

What is Aromatherapy?

Aromatherapy and essential oils

A good way to describe Aromatherapy is the use of essential oils to capture the healing power of plants and harness it for our own wellbeing. Essential oils are concentrated, natural plant essences, which are usually distilled or expressed from the leaves, flowers, peel, bark or other parts of plants, herbs and trees. They are very concentrated forms of natural chemicals and should be used carefully by a properly trained professional to ensure they are used correctly. When used in the right way, essential oils can give great therapeutic benefits, relaxing, healing and reviving the body, mind and spirit.

Aromatherapy blends

The mixing of essential oils into a blend is used in aromatherapy and the benefit of each single oil can be greatly multiplied by adding it to other oils, acting synergistically to help heal the body and mind. The essential oils can be blended in carrier oils and used in massage, allowing the oils to absorb through the skin and act on the area of the body where they are needed. Inhaling essential oils can also be beneficial as the aroma molecules act directly on the limbic system of the brain, which associates aromas with emotions and can help relax, soothe and revive the mind.

What can aromatherapy help with?

Different essential oils from different types of plants have completely distinct properties. Some are relaxing, some are energising, have spiritual properties or can help us deal with difficult emotions and states of mind such as anxiety, depression, grief, anger, shock, stress, insomnia and lethargy. They can produce a calming, relaxing, soothing feeling or on the other hand a stimulating, invigorating, uplifting, energising effect on the mind and can even aid meditation, concentration, clarity and focus. Essential oils are also documented to help physical healing too and can often be used as a complementary therapy, alongside medical treatments* to help with certain conditions, including skin, hormonal and muscular/joint conditions.

Quality is key

The quality of essential oils can vary greatly between producers. Oils of better quality tend to have greater healing powers compared to lower quality oils, due to their chemical make-up often being different. Using the best quality oils and products are key at Aroma-Health & Therapies and our essential oils are sourced organically or from sustainable sources wherever possible.

Massage and home care

Receiving a massage is one of the best ways to get essential oils into the body tissues whilst also aiding detox, draining toxins away from the lymphatic tissues. Aromatherapy massage is particularly targeted towards lymphatic drainage and deep relaxation so can feel different to a Swedish-style or deep tissue massage. An aromatherapy massage is a lovely treat, but understandably it isn't possible for most of us to receive one every day!

To get the most benefit from essential oils, regular use is recommended. This is usually achieved by using one of my take-away aromatherapy products, which could be a tailor-made massage oil, body cream, aroma-stick, room/pillow spray or bath blend for your specific needs. Using these blends in-between massages will help you get the most benefit from aromatherapy.

*Please note, aromatherapy is not a substitute for medical care, if you have a serious condition, you should always consult your GP before seeking complimentary therapies.