

Aromatherapy & Synergy

Some oils blended together have a mutually enhancing effect on one another, for example; the anti-inflammatory effect of chamomile is supported by being mixed with lavender. When the blended oils are working harmoniously together, the combination is called a synergy.

In order to create a good synergy, you must not only take into account the symptom to be treated but also the underlying cause/s. In general, oils of the same botanical family and those, which share common constituents usually, mix well together; eucalyptus and tea tree, lavender and bergamot. Remember though, if you like the smell they probably go together well.

Certain oils such as rose, jasmine, lavender, seem to enhance just about any blend and can be found amongst the ingredients of most commercial perfumes. Some combinations on the other hand have an inhibiting power over one another and when combined with each other tend to pull in different directions. However, knowing the precise chemical makeup of each oil is not necessary for creating a good synergy. It is also a matter of getting to know the character of each essential oil and trusting intuition.