

## **WHAT IS ESSENTIAL OILS**



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If you have ever enjoyed the scent of a rose, you ve experienced the aromatic qualities of essential oils. These naturally occurring, volatile aromatic compounds are found in the seeds, bark, stems, roots, flowers, and other parts of plants.

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### **Essential oil Wikipedia**

Essential oils are used in aromatherapy as part of, for example, essential oil diffusers. Aromatherapy is a form of alternative medicine in which healing effects are ascribed to the aromatic compounds in essential oils and other plant extracts.

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### **Essential Oils Essential Oil Uses and Benefits AromaWeb**

The Essential Oils Directory provides over 120 oil profiles. Each profile includes the properties, uses, benefits, method of of extraction, aromatic description and safety information for each oil. Profiles for several Absolutes that have applications within holistic aromatherapy and natural

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### **What Are Essential Oils An Aromatherapy Introduction for**

Essential oils are not the same as perfume or fragrance oils, which are also called aromatic oils or aroma oils. Perfume oils are artificially created in a chemist s lab, while essential oils are a product of nature .

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### **NAHA Exploring Aromatherapy**

Essential Oils Defined. The term essential oil is a contraction of the original quintessential oil. This stems from the Aristotelian idea that matter is composed of four elements, namely, fire, air, earth, and water. The fifth element, or quintessence, was then considered to be spirit or life force.

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### **What Are Essential Oils and Do They Work Healthline**

Essential oils are often used in aromatherapy, which is a form of alternative medicine. However, some of the health claims associated with them are controversial.

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### **Aromatherapy Essential Oils for Relaxation and Stress Relief**

Aromatherapy is generally safe. Essential oils can cause side effects, though. Some can irritate your eyes, skin, or mucous membranes in your nose. They can also cause mild allergic reactions.

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