

## Aromatherapy: A Recipe to Help Spice Up A Romantic Evening

Aromatherapy can be used to promote healing to the body, to suppress appetite or for your skin care regime. Aromatherapy stimulates your mind and emotions, by using natural herbs and plants for their scents. This is through the use of candles, oils, inhalers, or diffusers. With its ability to affect mood changes, aromatherapy can be used extensively to help you spice up your romantic life.

When you release the scent of a plant into the atmosphere, you can experience benefits that are inherent to the plant. Some of these therapeutic and healing benefits are directly absorbed into the skin by use of aromatic baths, oils, massages, and lotions. Some plants and herbs are useful as antiseptics, while others simply may help to stimulate the mind. There are also plants that promote blood circulation, while others may be a natural insect repellent. Some plants are natural aphrodisiacs, which are used to initiate romantic feelings. These plant oils can enhance excitement and set you in the mood for love.

The fragrances that many plants carry are also powerful by themselves. Citrus is well revered for initiating feelings of energy and happiness and Lavender is known for bringing relaxation and peace.

In the wild, animals use scent to attract their mates. This is not so different with people either. Many people choose a perfume or cologne based upon its ability to attract the opposite sex. Scent can be arousing and pleasing to the senses, or it can be a deterrent and have the opposite of the intended effect. Because of this, you should choose your scent carefully. Read up on scents and the feelings that they are supposed to invoke will help you make a wise selection.

Here is a recipe for you to help spice up an evening with your date with aromatherapy. Before your date comes over for a romantic dinner for two, scent the room first. You can make your own sensually scented air fresheners. This is a great way to create a romantic atmosphere in a short time.

To create your own air freshener you will need a spray or pump bottle, 1-2 ounces of distilled water, 1-2 ounces of Vodka and 20 to 30 drops of your selected essential oil. Blend all of the ingredients in the bottle. You may want to create the air freshener 24 hours before you plan to use it so that all of the oils may cure.

Shortly before your date arrives, take a warm sensual bath oil that will stimulate the senses and leave you smelling exotic. For the bath oil, you will need carrier oil, such as one ounce of Sweet Almond oil, 10 drops of Jasmine Oil, 5 drops of Sandalwood, and 5 drops of Lime oil. Blend all of the oils with the carrier oil. You can run a hot bath and put the oil in your bath. Soak for at least 20 minutes in this sensually delightful bath.

Next, when you are setting up the table for two, why not select candles that have natural aphrodisiac properties? Patchouli and Sandalwood are two aphrodisiacs and you can easily purchase aromatic candles that have these essential oils added to them.

The recipe to spice up your romantic life with the use of aromatherapy is a winner! You will find this recipe useful to transit from the stresses of the day to a romantic and cosy mood for the evening with your partner.

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### About the Author

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