

Tips to Add Romance to the Air with Aromatherapy

Romance is a delightful, warm and floaty feeling. All of us would like to have the feelings of love nurtured in our home. You need not be dating to wish for the presence of love and happiness in your environment. It will be great to still experience the romantic feelings with the person you have been living with for the past 20 years.

Aromatherapy is a wonderful way for you to achieve this with the scents that you love. Jasmine, Gardenia, Rose, and Geranium are all associated with romance and love. If you would like to encourage the presence of love, think about using these oils in your Aromatherapy practices.

Consider burning some rose candles in your home. Choose aromatherapy candles that are made out of Soy wax. These candles are all-natural and will leave no soot behind or have any pollution type materials in them. If you are taking a bubble bath, or just feeling romantic, the scent of roses in bloom makes you feel as if you are in beautiful garden.

Gardenia is another exotic and romantic scent. The flower is known for its incredibly fragrant aroma. Gardenia oil may be diluted for use on skin or in your bath. Add ten drops of Gardenia Oil to carrier base oil, such as 1 ounce of Jojoba oil. You may apply this oil directly on your skin. However, please note that using essential oils directly on your skin without diluting them may cause skin irritations to occur. Always read the safety precautions on the labels of your essential oils before using them.

A home with the hint of Jasmine creates a beautifully romantic environment. Jasmine is also a main base for many perfumes. You can add Jasmine to your shampoo and conditioner for a beautiful floral treat that will perfume your hair and make it smell heavenly.

You can also create your own romantic face creams and lotions. Add 2-5 drops of Rose oil to your favorite creams and lotions for a wonderful treat. This may be used as a body lotion then followed with a dab of rose oil perfume.

Blending Geranium and Rose can make a beautiful romantic fragrance. This may be the base for your Aromatherapy diffuser, candles, beauty products, perfumes, and even air fresheners. You can create a wonderful Geranium Rose air freshener that will add a touch of romance throughout your house whenever you decide you need a little touch of something floral and feminine.

To make Geranium Rose air freshener you will need a spray bottle, 20 drops of Geranium oil and 20 drops of Rose oil, and 1 ½ ounces of distilled water, and 1 ½ ounces of high proof alcohol such as Vodka. First combine the water and the alcohol into the bottle, then add in the Geranium and Rose oils. You can then shake the air freshener and you can let it sit for 24 hours before using. The scent may become stronger after it has a chance to cure.

It is not difficult to infuse the air with romance through the use of aromatherapy. Other ideas to set the mood include putting on some light music in the background and dressing up for the evening.

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About the Author

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