

Gattefosses Aromatherapy

The Art of Healthy Aromatherapy *Saludable Mente*

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for body and mind today aromatherapy is a widely practiced complementary medicine that uses essential oils from aromatic plants flowers leaves seeds barks and fruits to help cure the essential oils are usually extracted by a steam distillation process and are often used holistically where the oils are used often with massage to treat emotional and physical disorders clinically used in combination with official medical treatments aesthetically where they are perhaps most widely used where the oils are used in burners or diffusers at home or added to baths how does it work aromatherapy acts on our sense of smell and through absorption into the bloodstream about 15 percent of the air we inhale is directed to the roof of the nose where olfactory receptors carry the odors directly to a part of the brain called the limbic system it is believed that ancient civilizations used aromatherapy in many ways and for many reasons such as massage baths as medicine and even for embalming bodies this area is connected to instinct mood and emotion and it is believed that aromatherapy can stimulate the release of chemicals that play a role in the release of emotions think how even the simple smell of floor wax can quickly take you back to the classroom what is the history of aromatherapy it is believed that ancient civilizations used aromatherapy in many ways and for many reasons such as massage baths as medicine and even for embalming bodies the concept was probably used originally and at the same time in china egypt the middle east and by the native americans being later introduced in europe by the romans the practice of modern aromatherapy was mainly attributed to the french chemist rené maurice gattefossé he began researching the healing powers of essential oils in the first quarter century after observing how lavender oil seemed to aid in the healing of a severe burn on one hand he also published the first treatise on the subject in 1937 gattefossé's aromatherapy a publication still available today the word aromatherapy comes from the greek from the words aroma meaning fragrance or pleasant smell and therapeia meaning healing can aromatherapy really be used to cure illnesses aromatherapy seems to have its most beneficial effect on minor ailments digestive problems premenstrual syndrome stress related diseases and some skin problems some essential oils such as tea tree oil are widely used for their antiseptic properties it is extremely unlikely that aromatherapy will cure major diseases so we do not recommend its use in these cases as a substitute for conventional medicine however it can be used to relieve the psychological stress experienced by people suffering from a serious condition

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