

Essential oils

Breathing abdominally helps us to connect the body to its battery, solar plexus, where potential energy is stored. This is where you feel like you have “butterflies” in your stomach if you are nervous. Breathing is a powerful tool, it is one of the main cleansing mechanisms of the body.

Other than breathing, there is an aspect of “pretty smell” and the therapeutic benefits of essential oils.

“Breathing is a miracle, each breath you breathe is life itself. You are breath”

Essential oils need to be volatile, to bring about a physical and emotional response. The difference with a synthetic aroma is that it has no volatility. It may smell pretty, nice, sweet, but it produces no response and therefore has no therapeutic value. This is an important distinction to make when educating clients.

The sense of smell has the most direct connection to the emotions, being both sharp and subtle. The part of the brain that deals with memory and emotions are directly connected by nerve receptors to the lining of the nose. The smell, therefore, relays messages from our outer world directly to the brain influencing the physical body, mind, and emotions.

Smell has an amazing power to open our subconscious and stimulate thought and mood.

I will share with you some of my favorite oils and their healing properties:

Lavender: This highly versatile oil is best used for its soothing properties. Lavender relaxes the mind, and body, and helps aid in reducing inflammation.

Peppermint: Just a whiff of this oil can provide you with a natural burst of energy and improve mental alertness. It also helps alleviate symptoms of congestion and aids in digestion.

Rosemary: Known for its rejuvenating effects, this oil can help relieve headaches, boost your memory, alleviate stress, and stimulate circulation in the scalp to treat dandruff and other scalp-related conditions.

Chamomile: This oil has powerful calming benefits. It is also an effective mood booster.

Ylang -Ylang: This oil has calming properties and is beneficial for all skin types—especially oily, congested, or inflamed skin.

Essential oils set: <https://amzn.to/2YAnH6q>

Diffuser: <https://amzn.to/3fp9bFh>