

Aromatherapy FAQ

AROMATHERAPY IS the therapeutic use of aromatic compounds found in many medicinal plants. Plants with the same genus & species may produce an oil with different chemistry based on a genetic pre-disposition and environmental factors.

What is an essential oil? Methods used to access these aromatic compounds, generally in the form of essential oils, are steam distillation, cold pressing (citrus rinds) and CO2 extraction. Enfleurage is a fat extraction process generally reserved for natural perfuming applications.

What is NOT an essential oil? Carrier Oils, generally fatty oils, are created by infusion of plant material directly into the oil which ultimately takes on some of the healing qualities of the plant. They may be used alone, or in combination with essential oils for enhanced effect. (Arnica, Calendula, & Hypericum (St John's Wort) are some common infused "herbal" oils

What are common ways essential oils (EO's) are used in Aromatherapy?

Inhalation: Aroma inhalers allow for "on the go" personal access to single oils or blends to be inhaled for Physical, Emotional, or Spiritual support.

Diffusion: Larger spaces can be scented for a purpose using a diffuser manufactured specifically for EO's, floated on some water or a tissue or cotton pad where the EO will evaporate into the air.

Skin application: Properly diluted in a carrier EO's may be applied to the skin for longer lasting effects.

Why might I consider using aromatherapy in my health maintenance program?

An EO blend, custom made for your needs may be used in a variety of ways (see above). Other options include standard offerings like travel kits, bug repellents, study buddies for focus, and emotional support blends, all made with Essential Oils.