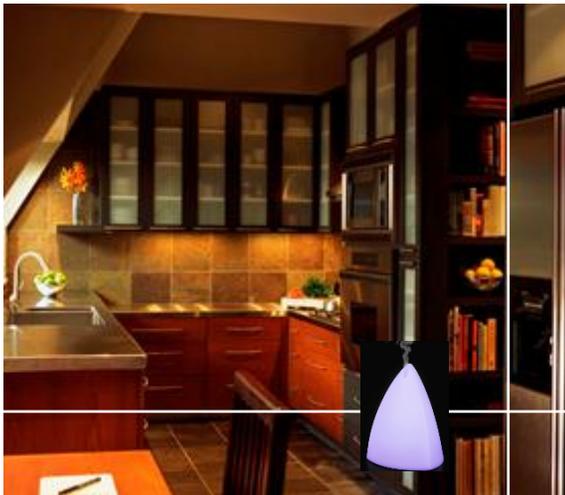


10 Great Tips For Your Essential Oils



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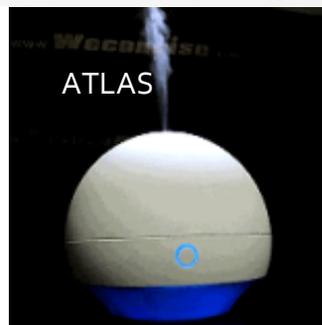


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Aromatherapy As A Relaxing Treatment

For centuries, Aromatherapy has been alive. It is known as a therapeutic natural technique that is typically carried out to energize, relax, and advance the beauty, health, along with a sense of ease. It is exceptionally regarded as an invigorating and relaxing procedure as it generally works to unite or stabilize the body, the mind, and the spirit of those who are taking it, leaving the person calm and active.

The aromatherapy is in the first place a healing practice that involves the use of pure essential oils with a number of ways that include bathing, inhalation, and massage. Its nature is actually derived from two words: Aroma, which means scent; and Therapy, means treatment. Aromatherapy as an energizing and relaxing treatment is actually practiced across every continent and said to have evolved over the centuries.

Moreover, the aromatherapy as an energizing and relaxing treatment primarily works in harmony with your body, as mentioned above. This is due to the fact that after an aromatherapy session, your body becomes stronger as it was fed by with complex nutrients of purity from essential oils. It is worth noting that the essential oils are not something synthesized in a laboratory and deprived of all its components, making it potent for soothing the person's feeling.

In the true spirit of aromatherapy as an energizing and relaxing treatment, certain ideas with regard the absorption of essential oils are highly maintained. It is known that the essential oils actually have a relatively simple, small as well as lipid-soluble molecular structure that permits them to pass easily through the human skin. After applying the diluted essential oils directly to the skin, it is then completely absorbed and penetrates deeply into the tissues, interstitial fluid and bloodstream. Through this process, the aromatherapy as an energizing and relaxing treatment is greatly deemed as a powerful health option. This claim is even supported by the idea that the aromatherapy as an energizing and relaxing treatment works with essential oils that are natural rejuvenating agents that facilitate the elimination of waste matter, including dead cells. Additionally, the aromatherapy as an energizing and relaxing treatment works with the essential oils that promote the regeneration of new and healthy cells.

Based on the given facts, the aromatherapy as an energizing and relaxing treatment is now commonly practiced in the form of massage as the essential oils are greatly carried by the specific organs as well as systems of the body where the natural functions of the body organs are enhanced.



Aromatherapy - Using Nature's Aroma For Healing

Aromatherapy makes use of the essential oils from the plants and other aromatic compounds to help soothe the human mind and cure certain illness. You can do it at home with the help of essential oils, perfume and cosmetics. When it becomes a part of pharmacology, it is known as clinical aromatherapy.

Aromachology studies the effects of different aromas on human behavior. Certain aromas are believed to have relaxing effect on our mind and body. Aromatherapy includes not only the use of essential oils, but also absolutes, hydrosols, infusion, phytoncides, and carrier oils. The absolutes are oils extracted by superficial fluid extraction, like the rose absolute. Hydrosols, like the rose water, are aqueous by-products after distillation. Infusions are the aqueous solutions of plant material. Phytoncides are the natural volatile organic compounds extracted from plants. Sweet almond oil is an example of carrier oil, used to dilute essential oils.

Aromatherapy can be done through inhalation. By taking baths, massages and compresses, the essential oils can be absorbed by the skin. Through oral rinses and gargles, they can be absorbed through the mucous membranes. Ingestion is another method of aromatherapy.

Aromatherapy causes various therapeutic effects like the antiseptic effects, anesthetic effects, and psychological effects. Aromatherapy has its effects on the central nervous system and the metabolism. For home aromatherapy, you can blend neroli, eucalyptus, lavender, rosemary, nutmeg, and peppermints in the base oils and add a few drops of basil in that mixture. For bathing purposes, you can add oils like lavender, and rose to the water. Aromatherapy can heal depression, insomnia, acne, joint pains, stress, cough, and other types of diseases. For the skin, aromatherapy best solves acne and dry skin problems.

Aromatherapy helps to enhance the skin and makes it glow. It gives a pedicure and manicure effect, and prevents skin wrinkles. The common essential oils used for aromatherapy are sweet almond, avocado, cocoa butter, grape seed, jojoba, olive, peanut, rose hip, sesame, sunflower and more. Make sure not to use ajowan, almond, arnica, calamus, garlic, melilotus, onion, mustard, wormseed, and wormwood, without proper supervision from the aromatherapy practitioner.



Aromatherapy Essential Oils – An Inheritance Well Acclaimed

The use of essential oils, which is derived from the pure essence of a plant, is not new. Though the term aromatherapy was coined only in the 1920s (by Gattefossé in 1928), people knew of aromatherapy essential oils from the prehistoric times. Starting from the Chinese to Egyptian, Greek, Roman, Persian and Indian civilizations, each have added to the science of essential oils and to aromatherapy as a whole.

Research still continues in the field of aromatherapy essential oils, with new developments being made in the field. Aromatherapy and essential oils are no longer limited to cosmetic or aromatic uses only. Many of the essential oils have been proved to have medicinal and therapeutic benefits too. Take lavender oil for instance. French chemist Gattefossé would have been unaware of the properties of lavender oil to give instant relief without any scar in cases of burn, until he burnt his hand and accidentally put his hand in the jar full of the essence of lavender. Similarly, there are a large number of essential oils that have medicinal properties. The 'tulsi' plant or Indian basil, distinct through its strong aroma and taste, is considered "the elixir of life" since it is thought to bring longevity. The use of the plant's extracts is made to treat illnesses like headaches, inflammation, heart disease, and malaria. The essential oils derived from 'karpooora tulsi' have found use in the manufacture of herbal toiletry.

Essential oils are derived from almost every part of the plant. Leaves, stems, flowers, roots, etc are distilled through steam or water to result into essential oils. Consequently, aromatherapy essential oils contain the true essence of the plant. In its purest form, a few drops of essential oil can give the same results that loads of that plant would have given. This is because essential oils are available in concentrated form.



Though referred to as oil, essential oils in aromatherapy do not give that oily feeling. Except for a few oils such as patchouli, orange and lemongrass, most oils are clear and see-through.

Aromatherapy essential oils must be differentiated from the perfume or fragrance oils. While essential oils contain the purest essence of the plant, fragrance oils are made of artificially created substances as a whole or a part of it. Fragrance oils may cause allergies or other skin reaction because of the use of artificial substances; but the use of essential oils brings upon no such allergic reaction.



Aromatherapy essential oils can be used by people either through inhalation or by applying them on skin in a diluted form. When essential oils are inhaled, they enter the bloodstream and lungs directly, thus producing an instant effect on the ailment.

Applying aromatherapy essential oils on the body is good for absorption. Since essential oils are available in a concentrated form, they need to be diluted using carrier oil. Sweet almond oil, apricot kernel oil, grape seed oil, etc are blended with the essential oil; and the mixture is used on the body or the part that is afflicted.

One needs to be very careful while purchasing an essential oil. Though readily available, people are not well equipped to differentiate between the good quality and poor quality essential oil. The following checklist might be helpful to all those people who are on their way shopping for aromatherapy essential oils:

- A vendor who allows you to check the essential oil is preferred more.
- If the bottle containing essential oils has terms such as fragrance oils, nature identical oils; they are not essential oils.
- Never buy a bottle of essential oil that seems old. It might be adulterated or just might not produce the medicinal benefits.
- A clear glass bottle of essential oils allows light to come in, thus reducing its aroma therapeutic benefits. Avoid buying essential oils that are sold in clear glass bottles.
- Essential oils sold in plastic bottles too must be avoided as it dissolves plastic and becomes contaminated for use.



Aromatherapy: New Age Fad Or Age-Old Remedy?

Aromatherapy refers to the use of essential oils that have been extracted from plants, shrubs and trees. These essential oils can be used for a wide variety of purposes. They can be used to treat medical conditions or alleviate psychological ailments. Aromatherapy oils are used as cosmetics. Finally, aromatherapy can be used simply for pleasure, to help improve your mood or to reduce your stress. The essential oils of aromatherapy have the power to affect both your physical and mental state.

Aromatherapy has recently been labeled a New Age fad, but the practice of aromatherapy has a long history. The often negative use of the New Age label causes an unfortunate prejudice against a practice that has many potential benefits.

The effective use of aromatherapy requires considerable knowledge and expertise. The essential oils of aromatherapy can be applied in a wide variety of situations. They have been proven effective in treating both serious and minor ailments. Even when aromatherapy cannot provide a cure, it can improve an individual's mood.

We often practice aromatherapy on an everyday basis without realizing it. When we choose aromas, bath oils, and air fresheners, we usually choose based on what we like, or on how the fragrance makes us feel. The refreshing scent of a pine forest, the pleasurable aromas of herbs, or the many other daily experiences we have with the scents of plant-derived substances indicate that we are actually practicing and experiencing aromatherapy in many ways.



The practice of aromatherapy for treating ailments actually predates chemical-based medicine. The essential oils of aromatherapy have been used for hundreds of years in herbal medicine, disease prevention, and in religious and public ceremonies.

The proven benefits of plant-based therapies are being overlooked in favor of artificial substitutes. It's easy to forget that many commonly used pharmaceuticals were originally derived from plants. Many also doubt that something applied externally could possibly have an internal effect. But the answer to many of today's

diseases has been with us from the beginning, stored in the plant life around us. Aromatherapy unlocks the power of these essential oils and applies it for our benefit.

Aromatherapy Store – Shop For Your Alternative Medical Needs

Aromatherapy is the use of essential oils and essences extracted from flowers, herbs, and trees for health and well-being of the users. In the ancient times, the kings would despatch people deep into the jungles, often faraway from the kingdom in search of herbs with medicinal qualities. As kings and kingdoms were lost in oblivion, so was the practice of collecting herbs. With the renewed interest in

herbs and aromatherapy, scientists are now researching on herbs located in different parts of the world. The research of these scientists is brought to the benefit of common people in the form of aromatherapy store.

An aromatherapy store resembles a local chemist's shop, which stores medicines and other formulations. A multitude of herbs sourced from all corners of the world, in raw form as well as mixed with several preparations are available at an aromatherapy store.

The benefit of having an aromatherapy store is that all kinds of herbs are available at one place. A large number of herbs are sourced from the Indian subcontinent, Middle East, Africa etc. Thanks to aromatherapy store, customers residing in Europe, the Americas etc. too can benefit from the herbs. Essential oils, herbs, absolutes, ayurvedic preparations, herbal tea, and quite a lot of aromatherapy products can be purchased at an aromatherapy store.

The quality of products available at these stores is given much attention. Certain products like henna are best and tan the skin strongly when prepared from a newly harvested crop. Through an extensive mechanism of obtaining herbs and plants from all over the world, these aromatherapy stores secure the newly harvested crops of the henna plant. State-of-art equipments and processing is used to extract quality products, here henna powder and paste. Similarly, strict procedure is followed to uphold the quality of other aromatherapy products.

Most aromatherapy stores stock products, which have been certified as to their quality. Essential oils with certification from ECOCERT International are well acclaimed through out the world. ECOCERT International certifies as to the plant or raw material having been organically farmed. In the UK, essential oils need a certification by Soil Association.

Many aromatherapy stores have opened their chain of shops in numerous cities, often spanning several countries. The proprietor of these aromatherapy stores are capable of catering to the requirements of customers residing in other countries of the world. Additionally, it becomes easier for the proprietor to research on newer formulations and adds them to the list of aromatherapy products.

However, not all aromatherapy stores are





able to expand their business thus. Expanding business beyond the contours of one country often becomes difficult and may not be economically viable. So, how do these customers meet the requirements of their customers? An online shopping cart solves the problem being faced by the proprietor of aromatherapy store. In the process, the aromatherapy store can expand its operations.

An online shopping cart works through a website. An aromatherapy store will have a website designed for itself. A website is available online; therefore, customers spread far and wide too have access to the website and its contents. When customers visit the website, they view the several products advertised there. Customers can book online orders through the website. Proprietor will then ship the requisite aromatherapy products as soon as possible.

Most aromatherapy stores hold the products in multiple shapes and sizes, suitable for different demands. Expensive oils are available in sizes of 2ml and 1 dram. Regular essential oils are available in relatively larger container sizes such as 5ml, 10ml and 15ml. The appropriate size and type of containers too can be purchased at an aromatherapy store. These stores also hold aromatherapy accessories such as incense burners, aromalamps, essential oil diffusers, inhalers, etc. Therefore, all the demands of people regarding aromatherapy products can be met here at an aromatherapy store.



A Short Guide To Aromatherapy



When you smell something nice, such as an appealing perfume, or a tasty dish being cooked in the kitchen, or fresh cut roses set in a vase full of cold water, does not the smell give you a good feeling inside? These good feelings created by pleasing aromas are the basis for the art of aromatherapy.

People who practice aromatherapy believe that the scents that a person smells can induce the body to stimulate its ability to heal itself. Depending on the kind of scent or combination of scents that was





inhaled or absorbed through the skin, the scent activates the immune system of the body, making it more capable of fighting invading microorganisms that cause disease and boosting its strength.

To make the body heal and become more resistant to illness, practitioners of aromatherapy make use of essential oils. These essential oils are extracted from aromatic plants. They often find uses in the making of scented candles, perfume, soap and other beauty products.

Essential oils are very volatile – they evaporate easily and they are easily absorbed into the skin. Practitioners of aromatherapy, however, never use essential oils undiluted because these oils are highly concentrated. They can burn and irritate the skin if they come into direct contact with it.

Essential oils are always mixed with what are called carrier oils before they are used. What, now, are carrier oils? Simply put, they are vegetable oils, extracted from certain kinds of fruits, nuts and vegetables. They are called carrier oils because they literally carry the essential oil when mixed and applied onto the skin.

Practitioners of aromatherapy believe that each kind of essential oil and each kind of carrier oil have their own properties and characteristics. To treat a specific ailment, a specific combination of essential oils and carrier oils need to be used. The mixture is then massaged onto the skin or added to bathwater. Sometimes, it is put into an air diffuser. Below are the most commonly used essential oils and carrier oils, as well as the properties that each possess and the ailments for which they are used.



Essential oils:

* Chamomile. Chamomile can help in easing pain so the body can relax. It is also good for soothing the skin. Chamomile is often used for people suffering from nervous tension, headaches caused by fatigue, and an upset stomach. It can also be used for treating skin problems like acne and boils.

* Eucalyptus. Eucalyptus refreshes as well as relieves congestion and pain. So, it is used for colds, sinusitis and other respiratory problems. It is also applied to aching muscles and joints affected by rheumatism.



* Lavender. For ailments such as rheumatism and muscle tension as well as skin problems like acne and dandruff, lavender is often used. Lavender can help soothe and relax the body as well as enhance the circulation of the blood. Lavender is also applied to people suffering from insomnia.

* Lemon. The citrus in lemon is refreshing and can provide relief from congestion and pain. This is why it is also used for treating headaches and migraine. It is also good for treating stomach problems, and it is also claimed to have the ability to reduce the appearance of cellulite on the skin.

* Rose. The rose is great for the skin. It is often applied to skin that is dry, delicate or sensitive, making it softer and smoother. The scent of the rose can also aid in relaxing the body, so it is also used for treating headaches, stress and insomnia.



Carrier oils

* Almond. Almond oil is good for the skin because it has Vitamin D and can help moisturize dry skin. It is a popular kind of carrier oil because the skin can easily absorb it.

* Apricot. Apricot oil is a light kind of carrier oil that is rich in Vitamin A. Practitioners of aromatherapy love to use apricot oil because it arrests the skin's aging process and helps revitalize the skin.

* Grapeseed. Grapeseed oil is the most commonly used carrier oil among practitioners of aromatherapy because it is the least expensive. Also, because it is light, it can be used on people with oily skin without clogging the pores.

* Jojoba. Jojoba oil is another type of carrier oil that is good for people with oily skin. It has the ability to break down excess sebum, which causes pimples and dandruff. Moreover, jojoba has Vitamin E, a kind of vitamin that helps the skin maintain its youth.

* Sesame. Sesame oil is a kind of carrier oil that is known for its nutty smell, but it has great antiseptic properties. It is effective in treating fungal infections, skin infections and light wounds.

Aromatherapy is a nice way of treating the body's hurts and pains, if only because the oils used in aromatherapy smell great.

Essentials Oils - Nature's Precious Gift

Essential Oils: Nature's Precious Gift Have you ever wondered what is the reason of perfume in flowers and other plant parts? They are the essential oils. But in addition to the aromatic part, the essential oils also contain plant hormones and some other compounds. The essential oils are highly effective at very low concentrations. They have considerable effects on plants, animals as well as insects. The main reason of this is that the essential oils are very ancient compounds that were produced by the very ancient plants and have been produced ever since. The animals existed with the plants from the beginning. This long term of co-existence has caused them to respond to these essential oils in some way or the other.



The essential oils are extracted today by expression, steam distillation or solvent extraction. The last process of essential oil extraction however kills some of their therapeutic and other values. This renders them less effective. These solvent extracted essential oils are available in the market at a low cost. However, they are less effective and therefore less advisable. In the distillation process of extraction, water and steam are used to remove the oils out of fresh or dried plants. Solvent extraction uses the use of a solvent like alcohol to extract the essential oils.

Essential oils have been mentioned in the very ancient literature. These oils were used in the days long back in the Egyptian civilization. They were also being used in the ancient India, Rome, etc. The essential oils were generally used as a source of perfume in the ancient days. The Egyptians had big machines for extracting the Essential oils. As they were used in various other purposes and were dear to afford, the essential oils were also called as 'Precious oils' in the ancient days. Their use in religious rituals also assigned them the name of 'sacred oils'. However, the essential oils name exists now.

The therapeutic value of essential oils is admirable. In the contemporary period, they have been used first by a French Chemist in treatment. This kind of treatment was coined the term 'aromatherapy'. The aromatherapy is used even today, since most of the essential oils effect in a much pleasant way on human health. Being natural, they don't generally cause a side effect. However, some may have adverse effects.

The essential oils can help in the cure of anxiety, depression, fatigue, memory problems, headaches, insomnia, etc. They sometimes show an unbelievably fast action. This is because they can easily enter

through the skin and even through the cell membranes into the cells. One of the most important uses of some essential oils is that they improve the body immunity. To know more about essential oils, please visit us directly.

Organic Essential Oils – Sourced Directly from Nature’s Lap

Essential oils are the pure essence of a plant or herb. However, it is difficult to rule out the presence of pesticides in the so-called pure essential oil, particularly in the age where pesticides form an important constituent of farming. A conclusion thus follows that the essential oil derived from such raw materials may not be as effective for one’s purpose; resulting into side effects at times. The craze for organic essential oils springs from the concern for one’s safety while using essential oils.

Organic essential oils are manufactured from plants and herbs that have been grown without pesticides. Organic farming coexists with the natural systems rather than dominating them. In the process, the farmer is able to sustain and build soil fertility, reduces pollution and overall becomes a crusader to protect environment.

Pesticides are not the only component that the organic essential oil must be rid of. The farmers must take steps to preserve the soil quality of the land. This will result into enzyme-rich and therapeutically viable raw materials. Using these techniques ensures that the organic essential oil is alive and active.

If compared to the essential oils derived from non-organic elements, one will find that the organic essential oils outscore them. The quality of organic essential oils taken as a whole, curative benefits and aroma are always superior to the non-organic oils.

Thanks to the several certifying agencies, buyers can escape the unscrupulous activities that are going





on in this industry. One can easily be duped into taking a non-organic essential oil in place of the organic essential oil. ECOCERT International certified organic essential oils are considered of a good quality throughout the world. Soil Association in the UK certifies organically manufactured essential oils.

However, certification of a few oils is difficult. An example of this is the Boswellia tree resin, which is the raw material for deriving frankincense essential oil. It is difficult to certify the essential oil derived from this because it is grown only in wild conditions. In such cases, if the manufacturer is able to source raw material from the actual location, it will be deemed to be grown without pesticides or insecticides.



When shopping for organic essential oils, the buyer must look for terms such as 100% natural or 100% biodegradable. Only the manufacturers of organic essential oils can use the terms or phrases. Another thing to look for when shopping for organic essential oils is its ingredients. If the list of ingredients reveals fragrance oils, artificial colors or synthetics, it is not organic essential oil.

Organic essential oils are available in sizes of 5ml, 10ml and 15ml. Expensive oils come in sizes of 2ml and 1 dram. It is very important to store essential oils in good conditions. Rather than using clear glass bottles, it will be advisable to use dark amber or cobalt blue bottles. These bottles do not allow sunlight to pass through and thus prevent deterioration of organic essential oils. To prevent temperature fluctuations and sunlight to contaminate the oils, the user can purchase or get special wooden boxes constructed to store the essential oils.

Cost of organic oils is more. This is because the cost of producing via organic means is more. However, an essential oil with little or no therapeutic value (for which the buyer chiefly purchases the oil) is of no use. All good things come at a price. The same applies to organic essential oils too. Buyers thus must not shy away from paying a small premium to get the pure essential oils.

Purity Ensured through Pure Essential Oils

Scholars in English grammar would be livid at the phrase pure essential oils. For them essential oils are by nature pure and adding the expression 'pure' to this is nothing but being verbose. Leave apart the criticism of the scholars, in practice one can regularly come along instances when the essential oils have been mixed with other oils or the customer has been duped with entirely synthetically manufactured oil. So, now you will appreciate the concern for people when they demand pure essential oils.

For the beginners, let us first elucidate about what essential oils are. An essential oil is extracted from different parts of the plant such as stem, leaves, flower, bark etc. You name a plant and an essential oil



derived from it will be available. The list of essential oils is really impressive. Some of the most common essential oils include lavender, peppermint, eucalyptus, rose, jasmine, cedar wood and so on. These are derived from a complex process of distillation through water or steam. Certain essential oils like rose leave fragrant water after the distillation process. This is available in the market as hydrosols. Other hydrosols include lavender water and orange blossom water.

Pure essential oils have been proved to have benevolent effect on human beings. Several adverse conditions can be treated through the proper use of essential oils. The most common of these is treating burns with lavender essential oil. French chemist René-Maurice Gattefossé found this effect of essential oils as quite interesting. He has contributed largely to the science of using essential oils for medical purposes. This science is known as aromatherapy or treating through plant aroma.

However, essential oils will produce the desired effects only when they are pure. Chamomile essential oil is derived from the chamomile flowers and has a soothing and comforting impact. When used in the bath after the end of the day, one will experience a rejuvenation of the body and mind. Nevertheless, do you get the same effect if the essential oil used is impure? No. Moreover, if an oil to which one is allergic to has been mixed with the essential oil, you can also count on the side effects.



The most common of impurities found in essential oils are pesticides and insecticides. Now, the use of pesticides and insecticides to grow plants has become widely prevalent. In this case, it is very difficult to do away with pesticides to the most miniscule levels. The process of distillation ensures that most of this is removed from the pure essential oils to give just the unadulterated extracts of plants.

Nowadays, organic essential oils have becoming increasingly popular. Organic essential oils are manufactured from organically grown plants. When a plant is grown organically, no artificial fertilizers are utilized. This ensures that the essential oil that you are using is totally free of pesticides. However, be prepared to shell that extra price for procuring organically pure essential oils. Yet no one complains since they are buying essential oils for the desired effect and not just for showing off their collection.

The Essential Guide To Aromatherapy

So what is Aromatherapy?

Aromatherapy is the art of applying essential oils to suit individual needs. The oils work directly on the chemistry of the body via the skin. Aromatherapy is a form of alternative medicine that uses volatile liquid plant materials, more commonly known as essential oils. Essential oils are extracts that contain the substance that give plants and trees their smell. The oils are produced by small glands in the petals, leaves, stems and bark of many plants and trees. In nature, the scents are released slowly, but when heated or crushed, the oil glands burst and release the plant's aroma much more powerfully.

It isn't exactly known when or where the art of aromatherapy began. It is believed that the Chinese knowledge of medicinal oils may have reached the west from the Egyptians, Greeks and Romans. A French chemist called René-Maurice Gattefossé coined the term aromatherapy to describe the process of using plant oils therapeutically. The story goes that, while working in a perfume factory in the early 20th century, he burnt his hand and instinctively grabbed some lavender oil and poured it onto the burn. He was so impressed by how quickly and cleanly the burn healed, he began studying the healing powers of plant oils.

The first recorded use of plants in England was in the 13th century and from then on essential oils have become widely used as perfumes, antiseptics and medicines.



So how does Aromatherapy work?

Aromatherapy usually works by massage. Massages are usually given as a relaxing treatment covering the stress areas such as the back, shoulders and legs. Aromatherapy oils can also be inhaled, either by using an oil burner or by using them in the bath. Aromatherapy is believed to be suitable for people of all ages. It is claimed that aromatherapy can treat many conditions such as nervous disorders, depression, anger and stress.

What are some of the plants used in Aromatherapy and what are their benefits?

Eucalyptus oil is often used in combination with Mint to provide relief for the airways when suffering from a cold or flu.

Black pepper has a sharp and spicy aroma. It is Commonly used for muscular aches and pains and for stimulating the circulation . It is also useful for bruises, since it stimulates the circulation. Combining

Aromatheray with a sensual masage or sex toys is both safe and recommended.

Lavender oil is used as an antiseptic, to soothe minor cuts and burns, to calm and relax, and to soothe headaches and migraines.

Yarrow oil is known to reduce joint inflammation and to relieve cold and flu symptoms.

Jasmine, Rose, Sandalwood and Ylang-ylang oil are used as aphrodisiacs.

Lemon oil is used to relieve stress due to its uplifting properties.



Despite a lack of good research proving that essential oils could work by either stimulating your sense of smell or being absorbed through your skin, in theory it is possible to predict the effects of the oils based on their chemical make-up. However, there is no conclusive scientific evidence that the theories are true, or false, and there has been little research to try and prove them right or wrong.

So, does aromatherapy work?