

Aromatherapy Kingston

Aromatherapy Kingston - The practice of using Aromatherapy herbs and essential oils in order 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 often used oils and incense in their responsibilities as healers and the pharaohs were embalmed using herbal preparations to purify their bodies for the afterlife.

Hippocrates is recognized as the "father of modern medicine." He believed utilizing herbs was extremely important 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 function 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 1920s, Monsieur Gattefosse severely burned himself. In order to immediately cool the pain, he plunged his arm into the nearest cold substance around, a container of lavender essential oil. His burns rapidly healed and little scarring occurred, therefore, a new science was born. Gattefosse devoted the rest of his life to the study of aromatherapy, the healing power using scented oils. Modern scientific research proves that some essential oils and herbs do have therapeutic curative properties. Lavender is still used today to treat burn victims and the smell is likewise widely used to treat depression and anxiety.

Particular essential oils have been utilized solely for their smell in view of the fact that the scent can be used so as to relieve common ailments. Tea tree oil is another essential oil highly prized for its anti-bacterial and anti-fungal properties. It is a time honored treatment for ringworm, athlete's foot and various fungal problems. Rosemary is a stimulating fragrance that is said to revitalize energy when utilized in the morning bath. It likewise has a reputation for alleviating arthritis and muscle pain.

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