

**Aroma-Reiki**  
**1<sup>st</sup> ever system by Reiki Grand Master Julie Ward**

This system is to be used for alleviating pain and discomfort over a 24 hour period or longer.

What is Aromatherapy? The use of Essential Oils in various forms.

How long has it been in use? Since 4500 BC according to available evidence.

How can it help me? Relaxation, Sleeping, Headaches & Migraines etc..

Listed below are just SIX Essential Oils and there uses, and a few complaints they can help with.

**Tea Tree- Essential Oil.**

This is a cleansing oil.

It is Antibiotic/Antiseptic/Anti-viral/Anti-fungal.

You can use this oil for:

Asthma, Athletes foot, Bronchitis, Colds, Diarrhoea, Influenza, Mouth Ulcers, Throat Infections and Vaginal Thrush.

**Lavender-Essential Oil.**

This is a Soothing oil.

It is Antibiotic/Antiseptic/Anti-viral/Anti-fungal.

You can use this oil for:

Acne, Anxiety, Arthritis, Athletes foot, Burns, Cellulite, Colds, Dandruff, Depression, Eczema, Fluid Retention, Hair Loss, Headaches, Head Lice, Herpes Simplex, High Blood Pressure, Influenza, Indigestion, Insect Bites, Insomnia, Irregular Periods, Menopausal Problems, Mouth Ulcers, Nappy Rash, Nausea, Palpitations, Premenstrual Syndrome, Rheumatism, Sinusitis, Sprains, Stretch Marks, Sunburn, Throat Infections and Vaginal Thrush.

**Chamomile Roman-Essential Oil.**

This is another Soothing oil.

It is Antibiotic/Antiseptic.

You can use this oil for:

Acne, Anxiety, Arthritis, Constipation, Cramp, Depression, Diarrhoea, Eczema, Headaches, Indigestion, Infantile Colic, Insomnia, Irregular Periods, Menopausal Problems, Menstrual Pain, Nappy Rash, Premenstrual Syndrome and Rheumatism.

### **Eucalyptus-Essential Oil.**

This is a Penetrating oil.

It is Antibiotic/Antiseptic.

You can use this oil for:

Arthritis, Asthma, Bronchitis, Colds, Cystitis, Headaches, Head Lice, Herpes Simplex, Influenza, Rheumatism, Sinusitis and Throat Infections.

### **Marjoram-Essential Oil.**

This is a Relaxing oil.

It is Antiseptic.

You can use this oil for:

Anxiety, Arthritis, Asthma, Bronchitis, Constipation, Cramp, Headaches, High Blood Pressure, Indigestion, Infantile Colic, Insomnia, Menstrual Pains, Rheumatism and Sprains.

### **Rosemary-Essential Oil.**

This is a Stimulating oil

It is Antiseptic.

You can use this oil for:

Arthritis, Cellulite, Colds, Concentration, Constipation, Dandruff, Fluid Retention, Hair Loss, Headaches, Indigestion, Influenza, Irregular Periods, Low Blood Pressure, Mental Fatigue, Rheumatism, Sprains and Varicose Veins.

**To call in attunement:** Just relax and state “I am now ready to receive the Aroma-Reiki attunement sent to me by (Julie Ward or Teachers Name)”.

**To activate:** Think (Aroma-Reiki oil).

**USES:** Use just by thinking of the Aroma-Reiki Oil Name – During in person/distance/self healings etc....

FREE System. ANYONE can call in system and use. But to pass onto others you would need some prior Reiki knowledge (be at least Reiki Master/Teacher level).

Use in an Ethereal manner, therefore you do not need to buy any Essential Oils.