

The rising trend of aromatherapy in relation with modern world stress.

Stress in today's world

The modern world in spite of the scientific and technological breakthrough also comes with some little downsides and one of them is stress! The pressure from work, general demands from this fast paced life, little or no time to rest all result in stress for the average human being and over time it could culminate into chronic stress. This could lead to any of physical, mental, psychological, and emotional breakdown. This affects general health and brings about reduced efficiency in the life of such a person.

However, stress relief is what every man and woman on the planet needs and aromatherapy is a perfect way to deal with stress.

Aromatherapy

Aromatherapy is alternative therapy which involves the use of plant materials, aromatic and essential oils to promote general wellbeing. The effectiveness and benefits of aromatherapy has made it a fast rising form of therapy today. That aromatherapy is a rising trend does not mean it is new. A little search in history shows that ancient Egypt, Roman, Greek, and Asian civilizations used essential oils such as perfumes, tonics and therapeutic oils for medical and body care practices which turned out very useful for them.

How aromatherapy can help relief stress

Research has shown that the aromatic and essential oils have a significant effect on the part of the brain. The oils can stimulate the limbic region of the human brain which can make the nervous system calm, thereby reducing anxiety and stress levels. Aromatherapy is usually administered through 3 major channels. They are; direct inhaling, aerial diffusion, massage and baths.

Direct inhaling: In this process, a person inhales plant materials and oils. The human olfactory system then picks up the fragrance and it is sent to the brain where it sedates and makes the body calm. Essential oils from cedar wood, citrus, myrrh and frankincense are highly effective. This also promotes sleep quality

Aerial diffusion: This is when aromatic plants are used to keep a particular space well fragranced and also disinfect the air. Diffusers can be used and materials like the lemon, lavender and bergamot can be used in this case. This is very helpful for people who always have heightened stress level maybe at work or home, the fragrance can help them relax and reduce stress. Some therapists also use this in their space to make their patients well relaxed, in order to have productive counselling sessions.

Massages and baths: Essential oils can be used for skincare through baths and massages. Therapeutic oils like the mandarin orange, lavender, roses and Epsom van be used for massaging and baths. They help manage stress, improve sleep, aid immunity and overall physical wellbeing.

Other Benefits of aromatherapy

This alternative form of therapy is not only to manage stress, other important benefits of include:

- It can keep a person in high spirits and good moods
- Soothe and manage pain and body inflammation
- Boost the immune system
- It has been found to aid respiration in folks with respiratory issues
- Promotion of overall physical and mental wellbeing

The acceptability and usage of aromatherapy is on the increase as many people are enjoying the many benefits it offers. It is the ideal treatment for stress management in this stress-filled world.