

## Aromatherapy

### About Aromatherapy

Aromatherapy draws on the healing powers of the plant world but instead of using the whole or part of a plant, it uses the Essential oil. Essential oils can be extracted from roots, wood, leaves, flowers or fruit. It is claimed that the essential oil is the life force of the plant.

Essential oils contain many beneficial properties and used in aromatherapy to assist in subtly healing the body physically, emotionally and mentally without any side effects.

Essential oils enter and affect the mind and body by two principal routes, namely:

- **the olfactory system** - Essential oils work as triggers on the central nervous system when inhaled therefore influence your moods, emotions and mental abilities.
- **the skin** - Essential oils pass through to the capillaries and cell tissues when applied to the skin e.g. massage. The essential oils start to work immediately on body tissues and stay longest in the parts where they are most needed.

### What Is Involved?

The most popular treatment using Essential oils is blending them into carrier oil and used for a back, neck & shoulder massage. For a treatment the recipient will lie face down with their clothes removed. The Aromatherapist will massage the chosen blend into the back, neck and shoulders concentrating on the areas of tension. The amount of pressure applied will be tailored to the needs of the recipient. Massage can relax the muscles and enable the blood and lymph to flow more freely.

### Benefits

Essential oils have the ability to:

- boost the body's immune system
- stimulate healthy cell renewal and growth
- stimulate sluggish circulation and remove toxins
- help with pain relief e.g. headaches, muscular tension

On an emotional level, essential oils can help to bring to the surface suppressed feelings of anger, jealousy, fear or resentment which may eventually express themselves as physical health problems.

### Suitability

There are some Essential oils that cannot be used if you are pregnant, have high/low blood pressure, kidney problems or have epilepsy.