

Taking time to experience scents is the best way to learn about and create a personal connection to essential oils.

Essential oils are the highly concentrated, volatile, aromatic essences of plants. Scientists agree that essential oils may perform more than one function in living plants. In some cases they seem to be a part of the plant's immune system. In other cases they may simply be end products of metabolism. Essential oils contain hundreds of organic constituents, including hormones, vitamins and other natural elements that work on many levels. They are 75 to 100 times more concentrated than the oils in dried herbs.

Try evaluating the aromas according to the following guidelines:

Common carrier oils

- Sweet almond oil
- Apricot oil
- Grapeseed oil
- Jojoba oil
- Sesame oil

Here are the most common uses for the following Aromatherapy oils

Bergamot

- uplifting
- inspiring
- confidence-building

Cinnamon

- refreshing
- vitalizing

Citronella

- purifying
- vitalizing

Clary Sage

- centering
- euphoric
- visualizing

Clove Bud

- warming
- comforting

Eucalyptus

- purifying
- invigorating

Fir Needle

- centering
- refreshing
- harmonizing
- expectorant
- warming

Geranium

- soothing
- mood-lifting
- balancing

Grapefruit

- refreshing
- cheering

Juniper

- supportive
- restoring

Lavender

- balancing
- soothing
- normalizing
- calming
- relaxing
- healing

Lavender Spike

- purifying

Lemon

- uplifting
- refreshing
- cheering

Lemongrass

- vitalizing
- cleansing

Patchouli

- romantic
- soothing
- sensual

Peppermint

- vitalizing
- refreshing
- cooling

Rosemary

- clarifying
- invigorating

Sweet Basil

- clarifying
- uplifting
- energizing
- refreshing

Sweet Orange

- cheering
- refreshing
- uplifting

Tea Tree

- cleansing
- purifying
- uplifting

Vetiver

- supportive
- grounding

Ylang Ylang

- sensual
- euphoric

Here are some examples of Aromatherapy mixtures that you can make yourself.

Aromatherapy Massage Oil Blend

- 4 tablespoons of any carrier oil
- 13 drops of lavender
- 5 drops of peppermint
- 4 drops of eucalyptus
- 2 drops of rosemary

Aromatherapy Bath Salt

Try this recipe for an uplifting yet soothing citrus scented bath.

- 3 tablespoons of sea salt
- 2 tablespoons of baking soda
- 1 tablespoon of borax
- 9 drops of sweet orange
- 7 drops of lavender
- 2 drops of rosemary

Toning Facial Mist

Add the following essential oils to 60ml of distilled water

- 6 drops of lavender
- 1 drop clary sage
- 1 drop chamomile
- 4 drops lemon

Pour into a spray mist bottle. Essential oils and water will separate, so shake bottle vigorously before using this refreshing blend onto clean skin.

Sunburn Mist

Add the following oils to 60ml of distilled water.

- 9 drops of lavender
- 2 drops of peppermint
- 1 drop of spearmint

Mist lightly over sunburned skin.

Aromatherapy and the use of essential oils

A short information from
Renate Winkler, D.N.M.

Aromatherapy is the art and science of using pure essential oils to relax, balance and rejuvenate body, mind and spirit.

Aromatherapy can improve quality of life on a physical, emotional and spiritual level.

The idea is to find the scents that evoke positive feelings and emotions; and then to introduce those scents into our everyday lives to enhance well-being. Taking time to experience scents is the best way to learn about and create a personal connection to essential oils.

The results of aromatherapy are very individual. While there is general agreement about the actions of certain oils, no two persons are affected by the same essential oil in exactly the same way. Even the same person can be affected differently by the same oil depending on surroundings, time of day, or mood.

For more information on Aromatherapy and its use call or come to



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