

# Clinical Aromatherapy blending

**Pure Essential Oils** are manufactured in the leaves of aromatic plants during the process of photosynthesis. They are then stored by the plant in a variety of places, such as flowers, leaves, fruit, seeds etc. and then used by the plant for a wide variety of purposes; to attract pollinators, to repel insects that might eat it, to recover from storm damage or severe frost etc. These oils help to form part of the natural chemistry of the plant itself, and as such are composed of many different natural chemical components.

We extract the Essential Oils by a variety of methods, including steam distillation or expression, in order to benefit from these natural chemicals and the way in which they can interact positively with human chemistry and physiology. They are totally natural and have no harmful side effects when applied appropriately following the advice of a qualified Aromatherapist.

**The aim of Clinical Aromatherapy blending** is to help your body, mind or emotions find a better sense of balance in the area presenting a problem; for example, a viral infection, a stiff and aching joint, a bout of insomnia or a struggle with low mood.

**Blending the oils:** The pure Essential Oils are either blended neat for you to use in a diffuser or to inhale from the bottle, or they are added to a base oil such as Sweet Almond Oil or Jojoba Oil for you to rub into the skin in the way directed by Chryssie. They can also be used in the bath, as a compress, as an air spray, and to enhance your regular beauty regime in hair and bodycare products. [Click here](#) to see a range of ways essential oils can be used to make lovely, health and beauty supporting gems:

## Bespoke Blending

Just as they do in their natural plant state, extracted Essential Oils are known to work with the higher vibrations of a human being as well, that is those energies that connect us to the cosmos or greater whole. That is one reason Frankincense and Myrrh are used in places of worship; they help to calm the breathing and still the mind, so the focus can be held truly on prayer.

Just as their chemical components can be used to support physical health, so their vibrational qualities can be used to enhance our own spiritual or soul seeking quests.

Chryssie has been trained to become highly aware of the vibrations of people and objects around her. She can help you find a blend of Essential Oils to help you through the current stage of searching, or to clear or settle old energies you no longer need in you or in your environment.

If you are interested in this way of supporting your own inner self to reach its goal, please ask Chryssie for a consultation and a blend.