



# AROMATHERAPY

THE ANCIENT HOLISTIC HEALING MODALITY

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AROMATHERAPY IS AN EFFECTIVE TREATMENT FOR THE MIND AND BODY. IT CAN FACILITATE A PROCESS IN THE BODY WHERE HEALTHY CHANGE CAN TAKE PLACE.

It is a holistic therapy designed to treat the whole person, not just the symptom or disease, but to assist the body's natural ability to balance, regulate, heal and maintain itself.

Essential oils operate effectively on a cellular physical level and in emotional, intellectual, spiritual and aesthetic areas of our lives. Today, aromatherapy is one of the most popular of all complementary

therapies, offering a wide range of highly effective treatments to both the acute and chronic stages of illness and disease. At the same time, regular use of essential oils will help strengthen the immune system, establishing a preventative approach to overall health. Aromatherapy is an evidence based therapy. Research is continually re-affirming the efficacy of aromatherapy treatments – the results are now very hard to dismiss.

## How do you use essential oils?

The most effective way to use essential oils is to apply them to your skin or inhale them. When applied to the body, essential oils are absorbed into the body fluids where they not only help the natural immune defences, they also stimulate the body's immune system and help with natural alleviation of ailments. They can be applied to your skin in many ways - massage, bath, shower, sauna, creams, or by inhalation via vaporisation, room spray, applied to a tissue, steamed etc.

## Pure V Imitation

It is important to remember that to achieve any sort of therapeutic benefit from essential oils it is crucial you use a pure essential oil. Imitations, dilutions and poorly processed essential oils will not have the positive effect you are after. At Dolphin Clinic all of our oils are 100% pure certified essential oils.

You can find a brochure of Dolphin Clinic pure essential oils and the ailments they can help at all Health 2000 stores.



## METHODS OF USE FOR ESSENTIAL OILS

Most essential oils should not be applied direct to the skin in their pure form, they should be diluted in a carrier oil as per the below dilutions.

Vaporise: 5-8 drops as required – into water if using a candle burner, or neat if using an electric vaporiser.

Bath: 4-10 drops into hot bath and agitate well, or if the oils are not skin

safe, blend in 1 Tbl of milk or carrier oil (Almond, Apricot, Jojoba, etc..) to assist dispersion.

Massage: 3-5 drops of essential oils into 10mls carrier oil.

Skin Treatment: 5 drops of the appropriate essential oil(s) into 10mls of carrier oil.