

The Peaceful Power of Scent

Posted on [June 25, 2012](#) by [Janet Muniz](#)

Pink peony, smoky sandalwood, exotic amber. Just a whisper of scent can have a powerful effect on your mood, enhancing psychological as well as physical well-being.



The use of natural oils extracted from flowers, bark, stems, leaves, roots or other parts of a plant in this way is called **aromatherapy**. While the Egyptians first developed distillation machines to extract oils from plants to embalm the dead, the Chinese first began using infused aromatic oils as mood enhancers. Greek mythology claims the gods were gifted with the knowledge of perfume and fragrance.

A form of alternative medicine, aromatherapy is also used to relieve pain, to stimulate brain function and to trigger physical or emotional effects. The fragrant essence of a plant is said to have medicinal benefits, including antidepressant and antibacterial properties, and can be absorbed through the skin,

traveling through the bloodstream to promote whole-body healing.

Essential oils are different from perfumes or other fragrance oils in that they are natural to the plant, whereas fragrance oils are chemically produced to mimic certain aromatic scents for perfumes, colognes and candles. Only essential oils are extracted by steam distillation or pressing.

Essential Oil Blends. Combining certain essential oils with others is a process by which aromatherapy “treats” certain conditions. Here are some popular blends:

Stress Relief - Bergamot, Chamomile, Lavender, Lemon, Orange, Patchouli, Vanilla, Ylang Ylang

Anxiety/Fear - Bergamot, Chamomile (Roman), Cedarwood, Frankincense, Jasmine, Lavender, Neroli, Patchouli, Rose, Sandalwood

Self Esteem - Bergamot, Cypress, Grapefruit, Jasmine, Orange, Rosemary

Sadness/Grief - Bergamot, Chamomile (Roman), Clary Sage, Frankincense, Grapefruit, Jasmine, Lavender, Lemon, Orange, Rose, Sandalwood, Ylang Ylang

Fatigue - Basil, Bergamot, Clary Sage, Frankincense, Ginger, Grapefruit, Jasmine, Lemon, Patchouli, Peppermint, Rosemary, Sandalwood

Agitation - Chamomile (Roman), Lavendar, Mandarin, Sandalwood

Isolation - Chamomile (Roman), Bergamot, Clary Sage, Frankincense, Rose

Memory Booster - Basil, Cypress, Lemon, Peppermint, Rosemary

Aphrodisiac - Clary Sage, Jasmine, Patchouli, Rose, Sandalwood, Vanilla, Ylang Ylang

Application Of Essential Oils. How essential oils are applied has an impact on their healing capabilities. Because they are so highly concentrated, it is not often recommended that you apply essential oils in their pure form directly to the skin. You will experience better results if you use small amounts of the oils diluted in water or with a carrier oil or lotion.

Popular ways to use essential oils are in the bath, as a compress, or vapor inhalation, and with massage.

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