

COMMON ESSENTIAL OILS AND SOME OF THEIR USES

Eucalyptus – opens and clears nasal passages; boosts immune system; relieves muscle tension

Ylang-Ylang – antidepressant; relieves stress

Geranium – relieves menstrual cramps; restores hormone balance; tones and balances skin

Peppermint – relieves aches and pains; relieves headaches

Lavender – relaxes; uplifts; treats burns, cuts, scrapes and other mild wounds

Lemon – treats athlete's foot, flu and colds, varicose veins and warts

Sage – treats muscular aches and pains; relaxes; helps with insomnia; restores hormone balance

Tea Tree – treats infections like jock itch, athlete's foot, ringworm and yeast problems; boosts immune system

Chamomile – soothes sleeplessness and anxiety; treats muscle aches

Rosemary – stimulates immune system and fights infection; stimulates digestive tract

Rose – emotional balance

Common Essential Oils Related to Mood:

Relaxing – lavender, chamomile, jasmine, frankincense and myrrh, neroli, orange, tangerine, ylang-ylang

Revitalizing – lemon, grapefruit, cinnamon, juniper, vanilla, geranium, rosemary

Stimulating – peppermint and eucalyptus

Read all precautions on the labels as some oils cause irritations and headaches. Follow manufacturer's instructions. As always, check with your doctor when using any new treatments, especially if you are pregnant or suffer from ailments or disease.

Sources: aromanaturals.net; medicalnewstoday.com; and Reference Guide for Essential Oils, by Connie and Alan Higley, (Abundant Health), ninth edition revised 2005.

Foot Reflexology" by Laura Norman, (Fireside), available through Amazon.com.

The aromatherapy massages can be customized to each client's needs. Massages can include body scrubs to help with circulation, polishing, and hot towel treatments to relax the muscles.

Phillips says a massage is more than a luxury, adding: "It's good for your body."

A massage should be done during the last week and the day of an important

event, according to Smith, because it's a great form of relaxation. "It's also going to quiet the skin and the nervous system."

There are many resources available online and in bookstores on aromatherapy, individualized for each person's needs and interests.

For information on massage therapy, including a list of licensed therapists in your area, visit American Massage Therapy Association (amtamassage.org). The site includes an excellent guide

with tips and resources for consumers. Other sources include the National Certification Board for Therapeutic Massage and Bodywork (ncbtmb.org) and Georgia Board of Massage Therapy (sos.georgia.gov/PLB/Massage).

So relax. Light the candles, choose your soothing music and slip under the scented bubbles in your bath. Allow the scents to comfort and invigorate you before you begin your day — or life — as a more relaxed you. ■



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