

Aromatherapy- Know the power of fragrances

Aromatherapy is an ancient art that has been used for thousands of years as an aid to physical and emotional well being. Aromatherapy and its use can be traced back as far as the ancient Egyptians, who took advantage of essential oils therapeutic powers. Aromatherapy has also been used for a very long time in the Far East and China.

Effects of Aromatherapy

Aromatherapy is a branch of herbology and the study of "aromatherapy" may best be considered in these four areas of application:

Aesthetic - the effects essential oils have on the beauty of skin and hair.

Psycho - the effects aromas have on our moods and feeling; known as aromachology.

Holistic - the integration of the divine into the body, mind, and spirit.

Medical - the effects essential oils have in enhancing and maintaining a state of homeostasis.

Method of application

An essential oil is a liquid distilled from the leaves, stems, roots, flowers, or bark of a plant. Essential oils, which are used in Aromatherapy, are very

concentrated, and therefore, they are usually diluted with carrier oil, such as almond oil. Essential oils, in their purest form, tend to be very expensive, because the amount of oil present in plants is extremely small. For example, 440 pounds of fresh lavender flowers yield only 2.5 pounds of essential oil of lavender. Aromatherapy and essential oils can be used for many purposes, such as to calm or rejuvenate the body and mind.

The use of aromatherapy can be seen as part of a lifestyle choice -- a lifestyle that allows for pleasure because a moment of pleasure is healing. Pleasure is described as a source of enjoyment. Why deny yourself the pleasure and the benefits of a feminine fragrance such as Rose from Morocco or Bulgaria?

By understanding how to apply aromatherapy in daily use, you can enjoy the scents and help to maintain a system of preventative care for you and your family's long-term well-being.

About the Author

For more information, visit these sites: <http://www.aromatherapyinfocenter.com> <http://www.perfumeinfocenter.com>

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