

AROMATHERAPY CAN BE USED FOR EMOTIONAL WELL-BEING

Although aromatherapy should not be considered a miracle cure for serious emotional issues, the use of essential oils may greatly help with particular emotional issues and emotional states.

Additionally, the proper use of essential oils may enhance your emotional outlook and provide support and help balance your emotions during the day. The use of essential oils for emotional well-being is what is often first thought of when someone thinks of the term "aromatherapy."

Essential oils are comprised of naturally occurring chemicals that work in synergy with one another. Because essential oils evaporate quickly, their molecules are easily inhaled. The inhalation of these naturally occurring synergistic chemicals provide triggers to our brain. These triggers effect our emotions. Inhalation of these molecules also provides a physical benefit which may also work together to aid in our emotional state.

Not all essential oils provide the same level of benefit for all persons. Past memories associated with particular aromas can have a positive or negative effect. Therefore, if an essential oil with one of its properties being used against sadness and grief is a scent that you relate to one of these, the benefit will be diminished or nonexistent. Do not force yourself to use an oil that elicits negative feelings or that you don't like the aroma; even if its properties are ideal for your needs.

Whole Health Connection can help you with more information or any supplementation you may need. We hope this article has been informative. If you've missed any of these articles or would like a copy sent via email, just let us know. You can also reach us through Facebook and Messenger or come see us at - **WHOLE HEALTH CONNECTION • 221 Williams Ave • Picayune, MS • 601.749.9831 • Email info@wholehealthconnection.com.**

Thanks, Sami