

WHAT ARE AROMATHERAPY OILS



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Aromatherapy Official Site

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being. The inhaled aroma from these "essential" oils is widely believed to stimulate brain function.

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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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101 Essential Oil Uses and Benefits Dr Axe

Essential oils have been used for more than 5,000 years for natural remedies for various conditions and also to improve the health of skin, hair and body, or to make DIY recipes. Learn about the top 101 essential oils uses as well as many essential oil benefits.

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Aromatherapy Is it worthwhile Mayo Clinic

Essential oils used in aromatherapy are typically extracted from various parts of plants and then distilled. The highly concentrated oils may be inhaled directly or indirectly or applied to the skin through massage, lotions or bath salts.

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Therapeutic Grade Essential Oils Young Living Essential Oils

Essential oils are aromatic, concentrated plant extracts that are carefully obtained through steam distillation, cold pressing, or resin tapping. We offer essential oils, blends, and oil-infused products with the optimal levels of specific, naturally occurring essential oil constituents to maximize their potency.

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AromaWeb Official Site

Start by reading What is Aromatherapy, History of Aromatherapy, What are Essential Oils, Safety Information (a must!), Guide to Diluting Essential Oils, How to Shop for Essential Oils and then look at the Article Index and read the others that interest you.

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How To Use Essential Oils 16 Tips for Essential Oil Safety

Essential oils like lavender and mint are popular as alternative therapies to inhale or to rub into the skin. Find out the DOs and DON Ts of essential oils and aromatherapy.

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Aromatherapy Recipes Using Essential Oils AromaWeb

I've been working with essential oils for nearly 25 years, have completed over 400 documented hours of education in the field of aromatherapy, am a Certified Aromatherapist and am a Professional Level Member of both the Alliance of International Aromatherapists and the National Association for Holistic Aromatherapy.

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