

What are Essential Oils?

They are subtle, therapeutic-grade oils distilled from plants, shrubs, flowers, trees, roots, bushes and seeds. They are oxygenating and help transport nutrients to the cells of our body. Without oxygen, nutrients cannot be assimilated; therefore, the oxygenating essential oils can help us maintain our health.

Benefits of Essential Oils

One of the most popular **applications for essential oils** is in the field of aromatherapy. This highly skilled art uses essential oils to assist in the healing of physical, psychological and aesthetic ailments. It is the only therapy that utilizes the most neglected of the senses, smell.

There are many ways to incorporate the benefits of aromatherapy into our daily lives. They may be used to stimulate and invigorate us in the morning, and then to calm and restore our peace of mind at the end of the day. Essential oils may **soothe inflammation, act as an antiseptic, help dull pain and stimulate digestion**. We encourage you to experiment with our full line of essential oil products so that you may discover which uses and fragrances work best for you in any given situation or state of mind. Once you've learned a little about the uses and benefits of essential oils, you'll be amazed at how you can take control of your health, the air you breathe and the food you eat—all in a safe, chemical-free manner.

Essential oils have cytophylactic (cell regeneration), antiseptic, and wound healing effects as well as anti-fungal and anti-inflammatory properties making them the ultimate active principles for holistic natural skin-care.

How do Essential Oils work?

Essential oils are composed of tiny molecules which are easily dissolved in alcohol, emulsifiers and fats. This allows them to penetrate the skin easily and work into the body by mixing with the fatty tissue.

As these highly volatile essences evaporate they are also inhaled, thus entering the body via the millions of sensitive cells that line the nasal passages. These send messages straight to the brain, and affect the emotions by working on the limbic system, which also controls the major functions of the body. Thus in an aromatherapy treatment the essential oils are able to enhance both your physical and psychological well-being at the same time.

Each oil has a distinct chemical composition which determines its fragrance, color, volatility and the ways in which it affects the system, giving each oil its unique set of beneficial properties.

What are the effects of using Essential Oils?

Oils can directly or indirectly affect the **body's physiological systems**. For instance, a couple of drops of peppermint taken orally can aid digestion and inhalations of mucolytic oils can relieve respiratory symptoms. **Used topically for their antiseptic and soothing effects**, essential oils can successfully treat minor skin conditions. It has been demonstrated that the application of certain essential oils to the skin can produce vaso-dilation which in turn causes warming of underlying muscles, however this is an indirect effect of the oil acting on the superficial tissues, it is not a pharmacological effect produced as a result of the oil entering the systemic circulation via the skin. In addition, because of the **effect of relaxation on the brain** and the subsequent sedating or stimulating of the nervous system, essential oils can also indirectly raise and lower blood pressure and possibly aid in normalization of hormonal secretion.

Because of olfaction's direct connection to the brain, **sending electrical messages directly into the limbic system**, essential oils can have effects on emotions and mental states. Perception of odors can have a **major impact on memory, learning, emotions, thinking and feeling**. As therapeutic agents, essential oils work similarly to tranquilizers but in a subtle organic way. Most scents uplift spirits and calm the nervous system. For example, lavender is calming and sedative; basil, rosemary and peppermint are uplifting and stimulating; and jasmine and ylang-ylang are exciting or euphoric.