

With the concept of “total well-being” sweeping the world, aromatherapy has also gained popularity. It is a concept that was used thousands of years ago by the ancient civilizations of India and Egypt.

The ancient Egyptians used it in their embalming process and also in healing and cosmetic preparations. In India, it has been part of Ayurveda, the ancient Indian system of herbal healing.

During ancient times, aromatic oils were used to treat psychosomatic and psychological problems. The fragrances of rose, sandalwood, lavender, orange flower and *brahmi* have been used in Ayurveda for their natural sedative and calming effects.

Today, Aromatherapy has become relevant to our modern lifestyle, in terms of being a means of relieving stress and inducing relaxation. From baths and massages to candles, aromatherapy has become very much a part of modern day living.

Aromatherapy is the use of essential oils which have been obtained from plant products to care for the body and treat ailments. Unlike herbal therapy which uses the entire herb, aromatherapy uses only the essential oils of that herb. The term “essential oil” is misleading, because they are not really oils, like coconut or olive oil. In fact, in consistency, they are more like water than oil and are the life-force of the plant. Besides their medicinal properties, essential oils are valued for their fragrance.

Aromatherapy Candles are a way of dispersing the aroma of the essential oils in the atmosphere around which various positive responses may be evoked. Apart from being used in inhalations and as bath additives, candles are a way of diffusing the atmosphere (or air) around you with fragrance, to calm you and relax you as well as to reduce stress.

Use of aromatherapy candles makes it easier to derive the benefits of essential oils. A simple act of lighting a candle brings about a sense of calm and helps you relax, not to mention a beautiful fragrance that envelopes you.



the same time has an uplifting effect on the mood and emotions. Oil of jasmine helps with relaxation.

Lavender: It is one of the most common and favorite amongst candle aroma choices. It is said to have been used in cases of nervous tension, palpitations and even hysteria. It is said to lower blood pressure. During ancient times, it was used to treat problems like depression, migraine, insomnia and nervous tension. It is refreshing and relaxing.

Orange flower (Neroli): *Neroli* is extracted from the flowers of citrus vulgaris (bitter orange). Like lavender, it also blends well with other essential oils. It also has a calming effect on the mind and is used to relieve anxiety and nervous tension, bringing about a sense of well being.

It is worth keeping a few points in mind while using Aromatherapy Candles in the home. If the wick is too long, cut it to about one-fourth inch. Never leave any candles unattended and keep them out of reach of children. Always use a candle holder or a candle stand.

People use aromatherapy candles for a variety of reasons such as during meditation, to relax after a hard day's work, to set the right mood for a party, or to create the right atmosphere for a romantic candlelit dinner for two. The possibilities are endless.

Rose: the fragrance of the rose itself was used during ancient times in the treatment of psychological problems, as it was considered to be an anti-depressant. It helps to calm the mind, soothe the nerves and induce relaxation.

Jasmine: is widely used in Asian countries. It was also used for psychological and psychosomatic problems during ancient times. Jasmine is said to have a sedative effect and at

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