

Essential Oils 101: An introduction

If you are interested in alternative medicines, it's highly probable that you already know what essential oils are. Just in case you don't, let us help you uncover this potent therapeutic formulae. An essential oil is a general term for highly-distilled fluid extracted from various parts of a plant (root, bark, leaves, stems, seeds and flowers).

Containing the true essence of its derivate plant, essential oils are highly concentrated and evaporative. The aroma and chemical composition of an essential oil makes it useful for psychological and physical therapeutic purposes. They are generally used with carrier oils via inhalation or topical application to promote health and a sense of well-being. Essential oils are also used medicinally and taken internally, however they are prescribed only under the direction of a qualified practitioner.

The specific benefits of essential oils vary greatly with their composition, ranging from aperitif to balsamic to depurative and so on. Essential oils are also used commonly in Aromatherapy products for skin and health-care.

The use of essential oils in everyday life yields fragrance and therapeutic benefits in a natural way. With a little knowledge of basic properties and benefits of an essential oil, home-makers can easily use them for following purposes –

- Air freshening
- Bathing
- Compresses
- Skin and hair care solutions
- Floral waters
- Jacuzzis
- Massage
- Saunas
- Showers
- Steam inhalations
- Vaporization / diffusing

Using these volatile wonders of nature forms a fundamental part of holistic living and enhances well-being, but it must be remembered that they are very concentrated, and safety must always be kept in mind.