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**AROMATHERAPY AS AN ALTERNATIVE METHOD
OF TREATMENT**

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Aromatherapy is a form of alternative medicine using volatile plant substances, known as essential oils, and other aromatic compounds for the purpose of altering a person's mind, mood, cognitive function or health. It is a type of treatment in which there is a combination of pleasant and useful parts of the components. Now aromatherapy is related to spa treatment, which is very popular in America and in many European countries.

The aims of our work are:

1. To analyze the content and active substances in aromatherapeutic essential oils.
2. To study the methods of aromatherapy application.
3. To reveal the diseases treated with aromatherapy.

During the research we came to the conclusions:

1. Every essential oil consists of some basic elements producing a certain effect. For example, lemon essential oil has such terpenoids as linalyl acetate and linalool which produce calming effect on the nervous and cardiovascular systems.
2. The most popular methods of applying of aromatherapy are aromatherapy massage, baths, aromatherapy vapor inhalation, lotions or creams and compresses.
3. Aromatherapy has two basic effective mechanisms. The first one is the influence of aroma on the brain, especially on the limbic system through the olfactory system which promotes curing of neurological diseases such as neurosis, polyneuritis, atopic dermatitis, radiculitis. The second mechanism is the direct pharmacological effects of the essential oils. Thanks to it some diseases of the respiratory and cardiovascular system may be treated. For example, lavender oil eliminates bronchospasm (actually for patients with asthma) and reduces blood pressure (which is useful for hypertensive people).