

## Frequently Asked Questions About Aromatherapy

*By Karen of Inner Calm Aromatherapy*

### **Can I have a treatment or use aromatherapy products if I am pregnant or nursing?**

Yes, but only after consulting with a registered aromatherapist. Many essential oils are not suitable for pregnant women. Registered aromatherapists are trained and skilled at choosing the oils to fit your specific needs. Some essential oils are very good for helping a woman in labor.

### **What is the difference between Fragrance oil/perfume and Essential oils?**

Fragrance oils and perfumes contain synthetic ingredients that have been combined in a laboratory to replicate natural smells. Many of these synthetic ingredients are harmful to our health. It is interesting to note that even with all our technological advances scientist still cannot replicate essential oils completely. For example, Eucalyptus essential oil has around 250 components. Scientists have only been able to reproduce 30 of the 250 components. Many people who have allergies and sensitivities to perfume and fragrance oils do not experience these problems with Essential Oils. Essential Oils contain only pure plant essences.

### **Why are essential oils and aromatherapy products so expensive?**

Essential oils are concentrated plant material. It takes a large amount of plant matter to make up a small amount of essential oil. For example, it takes 2 tons of fresh rose petals to make 1kg of rose oil. However, because essential oils are so concentrated, one drop goes a long way.

### **How often should I get an aromatherapy treatment?**

Ideally, having an aromatherapy treatment once a week would be incredibly beneficial. However, even small changes such as using soap or bath salt blend with Therapeutic Grade Essential oils will make a difference in your life.

### **About the author**

Karen is a registered aromatherapist and the owner of Inner Calm Aromatherapy. It was love at first use for her and essential oils. She first used essential oils 10 years ago and has not stopped using them since. She completed an aromatherapy course recognized by the BC Alliance of Aromatherapy.

She is a member of both the BC Alliance of Aromatherapy and the BC Association of Practicing aromatherapists. She enjoys helping other people learn about the power of aromatherapy and how to use essential oils to enhance their everyday lives.

She is happy to answer any of your aromatherapy questions or comments. She can be reached at [Karen@innercalm.ca](mailto:Karen@innercalm.ca). You can learn more about aromatherapy and Inner Calm Aromatherapy at [www.innercalm.ca](http://www.innercalm.ca).