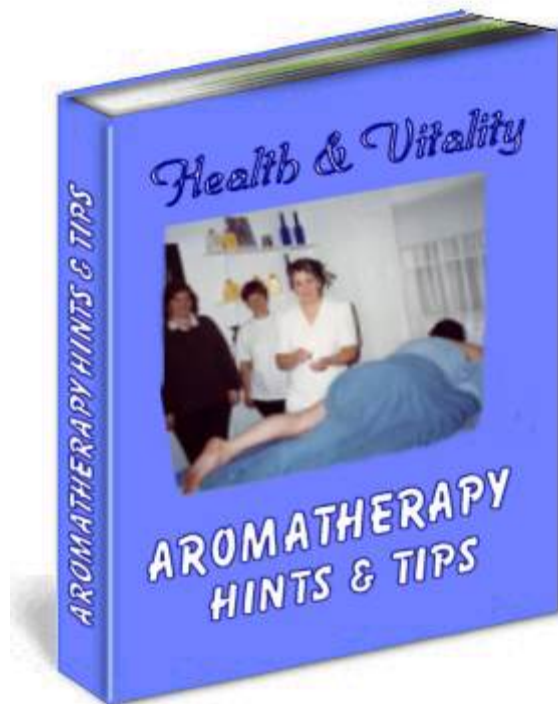


AROMATHERAPY HOME HEALTH TIPS

Thank you for your interest in Health & Vitality. This little eBook contains a few excerpts from our full Professional Aromatherapy Home Study Course and our Aromatherapy Home Health (eBook).

I hope you enjoy the content and you are very welcome to pass this eBook along to any of your friends and contacts who may also benefit from it.



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Aromatherapy Home Health Tips

Thank you for your interest in Health & Vitality. This little eBook contains a few excerpts from our full Professional Aromatherapy Home Study Course and our Aromatherapy Home Health (eBook)

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Aromatherapy has benefited mankind for over 4000 years and has proved tremendously helpful to many people in helping them to maintain good health and alleviate many common and annoying ailments.

However, as we are different in our individual requirements the effects of Aromatherapy can be just as varied, but in almost all cases the effects are usually extremely beneficial.

If you have any health problems, you should seek the advice of your doctor before starting any alternative regimes or altering any prescribed drugs.

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SOME USEFUL GUIDELINES

Quick Hints and Tips for using Essential Oils

WHAT ARE ESSENTIAL OILS?

Essential oils are pure, natural substances that are extracted or distilled from flowers, trees, fruits and herbs. The properties of the plant are not lost in this extraction process but are concentrated and even enhanced.

THUS ESSENTIAL OILS ARE VERY POWERFUL AND NEED ONLY BE USED IN VERY SMALL QUANTITIES.

There is a list of the major properties of essential oils at the end of the notes, as well as guidelines and cautions.

HOW DO ESSENTIAL OILS WORK?

Essential oils can enter the body through the olfactory system or through the skin.

Essential oils have a very small molecular structure, which enables them to easily penetrate the skin.

Once the Essential oils have passed through the skin they are absorbed by the tissue fluids into the lymphatic system and from there, pass into the bloodstream to be circulated round the body.

Another way of getting essential oils into the bloodstream is when we breathe it in; some will be exhaled with the next breath but some will pass into the bloodstream, in the same way as oxygen does and be transported round the body.

Thus the oils will pass safely through the body being used as needed, before being excreted.

HOW DO I USE ESSENTIAL OILS?

There are various ways in which to use Essential oils.- These include: -

Massage; Baths; Compresses; Inhalations; Air-Sprays; Vaporisation.

During the course you will learn more about these different methods of using oils.

HOW CAN I USE ESSENTIAL OILS AROUND THE HOME?

DISINFECTANTS

All essential oils will either kill bacteria or inhibit their growth to varying degrees. Add 5 drops of your chosen oil to a basin of warm water and wipe down all washable surfaces. The solution can be used in the kitchen, in the bathroom, for washing floors, cleaning the telephone or any washable areas where you want to keep bacteria at bay.

The essential oils that work best for this application are:

Bergamot; Eucalyptus; Lavender; Lemon; Pine; Lemongrass; Lemongrass.

Choose a fragrance that appeals to you! Alternatively make up a solution in a spray bottle as instructed under Air-Sprays.

AIR-SPRAYS - Dilution: 5 drops - 50 mls water (20 drops - 200mls water)

One of the simplest ways to introduce essential oils into the air is to mix them with water and use them in a spray bottle. They mix better if some alcohol is used to dissolve them before adding to the water, but a simple mixture of essential oils and water will work well enough for a short time if it is vigorously shaken before use. The oil will not dissolve in the water but enough of it will remain suspended in the water to give a good spray.

Do not leave the solution in a plastic spray bottle for any length of time as the plastic may react with the essential oil, changing it. A ceramic spray (from a gardening centre) is ideal to use. If you must use a plastic spray, store your solution in a dark glass bottle and fill your spray with only as much as you need, each time you use it. You can use sprays for a wide variety of purposes: Disinfectants (see above) Air Fresheners.

Several essential oils are effective deodorising agents and can be used in room sprays to neutralise cooking, smoking or other domestic odours. - The most effective deodorising oils are:

Bergamot; Lavender; Juniper; Cypress

Insect Repellents

Essential oils can be very effective at keeping a room free from flies and can also make a good anti-midge spray to use on yourself out of doors!!

The best oils to use for this purpose are: **Citronella; Lemongrass; Eucalyptus.**

Room Fragrance and Mood Enhancers

Used as room fragrance, essential oils will create a pleasant atmosphere and at the same time specific oils will have an effect on your mood.

Most oils can be used for room fragrance. Some are particularly suitable for special purposes :-

Studying or Mental Activity: -	Basil; Rosemary
Relaxation or Sleep: -	Lavender; Marjoram.
Romance: -	Ylang-Ylang; Geranium; Rosewood.

Use the oils to create atmosphere for different occasions:

a summertime blend: -	Bergamot; Lemon; Rosewood;
a wintertime blend: -	Lavender.
a light euphoric blend:-	Orange; Rosewood; (Patchouli); Lavender Ylang-Ylang; Lavender; Clary Sage.

Other ways to perfume a room, apart from using an air-spray:

Add a few drops of oil to a bowl of dried flowers or pot-pourri.

Put a few drops on a light bulb before switching on or use a ring burner.

Add a few drops to a ball of cotton wool and tuck behind a warm radiator or float a few drops on a saucer of water near a warm radiator.

Use a vaporiser or oil burner.

Pets

To protect dogs and cats from fleas and ticks add 5 drops of Lemongrass or Lavender (or a mix of the two) to a small bowl of water or a spray and apply to your pet's coat. The blend will also keep doggy odours to a minimum.

Citronella can be used to keep cats away from plants. It does need to be re-applied every few days but will effectively keep animals away from small areas of soil.

Sick Room

Air-sprays for this purpose will be covered in the Health and healing section of our [Aromatherapy Home Health Course](#).

ESSENTIAL OILS TO HELP YOU THROUGH THE DAY

Morning

If you feel dull and lethargic a **Rosemary** bath will stimulate the nervous system and clear the head. 10-15 minutes in the bath is long enough to feel the benefits. Add 5 drops to a warm bath and, mix thoroughly before getting in. If your skin is sensitive always dilute the essential oil in a carrier oil before adding to the water (see bath oils under Skin and Body Care workshop).

If you don't have time for a bath in the morning just put two or three drops of **Rosemary or Lemongrass** into the washhand basin full of hot water e lean over and inhale the vapour for a few minutes and you will feel wide awake and ready to go!

At Work

Offices and workplaces can often be very stuffy and can contribute to a lack of efficiency as the day wears on. Fresh air is what is needed and if you can't go out for a walk or even open the windows you can still freshen the atmosphere by using essential oils.

Use either in an air-spray (as explained earlier) or by adding a few drops of oil to a tissue or ball of cotton wool. Light citrusy oils like - **Bergamot; Lemon; Orange; Rosewood or Lemongrass**, not only scent the atmosphere but bring a freshness and clarity and , because all essential oils have antiseptic properties, will also offer you some degree of protection from the various airborne bacteria which surround us.

If you're suffering from mental fatigue, **Basil** oil stimulates the brain and is great to refresh your mental powers during a demanding day at your workplace or during examination swatting. It is also ideal for any long-distance driving you may have to do, or generally for anyone who has to concentrate for long periods of time. **Basil oil** is very strong and simply smelling the vapour of - **1 drop** on a tissue is sufficient to stimulate the grey matter.

Arriving Back Home

When you realise that every part of your body has a reflex point on the foot, you will understand how, on reaching home, you can revive quite quickly by having a footbath. Just 5 - 10 minutes with your feet in a bowl of water to which you have added 5 drops of either **Peppermint, Lavender or Rosemary** and then gently massaging your feet will work wonders.

To Revitalise Before a Night Out

Run a bath and add either **Rosemary and Rosewood, or Rosemary and Bergamot, or Rosewood and Bergamot, or Ylang-Ylang and Clary Sage** (6 drops in total to a bath or dilute first in a carrier oil or a little milk).

Any of these combinations will uplift and energise you before going out.

And So To Bed

A bath using **Geranium and Lavender** will help to reduce tension and prepare you for sleep. If you are having trouble falling off to sleep place **1-2 drops of Lavender or Marjoram** oil on a tissue near your pillow.

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50 Ways To Beat Insomnia

Here's an interesting little collection of tips on Sleep - by Gail Miller

About a third of us have sleep problems occasionally, but for some people insomnia can be a chronic problem, which lasts for months or even years. If you need a bit of help getting off at night, follow some of these tips to help you get a better night's sleep.

1. Instead of counting sheep, count peacocks, giraffes, or emus!
2. Go to bed at the same time every night, and get up at the same time every morning.
3. Sleep on a good, firm mattress.
4. Lie on your back and gently rub your stomach in a circular motion. Gradually let the circles get bigger and bigger.
5. Avoid alcohol, caffeine and tobacco.
6. Start at one, two, or five hundred, and count backwards down to one.
7. Try to recall a poem that you used to know off by heart when you were at school.
8. Think of a boy and girl's name starting with each letter of the alphabet. For example; Albert and Alice, Bryan and Betty, or Carl and Camilla. See how far you can go.
9. Listen to a recording of crashing waves, dolphin sounds, heartbeats, or raindrops.
10. Don't have tea, chocolate or cola in the evening.
11. Imagine walking through a lush valley. Hear the birdsong, smell the trees and visualise the beauty of the countryside.

12. Sleep in a well-ventilated room.
13. Don't have the temperature of your room too hot, or too cold.
14. Sleep on your back, as this enables your internal organs to rest.
15. Do not fall to sleep on your front, as this results in shallow breathing and causes pressure on your internal organs.
16. Drink warm milk ten to twenty minutes before retiring.
17. Stretch your body. Point your toes, arch your back and stretch your arms above your head, then relax completely.
18. Try to recite the National Anthem in your head.
19. Make a long list of words in your head by changing just one letter at a time, for example; part, past, post, most, mast, etc.
20. Have a drink of herbal tea before retiring to bed. Some health food stores sell blends, which are designed to aid restful sleep.
21. Fifteen minutes of exercise a day will supply your body with the activity and oxygen it needs to relax at bedtime.
22. Make a list of everything that is bothering you and therefore keeping you awake. Imagine yourself writing the list onto a piece of paper and then screwing it up and throwing it away.
23. Try to settle yourself by repeating soothing words to yourself, such as calm, peaceful, relaxing.
24. Imagine you are sewing the hem of an extremely wide curtain. Use tiny stitches and visualise in detail every stitch you make.
25. Try to get your partner to give you a relaxing massage just before bed, or while you are both in bed.
26. Make love.

27. If your partner is in bed with you, listen to his breath and try to synchronise your breathing with his.
28. Go back to a special time and place in your mind. Relive the sights, smells and feelings you felt at the time.
29. Avoid naps during the daytime.
30. Take a warm soothing bubble bath, or use bath salts or aromatherapy oils in the water to help you relax before bed.
31. Try to keep your bedroom as dark as possible by hanging thick lined curtains if possible.
32. Imagine you are on the beach. Feel the hot sun on your body, smell the salt water and feel the warm, granular sand under your feet and between your toes.
33. Avoid illuminated bedside clocks. A lit clock face can be extremely disturbing if you have a hard time getting to sleep.
34. Practice slow, deep breathing for five minutes.
35. Sleep with your head facing north. Sounds bizarre? Try it and see if it makes a difference for you.
36. Imagine you are decorating your dream house. What colour scheme would you use? What style of furnishings and decoration would you prefer? See each colour and pattern in detail.
37. Keep your bed a place for sleep. Don't read, watch television, work, or do crossword puzzles in bed. Let your body and mind associate bed with sleep.
38. Think of as many famous people as you can with double initials, for example; Anthony Andrews, Tina Turner, Bobby Brown.
39. If you really can't sleep, get up. Don't lie awake for more than thirty minutes. Read a book, have a drink, and when you feel tired again, go back to bed.

40. Lie on your back and try to relax. Wiggle your toes up and down, both feet at the same time, 20. This should relax your whole body.
41. Listen to soft and soothing music. Classical or folk music is particularly good for dropping off to.
42. Imagine it's morning and time to get up. The alarm has already gone off, and you are in that sleepy period when you just want to drop back off to sleep for a few more minutes. It's surprising how sleepy you will start to feel.
43. Think back on everything you did throughout the day, from getting up, having breakfast, going to work, right through to getting ready for bed and lying where you are now.
44. Try to remember what you were doing this time last year.
45. An hour before you go to bed, light an oil burner with some lavender oil in it.
46. Mentally visit the town you were born in. Think back to how the streets looked, and imagine where you used to play, or the places you used to visit.
47. Repeat to yourself 'I am getting sleepy, I am growing tired, I am falling to sleep.'
48. If you are a fan of soap operas, replay some of the scenes in your mind, with yourself as one of the characters.
49. Stare with your eyes closed at the insides of your eyelids.
50. Build a two letter word into the biggest word you can make. For example; on, one, lone, alone. - SWEET DREAMS

Gail Miller is author of "WILD CHILD - A Mother, A Son & ADHD" The true story of a mother driven to despair by her unruly son, and her fight with the authorities for recognition & treatment for his condition. ISBN 1 872229 24 7 Patten Press
<http://home.freeuk.net/theadhdgazette/wild.html> She also publishes "The ADD / ADHD Gazette" the on - line ezine accenting the positive side of ADHD.
<http://www.onelist.com/subscribe.cgi/ADDGazette>

HAIR CARE

OIL TREATMENT FOR DAMAGED, DRY HAIR

Hair that has been damaged by weather, perming or bleaching, can be improved by a once-a-week oil treatment.

The hair should be parted into sections and the oil blend applied along the partings with a piece of cotton wool, which has been dipped in the oil.

Once all the partings have been covered, stroke the oil down to the ends of the hair. When all the hair has been saturated, pile it on top of the head and wrap in a towel. Leave the oil on for one or two hours before washing it off.

Shampoo should be applied to the hair and worked in before adding any water.

If water is added first it is difficult to remove all the oil.

Recipe for damaged hair: 15 drops Rosewood 5 drops Geranium 5 drops Lavender 10 mls Jojoba 50 mls vegetable oil	Treatment for greasy hair: 12 drops Bergamot 13 drops Lavender 5 mls Jojoba 50 mls vegetable oil
Treatment for dandruff: 10 drops Eucalyptus 15 drops Rosemary 5 mls Jojoba 50 mls vegetable oil Apply as for damaged hair but massage well into the scalp	Treatment for hairloss: 7 drops Juniper 9 drops Lavender 9 drops Rosemary 50 mls vegetable oil Massage well into scalp.

HAIR RINSES

The use of any Essential Oil in a hair rinse will impart a lovely natural smell to the hair; but some Essential Oils are particularly good for different hair colours.

Add the Essential oil to a litre bottle of water and shake well before pouring over the hair. If you have short hair you will not need a litre of rinse but the mixture may be kept for a few days till your next shampoo.

Dark hair 3 drops Rosemary 1 drop Rosewood 1 drop Geranium 1 litre water This blend will bring lustre and depth to dark hair	Fair Hair 2 drops Chamomile 1 drop Lemon 1 litre water This blend has a natural lightening effect on fair hair and at the same time will improve the condition of dry bleached hair.
--	---

EYE COMPRESS

Tired eyes or those irritated by contact lenses or from being in a smoky atmosphere will find immediate relief from a **Chamomile or Lavender** compress.

Put 1 drop of oil into a bowl of cold water (approx 1 litre), mix well and soak 2 cotton wool pads in the solution. Squeeze excess liquid out and place one pad over each eye. Lie down for 10 minutes while the compress soothes the eyes.

MOUTHWASH

Bad breath is something that can occur for a variety of reasons: Eating spicy or strong tasting food; not eating regularly; worry; illness; nervousness etc.

All these things and more can make us self-conscious about our breath.

There are lots of mouthwashes and sprays available but they all have one thing in common - they are not natural.

To make up a mouthwash using Essential Oils:

Take a screw top bottle and fill with ½ pint (285ml) distilled or bottled water and add 2 drops of Essential Oil:

for an antiseptic mouthwash use:

1 drop Bergamot
1 drop of Lavender or Tea Tree

for fresh breath use:

1 drop Peppermint
1 drop Lemon

Don't swallow the mouthwash - just gargle!

HOW TO HELP BANISH COLDS and 'FLU!

AROMATHERAPY

Joy Thomas, a qualified Aromatherapist at Boots, gives the following suggestions for using essential oils in the fight against colds and 'flu:

- Tea tree or Lemon can help act against viruses and bacteria, and help to boost the body's immune response. Try burning either pure essential oil in a vaporizer to prevent colds spreading.
- Lavender and Marjoram can help soothe aching limbs. Add 4-8 drops of either pure essential oil to a hot bath, or try a combination of the two.
- Clary sage and Cypress help with coughs by calming muscle spasm.
Add 1-2 drops of pure essential oil to 5ml of carrier oil and use to massage the chest and neck.
Alternatively, add a few drops of essential oil to a handkerchief and inhale as required.
- Eucalyptus, Frankincense or Pine can be used to loosen mucus and ease congestion. Add 2-4 drops of pure essential oil to a bowl of hot water.
Inhale the vapours for 5 minutes with a towel over the head. Repeat 2-3 times per day for a few days (do not use steam inhalation if you have asthma as the steam may trigger an attack).
- Bergamot or Marjoram can help you sleep. Just sprinkle a few drops onto your pillow at night.

THE GP'S PERSPECTIVE

The majority of 'healthy' people who catch colds or 'flu shake off the illness in a few days and won't need to visit their doctor.

"A cold or 'flu is a self-limiting illness and, in most cases, all your doctor can do is suggest taking the appropriate rest, fluid and nourishment" says Suffolk GP, Dr Brian Abbott. "Chemists can advise on over-the-counter medications, such as painkillers, throat lozenges and cough medicines. Antibiotics are effective only against bacteria -not viruses - and are therefore useless against

colds and 'flu. Overuse can lead to potentially life-threatening bacteria becoming antibiotic-resistant".

"Antibiotics can play a role, but only in cases where bacteria have produced a secondary infection, such as an earache or a chest infection. In this case, a doctor would examine the patient thoroughly and prescribe accordingly", he says.

If a more serious infection or a particularly nasty flu virus is suspected, your GP may carry out further tests, such as a throat swab, sputum sample and maybe a chest x-ray.

HELP YOURSELF

Prevention

- Eat a healthy diet, including at least five portions of fruit and vegetables daily and no more than 2-3 units of alcohol. Drink at least 6-8 glasses of water daily.
- Take some daily exercise - a brisk 30-minute walk lowers stress and boosts immunity, which helps to reduce your chance of developing a cold. Getting enough sleep is also important to help build resistance.
- Wash your hands often when you are around anyone who has a cold. Keep your hands away from your nose, eyes and mouth so you don't transfer viruses to your respiratory tract.
- Don't smoke - it undermines your immune system and can increase the risk of chest infections when you have a cold or flu.
- Try to use disposable tissues, not handkerchiefs, to stop the spread of viruses.

Treatment

- Get some extra rest, even if this just means slowing down a little from your usual routine.
- Increase your fluid intake to at least one glass of water or juice every waking hour. Not drinking enough fluids causes mucus to dry out, which in turn can affect your ability to keep secondary bacterial infections from taking hold in your system.
- Steaming liquids, such as water, herbal tea (and, yes, chicken soup), will help relieve congestion.

- If your nose is red and raw from using tissues, rub a little petroleum jelly into the sore area. This will protect and waterproof the area.
 - Take care not to combine drug-based cold remedies, as it can be easy to overdose on Paracetamol unwittingly, which is toxic to the liver.
-

A Brief Summary of Self Help:

COMMON COLD

There are currently over 250 different cold viruses around and new strains are evolving constantly. So even though you develop immunity to a particular cold virus once you catch it, there is always another version ready to re-infect you.

On average, adults get a cold 2 to 3 times a year, and each one usually lasts 4 to 10 days. Young children can catch as many as 10 a year.

It is not possible to prevent or cure a cold, but you can reduce your risk of catching one and also relieve the symptoms.

Dietary advice:

If you have a milk allergy, reduce or avoid dairy products and use non-dairy alternatives. Drink lots of water to prevent dehydration. Eat plenty of fresh fruit and vegetables. Chillies, cayenne pepper, ginger, onions and garlic have potent antiviral properties and should be added to meals whenever possible.

As a preventive take 1-2 garlic tablets or 1 ginger capsule a day in winter. Adding cinnamon to hot drinks can help dispel cold symptoms.

Reishi, maitake and shiitake mushrooms contain antiviral and immuno-stimulant chemicals (extracts available from health stores). Grapefruit seed extract (available from health stores), is a powerful antiviral, but do not take on an empty stomach.

Zinc lozenges and vitamin C supplements can help reduce symptoms and shorten a cold's duration.

Complementary remedies:

Echinacea boosts the body's defences against viral infections. In herbal cold formulas it is sometimes combined with goldenseal, a herb which soothes inflamed tissues and helps dry up excess mucus.

Elderflower tea is good for head colds, sinus problems and sore throats. Nettle tea helps clear the respiratory system. Use 1-2tsp per cup of boiling water and leave to stand for 5-10 minutes.

Adding 6-8 drops lavender, marjoram, tea tree oil or Scots pine oil to a bath can help relieve symptoms and fight the virus.

Steam inhalations with 2 drops peppermint oil, 2-4 drops eucalyptus oil or any of the above oils can help clear stuffiness. Add to a large bowl of hot water and inhale for 5-7 minutes.

Alternatively, inhale a few drops of any of these oils from a tissue, and tuck a tissue dabbed with lavender by your pillow to promote restful sleep.

For chest colds make a chest rub using 10 drops of essential oil in 25ml grapeseed or sweet almond oil. With peppermint use only 5 drops, and mix with 4 drops marjoram or lavender oil.

For a cold that starts with sneezing, runny nose and cold sores, take the homeopathic remedy Natrum mur 6c every 2 hours for up to 4 doses.

Inhalations are unsuitable for asthmatics or very young children.

If pregnant, avoid marjoram oil.

INFLUENZA

Typical 'flu symptoms include fever, sore throat, runny nose, dry cough, fatigue, headache, joint pains and muscular aches. Symptoms tend to ease within 4-5 days.

Dietary advice:

Drink lots of fluids and eat vitamin C-rich foods such as citrus fruits, kiwi fruits and berries. Increase your zinc intake by eating lean meat, fish and wholegrain cereals. Loss of appetite is common during a bout of 'flu, so don't force yourself to eat if you don't want to.

To help fight infection take a total of 10mg vitamin C with flavonoids, spread throughout the day and 100mg zinc a day. Zinc is also available as lozenges for coughs and colds. Continue to take 1-3g vitamin C throughout the winter months.

Elderberry extract is a powerful antiviral agent. Taking 1 tsp - 3 times a day has been shown to clear flu symptoms in 3 days in 90 per cent of patients. Garlic is also a potent infection fighter. Take 2-4 cloves a day or 2 one-a-day strength capsules while 'flu lasts.

Complementary remedies:

The herb 'cat's claw' is antiviral and immune boosting. Take 2-4g in supplement form, or 4 cups cat's claw tea a day to fight infection. Alternatively, take 2-3g, or 15 drops, Echinacea 3 times a day at the first sign of infection.

Essential oils that may help include, - black pepper, coriander, eucalyptus, ginger, lavender, lemongrass, marjoram, peppermint, pine, rosemary and tea tree. Use 4 drops essential oil in 600-1200ml of boiling water, cover your head and bowl with a towel and inhale for 5 minutes.

Add 6 drops of essential oil to a warm bath, but avoid peppermint and eucalyptus, which may irritate the skin. Put 3-4 drops on a tissue and inhale as required to clear a stuffy head. Add 10-12 drops to a burner as a fumigant.

Make a chest rub from 25ml grapeseed or sweet almond oil, 4 drops coriander, 1-drop lemongrass and 6 drops rosemary essential oil, and use twice daily.

It can also help to make a tea from equal parts of elderflower, peppermint and yarrow and drink 1 cup 3 times a day.

At night, to ease breathing and promote sleep, put 2 drops lavender oil on each corner of the pillow, or 6 drops on a tissue - placed beside the bed.

If pregnant, avoid black pepper, eucalyptus, pine, marjoram, peppermint and rosemary essential oils, and the herb cat's claw.

If asthmatic avoid inhalations.

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Aromatherapy Headache Advice

by Helen Williamson

Headaches are one of the most common of medical complaints. Most people experience headache pain at one time or another.

Everyone, young and old, male and female, suffers from headaches from time to time. These may range from minor, nagging headaches to full-blown, incapacitating neurovascular migraines.

Most headaches are not caused by serious medical conditions. The most common classifications of headache pain are tension, cluster, and migraine. Another disturbingly common type of headache is the rebound headache, which appears to be the result of taking prescription or non-prescription pain relievers daily or almost daily.

The good news is that there are a growing number of natural alternatives to treat headache pain. Aromatherapy is one of the choices a growing number of people are turning to for effective relief of primary headache pain.

The powerful effects of your favourite essential oil seeps deep in to the nervous constitution to reduce the pain emanating from different lobes of brain.

Headaches are known to originate out of many internal and external influences; deep strain inflicted in your mental constitution is known to be a major cause. Several aromatic oils have the capacity to prevent and/or reduce the throbbing pain caused by emotional stress and rigors.

The following aromatherapy recipes can also be used as a preventative measure, and can even help ease your pain. Once you've guessed what is triggering your migraines, prepare the appropriate recipe mixture by pouring the oil essences into a 10-ml bottle, and adding vegetable oil to fill. Make sure that you are mixing this concoction very well.

If the pain persists even after trying the suggested remedies above, you are suggested to visit your physician for further consultations.

Aromatherapy Blend #1 – Head aches due to negative emotions

3 drops - Roman Chamomile
8 drops – Lavender

Aromatherapy blend #2 – Head aches due to muscular tensions

4 drops - Lavender
5 drops - Peppermint
Massage the forehead, temples, neck and shoulders.

Aromatherapy blend #3 – Head aches due to nervous tensions

3 drops - Roman Chamomile
3 drops - Neroli
5 drops - Marjoram
Massage the forehead, temples and solar plexus very gently.

Breathe it in deeply and slowly. Pour 15 drops of this aromatic blend into the bathtub and soak for at least 15 minutes.

Useful Oils for Headache

Lavender and **Sweet Marjoram** will both help to relieve the intensity of pain, while **Roman Chamomile** is generally soothing and very relaxing.

For **sinus congestion** related headaches, add **Eucalyptus** and/or **Peppermint** for their decongestant properties.

Sweet Marjoram is particularly useful for headaches association with **menstruation**, while **True Melissa or Rosemary** can help to relieve a **migraine**.

Inhalation:

This method can bring relief to headaches and migraines if used as soon as symptoms begin to appear.

Add 2 drops each of **Sweet Marjoram, Lavender,** and **Peppermint** onto to a tissue;
for a **migraine**, add **1 drop of True Melissa.**

Inhale deeply three times. Symptoms should subside with in minutes.

Application:

To relieve a tension headache, moisten your forefinger with **2 drops of Lavender** and rub gently over your temples, behind your ears, and across the back of your neck. Apply two times, if necessary.

Massage:

Dilute 3 drops each of **Lavender** and **Eucalyptus** in **½ fl oz (15ml/2½ tsp)** of **carrier oil** and use the mix to massage your forehead and behind your ears, pausing to apply gentle pressure around the hollows on the outer corners of the eye bone.

Bath:

Add 3 drops each of **Sweet Marjoram, Roman Chamomile,** and **Lavender** to a bath to help relive tension headaches.

Aromatherapy oils bring a refreshing change in treating headache and migraine related pains; the biggest advantages of using these oils lie in its magical properties of healing power.

FOR MORE HINTS and TIPS ON PREVENTING & RELIEVING HEADACHES – SEE OUR GREAT HEALTH MANUAL -

[“101 TIPS ON HOW TO PREVENT HEADACHES”](#)

Some Useful Resources and Links

I hope you found this little publication helpful and you can freely pass it on to any of your friends and contacts who may also gain some benefit from it.

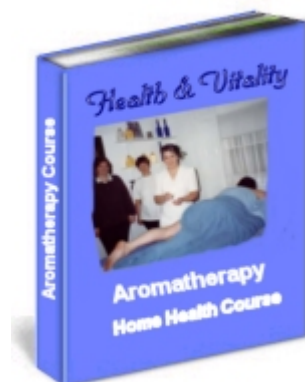
If you wish to send it to anyone or tell them about it - simply put the following URL in an "email" and tell them to "Right Click" on the Link and then "Save Target As" and "Save" the eBook to their Desktop or a suitable folder on their computer hard drive . –

<http://www.health-vitality.com/aroma-tips.pdf>

To send it by email - simply send the above file as an attachment or just include it in the body of your email. - It's easy !

Discover the Healing Power of Aromatherapy Massage and essential oils! In the privacy and comfort of your own home!

This easy to follow Home Course will teach you about essential oils, how they are obtained and how to use them to improve your health and alleviate stress and tension and many common and annoying ailments. You'll be able to use your knowledge and skill to help and advise your family and friends from the many hints, tips and recipes it contains. Give it a try, - for your health's sake.



**To find out more and to order at your
Special Bargain Price -**

[JUST CLICK HERE](#)

**Your Child's Health and Future Well-being
IS IN YOUR HANDS!**

**You can have a tremendous influence on
Your Child's Health and Well-being.**

You are privileged to be able to help the infant, as he is about to take his first step on the path of life. May you use this privilege with great wisdom and respect and may he find much joy on his life's journey.

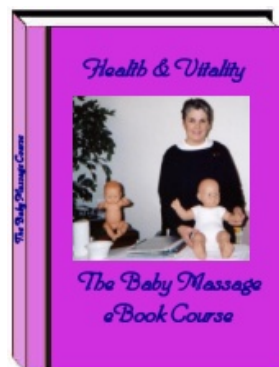
Let me introduce you to a simple but tremendously effective program that will literally improve the health and well-being of your child quite dramatically.

Our Baby Massage eBook offers a Special way of caring for your baby right from the moment of birth.

You will discover how gentle massage movements and the use of certain essential oils can help build a loving bond between you and your baby, and soothe and comfort the most fractious child.

Research has shown that, given the same diet, - a child who is massaged daily will grow twice as fast as a child deprived of touch.

Massage is one of the oldest and most natural of healing skills.



**Make a difference in Your Child's Life - TODAY! - Check out
our Baby Massage Course: For details and Your Special
Discount - [Just Click Here!](#)**

*** SPECIAL NOTICE for our subscribers**

It seems like everybody these days wants to "tell" you how to make money on the internet, and it seems to wind up being the same old thing. That's why what I'm about to tell you is so important...

I've discovered an amazing Home Business Opportunity that **doesn't just *tell* you how to do it, it *shows* you...** every step of the way.

This business will greatly improve your health and that of your family & friends, - but it will also provide you with a superb Income and secure your future!

Go there now, I highly recommend it: - *** JUST CLICK HERE ***

WOULD YOU LIKE TO...

- Earn more money ?
- Achieve better health?
- Earn top returns on your financial investments?
- Lose weight?
- Get out of debt?
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Find out how NUTRONIX INTERNATIONAL can change your life at: : >>> **- JUST CLICK HERE -**

TO GET OUR REGULAR NEWSLETTER AND FREE HEALTH eBOOK – SIMPLY CLICK ON THE LINK BELOW AND GIVE YOUR NAME AND EMAIL ADDRESS IN THE FORM....

GO HERE NOW: >>> Health & Vitality Newsletter

THANK YOU!

HEALTH & VITALITY LTD