

Aromatherapy Windsor

Aromatherapy Windsor - Aromatherapy is the practice of utilizing fragrant herbs and essential oils so as to promote health and natural healing. Ever since the ancient times of Egypt and Babylon, scented herbs have been used for their spiritual and medicinal properties. Egyptian priests regularly made use of oils and incense in their responsibilities as healers and the pharaohs were embalmed utilizing herbal preparations to be able to cleanse their bodies for the afterlife.

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

The French cosmetic chemist, Rene Maurice Gattefosse first came up with the term "aromatherapy." In the early 1920's, while working in his lab, Monsieur Gattefosse severely burned himself. So as to immediately cool the pain, he plunged his arm into the closest cold substance present, a vat of lavender essential oil. His burns quickly healed and little scarring occurred, therefore, a new science began. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power using scented oils. Modern scientific research proves that certain essential oils and herbs do have therapeutic curative properties. Lavender is still used nowadays in order to treat burn victims and the aroma is also commonly utilized to cure anxiety and depression.

Some essential oils have been utilized just for their scent since the smell could be utilized in order to relieve common ailments. 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 ringworm, athlete's foot as well as other fungal issues. Rosemary is a stimulating fragrance which is said to restore energy when used in the morning bath. It also has a reputation for alleviating arthritis and muscle pain.

There is a top 10 list of essential oils that a lot of aromatherapy practitioners think are vital in all medicine cabinets. These are: Eucalyptus, Clove, Peppermint, Geranium, Rosemary, Tea Tree, Lemon, Chamomile, Lavender and Thyme. All of these essential oils can be found in health food stores and lots of drug stores and grocery outlets are likewise stocking them. Special diffusers can be used to be able to distribute the smell of the oils throughout one's workplace or house. These diffusers can be found in the majority of malls, specialty outlets and super centers.