

What are Essential Oils?



Essential oils date back thousands of years for their medical and therapeutic benefits and nowadays are becoming a vital part of health and wellness regime.

Essential oils are the fragrant, highly concentrated natural constituents that are found in plants. They are what give the plant its characteristic odour and contain the healing power of the plant from which it was extracted. When used correctly, essential oils bring a wide range of health benefits. A typical essential oil will contain more than 100 different chemical compounds, each of which exhibits a specific therapeutic property, and it is for this reason that many essential oils can be used for such a wide range of conditions. They work equally well to support your emotional health as they do for your physical health.



Adding some of the most common essential oils like lavender, frankincense, lemon, peppermint and tea tree oil to your natural medicine cabinet can:

- Fight cold and flu symptoms
- Relax your body and soothe sore muscles
- Relieve skin conditions
- Alleviate pain
- Balance hormones
- Improve digestion
- Reduce cellulite and wrinkles

How to use Essential oils

- *Vaporization* - using an aromatherapy burner or diffuser, suffuse your surroundings with the aroma. Add a few drops of your chosen oil to water in the burner. Use it to create an atmosphere to stimulate, relax or uplift your senses. Tea Tree & Eucalyptus will act against bacteria during the cold & flu season. Citronella and Geranium will help to keep insects at bay.
- *Baths* - add a few drops of essential oil to a bath. Oil and water don't mix! So first you need to mix drops of oil with a fatty substance, such as milk or carrier oil. The blend will disperse through the bath water. Relax in the bath for about 10 minutes, inhaling the aroma & allowing the oils to penetrate the skin. Beneficial for skin problems as well as relaxation.
- *Massage* - just a few drops of essential oil diluted in a carrier oil such as sweet almond, grapeseed or jojoba massaged into the skin encourages the absorption of the oils into the skin & into the bloodstream where it can have the desired effect.
- *Inhalation* – add 2 or 3 drops of essential oils to a small bowl of hot water. Close your eyes & inhale the vapor for a few minutes. This method works especially well to relieve blocked sinuses, headaches, migraine and nausea.
- *Topical application* - by applying a cream or lotion containing essential oils to the body. In addition to the moisturizing benefits of the base cream or lotion, the essential oils will be absorbed into the skin.
- *Compress* – wring out a soft cloth in cold water with essential oil added and place on the relevant area. To relieve a temperature, hangover or travel sickness, Bergamot, Lavender or Peppermint work well to relieve symptoms. A lavender compress used this way will give relief from sunburn.

****Safety is very important when using essential oils. The correct way to dilute and apply them is very important if you are to receive all the benefits of oil. Precautions should be observed so it is also a good idea to seek advice from your aromatherapist to make sure you don't run into any difficulties when practicing aromatherapy.***

Pure Essential Oils

Impure essential oils may often smell acceptable to the untaught nose, but because they are extended with synthetic chemicals or diluted with vegetable oil it makes them extremely poor value for money. If an essential oil has been adjusted in any way it simply won't be as effective.

This is why you should always buy essential oils from long established and trusted aromatherapy suppliers who specialize in supplying therapeutically active essential oils for aromatherapy. To enable us to meet this requirement, every essential oil supplied by '**In Natural Harmony**' arrive from reliable sources all over the world. Each oil is derived from a certified botanic species & is tested for purity & guaranteed to be pure therapeutic grade.

