

Benefits of aromatherapy

With essential oils chosen and blended especially to meet your needs, potential benefits are believed to include:

- The relief of stress and tension
- A feeling of deep relaxation
- A calm and soothed mind
- Increased energy levels
- A general sense of well-being

There is a growing body of clinical evidence, indicating the beneficial effects of essential oils for both healthy individuals and patients with a variety of conditions.

About the Federation of Holistic Therapists (FHT)

The FHT is the largest therapy association in the UK and Ireland, representing around 20,000 professional complementary, sports and holistic beauty therapists. Founded in 1962, the FHT is a not-for-profit organisation which, by establishing and maintaining high standards of practice by member therapists, ensures high quality treatments for the protection and benefit of the public.

Where can I find an aromatherapist in my area?

To find a qualified therapist, visit the FHT website www.fht.org.uk/findatherapist where you can view our therapists' listing*. Each member's listing entry also shows other treatments that they are qualified to practise.

You can be confident that therapists on this list are members of our professional organisation, offering high standards of treatment and following our strict code of professional practice and ethics.

* Not all of our members choose to release their contact information to the public. We are happy to verify that individual therapists are members of FHT if you contact us directly; please phone 0844 875 2022.

Your local FHT therapist is:



The UK and Ireland's largest professional association

Web: www.fht.org.uk
Email: info@fht.org.uk
Tel: 0844 875 2022

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Aromatherapy

About aromatherapy

Aromatherapy aims to treat the whole person by helping to restore the harmony of mind, body and spirit.

It works with the pure properties of plants, using their essential oils in a natural, complementary therapy which is said to help improve both physical and emotional well-being.

Aromatherapy is often used in therapeutic massage (also known as aromatherapy massage), with the benefit of relaxing or uplifting fragrances.



About aromatherapy

The ancient Egyptians, Romans and Greeks were among the first to appreciate the benefits of essential oils. The use of aromatic oils reached England's shores around the 13th century, and were widely used when the plague swept Europe during the Renaissance period. Scientific studies in the 1920s confirmed that essential oils may be absorbed by the skin and may reach the organs through the body's circulation system.

Can everyone enjoy aromatherapy?

Aromatherapy is suitable for most adults but there are certain conditions where you should avoid it. To ensure the continued well being of clients, all treatments begin with a consultation, which enables your therapist to make sure that aromatherapy is right for you. In some instances your doctor's permission may be required before treatments can commence, for example, if you have a heart condition. An individual confidential record card will be kept with any relevant notes for future treatments.

Lavender

In essence:

Lavender is a versatile oil, used for many conditions, including helping to calm and soothe the mind.



What happens during an aromatherapy treatment?



Typically, aromatherapy massage lasts for approximately an hour. During the treatment, towels will be used to ensure your modesty.

Therapists regularly use around 50 oils to help a variety of conditions. Each oil has different therapeutic properties, so from within the range, aromatherapists can select oils that may benefit various conditions throughout your body.

Aromatherapy oils are blended with a vegetable oil, known as a carrier oil, before being applied to the skin. Individual oils can be diluted in a carrier oil, or a number of oils can be used together, by a skilled aromatherapist, creating a blend tailored specially for you.

There are two main ways in which you may benefit from essential oils: either by them being absorbed by your skin through massage, or through inhalation. Your aromatherapist will put a few drops of essential oil in a steamer, oil burner or humidifier, to spread the oil vapour complex throughout the treatment room. So, remember to breathe deeply and relax to enjoy those evocative aromas!

Juniper

In essence:

Juniper oil is distilled from fresh ripe berries.



After your treatment

To gain maximum benefit from the essential oils, and to give them time to be absorbed into your skin, don't bath or shower 12 hours.

Drink plenty of water – this helps flush away toxins. Try to avoid alcohol and tobacco for at least 24 hours. If you have any queries, don't hesitate to ask your therapist for advice.

Bergamot

In essence:

Bergamot has the refreshing, spicy scent of orange groves, and fresh lemons.

