

Although it has been practiced for thousands of years, Aromatherapy has only recently become popular in our culture. This is a result of a return to a holistic lifestyle, recognizing the importance of combining the mind, body and spirit to achieve optimum health and wellness.

Modern day scientific research has been, and continues to be performed which verifies not only the emotional, but also the physical benefits that aromatherapy provides. Through research and awareness, we have come to better understand and appreciate what nature has to offer us. With origins dating back 5000 years, Aromatherapy is truly one of the oldest methods of holistic healing. Aromatherapy, as it is practiced today, began with the Egyptians, who used the method of infusion to extract the oils from the aromatic plants which were used for medicinal and cosmetic purposes as well as embalming.

Myddfai in Wales is situated in an area of great natural beauty and is rich in legend and history. The village is particularly renowned as having been the home of the famous Physicians of Myddfai for some 600 years. According to legend, the Physicians were the descendants of the Lady of the Lake, a beautiful fairy who arose from the depths of the nearby Llyn y Fan Fach, married a local shepherd boy, and set up home on a farm near Myddfai. The Lady eventually returned to the depths of the Lake, but before she disappeared forever, she instructed her three sons in the arts of healing and medicine and showed them where to collect the herbs which then, as now, grew in profusion in the area.

The wisdom of the Physicians was recorded in the Red Book of Hergst, the text of which dates back to the 13th century. The original manuscripts are to be found in the British Museum and copies make up part of the Red Book at Oxford. The Physicians of Myddfai drew upon a material medica of around 175 locally grown herbs. Herbs still flourish in the area and there is currently a renewed interest in their growth and potential use in modern life.

Welsh Aromatherapist Theresa Campbell and her son James, who is also a therapist, live on the beautiful Brecon Beacons where they get their inspiration. Through their private therapy practice and the wonderful hand blended Aromatherapy products that they produce, they are today in the 21st Century helping the people of Wales and further afield benefit once again from the ancient healing powers of plants and flowers.

Is this history repeating itself perhaps?

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