

AROMATHERAPY

Aromatherapy can be defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit. It is an art and science which seeks to explore the physiological, psychological and spiritual realm of the individual's response to aromatic extracts as well as to observe and enhance the individual's innate healing process.



As a holistic medicine, Aromatherapy is both a preventive approach as well as an active treatment during acute and chronic stages of illness or 'dis'-ease.

It is a natural, non-invasive treatment system designed to affect the whole person not just the symptom or disease and to assist the body's natural ability to balance, regulate, heal and maintain itself by the correct use of essential oils.

