

Arthritis

Arthritis is a common condition that causes pain and inflammation in a joint. There are 2 types which are common – osteoarthritis and rheumatoid arthritis. Both can affect people of all ages and it is a degenerative disease.

Osteoarthritis

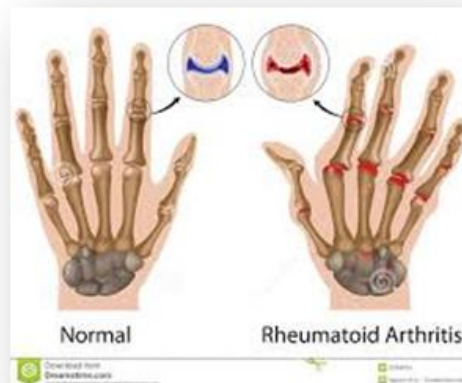
Osteoarthritis initially affects the smooth cartilage lining of the joint. This makes movement more difficult than usual, leading to pain and stiffness. Once the cartilage lining starts to roughen and thin out, the tendons and ligaments must work harder.



Rheumatoid Arthritis

Rheumatoid arthritis, the body's immune system targets affected joints, which leads to pain and swelling. The outer covering (synovium) of the joint is the first place affected.

This can then spread across the joint, leading to further swelling and a change in the joint's shape. This may cause the bone and cartilage to break down.



In the article below Aromatherapy massage has been proven to help reduce pain in these chronic conditions.

(<https://www.health.harvard.edu/alternative-and-complementary-medicine/therapeutic-massage-for-pain-relief>)

Massage

Massage is particularly beneficial - if you prefer to use oils at home, Lavender is great for aches and pains as it is anti-inflammatory. It can be used neat or mixed with a carrier oil such as Sunflower / Grapeseed. Sweet Almond should only be used as a 15% dilution, as the molecules are larger, and the essential oils will not easily be absorbed into the blood stream.

Lavender can be used in the bath (10 drops).

Essential oils to help

Lavender - *lavandula angustifolia*

Camomile Roman - *anthesis nobilis*

Juniper – *Juniper communis*

Benzoin- *Styrax benzoin*

Helichrysum- *Helichrysum italicum*

Eucalyptus Globulus

Rosemary – *Rosemarinus officinalis*

