



AstroAromatherapy

By Victoria Bender

Essential oils are a way of connecting ubiquitous cosmic energy to us. Plants take the energy of the sun and transform it, through photosynthesis, into the food energy upon which all living creatures rely. Essential oils are the concentrated form of that sun energy, and are seen as highly energetic when viewed from polycontrast interface photography (PIP) invented by Harry Oldfield, coauthor of *The Dark Side of the Brain*. Their vibrations can transfer to us the ultimate source of that energy, or cosmic power. And that is where the correlation with Astrology comes into play:

I was a guest speaker about this fascinating subject on renowned astrologer [Chris Flisher's](#) Contact Talk Radio show, "Turning of the Wheel." We discussed the inherent correlation between celestial and organic botanical energies. [Listen to the Show Here](#)

Below is a brief overview of each sign's general characteristic and corresponding essential oils. This is just a guide. Essential oils are potent and should be used under the guidance of a professional Aromatherapist. Please read the Safety Notes at the end of this article, and [contact me](#) or other qualified Aromatherapists before attempting to create your own elixirs.

Quick links: [Aries](#), [Taurus](#), [Gemini](#), [Cancer](#), [Leo](#), [Virgo](#), [Libra](#), [Scorpio](#), [Sagittarius](#), [Capricorn](#), [Aquarius](#), [Pisces](#)

ARIES MARCH 21-APRIL 19

- ❖ **Aries Characteristics:** Willful, Enterprising, Assertive, Pioneering, Energetic, Impulsive, Impatient, Brave, Carefree, Hot-tempered, Direct, Individualistic
- ❖ **Essential Oil of Choice for Aries:** **Rosemary** – With its pungent and penetrating fragrance assists the development and helps to transform creative energy into action.
- ❖ **Zodiac Aroma Therapy For Aries:** **Frankincense** will help you to balance your body and mind and also make you more patient.



TAURUS APRIL 20-MAY 20

- ❖ **Taurus Characteristics:** Sensual, Grounded, Patient, Steadfast, Stubborn, Predictable, Creative, Self-indulgent, Practical, Kindhearted, Serene, Security Oriented
- ❖ **Essential Oil of Choice for Taurus: Rose** – Awakening the heart energy calls forth a sense of spiritual identity and a sense of belonging knowing that our most important journeys must be taken alone and can offer a great gift as we take refuge in secured silence.
- ❖ **Zodiac Aroma Therapy For Taurus: Try to use Neroli or Patchouli** for boosting confidence and self esteem in your relationship.

Gemini May 21-June 21

- ❖ **Gemini Characteristics:** Curious, Dual-natured, Talkative, Adaptable, Quick-witted, Youthful, Mercurial, Fickle, Cunning, Spontaneous, Observant, Informative
- ❖ **Essential Oil of Choice for Gemini: Basil** – The sharp spicy scent of basil brings balance and clarity to the inner emotions as the feeling of a need for control, which is an illusion, begins to fall away allowing you to take a risk of faith and express your true self.
- ❖ **Zodiac Aroma Therapy For Gemini: Lavender** is good to clear stuffy head, while Benzoin is for calming and ease nervous tension.

CANCER JUNE 22-JULY 22 CANCER

- ❖ **Cancer Characteristics:** Nurturing, Sensitive, Hospitable, Sympathetic, Indirect, Defensive, Nostalgic, Protective, Moody, Traditional, Unpredictable, Sentimental
- ❖ **Essential Oil of Choice for Cancer: Blue Chamomile** – Chamomile is about the freedom to let go of old habits, or beliefs that are no longer useful to the act of living your life full out so that you can move beyond self limitation and move to the freshness of self evolution. Let go and let be.
- ❖ **Zodiac Aroma Therapy For Cancer:** Essential oils which is good for balance your mood are **Myrrh** and **Chamomile**.

LEO JULY 23-AUGUST 22

- ❖ **Leo Characteristics:** Self-expressive, Magnanimous, Proud, Self-focused, Faithful, Fortright, Charismatic, Courageous, Cheerful, Dignified, Winsome, Dramatic
- ❖ **Essential Oil of Choice for Leo: Jasmine** – Cultivating divine inspiration and trust while dissolving fear and reflecting on the grandness of all that which is also outside of one's self.
- ❖ **Zodiac Aroma Therapy For Leo: Lemon and Orange** can help you more focus, ease confusion and clarifies thought.



VIRGO AUGUST 23-SEPTEMBER 22

- ❖ **Virgo Characteristics:** Analytical, Skeptical, Productive, Perfectionistic, Detailed, Rational, Critical, Methodical, Anxious, Insightful, Obsessive, Service Oriented
- ❖ **Essential Oil of Choice for Virgo:** **Lavender** – Warms the heart and releases judgment as it honors the higher spiritual realms. It provides a warm nurturing cloak on the rainy days of your life while encouraging a level of deep questioning about what you truly need to care for yourself.
- ❖ **Zodiac Aroma Therapy For Virgo:** **Clary Sage** is good for depression and panicky states while Caraway helps to relieve mental strain and emotional fatigue due to their perfection

LIBRA SEPTEMBER 23-OCTOBER 22

- **Libra Characteristics:** Diplomatic, Poised, Equitable, Judicious, Indecisive, Sociable, Stylish, Strong Willed, Charming, Orderly, Gracious, Frivolous
- **Essential Oil of Choice for Libra:** **Geranium** – Geranium gently reduces extremes within the inner thought processes bringing balance to the emotions, it helps to tone the vibration of the glands and hormones. Geranium connects us to the fundamental rhythms of the sun, moon, tides and seasons for serene attunement.
- **Zodiac Aroma Therapy For Libra:** **Sandalwood** is good for promotes deep, peaceful meditation. Relaxing and charming. Easing depression, stress and fear. Thyme is for strengthens and restores vitality.

SCORPIO OCTOBER 23 - NOVEMBER 21

- **Scorpio Characteristics:** Passionate, Forceful, Intense, Determined, Brooding, Resilient, Probing, Regenerative, Emotional, Combative, Resourceful, Secretive
- **Essential Oil of Choice for Scorpio:** **Patchouli** – Awakens a deep natural yearning for a peaceful state of being and wholehearted feeling where unification occurs with the soul on all levels.
- **Zodiac Aroma Therapy For Scorpio:** **Rosemary and Ginger** are good to stimulate the mind to combat mental exhaustion and fatigue due to their explosive emotions.

SAGITTARIUS NOVEMBER 22-DECEMBER 21

- **Sagittarius Characteristics:** Adventurous, Optimistic, Versatile, Zealous, Moral, Wise, Exuberant, Jovial, Capricious, Dogmatic, Philosophical, Inspired
- **Essential Oil of Choice for Sagittarius:** **Black Pepper** – Increases mental and physical endurance as it is powerfully stimulating. It is very warming and comforting to the cold physical and emotional conditions.
- **Zodiac Aroma Therapy For Sagittarius:** Try to balance your undying optimistic attitude with **Juniper**, which is clears, stimulates and strengthens the nerves and with **Bergamot**, which is helpful for uplifting your mood, reviving.



CAPRICORN DECEMBER 22-JANUARY 19

- ❖ **Capricorn Characteristics:** Loyal, Hardworking, Pragmatic, Structured, Ambitious, Classy, Frugal, Disciplined, Committed, Persistent, Sarcastic, Conservative
- ❖ **Essential Oil of Choice for Capricorn:** **Vetiver** – Vetiver has a stabilizing tranquility that brings quiet assurance, drawing you to the earth. It offers support as change takes place with thoughtful consideration.
- ❖ **Zodiac Aroma Therapy For Capricorn:** **Cypress** will calm their nerves. While **Eucalyptus** clears the brain. These essential oils can help Capricorn to deal with their determination to will exert all their efforts into achieving their mission.

AQUARIUS JANUARY 20-FEBRUARY 18

- ❖ **Aquarius Characteristics:** Cerebral, Altruistic, Egalitarian, Friendly, Philanthropic, Eccentric, Perceptive, Detached, Innovative, Progressive, Rebellious, Independent
- ❖ **Essential Oil of Choice for Aquarius:** **Neroli** – Is about choice and trusting the emotional intelligence that guides the choices we make as a natural expression of ourselves; and thereby helps us to reshape our life patterns as we access the calm knowing of the higher deeper self.
- ❖ **Zodiac Aroma Therapy For Virgo:** **Lemon Verbena** is great to banish blues and depression and **Fennel** which is used in aromatherapy to boost your courage, resolve and strength in the face of adversity.

PISCES FEBRUARY 19-MARCH 20

- ❖ **Pisces Characteristics:** Empathetic, Idealistic, Psychic, Selfless, Poetic, Absentminded, Spiritual, Impressionable, Forgiving, Addiction Prone, Imaginative, Romantic
- ❖ **Essential Oil of Choice for Pisces:** **Melissa** – Is about gratitude and reaching inward to direct the spirit toward a mindful reflection for all that you have to be grateful for, it connects you to a place of grace and allows you to listen to the wisdom of your heart.
- ❖ **Zodiac Aroma Therapy For Pisces:** **Jasmine** counters depression and is a mood enhancer while **Palmarosa** is great for calming the mind and uplifting and invigorating the spirits and clearing muddled thinking.

Please see [safety recommendations](#) below before using Essential Oils.





About the Author:

Victoria Bender is recognized as an industry innovator and natural health practitioner specializing in Aromatherapy, Asian Body Therapy, Reflexology, Nutrition, Energy Work, Organic Skin Care, Natural Perfumery, and Green Cleaning.

Victoria is the owner of Vscentials Complementary Healthcare. She is a certified Natural Health Practitioner, Honors Graduate of the American College of Health Sciences with Master Certifications in Reflexology, Aromatherapy, Shiatsu, has formally studied Psychology and Organic Chemistry. A gifted and entertaining speaker, Victoria is also available for seminars, workshops, bridal showers, and house parties.

Call Victoria @978-621-4820 to book a reflexology treatment, or visit www.vscentials.com

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Safety Recommendations

Source: <http://www.aromatherapy-at-home.com/healthsafetywhenusingaromatherapy.html>

There is no doubt that aromatherapy is a great tool to enhance our lives. Yet, if you want to benefit from it, you need to know how to use it safely to prevent any problems from occurring. It is best to seek advice from a trained professional but if you are trying this at home, please review to the information below before starting.

This brief overview is only a guide provided as a public service by Aromatherapy-at-home.com. Please seek professional advice from a qualified Aromatherapist or healthcare professional if you have serious symptoms or face serious problem while or after applying it.

There are several important things you should consider when it comes to aromatherapy including health safety when using aromatherapy such as:

- Keep essential oils out of reach of children. Because many essential oils (such as sweet orange) smell tantalizing, children may be tempted to drink them. Please store essential oils tightly capped and away from children.
- Always read and follow all the label warnings and cautions
- Keep away from your eyes. If accidents happen, flush with large quantities of clean warm water immediately. Seek medical advice immediately.
- Always remember that each essential oil has its characteristics, even though they come from the same plant.
- Always use essential oils in suggested amounts. Over use of essential oils can cause headaches, nausea and general feelings of uneasiness; drink plenty of water, get fresh air, take frequent breaks.
- Essential oils should always be diluted before applying on the body. Do not apply neat essential oil on the skin. To remove neat oil spills on hands, use cream or vegetable oil to dilute, apply soap, wash with warm water; repeat this many times if needed.
- Skin test oils before using. Dilute a small amount and apply to the skin on your inner arm. If redness, burning, itching, or irritation occurs, stop using the oil immediately.
- Never consume undiluted oils. Cook only with those oils approved for food use. If essential oil is ingested, rinse mouth with milk, and then drink a large glass of milk. Seek medical advice immediately.
- When driving, you should keep away from marjoram and chamomile as either one could cause drowsiness.
- When drinking alcohol, don't use clary sage, as it will intensify the effects of the alcohol acting like a narcotic.
- If you have already been using the aromatherapy treatment for over 2 weeks please take a one week break before you continue to use it again.

Not only should you note the Health safety when using aromatherapy, but while working with essential oils daily, you should also follow these precautions:

- Wear gloves when bottling essential oils that have not been diluted.
- Have a good ventilation in the room
- Take frequent breaks.

Health safety when using aromatherapy is also includes the Essential oils that you should avoid when you have of these conditions:

- Avoid in cases of **High Blood Pressure**: Rosemary, Thyme
- Avoid in cases of **Epilepsy**: Fennel, Peppermint, Rosemary, Thyme.
- Use Caution in cases of **Low Blood Pressure**: Chamomile, Marjoram, Ylang ylang.
- **Skin Irritants** (Use with caution, especially for sensitive skin. Use in 1/4 -1/2 adult dosages): Basil, Lemon, Peppermint, Tea Tree, Ginger, Lemongrass, Melissa, Petitgrain, Thyme, Grapefruit, Lime, Orange.
- **Photosensitisation** Citrus Oils may cause the skin to become sensitive to sunlight ultra-violet exposure): Bergamot, Lemon, Orange, Grapefruit, Mandarin, Petitgrain. Do not go out into the sun for at least two hours after applying these oils to your skin.
- **Avoid during Pregnancy & Breast Feeding**: The following Essential Oils should not come into contact with the body during pregnancy. However, vaporisation is safe: Basil, Jasmine, Peppermint, Cedarwood, Juniper, Rosemary, Chamomile, Marjoram, Fennel, Melissa, Thyme, Myrrh.
- **Avoid in Infant Care**: All other Essential Oils should be used with caution or by professional recommendation when treating infants: Basil, Clove, Lemongrass, Fennel, Thyme, Ginger.
- If you suffer from **diabetes**, you should avoid using angelica.
- If you suffer from **hypoglycaemia**, you should not use geranium.
- Someone with **kidney problems** should use juniper, sandalwood or coriander with caution.
- If you taking **aspirin, heparin or warfarin**, you should avoid bay.
- If you taking **paracetamol**, you should not use fennel.
- Avoid use during **fever**: lavandin, spike lavender.
- Avoid use with **liver problems (including alcoholism)**: fennel and rosemary.

Again, this brief overview is only a guide for you. Please seek professional advice from a qualified aromatherapist or healthcare professional if you have serious symptoms or face serious problem while or after applying it.

WebSource: <http://www.aromatherapy-at-home.com/healthsafetywhenusingaromatherapy.html>