

## **HEALING WITH ESSENTIAL OILS AND AROMATHERAPY**



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Ahhh, essential oils. So good. There's a shortish list of things that people typically use aromatherapy oils for. Relaxation is probably top of that list, followed by sensuality, and rehabilitation.

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Essential oils, also called volatile oils, are scented oils extracted from plants. Historically, they've been used in medicine, cosmetics, perfumes, food, and, more recently, aromatherapy. Essential oils are essential because they contain the essence of the plant, meaning the taste or

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### **Aromatherapy The Balance Harmony of Body and Mind**

Essential oils, or aromatherapy oils, are the fragrant essence of a plant. These highly concentrated liquid oils are the foundation of aromatherapy, which is based on the idea that the aromatic oil from a plant has healing properties.

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