

Sources of essential oils

Aromatherapy is an holistic treatment using essential oils to promote balance and harmony within mind and body. Essential oils are found in:

Herbs such as marjoram, rosemary and melissa

Flowers such as rose, geranium and ylang ylang

Leaves such as eucalyptus, sage and basil

Fruits such as tangerine, lemon and grapefruit

Berries such as juniper and cypress

Bark such as cinnamon.

Resin which may be made into incense, for example myrrh and benzoin.

Wood such as sandalwood or rosewood.

Seeds such as anise and caraway.

Roots such as angelica and vetiver.

Nuts such as nutmeg.

Grasses such as lemon grass.