



# Do you know about Aromatherapy?

**Aromatherapy** uses plant materials and aromatic plant oils, including essential oils, and other aroma compounds to improve psychological or physical well-being.

*"Aromatherapy is... the skilled and controlled use of essential oils for physical and emotional health and well being."* Valerie Cooksley

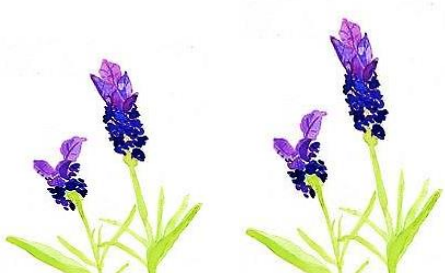
*"Aromatherapy is a caring, hands-on therapy which seeks to induce relaxation, to increase energy, to reduce the effects of stress and to restore lost balance to mind, body and soul."* Robert Tisserand

**Aromatherapists**, who specialize in the practice of aromatherapy, utilize blends of therapeutic essential oils that can be issued through topical application, massage, inhalation or water immersion to stimulate a desired response. In this Article we are going to explain more about Natural Aromatherapy with essential oil.

## About Essential Oil

The use of essential oils for therapeutic, spiritual, hygienic and ritualistic purposes goes back to a number of ancient civilizations including the Chinese, Indians, Egyptians, Greeks, and Romans who used them in cosmetics, perfumes and drugs.

The concept of aromatherapy was first mooted by a small number of European scientists and doctors, in about [weasel words] 1907. In 1937, the word first appeared in print in a French book on the subject: *Aromathérapie: Les Huiles Essentielles, Hormones Végétales* by René-Maurice Gattefossé, a chemist. An English version was published in 1993. In 1910, Gattefossé burned a hand very badly and later claimed he treated it effectively with lavender oil.



## Some Materials you must know about Aromatherapy

**Absolutes:** *fragrant oils extracted primarily from flowers or delicate plant tissues through solvent or supercritical fluid extraction (rose absolute). The term is also used to describe oils extracted from fragrant butters, concretes, and enfleurage pommades using ethanol.*

**Aroma lamps or diffusers:** *an electric or candle-fueled device which volatilizes essential oils, usually mixed with water.*

**Carrier oils:** *typically oily plant base triacylglycerides that dilute essential oils for use on the skin (e.g., sweet almond oil).*

**Essential oils:** *fragrant oils extracted from plants chiefly through steam distillation (e.g., eucalyptus oil) or expression (grapefruit oil). However, the term is also occasionally used to describe fragrant oils extracted from plant material by any solvent extraction. This material includes incense reed diffusers.*

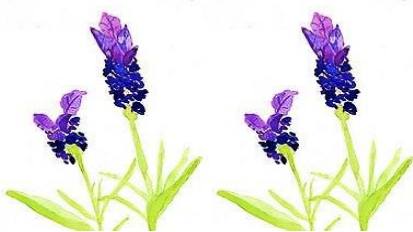
**Herbal distillates or hydrosols:** *the aqueous by-products of the distillation process (e.g., rosewater). Common herbal distillates are chamomile, rose, and lemon balm.*

**Infusions:** *aqueous extracts of various plant material (e.g., infusion of chamomile).*

**Vaporizers:** *typically higher oil content plant based materials dried, crushed, and heated to extract and inhale the aromatic oil vapors in a direct inhalation modality.*

*There are some ways of application of Essential Oil, which are :*

- Aerial diffusion: for environmental fragrancing or aerial disinfection
- Direct inhalation: for respiratory disinfection, decongestant, expectorant as well as psychological effects
- Topical applications: for general massage, baths, compresses, therapeutic skin care.



*Thank you*



Source:

<https://en.wikipedia.org/wiki/Aromatherapy>