

## Aromatherapy Lloydminster

Aromatherapy Lloydminster - Aromatherapy is the method of using fragrant herbs and essential oils in order to promote natural healing and health. Since the ancient times of Babylon and Egypt, scented herbs have been utilized for their spiritual and medicinal properties. Egyptian priests regularly utilized oils and incense in their duties as healers and the pharaohs were embalmed utilizing herbal preparations to purify their bodies for the spirit world.

Hippocrates is recognized as the "father of modern medicine." He believed the use of herbs was extremely important to health and many of his prescriptions comprised fresh, crushed herbs and fragrant essential oils. By the 10th century, books were being written in Arabia which were dedicated to the function and advantages of particular aromas.

The French cosmetic chemist, Rene Maurice Gattefosse first came up with the term "aromatherapy." In the early part of the 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 existing, a container of lavender essential oil. His burns rapidly healed and little scarring occurred, hence, a new science started. Gattefosse dedicated 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 curative properties. Lavender is still used at present to treat burn victims and the smell is likewise commonly utilized so as to cure depression and anxiety.

Particular essential oils have been utilized solely for their smell as the smell can be used to relieve common ailments. Tea tree oil is another essential oil highly prized for its anti-bacterial and anti-fungal properties. It is a time honored treatment for ringworm, athlete's foot and various fungal problems. Rosemary is a stimulating fragrance that is believed to revitalize energy when utilized in the morning bath. It even has a reputation for alleviating muscle pain and arthritis.

There is a top 10 list of essential oils that many aromatherapy practitioners believe are vital in all medicine cabinets. These consist of: Rosemary, Tea Tree, Lemon, Chamomile, Lavender, Thyme, Eucalyptus, Clove, Peppermint and Geranium. These essential oils could be found in the majority of health food stores and might also be found in grocery stores and drug stores. Special diffusers could be utilized in order to distribute the aroma of the oils throughout one's office or home. These diffusers could be found in most specialty outlets, super centers and malls.