



Passport to Aromatherapy

By Joel D. Wallach, Ma Lan

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Essential oils or "essences" are highly volatile oils extracted from aromatic plants. The chemical make-up of essential oil is very complex. They have a "micro-sized droplet and molecular structure that allows them to be absorbed into the bloodstreams by inhalation and trans-dermal applications. Essential oils are legendary for their antimicrobial properties. In addition to the medicinal properties attributed to essential oils, they are legendary for uplifting the emotions. The dynamic effects of essential oil aromatherapy on the emotions has resulted in the practice of "psychoneuroimmunology." The relatively new science of psychoneuroimmunology has reported that pleasure producing experiences (i.e.-love, music, massage, fragrances) will in fact enhance the human system.

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Editorial Review

Review

Easy to understand, and very applicable book on essential oils. -- *John Paul Lance, Health Consciousness Magazine October, 2005*

About the Author

The co-authors are Alexandra Brighton MF, MA, MB, NAHA and Dr. Judy Wright ND, MH, MA, CNHP. Ms. Brighton has worked with essential oils as a Master Formulator for more than 25 years, she is a Master Blender of essential oils. Dr. Judy Wright is an ND (Naturopathic Doctor) and has operated a private practice since 1993 where she has employed essential oils as a primary therapeutic modality; she is a Master Herbalist, Medical Aromatherapist and a CEU Provider.

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