


[PDF] The Complete Aromatherapy And Essential Oils Handbook For Everyday Wellness

Nerys Purchon, Lora Cantele - pdf download free book



Conditions and Remedies

Tip
 Oils can soothe dry, itchy skin. Apply a few drops of lavender oil to a bath of warm water to help soothe dry, itchy skin. For more information, see page 225.

The remedies in this section are based on our collective experience in using oils and using essential oils. The oils are not miracle cures—they don't take long to make and most of the ingredients are naturally occurring. However, they are not intended to replace the advice of your health-care practitioner. Please consult your physician or other health-care practitioner if you have any concerns or if you are pregnant. If you are pregnant, please consult your physician before using any essential oils. Essential oils can be used in many ways: inhaled, ingested, applied to the skin, or used in a bath. For more information, see page 225.

Using the Oils
 When you create any of the essential-oil blends for each remedy, you don't have to use the oil called for, you can substitute others that have the same properties. See Key Essential Oils and Their Properties, pages 28 to 37, for more information. Essential oils are most effective when used in a carrier oil. Always use the appropriate proportions of essential oils and carrier oil. The total amount of essential oils used should never exceed 5% of the total weight, and some oils should be added in smaller amounts. Most of the recipes in this section have 10% to 15% of carrier oil, so some have a different dilution ratio than others. For more information, see page 225. If you are pregnant, please consult your physician before using any essential oils. Essential oils can be used in many ways: inhaled, ingested, applied to the skin, or used in a bath. For more information, see page 225.

People with more serious conditions can also benefit from using essential oils. When appropriate, essential oils can be used in conjunction with medical treatments. Of course, it is important to discuss complementary treatments with your health-care practitioner first.

Abrasions

While abrasions are generally not serious, they can be very painful. Most abrasions heal on their own, but if the wound is deep or if you have a medical condition, you may need medical attention. To help speed the healing process, you can use essential oils.

Essential Oils

Antiseptic Wound Wash
 Make sure you use it only on the affected area.

- 1 cup (250 mL) distilled water
- 1 drop geranium essential oil
- 1 drop tea tree essential oil
- 1 drop eucalyptus essential oil
- 1 drop lemon essential oil
- 1 drop lavender essential oil

In a 2-oz (60 mL) glass bottle, combine honey and lavender, tea tree, eucalyptus, and lemon essential oils. Shake in hand. Add water. Shake well before using.

Use: For a more effective treatment, use marjoram and eucalyptus essential oils mixed in hand for the water.

Treatments
 Digital application: Using a cotton ball, thoroughly clean the affected area with hydrogen peroxide. Wash hands. Leave several uncovered blisters. If a blister is required, apply a large bandage. Use the essential oils in the same way as the tip. When changing the bandage, repeat as necessary until the blisters have healed. Then, clean the wound thoroughly with alcohol. **Use:** For a more effective treatment, use marjoram and eucalyptus essential oils mixed in hand for the water.

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Description:

Aromatherapy is a method of employing essential oils to protect, heal and beautify.

Essential oils are described as the "life force" or "essence" of plants. The most wonderful thing about essential oils is that they are available to everyone, and they are very simple to use once the basic concepts are understood and the appropriate methods and procedures are observed.

The best known way to use essential oils is through massage. In this comprehensive book there are many, many more ways to use the oils for everything from arthritis and asthma to high blood pressure and constipation. Essential oils are now emerging as scientifically proven and accepted remedies for a variety of common conditions. The why and how certain oils heal still remains somewhat mysterious. Oils can help to treat everyday ailments, whether it be strengthening the immune system, fighting bacteria and viruses, and lowering stress levels to toning, relaxing and strengthening muscles. These oils help the body heal itself.

This book features 109 oils and 450 remedies. The recipes are easy to follow, do not take a long time to make, and are quite inexpensive -- the biggest cost is the oils. The oils are organized in an A to Z format, and each entry features the botanical name, a full description of how and why the oil is extracted as well as its therapeutic uses.

Angelica for example has a sweet, rich smell, is excellent in all skin care preparations both as a tonic and to soften and smooth rough, dry skin. It reduces inflammation and can be useful when applied to irritated skin. As a massage oil it purifies the body and acts as a lymphatic stimulator, draining the body of excess fluid, increasing energy and generally quickening the functioning of glands. It's also an excellent tonic for the entire digestive system as it strengthens the liver, stimulates appetite, aids digestion and generally boosts the whole digestive system.

Nerys Purchon was one of Australia's leading experts on herbs, aromatherapy and essential oils. Her books have sold more than 300,000 copies worldwide.

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