

Essential Oils

What are Essential Oils?

ESSENTIAL OILS ARE NATURAL AROMATIC COMPOUNDS FOUND IN THE SEEDS, BARK, stems, roots, flowers and other parts of plants. They can be both beautifully and powerfully fragrant. If you have ever enjoyed the gift of a rose, a walk by a field of lavender, or the smell of freshly cut mint, you have experienced the aromatic qualities of essential oils. Essential oils can lift the mood, calm the senses and elicit powerful emotional responses. Yet the use of essential oils goes well beyond their fragrant appeal.

History of Essential Oils

Essential oils have been used throughout history in many cultures for their medicinal and therapeutic benefits. Modern trends towards more holistic approaches to self-care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many have powerful cleansing properties and are naturally antimicrobial. Their unique chemical structure allows them to pass directly through the skin for immediate systemic response to topical application. And certain oils may be used as dietary aids to promote vitality and well-being.

How Are Essential Oils Used?

Essential oils are used for a very wide range of emotional and physical wellness applications. They can be used singly or in complex blends depending on user experience and desired benefit. Essential oils are usually administered by one of three methods: diffused aromatically, applied topically to the skin, or taken internally as dietary supplements. Using essential oils can be both profoundly simple and life changing at the same time. Working with someone who has used essential oils before will help first-time users have a more beneficial and enjoyable experience. Essential oils are naturally safe and have few, if any, undesirable side effects when used as directed. They are, however, powerfully concentrated and should be used with care. Be sure to use only 100% pure therapeutic-grade essential oils and follow all label warnings and instructions. Essential oils should never be used in the eyes or inside the ear canal. If redness or irritation occurs when using essential oils topically, simply apply a vegetable oil such as fractionated coconut oil to the affected area—water will not dilute essential oils.

Whether you're using essential oils for your: Alternative first aid bathroom cabinet, pet care, personal health care, cooking, emotional modulation or just enjoying the aroma, you will thoroughly enjoy the benefits essential oils will help you accomplish.

Ultimately I would recommend that you experience for yourself the wonders of essential oils. Natural Wellness Centre is here to help you get started. You can be as involved as you prefer. Be sure to investigate the schedule of our Discover Wellness classes, in which are extremely informative and motivating. Enjoy the journey to self-discovering. ~ Dr. G