then make sure that you are really using them in your life You will be surprised what you can accomplish with just a few simple oils They re going to really change your life and all that with just something that s also going to smell great in your home and on you as well So let s get started with what these oils are and what they can do for you Aromatherapy the Beginner's Guide Brad Turner, 2014-04-17 Frankincense Peppermint Eucalyptus Lemon grass Lavender Who knew that these are five of the must have essential oils Dr Brad Turner does and we are blessed that he s chosen to share his knowledge and expertise in his latest book ESSENTIAL OILS So much has been written about using oils as cures for everything from toothaches to acne aromatherapy and even taken internally for whatever reason is popular that day To our own peril we ve discovered much of this information is false Dr Turner gains our trust immediately with his treatise never ingest these essential oils And that s the beginning of an author reader relationship that will stand the test of time and information because Dr Turner tells the truth And that s the way we like it The Beginner's Guide to Essential Oils & Aromatherapy

Meghan Foster, 2014-11-09 Unlock the Powers of Essential Oils With This New Beginner's Guide Essential oils are the powerful essence of plants They're packed full of healthy compounds that can be used to improve your mind your body and your emotional state Once you've unlocked the secrets behind these powerful oils they can be used to improve all aspects of your life Here are just some of the many things you'll learn in this book What Essential Oils Are and How They're Used in Aromatherapy How to Use Essential Oils Safely The Many Compounds Found in Essential Oils that Make Them So Great Inhalation Diffusion and Topical Application of Essential Oils Carrier Oils What They Are and Why They're Important Finding the Best Essential Oils Guides for More Than 25 of the Most Popular Oils Purchase this book today and learn how to unlock the secrets of essential oils

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Aromatherapy A Basic Guide Introduction

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