

Essential Oils work differently from any other natural substance.

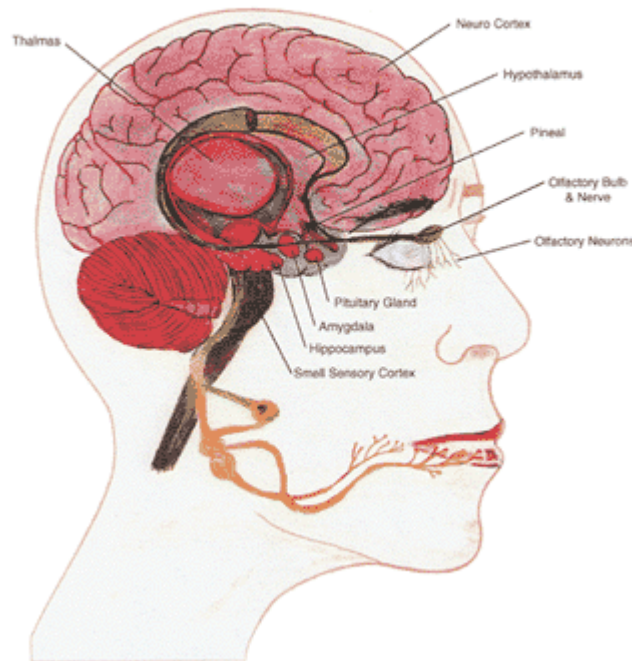
Their unique features are that they:

- Pass easily through our skin and cells membranes.
- Diffuse through the entire body within half an hour.
- Go directly to the brain through the olfactory bulb.
- Affect our feelings and thoughts because smell is our most emotional sense.
- Perform multiple functions because of their structural complexity

This is why one essential oil can do so many different things for you all at once--physically, emotionally, and mentally--with just a few drops in the air or on your skin.

Here's a picture of how the aroma of essential oils affects us:

Limbic System Smell and Emotional Responses



The olfactory bulb carries molecules and impulses into the brain area where our emotional memory is stored.

Scent stimulates nerves to fire in the emotional center of the brain, but it also stimulates the master gland to release hormones. Hormones affect the fight/flight response, as well as digestion and heart rate. In this way, essential oils can affect us in many ways all at once, just through their fragrance.

But essential oils also have a complex chemical structure, designed and produced by nature, which makes the use of essential oils uniquely economical! For example, when lavender oil is applied to a wound, over sore muscles, a broken bone, or a burn, it can support the body's natural self-healing processes in all those areas. Or it might stimulate the immune system or balance blood pressure, or relieve a tension headache, or help you go to sleep.

And finally, essential oils can affect us just through their subtle energy. They have a presence that touches us deeply, and can change our feelings and our thoughts in an instant. This you have to experience to believe!