Aromatherapy

Aromatherapy is a complementary therapy that involves the use of essential oils to improve our sense of wellbeing either by massaging them into the skin, adding them to bath water, or inhaling them from a diffuser or spritz.

There are many different essential oils from various plants, trees and grasses, such as lavender, tea tree and eucalyptus. They are all thought to have different healing properties. Carrier oils include: jojoba, borage, grapeseed and calendula. Mix these together in the right quantities and you can create your own therapy.

What can Aromatherapy be used for?

The types of conditions which aromatherapy is often used to treat include:

- stress
- **headache**
- **arthritis**
- poor circulation
- **anxiety**
- dry scalp

If you decide to visit an aromatherapist, they will first do a consultation with you covering your medical history, diet, lifestyle and health problems. You can also ask any questions you might have. Types of therapy include:

- hand massage
- foot massage
- Indian Head Massage
- body massage

It’s important to talk to your GP first to get a diagnosis before having regular aromatherapy sessions. This is to ensure that aromatherapy is an appropriate treatment for you.

Aromatherapy as a mood and wellbeing booster

To begin with, you only need a carrier oil and a couple of essential oils. You can build from there depending on what you are treating.

- lavender is good for the skin, restful sleep and blends well with other oils
- rose geranium is uplifting and calming; helps with hot flushes
- frankincense promotes deep breathing and eases coughs
- clary sage helps with PMS and menopausal symptoms
- yarrow helps with insomnia
- black pepper warms the muscles

Carrier oils include:

- calendula – anti-inflammatory
- rosehip – break outs and stretch marks
- borage – helps with skin elasticity
- peach kernel – less oily and soothing for sensitive skin

Where can I find an aromatherapy practitioner?

To find a local registered aromatherapy practitioner, contact the Aromatherapy Council for details of therapists in your area.

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Useful Organisations

Homeopathy UK

Email: info@britishhomeopathic.org

Website: www.britishhomeopathic.org/

Telephone: 0203 640 5903

Address: CAN MEZZANINE, N1 6AH

Aromatherapy Council

Email: info@aromatherapycouncil.org.uk

Website: www.aromatherapycouncil.org

Telephone: 0203 640 5903

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