



## Essential Oils Are An Industry Expanding Rapidly In Popularity

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Health enthusiasts have begun turning to essential oils as a source of bodily wellness and, in some cases, healing. The use of these plant extracts as a natural healing tool is known as aromatherapy, and is gaining popularity around the globe.

Essential oils, also known as volatile or ethereal oils, are concentrated liquids containing the chemical properties of a particular plant. The name "essential" comes from the fact that the oil contains the essence of the plant, which is extracted by crushing and distilling the plant before combining the results with a "carrier oil" for later use. Each essential oil has a different smell, and interacts differently with any human body it comes in contact with as a result of each oil having a different chemical composition. Some of the more popular essences are peppermint, tea tree, wintergreen, lavender, oregano, and bergamot. Those interested may wish to use this link, <https://www.youtube.com/channel/UC2I4f3eBEbu8abmyRHaXlrA/videos>, for a video resource on essential oils.

Arguably, the most popular use of essential oils is as a healing agent. This is called aromatherapy, and usually involves either applying the oil to the skin or inhaling the aromatic vapours. The goal of this is to allow

the oil's chemical compounds to enter the bloodstream. The fact that the oils are very concentrated means that even a small amount can have a very powerful effect. Aromatherapist Charlynn Avery said, "On average, they are up to 75 times more powerful than dried herbs," and that, "essential oils must be handled with care." It is also highly recommended by experts that the oils be diluted before use.

Essential oils may be used to treat skin ailments or soothe muscle inflammation. Avery stated that, "Essential oils can be used in personal care products, in home cleaning products, for general well-being in the context of emotional support, and many other ways." Certain oils may be used for multiple purposes. "Some of the most popular essential oils, like lavender and sweet orange, cross over into many categories and can be used effectively for many applications," the aromatherapist said. A company that specialises in such products can be found here: <https://goo.gl/maps/pbB45sdoZmk>.

The oils are also believed to have possible antibacterial and antiviral properties. Though their use is rare in evidence-based medicine, the recent rise of antibiotic-resistant bacteria has sparked interest in the use of essential oils to combat bacterial and viral infections. In studies performed to test the anti-microbial effects of essential oils, many bacteria and fungi seemed to be suppressed or even killed outright by essential oils. Peppermint and tea tree oil may have some value as antiseptic mouthwash, while lemongrass and lavender oil have shown some effectiveness in combating fungi. While the results are promising, they still do not provide conclusive evidence and researchers are yet to perform human trials to determine whether or not the results really do mean essential oils are a viable treatment for bacterial, fungal, and viral infections.

Aromatherapy also appears to have some use in the treatment of issues with sleep. "If you find yourself counting sheep on a nightly basis, it may be high time that you consider some aromatherapy," reads an essential oils guide. A study found that lavender, chamomile, and neroli caused a marked improvement in the sleep quality of ICU patients. It is yet to be proven, however, that aromatherapy is an effective cure for mental health issues such as anxiety. While studies are conflicting and inconclusive on the matter, the very possibility of an all-natural approach to healing has created waves in circles concerned with health and wellness, particularly those with a strong interest in natural remedies.

A Bali based company known as Utama Spice manufactures all of its products using natural ingredients and essential oils feature prominently in their stock. "We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin's natural beauty, but also provokes your mind to consider the raw power of nature," said Utama Spice. Starting in 1989, when Dayu Suci and Melanie Templer saw that there was a need to preserve Bali's traditional herbal knowledge in the face of modern products containing potentially dangerous chemicals taking over the market, the commitment to all natural, traditional ingredients shown by Suci and Templer is shown in every one of Utama's products. More information about Utama Spice can be found at <https://www.pressadvantage.com/organization/utama-spice-bali>.

The company works under the Tri Hita Karan Philosophy, which promotes a harmonious relationship between man, nature, and the divine. ?If you wouldn?t cook with it, you shouldn?t put it on your body,? the company advised. With the increase in popularity of natural remedies such as essential oils, Utama has seen an opportunity to spread their knowledge of naturally produced remedies and other products.

Those who wish to get in touch with the company may contact Ria Templer of Utama Spice, or visit their website for more information.

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## Utama Spice

*Utama Spice is a traditional skincare company based in Ubud, Bali. We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin?s natural beauty but also provokes your mind to consider the raw power of nature.*

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