

Aromatherapy

The Eco-Friendliest Way to Rejuvenate Your Environment

BY NOELLE C. KATAI

Those of us committed to upgrading our level of environmental consciousness have already embraced recycling and reducing post consumer waste to contribute to clean air initiatives. But have you considered “The Clean Air Initiative” of your living spaces? Do you have scented candles in your home? Some of them may not be as healthy as you think. What about those room fresheners that you plug into an outlet? How about your car? Do you use synthetic or the expensive “alternative” cleaning products?

Fortunately, nature offers a solution to sweeten our space – essential oils. These essences are distilled or otherwise extracted from plants, flowers, grasses, bark and other botanicals. They are the life force of plants and the source of their scent. A remarkable resource, the practical application of essential oils for physical, psychological and physiological purposes is far beyond fragrance, and is the true definition of aromatherapy.

Essential oils not only smell great, but are a healthy alternative to the synthetic chemical air fresheners and cleaning products on the market today. And, most importantly, they do not harm the ecosystem. You can fill a room with their aromas using many methods of diffusion. There are electric diffusers that use low heat to diffuse the essential oils, and tea light candle diffusers that use the same concept. There is even a





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diffuser for the car – just plug it into the power outlet. I rely on mine to get me through rush hour. Nothing beats a peppermint, lemon and lavender blend to keep me sane.

Armed with tea tree, pine, lemon and eucalyptus oils, you can keep your whole house sanitized. Essential oils are naturally anti-bacterial, but these four knock the ball out of the park. Each of them is effective against many strains of bacteria including: E. Coli, Staphylococcus and Streptococcus as well as molds and viruses. Cleaning surfaces with them also has the added benefit of cleaning the air. Distilled white vinegar and distilled water is a great base for an effective and “green” cleaner. Just add a few drops of these four essential oils to the base. Shake, and use as any other household cleaner.

Thinking and acting “green” should always start with your immediate environment. Do a survey of your living spaces to see what unhealthy chemicals you can replace with essential oils and embrace aromatherapy in a whole new way. **B**

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