

## Aromatherapy & Astrology

by Beth Wilson

The awakening of Spring during April/May is full of special scents and astrological events. Scents rise warmly from the Earth to surround us and support us during the transition of the paradigm shift when Saturn (responsibility and structure) moves from (earthy) Taurus into (multi-tasking) Gemini on April 20 for the next 2 ½ years. Also, extremes and tension can become the norm during this Gemini-Jupiter (diverse opportunity) opposing Sagittarius-Pluto (social power/responsibility) period. We are fortunate to have a soothing tool to help us personally balance this polarizing dichotomy.

Plant essences and extracts have been used to create potent aromatic, supportive substances for over 4,000 years throughout the world. Fragrances can still soothe and heal us today with the correct application of extracted essential oils. Most simply, you can feel the therapeutic effect by breathing the aromatic vapors of essential oils, or by using them in scent diffusers, baths or massage oils.

Plants and herbs have been categorized astrologically too, due to their specific properties and influences. For example, the immune system can be supported through aromatherapy by promoting ease. This counteracts the stress of juggling the myriad, copious amounts of Gemini activities and information abounding in this new paradigm! Fortunately, we can purchase aromatics over the counter or grow an aromatic plant on a windowsill or in a garden. Whichever way you choose to use aromatherapy, it can help to improve your lifestyle. So let's astrologically explore 12 beautiful aromatherapy scents which complement your Sun or Moon Sign because of their restorative properties.

Fiery, initiating **Aries** is supported through Rosemary. *Rosmarinus Officinalis* is a perennial ruled by the Sun. A wonderful nerve/circulation stimulant, it's known to improve confidence and perception, and to enhance memory-hence, the Shakespearean quote "and rosemary for remembrance." Easily cultivated in our sunny climate, it may be used for a splendid hair rinse and facial toner- Aries rules the head and scalp.

Steadfast, sensual **Taurus** is supported through Rose. *Rosa Centifolia*, *Damascena* and *Gallica*, ruled by Venus, are favored for scent, beauty, and especially their aphrodisiac qualities. Mythically, the rose is purported to have sprung from the blood of Adonis, while in Turkish lore it represents the blood of Venus herself-the Taurean ruler. Also, its trifold qualities soothe the vascular, digestive and nervous systems. Rose eases over-indulgence in food and spirits! This gentle oil benefits the skin and was favored highly by the Queen of the Nile, Cleopatra.

Adaptable, versatile **Gemini** is supported through Lavender, *Lavandula Officinalis*. This aromatic is as versatile as its Mercurial ruler and combines well with many other oils affecting the conscious mind. It helps dispel depression and calm mood swings. Distilled in water, it helps laryngitis. Wonderfully fragrant and effective in soothing many skin ailments, lavender helps to counteracts insect bites-even those of the black widow, since it supports skin regeneration!

Gentle, tender **Cancer** is ruled by the Moon and supported by Chamomile, Roman *Anthemis Nobilis*. Its fragrant, sweet properties help the female reproductive system, balancing PMS-a lunar sensitivity. The tea soothes the digestive tract and nerves by reducing irritability through its anti-inflammatory properties. Also used as a sweet rinse for the hair and to ease skin complaints, chamomile is a disinfectant and antiseptic-a few drops in the bath can lessen pain.

Courageous, bold **Leo** is supported by Frankincense, *Bowellia Carteri*, ruled by the Sun. This rich, highly prized aromatic derived from African/Middle Eastern tree resin has long been valued for use in religious rites. Its aromatic, curative properties relax and revitalize simultaneously. Frankincense calms the nerves



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while supporting single-mindedness, thus permitting the Leonian spirit to soar.

Methodical, conscientious, Mercury-ruled **Virgo** is supported by Peppermint, *Mentha Piperita*, for enhancing mental clarity. A widely favored aromatic stimulant with astringent qualities, it's used to alleviate headaches and depression. Mentha (Mint) was an attractive Nymph desired by Pluto. His wife Persephone pursued her and, upon her capture, jealously crushed Mentha into the Earth. However, Pluto redeemed Mentha by transforming her into a wonderfully fragrant, healing plant. Invigorating and refreshing, Peppermint also stabilizes digestive disorders.

Sweet, ever-balancing **Libra** is supported by Venusian-ruled Geranium, *Pelargonium Graveolens*, for its tonic properties. Moderation is not always a Libran trait; this anti-inflammatory aromatic balances the nervous system while stimulating the lymphatic system. Its refreshing quality helps the adrenals regulate hormones and assists as an anti-inflammatory.

Intense, passionate **Scorpio** is supported by Basil, *Ocimum Basilicum*, ruled by Mars. This annual, a spicy aromatic, is known for its medicinal and culinary traits. Also an aphrodisiac, symbolizing Scorpionic faithfulness, Basil calms and clarifies while enhancing concentration.

Optimistic, gypsy-spirited **Sagittarius** is supported by Jupiterian ruled Sage, *Salvia Officinalis* or Clary Sage *Salvia Sclarea*, both evergreen perennials. Clary Sage was known as "clear eye" in the Middle Ages due to its ocular curative ability. Its musky scent and its euphoric and relaxing qualities offset Sagittarian zeal while balancing the nerves. The transcendental qualities of Sage smoke-smudging have been revered in Native American ritual.

Persevering, modest **Capricorn** is supported by Saturn-ruled Patchouli, *Pogostemon Cablin*, an earthy, sweet aromatic. It is well known in the perfume industry as a rich fixative. Patchouli helps relieve anxiety and depression and dispels Capricornian doubt while synergistically stimulating action.

Idealistic, trend-setting **Aquarius** is supported by Saturnian ruled Eucalyptus, *Eucalyptus Globulus*, an anti-bacterial penetrating aromatic. Known for its pulmonary supportive ability, Eucalyptus inhibits the spread of infection by oxygenating the blood, reducing inflammation and increasing expectorant qualities of the body. Its scent combats fatigue and energizes multifaceted Aquarius.

Intuitive, sensitive **Pisces** is supported by Jasmine, *Jasminum Officinalis*, ruled by the water element. Its rich, exotic scent's classification is debated (showing Piscean duality) but the transcendental aromatic effect is not. In China, Jasmine's scent is considered feminine. It is known to assist with childbirth, and it balances the reproductive system. Treasured as an aphrodisiac, Jasmine's renowned gentling ability helps to dissolve indifference and favorably influences Piscean dream states.

These are but 12 of Earth's glorious scents. Enjoy!

**Note:** The intent of this article is to describe *only* (not prescribe). As with all chemicals, certain aromatics should never be administered/touched by children or pregnant women, or taken internally.

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