



## The Legend of the Double Happiness Symbol



There is a short story behind the origin of the Chinese symbol for double happiness. During the period of Tang Dynasty in ancient China, a young boy was on his way to appear for an examination to become a minister. The boy fell ill while he was traveling through a mountainous region. A herbal practitioner and his daughter took care of the boy, after which he recovered quickly. When the boy had to leave, he found it difficult to say goodbye to the girl as he fell in love with her. The girl thus wrote down the right hand part of an antithetical couplet for the boy; which was as follows. "Green trees against the sky in the spring rain while the sky set off the spring trees in the obscuration." The young boy took it and left for the capital to attend the examination. During the examination, he was asked by the emperor to complete the right hand part of a couplet which said, "Red flowers dot the land in the breeze's chase while the land colored up in red after the kiss". The boy instantly realized that the sentence written by the herbal practitioner's daughter was a perfect match for the one given by the emperor. Thus, he gave the right answer and stood first in the examination. Impressed by the performance of the boy, the emperor adjudged him as the new minister. After becoming the minister, the young boy married the herbal practitioner's daughter. On the occasion of their wedding, the HAPPY character was doubled and put on a red paper. The symbol was used to mark the happiness of the event. The double happiness symbol is used in Chinese weddings and it signifies happiness. In Chinese culture, it means that the couple and their families would live together harmoniously if the symbol is put in their house.

# Five Essential Oils for Romance

Essential oils that have aphrodisiac properties are great for instigating romance! Whether it's Valentine's Day, an anniversary or a loved one's birthday, there are several essential oils to help set the mood for love.

Ever since the times of the ancient Egyptians, aromatic oils have been used to promote health, beauty, fertility, virility and of course, romance. The Greeks and other cultures learned from the Egyptians exactly how to use aromatic oils to increase passion, and this expertise quickly spread across the world.

Some of the most popular aphrodisiac essential oils used in aromatherapy today include rose, neroli, sandalwood, ylang ylang and patchouli.

## What is an aphrodisiac oil?

Although essential oils have many therapeutic properties, most people don't realize that certain essential oils are also aphrodisiac. An aphrodisiac essential oil has the potential to induce love and romance, so it is a great mood setter for a wedding proposal, a special romantic occasion, or a Valentine's dinner. You can use aphrodisiac essential oils in various ways, depending upon the occasion; some suggestions for use might be in the bath, in a massage lotion or oil, or in a candle.

## How romantic essential oils work

It is widely accepted in the aromatherapy world that essential oils are capable of working in a number of ways. However, one of the quickest ways in which the aroma of an essential oil can have an effect on the body is by inhalation through the nose, because the nose has direct contact with the brain. Simply put, when you inhale an essential oil an area of the brain called the Limbic System is stimulated, and this is the part of the brain where moods and emotions are governed. The inhalation of an aroma triggers varying emotional and physical responses in people; aphrodisiac essential oils have the ability to invoke romantic feelings.

## Rose oil

Think of romance and most people think of roses! Rose essential oil is no exception to romance either! The rose itself has been coveted for centuries by the ancient Egyptians, Greeks and Romans. Ladies in history who have used rose to woo their lovers include Cleopatra of Egypt and Josephine Bonaparte of France.

True rose essential oil is very expensive because it takes several thousand rose petals to distill just one ounce of rose oil. So be extremely careful that you're not fooled by a cheaper, adulterated rose oil that has been extended with another essential oil or synthetic chemicals – or is entirely synthetic. Combine rose oil in a massage lotion or oil for a fantastic sensual massage with your partner, or add a few drops to a romantic bath. Rose essential oil is a complete fragrance in itself, with rich, deep base notes, floral middle tones and a sweet, slightly leafy top note.

## Neroli essential oil

Neroli, which is sometimes referred to as orange blossom, was given its name due to Italian princess Anne Marie de la Trémoille (Orsini), who was duchess of Bracciano and princess of Nerola. She first introduced neroli oil as a fashionable fragrance to high society and used it in the bath and to perfume her stationary, scarves and most famously, her gloves.

Neroli essential oil has long been used in weddings because of both its aphrodisiac properties and its