

The Many Benefits Of Aromatherapy

Certain scents bring on sense and memory responses from your body. Using scents to help improve your mental state or your health is the basis of aromatherapy. Aromatherapy products, including oils and lotions, can be used to help promote your physical and mental health. Bring the power of aromatic scent into your home, car or office with aromatherapy products.

[High-quality aromatherapy oils](#) are called essential oils. Aromatherapy oils are concentrated oils that the skin can absorb quickly, or the oils can be used in an aromatherapy diffuser to add scent to a room. Aromatherapy essential oils also come in small vials so that they easily fit in your purse, briefcase, or workout bag, allowing you to bring your aromatherapy treatment with you wherever you go.

Adding a little bit of heat to the oil aromatherapy helps to diffuse the oil throughout the air in a room. Heat can be added via candles or electric light bulbs lightly heating the oil held in a small dish above the heat. If you want to spread these heady scents throughout a larger space, you could choose an electric aromatherapy diffuser. Small diffusers will also fit into your car cigarette lighter, or can be worn like a necklace around your neck for personal aromatherapy. You can even find small diffusers that are glass jars with a reed inserted into the mouth of the bottle, where you simply put a little oil into the jar and the fragrance is diffused via the reed.

You can also use aromatherapy lotion after your next shower or bath to renew your skin's moisture. Oils can be used for a blissful combination of aromatherapy and massage as well, and add to the massage's ability to relax your body and relieve pain.

The fun comes in experimenting with all of the different scents of aromatherapy essential oils. If you love Earl Grey tea, then you might also enjoy smelling the scent of Bergamot essential oil, because bergamot is used to add the distinctive flavor to this variety of tea. Eucalyptus essential oil can help you breathe a bit easier the next time you have a cold or your allergies are acting up.

Lavender oil aromatherapy can take you mentally, at a minimum, to the south of France. Lavender is said to have a calming effect, so it can be appropriate for use during stressful situations. It is also helpful as an aid to sleep when a little oil is added to a sachet and then placed under your pillow or hung on the bedpost.

The clean scent of lemon lends itself particularly well to aromatherapy. It smells great when blended with other scents, too.

Aromatherapy products such as essential oils and diffusers make practicing aromatherapy a simple, and simply luxurious, process.

About the Author

Anne Harvester is an herbalist who has studied the benefits and history of aromatherapy. In this article, she explores aromatherapy oils, oil aromatherapy, aromatherapy diffuser, aromatherapy essential oils, aromatherapy products, and aromatherapy lotion. Anne's advice can help you get the most out of this powerful therapy.

Source: <http://www.articletrader.com>