

## Aromatherapy Brandon

Aromatherapy Brandon - Aromatherapy is the practice of utilizing fragrant herbs and essential oils to promote natural healing and health. Ever since the ancient times of Babylon and Egypt, scented herbs have been used for their spiritual and medicinal properties. Egyptian priests often utilized oils and incense in their responsibilities as healers and the pharaohs were embalmed using herbal preparations to be able to purify their bodies for the afterlife.

The "father of modern medicine" Hippocrates, thought using herbs was extremely vital to the wellbeing. Many of his prescriptions included fresh, crushed herbs and fragrant essential oils. By the 10th century, books were being written in Arabia which were dedicated to the function and advantages of particular aromas.

A French cosmetic chemist named Rene Maurice Gattefosse was the person who came up with the word "aromatherapy." While working in his lab in the early 1920s, Monsieur Gattefosse severely burned himself. To be able to instantly cool the pain, he plunged his arm into the closest cold substance around, a vat of lavender essential oil. His burns quickly healed and little scarring happened, therefore, a new science was born. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power making use of scented oils. Modern scientific research proves that some essential oils and herbs do have therapeutic curative properties. Lavender is still used now in order to treat burn victims and the scent is even commonly utilized to be able to heal anxiety and depression.

Different essential oils are utilized particularly for the benefits of their smell alone. For instance, the smell of eucalyptus is usually utilized to be able to relieve chest congestion. Tea tree oil is another essential oil greatly prized for its anti-fungal and anti-bacterial properties. It is a time honored treatment utilized for athlete's foot, ringworm and different fungal problems. Rosemary is a stimulating fragrance that is said to revitalize energy when used in the morning bath. It even has a reputation for alleviating muscle pain and arthritis.

There is a top 10 list of essential oils which numerous aromatherapy practitioners believe are important in all medicine cabinets. These comprise: Tea Tree, Lemon, Chamomile, Lavender, Thyme, Eucalyptus, Clove, Peppermint, Geranium and Rosemary. All of these essential oils can be found in health food stores and a lot of grocery outlets and drugstores are even stocking them. Special diffusers can be used to be able to distribute the scent of the oils throughout one's house or office. These diffusers can be found in the majority of super centers, malls and specialty outlets.