

The Aromatherapy Handbook

The Power of Essential Oils



Brought to you by [Healthy and Natural World](http://www.HealthyAndNaturalWorld.com)
www.HealthyAndNaturalWorld.com

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

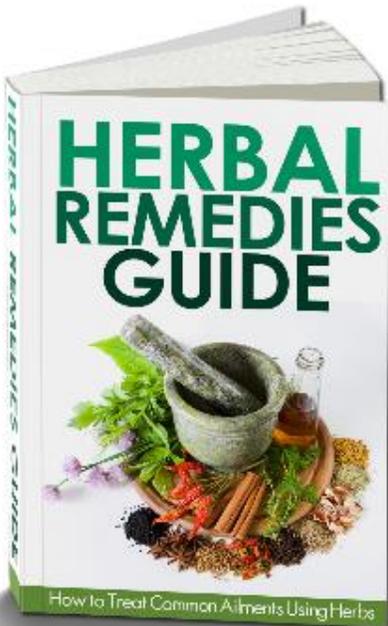
In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

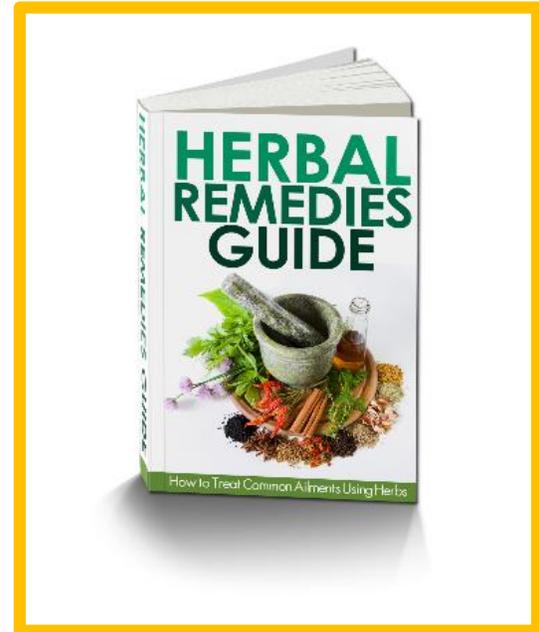
More E-books from Healthy and Natural World

Herbal Remedies Guide



- ◆ Learn what herbal remedies are and how you can use them to heal mental and physical ailments.
 - ◆ Find out how to combine herbal products with traditional pharmaceuticals to enhance your overall wellness.
 - ◆ Learn how to use aromatherapy to clear up the common cold and alleviate chronic headaches.
 - ◆ Discover our A-Z guide of symptoms and solutions to common problems herbs can treat.
-
- ◆ Discover what centuries old herb helps strengthen memory and improve your circulation.
 - ◆ Find out what natural herbs combat memory loss and help prevent other age related problems.

- ◆ Find out how the ancient Chinese coped with menopause using a simple yet effective herbal remedy.
- ◆ Learn how a natural plant may help strengthen and tone your uterus, improving your fertility and easing child labor and recovery.
- ◆ Discover the #1 calming and soothing herb for gastrointestinal problems, digestive symptoms and even bloating.

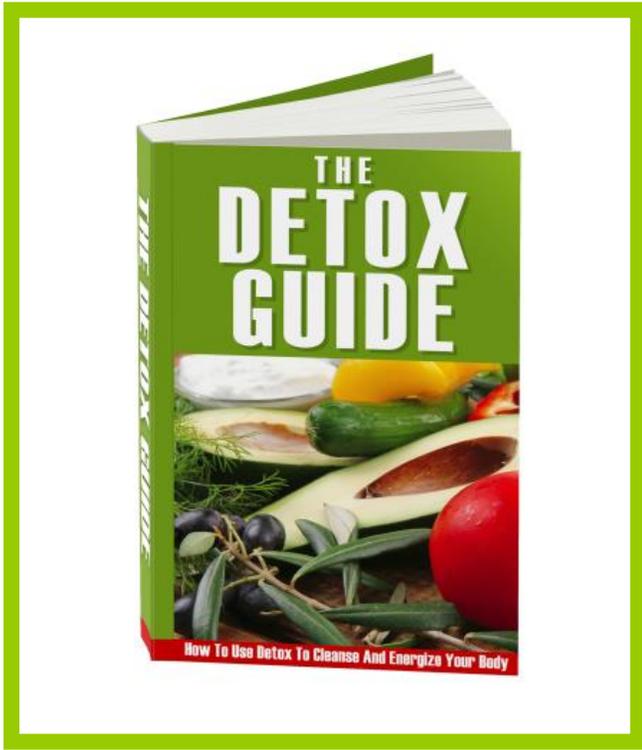


AND MUCH, MUCH, MUCH MORE!!!

And The Best Part Is That You Can Be Reading This Book In Less Than 90 Seconds From Now!

Get your copy of “The Herbal Remedies Guide” from our website

www.HealthyAndNaturalWorld/TheHerbalRemediesGuide



[The Detox Guide](#)

How To Use Detox To Cleanse And Energize Your Body

- ◆ Find the best information and safe ways to detox including recipe ideas.
 - ◆ Learn the concept of detox and how your body can benefit from it.
 - ◆ Increase your stamina and energy and improve your digestive process.
- ◆ Learn what types of products are out there to get rid of all the impurities in your body.

Get this book from our website:

<http://www.healthyandnaturalworld.com/TheDetoxGuide>

Table Of Contents

Foreword

Chapter 1:

Aromatherapy Basics

Chapter 2:

Tips For Getting Started

Chapter 3:

Choosing How To Use Aromatherapy

Chapter 4:

Recipes

Chapter 5:

What Ailments You Can Use It For

Chapter 6:

Aromatherapy For Romance

Wrapping Up

Foreword

The basis of aromatherapy is in its utilization of naturally gathered essential oils. These oils are commonly extracted from plant material and additional compounds. The flower based oils are commonly for aromatic users while the early sources of oils were principally utilized for medicinal purposes. These oils are mainly extracted from flowers or delicate plant tissues which are already known for their various properties. Get all the information you need here.



Aromatherapy Arsenal

Arm Yourself With Knowledge For Healing With Aromatherapy

Chapter 1:

Aromatherapy Basics

Aromatherapy - a word frequently associated with calm, great scent and relaxing surroundings. Made famous for its largely relaxing indulgent feature, utilizing aromatherapy has also been known to be related to medicinal qualities.

Amazingly even in the culinary field, such components are now becoming popular, particularly among those with a more discerning palate. Although it should be noted here that such components have long been utilized as a more traditional source of nutrition and even flavor.



The Basics

Occasionally divided into 3 distinctive areas of uses, aromatherapy has proven an effective resolution to a lot of problems. Aerial diffusion are often used for environmental fragrance or disinfection.

Direct inhalation is promoted to target assorted respiratory problems like respiratory disinfection, congestion, tautness in the chest cavity and many others. Topical applications are mainly for relaxing purposes like massages, baths, compresses and therapeutic skincare treatments.

In theory, aromatherapy has been encouraged to be thought of as an alternative treatment to more invasive sort of treatments. Besides being much more pleasant as a treatment choice, it may occasionally even be used to prevent particular diseases.

At worst, it may play a major role in relaxing the general state of a person, and perhaps contribute in some way to the more successful part of recovery when combined with other more scientifically accepted techniques of treatment.

Nowadays there are a lot of avenues of treatment to explore before embarking on a certain treatment suitable for the person. However

it must always be noted that before making a choice, one must always try to be as well informed as possible.

Most individuals nowadays think aromatherapy is just a different indulgent exercise that few privileged enjoy. But upon taking the time to delve deeper, one is likely to find a whole new prospect relating to the really diverse uses of aromatherapy.

Originating long before medical science made breakthroughs and discoveries, aromatherapy has had a lot of success stories to back its many fantastic attributes. The concept of utilizing aromatherapy to treat wounds and burns first came when a scientist badly burned his hand while conducting an experiment, and later it was utilized again successfully as an antiseptic to treat the wounded soldiers during world war two.

Being the basis of natural materials, aromatherapy is less unsafe a technique to choose from, when deciding on the best fitted treatment for assorted illnesses. In essence, aromatherapy is a treatment that could or might not help in the prevention of diseases by the use of essential oils. When paired with more conventional methods of treatments, it has been found to produce impressive results, mainly contributing as a calming ingredient to the equation.

Aromatherapy may have a positive effect on the limbic system through the sense of smell. It has likewise been known to have direct pharmacological effects. There have been studies done to prove the

connection between the direct effects of using aromatherapy coupled with other scientific techniques, but to date no absolute data has been achieved.

Chapter 2:

Tips For Getting Started

Here are some good tips for getting started with aromatherapy and essential oils.



For The Novice

Don't purchase perfume oils thinking they're the same thing as essential oils. Perfume oils don't offer the healing benefits of essential oils. Even if you merely intend on using aromatherapy in your life for the enjoying the aroma, breathing essential oils may provide therapeutic advantages. These advantages don't happen when using perfume oils.

Don't purchase essential oils with rubber dropper tops. Essential oils are really concentrated and will turn the rubber to a gum, therefore ruining the oil.

Choose carefully where you buy your essential oils. The quality varies widely from company to company. In addition, a few companies might falsely claim that their oils are pure when they are not.

Learn to compare apples to apples if shopping for oils. Anise, lilac, bay laurel, cedar, and eucalyptus are examples of the basic names of plants utilized to make essential oils. There, however, are assorted varieties of each of these plants. To differentiate these varieties, the botanical name is used to tell them apart. For example, different assorted oils are referred to as "bay laurel essential oil," yet they come from different assorted plants. The attributes and aroma of each oil do differ, as does the cost between them. It is therefore crucial to pay attention to the botanical name.

It's likewise helpful to note the native land of the oil. Most great essential oil sellers will promptly supply the botanical names and native land of the oils that they sell. When comparing one company's oils with another's, likewise pay attention to if the oils are organic, or ethically produced.

It's wise not to buy oils from vendors at street fairs, craft shows, or other limited-time events. This isn't to say that there are not extremely reputable sellers at these events; however this is a precaution for novices who aren't able to dependably measure quality.

Buying oils from reputable mail-order companies might result in obtaining higher quality oils at lower price than buying oils from a generic local health food store. Again, there's a wide variance in the quality of oils from company to company and store to store.

Store your oils in dark glass (amber or cobalt blue) and in a cool, dark place. Wooden boxes may be bought at craft stores. These boxes are handy to move your oils from different places in the house easily.

Pay special care and attention to all safety data on all essential oils that you use. This is even more crucial if you have any medical condition or are pregnant.



Chapter 3:

Choosing How To Use Aromatherapy

Aromatherapy has become really popular nowadays. Though it's still mostly linked to the idea of a relaxing therapeutic massage session, newer uses are today being explored.



What Can Be Done

If one is considering setting up an aromatherapy centre or even thinking of the use of aromatherapy to treat a particular medical condition, the purchasing of the essential oils is a crucial aspect to consider.

Most essential oils today are so commercialized that it might not always be as genuine as declared on the labels. Cautious examination of the label contents has to be checked and rechecked before an investment is made.

A few labels may be quite deceiving in their supposed capabilities. The condition and sort of packing of the essential oils is likewise a really crucial feature that must be considered. Ideally there shouldn't be any cracks or broken seals as this will impart contamination of the purity levels of the oils.

Besides all this, the additional important fact to consider is getting the fullest results through the choice of essential oils and the correct way of using them.

The technique of inhalation is utilized to treat particular ailments like sinusitis, headaches, colds, chest congestions and additional likewise conditions.

Spraying a variety of essential oils and distilled water is another technique utilized to produce a calming and relaxing ambiance. This technique has proved to be advantageous when treating anxiety, depression, stress and additional similar conditions.

A few conditions demand direct applications. But as most aromatherapy massage sessions are executed with direct skin contact, the concentration of the essential oils needs to be thought of before beginning. The reason being that these essential oils may cause an allergic reaction or skin irritation to the person.

Using essential oils that contain the Helichrysum ingredient has been demonstrated to be advantageous when repairing damaged skin.

Its strong anti-inflammatory and concentration of regenerative properties is what makes it an extremely regarded compound in addressing damaged skin. The pleasing earthy scent it emits is likewise therapeutic.

Additional essential oils that are likewise known for their healing attributes for skin conditions are lavender, sage and rosemary. Sage is especially effective in healing old scars and stretch marks but should be used in small amounts because of a certain component which may be toxic.

Using aromatherapy to treat wounds is likewise widely practiced. This is because of the antiseptic components that particular essential oils contain. Tea tree essential oil is usually utilized to treat wound till the wound is completely sealed, after which this oil is no longer required.

A few aromatherapy treatments are likewise utilized when the desire for sound, younger looking skin is sought. These essential oils are soaked up into the skin and in turn provide the skin with all the crucial nutrients required for the healthy look and condition.

Aromatherapy is likewise utilized in additional products besides skin care. Products like bath salts, shower gels, shampoos and body lotions. This style of utilizing aromatherapy is fantastic for producing the desired effects of sweet-scented and relaxing moods. Likewise aromatherapy in this form is mild and non-menacing as it is not in its purest form.

Aromatherapy may likewise assist in relieving restlessness and irritability. Essential oils like lilac may have calming effects on the

mental turmoil state and work by promoting the senses to slow down and simulate peace.

Chapter 4:

Recipes

Making your own personal essential oil blends is among the most satisfying facets of aromatherapy. Blends may be produced for the sheer aromatic pleasure of the blend and are suited for personal or room fragrance.

Essential oil blends may also be produced for particular therapeutic purposes like alleviating aching muscles, minimizing the occurrence of acne, reducing winter ailments, etc...



Recipes

Aromatherapy Bath Oil Recipe

- 2 ounces carrier oil like jojoba, sweet almond or apricot kernel
- 20 drops lilac essential oil or 15-20 drops of your own blend of essential oils (make sure they are EOs that are not known to be skin irritants)

Instructions: Blend the oils together and store in a glass bottle. The formula could be doubled or tripled.

To Use: don't use all 2 ounces of bath oil in one bath. After you've prepared your bath, add about 1/4 ounce (7-8ml) of the bath oil blend to your water.

Mix well to ensure that the blend has scattered well in the tub and get on in. It's best to add the bath oil right before getting in the tub rather than while the water is running so that the essential oils don't vaporize before you get into the tub.

Using this bath oil blend is safer than putting in pure EOs directly to the bath water. This is because pure essential oils added to bathwater may settle in one spot on your skin and cause irritation.

Aromatherapy Bath Salts Recipe

- 3 C salt. Suggested salt types: Sea Salt, Dead Sea Salt, Himalayan Pink Salt, Epsom salt, or a combining of these salts. Salts commonly come in various grain sizes. Blending multiple grain sizes may make your salts more visually appealing. While chunkier salts frequently look prettier, bigger salts do take longer to break up in the tub and may be a little painful if you step or sit on some chunks that haven't totally broke up.
- 15-24 drops of your choice essential oil or essential oil blend. Make sure to have a look at the safety data of the oil(s) you decide to use.
- Optional: 1 TB jojoba oil, Coconut Oil or additional carrier oil for moisturization.

Instructions:

Place the salt mixture into a bowl. If you've decided to include the optional oil inside your salt recipe, add it to the plain salts and blend well with a spoon or fork. Then add the drops of your chosen essential oils.

Once again, mix really well. Place the mixture in a pretty jar, salt tube, or container that has a tightly fitting lid. Salts that are kept in a container that's not airtight will lose their scent more quickly.

After a day, you might wish to mix well again to ensure that the oils are well blended.

To Color to Your Salts:

For the purest bath salt recipe, leave your bath salts undyed. Particular exotic salts including Hawaiian Red Sea Salt and Black Sea salt or Pink Salt are by nature colorful. Try blending these salts with Dead Sea or plain sea salt for a flecked effect.

If you would like to add color to your salts, food coloring liquid dye or mica powder may be added before you add the essential oils. When putting in food coloring liquid dye, make sure to add only a drop at a time and mix well.

When adding mica powder, only add a small amount (1/16-1/8 a teaspoon is commonly sufficient) and mix really well. Using too much dye or mica powder may discolor the water and discolor skin, so be really careful.

Leave bath salts at a soft pastel color. It's likewise crucial that you make certain that you're using skin-safe colorants and that the user of your bath salt blend doesn't have any allergic reaction or sensitivity to the colorant that you've selected.

To use:

Add 1/2-1 cup of the salts to running tub water. Blend well to ensure that the salt has scattered well in the tub prior to entering. To keep the essential oils from vaporizing too quickly, you may add the bath salts right before getting in the tub rather than while the water is running.



Chapter 5:

What Ailments You Can Use It For

The popular notion that most illnesses and diseases are in some manner linked to stress, anxiety and lack of proper daily nutrition has its virtues.

Regrettably some illnesses and diseases need to reach a critical stage before it becomes visible or detected. To prevent all this, one is encouraged, although unrealistically, to keep all negative aspects in life at bay or eliminate them all in all.

Aromatherapy may helpfully contribute to this situation. Mainly known for its calming properties, aromatherapy techniques advocate using various essential oils to comfort the mind and body. Besides this long list there are other conditions that may be successfully addressed with the use of aromatherapy elements.



Some Healing Examples

Below are just a few examples of the capabilities and merits of using aromatherapy:

Skin enhancers - lavender oil or tea tree oil to be used on the affected area. For milder cases, using a body bath lotion with these properties is beneficial. Also frankincense, bergamot, chamomile.

Anxiety and nerve relievers - chamomile, lavender, sweet basil, valerian.

Cold – inhaling eucalyptus oil in boiling water.

Digestive soothers - sweet orange, coriander seed, peppermint, turmeric.

Muscle treats – cypress, lemongrass, rosemary, ginger.

Uplifting aromas – caylang ylang, neroli, rose, melissa.

Easy breathers – Eucalyptus, cedarwood, myrre, thyme.

Hormone harmonizers – clary sage, sandalwood, juniper berry.

Chapter 6:

Aromatherapy For Romance

Aromatherapy can also contribute to the sense of romance, love, intimacy, and uplifted spirit.



For Love

While the word sensuality is frequently misapplied, a sensual person is one that has an intense awareness and admiration of the subtle changes that impact each of the senses.

Such a person tends to value creativeness and tends to have an exceptional interest in activities that capitalize on the senses. Such activities include assorted forms of music, culinary innovations, the visual arts, aromatics and assorted forms of physical touch of love and desire.

Aromatherapy, natural botanicals and natural fragrance all tease our sense of smell. They play an important role within romance, love and intimacy.

Fragranced room sprays, body mists, bath oils, massage oils, and additional natural aromatics may heighten a romantic evening or bring variety and change of atmosphere.

Including aromatherapy and natural aromatics in your plans for romance won't suddenly make a stubborn, unromantic and impassionate person get more loving or sensual, however it may enhance his/her total mood, and make a romantic evening much more sensual and memorable. A room finely fragranced with a fresh

and exotic aroma may help melt away worries and lift up the spirit while setting the stage for the evening's plans.

Planning beforehand for special dates, evenings or additional times may help ensure a quiet (or interesting!), beautiful occasion. Assigning special thought into all the aspects of a beautiful evening will make your mate feel special and prized, and will make the event unforgettable in his/her mind.

A lovely selection of natural aromatics may be bought or prepared beforehand so that you have them on hand for if the mood strikes. Thus you can create sweet scent, floral, woody, fresh or exotic one.

An aphrodisiac is broadly defined as a substance that enhances or arouses passion and sexual arousal. Substances, including essential oils, that are thought of as aphrodisiacs are substances that may help disperse the physical, psychological or emotional ailments that might interfere with physical attraction or arousal.



Wrapping Up

Aromatherapy or differently called essential oil therapy is a natural, gentle and non-invasive way of addressing a certain disorder. It may also be utilized to compliment an existing treatment regimen. Occasionally aromatherapy may also be utilized as the only treatment.

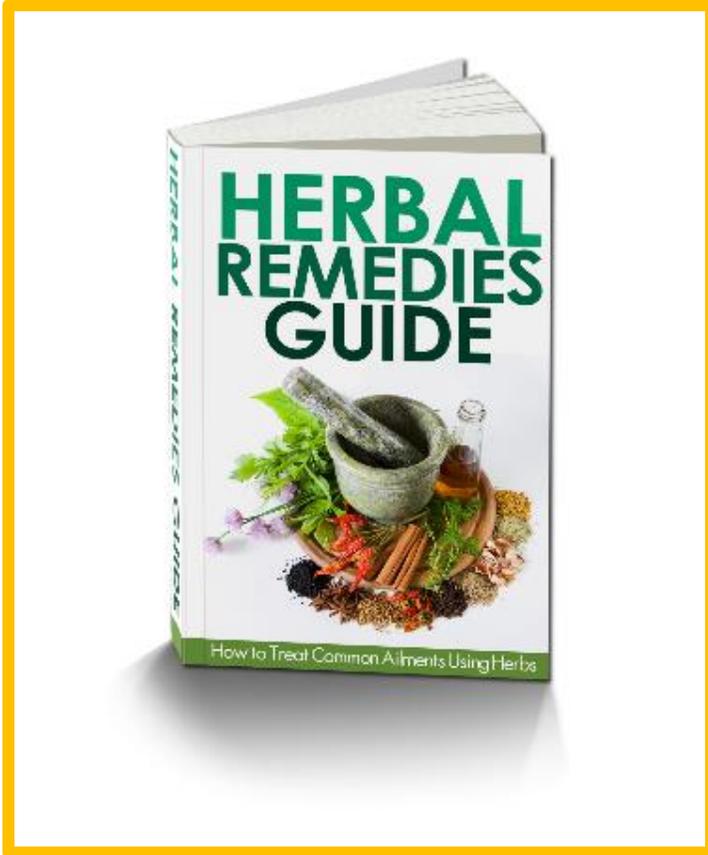
Because of its soothing effect, aromatherapy may be used in treating ailments that require the patient to be in a relaxed state of body and mind. A few researchers have discovered that by inhaling particular scents, a patient may immediately reduce the stressful nature of an unpleasant situation which contributes to the disease or illness suffered.

Hopefully this book has presented you with an insight on how to use aromatherapy and its many benefits, and inspired you to further research and apply it in your daily life.



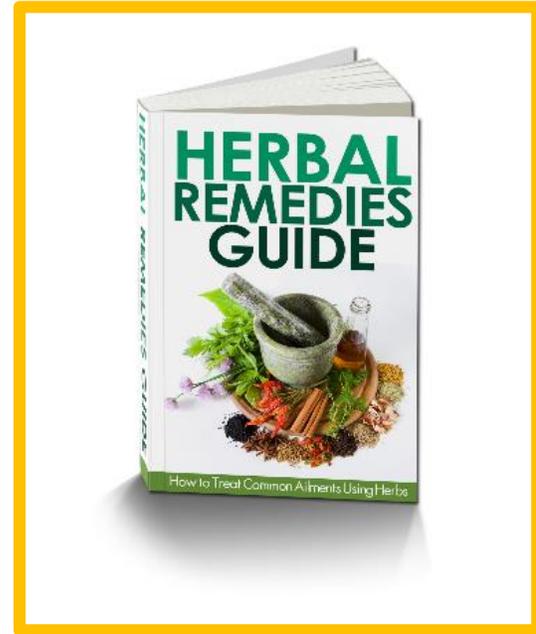
More E-books from Healthy and Natural World

Herbal Remedies Guide



- ◆ Learn what herbal remedies are and how you can use them to heal mental and physical ailments.
- ◆ Find out how to combine herbal products with traditional pharmaceuticals to enhance your overall wellness.
- ◆ Learn how to use aromatherapy to clear up the common cold and alleviate chronic headaches.
- ◆ Discover our A-Z guide of symptoms and solutions to common problems herbs can treat.
- ◆ Discover what centuries old herb helps strengthen memory and improve your circulation.
- ◆ Find out what natural herbs combat memory loss and help prevent other age related problems.

- ◆ Find out how the ancient Chinese coped with menopause using a simple yet effective herbal remedy.
- ◆ Learn how a natural plant may help strengthen and tone your uterus, improving your fertility and easing child labor and recovery.
- ◆ Discover the #1 calming and soothing herb for gastrointestinal problems, digestive symptoms and even bloating.

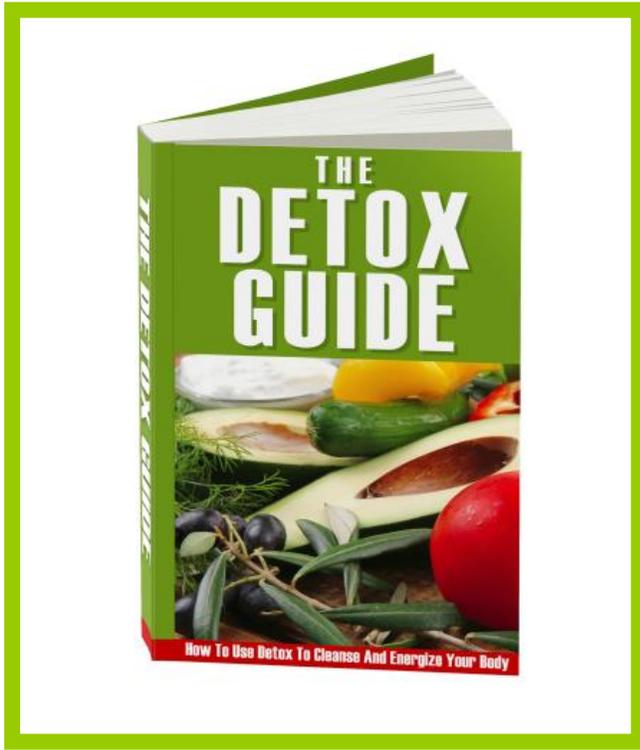


AND MUCH, MUCH, MUCH MORE!!!

And The Best Part Is That You Can Be Reading This Book In Less Than 90 Seconds From Now!

Get your copy of “The Herbal Remedies Guide” from our website

www.HealthyAndNaturalWorld/TheHerbalRemediesGuide



[The Detox Guide](#)

How To Use Detox To Cleanse And Energize Your Body

- ◆ Find the best information and safe ways to detox including recipe ideas.
 - ◆ Learn the concept of detox and how your body can benefit from it.
-
- ◆ Increase your stamina and energy and improve your digestive process.
 - ◆ Learn what types of products are out there to get rid of all the impurities in your body.

Get this book from our website:

<http://www.healthyandnaturalworld.com/TheDetoxGuide>