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Aromatherapy gives off a calming effect that helps relieve stress. The smell of an oil that appeals to you can have an instant pleasing effect on your psyche and your well-being. Aromatherapy can transport you to a familiar place with familiar smells and can help to balance you in times of stress and agitation.

Essential oils can help to calm or can help to “pick you up” if you are feeling down and worn-out. Walking into a room of a house that has used aromatherapy for cleaning and as an air freshener creates a more enticing and inviting atmosphere and is also much gentler on the nose.

The essential oils are very strong and concentrated so it is recommended that you use what is called a carrier oil, such as olive oil or almond oil. The concentration is so high that you only need two to three drops of essential oil per cup of carrier oil.

Aromatherapy is also good when treating cancer patients. For example, lavender is an excellent treatment for insomnia resulting from cancer treatment and is a great general relaxant. Rosemary is good for muscle pain, cold feet and hands and high blood pressure and also aids the loss of appetite.

Smells affect our everyday life. They can predict how we are feeling and what mood we take on. Let’s face it, we all could use a little bit of aromatherapy once in a while.