



# FRESH MADE *with Love*

## **Aromatherapy 101**

Therapeutic use of aromatic herbs and oils goes back to the beginning of time. The modern term “aromatherapy” was coined by a French chemist, Rene Gatefosse who researched the healing properties of essential oils in the 1930’s. Aromatherapy uses the natural botanical concentrated energies in essential oils to enhance, improve and maintain well-being, health and beauty. Application techniques include reflexology, friction, massage, baths, inhalations and compress. The 16th century alchemists who pursued the secret of life, the “quintessence”, coined the term “essential oil”. They believed quintessence was the fifth element that forms the heavenly body, our true life force.

### **What are Essential Oils?**

The life force of the plant is extracted primarily through distillation. Essential oils are derived from the section of plant that contains the most potent aromatic properties. This process makes essential oils 75-100 times more concentrated than dried herbs. They are very sensitive to heat and light and because of a tiny molecular structure, they evaporate readily. Essential oils, neither greasy nor fatty, absorb readily into the blood stream through topical application.

Individual essential oils contain hundreds of chemical components, which bind in an organic harmony that is impossible to reproduce synthetically. Essential oils work on all levels. For example, in the bath they absorb into the bloodstream to heal our physical body, at the same time aromas activate a deep part of the brain, which can help to reduce anxiety and emotional tension.

As with fine wine, natural essential oils vary from year to year due to environmental factors, such as the weather. The price of each individual oils will vary from under ten dollars to over 400 dollars per ounce. The cost is in proportion to the amount of raw plant material required to produce the oil. Two thousand pounds of rose are required to make a single pound of rose essential oil (liquid gold!). To make the same amount of eucalyptus essential oil, only 50 pounds of raw plant material are needed.

### **Since essential oils are highly concentrated, a small bottle goes a long way:**

- For bath or compress add three to 10 drops of the oil to basin or tub.
- For massage add ten to fifteen drops to one ounce of carrier oil
- For inhalation apply two to five drops to a tissue.
- For facial steam or chest congestion add 1-3 drops of essential oil per 2 cups of freshly heated water in a basin.

*Fresh Made with Love aromatherapy synergies are handcrafted by blending 100% pure, natural and organic essential oils. Fresh Made with Love synergies can be used like any pure essential oil in all Aromatherapy applications. Please read about all the amazing ways Fresh Made with Love synergies can be used as well as many of the benefits in “**How to use Fresh Made with Love Aromatherapy Synergies**”*