

MAKING SENSE OF SCENTS



BLOSSOM KOCHHAR INTRODUCED AROMATHERAPY TO INDIA AND IS STILL CONSIDERED AN AUTHORITY ON THE SUBJECT. CATCH HER AT THE EXPO

by **Namrata Gulati**

day, Blossom succeeded in proving its scientific nature.

The cosmetologist's rise to fame compelled her to introduce aromatherapy in other parts of the world. In one of her lectures in America, she handed out samples of the natural scent of rose and ylang ylang, the former for helping one overcome hangover and the latter for attracting people of the opposite sex. "I couldn't stop laughing when people asked only for more samples of what I gave them! It was only because of the functions they perform, I am sure!" she chuckles.

At the LP Expo in October, the aromatherapist intends to "make people have a wonderful time, and give them an experience that is worthwhile." In her extremely useful and enjoyable workshop, Blossom Kochhar will talk not just about beauty but her holistic approach. She will cover topics like aroma chocolates ("they'll love it!" she says excitedly), testing a therapeutic oil and home remedies of aromatherapy. ☺

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Blossom Kochhar grew up in the Nilgiris as a school student. While eucalyptus treated her colds, lavender helped her deal with stress during exams, and the aroma of lemon pepped her up. As her interest grew in nature, her research and studies on the therapeutic uses of oils derived from it increased too. Determined to make aromatherapy her profession, Blossom took a course in Paris on it.

After acquiring a thorough knowledge, she was the first to propagate the idea of aromatherapy in India. Blossom concluded that aromatherapy was not new to India, soon after learning of the therapeutic uses of jasmine, rose and ylang ylang given in the Veda of *Vajrakaran Tantra*. However, it had never been exploit-

ed or developed fully. Convinced more than ever, she came out with a range of products with ingredients like orange blossom, rosemary, and tea tree, which perform the functions of treating dry skin, dry hair and fallen hair respectively. Even though she had full faith in the effectiveness of her 'natural' products, it took some time before the people in India accepted it. She says, "We use aromatherapy almost every day, but are unaware of it. For instance, the use of sandalwood in temples calms us for better meditation, and jasmine oil that ladies use in their hair for its fragrance help them gain confidence. That is nothing but aromatherapy." Yet, many rejected it as mere 'folklore' when it was first introduced, but as more people began to use it by the