



e-book

# ESSENTIAL OILS IN AROMATHERAPY



**Ayuroma Centre**

Aroma. Allegiance. Assurance

## CHAPTER 1: EMERGENCE OF AROMATHERAPY

Aromatherapy, a term so common in Aromatics industry but, very little is known about its emergence and history. Let us have a look about its emergence and other not so known facts.

The roots of aromatherapy can be traced back more than 3,500 years before the birth of Christ, to a time when the use of aroma was first recorded in the human history. The actual term "**aromatherapy**" first originated in 1937 when French chemist **Rene-Maurice Gattefosse** invented the word after a burn incident spurred his curiosity about the healing power of essential oils. Development of aromatic medicine in early days was linked with religion & magic which was actually linked to history of aromatherapy. Egyptians first burned incense made from woods, herbs and spices in honor of their Gods. They believed that as the smoke rose up to the heaven, their prayers will reach their God too. Eventually, the development of aromatics as medicines would create the foundation that aromatherapy was built upon.



## CHAPTER 2: ADVANTAGES OF AROMATHERAPY

Aromatherapy is known as holistic healing treatment that makes use of natural plant extracts to promote both physical and mental health. It is also known as essential oil therapy. Aromatherapy is considered as an art as well as science. Aromatherapy is generally used through inhalation or topical application.



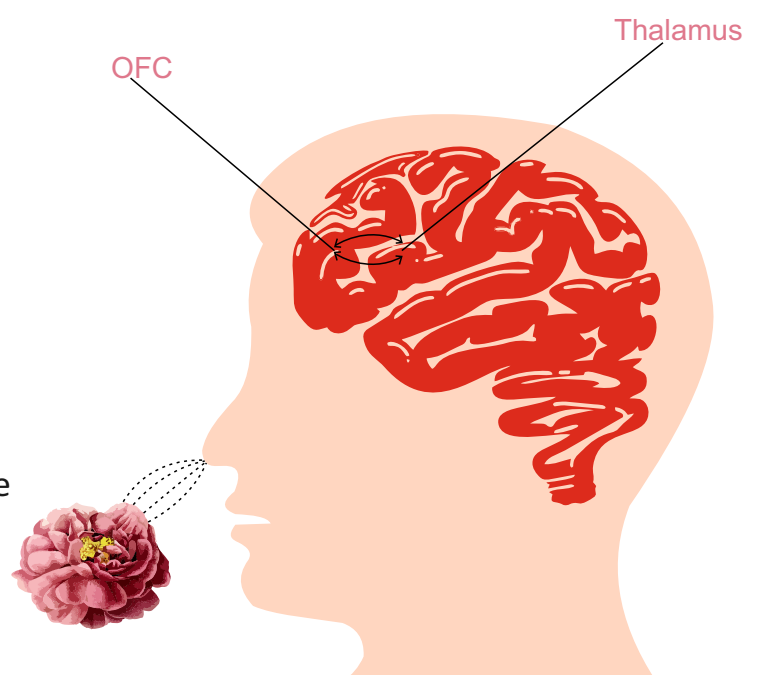
### Aromatherapy massage:-

Aromatherapy benefits are generally achieved through massage of scented essential oils. The massage involves alternating between gentle and harder pressures. During massage, essential oils are added to a carrier oil to dilute the mixture as essential oil is in concentrated form and is not advisable to apply directly. Carrier oils generally used are almond oil or Olive oil. The massage usually lasts between 60 minutes to 90 minutes.

### Working of Aromatherapy:-

The mode of working of aromatherapy is usually through two methods:

**1) Sense of smell:** Our sense of smell is directly connected to our brain. This is the reason why we respond differently to different scents.



## ADVANTAGES OF AROMATHERAPY:-

Aromatherapy is believed to help in providing emotional as well as physical well being. This is the reason it so popular these days. There are multiple benefits of undergoing aromatherapy and some are listed below:

Pain Relief



Stress Buster



Anxiety Reducing



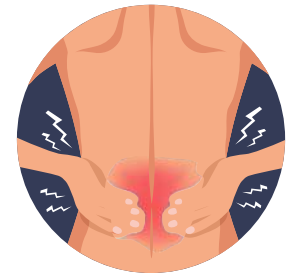
Anti-Depressant



Helps in Sound Sleep



Ease of pain



Increase in calm and relaxed behavior



## PRECAUTIONS IN AROMATHERAPY:-

Though aromatherapy is a relaxing activity but one should consult an aroma therapist before undergoing such a treatment. This is because their suggestion on which essential oil will be best suited on individual skin type is quite helpful.

Person should tell any previously encountered allergies before the aromatherapy so to avoid any allergic reaction from occurring. Essential oil is generally diluted with carrier oils which are obtained from nuts or seeds so allergy with nuts or seeds should be informed beforehand.

Aromatherapy can have side effects but are generally mild like nausea, headaches or allergic reactions.

Some essential oils create toxins which may be injurious to kidneys, liver and other organs if taken internally. Pregnant or nursing mothers should avoid use of aromatherapy which can prove fatal to developing fetus.



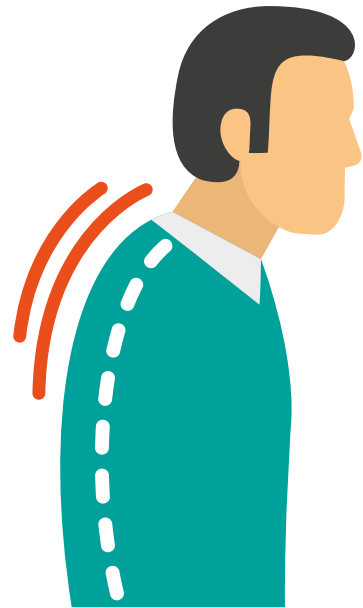
## CHAPTER 3: SPECIFICS OF AROMATHERAPY

We have already seen the fruitful applications of aromatherapy. But it is of utmost importance to know that every essential oil is engaged in providing different healing effects. So it is mandatory to discuss with the aroma therapist regarding problem one going through so that one can get best quality aromatherapy. Here we are going to see some specific health conditions and their respective essential oils.

### **1) Joint pain: -**

Joint pain is one of common issue these days. People who engage more in physical activity can suffer from joint pain. It generally affects the older people. Essential oil aromatherapy can here prove helpful.

Wintergreen oil is known to ease tensions in joints. Other essential oils helpful are Birch oil, Cajeput oil, Roman chamomile etc.



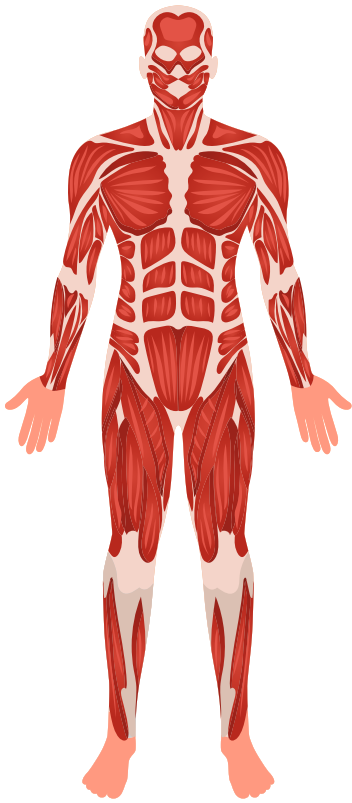
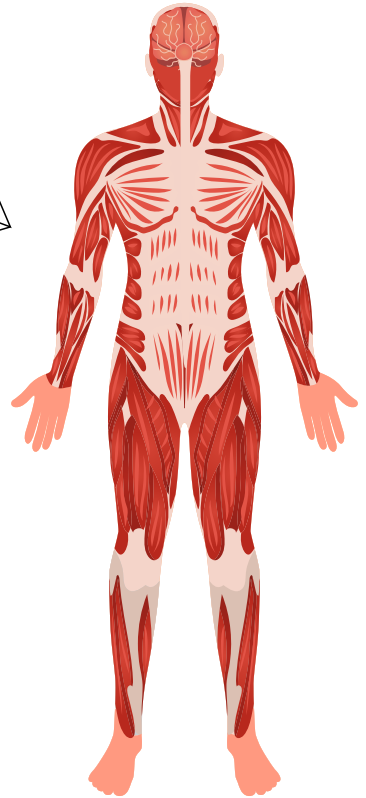
### **2) Muscle tone: -**

Many people look for muscle tone that is healthy and well postured muscles. Essential oils that helps in these are Marjoram Oil, Balsam Fir oil, Lemongrass Oil etc.



### 3) *Connective tissue:* -

Connective tissues are responsible for binding our body parts together. Some people suffer from problem in their connective tissue. In that case Lemongrass oil and German chamomile is known to bring positive effects.



### 4) *Neuromuscular:* -

These are the tissues related to nerve and muscles. Essential oils helpful are Juniper berry oil, Pine oil, Cedar wood oil etc.

### 5) *Neuralgia:* -

This refers to pain related to nerve damage or inflammation. Essential oils helpful in this are Geranium oil, Tarragon oil, Eucalyptus oil etc.



## CHAPTER 4: ESSENTIAL OILS IN USE

As we listed some health problems and their remedies in term of essential oils aromatherapy. Here we are going to know some other essential oils that are used in aromatherapy. Mostly essential oils are used in combinations to treat problems.

Some of the essential oils are as follows: -



**1)Lavender Oil:** - Lavender oil is known for its herbal floral odor. It is very useful in case of insomnia where person finds difficult to sleep. It helps in relaxing the mind.

**2)Ginger Oil:** - Ginger oil have spicy odor and is helpful in digestive problems.

**3)Eucalyptus Oil:** - Eucalyptus oil is very helpful in case of cold and cough. So it basically helps in easing respiratory congestion.

**4)Clary Sage Oil:** - This oil is recommended in case of menstrual cramps and also in labor pains. This oil is helpful in relieving stress.

**5)Lemon Oil:** - This oil provides physiological effects by uplifting mood and energizes body.

**6)Peppermint Oil:** - Peppermint oil helps in reducing migraine pain and also relieves nausea.

**7)Fennel Oil:** - Fennel oil is also helpful in digestion and also in menstrual regulation.



## **Ayuroma Centre- Leaders in Aromatherapy**

Ayuroma Centre is a leader in Aromatherapy. Ayuroma Centre is known world over for the quality of oils it offers and wide range of products under its domain. With an age old experience, we have learned about the art of aromatherapy and quality of oils needed. We have been sourcing our oils to potential customers across the category, ranging from Hotels, Spas, Massage Center, Saloons Home Care and Office Care etc. We have been doing it at a fairly large scale, and are one of the pioneer in it.

We have our own lab and manufacturing unit and working with farmers to bring the correct and most effective quality of raw material so that we can distill the best quality of oils.

Do visit us to taste the quality of our oils.

[marketing@ayuromacentre.com](mailto:marketing@ayuromacentre.com)

[ayuroma07@gmail.com](mailto:ayuroma07@gmail.com)

Call Us:+91-7905-441-782

Thank You

