



## Five Essential Oils for Romance



Essential oils that have aphrodisiac properties are great for instigating romance! Whether it's Valentine's Day, an anniversary or a loved one's birthday, there are several essential oils to help set the mood for love.

Ever since the times of the ancient Egyptians, aromatic oils have been used to promote health, beauty, fertility, virility and of course, romance. The Greeks and other cultures learned from the Egyptians exactly how to use aromatic oils to increase passion, and this expertise quickly spread across the world.

Some of the most popular aphrodisiac essential oils used in aromatherapy today include rose, neroli, sandalwood, ylang ylang and patchouli.

### What is an aphrodisiac oil?

Although essential oils have many therapeutic properties, most people don't realize that certain essential oils are also aphrodisiac. An aphrodisiac essential oil has the potential to induce love and romance, so it is a great mood setter for a wedding proposal, a special romantic occasion, or a Valentine's dinner. You can use aphrodisiac essential oils in various ways, depending upon the occasion; some suggestions for use might be in the bath, in a massage lotion or oil, or in a candle.

### How romantic essential oils work

It is widely accepted in the aromatherapy world that essential oils are capable of working in a number of ways. However, one of the quickest ways in which the aroma of an essential oil can have an effect on the body is by inhalation through the nose, because the nose has direct contact with the brain. Simply put, when you inhale an essential oil an area of the brain called the Limbic System is stimulated, and this is the part of the brain where moods and emotions are governed. The inhalation of an aroma triggers varying emotional and physical responses in people; aphrodisiac essential oils have the ability to invoke romantic feelings.

### Rose oil

Think of romance and most people think of roses! Rose essential oil is no exception to romance either! The rose itself has been coveted for centuries by the ancient Egyptians, Greeks and Romans. Ladies in history who have used rose to woo their lovers include Cleopatra of Egypt and Josephine Bonaparte of France.

True rose essential oil is very expensive because it takes several thousand rose petals to distill just one ounce of rose oil. So be extremely careful that you're not fooled by a cheaper, adulterated rose oil that has been extended with another essential oil or synthetic chemicals – or is entirely synthetic. Combine rose oil in a massage lotion or oil for a fantastic sensual massage with

your partner, or add a few drops to a romantic bath. Rose essential oil is a complete fragrance in itself, with rich, deep base notes, floral middle tones and a sweet, slightly leafy top note.

### **Neroli essential oil**

Neroli, which is sometimes referred to as orange blossom, was given its name due to Italian princess Anne Marie de la Trémoille (Orsini), who was duchess of Bracciano and princess of Nerola. She first introduced neroli oil as a fashionable fragrance to high society and used it in the bath and to perfume her stationary, scarves and most famously, her gloves.

Neroli essential oil has long been used in weddings because of both its aphrodisiac properties and its ability to calm the bride on her big day. Victorian brides wore a sprig of orange blossom in their head dress and carried orange blossom in their bridal bouquets in an attempt to calm nerves and stimulate romance on the wedding night! Orange blossom essential oil has an intoxicating, heady aroma with orange floral undertones, and like rose, it is a completely balanced perfume on its own.

### **Sandalwood essential oil**

Sandalwood is an ancient oil that is well known for its meditative and relaxing properties; it is often used in incense in churches and temples. However, sandalwood also has aphrodisiac properties and is occasionally still used as a fixative in very high-class perfumes. Sandalwood essential oil is a base note oil and is now quite expensive, so use it sparingly. It has a balsamic, woody aroma so is a great choice if you don't particularly like floral fragrances. Add a drop of sandalwood oil to a massage lotion or a bath for a sensual, truly romantic encounter!

### **Ylang ylang essential oil**

Ylang ylang essential oil is extracted from the flowers of a tall, tropical tree which invokes exotic images and may contribute to its romantic associations! However, ylang ylang oil does possess aphrodisiac properties too and has traditionally been used for love and romance. In Indonesia, the flowers of ylang ylang are laid out on the bed of the bride and the groom, in an attempt to stimulate passion. In addition, the oil is used as a tonic to help overcome sexual difficulties. Ylang ylang has a sweet, floral-balsamic aroma which is quite sweet and rich. It is a good choice if you want to choose something between the full floral aroma of rose and the balsamic aroma of sandalwood.

### **Patchouli essential oil**

Most recent memories of patchouli essential oil are its association as an incense in the hippie era of the 1960's and, as such, most people either love or hate the aroma of patchouli for this reason! However, patchouli's history goes back a lot further in time than its hippie associations and it was originally used in many perfume bases. It was introduced into Europe from the Far East in the 1800's. Patchouli essential oil is a base note oil with a rich, earthy aroma. Use patchouli oil to re-capture the '60's decade of free love!

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