

Aromatherapy Winnipeg

Aromatherapy Winnipeg - The practice of using Aromatherapy herbs and essential oils to be able to help promote natural healing and health. The ancient cultures of Egypt and Babylon have used scented herbs for medicinal and spiritual properties. Egyptian priests often utilized incense and oils in their responsibilities as healers and the pharaohs were embalmed utilizing herbal preparations so as to purify their bodies for life after death.

Hippocrates is well known as the "father of modern medicine." He thought the use of herbs was very important to the wellbeing and many of his prescriptions incorporated fragrant essential oils and fresh, crushed herbs. By the 10th century, books were being written in Arabia that were devoted 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 1920s, Monsieur Gattefosse severely burned himself. So as to instantly cool the pain, he dipped his arm into the closest cold substance present, a container of lavender essential oil. His burns quickly healed and little scarring happened, therefore, a new science began. Gattefosse dedicated 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 curative properties. Lavender is still used at present to treat burn victims and the smell is likewise commonly utilized to heal anxiety and depression.

Some essential oils have been utilized solely for their aroma as the aroma can be used 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 utilized for athlete's foot, ringworm as well as other fungal issues. Rosemary is a stimulating fragrance that is believed to restore energy when utilized in the morning bath. It also has a reputation for alleviating muscle pain and arthritis.

There is a top 10 list of essential oils that various aromatherapy practitioners believe are important in all medicine cabinets. These consist of: Clive, Peppermint, Geranium, Rosemary, tea Tree, Lemon, Chamomile, lavender, Thyme and Eucalyptus. These essential oils can be found in nearly all health food stores and may also be found in grocery stores and drug stores. Special diffusers could be used in order to distribute the aroma of the oils throughout one's workplace or house. These diffusers could be found in most super centers, malls and specialty outlets.