

## Aromatherapy Timmins

Aromatherapy Timmins - Aromatherapy is the practice of using essential oils and fragrant herbs so as to promote health and natural healing. Since the ancient times of Babylon and Egypt, scented herbs have been used for their medicinal and spiritual properties. Egyptian priests often utilized oils and incense in their responsibilities as healers and the pharaohs were embalmed using herbal preparations to purify their bodies for the spirit world.

The "father of modern medicine" Hippocrates, thought utilizing herbs was very important to health. A lot of his prescriptions included fragrant essential oils and fresh, crushed herbs. By the 10th century, books were being written in Arabia which were devoted to the use and advantages of particular aromas.

A French cosmetic chemist named Rene Maurice Gattefosse was the person who came up with the word "aromatherapy." While working in his lab in the early part of the 1920s, Monsieur Gattefosse severely burned himself. To be able to instantly cool the pain, he plunged his arm into the nearest cold substance around, a vat of lavender essential oil. His burns quickly healed and little scarring occurred, thus, a new science began. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power utilizing scented oils. Modern scientific research proves that some essential oils and herbs do have therapeutic healing properties. Lavender is still utilized now to treat burn victims and the scent is likewise widely utilized so as to heal anxiety and depression.

Different essential oils are utilized particularly for the benefits of their smell alone. Like for instance, the smell of eucalyptus is frequently utilized to relieve chest congestion. Tea tree oil is one more essential oil highly prized for its anti-fungal and anti-bacterial properties. It is a time honored treatment for athlete's foot, ringworm and other fungal issues. Rosemary is a stimulating fragrance that is said to restore energy when used in the morning bath. It also has a reputation for alleviating muscle pain and arthritis.

In accordance to a lot of aromatherapy practitioners, they think that many essential oils must be in every medicine cabinet. These include: 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 lots of grocery outlets and drugstores are likewise stocking them. Special diffusers could be used to be able to distribute the scent of the oils throughout one's house or workplace. These diffusers could be found in most super centers, malls and specialty outlets.