

## Aromatherapy Kitchener

Aromatherapy Kitchener - The practice of using Aromatherapy essential oils and herbs so as to help promote natural healing and health. The ancient cultures of Egypt and Babylon have used scented herbs for spiritual and medicinal properties. Egyptian priests frequently made use of oils and incense in their duties as healers and the pharaohs were embalmed utilizing herbal preparations to clean their bodies for the spirit world.

Hippocrates is well known as the "father of modern medicine." He believed using herbs was very essential to the wellbeing and a lot of his prescriptions comprised fresh, crushed herbs and fragrant essential oils. By the 10th century, books were being written in Arabia which were devoted to the use and benefits of particular aromas.

A French cosmetic chemist named Rene Maurice Gattefosse was the individual who came up with the word "aromatherapy." While working in his lab in the early part of the 1920s, Monsieur Gattefosse severely burned himself. In order to immediately cool the pain, he plunged his arm into the closest cold substance around, a container of lavender essential oil. His burns quickly healed and little scarring happened, thus, a new science started. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power utilizing scented oils. Modern scientific research proves that certain herbs and essential oils do have therapeutic healing properties. Lavender is still utilized now to treat burn victims and the scent is likewise widely used to treat anxiety and depression.

Some essential oils have been used just for their scent since the scent could be utilized so as to relieve common ailments. Tea tree oil is another essential oil highly prized for its anti-fungal and anti-bacterial properties. It is a time honored treatment used for ringworm, athlete's foot as well as different fungal issues. Rosemary is a stimulating fragrance that is believed to revitalize energy when utilized in the morning bath. It likewise has a reputation for alleviating muscle pain and arthritis.

According to numerous aromatherapy practitioners, they believe that a lot of essential oils should be in every medicine cabinet. These consist of: Chamomile, Lavender, Thyme, Eucalyptus, Clove, peppermint, Geranium, Rosemary, Tea Tree and Lemon. These essential oils can be found in nearly all health food stores and might even be found in grocery stores and drug stores. Special diffusers can be utilized to be able to distribute the aroma of the oils throughout one's office or home. These diffusers could be found in the majority of malls, specialty outlets and super centers.