

Aromatherapy Tip of the Week - #12

April 8, 2008

The Parts of Plants and their Correlation in Aromatherapy

Did you ever stop to think about all the different parts of the plants used in the distillation of essential oils and their use in aromatherapy?

All essential oils are extracted from various parts of plants.

The following parts are the most common and starting from the top of the plant. Blossoms and Flowers, Leaves, Needles, Cones, Seeds, Grasses (Herbs), Rinds, Peel, Twigs, Stems, Bark, Wood (Resin) and Roots.

Next is the correlation to the parts of the human body where the essential oils are often the most effective.

The flowers/blossoms are often used with the emotions and mind. The hormones in the body are also affected but then again, the main hormone regulatory centers are also in the head.

The leaves and needle extracted essential oils often help with the respiratory system. It is also known that leaves are used in plants for their respiratory systems!

Fruits/Peels/Rinds/Seeds are those essential oils that affect the heart, blood, lymphatic and digestive systems.

Wood/Bark/Resin/Twigs/Stems affect the glandular, immune systems but also give support to the mind and body for energy, strength, centering, grounding and balancing of your psychic.

The Roots affect the gut or intestinal and again connect us to the ground and Mother Earth and her support in emotional dealings.

What does all this have to do with Aromatherapy? When deciding on what oils may work the best on a physical or emotional level, we will often times look at the part of the plant that correlates to the situation and choose from a list of those essential oils that match the same body part.

So, the next time you have something you are looking at for a particular ailment, don't forget to look at the part of the plant that the oils are coming from as a helpful starting point. The parts of the plants can help whether it is an emotional or physical problem.

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Presented by Birch Hill Happenings Aromatherapy, LLC

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