



Aromatherapy and Essential Oils

Aromatherapy could be defined as the art and science of using naturally extracted aromatic essences from plants to balance, harmonize and promote the health of the body, mind and spirit. Aromatherapy is both a preventative approach as well as an active method to use during acute and chronic stages of illness or disease.

Aromatherapy is a natural, non-invasive modality designed to affect the whole person not just the symptom or disease and to assist the body's natural ability to balance, regulate and maintain itself by the correct use of essential oils.

“Aromatherapy is essentially an interaction between the therapist, client and essential oils, working together to bring forth the healing energy which will help the client regain their sense of well being and vitality,” said Jade Shutes.

What is an essential oil? Essential oils are what give flowers and herbs a distinctive aroma. The oils are derived from various parts of the plant. Some oils come from seeds, bark, root, leaves, peel, flowers, wood, balsam or resin. Some plants produce many oils that may come from the flowers and from the leaves. Different oils from different parts of the same plant may produce different results.

Essential oils have been used for thousands of years for bathing, healing and as perfume. Throughout history, essential oils have been used for their power to influence the emotions and state of mind.

Essential oils can be used in many ways for treating skin irritations and/or conditions. Once an essential oil is absorbed into the bloodstream it can be very beneficial to the circulatory system. Inhaling essential oils is a very effective way to treat nose, throat and/or lung issues and may be applied externally for stomach and/or digestive irritations.

Essential oils promote the production of white blood cells which can help prevent and treat infections, thus aiding the immune system. Some oils have been known to have a balancing effect on the systems of the body. Some oils are relaxing (lavender oil), some uplifting (lemon or orange oil) and some reviving (zesty peppermint oil). Some oils work more on the emotional level and others can affect the physiological level.

When using lavender oil during a massage treatment, patients benefit from the calming effect lavender oil promotes to relax into a comfortable state of mind. Aromatherapy is commonly used in combination with massage, with successful results to enhance comfort levels in patients. Please consider suggesting aromatherapy treatments in conjunction with massage sessions to patients to further enhance comfort levels and relaxation.