

Aromatherapy Halifax

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

The "father of modern medicine" Hippocrates, believed the use of herbs was extremely vital to health. Many of his prescriptions consisted of fragrant essential oils and fresh, crushed herbs. By the 10th century, books were being written in Arabia which were devoted to the function and advantages of particular aromas.

The French cosmetic chemist, Rene Maurice Gattefosse first came up with the word "aromatherapy." In the early 1920's, while working in his lab, Monsieur Gattefosse severely burned himself. To be able to instantly cool the pain, he plunged his arm into the closest cold substance around, a container of lavender essential oil. His burns quickly healed and little scarring happened, hence, a new science started. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power utilizing scented oils. Modern scientific research proves that certain herbs and essential oils do have therapeutic healing properties. Lavender is still utilized nowadays to be able to treat burn victims and the aroma is also widely used so as to treat anxiety and depression.

Some essential oils have been used only for their aroma because the scent could be utilized to be able to relieve common ailments. Tea tree oil is one more essential oil highly prized for its anti-bacterial and anti-fungal properties. It is a time honored treatment utilized for ringworm, athlete's foot as well as other fungal problems. Rosemary is a stimulating fragrance which is believed to restore energy when utilized in the morning bath. It also has a reputation for alleviating arthritis and muscle pain.

According to lots of aromatherapy practitioners, they think that several essential oils should be in each and every medicine cabinet. These are: Lavender, Thyme, Eucalyptus, Clove, Peppermint, Geranium, Rosemary, Tea Tree, Lemon and Chamomile. All of these essential oils can be found in health food stores and a lot of grocery outlets and drugstores are likewise stocking them. Special diffusers could be utilized so as to distribute the scent of the oils throughout one's home or office. These diffusers can be found in most specialty outlets, super centers and malls.