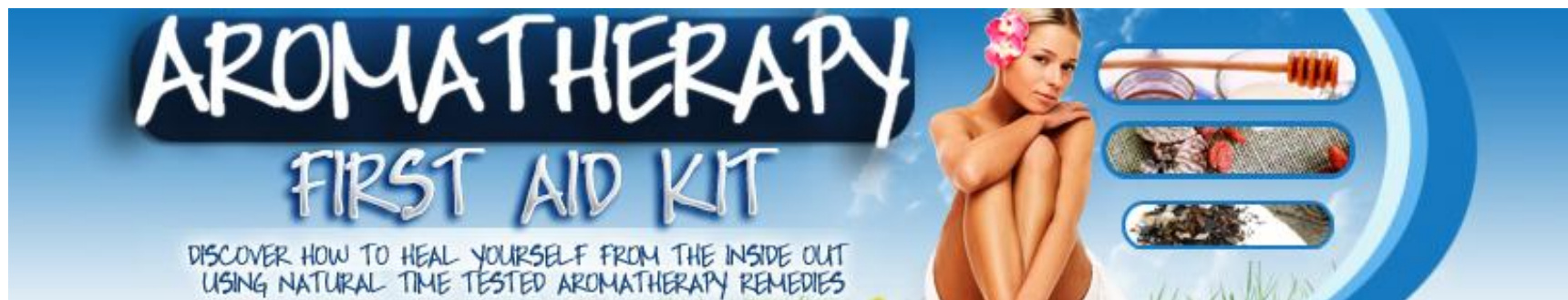


# AROMATHERAPY FIRST AID KIT



DISCOVER HOW TO HEAL YOURSELF  
FROM THE INSIDE OUT USING NATURAL  
TIME TESTED AROMATHERAPY REMEDIES



This is not a free e-book.

Purchase of this book entitles the buyer to keep one copy on his or her computer, and to print out one copy only.

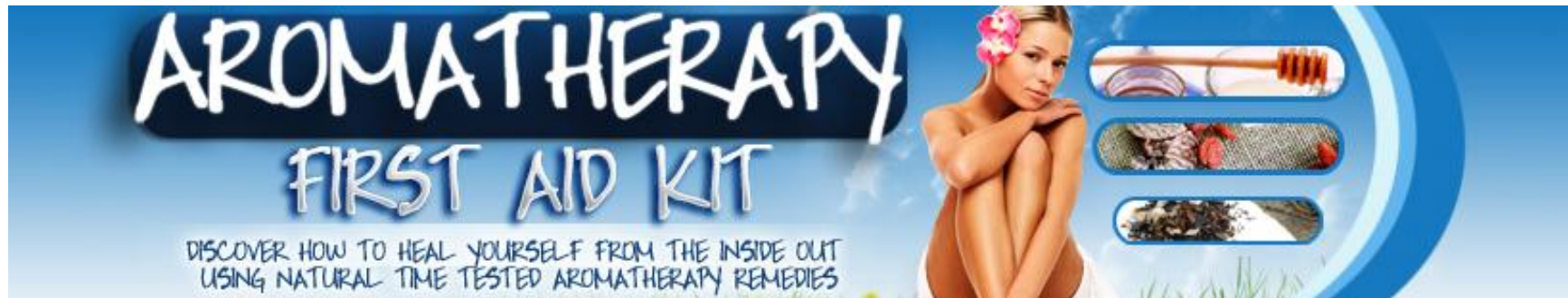
Printing out more than one copy—or distributing it electronically—is prohibited by international, Canadian, and U.S.A. copyright laws and treaties, and would subject the purchaser to penalties of up to \$100,000 per copy distributed.

Please contact the author if you wish to sell or distribute this e-book as an affiliate.

ALL RIGHTS RESERVED. No part of this e-book may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without the expressed written, dated and signed permission from the author.

### **LIMITS OF LIABILITY / DISCLAIMER OF WARRANTY:**

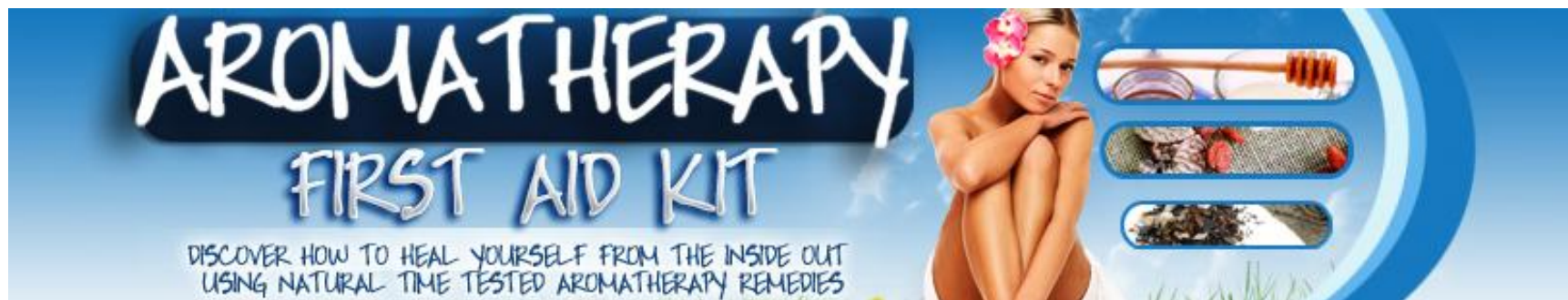
The authors and publisher of this book have used their best efforts in preparing this material. The authors and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this program. They disclaim any



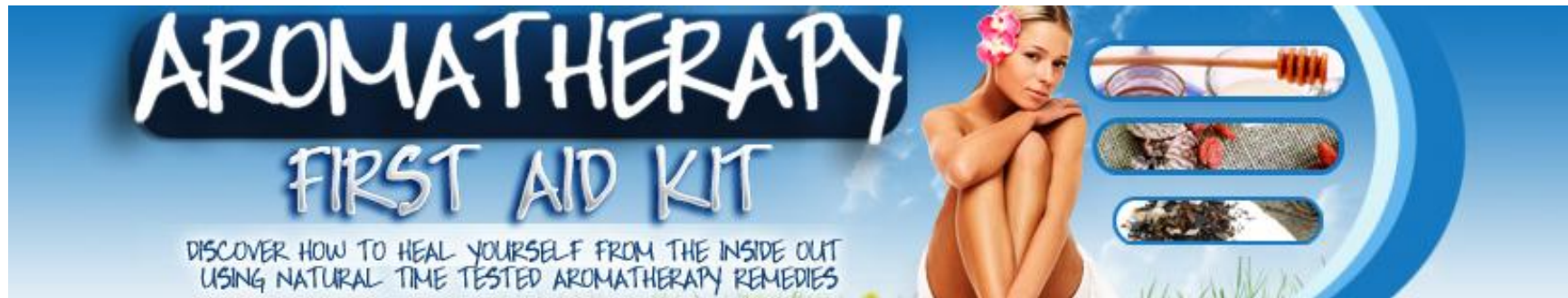
warranties (expressed or implied), merchantability, or fitness for any particular purpose. The authors and publisher shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. As always, the advice of a competent legal, tax, accounting or other professional should be sought.

This manual contains material protected under International and Federal Copyright laws and Treaties. Any unauthorized reprint or use of this material is prohibited.





<b>Aromatherapy Essential Oils And Their Uses</b>	<b>4</b>
<b>Angelica Root</b>	<b>4</b>
<b>Bergamot</b>	<b>4</b>
<b>Cedarwood</b>	<b>4</b>
<b>Chamomile</b>	<b>4</b>
<b>Cinnamon</b>	<b>4</b>
<b>Elemi</b>	<b>4</b>
<b>Frankincense</b>	<b>4</b>
<b>Fennel</b>	<b>4</b>
<b>Ylang Ylang</b>	<b>4</b>
<b>Conclusion</b>	<b>4</b>



## Aromatherapy Essential Oils And Their Uses

In this brief report you're going to learn more in depth about the specific essential oils and how they're used within the context of aromatherapy. This list is by no means a complete list of essential oils, there are several more but these represent some of the more important ones used the treatment of physical ailments.

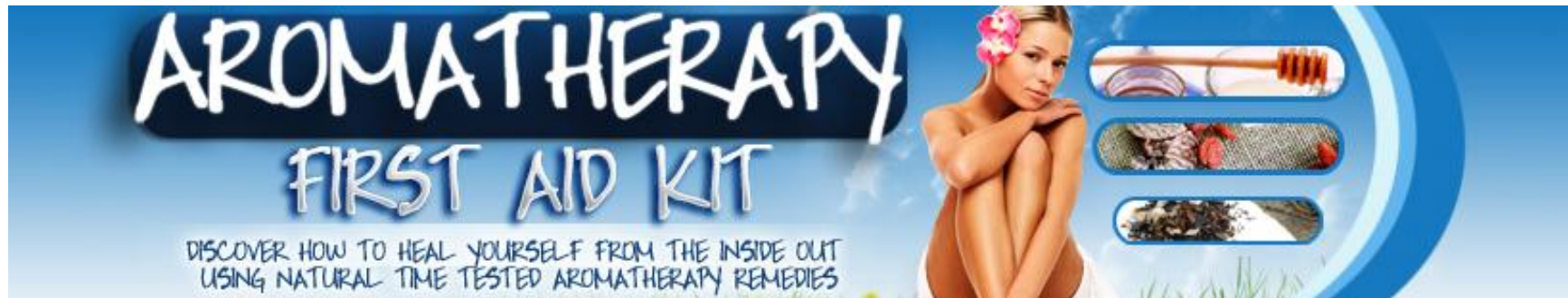
### Angelica Root

Angelica root is not to be used by pregnant women or by diabetics and should be used in dilutions of 1% because of its extreme potency.

Can be used blended with citrus oils and patchouli.

It's ideal in the treatment of psoriasis. Great for improvement of circulation, reducing arthritis inflammation and also relieves water retention and gout. Is also an effective expectorant and relieves Bronchitis and calms coughing.

Effective for use as a massage oil, helps to relieve fatigue, tension headaches and stress related conditions.



As a potential perfume it possesses an earthy, musky tone and has a stimulating, refreshing effect.

## **Bergamot**

Works well in conjunction with lavender, citrus oils, jasmine and juniper.

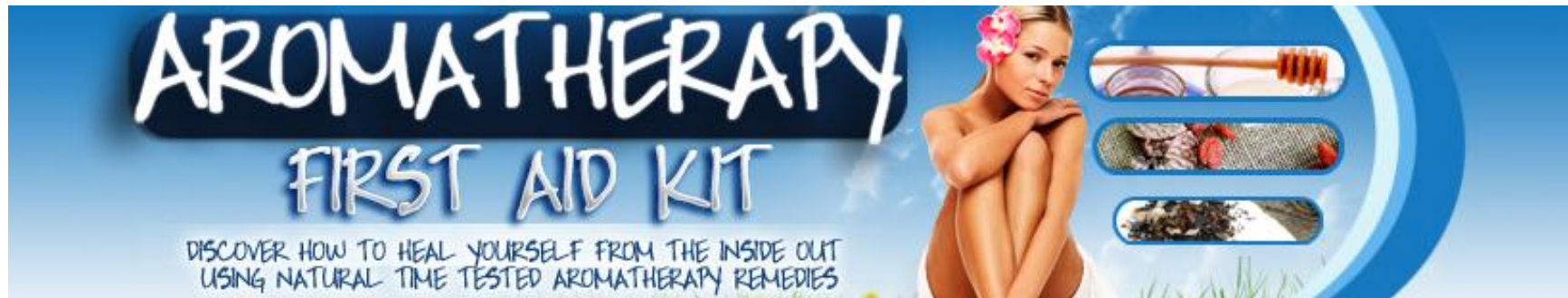
It acts as an antiseptic, bactericide and parasiticide. Also known to have a laxative effect.

In perfumes it brings a spicy/fruity tone and is uplifting and revitalizing and is effective as an antidepressant.

Caution must be used when using Bergamot oil in large doses particularly with respect to the skin.

Its uses in aromatherapy range from treating acne sores, skin conditions, greasy skin, cracked skin and open wounds. Also can be used as a natural alternative to insect repellent.

Also effective in the treatment of colds, flu, fever and for the treatment of stress related disorders such as anxiety and depression.



## Cedarwood

Cedarwood oil has many applications, ranging from an astringent, antiseptic, expectorant and fungicide.

Cedarwood oil can be blended with jasmine, bergamot, juniper, rosemary and ylang ylang.

As a perfume Cedarwood has a sweet fragrance with earthy undertones and can be used to uplift, comfort and revive.

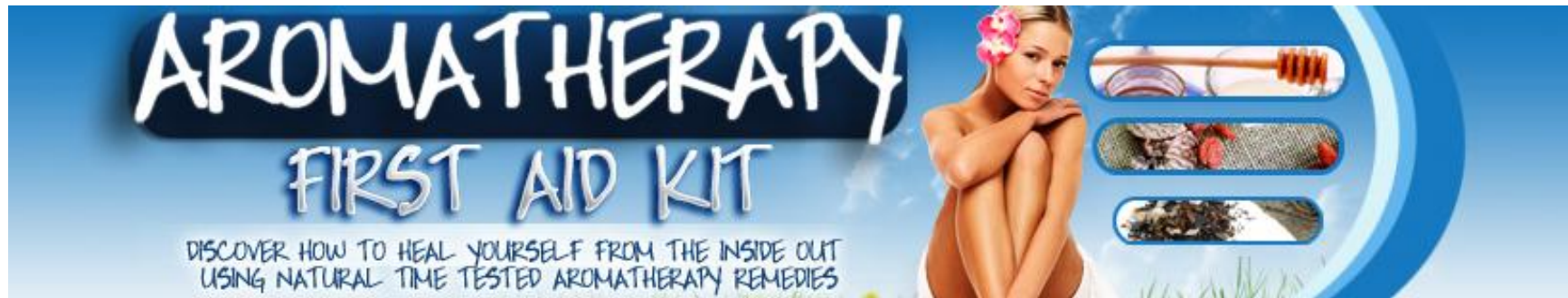
Great for the treatment of dandruff, dry skin conditions, fungal infections, oily skin and problem acne.

Cedarwood is also used in the treatment for the relief of chest congestion and coughs and is effective for relieving stress related disorders and stress tension.

## Chamomile

Most people associate Chamomile with tea and are aware of its soothing properties but they don't often realize that Chamomile has several other uses that extend far beyond just tea.

Chamomile in its oil form is an effective antiseptic, bactericide, analgesic and a mild nerve sedative.



Chamomile has a sweet and spicy, fruit scent and works well blended with bergamot, sage, lavender and neroli.

Although generally non toxic, Chamomile in its oil form has been known to cause dermatitis in individuals with sensitive skin types.

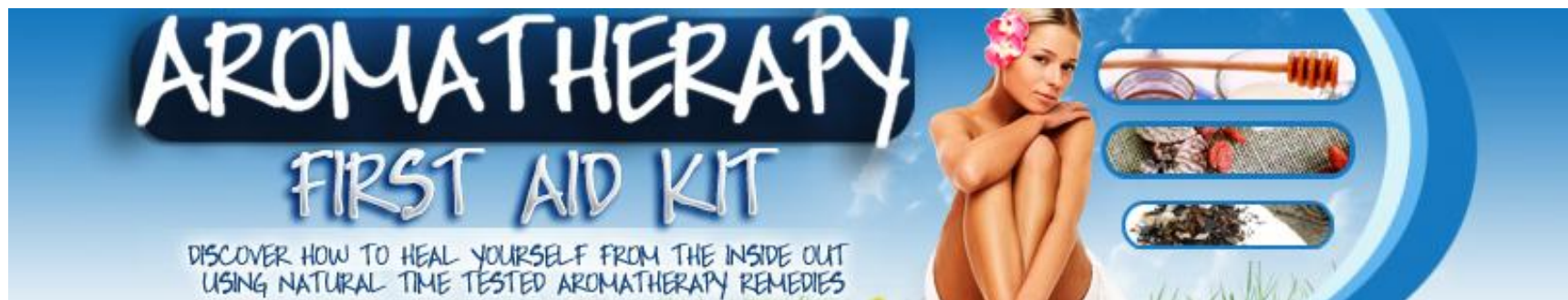
Chamomile as a fragrance brings with it a fruity bouquet with full bodied apple-like tones. Great for adding depth to any aromatherapy fragrances you create.

In addition to Chamomile being calming and relaxing it's also comforting, soothing and sedate.

Great for treating boils, skin acne, ear ache, wounds and sensitive skin. It also helps improve blood circulation and relieve joint pain and inflammation, sprains and arthritis.

Effective for treating insomnia, stress related conditions and tension headaches and migraines.





## Cinnamon

Cinnamon is one of the most widely recognized of the spices and shares our everyday lives with us from the oatmeal that we sprinkle it on to the crowning glory garnish of the best lattes, cinnamon will long continue to be the kitchen companion we'd be lost without.

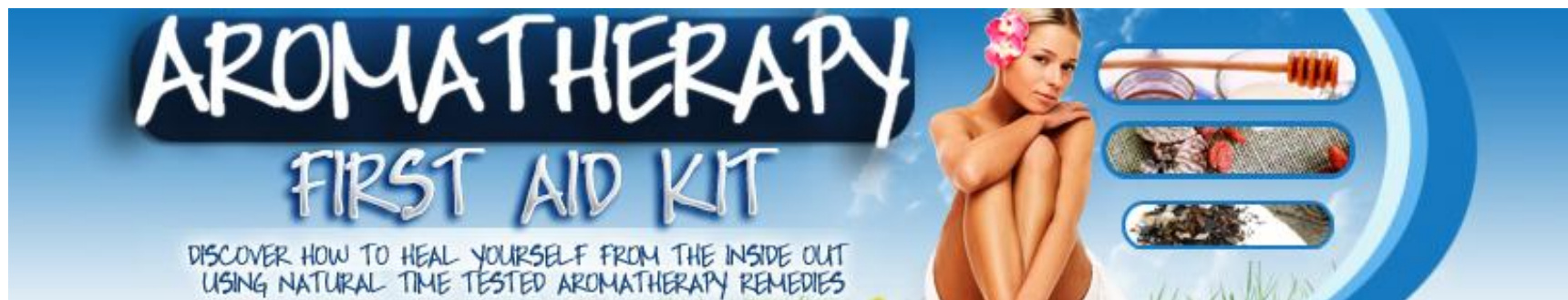
As a perfume Cinnamon brings beautiful depth with its warm and spicy influence. Cinnamon mixes well with other essential oils and can be used in conjunction with orange, frankincense and ylang ylang.

Cinnamon has several health benefits. By adding a teaspoon of Cinnamon to your diet every day can actually reduce your risk of heart disease by lowering the amount of bad cholesterol in the body and also helps to lower the blood sugar in diabetics.

Cinnamon is also known to be an antibacterial and fungicide and is effective in the treatment of the candida bacteria variety.

In addition to Cinnamon being a great spice to perk up and liven the senses it also is effective in the treatment of lice, tooth hygiene and care, bee stings and wart removal.

It also helps to stimulate circulation and is great in the relief of rheumatoid arthritis. Also aids in slow digestion, heals intestinal infection and ailments and helps to relieve diarrhea.



Helps to fight infection against colds and flu's.

## Elemi

In its natural habitat, Elemi can be sourced from its tree form. The resin is drained from the trunk and within that mixture is the Elemi essential oil and resin.

Elemi acts as a great antiseptic and an expectorant and blends well with the likes of myrrh, lavender and rosemary.

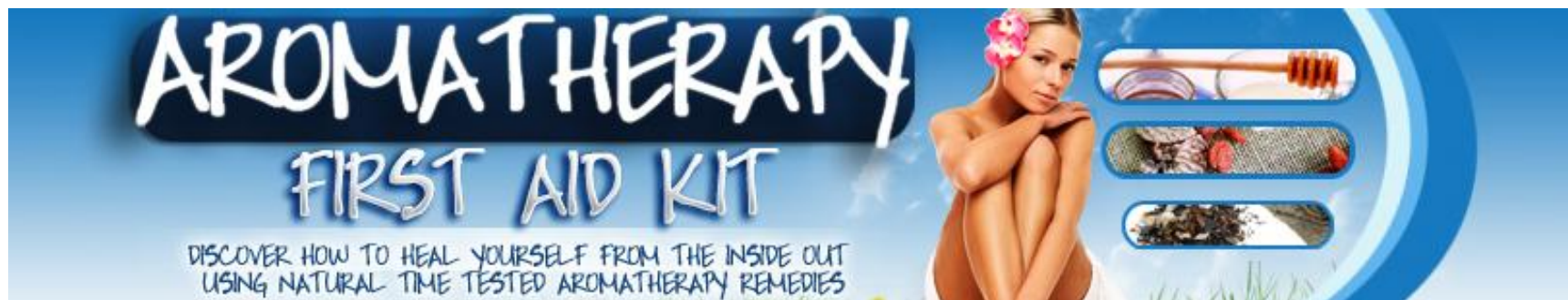
As a perfume Elemi brings with it spicy, refreshing notes and revitalizes and stimulates. Great as a natural antidepressant.

Also effective in the treatment of aged, dry and cracked skin, for healing infected wounds, for inflammation. Also helps to relieve bronchitis.

Effective in the use of stress and nervous related conditions.

## Frankincense

Often when we think of Frankincense, we think of the Three Wise Men. Thought to carry prayers to Heaven by burning it, Frankincense is also being hailed as an antidepressant and contains



soothing and medicinal properties. It is an antiseptic, an anti inflammatory, an astringent and expectorant and a mild sedative.

Frankincense blends well with several other essential oils in the treatment of ailments such as pine, geranium, orange, cinnamon, pine, camphor, pepper, etc.

In perfumes it brings a sweet and spicy warmth which gives any scent that extra layer of depth. It's scent is also revitalizing and refreshing.

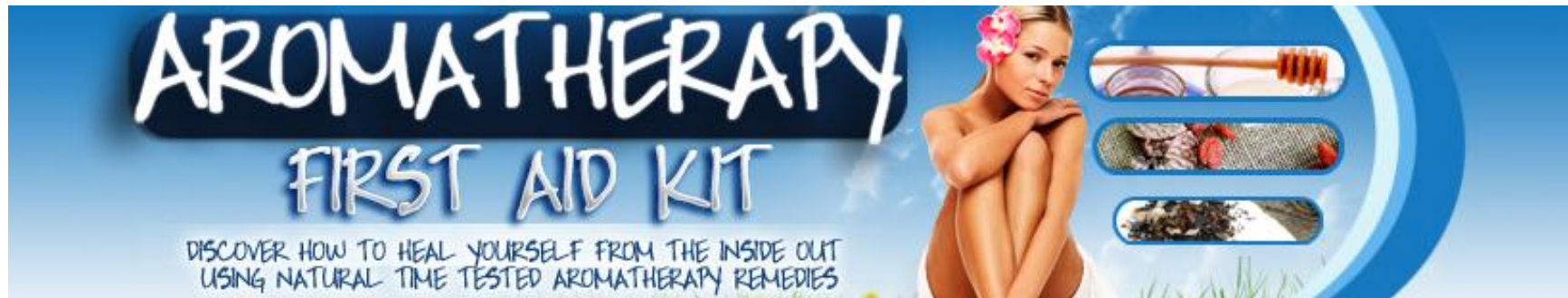
In the use of aromatherapy, Frankincense aids in the improvement of circulation. It can also treat gout, arthritis and rheumatism. Also aids in the treatment of flatulence and liver problems and aids in the relief of sciatica.

**Frankincense must not be used under any circumstances during pregnancy.**

## Fennel

We often think of fennel with applications to the dinner plate. With its distinctive spiciness that adds a kick to any dish fennel has many uses outside of the culinary world. In fact fennel can be used to help heal the body externally as well.

In essential oils it blends well with lavender and sandalwood.



As a perfume is has similar tones to aniseed, a licorice influence that it adds another dimension to any scent that it's added to.

Fennel's fragrance is thought to have restorative and cleansing qualities and is both purifying and invigorating.

Fennel can be used for natural skin care and can help bring some life back into a dull complexion. It also helps improve circulation and relieve the symptoms of rheumatism and edema.

It also helps in the relief of bronchitis, constipation and nausea.

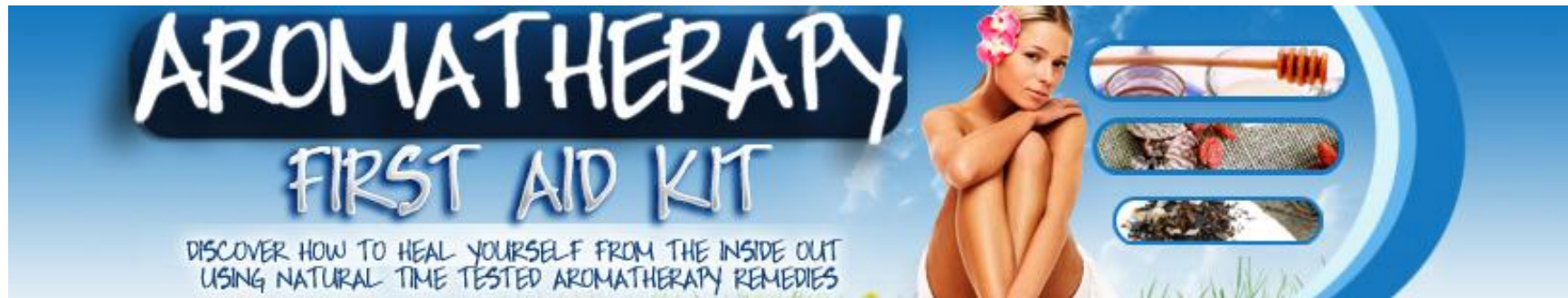
## Ylang Ylang

Ylang Ylang is well known for its aphrodisiac properties. It also has anti bacterial and antiseptic abilities. It also acts as a sedative and circulatory stimulant.

With its own characteristic fragrance it blends well with the likes of sandalwood and jasmine in perfumes.

As a scent Ylang Ylang is sweet, spicy, oriental and full bodied and adds an extra layer of depth to any perfume its added to.





Can be used in the treatment of acne, insect bites and for oily hair.

Is thought to be instrumental in the relief of high blood pressure and rapid breathing.

Is a great treatment for depression and insomnia and nervous/stress disorders.

## Conclusion

This list of essential oils only scratches the surface and is by no means comprehensive.

Essential oils have differing potencies so it pays to always do your homework, read all of the informational data about each oil and what they do before using them.

Once you start to make your own home made remedies and natural fragrances you won't want to stop. Enjoy.

To your health and wellness.

**The Aromatherapy First Aid Kit Team**