

Essential oils have been used for thousands of years in various cultures for medicinal and health purposes. Essential oil uses range from aromatherapy, household cleaning products, personal beauty care and natural medicine treatments.

The particles in essential oils come from distilling or extracting the different parts of plants, including the flowers, leaves, bark, roots, resin and peels. In ancient times, Jews and Egyptians made essential oils by soaking the plants in oil and then filtering the oil through a linen bag.

Essential oil benefits come from their antioxidant, antimicrobial and anti-inflammatory properties. These healing oils are rapidly growing in popularity because they act as natural medicine without any side effects. Ready to harness the power of the world's most proven therapeutic compounds:

Frankincense: Builds immunity, reduces inflammation, heals age spots, supports brain and may help fight cancer.

Lavender: Helps with relaxation, improves mood and heals burns and cuts.

Myrrh: Natural anti-septic and can prevent or reduce infections. Also, supports beautiful skin, reducing stretch marks and hormone balance.

Rose: Incredible for reducing skin inflammation and great for creating glowing skin. Add a few drops to your facial moisturizer. Also,

Sandalwood: Natural aphrodisiac that improves libido and can also improve energy.

Different oils can be blended together to enhance each's energy or can be blended with a base oil to be used for massage, shower gels or body lotions.

Citronella, African Forest, Sangomar, Timis, Coconut and Vanilla.

Use directly on your skin, or combined with almond oil for a wonderful massage oil.

Pour some drops on a diffuser to use as incense.

Incense is psychoactive: Scientists identify the biology behind the ceremony

Religious leaders have contended for millennia that burning incense is good for the soul. Now, biologists have learned that it is good for our brains too. In a new study appearing online in *The FASEB Journal*, an international team of scientists, including researchers from Johns Hopkins University and the Hebrew University in Jerusalem, describe how burning frankincense (resin from the *Boswellia* plant) activates poorly understood ion channels in the brain to alleviate anxiety or depression. This suggests that an entirely new class of depression and anxiety drugs might be right under our noses.

A recent study by biologists from Johns Hopkins University and the Hebrew University of Jerusalem concludes that the brain responds to burning frankincense, and that the results appear to be of an anti-depressant nature. Gerald Weissman, MD, says, "This study also provides a biological explanation for millennia-old spiritual practices that have persisted across time, distance, culture, language, and religion—burning incense really does make you feel warm and tingly all over."