

Aromatherapy

Learning objectives

This chapter covers the following:

- **a brief history of aromatherapy**
- **what aromatherapy is**
- **what an essential oil is**
- **the physiology of aromatherapy**
- **safety issues**
- **treating a client with pre-blended aromatherapy oils**
- **the aromatherapy treatment**

Aromatherapy is a complex art steeped in a long history of use; it should not be confused with Swedish massage. This chapter looks at the difference between the two treatments while exploring different techniques to develop a comprehensive service. It introduces the use of both pre-blended oils and blending and different ways of using aromatherapy.