

How Aromatherapy Can Change Your Life

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Chapter 1 – What Is Aromatherapy

You may have heard of Aromatherapy but you probably have no idea what it is or how it can change your life. Perhaps you've seen ads for aromatherapy massage or even purchased what you thought were aromatherapy candles in the store. Most likely, you don't understand much about aromatherapy or the wonderful healing powers possessed by true aromatherapy. Aromatherapy is an ancient Eastern art that has been practiced for thousands of years.

Although it is hardly anything “new” it sometimes takes a little bit of time for people in the West to discover such things as natural healing, especially when it is not in the best interest of the very powerful medical and pharmaceutical communities.

Those of us who live in the West have an entirely different mindset than those in the East. In the West, when someone gets ill, they go to the doctor who more often than not, prescribes medication to treat or cure the ailment. The medication is produced in a laboratory and contains synthetic chemicals. Pharmaceuticals are big business and doctors are often courted by sales people from the companies to prescribe their product.

Go to a doctor in the West for a bit of anxiety and they will prescribe anti depressants such as Zoloft. Chances are your doctor will have a prescription pad in his or her hand when they walk into the room. Zoloft is among the many different anti depressant medications that are relatively new on the market and lumped under SSRIs. The long term side effects of these drugs are not known, although they will most likely cause liver damage after long usage. No doctor in the West will prescribe any alternative treatment, such as aromatherapy. Some might tell you to exercise and take vitamins to combat anxiety, but most won't even do that. The medical community dances on the strings held by the pharmaceutical companies and the name of the game in pharmaceuticals is to give people synthetic drugs that are addictive and costly so that they can make money.

One hundred years ago, heroin was used as a cough medicine for children. Cocaine was put into Coca Cola and arsenic was considered “good for the complexion.” Perhaps, one hundred years from now, our descendants will be talking about how people were prescribed lethal substances to “cure” them from various ailments. Aromatherapy is not a “new drug” just off the market. Aromatherapy is all natural. It consists of using essential oils in various ways to promote healing. Essential oils are derived from all natural products such as plants, trees, fruit, etc. There are over 100 essential oils commonly used today and they are used to treat a variety of different maladies, just as they have been for thousands of years.

Bunk? Most doctors will tell you that aromatherapy is a crock, even though the essential oils have been used for such a long time and have been imitated in synthetic products produced by laboratories. It is not in the best interest of the medical community for you to stay healthy. They want you to keep coming back to get those pills for minor ailments.

The pharmaceutical companies are very powerful in the West. They fear aromatherapy and will denounce it. They would rather have you buy their chemicals for \$2 a pill than use something from nature that costs hardly anything at all.

But when you look at aromatherapy with logic and understand where how it works, it makes perfect sense. Everything we need to survive is found in nature. We have food, water, air - all from nature. Take a look at the way a trees and plants give off oxygen and grow with carbon dioxide. See how human beings do the opposite. Everything in nature is very well balanced. It makes sense that nature would also provide us with cures for any ailments our bodies or minds may suffer. While many in the medical community feel that depression and anxiety are a result of a chemical imbalance in the brain, why can't those chemicals be balanced with the use of natural products? Why do we always rush first towards synthetics?

In the West, we are of a mindset to turn away from nature, rather than embrace it. Things are

different in the East. This is why the life span of those in Eastern countries is longer than those in the West, despite the fact that they do not visit the doctor as often as we do and many of them smoke. Rates of cancer in the West are much higher than in the East as well. Why? The practice of aromatherapy involves embracing nature at its best. Using essential oils in your every day life, not only to heal, but to maintain good health in both body and spirit. Essential oils are pure and natural and most have a pleasant scent. When you incorporate aromatherapy into your daily life, you can change your life for the better.

In the next few chapters, you can learn all about how to use aromatherapy in variety of different ways. You will also learn some simple recipes to make with essential oils as well as where to purchase essential oils and the different types of products you can make. You'll even learn how you can use aromatherapy in your own business, or even start a business using this Eastern healing art.

Whether you want to stay healthy or cure a minor ailment, aromatherapy can help. Using this timeless art can really make quite an improvement in your every day life.

Chapter 2 – History of Aromatherapy

Aromatherapy dates back to ancient cultures more than 5,000 years. In continents like Africa, certain plants were eaten by warriors before going into battle. Most of the time, the healing powers of the plants or barks were observed after animals had consumed the foliage or fruit. The animal's behavior was observed and humans found that they, too, could get the same effect.

Horny goat weed is an example of a plant that has been used for ages to increase fertility in men. Despite the funny sounding name this natural derivative was discovered after horned goats were found getting very frisky and having high energy levels after consuming the plant. It has been used for centuries as a product to treat impotence.

While herbal remedies have been used in most countries for thousands of years as a way to stay healthy and combat illness, the concept of aromatherapy, which is using the scented oils derived from the plants to cure and heal, got its roots, so to speak, in the far East.

Lavender is a pleasant scented flowering plant that is grown all over the world although it grew naturally in warm climates. Lavender is grown widely today for the oils that are used for everything from sweetening certain dishes to being used as an antiseptic.

The essential oils derived from this plant can be used to treat headaches, as a cure for insomnia and to promote relaxation. Lavender is one of the few essential oils that is safe to use directly on the skin and can also be consumed. Essential oils are not made for oral ingestion, but lavender buds are sold as a tea in some health food stores. Lavender has been used for thousands of years to treat everything from insect bites to anxiety.

Because it has an antiseptic quality, lavender was also used to disinfect floors in hospitals. Today, most disinfectants are chemically produced and toxic to both those who use them as

well as to the environment.

It was the Ancient Chinese who first discovered the many healing powers of the various essential oils and gave it a name. Herbal medicine is still practiced in the far East today and many people from the west travel to countries such as Thailand and Singapore to find relief in natural herbal remedies and treatments.

Thousands of years ago, villagers would visit someone in the village who knew all about the different herbal remedies and would treat them accordingly. Most people also had some knowledge of the different plants that grew around them and how they could be used to benefit their lives. Today, however, most people have no idea how to even use simple herbs to add flavor to a recipe, let alone use them for healing. Most people in the west pay little attention to the plants and nature around them or any healing powers that those plants may contain. This is gradually beginning to change. Many people today, thanks to the internet, are beginning to understand a little about herbal remedies and aromatherapy.

As the ancient Chinese used scents to heal, the concept was delivered to the ancient Egyptians who created mixtures of the scents and made perfumes. The scents were not only used to heal illness, but also as an aphrodisiac. The ancient Egyptians incorporated aromatherapy into their daily rituals and were the first perfumers. In ancient Egyptian, it was once a requirement that everyone perfumed themselves at least once a week and people often took three baths a day in perfumed water.

Sandalwood is used in incense for its pleasant scent and the Ancient Egyptian women would use the oils from Sandalwood in their hair for the scent. Other scents were also discovered that were both pleasant and healing.

Throughout centuries, different cultures used the essential oils derived from nature for a variety of products and healing ointments. Herbal remedies were also very popular treatments

for ailments until the discovery of penicillin. Penicillin was derived from mold, also a natural substance, and was used to treat bacterial ailments and infections. Today, penicillin remedies are known as antibiotics and are produced in laboratories with synthetic materials.

The history of Aromatherapy may date back to ancient times, but it was widely accepted in all cultures until chemicals began replacing the natural essential oils. Today, aromatherapy is considered alternative medicine that many people are finding a better choice than a dependency on synthetic chemicals.

Chapter 3 – Aromatherapy Massage Oils

Aromatherapy massage oils are derived from a blend of essential oils. In order for the aromatherapy to work properly, the essential oils have to be 100 percent pure. Do not be fooled by synthetic products that claim to be “aromatherapy.” True aromatherapy massage oils are 100 percent natural and contain only pure essential oils.

We all know how soothing massage therapy can be. Just the massage alone, in most cases, is enough to calm and relax us. When aromatherapy is incorporated into the massage, it doubles the effect.

As the essential oils are absorbed into your skin, they find their way into your blood stream and begin to soothe and heal. Aromatherapy massage oils can be used for a variety of purposes. The three most common uses for an aromatherapy massage are:

- Relaxation
- Sexual stimulation
- Pain relief

Depending upon which essential oils are blended as well as the massage techniques will determine the outcome.

Although many people seek to get an aromatherapy massage by a licensed massage therapist for relaxation, this is something that you can do at home. You can actually make your own aromatherapy massage oil if you know which type of blends to use and how to use them. Before you begin making aromatherapy massage oils in your home, it is very important that you observe the following rule:

Never use essential oils directly on the skin. Essential oils are very concentrated and

should always be diluted with a carrier oil when being used in massage therapy. There are exceptions, such as lavender and vanilla, but as a rule of thumb, dilute essential oils with a carrier oil before using directly on the skin.

That caveat aside, you can easily make your own massage oil at home and begin incorporating aromatherapy into your daily life. You will want to make sure that the essential oil that is used is 100 percent pure essential oils. Again, most products that claim to be aromatherapy are not. The one way you can be certain of getting true aromatherapy massage oil is to actually make it yourself.

There are a variety of different outlets where you can purchase pure essential oils. Some of them are very inexpensive, such as lavender, while others, such as sandalwood, can be costly. Check out the glossary at the end of this book for a list of online retailers that sell pure essential oils.

In addition to the essential oils, you will also need a carrier oil. Because the essential oils are so highly concentrated, you only need about eight drops of the oils to one ounce of the carrier oil. Popular choices for carrier oils include:

- Apricot kernel oil
- Sweet almond oil
- Common vegetable oil

Yes, common vegetable oil can be used as an effective as well as very inexpensive, carrier oil for an aromatherapy massage oil.

Storing massage oil should be done in dark colored bottles with a seal. Most places that sell aromatherapy products online, such as essential oils, also sell bottles and other supplies. It is important for you to store the aromatherapy massage oil in a dark glass in a cool, dark place

as the oil can lose its effectiveness if exposed to light.

The aromatherapy massage oil can be directly mixed in the bottle where it will be stored. Simply measure an ounce of the carrier oil, pour it into the bottle and then add about eight drops of your blend of essential oils. If the essential oil does not come with a glass dropper, you need to purchase one of these products. A glass eyedropper is necessary when working with essential oils as a plastic dropper will react with the oil.

The glass dropper that you use should not have a rubber top. Rubber can also react with the essential oils. Again, most places that sell essential oils online also sell the proper supplies that you need to use the oils.

Once you have added the two oils together, seal the bottle and roll it around in your hands gently to mix the oils thoroughly. You should make sure that you do this before each and every use. Do not shake the bottle vigorously, but gently roll it to mix the oils.

You can pour a little bit of the oil into a bowl and heat it in the microwave for a few seconds prior to use. You must make sure that it is not too hot before applying the blend to the skin. Massage oils feel better on the skin when used warm. No one likes cold oil drizzled on them as it can be a bit unpleasant.

Prior to using aromatherapy massage oils, do a test patch on the skin. Some people have very sensitive skin that can have an allergic reaction to the oils. Make sure you test it out prior to putting it all over your body or that of someone else to make sure it does not cause an allergic reaction.

The massage oil can be used on the torso, arms and legs as well as the head and neck area. Avoid the eyes, ears, mouth and genital areas as well as any areas of inflammation or broken skin. The oils will begin to work upon being absorbed into the skin and entering the blood

stream.

While you may think of massage as something that you need to have done by another person, or do to another person, you can also treat yourself with aromatherapy massage oils. For example, you can rub your temples with a lavender massage oil to ease a headache. You can also rub your feet and hands with massage oil.

There are various types of massage techniques that you can learn, although true massage therapy is actually studied and is a healing art all unto itself. For an amateur, however, learning to rub certain areas of the body is not difficult. The back is a primary source of tension and an aromatherapy back rub can do wonders to relieve stress.

As the cells that promote healing within our immune system are found in our upper digestive system, rubbing the front torso with healing aromatherapy oil can also be beneficial. For a sensual massage, you will want to rub the legs, buttocks and chest area.

- Mild anxiety Following are three popular recipes that are commonly used for relaxation, sexual stimulation and pain relief:

Aromatherapy Massage Recipe For Relaxation

1 ounce of carrier oil 5 drops of lavender 3 drops of sandalwood

You can also substitute Rose or Mandarin for Sandalwood in the above recipe. By reading the glossary of essential oils contained in the book, you can learn which oils can do what.

For relaxation, make sure that you also set the mood. Light some candles and play some soothing music. Massage your partner with warmed massage oils beginning at the base of the neck and working your way down his or her back. Rub shoulders and muscles throughout the back and allow the magic of the healing oils to go to work.

Aromatherapy Massage Recipe For Sexual Stimulation

1 ounce of carrier oil 6 drops of jasmine 2 drops of bergamot

Jasmine is a safe and effective way to promote confidence and stimulation. For a loving treat, use an aromatherapy massage on your partner to help him or her relax and enjoy lovemaking. Speak soothingly and lovingly to your partner as you use this tried and true blend.

Aromatherapy Massage Recipe For Pain Relief

1 ounce carrier oil 4 drops chamomile 4 drops tea tree

A deep tissue massage, or a Swedish massage, is one way to alleviate pain that is caused by physical activity. You can use this recipe blend to sooth aching feet by rubbing firmly with your thumbs into the souls of your feet as well as the heel.

This aromatherapy massage treatment can also be used on the body and is especially good at relieving joint pain for arthritis sufferers.

There are many other uses for aromatherapy massage. Once you become familiar with the concept of aromatherapy and the different uses for essential oils, you can make your own blends and treat a variety of minor ailments such as:

- Insomnia
- Menstrual cramps
- Bruises
- Mild depression
- Stress
- Memory improvement
- Anger relief

Aromatherapy massage is one of the most effective alternative healing methods used today. Although it has been used for centuries, the demand for massage therapy has doubled in the past decade. It looks as if many people have discovered the benefits of healing through aromatherapy massage treatment and are on their way to feeling good naturally.

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