
Best oil with proven track record?

Posted by Archbob - 2007/10/06 07:40

For aroma Therapy, there are a wide variety of oils used. Is there one with a best-proven track record in general or does it depend on the situation. I understand that lemon is pretty common as well as some others.

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Re:Best oil with proven track record?

Posted by mareika - 2007/10/17 18:35

It's all dependant on the situation. What works for one thing will not work for another. For instance, both lavender and tea tree oil are power antiseptic agents. However, tea tree oil will do nothing to relax you, where as lavender will. So lavender is the preferred oil for bathing.

Certain oils affect moods by stimulating you, others by suppressing. Some make you sleepy. But you also have to use them right for this to work.

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