

Quick Reference Guide to Aromatherapy (A Starter Kit)

Remember to consult your physician before entering into an aromatherapy routine, especially if you are ingesting them orally or placing them on your skin. Example: Grapefruit can interact with some medications and is ill advised for people with certain health conditions.

Lavender-Lavender is associated with feelings contentment, improved cognitive performance and mood as well, and has also shown other mild sedative and calming effects. It's also been shown to reduce cortisol levels.

Lemon-Lemon is known as an energizer and increases mental sharpness. This refreshing scent is not alone. This benefit can be found in almost anything in the citrus family.

Mint-Peppermint aromatherapy has been found to increase memory and alertness, which can provide a great pick-me-up for too-tired, too-busy people, stressed students, and the overworked.

Grapefruit-Grapefruit gets a repeat of the above Lemon scent. This is an energizer and increases mental sharpness, while clearing the mind. This super fruit has a natural mood lifter and mild anti-depressant qualities.

Basil-Basil benefits include its ability to treat nausea, motion sickness, indigestion, constipation, respiratory problems, and diabetes. Basil oil is also a good source of Vitamin A, magnesium, potassium, iron, and calcium.

Rose-Rose is frequently recommended for its antidepressant and mood-boosting properties. It is used to soothe the nerves, calm the nervous system and act as a tonic to relieve symptoms of depression. Just the aroma of rose oil can provide alleviation from depressive symptoms. It is used in baths, inhalations and aromatherapy burners to provide a mood boost during times of stress and fatigue. Depressive symptoms can also be relieved when rose oil is used in massage therapy.

Eucalyptus-Eucalyptus is used as a mood lifter and energizer. This scent will certainly aid in clearing sinuses and congestion problems. Occasionally you will find a fitness center that will have a Eucalyptus room where this essential oil is placed at the source of the steam to clear the sinuses and energize participants.