

Aromatherapy Moncton

Aromatherapy Moncton - The method of utilizing Aromatherapy essential oils and herbs in order 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 made use of incense and oils in their duties as healers and the pharaohs were embalmed utilizing herbal preparations in order to cleanse their bodies for the afterlife.

Hippocrates is recognized as the "father of modern medicine." He believed utilizing herbs was really essential to the wellbeing and a lot of his prescriptions incorporated fresh, crushed herbs and fragrant essential oils. By the 10th century, books were being written in Arabia that were devoted to the function and benefits of particular aromas.

The French cosmetic chemist, Rene Maurice Gattefosse first came up with the word "aromatherapy." In the early 1920's, while working in his lab, Monsieur Gattefosse severely burned himself. In order to instantly cool the pain, he plunged his arm into the closest cold substance around, a vat of lavender essential oil. His burns rapidly healed and little scarring happened, hence, a new science started. Gattefosse dedicated the rest of his life to the study of aromatherapy, the healing power using scented oils. Modern scientific research proves that certain herbs and essential oils do have therapeutic healing properties. Lavender is still used these days to treat burn victims and the aroma is also widely used so as to treat depression and anxiety.

Different essential oils are used particularly for the benefits of their smell alone. Like for example, the smell of eucalyptus is often used to relieve chest congestion. Tea tree oil is one more 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 various fungal issues. Rosemary is a stimulating fragrance which is said to restore energy when used in the morning bath. It also has a reputation for alleviating arthritis and muscle pain.

There is a top 10 list of essential oils which many aromatherapy practitioners think are essential in all medicine cabinets. These are: Lemon, Chamomile, Lavender, Thyme, Eucalyptus, Clove, Peppermint, Geranium, Rosemary and Tea Tree. These essential oils can be found in nearly all health food stores and might likewise be found in grocery stores and drug stores. Special diffusers can be used so as to distribute the scent of the oils throughout one's home or workplace. These diffusers could be found in most malls, specialty outlets and super centers.