

## Aromatherapy Vancouver

Aromatherapy Vancouver - Aromatherapy is the practice of using fragrant herbs and essential oils so as to promote health and natural healing. Ever since the ancient times of Babylon and Egypt, scented herbs have been used for their spiritual and medicinal properties. Egyptian priests regularly utilized oils and incense in their responsibilities as healers and the pharaohs were embalmed using herbal preparations to be able to cleanse their bodies for the afterlife.

The "father of modern medicine" Hippocrates, thought utilizing herbs was really 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 use and advantages of particular aromas.

A French cosmetic chemist named Rene Maurice Gattefosse was the person 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 present, a vat of lavender essential oil. His burns quickly healed and little scarring occurred, therefore, a new science began. Gattefosse dedicated the rest of his life to the study of aromatherapy, the healing power using scented oils. Modern scientific research proves that some herbs and essential oils do have therapeutic curative properties. Lavender is still utilized today to treat burn victims and the scent is likewise usually utilized to be able to treat anxiety and depression.

Some essential oils have been used just for their scent for the reason that the aroma can be used to be able to relieve common ailments. Tea tree oil is another essential oil greatly prized for its anti-fungal and anti-bacterial properties. It is a time honored treatment utilized for athlete's foot, ringworm and different fungal problems. Rosemary is a stimulating fragrance which is believed to revitalize energy when utilized in the morning bath. It even has a reputation for alleviating muscle pain and arthritis.

There is a top 10 list of essential oils which a lot of aromatherapy practitioners think are essential in all medicine cabinets. These include: Lemon, Chamomile, Lavender, Thyme, Eucalyptus, Clove, Peppermint, Geranium, Rosemary and Tea Tree. These essential oils could be found in the majority of health food stores and may also be found in drugstores and grocery stores. Special diffusers can be utilized in order to distribute the aroma of the oils throughout one's home or workplace. These diffusers could be found in most malls, specialty outlets and super centers.