

# Practical Potions

## An Aromatic E Course

### Unit 5C

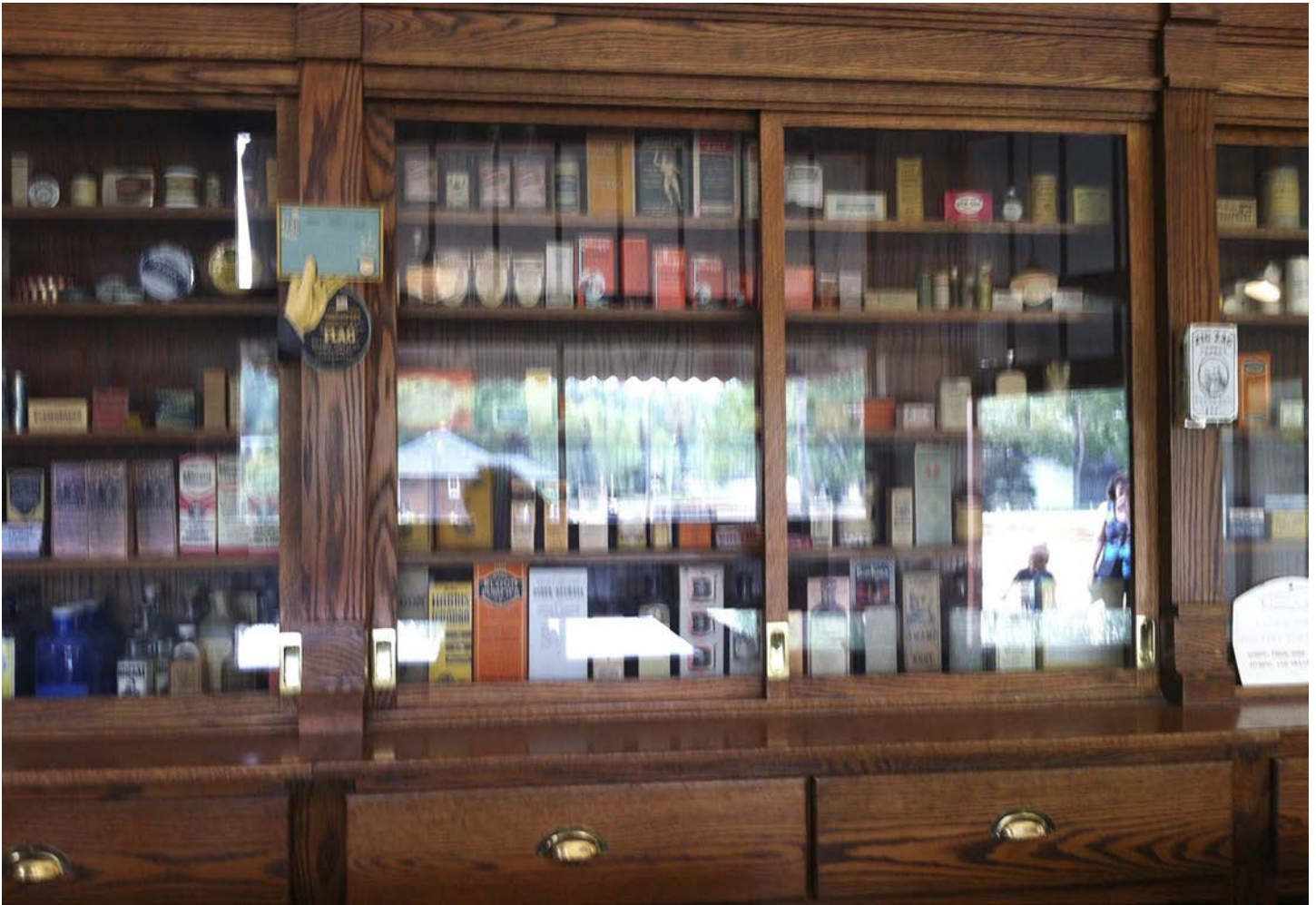
### Medical Aromatherapy Introduction



# Transformational Step

## Medical Aroma

### Simple First Aid and Healing for Self and Family



Essential oils can be used for simple home remedies and some first aid purposes. We do not use them much this way in North America, but they are potent enough to be an adjunct therapy for physicians. They are used this way in some countries, such as France, where over ten thousand MDs practice medical aromatherapy.

Purpose: to get an idea of how essential oils can be a helpful for some health conditions. To learn some safe ways to work with the oils.

To learn to use essential oils cautiously, as there can be allergic reactions to anything, even natural products.

## Exercise

This exercise will give you the opportunity to review essential oils in many families to find the answers.

Which essential oils are best for the following simple, first aid purposes?

Burns-to apply onto a burn.

Disinfecting-apply to cuts and wounds.



Stuffed Nose- to use in diffuser.

Aches and pains- as a massage oil.

Why must you keep your essential oils in a safe place, labeled and away from children and pets?

How else might you use essential oils with yourself and family?

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