

ESSENTIAL OILS AND AROMATHERAPY

Aromatherapy simply means to treat with aroma through inhalation. However, the application of this ancient healing technique is far broader than inhalation alone. The special oils used in aromatherapy are called essential oils and they are not oily at all. Essential oils are the life giving fluid found in all plant life. These volatile, concentrated liquids are distilled from plants, seeds, roots, and flowers. They give each plant its characteristic aroma and act as the blood of the plant. They bring life to the plant, destroy infection, aid in growth, and stimulate healing. These powerful oils have unique features that make them some of the most life giving substances on earth!

Essential oils have the ability to penetrate our cell walls, transporting oxygen, nutrients, and removing toxins. Research has shown that an essential oil placed anywhere on the body will penetrate every single cell within 21 minutes! Each oil has different properties--some act as muscle relaxers, digestive tonics, or emotional sedatives. Some repair injured cells, others help detoxify, and all stimulate immunity. Some oils have been proven effective against viruses, fungi, and bacteria. All essential oils help oxygenate our bodies and our environment. As essential oils are extremely concentrated, they are much more effective than herbs. Measurements have been done to show that not only do they have a higher vibrational frequency than most known substances- they also assist in raising our frequency when used.

Uses of essential oils include inhaling and diffusing, applying topically to the skin or mixed in a massage oil, adding to baths and compresses, and occasionally taking orally (see cautions). Purity of your oils is absolutely essential to achieve full therapeutic benefits. (See our article, “Are You Getting Pure Essential Oils?”)

Once you experience the benefits of these powerful natural substances you will have to agree they should be in every home first aid cabinet! Following are just a few essential oils no home should be without.

- *Lavender
- *Peppermint
- *Clove

- *Eucalyptus
- *Melaleuca (Tea Tree)
- *Lemon

To order pure essential oils go to www.youngliving.us, please reference member #30650, when ordering.

LAVENDER is known as “the mother of all oils”. It is analgesic, anti-septic, and anti-inflammatory. It can be inhaled to induce sleep, decrease stress and tension, and relieve depression. It can be applied topically for wide range of conditions from headaches, insect bites, burns, wounds, sprains, and athlete's foot. As a mild oil it can be safely used with children.

PEPPERMINT has been used for centuries for gastrointestinal distress- heartburn, nausea, diarrhea, bloating, and food poisoning. Rub some on your tummy, or bottom of the feet. Also most people can tolerate a drop or two in water orally.

CLOVE is an excellent first aid remedy for dental emergencies because of its antiseptic and analgesic properties. This oil can be applied externally to wounds and scrapes, warts, and insect bites.

EUCALYPTUS has a distinct smell that is excellent for respiratory conditions. Its anti-bacterial and anti-viral properties make it a great choice for sinusitis, asthma, colds, bronchitis. This oil is also good for relaxing muscles and relieving pain.

MELALEUCA (TEA TREE) is an oil from Australia that is gaining much popularity; one of the best choices for athlete's foot, warts, bites, and acne. This oil makes a healthy safe bug repellent mixed in a spray bottle with water.

LEMON is widely known for its antiseptic properties. The “lemon fresh scent” can be had naturally with this essential oil mixed in a spray bottle with water (without all the harmful petrochemicals in cleaning products). Colds, sore throats, body and foot odors are just a few of the uses.

Cautions:

**Store in dark glass containers away from heat as they are volatile substances

**Test an area of the skin before applying directly. If you experience any discomfort use a massage oil (i.e. Almond, Jojoba, etc.) or lotion to dilute. NEVER uses water--it will drive the oil in further.

**Be careful near the eyes and especially with contact lenses.

**Keep away from children and pets

**Pure essential oils can be taken orally IF you are trained. Do not do so without the assistance of a health practitioner.