



HOW DOES AROMATHERAPY WORK?

Aromas (essential oils) enter the body via inhalation through the nose and mouth and via absorption through the tissues.

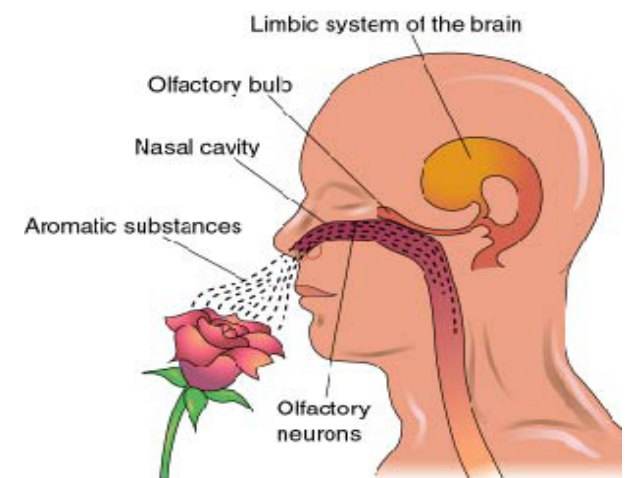
INHALATION

Essential oils are highly concentrated and volatile (evaporate quickly). A very small amount (1-2 drops) is needed to achieve results.

Tiny molecules present in the oil enter the nose upon inhalation and first stimulate the olfactory nerve, a part of the brain responsible for smell.

The olfactory nerve is connected to the limbic system, which has control over emotions, mood, motivation, memory, hormonal secretions, and perception of pain and pleasure.

Inhalation is also indicated and effective for the respiratory system as it naturally makes its way to the lungs.



TOPICAL (VIA THE TISSUES)

Essential oils have small molecules noted for their ability to penetrate the epithelial tissues of the body through the skin, nasal passages, bronchioles, lungs and the gastrointestinal tract.

Once the oil penetrates the skin it travels into the lymphatic and blood capillary systems and is circulated within the body.

As the oils move through the body, organs, cells and tissues utilize and benefit from the unique properties of the oil.

Useful for all applications but especially beneficial for skin issues, pain relief, and site specific issues.

THE CHEMISTRY OF ESSENTIAL OILS

Each essential oil is a blend of individual chemicals.

These chemicals fall into several functional groups that produce various therapeutic actions.

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| <p>Monoterpene Alcohols - antiviral, antibacterial, antifungal, both stimulant and sedative, balancing. Aromas are uplifting and herbal. Examples include Lavender, Geranium, Rosemary, Tea Tree, and Peppermint.</p> <p>Sesquiterpenes - anti-inflammatory, antiviral, antihistamine sedative and cooling. Found in blue oils such as Blue Tansy.</p> <p>Sesquiterpenols - anti-inflammatory, antiviral, anti-carcinogenic, centers attention and is grounding. Heavy and earthy aromas. Examples include Sandalwood, Cedarwood, Carrot Seed, Patchouli, and Vetiver.</p> <p>Aldehydes - antimicrobial, antiviral, anti-inflammatory, disinfectant, sedative and calming. Fresh/tart aromas. Examples: Lemongrass, Melissa, Lemon Eucalyptus. Can be skin irritant - always dilute.</p> <p>Esters - antispasmodic, anti-inflammatory, antifungal, calming and sedative, nervine, anxiolytic. Fruity and floral aromas. Examples: Clary Sage, Helichrysum, Lavender, Ylang Ylang, and Geranium. Generally the safest and well tolerated by most.</p> | <p>Ethers - antispasmodic, analgesic, antimicrobial - to be used in moderation. Examples include Clove, Anise, Fennel, and Basil.</p> <p>Ketones - Anticatarrhal, regenerative, analgesic, some are known toxins where others are completely safe. Wormwood and Mugwort are not safe. Helichrysum and Rosemary Verbenone are not only safe but very useful regeneratives.</p> <p>Oxides - expectorant, stimulant, antiviral, anti-inflammatory and antibacterial. Includes 1,8-Cineol, found in Eucalyptus and Rosemary. Care should be taken with asthmatics.</p> <p>Phenols - antimicrobial, antifungal, antiviral, immune stimulant, nervous system stimulant. Aromas are strong and irritating to mucous membranes - always dilute. Examples include Clove, Cinnamon, Oregano and Thyme. Varieties of Thyme, Basil and Fennel that do not irritate are available.</p> |
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