Ayurveda and Aromatherapy

By Margi Macdonald

What is Ayurveda?
Ayurveda is the science of life which was first understood by the Vedic Rishis – or Seers – of ancient India at least 4000 years ago. The Seers observed life and the universe and described this system of understanding which was subsequently handed down through the generations. The knowledge was recorded in Sanskrit.
WHAT IS AROMATHERAPY?

Aromatherapy is the use of essential oils from plants for healing. Although the word “aroma” makes it sound as if the oils are inhaled, they can also be massaged into the skin or — rarely — taken by mouth. You should never take essential oils by mouth without specific instruction from a trained and qualified specialist. Whether

PRACTICE OF AROMATIC ALCHEMY

When we approach an essential oil with concentration and mindfulness it begins to reveal hidden dimensions of beauty, power, and intelligence that are not ordinarily noticed. As
we integrate these new perceptions into a greater awareness of our own physiological reactions to the plant’s essence, we begin to understand how we are deeply connected to all of life, specifically to

SAFETY WHEN USING AROMATHERAPY

Aromatherapy is a very old healing art using essential oils, which was used by the Chinese as early as in 4,000 B.C. In all probability, the Chinese were the first to make use of essential oils for remedial purposes. It is also known that the ancient Egyptians used aromatics during their rituals as well as for curative purposes, counting various forms

AROMATHERAPY HEALING ~ AROMATIC RESEARCH

Aromatherapy can help a person to cope with psychological issues, from depression and anxiety to poor memory. That something as noninvasive as natural fragrances can affect our thoughts is quite exciting. Medical researchers hope someday to treat a number of conditions, including Alzheimer’s disease and memory disorders, with fragrance. This idea is not as far out as it may seem.
AROMATHERAPY HEALING ~ THE EMOTIONS

The fragrance captures the attention: the sweet smell of a rose, the enticing aroma of a freshly baked cinnamon apple cake, the appealing scent of a cup of warm peppermint tea, the pleasing fragrance of your favorite perfume. Just the word “aromatherapy” conjures up intriguing images, and with good reason. As much as we take our sense of smell for

ESSENTIAL OILS COULD COUNTER LUNG AND LIVER AILMENTS CAUSED BY AIR POLLUTION

Certain ingredients in essential oils made from plants such as cloves, anise, fennel and ylang-ylang could serve as a natural treatment of lung and liver conditions caused by air pollution. This is according to Miriana Kfoury of the Unité de Chimie Environnementale et Interactions sur le Vivant, Université du Littoral Côte d’Opale in France and the Lebanese University in Lebanon.
ESSENTIAL OILS

For well over several thousands of years, humans have been employing essential oils for therapeutic purposes as well as sustaining good health. In effect, the ancient Egyptians extensively used essential oils. Currently, essential oils are used extensively in lotions meant for external use, aromatherapy, comforting baths and in a great assortment of herbal medications. Any attempt to define essential oils accurately

USE OF ESSENTIAL OILS

They are also called ‘volatile’ or ‘ethereal’ oils

LAVENDER OIL
A whiff of lavender oil can trigger various sensations, and its sweet fragrance brings to mind rows and rows of beautiful blue-violet flowers under the summer sky. But if you look beyond lavender oil’s aroma, you’ll find that there’s more to it than meets the eye – or your sense of smell. What Is Lavender? Lavender oil comes from lavender.
ESSENTIAL OIL ARTICLES, FAQ'S, RECIPES

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KEEP ESSENTIAL OILS OUT OF REACH OF PETS AND CHILDREN
I can't stress this caution enough! Essential oil poisonings can kill children and pets. These are not toys or teething tools, they are highly concentrated plant materials that can be dangerous and lethal in tiny hands.

In the event of an essential oil poisoning calls **Poison Control immediately.** The American Association of Poison Control Centers hotline is available 24 hours a day, 7 days a week at 1-800-222-1222. Poison Control operators assist families with thousands of essential oil poisonings every year and are well equipped to advise you on necessary actions to take after a poisoning.
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