

## The history of Aromatherapy

As far back as the fourth century BC, Hippocrates, the father of medicine said that 'the way to health is to have an aromatic bath and scented massage every day'.

The anti-bacterial and anti-viral properties of essential oils were recognised even in those early days.

Oils were used in ancient Egypt, China and India and evidence suggests they were in use for a thousand years before the Pharaohs.

Rene-Maurice Gattefosse, a French cosmetic chemist in the 1920's, burnt his arm rather badly and thrust his arm into the nearest cold liquid which happened to be a vat of Lavender oil. He found his pain lessened considerably, he suffered no blisters, inflammation or heat. His wound healed very quickly and left no scar. He dedicated the rest of his life to researching the remarkable healing properties of essential oils and called it 'aromatherapy'.

## What is Aromatherapy?

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant to enhance psychological and physical well-being.

## Why essential oils?

It is imperative that only essential oils are used for therapeutic use. Natural oils are taken from plants that have absorbed the cosmic rays of sunshine and have a vibrational energy and it is this essence which is extracted and used. Pharmaceutical copies may provide a pleasant smell but none of the health-giving properties of essential oils and in fact, could be harmful if used on the skin.

## What are the benefits?

Essential oils are easily absorbed via the skin and nasal passages into the bloodstream, affecting the circulation as a whole. Oils with a warming effect, such as black pepper, camphor and sweet marjoram, not only cause better blood circulation but also influence and stimulate the inner organs. They can bring a warm glow and analgesic effect by causing the blood vessels to expand and reduce swelling.

The reproduction system can be helped by the use of oils such as rose and jasmine. They can ease specific complaints such as menstrual pain and sage and fennel oils contain plant extracts that mimic human hormones such as oestrogen.

Lavender and Ho wood helps sleep.

Virtually all essential oils have bactericidal and anti-viral properties and by promoting the production of white blood cells they can help to prevent and treat infectious diseases.

Sandalwood, Chamomile and Ylang Ylang all have a sedative effect on the nervous system while Frankincense can help you unwind after a busy day. Some oils will help you to meditate by relaxing your body and mind.

## How do I go about seeing what is best for me?

A consultation is required with the therapist as oils vary in nature - we need to know if you have high/low blood pressure; are pregnant; have any allergies or skin complaints etc. We would also need to be informed of your life style, for example, there is one oil that will exaggerate a hangover!!

Some oils cannot be used if the client intends to go out into bright sunlight and there are other contra-indications which have to be considered.

We certainly need to know if you are allergic to any of the ingredients in the carrier oil or essential oils used.

## Time to Relax

A short consultation is followed by a relaxing back, shoulders and neck massage using the chosen essential oils mixed with a carrier oil or cream, listening to relaxing music to enable you to totally 'chill out'. The essential oils are therapeutic and will work on the body while you relax.

Knowing that you are strengthening and protecting the body is comforting and reassuring.

## Treatment of health conditions

After a brief consultation the therapist can assist with mixing massage oil or prepare creams for personal use to help with various health conditions such as Arthritis, leg cramps, IBS and many more.

## Why not treat a friend or a member of the family

Gift Vouchers are available for those who are difficult to buy for – what better than to give a gift that will benefit their health and well-being too.

Date Produced 03/06/2020

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Other therapies offered by Jehandra include:

- Chakra Balancing
- Ear Candling
- Hot Stone Massage
- Henna Tattoos
- Indian Head Massage
- Spiritual/Reiki Healing
- Body Massage
- EFT (Emotional Freedom Technique)
- Cupping Massage
- Crystal Therapy
- Reflexology
- Meditation

Pamper Parties are available too for you and your friends with various treatments, massage options, angel card reading or henna tattoos.



## Aromatherapy

## Client Information

With the extra pressures of modern life causing stress and discomfort, we can help our bodies relax and help our immune system recuperate by using essential oils which have proved their worth over centuries.