

## Can Essential oils be used as Aphrodisiacs?

Valentines Day is just around the corner. So romance is in the air everywhere. We are asked quite often for essential oils that might be considered aphrodisiacs or if there are any particular ones that are. The answer is that yes there are a lot of essential oils that possible can be used as aphrodisiacs.

Although this statement needs clarification. Certain smells can bring about responses that are triggered by past experiences. If, for example, you have had a romantic encounter in the past that was very pleasant and there were various 'scents' around during that time, your mind may 'remember' that it was a pleasurable event. Then the next time the scent is present your mind will recall the pleasure you enjoyed when it last smelled those scents. That in it self can be a big 'turn on' or aphrodisiac for some.

Now, even though you want to know if essential oils can bring a drug reaction type response to actually cause sexual arousal, this won't necessarily happen without the scent-mind link.

Essential oils may help you to feel calm, less anxious, less inhibited and of course some can produce a euphoria feeling.

Try a few drops in a bath, a massage or diffusing prior to an anticipated romantic evening. Dab some in your hair or on your pulse points once diluted in Jojoba or other carrier oil or lotion.

Do not use a lot - only a drop or two, as too much of a good thing can be a 'turn off'. Realize some folks do not like one or more of these scents and it can have the potential for being an anaphrodisiac (decreased desire for sexual responses) so if you or your partner do not enjoy one or more then avoid those

Here is a list of essential oils that have been known to put a spark in the romance in your life. Jasmine (has the reputation to bring back libido in both men and women), Lavender (may help to increase blood flow in penis in a study in 1996 - 40% of men had such a response), Rose, Neroli, and Ylang-ylang.

The following may also bring about desire and romance but to a lesser degree: Angelica, Anise, Basil, Black Pepper, Cardamom, Cedarwood, Celery, Cinnamon, Clary Sage, Clove, Cumin, Ginger, Juniper berry, Nutmeg, Patchouli, Rosewood, Sandalwood and Vetiver.

One added note: any essential oil that you or your partner enjoys can be a strong aphrodisiac too. So if you have your favorites be sure to try them the next time you plan a romantic evening.

### A Massage Recipe "Being in the Mood for Love"

Ylang-Ylang - 2 drops

Jasmine - 2 drops

Sandalwood - 2 drops

Massage lotion - 1 Tablespoon.

Blend essential oils together in a small bowl, then mix in the massage lotion. Warm gently in your hand and give your partner a massage. You can use for a full body massage or massage just the arms, legs and back or chest. Remember that any essential oil in small amounts can cause discomfort on mucous membranes so avoid massage near eyes, nose, mouth and other sensitive areas.

For more ideas for a Romantic evening be sure to use our "Search Box" at the top right hand side of our Online Catalog pages. Use any romantic keyword such as Love, Romance or Aphrodisiac. You will get a list of newsletters and other articles that will give you suggestions for your special Night of Romance.

Happy Valentines Day!!

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