

ESSENTIAL AROMATHERAPY OILS



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Essential Oils Aromatherapy

Essential oils are extracted one of two ways: either by steam distillation or expression, or pressing. Distillation is the most prominent method used to extract aromatherapy oils, however. This technique involves steaming the plant matter until it breaks down. The byproduct of this breakdown phase is the plant's fragrant oil, which is cooled, separated from the water and finally filtered into its pure essential oil.

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Essential oils are made from flower, herb, and tree parts, like bark, roots, peels, and petals. The cells that give a plant its fragrant smell are its "essence." When an essence is extracted from

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Essential oil Wikipedia

History. Essential oils have been used in folk medicine throughout history. The earliest recorded mention of the techniques and methods used to produce essential oils is believed to be that of Ibn al-Baitar (1188 1248), an Al-Andalusian (Muslim-controlled Spain) physician, pharmacist and chemist.

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