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Aromatherapy Implementations

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Aromatherapy is a technique used to prevent diseases by using volatile oil extracts which are obtained by the distillation technique of distillation, root and flower of the plants, which are completely organic and to support their own defense system by strengthening the immunity of the body. Although, aromatherapy is perceived as a new concept, it is a very old medical method in ancient times, discovered by the founders of medical science and published in literature. Aromatherapy provides a wide range of physical and emotional benefits compared to the essential oil or mixture oil. Essential oils used in aromatherapy have analgesic, antimicrobial, antiseptic, antipyretic, tissue and blood vessels tightener, sedative, antispasmodic and diuretic effects. In addition, these essential oils are used to treat a wide variety of symptoms and conditions, including digestive system disorders, skin

diseases, menstrual pain and irregularities, stress-related problems, mood-state disorders, circulatory problems, respiratory tract infections and wounds

Biography

Hulya Kayhan after graduating from Istanbul University Faculty of Pharmacy, she went to London to make a Master's Degree in Pharmaceutical Technology. During her graduate studies at King's College, she took alternative therapies covering aromatherapy and phytotherapy. Aromatherapy attracted a lot of her interest and she began to intensify its work in this area. She took lessons from the greatest instructors of aromatherapy and meticulously scanned all resources in different languages, reinforced her mastery of aromatherapy, decided to create a brand. Today, she is the owner of "Art de Huile" which is the most popular brand on aromatherapy. She continues her works by organizing conferences on aromatherapy as well as by giving trainings to pharmacist colleagues and doctors and by joining panels. medical aromatherapy in Turkey, has led doctors to enter prescriptions.

