

## Aromatherapy Regina

Aromatherapy Regina - The practice of utilizing Aromatherapy herbs and essential oils to help promote natural healing and health. The ancient cultures of Babylon and Egypt have used scented herbs for spiritual and medicinal properties. Egyptian priests often utilized oils and incense in their responsibilities as healers and the pharaohs were embalmed with herbal preparations so as to cleanse their bodies for life after death.

The "father of modern medicine" Hippocrates, believed the use of herbs was extremely essential to the wellbeing. A lot of his prescriptions comprised fresh, crushed herbs and fragrant essential oils. By the 10th century, books were being written in Arabia which were devoted 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. To be able to immediately cool the pain, he dipped his arm into the nearest cold substance present, a vat of lavender essential oil. His burns quickly healed and little scarring occurred, hence, a new science started. Gattefosse dedicated the rest of his life to the study of aromatherapy, the healing power making use of scented oils. Modern scientific research proves that some essential oils and herbs do have therapeutic healing properties. Lavender is still used at present to treat burn victims and the scent is even widely utilized to be able to treat depression and anxiety.

A variety of essential oils are used specifically for the benefits of their aroma alone. Like for example, the aroma of eucalyptus is often utilized to relieve chest congestion. Tea tree oil is another essential oil greatly prized for its anti-fungal and anti-bacterial properties. It is a time honored treatment used for ringworm, athlete's foot as well as different fungal problems. Rosemary is a stimulating fragrance that is said to revive energy when utilized in the morning bath. It likewise has a reputation for alleviating muscle pain and arthritis.

There is a top 10 list of essential oils which several aromatherapy practitioners believe are essential in all medicine cabinets. These comprise: Chamomile, Lavender, Thyme, Eucalyptus, Clove, peppermint, Geranium, Rosemary, Tea Tree and Lemon. All of these essential oils can be found in health food stores and several grocery outlets and drugstores are even stocking them. Special diffusers could be utilized to be able to distribute the smell of the oils throughout one's workplace or house. These diffusers can be found in most malls, specialty outlets and super centers.