

Aromatherapy



AROMATHERAPY:

“AROMA ”

GREEK WORD MEANING
FRAGRANCE OR SWEET
SMELLING

“THERAPY”

GREEK WORD MEANING
TREATMENT DESIGNED TO CURE



WHAT IS AROMATHERAPY?



“Aromatherapy is the controlled use of natural aromatic oils obtained from plants to achieve balance and harmony of the human body mind and spirit.”



Aromatherapy

- Holistic treatment based on the external use of essential aromatic plant oils to maintain and promote physical, physiological, and spiritual well being.
- a part of herbal medicine and one of the fastest growing fields in alternative medicine.
- Used for the relief of pain, reduce anxiety, and promote relaxation.

The History of Aromatherapy

- Nearly 6000 years old
- used in Greece, Rome and Egypt.
- By Egyptian physician Imhotep, God of medicine and healing and Hippocrates, the father of modern medicine.
- In modern era, the term is coined in 1928 from the French term aromatherapie by a French chemist, René Maurice Gattefossé- Discovered the healing properties of essential plants oil.
- Used In world war I and World war II

The Benefits of Aromatherapy



Relax



Breathe

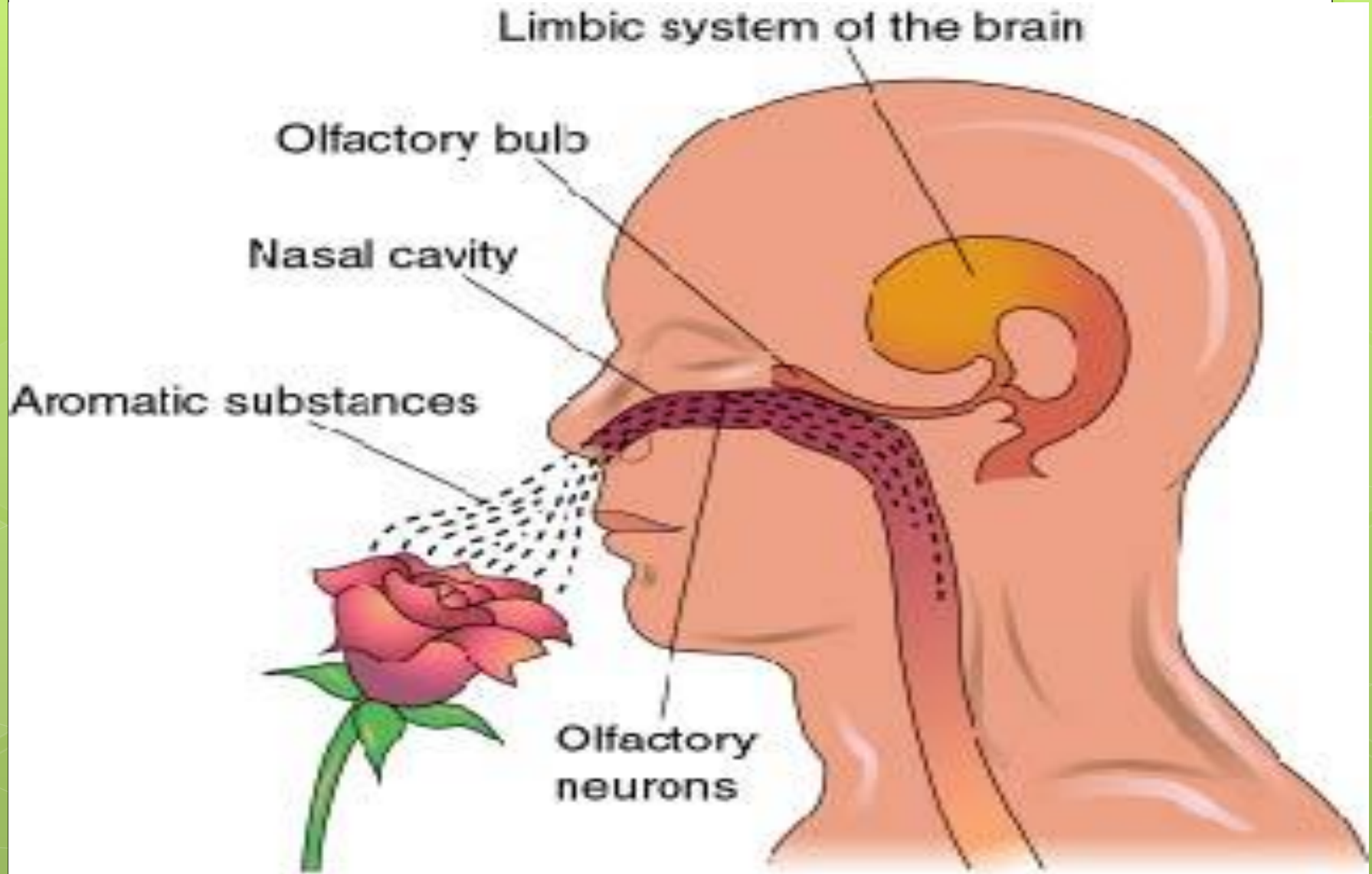


Energize

The Benefits of Aromatherapy

- With holistic perspective, preventive health care and useful complementary treatment
- Essential oils have antiseptic, and some have antiviral, anti inflammatory, pain relieving, antidepressant, stimulation, relaxation, digestion improvement, diuretic properties and expectorant properties.
- widely used at home, clinics and hospitals.

How does Aromatherapy work?



How does Aromatherapy work?

- The effects of an aroma can be relaxing or stimulating.
- Work at psychological, physiological, and cellular levels.
- affect body, mind and all the delicate links in between
- Produced Only steam distillation or expression or squeezing methods.

Methods of application

- Three ways:
 - through ingestion,
 - through olfaction, the fastest effect, triggers olfactory sense and trigger responses in limbic system.
 - through topical application, via diffusion, compression, massage.

Types of oils

- Essential oils
- Vegetable oils
- Infused herbal oil
- Flower essence
- Aromatic chemical

WHAT ARE ESSENTIAL OILS?

HIGHLY CONCENTRATED
AROMATIC CHEMICAL
SUBSTANCES WHICH EVAPORATE
EASILY.

They are extracted from:

Flowers Seeds Grasses Barks
Fruits Roots Leaves Trees

By various Extraction Methods

CARE OF ESSENTIAL OILS



- * STORE IN A COOL PLACE
- * IN DARK GLASS BOTTLES
- * AIRTIGHT
- * CLEARLY LABELED



WHAT ARE CARRIER OILS?

- *Carrier or Base Oils are vegetable, nut or seed oils, many of which have therapeutic properties.
- *They are obtained from all over the world.
- *Vegetable oils used in Aromatherapy should be cold pressed and unrefined.

CARRIER/BASE OILS



Evening Primrose

Sunflower



Safflower

Coconut



Hazelnut



Soya Bean

Carrot



CARRIER/BASE OILS



Grapeseed

Corn



Macadamia

Sweet Almond

Apricot Kernel



Peach Kernel

Avocado

Wheatgerm

Calendula



Purpose for the plant

- Immune system
- Anti-bacterial
- Insect:
 - Attraction for fertilization
 - Prevention of attack
- Protection from dehydration

Key medicinal characteristics

- All are anti-bacterial
- Lipophilic: fat soluble, not water
- Chemically complex
- Volatile
- Most are lighter than water
- Powerful
- Not oily
- Whole oil is more active than principal constituent

Essential oils contain 50-500 different chemicals

- Terpenes: citrus oils
- Alcohols: key constituent in benefit
- Phenols: fiery, strong anti-bacterial
- Ketones: dangerous, healing for wounds
- Esters: soothing, calming.

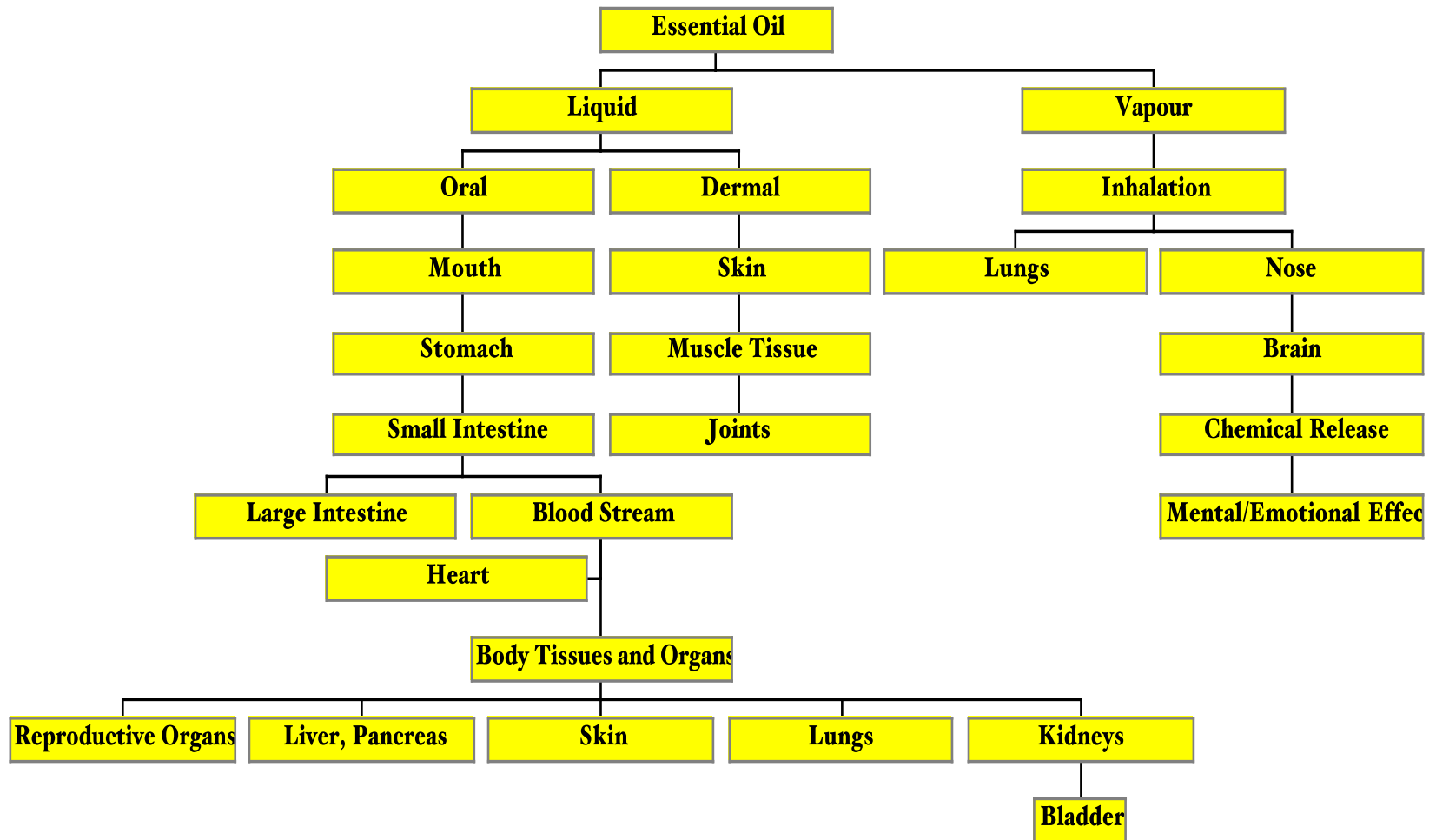
Healing process

- Small molecules penetrate the skin and olfactory system
- Travel in the bloodstream
- Leave the body in 4-20 hours through the kidneys

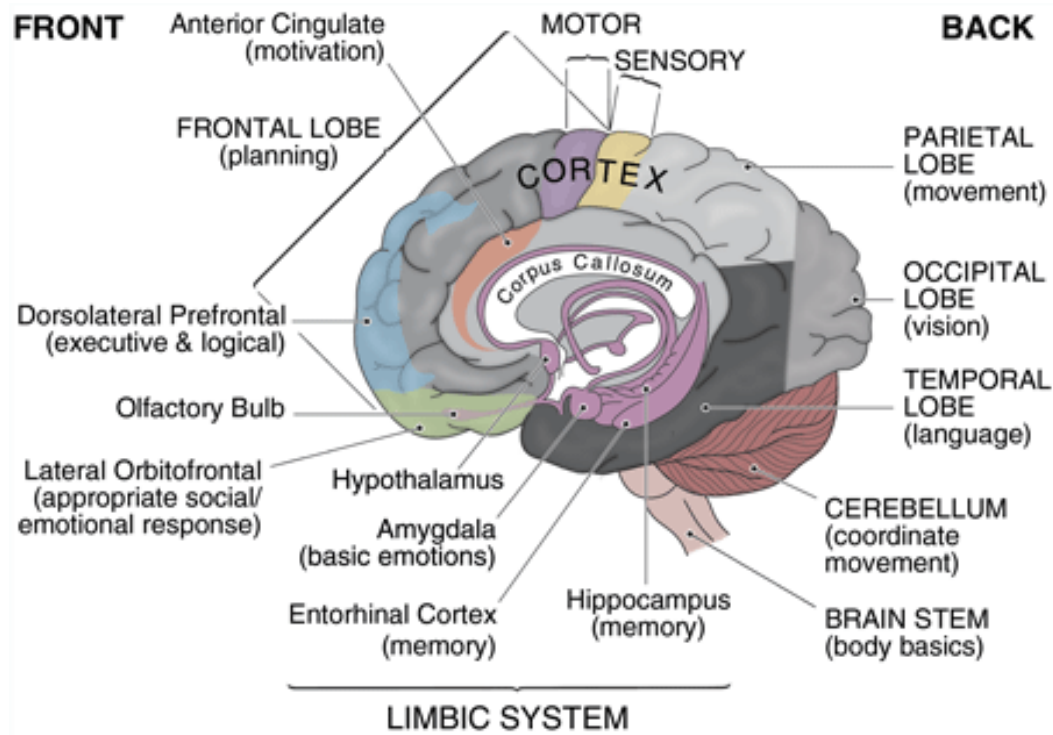
Effects of essential oils

- Catalyst to regenerate systems and organs
- Anti-oxidants, anti-inflammatory
- Anti-bacterial, anti-viral, anti-fungal
- Non-allergenic
- Olfactory system stimulation
 - Limbic brain
 - Endocrine system

Effect of essential oils on the body and mind



Most Powerful of the Senses



Risks of aromatherapy

- Not all essential oils, however, should be taken internally.
- Oral consumption only under the care and supervision of an experienced practitioner.
- Cautious use during pregnancy, have allergy, high blood pressure or epilepsy.
- Cautious use in young children or babies.
- post-traumatic stress disorder (PTSD) or any of the dissociative disorders .

Essential Oils

- **Lavender:** safe, balancing, calming, analgesic, soothing, sedative
- **Chamomile:** safe, soothing, calming, anti-inflammatory, analgesic
- **Tea Tree:** safe, anti-infectious, fungicidal, antiseptic
- **Lemon:** antiseptic, cleansing, reduces fever, powerful bactericide
- **Peppermint:** energizing, warming/cooling, clears respiratory tract
- **Rosemary:** stimulant, improves memory, enlivens brain, analgesic
- **Myrrh:** antiseptic, expectorant, healing to gums, strengthens spirit
- **Thyme:** strong bactericide, helps asthma, strengthening on all levels
- **Patchouli:** grounding, balancing, strengthens immune system
- **Geranium:** hormonal balancer, diuretic, anti-fungal, anti-viral
- **Grapefruit:** draining, uplifting, diuretic, aids drug withdrawal
- **Rose:** soothing, heals emotions, hormone balancer for women
- **Cedarwood:** drying, anti-fungal, expectorant, analgesic, calming
- **Frankincense:** revitalizing, clearing, stops bleeding, elevates mind