

Title:

A Short Guide To Aromatherapy

Word Count:

800

Summary:

When you smell something nice, such as an appealing perfume, or a tasty dish being cooked in t

Keywords:

aromatherapy

Article Body:

When you smell something nice, such as an appealing perfume, or a tasty dish being cooked in t

People who practice aromatherapy believe that the scents that a person smells can induce the b

To make the body heal and become more resistant to illness, practitioners of aromatherapy make

Essential oils are very volatile â ^ they evaporate easily and they are easily absorbed into t

Essential oils are always mixed with what are called carrier oils before they are used. What,

Practitioners of aromatherapy believe that each kind of essential oil and each kind of carrier

Essential oils:

\* Chamomile. Chamomile can help in easing pain so the body can relax. It is also good for so

\* Eucalyptus. Eucalyptus refreshes as well as relieves congestion and pain. So, it is used f

\* Lavender. For ailments such as rheumatism and muscle tension as well as skin problems like

\* Lemon. The citrus in lemon is refreshing and can provide relief from congestion and pain.

\* Rose. The rose is great for the skin. It is often applied to skin that is dry, delicate or

Carrier oils

\* Almond. Almond oil is good for the skin because it has Vitamin D and can help moisturize dr

\* Apricot. Apricot oil is a light kind of carrier oil that is rich in Vitamin A. Practitione

\* Grapeseed. Grapeseed oil is the most commonly used carrier oil among practitioners of aroma

\* Jojoba. Jojoba oil is another type of carrier oil that is good for people with oily skin.

\* Sesame. Sesame oil is a kind of carrier oil that is known for its nutty smell, but it has g

Aromatherapy is a nice way of treating the body's hurts and pains, if only because the oils us

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