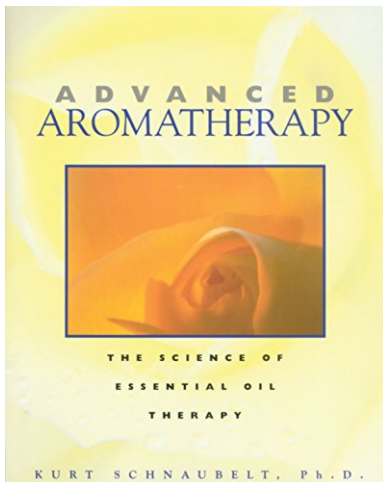


[PDF] Advanced Aromatherapy: The Science Of Essential Oil Therapy

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Our advanced CPD courses have included Advanced Clinical Aromatherapy, Aromatic Medicine, Aromadermatology, Aromatherapy Product Development, Acupressure Massage and an Oriental Medicine approach to Aromatherapy. Institute courses are taught by practitioner-educators who are experts in their field, while the Diploma Course features tutors of international standing. u Psychological aromatherapy: the mental-emotional benefits of essential oils; helping clients with problems such as nervous tension, anxiety and depression, etc. u Aromatherapy for specific client groups: treating pregnant mothers, babies and children, elderly clients; aromatherapy and essential oils in cancer care. Aromatherapy is the practice of using essential oils for therapeutic benefit. Aromatherapy has been used for centuries. When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional center of the brain. Essential oils can also be absorbed by the skin. A massage therapist might add a drop or two of wintergreen to oil to help relax tight muscles during a rubdown. A skincare company may add lavender to bath salts to create a soothing soak. What Are Essential Oils Good For? Although people claim essentia... Aromatherapy is a pseudoscience based on the usage of aromatic materials, including essential oils, and other aroma compounds, with claims for improving psychological or physical well-being. It is offered as a complementary therapy or as a form of alternative medicine, the first meaning alongside standard treatments, the second instead of conventional, evidence-based treatments.