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The Six Best Essential Oils for Love and Friendship

Adapted from *Aromatherapy for Healing the Spirit*, by Gabriel Mojay (Healing Arts Press, 1997).

Simple Solution

The Summer Solstice is approaching, the time of the longest day of the year, and when the light of love enters many people's lives.

Of the elements (earth fire, water, air), the fire element predominates in all relationships. It constitutes our emotional care. Considered the home of the heart and mind, it is the principal source of sensitive awareness, and the root emotions of joy and love!

There are many commonly used essential oils that are of potential benefit for relating to others. While the emphasis is on oils that help relationships of a romantic nature, these essential oils can help in all relationships. Here are six of the most renowned aromatics for enhancing joy and love:

Jasmine is traditionally considered a fertility herb; it is a powerful aphrodisiac.

Ylang ylang oil is also an aphrodisiac, and it also has euphoric properties closely intertwined, its flowers strewn on the beds of Indonesian newlyweds.

Patchouli oil is another sexual tonic that originates from Southeast Asia. It may be used by those whose work involves a high degree of pressure and mental strain, and it will help a person to relax for intimate moments. The scent is musky and earthy.

Cardamon oil –like patchouli, more earth than fire—also enhances a desire for intimacy. It is suited to those who are afraid of losing their self-identity.

Ginger oil, too, is a sexual tonic-yet entirely different, to, say, jasmine or ylang ylang. While these sweet, floral essences encourage us to relax, ginger is spicy, hot, and invigorating.

Juniper berry oil also warms the kidneys, promoting both vigor and self-assurance. Although it is not a sexual tonic, it benefits those, who due to worry and self-absorption, cut themselves off emotionally.

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