

## Aromatherapy Owen Sound

Aromatherapy Owen Sound - The practice of utilizing Aromatherapy herbs and essential oils to be able to help promote natural healing and health. The ancient cultures of Egypt and Babylon have utilized scented herbs for medicinal and spiritual properties. Egyptian priests often used oils and incense in their duties as healers and the pharaohs were embalmed utilizing herbal preparations in order to purify their bodies for the spirit world.

The "father of modern medicine" Hippocrates, believed making use of herbs was extremely essential to the wellbeing. A lot of his prescriptions consisted of fresh, crushed herbs and fragrant essential oils. By the 10th century, books were being written in Arabia that 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. In order to instantly cool the pain, he dipped his arm into the closest cold substance existing, a vat of lavender essential oil. His burns quickly healed and little scarring happened, hence, a new science started. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power of scented oils. Modern scientific research proves that some essential oils and herbs do have therapeutic healing properties. Lavender is still used today to treat burn victims and the aroma is even widely used in order to cure depression and anxiety.

Various essential oils are used specially for the benefits of their aroma alone. Like for example, the smell of eucalyptus is frequently used to relieve chest congestion. 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 other fungal issues. Rosemary is a stimulating fragrance that is said to revive energy when utilized in the morning bath. It also has a reputation for alleviating muscle pain and arthritis.

In accordance to numerous aromatherapy technicians, they think that numerous essential oils should be in every medicine cabinet. These include: Rosemary, Tea Tree, Lemon, Chamomile, Lavender, Thyme, Eucalyptus, Clove, Peppermint and Geranium. These essential oils could be found in most health food stores and may likewise be found in drugstores and grocery stores. Special diffusers can be utilized so as to distribute the scent of the oils throughout one's office or house. These diffusers can be found in nearly all malls, specialty outlets and super centers.