

Aromatherapy: Healing with Pure Essential Oil - Lavender - Universal Healing Remedy Part II

Lavender opens the mind and heart to rest securely in the present moment. A useful aid for breaking the habit of negative self-talk! Lavender reduces angry and defensive mental images. Lavender is known for promoting flexibility in temperament. Nourishes your ability to let go and rest in the present moment. Excellent for relieving situations that may trigger anger and frustration. Lavender is a breath of fresh air. Inhaling the aroma of Lavender always puts people in a happy mood and leaves them feeling refreshed. A revitalizing aroma for care givers! Use Lavender oil when you're feeling burned-out, or exhausted from caring for others. Lavender allows space for self care! A gently reassuring oil, lavender is like a warm hug from an understanding friend. Lavender essential oil has been used to help balance moods and calm emotions. Helpful for calming intense feeling states of nervousness, stress, depression, fear, irritability, frustration, anger, rage, resentment and jealousy. Lavender has broad application and may be beneficial for treating an assortment of wounds, as well as for relieving inflammatory conditions like fever blisters, rheumatism, sore muscles and back pain. Lavender is excellent for skin care and promotes healing and regeneration for all skin types, especially dry skin. Add to your shampoo for helping to reduce hair loss. Also good for regulating sebum production to relieve oily/dry scalp conditions. Helpful for controlling dandruff! Use Lavender for burns, rashes, acne, eczema, boils, dermatitis, leg ulcers, and psoriasis. Apply it immediately to burns to prevent blistering, or scarring, as well as speed healing of wounds as it stimulates cellular repair and regeneration. Especially good results reported for treatment of bee and wasp stings! Lavender is useful for relieving headaches, especially sinus headaches. May help relieve physical and psychological effects of asthma attacks! Stimulates digestive juices and promotes fat metabolism. Helpful for treating high blood pressure and rapid heart syndrome. First aid treatment for motion sickness, blend with Peppermint to enhance this effect. Useful for relieving premenstrual tension, and promoting restful sleep. Please join me for Universal Healing Remedy Part III. We'll discuss exciting new research results for Lavender essential oil. PLEASE NOTE: There are many cheap, synthetic copies of aromatic oils, but these are not recommended for therapeutic use. For best results purchase the highest quality oils you can possibly find. Use certified organic essential oils, or oils that have been tested and are pesticide free. Aromatherapy is a gentle and noninvasive complementary health care system used for balancing and synchronizing your body, mind, spirit and emotions to enhance your health. Properly administered essential oils are a natural, safe and effective way to enhance your health and well-being and can produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

About the Author

Remedies and kits searchable by topic, symptom, or keyword. Also offers in depth information regarding homeopathy.

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