

Aromatherapy - What You Must Keep In Mind About It

What is aromatherapy? Aromatherapy is a skilled and controlled system of caring for the body with the use of botanical oils including essential oils distilled from flowers, plants and trees, roots, seeds, barks, grasses, herbs etc, with the purpose of relieving pain, hair care, care for the skin and to alleviate tension and fatigue, in other words some kind of healing through a chemical effect on the body. In some parts of the world, these essential oils are taken internally as well. There are many essences - Lavender, Jasmine, Chamomile and Peppermint, Rosemary - to name a few. The common methods of using these oils are by adding to a bath, they can be inhaled directly, massaged through the skin, used with teas or other liquids, cooking with herbs, used in a diffuser etc. A word of caution: Perfume oils also known as fragrance oils, which contain unnatural chemicals do not have the same therapeutic effect as the essential oils and are sometimes sold as aromatherapy products. It is therefore important that one looks at the label to learn what the ingredients are before making a purchase. You have to be careful and very selective when purchasing your essential oils. It is always better to pay more and buy them from a reputable company as you will be guaranteed of the quality rather than buying from an unknown source as they might be diluted and not pure. It must be also kept in mind that essential oils are highly concentrated and if not used properly and carefully they could be harmful. When in doubt do not hesitate to consult your doctor or even a well trained and qualified person who deals with aromatherapy. Some points to be kept in mind are: With the exception of lavender and tea tree, other undiluted essential oils should not be used on the skin. However, it is very important to note that the use of undiluted lavender and tea tree too, should only be left to experienced aromatherapy practitioners and the application of these too should be done only very rarely as the use of undiluted oils could cause problems in some individuals. Generally, essential oils are not to be taken internally. Only unless specified by your physician should these be administered internally. It is advisable to always do a skin patch test if you are using the oil for the first time and more if your skin is very sensitive. The skin patch test is done by putting a small amount of undiluted oil onto the inner elbow area and keeping it there for a period of about a day and observing if there is any reaction. If there is no reaction then it would be safe to go ahead and use the oil. It is best if you avoid using essential oils if you have a health condition or if you have asthma, or if you suffer from epileptic fits and it should be avoided when you are pregnant. The essential oils should be used sparingly and only use the specified quantity. Keep all essential oils out of the reach of children. Most Essential oils are a potential fire hazard as they are highly inflammable. They should therefore be stored properly.

About the Author

There are numerous simple recipes illustrated in Ayurveda to correct many disorders. Here are few gruel recipes which are strongly recommended.

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