

# **[PDF] The Essential Oils For Aromatherapy Benefits Guide : The Protection Of Negative Energies**

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## **Description:**

As we have seen since Biblical times, through ancient Egypt, Babylon and Rome, up to the current cosmetic and aesthetic, man has made use of essential oils to create perfumes, creams and medicines to treat beautifying soul mind and body. The essential oils are extracted from flowers, stems and leaves of plants, dam through cold and distillation or separation. These oils are very subtle, are the essence of the plant, "the soul of the plant" as the name suggests.

The concentration of these oils contains healing and therapeutic properties. Were used in churches and temples of all religions to create altered states of consciousness, harmonic vibrations, sense of peace and well-being. All high vibrations of these scents have always been used to clean the air and protect from negative energies.

Any basis of aroma therapeutic products is one or more essential oils, whether incense, bath salts, scented candles, perfumes, etc.

Each type of oil has particular characteristics. Knowing the conditions and the patient's skin type is important because for all people is not advisable the same type of oil. On the other hand, we must bear in mind that due to high concentrations of essential oils, they should never be used in pure form but always in combination with other lower density oils such as oils, almonds, hazelnuts, sesame, oats, olive oil, etc.

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