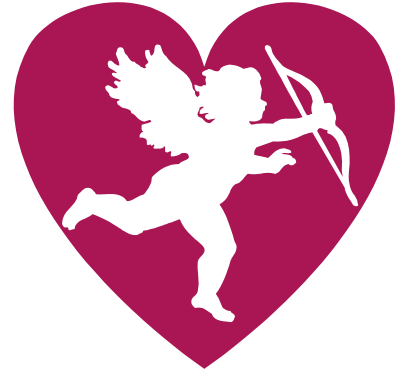


## Aromatherapy For Romance

Essential oils are also known to induce and rouse passionate moments among couples. Scents can seduce you and your spouse as the chemicals present in the essential oils send messages to your brain. Research has shown the pheromone properties of essential oil and more industries are incorporating these oils as an essential component in their perfume formulations. You can also use your favorite oil in your daily life; however, essential oils are very concentrated and direct application is not recommended, as it causes burns or damage to your nose. You can perfume your underwear or clothing by letting the scent molecules adhere to your clothing.



For those romantic moments, you can use orange, jasmine or black pepper. Need more passion? Then try using clary sage, rose or cedar wood. Take 3 small cotton balls and apply a drop of essential oil on each. Keep these in your underwear drawer or your clothes wardrobe. Allow about 2 hours for the scent to diffuse into your clothes. Feel the excitement!

For scenting other items like pillows and bed spreads, repeat the same procedure. Avoid applying essential oils directly onto cloth as it will stain your cloth. Use 2 drops each of clary sage, neroli and chamomile.

After a hard day, sooth your partner's nerves by using a head massage with essential oils. This action will ultimately help him/her relax and put them in a conducive mood for romance. Mix 2 drops of lavender, rose and geranium into a teaspoon of almond and jojoba oils each. Rub this oil on your hands and then massage your partner's forehead gently. Rub outwards towards the ears. Next, proceed to using circular motions to massage the forehead.

Touch can also invoke your romantic mood. Massaging your partner's neck will help achieve this mood. You'll need 2 drops of black pepper, ginger and ylang ylang, each into 2 teaspoons of sunflower and grape seed oil. Use this oil mix to massage your partner's neck form top to bottom. Squeeze the muscles at the base of the neck. Repeat this procedure 10 times.

The same formula can be used for a back massage. Start by placing some oil between the shoulder blades of your partner. Massage from the center outwards, using both hands. You can gently squeeze the muscles and rub the oil. Work downwards until you reach the pelvic area.

There are a variety of aromatic oils to use to induce romantic moments. The rose oil is an all time favorite for romance and love. You can try different combinations of essential oils that promote romance. Once you get a real feeling for particular oil, you can decide to stick with it. Go ahead and indulge yourself and be a part of those fleeting romantic moments.

Find more hints and tips for using aromatherapy to enhance your life at:

<http://www.essentialaromatherapy.co.uk>