

## **JOURNEY OF SENSES – THROUGH THE BEAUTIFUL WORLD OF AROMATHERAPY**

**Presented**

**by**

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Let me invite you all on a Journey of Senses – Through the beautiful world of Aromatherapy, to the wonderful Aroma of the Plant Kingdom known as Essential oils.

Essential Oils can invigorate and stimulate you, they can soothe and calm you, help you sleep, promote endurance, relax, inspire and arouse you, refresh, revive and rejuvenate you. They can ease away your aches, pains, stress and strains.

There is everything from analgesic to an aphrodisiac, a stimulant to a sedative effect.

The theme of today's seminar is "Stress Free Management". Hence I would restrict my talk to the topic of the day.

Stress is the "buzzword." Everyone know how stress feels, but not many know exactly what happens in the body when it is "stressed" or, even more importantly, how to cope with it.

So what exactly is Stress? Quite simply it is our body's response to a new situation.

To get relief from Stress, we need to understand Stress better.

Of all the physical and mental illness suffered today, it's estimated that 75% are Stress-related. That is they're caused by Distress (or Bad Stress).

There are two kinds of stress.

**Eustress** the "Good Stress" which produces a natural high and does not cause ill-health. And

**Distress**, which is damaging and often life-threatening. Distress is bad stress. It occurs when the normal eustress chemicals produced by the body reach overload proportions, but are unable to disperse.

As tensions mounts, the body counters with more chemicals. They clog the system. So it produces more.

**Eustress becomes Distress.**

Insomnia, which creates more tension, is a prime example of this.

In a state of Distress, the body starts sending out alarm signals in the form of aches, pains, illness and mental and emotional disorders. In time, if no help is forthcoming, the immune system begins to break down. Vital organs – particularly heart and lungs – begin to falter. The brain puts up all

manner of defenses and the chronic stress sufferer begins to experience very serious effects – Physically, Mentally, Intellectually, and emotionally.

Symptoms are signs that the body is in a distress state.

**Stress can have many causes.**

**Environmental:** This is usually a persistent assault on the sense caused by traffic noise, aircraft, a crying baby, fighting children, nagging adults, barking dogs, bad or flickering lights, overcrowding, dehydration, being too hot or too cold.

**Chemical:** Things we eat, drink or breathe. For example, too many painkillers, antibiotics, recreational drugs, sugar, smoke, airborne pollution, alcohol, junk foods, food additives.

**Physical:** Pushing your body too hard for too long, over-training, over-eating, skipping meals, workaholism, long distance driving, punishing schedules, skipping breaks/holidays.

**Mental:** Nagging anxieties that won't go away, e.g. exams, unemployment, financial worries, perfectionism, uncompleted jobs, work load, juggling job and family needs.

**Emotional:** Grief, anguish and heartbreak in all its forms, e.g. relationship problems, loneliness, fear of something, irrational fears, phobias, family illness, separation anxiety, loss, guilt and change.

We undergo various types of stresses in our daily life.

We now understand what stress is all about. How do we tackle it?

The 4 Step Stress control Program has been designed to conquer stress and achieve better health and increased well being.

**Step 1 :** Remove all unnecessary stresses from your living environment.

Follow the handy hints on the Tip Sheet " Make your Home Haven" which has been circulated. And use Essential oils such as Lavender, Roman Chamomile, Neroli, Geranium, Bergamot, Frankincense and Cypress.

**Step 2 :** De-stress your mind and body. Surrender all the stresses of the day before they become a problem.

Follow the hints on the Tip Sheet " Be kind to yourself"

And use essential oils such as Cedarwood, Chamomile, Clary Sage, Geranium, Petitgrain, Marjoram or special blends such as Foot Soother, Relaxing, and Stress Relief.

**Step 3 :** Treat the symptoms caused by chronic stress. Aromatherapy provides therapeutic essential oils and blends to treat over 300 individual ailments.

Refer to the Ailment Guide circulated to you.

**Step 4:** Reprogram your life. Awaken your tactile senses and use mood oils such as Relaxing, Aphrodisiac, Concentration, Uplifting, Creativity, Meditation and so on.

The 4 Step program is good way to begin to understand ones problem. Once we know our problem, I am sure we humans are capable to find solutions, provided one wants to.

Now, let me give you some details on How Essential Oils work to resolve Stress.

**Essential Oils work in 2 ways.**

**One – you can rub them onto the skin.**

It is absorbed by osmosis straight into the bloodstream. Potently antibiotic, anti-bacterial, anti-fungal, each essential oil also has its own therapeutic properties. Once inside the bloodstream, fragrance molecules immediately begin remedial work on the cellular structure of the vital organs and immune system.

**Two – You can breathe them in.**

When you inhale essential oils, the fragrant aromas pass through the olfactory membrane at the top of our nose and into the limbic system. And the fuels that oil its machinery are none other than the fragrance molecules contained in the essential plant oils we use for Aromatherapy.

Different fragrance molecules contained in each essential oil stimulate the brain's cerebral cortex to release neurotransmitters. These neurotransmitters immediately begin to neutralize the stress chemicals that clog the system to produce the problem.

**The most well known neurotransmitters are :**

**Enkephalin** – Which reduces pain, produces euphoria, provokes well-being.

**Endorphins** – Relieve pain, encourage well-being, and stimulate sensuality.

Serontins – Calm, relax, tranquilises & sedate.

There are of course many other neurotransmitters.

Stress chemicals are complex. Only by working together can a combination of different molecules prompt all the neurotransmitters needed to neutralize stress on all fronts.

I have tried to give you brief introduction on a very complex subject and I hope if not all at least some of us take the help of Aromatherapy to improve the quality of life in a physical, emotional and spiritual level.

Aromatherapy is already a part of our lives, although we may not have associated the name with the experience. Everyone has emotional response, both pleasant and unpleasant to certain scents. The idea behind the aromatherapy is to find the scents that evoke positive sensory feelings and emotions and introduce them into our everyday lives.

Pampering yourself doesn't have to Cost a Fortune. Spend time on yourself. Discipline your life. Do things that you like most. Caring for you will make many lives happier.

To Lessen the Stress:

Jog, Jump, Run & Swim  
Energetically banish the stress build up from your body.  
Have an aromatic massage every week.  
Give your partner a massage every week.  
Inhale aromatherapy essential oils.  
Spend 10 minutes a day breathing deeply.  
Do something to save the planet.  
Say "No" when you want to.  
Say "Yes" and really mean it.  
Give someone you love a bear hug.  
Laugh your head off.  
Fall asleep under the stars.  
Smile at the sky.

It is never too late to be what you might have been.

Namaste : I honour the spirit in you, which is also in me.

Nothing awakens a reminiscence like an odour.