

## Aromatherapy and Wellbeing

芳香療法和健康/芳香疗法和健康

### What is Wellbeing?

什麼是健康？/ 什么是健康？

The World Health Organisation defines health and wellbeing as:

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

世界衛生組織將健康定義為：

“健康是一種完全的身體，精神和社會福祉狀態，而不僅僅是沒有疾病或虛弱。”

世界卫生组织将健康定义为：

“健康是一种完全的身体，精神和社会福祉状态，而不仅仅是没有疾病或虚弱。”

### How Can Aromatherapy Help with Wellbeing?

芳香療法如何幫助健康？/ 芳香疗法如何帮助健康？

The use of essential oils can be particularly useful in contributing to both physical and emotional health and wellbeing.

精油的使用對於促進身體和情緒健康和幸福特別有用。

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### Physical Wellbeing

身體健康/身體健康

**First Aid for Minor Ailments** – many essential oils are antimicrobial, antiseptic, anti-infectious and analgesic, which means they are very useful for such things as cuts, grazes, small burns, headaches, sprains and bruises.

小病的急救 - 許多精油具有抗菌，防腐，抗感染和鎮痛作用，這意味著它們對切割，擦傷，

小灼傷，頭痛，扭傷和瘀傷等非常有用。

小病的急救 - 许多精油具有抗菌，防腐，抗感染和镇痛作用，这意味着它们对切割，擦伤，小灼伤，头痛，扭伤和瘀伤等非常有用。

**Nervous System** - Certain essential oils are known to have a sedative effect on the central nervous system, whilst others can be very stimulating. A very few oils are known as “adaptogens”, i.e. they can have a balancing/normalising effect on a problem as and when required. Properties such as “relaxing” and “uplifting” relate to each other in the sense that an oil can be sedating to the nervous system, whilst at the same time reviving/uplifting to the ‘spirit’. Aromatherapy is well-known for its ability to calm severe stress symptoms and acute

anxiety because various oils have gentle tranquillising properties which not only help to calm stress symptoms, but can also help with an irregular or rapid heartbeat, light-headedness, shallow breathing, etc. Nervine tonics are also helpful for strengthening the nervous system as a whole, particularly in cases of convalescence.

神經系統 - 已知某些精油對中樞神經系統具有鎮靜作用，而其他精油則非常刺激。很少的油被稱為“適應原”，即它們在需要時可以對問題產生平衡/正常化作用。諸如“放鬆”和“振奮”之類的屬性在某種意義上是相互關聯的，即油可以鎮靜到神經系統，同時恢復/提升到“精神”。芳香療法以其鎮靜嚴重的壓力症狀和急性焦慮的能力而聞名，因為各種油具有溫和的鎮靜特性，不僅有助於緩解壓力症狀，還可以幫助心跳不規則或快速，頭暈，淺呼吸，**Nervine** 補品也有助於加強整個神經系統，特別是在恢復期。

神经系统 - 已知某些精油对中枢神经系统具有镇静作用，而其他精油则非常刺激。很少的油被称为“适应原”，即它们在需要时可以对问题产生平衡/正常化作用。诸如“放松”和“振奋”之类的属性在某种意义上是相互关联的，即油可以镇静到神经系统，同时恢复/提升到“精神”。芳香疗法以其镇静严重的压力症状和急性焦虑的能力而闻名，因为各种油具有温和的镇静特性，不仅有助于缓解压力症状，还可以帮助心跳不规则或快速，头晕，浅呼吸，**Nervine** 补品也有助于加强整个神经系统，特别是在恢复期。

**Immune System** – many essential oils have antiseptic, bactericidal, anti-fungal and anti-viral properties, but some also have the ability to stimulate the production of white blood cells, thereby helping the body to resist and deal with infectious illness. In this regard, they can be used alongside conventional medicines, such as antibiotics.

免疫系統 - 許多精油具有防腐，殺菌，抗真菌和抗病毒特性，但有些還具有刺激白細胞生成的能力，從而幫助身體抵抗和應對傳染病。在這方面，它們可以與常規藥物一起使用，例如**抗生素**。

免疫系统 - 许多精油具有防腐，杀菌，抗真菌和抗病毒特性，但有些还具有刺激白细胞生成的能力，从而帮助身体抵抗和应对传染病。在这方面，它们可以与常规药物一起使用，例如**抗生素**。

Certain essential oils can be excellent in preventing and dealing with infection. Vaporisation, inhalation and dermal application of diluted essential oils can help to fight viral and bacterial infections.

某些精油可以很好地預防和處理感染。稀釋精油的蒸發，吸入和皮膚應用可以幫助抵抗病毒和細菌感染。

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Allergies are a clear sign of a body out of balance, indicating a depressed immune system, possible toxic build-up and poor digestion. Targeting all these three areas with essential oils is a particularly effective way of tackling troublesome allergies.

過敏症是身體失去平衡的明顯跡象，表明免疫系統低下，可能的毒性積聚和消化不良。用精油瞄準所有這三個區域是解決麻煩過敏的一種特別有效的方法。

过敏症是身体失去平衡的明显迹象，表明免疫系统低下，可能的毒性积聚和消化不良。用精油瞄准所有这三个区域是解决麻烦过敏的一种特别有效的方法。

**Circulatory/Muscular/Skeletal Problems** – As a result of their absorption through the skin, essential oils are in a position to affect the circulation as a whole, so oils that have warming properties, not only stimulate local blood circulation, but can also influence the inner organs too. Oils that are warming, antispasmodic and analgesic/anaesthetic can provide considerable pain relief to aching muscles, joints, arthritis and rheumatism. Combined with massage, these therapeutic properties can ease restrictions and poor mobility caused by recent or old injuries. Certain anti-inflammatory and vasodilatory oils are effective at relieving local inflammation, causing blood vessels to expand, bringing more blood to the affected area and reducing swelling.

循環/肌肉/骨骼問題 - 由於它們通過皮膚吸收，精油可以影響整個循環，所以具有變暖特性的油不僅可以刺激局部血液循環，還可以影響內臟也是。溫暖，解痙和鎮痛/麻醉的油可以為疼痛的肌肉，關節，關節炎和風濕病提供相當大的疼痛緩解。結合按摩，這些治療特性可以緩解由近期或舊傷引起的限制和移動性差。某些抗炎和血管擴張油可有效緩解局部炎症，導致血管擴張，為受影響的區域帶來更多血液並減少腫脹。

循环/肌肉/骨骼问题 - 由于它们通过皮肤吸收，精油可以影响整个循环，所以具有变暖特性的油不仅可以刺激局部血液循环，还可以影响内脏也是。温暖，解痉和镇痛/麻醉的油可以为疼痛的肌肉，关节，关节炎和风湿病提供相当大的疼痛缓解。结合按摩，这些治疗特性可以缓解由近期或旧伤引起的限制和移动性差。某些抗炎和血管扩张油可有效缓解局部炎症，导致血管扩张，为受影响的区域带来更多血液并减少肿胀。

**Respiratory Problems** - Essential oils have expectorant, mucolytic and decongestant properties and these, together with their antiseptic and antiviral qualities make them extremely efficient when tackling respiratory ailments. Inhalation is usually the most efficient form of application in such cases, which can also help to deepen the breath and regulate spasmodic respiration caused by bronchitis or asthma.

呼吸問題 - 精油具有祛痰，粘液溶解和減充血劑特性，這些特性以及它們的抗菌和抗病毒特性使它們在治療呼吸系統疾病時非常有效。在這種情況下，吸入通常是最有效的應用形式，這也有助於加深呼吸並調節由支氣管炎或哮喘引起的痙攣性呼吸。

呼吸问题 - 精油具有祛痰，粘液溶解和减充血剂特性，这些特性以及它们的抗菌和抗病毒特性使它们在治疗呼吸系统疾病时非常有效。在这种情况下，吸入通常是最有效的应用形式，这也有助于加深呼吸并调节由支气管炎或哮喘引起的痉挛性呼吸。

**Genito-Urinary and Endocrine Systems** - Again, the antiseptic/bactericidal properties of certain oils can be very helpful in fighting infection, especially in connection with the genito-urinary system, and calming any inflammatory symptoms. There are also several oils that are known to influence the levels of hormone secretions.

**Genito-Urinary 和內分泌系統** - 同樣，某些油的抗菌/殺菌特性可以非常有助於對抗感染，特別是與泌尿生殖系統有關，並且可以平息任何炎症症狀。還有幾種已知會影響激素分泌水平的油。

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**Digestion** - although not recommended to be taken orally, the application of essential oils by other means can still bring about a positive result on digestive complaints. The stomachic, calminative benefits of essential oils can be used to increase the action of peristalsis, calm any digestive spasm, thereby facilitating digestion and excretion of waste.

消化 - 雖然不建議口服，但通過其他方法使用精油仍可以對消化系統疾病產生積極的影響。精油的健康，鎮靜有益，可用於增加蠕動的作用，平息任何消化痙攣，從而促進消化和排泄廢物。

消化 - 虽然不建议口服，但通过其他方法使用精油仍可以对消化系统疾病产生积极的影响。精油的健康，镇静有益，可用于增加蠕动的的作用，平息任何消化痉挛，从而促进消化和排泄废物。

**The Skin** - Skin problems often represent the surface manifestation of a deeper condition, such as the build-up of toxins in the blood, hormonal imbalance and nervous/emotional problems. In cases like these, the versatility of essential oils, combined with an holistic approach, is an excellent way of helping to relieve the root cause of a problem. Many oils are extremely useful in cases of oily or dry skin, rashes, burns, scar tissue, dermatitis and skin infections.

皮膚 - 皮膚問題通常代表更深層條件的表面表現，例如血液中毒素的積累，荷爾蒙失調和緊張/情緒問題。在這些情況下，精油的多功能性與整體方法相結合，是幫助緩解問題根源的絕佳方式。在油性或乾性皮膚，皮疹，燒傷，疤痕組織，皮炎和皮膚感染的情况下，許多油非常有用。

皮肤 - 皮肤问题通常代表更深层条件的表面表现，例如血液中毒素的积累，荷尔蒙失调和紧张/情绪问题。在这些情况下，精油的多功能性与整体方法相结合，是帮助缓解问题根源的绝佳方式。在油性或干性皮肤，皮疹，烧伤，疤痕组织，皮炎和皮肤感染的情况下，许多油非常有用。

## Emotional Wellbeing

### 情感健康/情感健康

Many people, children and adults alike, are today recognised as experiencing increasing pressures at home, in school and in the workplace. Unfortunately, little (if any) useful strategies have been identified that enable people to 'cope' with these stressful situations. Even more unhelpful is the fact that historically society viewed any inability to 'cope' as a sign of mental weakness and so emotional health in general has been 'off limits' to any meaningful discussion. 今天，許多人，兒童和成年人都被認為在家庭，學校和工作場所面臨越來越大的壓力。遺憾的是，很少有（如果有的話）有用的策略可以讓人們“應對”這些壓力情況。更為無益的是，歷史上社會認為任何無法“應對”作為精神弱點的標誌，因此一般情緒健康對任何有意義的討論都是“不受限制的”。

今天，许多人，儿童和成年人都被认为在家庭，学校和工作场所面临越来越大的压力。遗憾的是，很少有（如果有的话）有用的策略可以让人们“应对”这些压力情况。更为无益的是，历史上社会认为任何无法“应对”作为精神弱点的标志，因此一般情绪健康对任何有意义的讨论都是“不受限制的”。

However, medical research has now recognised that emotional support is vital in maintaining good mental health. Wellbeing needs to encourage pleasant emotions of contentment and calmness, enabling feelings of relaxation, inner peace and feelings of optimism.

然而，醫學研究現在已經認識到情緒支持對於保持良好的心理健康至關重要。幸福需要鼓勵滿足和平靜的愉快情緒，使人感到放鬆，內心平靜和樂觀的感覺。

然而，医学研究现在已经认识到情绪支持对于保持良好的心理健康至关重要。幸福需要鼓励满足和平静的愉快情绪，使人感到放松，内心平静和乐观的感觉。

The simple act of caring touch (massage) using essential oils is a highly effective way to target symptoms of stress and anxiety and the following are a list of some of the most effective:

使用精油護理觸摸（按摩）的簡單行為是一種針對壓力和焦慮症狀的高效方法，以下是一些最有效的列表：

使用精油护理触摸（按摩）的简单行为是一种针对压力和焦虑症状的高效方法，以下是一些最有效的列表：

- Clary sage 鼠尾草 / 鼠尾草 (*Salvia sclarea*)
- Neroli 橙花 / 橙花 (*Citrus aurantium var amara flos*)
- Lavender 薰衣草 / 薰衣草 (*Lavandula angustifolia*)
- Roman Chamomile 羅馬洋甘菊 / 罗马洋甘菊 (*Chamaemelum nobile*)
- Rose 玫瑰 / 玫瑰 (*Rosa damascena*)
- Ylang ylang 依蘭 / 依兰 (*Cananga odorata*)
- Sweet orange 甜橙 / 甜橙 (*Citrus sinensis*)
- Mandarin 普通話 / 普通话 (*Citrus nobilis*)
- Petitgrain 苦橙葉 / 苦橙叶 (*Citrus aurantium var amara fol*)
- Geranium 天竺葵 / 天竺葵 (*Pelargonium graveolens*)
- Frankincense 乳香 / 乳香 (*Boswellia sacra*)

The best methods of applying these oils are through massage, vapourisers and baths.

應用這些油的最佳方法是通過按摩，蒸發器和浸浴。

应用这些油的最佳方法是通过按摩，蒸发器 and 浸浴。

Always contact a qualified Aromatherapist who will guide you on the oils that are suitable for your individual needs.

請務必聯繫合格的芳香療法師，他將為您提供適合您個人需求的潤滑油。

请务必联系合格的芳香治疗师，他将为您提供适合您个人需求的润滑油。

### References:

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Encyclopedia of Aromatherapy by Chrissie Wildwood

Essential Oils in Colour by Rosemary Caddy

Aromatherapy Workbook by Marcel Lavabre

Aromatherapy for Health Professionals by Shirley and Len Price

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