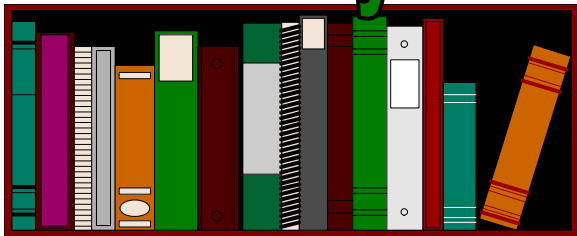


Articles by Sara



The Joy of Scent

Published in
Aromascents
June 2007

One of the first things that attracted me to the field of aromatherapy is the “joy of scent”. I loved the fresh, fragrant smell of herbs and flowers from the garden. I also noticed how much better I felt after working with these fragrant wonders of nature. I appreciate the exercise and fresh air, but working with aromatic plants is what makes me smile! There is nothing like fragrant basil, lavender and scented geraniums to lift your spirits.

My love of fragrant plants led me to a passion for essential oils. According to author and Australian aromatherapist Salvatore Battaglia, “essential oils are extracted from the fragrant part of the plant whether it be from flowers, leaves, bark, wood, citrus rind, roots, or seeds.” They are a great way to experience this uplifting feeling from nature even on a dreary day when you cannot go to the garden.

As we age our sense of smell is sometimes diminished, but after researching the benefits of essential oils, I found that much of what affects our mood is the actual chemical constituents of the plant and not just the wonderful aromas. Therefore you can still enjoy the emotional benefits of essential oils even if your sense of smell is compromised due to age or illness.

You can enjoy the emotional and physical benefits from nature's gifts by incorporating essential oils into your daily life. There are three keys to the successful use of essential oils: (1) buy the best quality 100% essential oils you can, (2) start with just a few, and (3) experiment a little everyday. Begin your aromatic journey by buying one essential that you love! For some people that will be a citrus oil (lemon, orange, grapefruit) or spicy scents (coriander, ginger) and for others the herbaceous (lavender, peppermint, lemongrass) and floral scents (rose , jasmine, patchouli) will speak to them. While many favor the leaf oils (tea tree, eucalyptus, ravensara) or wood oils (sandalwood, rosewood, atlas cedarwood). There is something for everyone.

Once you get home I encourage you to research the oils you have purchased on the internet or by visiting a bookstore. After you feel comfortable with those oils, use them! Put a few drops on cotton balls and fragrance your home, car or office. Add a few drops to a teaspoon of carrier oil (canola, sesame, etc.) and use during your morning shower or put 1-2 drops on a handkerchief or Kleenex, and just inhale!

If you have any questions about which oils you should try first or just want some advice on how to get started you can see my website www.botanicalhealingarts.com or call me at 217-253-2468. Sara Holmes is a Registered Aromatherapist who holds a Bachelor of Science Degree from Greenview College. She teaches aromatherapy at Parkland College and owns Botanical Healing Arts in Tuscola, IL.
Email:botanicalhealingarts@hotmail.com

Click the Back arrow or Back button on your browser to return to our home page. Thanks!