

## Can Aromatherapy Provide Headache Relief?

We live in stressful times and many people unfortunately bear witness to this by suffering from headaches. Headaches are the result of a number of different factors. In fact, often headaches are in indication that something else is taking place in the body.

For example, an impacted tooth or a jaw infection can cause a headache. Anxiety, tension, and stress can be the source of a painful headaches. Sometimes an allergy or sinus pressure causes what is known as a sinus headache. Straining the eyes can also result in headaches; eye strain is very common in those who work with small print, computer screens, or finely detailed objects. People who work with loud noises also suffer from headaches. This category includes such people as construction workers and even elementary school teachers. Some headaches are called migraines, and though they are excruciatingly painful, they have no known cause.

The most common headache remedies are Acetaminophen, Ibuprofen, and Aspirin. For frequent headache sufferers, the thought of taking daily medication may not be very appealing. If the headache results from an allergy or a sinus infection, treating the source of the infection will help prevent future headaches. Headaches caused by eyestrain may indicated the need for a visit to the eye doctor. In fact, if you wear glasses and are suffering from frequent headaches, it may be a sign that you need to have your eyes checked. You may need a stronger prescription.

Just as your headache may indicate the necessity for a visit to the eye doctor, it may also be a warning that you need to visit the dentist. If you are having tooth trouble, you may have discovered the cause of your headache. For those whose work makes strong demands on the eyes, it is helpful to take frequent breaks from your work and to palm the eyes. This entails using the palm of the hands to gently massage the eye area while the eyes are closed. This can relieve some of the stress from the eyes. If your work mandates that you to sit in front of a computer screen, make sure to take breaks often and to get up and walk around.

You should seek medical assistance any time you have a persistent headache. Headaches should not be ignored. Headaches may be a symptom of an underlying, yet serious medical condition that needs immediate treatment. Aromatherapy can be very beneficial in treating many headaches. Aromatherapy is also a preferable alternative to regular aspirin use. Frequent aspirin use causes thinning of the blood and can lead to stomach irritation, as well as other dangerous side effects. A wonderful headache treatment can be found by creating massage oil using basil and rosemary essential oils. Add 5 drops of rosemary and 5 drops of basil to 1 ounce of carrier oil, such as Sweet Almond. Use this oil to massage the temples and across the forehead at the first signs of a headache.