

**AROMATHERAPY** is the art and science of using essential oils to maintain or regain well-being and balance of the body, mind and spirit. Essential oils, or 'the blood of the plants', have many abilities to the plants including the abilities to:

- Prevent of attacks by herbivores, bugs, bacteria, fungi and other organisms.
- Prevent dehydration by production of a "haze" of volatile oils that serve as a sunscreen.
- Balance plant metabolism.
- Heal wounds on the plants.
- Promote pollination by attracting bees, other insects, moths and bats.

Interestingly enough, humans use essential oils for many of the same reasons. We can use essential oils to:

- Prevent invasion/infection by bacteria, viruses, fungi and other organisms.
- Repel or expel bugs and parasites.
- Assist us in surviving in difficult weather conditions—they can warm us, cool us, dry our skin, moisten our skin, serve as a sunscreen and/or aid in tanning.
- Aid in balancing our hormones and impact our metabolism.
- Promote healing of wounds and bug bites.
- Cultivate non-verbal communication.
- Elevate attraction of a mate.

The mental and emotional benefits of essential oils have been recognized since the beginning of time. There are oils that calm, energize, aid in learning, spur memory, raise low spirits, soothe jangled nerves, dispel nightmares, quiet heartaches and generally support our mental productivity and emotional well-being.

Science is now researching the wide range of benefits of essential oils and proving the ancients to be quite accurate in their use. Recent research of the brain has validated what our ancestors knew about the powerful impact of odors on our nervous system. Science has shown that approximately 98% of any odor you inhale immediately enters the limbic system of your brain (the memory, mood, emotion center). Science is supporting the knowledge that scents impact our hormones via the pituitary, hypothalamus and other brain centers. Studies using imaging techniques verify that certain odors stimulate various portions of the brain, causing a chemical cascade that can influence the entire body. We know that as we breathe, the minute particles of essential oils get into the respiratory system and from there enter the blood stream and circulate throughout the body.



### **SPECIFIC OILS AND THEIR ABILITIES:**

**Lavender-** Calming, relaxing and balancing to the physically, emotionally and spiritually. Anti-inflammatory, reduces blood fat and cholesterol, antiseptic, and antifungal.

**Wintergreen-** Found helpful with arthritis and rheumatism as well as other body aches and pains due to its anti-inflammatory ability. Known to reduce blood pressure as reported by Young Living.