**HOW AROMATHERAPY SAVED MY SOUL FROM MY**

**DEBILITATING ANXIETY**

When I first discovered the benefits of aromatherapy I was fascinated by its effects on the skin and hair, little did I know at that time that aromatherapy would become part of me and my soul.

My journey with essential oils began as a curious explorer looking for some DIY remedies for my skin. I was always more inclined towards DIY beauty recipes and being an Indian it comes naturally to me.

At the time of my wedding I experimented with a lot of stuff and as a result my skin suffered devastating side effects. I tried many things but realised that my sensitive skin only reacts positively to the natural ingredients and high end luxurious skincare brands.

But I couldn’t afford to spend all my money on these brands so I did what any ‘Jugadu’ Indian would do, I researched a lot and found a way to make my own skincare consisting of natural organic ingredients at a cheaper price.

And that is when I discovered the incredible world of Essential Oils. It was like love at first sight or rather love at first sniff. All the luxurious skincare brands have Essential oil as their hero ingredient.

For example : L’Occitane has an entire range called Immortelle based on the divine Helichrysum *Italicum* essential oil also known as immortelle. The very famous and iconic Kiehl’s Midnight Recovery Concentrate has Lavender essential oil as their hero ingredient.

So I thought if I just get these essential oil and mix them with my choice of carrier oils I would have my own facial serum infused with potent essential oils and I wouldn’t have to spend all my money on these high priced products.

I was going to do a lot of research on what was the best essential oil for my skin and how can I include it in my skincare, and all I found was a whole new world of Essential oils to explore. And I discovered something extraordinary.

I believe that all living things are made of five elements: Fire (heat), Water, Air, Earth (organic matter) and Spirit (soul). So when you think about it plants are not that different. They are also living things growing and dying at their own pace. They need sunlight (fire), Water, intake carbon dioxide (Air), need soil to grow (Earth) and when we harvest them for their medicinal properties to make tinctures, salve, or essential oils they lend their essence (Spirit) to make everything potent.

Essential oils are nothing but the pure essence (Spirit) of the plants which can come from flowers, leaves, roots, resins or fruits. When we come in contact with the essential oils it is not just the fragrance or concentrate that we smell but the spirit and soul of the plant itself. And it is divine and healing in its character giving us life and hope, making us calm and serene, joyful and revitalised, making us remember our strengths and forget our sorrows, make us attractive and fall in in love, everything that our souls desire can come true and this is just the tip of the iceberg.

I was in love. In love with life, with all the activities I did with essential oils, in love with nature that provided such divine energy for me to work with and finally in love with myself. My anxiety was slowly dissipating.