



Did you know that there is an oil or herb for pretty much any challenge we face?

Let's talk Essential Oils for a moment...

Using essential oils as part of Aromatherapy can be such a gift to the body, mind and spirit, as it enhances the emotional part of our being, thereby bringing healing both physically and spiritually. These wonderful floral aromas are used to invoke feelings of confidence, happiness, self-esteem, joy, hope, a sense of worth, while relieving challenging emotions such as anger, irritability and grief. Using essential oils for your emotional well-being is such a gift and good place to start as an alternative to chemical drugs, or a way to enhance the drugs we use, however perhaps allowing us to reduce the amount of the drug we are using for mental health.

Essential oils each have their own unique healing abilities as well, fighting common cold, infections, pain and much more. Essential oils can even be used as an effective and natural way of cleaning! For more information about essential oils, be sure to take a look on our website!

Let's talk Herbs for a moment...

Not only are herbs fabulous for flavor, but they are a magical source of detox! Over time, our bodies fall into a major pollution of our everyday habit, from eating, air quality, medication and unfortunately for some people, smoking and recreational drugs. Herbs can be used to detoxify the body. Within approximately 10 days, we can cleanse our bodies completely through herbal treatment, using herbs in meals and teas for example. Herbs each have their own special qualities as well! Herbs are high in vitamins and nutrients we need to be fit and healthy. Some herbs can be used for pain, mental health, blood pressure and many more uses as an alternative to chemical medications!

Disclosure – Please be mindful of the information Enchanted Wildwood Healing Arts shares. This information is for interesting read and further information. This information in no way should be an indication to run out and buy up oils and herbs and begin self-treatment. Please consult a knowledgeable practitioner who has had proper training, so that you can receive optimal safe care. (There is a lot to consider when turning to alternative care, such as your current medications and health ailments). Please refer to our contact page if you have further questions or you are interested in herbal and essential oil care. Our practitioners are ready serve you!