

## Aromatherapy Prince George

Aromatherapy Prince George - The method of utilizing Aromatherapy essential oils and herbs to be able to help promote natural healing and health. The ancient cultures of Egypt and Babylon have used scented herbs for medicinal and spiritual properties. Egyptian priests regularly used incense and oils in their responsibilities as healers and the pharaohs were embalmed with herbal preparations so as to purify their bodies for the afterlife.

The "father of modern medicine" Hippocrates, thought making use of herbs was very essential to the wellbeing. A lot of his prescriptions included fragrant essential oils and fresh, crushed herbs. By the 10th century, books were being written in Arabia that were dedicated to the use and benefits of particular aromas.

A French cosmetic chemist named Rene Maurice Gattefosse was the individual who came up with the word "aromatherapy." While working in his lab in the early part of the 1920s, Monsieur Gattefosse severely burned himself. In order to immediately cool the pain, he dipped his arm into the nearest cold substance existing, a vat of lavender essential oil. His burns quickly healed and little scarring happened, thus, a new science started. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power making use of scented oils. Modern scientific research proves that certain essential oils and herbs do have therapeutic healing properties. Lavender is still utilized today to treat burn victims and the smell is also widely utilized so as to treat anxiety and depression.

Particular essential oils have been used only for their scent in view of the fact that the scent can be utilized so as to relieve common ailments. Tea tree oil is another essential oil highly prized for its anti-bacterial and anti-fungal properties. It is a time honored treatment for athlete's foot, ringworm and different fungal problems. Rosemary is a stimulating fragrance that is said to revitalize energy when used in the morning bath. It even has a reputation for alleviating muscle pain and arthritis.

According to several aromatherapy specialists, they believe that a lot of essential oils must be in every medicine cabinet. These comprise: Peppermint, Geranium, Rosemary, Tea Tree, Lemon, Chamomile, Lavender, Thyme, Eucalyptus, and Clove. All of these essential oils can be found in health food stores and several drug stores and grocery outlets are even stocking them. Special diffusers could be utilized to be able to distribute the smell of the oils throughout one's workplace or home. These diffusers can be found in the majority of specialty outlets, super centers and malls.