

[ESSENTIAL OILS AND AROMATHERAPY](#)



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Aromatherapy Tip of the Day. Learn about the different parts of various botanicals that produce essential oil and why some plants do not produce significant amounts of essential oils by reading AromaWeb's Guide to the Parts of Plants That Produce Essential Oil

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Aromatherapy Essential Oils for Relaxation and Stress Relief

Essential oils are made from flower, herb, and tree parts, like bark, roots, peels, and petals. The cells that give a plant its fragrant smell are its "essence." When an essence is extracted from

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Aromatherapy is the use of essential oils from plants to support and balance the mind, body, and spirit. It is used by patients with cancer mainly as a form of supportive care that may improve quality of life and reduce stress, anxiety, and nausea and vomiting caused by chemotherapy. Aromatherapy

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Best Essential Oils and Their Benefits Dr Group's

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 odor.

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Aromatherapy With Essential Oils PDQ Health

Aromatherapy with the use of essential oils has been studied in cancer patients to help with symptom relief.

Read about how aromatherapy massage or inhalation of essential oils have reduced symptoms in cancer patients in this expert-reviewed summary.

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Amazing Benefits of Essential Oils Aromatherapy

Benefits of Essential Oils for Relaxation and Sleep Studies have shown that aromatherapy is very useful in treating psychological disorders such as stress, depression, and anxiety. By using essential oils to stimulate positive signals in your brain, you can significantly reduce negative emotional conditions.

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Most Popular Essential Oils Aromatherapy

Each essential oil comes with its own therapeutic benefits. Lavender is a stress reliever; peppermint is a natural energy booster. With so many essential oils available, it is sometimes difficult to learn which oil is best for your specific needs.

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The Complete Book of Essential Oils and Aromatherapy

Valerie Ann Worwood has a doctorate in complementary health and is a clinical aromatherapist who teaches throughout the world training therapists and medical practitioners. Her books include The Fragrant Mind, The Complete Book of Essential Oils and Aromatherapy, Aromatherapy for the Healthy Child, Endometriosis Natural Treatment Program (with Julia Stonehouse) and Aromatherapy for the Soul.

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