

Aromatherapy is the use of aroma in the natural plant and flower essences, for therapy of mind, body and spirit.

Scent has the power to affect people on many different levels through its connection with the limbic system, a part of the brain that stores memories.

It first passes through the olfactory system (sense of smell) to the limbic system.

Most smells are strongly attached to good memories, childhood or holidays past.

Aromatherapy takes this one step further when applied topically for physical and physiological benefits.

It travels quickly to the immune system, helping a body improve health & energy levels.

Aromatherapy also works on a spiritual and religious level, being used for thousands of years in sacred ceremonies by people of all nations. In ancient Egypt it was believed that frankincense, a rare and precious oil, was needed for safe passage into the next world. Most bodies were "mummified" with a combination of this and other essential oils to ensure that safe passage. Incense is still used today in many religious ceremonies ~ spanning a wide range of religions. It is also common practice around the world to smell someone when greeting them: in the Middle East, the kisses on cheeks are really to smell if a person is in good spiritual health. Eskimos do a similar gesture when rubbing noses.

Our sense of smell is programmed deeply into our memory. Smells can trigger fear, anger, happiness, hunger, elation, sexual arousal and more. Animal musks, which are used in nature to attract the opposite sex, have been used for years as an ingredient in perfumes. These pheromones or "attraction chemicals" are typically found in human sweat. Some researchers say that a person can be more attractive to another on a subliminal level based solely on their pheromone level.

The modern use of essential oils has its roots in the art of perfumery. Master perfumers or "Noses" develop perfumes using pure essential oils. The manufacturers then come up with a chemical likeness to reduce cost, which also greatly reduces the richness and body of the fragrance. Perfumery in its true form is really liquid memory... lingering deep in the brain.

In this way aromatherapy is a synergy of emotions and feelings, ranging from spiritual and sacred to sensual and warming. This makes aromatherapy a wonderful healing art that is accessible, affordable and easy to incorporate into your daily ritual.

Scent Awareness

Oils and Their Effects:

Spruce.....	refreshing
Rosemary.....	reminiscent
Peppermint.....	energizing
Orange.....	cheering
Lemon.....	clean, homey
Sandalwood.....	sensual
Cinnamon.....	warming
Lavender.....	calming
Grapefruit.....	refreshing
Rose.....	loving
Ylang-Ylang.....	aphrodisiac
Jasmine.....	intoxicating, euphoric
Tea tree.....	medicinal
Spearmint.....	crisp, invigorating
Marjoram.....	comforting, mothering