

for colour symbolism has been built upon many centuries of history, religion, tradition and superstition. Practically every race and culture has used color symbolically assigning a variety of qualities and even specific objects to certain colours. The reason is probably that the sensation of colour is a primitive one. Reaction to it, recognition of it, requires little effort of intellect or imagination. Colour conveys moods that affix themselves quite automatically to human feeling.

Colours are also of great importance in programming. Basically, colors in a computer programs are represented by combining 3 "pigments". These pigments are Red, Green, and Blue. By combining some amount of Red, Green, and Blue, any (displayable) color can be obtained. Almost all of the programs for writing applications have some libraries, due to which some key words are coloured in red, green or others.

Lexiological analysis of colour terms in the English Language has shown that there are 11 basic colour terms in English and 172 colours that standard dictionaries classify as specific colour nouns.

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ESSENTIAL OILS

Aromatherapy is all about the therapeutic use of essential oils—highly aromatic substances that occur naturally in plants. Essential oils are made up of organically occurring chemical components that have a wide variety of therapeutic properties. There are several different ways to obtain the volatile aromatics from plants.

There are several different ways to obtain the volatile aromatics from plants. The method used will depend on the plant material and the most effective way of obtaining the essential oils or aromatics from that plant. There are many delicate flowers that will be destroyed by water or steam distillation; however, their aromatic molecules can be obtained by solvent extraction. There are also volatile oils that can only be obtained by expeller pressing, such as Citrus peel oils.

Extracting essential oils using water is carried out by the following methods.

1. Water or steam distillation.

This is the most widely used and most economical method of extracting essential oils. Basically, the plant material is placed above boiling water (water distillation) or in a separate chamber where steam passes through

(steam distillation). The latter is sometimes called dry distillation if done under pressure. The advantage of steam distillation over water distillation is that raw material does not come in contact with boiling water. The heat and steam cause the structure of the plant cells to break down, releasing the essential oil.

2. Hydro distillation.

In this method, plant material is charged in the still, water is added to immerse the charge, leaving sufficient vapor space. The quantity of water should be adequate for the plant material to move freely in boiling water and avoiding localized overheating. The water is heated under direct fire or steam jacket, or in some cases a closed steam coil. The steam vapor produced is condensed and oil is separated from the water as in steam distillation.

3. Expression or cold pressing.

Citrus contains small essential oil sacs, located just beneath the surface of the peel. Originally, pressing by hand was required, obviously a labor-intensive process. Now, the majority of Citrus peel oil is expeller pressed using efficient mechanical presses.

4. Maceration.

Not only the aromatics are recovered in this process, but other plant constituents useful in herbalism. In this process, plant material is chopped or crushed to open up the cell walls, placed firmly (but not too tight) into a vessel, and covered with vegetable oil to infuse plant constituents into the fixed oil. The oil can be 'cold infused' and left at room temperature for several weeks (up to a month or so), or heated to a very low temperature (not to exceed 100-105 degrees F) for a shorter duration, sometimes in a crock pot, 5-7 days.

People have understood the healing power of plants for centuries and through decades of research, scientists have identified the medicinal actions of hundreds of these chemical components. Some are antibacterial, some are sedative, and some are antispasmodic.

When you think of essential oils, you probably think of aromatherapy, spa treatments, and other luxurious treats. Sure, it's great to spend a day pampering yourself with rose, peppermint, and tea tree oils, but did you know that essential oils can be used for so much more?

Firstly, you can mix some oils to obtain new properties of the final mixture. There are limitless possibilities for essential oil blends, from cleaning products to body care products.

There is one of them: cleaning hand moisturizer.

Ingredients: 50 ml organic aloe vera gel; 15 drops lavender essential oil; 50 ml PET plastic spray bottle.

Add the aloe vera to the spray bottle then add the drops of lavender oil. Shake to mix. Spray each hand 3 or 4 times. Rub briskly until the liquid dries. Keep near your keyboard, in your car or in your bags to use frequently and eliminate. It is very simple and helpful.

As you become more familiar with essential oils, you will begin to see them as faithful friends.

To find out how to hack into the full power of essential oils, check out the 13 ideas below

1. Dab lemon oil onto a towel and use it to wipe crayon markings or stickers off walls.

2. Mix your favorite essential oils with one part water and one part vodka. Put the mix into a reed diffuser to make your home smell clean and fresh.

3. Put a few drops of tea tree oil into smelly shoes to deodorize them.

4. If you're having cramps, take a bath infused with rose oil; its antispasmodic characteristic means it'll soothe your muscles. 1 g from about 2000 g of flowers.

5. Use hot water and lemon oil to clean wood cutting boards instead of soap. It will keep them from splintering.

6. Love the taste of cinnamon? Add a few drops of cinnamon oil to any recipe for an extra kick.

7. Put a few drops of any essential oil in your laundry for an all-natural fragrance.

8. You can apply citronella oil directly to your skin to repel mosquitoes.

9. After cleaning out a stinky fridge, rub a mixture of water and essential oil on the shelves for a fresh scent.

10. Keep a small bottle of peppermint oil with you when you're on the go. It's a great all-natural breath freshener.

11. Rosemary oil can help make thin hair feel full. Add a few drops to your shampoo next time you wash your hair.

12. Use coconut oil to lighten age spots when rubbed directly on the skin.

13. If you have a sore throat, try drinking water mixed with a few drops of basil oil to help cool your throat.

You may develop a special affinity for certain aromas, especially when you associate particular aromas and blends with events in your life or specific emotions.