

## Aromatherapy St. John's

Aromatherapy St. John's - Aromatherapy is the method of using fragrant herbs and essential oils in order to promote natural healing and health. Ever since the ancient times of Babylon and Egypt, scented herbs have been utilized for their spiritual and medicinal properties. Egyptian priests often made use of oils and incense in their responsibilities as healers and the pharaohs were embalmed with herbal preparations to clean their bodies for life after death.

The "father of modern medicine" Hippocrates, believed utilizing herbs was extremely vital to the wellbeing. A lot of his prescriptions consisted of fresh, crushed herbs and fragrant essential oils. By the 10th century, books were being written in Arabia which were dedicated to the function and advantages of particular aromas.

The French cosmetic chemist, Rene Maurice Gattefosse first came up with the word "aromatherapy." In the early part of the 1920's, while working in his lab, Monsieur Gattefosse severely burned himself. In order to immediately cool the pain, he dipped his arm into the closest cold substance around, a container of lavender essential oil. His burns quickly healed and little scarring occurred, thus, a new science was born. Gattefosse dedicated the rest of his life to the study of aromatherapy, the healing power utilizing scented oils. Modern scientific research proves that certain essential oils and herbs do have therapeutic healing properties. Lavender is still utilized now to treat burn victims and the smell is also commonly used to cure anxiety and depression.

Particular essential oils have been utilized just for their scent for the reason that the scent can be used so as to relieve common ailments. Tea tree oil is another essential oil highly prized for its anti-bacterial and anti-fungal properties. It is a time honored treatment utilized for ringworm, athlete's foot and other fungal problems. Rosemary is a stimulating fragrance which is believed to restore energy when used in the morning bath. It even has a reputation for alleviating muscle pain and arthritis.

There is a top 10 list of essential oils which several aromatherapy practitioners believe are vital in all medicine cabinets. These are: Thyme, Eucalyptus, Clove, Peppermint, Geranium, Rosemary, Tea Tree, Lemon, Chamomile and Lavender. These essential oils could be found in the majority of health food stores and may also be found in grocery stores and drug stores. Special diffusers could be utilized in order to distribute the aroma of the oils throughout one's home or office. These diffusers could be found in nearly all super centers, malls and specialty outlets.