

Aromatherapy Saskatoon

Aromatherapy Saskatoon - Aromatherapy is the practice of using fragrant herbs and essential oils to promote health and natural healing. Since the ancient times of Egypt and Babylon, scented herbs have been used for their medicinal and spiritual properties. Egyptian priests frequently used incense and oils in their responsibilities as healers and the pharaohs were embalmed with herbal preparations so as to purify their bodies for the spirit world.

The "father of modern medicine" Hippocrates, believed utilizing herbs was extremely important to the wellbeing. A lot of his prescriptions included fresh, crushed herbs and fragrant essential oils. By the 10th century, books were being written in Arabia that were dedicated to the function and advantages of particular aromas.

A French cosmetic chemist named Rene Maurice Gattefosse was the individual who came up with the term "aromatherapy." While working in his lab in the early part of the 1920s, Monsieur Gattefosse severely burned himself. In order to instantly cool the pain, he dipped his arm into the closest cold substance around, a vat of lavender essential oil. His burns quickly healed and little scarring occurred, therefore, a new science began. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power utilizing scented oils. Modern scientific research proves that some herbs and essential oils do have therapeutic healing properties. Lavender is still utilized nowadays to be able to treat burn victims and the scent is even commonly utilized in order to cure depression and anxiety.

Particular essential oils have been utilized only for their smell since the aroma could be used to be able 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 for ringworm, athlete's foot as well as other fungal problems. Rosemary is a stimulating fragrance that is said to revitalize energy when used in the morning bath. It even has a reputation for alleviating muscle pain and arthritis.

There is a top 10 list of essential oils that lots of aromatherapy practitioners think are important in all medicine cabinets. These include: Lavender, Thyme, Eucalyptus, Clove, Peppermint, Geranium, Rosemary, Tea Tree, Lemon and Chamomile. All of these essential oils can be found in health food stores and many grocery outlets and drugstores are likewise stocking them. Special diffusers could be utilized in order to distribute the aroma of the oils throughout one's house or office. These diffusers can be found in most super centers, malls and specialty outlets.