



Beat the heat with aromas

By Seema Jerajani

The sun is a phenomenal source of energy and gradual and moderate exposure is essential for maintaining good health. However prolonged and overexposure results in acute skin damage thereby rendering the sun as our worst enemy.

Be meticulous about your cleansing routine, followed by an appropriate moisturizer depending on your skin type. Fortunately, topically applied antioxidants can reduce inflammation, and leave the skin with a happy healthy glow.

It turns out that essential oils are exceptionally potent antioxidants.

- Lavender reduces inflammation and has natural constituents which stimulate healthy skin cell regeneration and quick healing of burns.
- **Vertivert** is cooling, tranquilizing, for mature skin and prickly heat
- **Rose** is cooling, balancing and good for all skin types
- **Sandalwood** is good for treating sunburns and for acne as well as mature skin
- **Mogra** is an excellent moisturizer and good for skin rash
- **Cypress** is cooling, a powerful astringent and its detoxifying
- **Gul Henna** helps with burning feet, tired puffy eyes and is astringent
- **German Chamomile** good for dermatitis and skin irritation, and it imparts its deep blue cooling nature in your after sun healing recipe.

Essential oils can be used in cold compress for tired and



overworked muscles and acute pain. Add 2-3 drops of Peppermint / rose and lavender essential oil to bowl of cold water. Dip a clean cloth into the water solution and wring it, then cover the area being treated with the compress. This cannot be used in case of cold, rheumatoid condition, arthritis, opens wound and infection.

Moistened hand towels or face flannels which have a drop of essential oil added and chilled in the freezer, are great to apply on the face to refresh your skin.

Add a few drops of Lavender oil in your Vaseline and apply on chapped or sunburned lips.

Oil diffusers are an easy and effective way to disperse essential oils. Add 3-4 drops of Sandalwood, Vertivert or Mogra essential oil to water and let the aroma diffuse into the room giving it a cool feel and an exotic ambience.

Word of Caution: Using essential oils during pregnancy requires the guidance of a qualified aromatherapy practitioner. **SS**

