

~ A Healthier You ~

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When I surrender, the Universe moves.
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Essential Oils

Herbal folklore depicts essential oils as being healing to both body and spirit. However, in their concentrated form they can be irritants. Therefore, you'll want to dilute them before using on your skin; about 1 part essential oil to 10 parts vegetable oil base, such as sweet almond, grapeseed or apricot kernel oil. Essential oils are the pure and highly concentrated extracts of herbs, plants and/or flowers. They represent the 'spirit' or 'essence' of each plant they are derived from, and are versatile products. Some of their uses include:

- 1. Aromatherapy: Benefits one's physical, mental and emotional states.**
- 2. Environmental: Added to sachets and closets for a wonderful fragrance.**
- 3. Scent pillows: Can aid in sleep and assist with pleasant dreams.**
- 4. Hot water kettle: On top of a wood stove or burner to infuse the room.**
- 5. Massage oil: For a pleasant and soothing addition to any massage.**

There is a rich history associated with the use of essential oil. Documented history tells us that early Egyptians (2,000 B.C.) used these oils in their medical, cosmetic, culinary and religious activities. It has only been in recent times that we

have forgotten how useful and exciting these natural botanical extracts are.

Following are a few of the more popular oils and their uses.

Lavender (*Lavandula officinalis*): As an aromatic freshener in sachets, lotions, perfumes, baths, etc. Several drops in a warm bath can relax and ease tension away. Romans used Lavender oil extensively in their public baths. It makes a good relief for headaches when rubbed on the temples. When used for foot massage it is sure to relax.

Rosemary (*Rosmarinus officinalis*): Herbal lore claims it will stimulate hair growth. Added to shampoos, it also makes a good conditioner. It is used as an ointment for rheumatic pain and stiffness, and to scent lotions, soaps and sachets. Inhaled, Rosemary has a tradition of relieving depression.

Peppermint (*Mentha piperita*): Popular for gargles and gum massage, it is a traditional antiseptic as well as a skin freshener. Inhale to relieve headaches and to relieve nausea.