

Offering Essential Oils in Your Healing Practice - What Are the Benefits?

By Linda Lee Smith

Many who learn the great benefits of using essential oils in a healing practice are tempted to put oils on everyone who comes to them for healing. However, as a healing professional this is not always appropriate. When you have studied and experienced the use of essential oils on your own body, you can share what has worked for you but allow the recipient the choice as to whether they want to try essential oils. **ALWAYS** ask first if the person has any skin sensitivities or any allergies to known substances. If the person says yes, do not use essential oils. Some people because of their exposure to certain petrochemicals may have developed toxicities which could be aggravated by the essential oils. Respect this knowledge.

Be careful not to make false "disease claims" regarding essential oils, herbs, or supplements with your clients. Be careful not to "diagnose" or "prescribe"--these are medical terms that apply only for those individuals licensed to diagnose and prescribe. As a practitioner, you could be legally liable for making false claims.

The Benefits of Using Essential Oils in a Healing Practice

- Essential oils are living substances which work on the vibrational frequency level
- They facilitate greater levels of healing through affecting the body at the cellular level
- They can assist by releasing emotional traumas which can then be healed
- They can increase cellular oxygen levels
- Essential oils are enhancing to your immune system
- They help support your body's natural defenses
- Essential oils naturally support the various systems of your body like your immune, circulatory, respiratory, endocrine, digestive, nervous and other body systems
- Essential oils can aid normal cellular regeneration
- Essential oils are elevating for your moods
- They are high in antioxidants--clove oil being the highest
- They are aromatic meaning they smell great
- Essential oils can boost your stamina and energy
- Essential oils can help you relax

- They can help manage your stress and frustration in life
- They are great at reducing the appearance of aging especially around the face
- Essential oils are great at purifying the air especially of smoke or other bad odors
- Essential oils can help with mental clarity
- They can promote overall health, vitality and longevity

As you can see the benefits are truly good ones worth putting into your daily regime of self care.

Bio: Linda L. Smith has an extensive background in nursing, energy healing, holistic nursing, aromatherapy, and spiritual healing. She is the author of several books on healing and aromatherapy. Linda is the creator and president of the Institute of Spiritual Healing & Aromatherapy, Inc., a program dedicated to helping to restore healing to Christianity. She is a prolific writer and teacher and has taught over 500 workshops on healing in the past fifteen years across the United States, Canada, the Caribbean, and Europe. She holds credentials in holistic nursing, Healing Touch, and Aromatherapy.

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