


Aroma

Our senses play a big role in life balance; sight, smell, touch (pressure, heat/cold, and pain), sound, taste and what I like to refer to as intuition. For the purpose of this article, I am referring here, to the power of scent.

Sense organs contain Receptors which are the body's "informants". They are specialised cells which detect change or stimuli and turn that information into electrical signals. The information is sent to the Central Nervous System (CNS) made up of the spinal cord and brain.

The aroma of essential oils stimulates the receptors in your nose. These receptors communicate with areas of your brain that stores memories and emotions. This can be an effective way to instantly influence the body, energy, and mood, calm the mind or relax the body. If you have access to essential oils try this energising blend:-



Lemon Essential Oil x 3 drops (top note)
Rosemary Essential Oil x 5 drops (middle note)
Ginger Essential Oil x 2 drops (base note)

Place several drops of the combined oil blend on an oil burner (following product instructions) and enjoy the beautiful aroma.

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