

Title:

Aromatherapy And Kids

Word Count:

365

Summary:

Aromatherapy is a new approach to emotional well being and healing through the use of essential oils.

A gentle hug, smile or a kiss are forms of connection, bonding between the parent and the child.

Keywords:

Aromatherapy, Aromatherapy Massage

Article Body:

Aromatherapy is a new approach to emotional well being and healing through the use of essential oils.

A gentle hug, smile or a kiss are forms of connection, bonding between the parent and the child.

Essential oils have distinct composition determining the fragrance, colour, and effect on our health.

Listed below are few commonly used essential oils that are used for kids.

- Lavender oil is excellent home remedy for headaches, earaches and even insect bites.
- Geranium and rose oils act as a good skin softener, toner and natural astringent.
- Chamomile and peppermint oils prevent hair loss.
- Lavender, lemon and curry leaf oils provide relief from dandruff.
- For any bruises and burns, use tea tree and lavender oils.
- Black pepper oil is good for constipation.
- Cedar wood, eucalyptus and tea tree oils alleviate coughs.
- Ginger, lavender and thyme oil works wonders on sore throats.
- Lavender and roman chamomile oil blend allows for restful sleep at night.
- Lemon and grapefruit oils added to a tub of warm water for a bath refreshes the kid.

A word of caution for any parents planning on using aromatherapy oils on their children. Please use with care.

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