

So Many Uses for each Essential oil

Ever wonder how many ways you can use each essential oil? We are often asked why we don't list some of the uses that a particular essential oil can be used for next to where you can order it.

Some essential oils have only a few known properties, but most all essential oils have a list where it can be used for dozens of conditions and situations. So having a list like this next to each essential oil would not make sense. It is better to have a list of essential oils that can or has been shown to help particular situations or ailments.

Any way, there are several reasons we do not have such lists next to the individual oils.

We don't want you to think those are the only things that that one particular oil could be used for. The other reason is that most essential oils and blends can be used to help many different ailments, both physically and emotionally. And we don't want you to think that that **one** oil will be the one that you need for that particular situation.

As we write articles about essential oils and their blends or give you recipes it is because we are looking for the synergistic effect that more than one essential oil can do to help your given problem.

When we talk about a specific ailment you will see that we give you lists of essential oils.

First you will see the main list of essential oils or blends that have been shown to be most effective for that ailment or condition. Then you will usually see a list of other essential oils that may or may not help. Oils that may have helped one or two folks but not the mainstream.

Since we are all individuals and our chemical makeup is also individualized what works for you in an essential oil combination may not be the same oil or blend that will work for someone else.

Hence the reason we suggest you get to know several essential oils or blends/recipes and see how they work for you or other family members.

To give a few examples. Alan uses Peppermint and Rosemary when he has a headache and sinus congestion. I use our Pure Cleansing blend – as the Eucalyptus does a better job for me to open up my sinuses and Eucalyptus also has analgesic properties that help with the pain.

You may already know that we have many synergy blends. Even though the name or title may tell you a little bit about what it might help you with, the oils in the blend may work for other situations. Below are a couple examples on how you can use our blends for more than one situation.

Our Allergy Tamer blend works great for my allergies but it also is great at helping me to relax and fall asleep. The blend contains enough Roman Chamomile to help me relax and the German Chamomile is a natural antihistamine. Antihistamines are known to cause drowsiness. So even if my allergies aren't bothering me, but I would like to drift off to sleep easier, I might diffuse a little Allergy Tamer.

Another blend that we carry is Easy Breathe. Now of course this will help to open airways and make the stuffiness release so you can breathe easier. This is a great blend for congestion and is used by several of our customers with children that get 'croup' easily when they get colds, but this blend of essential oils are also great against viruses too. And you might want to diffuse it when you are first exposed to those nasty viruses.

To help you further to find essential oils for your situation go to the top of any of our Catalog pages or <http://birchhillhappenings.com/results.htm> and use the "Search Box" to enter the ailment or condition you seek help with. You will often times get a listing of several pages that send you to the article/s that have already been written. Again, these articles will give you suggestions of essential oil and usually I'll have included a recipe or two and also suggested some of our preblended synergies of pure essential oils.

So don't get caught up in what just a single essential oil might be able to do for you when there are so many to choose! And the one you think should be, but might not be, the best one for you. And with so many to choose from, you usually can find one you really enjoy the smell of so it makes the whole experience a positive rather than something you dread.

Don't look at just a single oil to see what it can do for you, but look at the ailment or condition and see what has worked in the past and what other essential oils might be better suited to help.

Disclaimer:

We do not endorse, nor do we encourage anyone to implement Aromatherapy or any suggestions contained within this site without the consent of his/her medical doctor. We also do not take any liability for your implementation of any oils, recipes, or anything else available through this site, from any book or company recommendation, or available on any site linked from Birch Hill Happenings Aromatherapy, LLC

Aromatherapy Tip of the Week

Presented by Birch Hill Happenings Aromatherapy, LLC

Copyright 2009 Penny Keay

Visit us on the web at: www.birchhillhappenings.com/aroma1.htm