

# ALL ABOUT AROMATHERAPY



Aromatherapy or "scent therapy" uses scents from essential oils to promote health and well-being. Different scents can help improve mood, promote relaxation, reduce stress, manage pain, improve sleep, relieve headaches and so much more.

## HOW IT WORKS

Aromatherapy works through sense of smell and/or skin absorption.

When the scent is inhaled, receptors in the nose become stimulated, which send messages to the part of the brain that controls emotions.



## SCENT THERAPY IS EASY!

Don't overestimate the strength of essential oils. They are extremely concentrated and should be used sparingly. One drop goes a long way! If you have sensitive skin or are unsure if aromatherapy is right for you, talk with your doctor to find out what oils you should use.

Use a diffuser to transform your room into a spa. A good rule of thumb is to use 3 - 5 drops of oil per 100 mL of water.

Fill a spray bottle with water and add 2 drops of oil per 100mL of water. Shake well and spritz it around the room.

Add a drop or two of an essential oil into a bath to unwind.

Use it topically in a cream or lotion or even enhance your shampoo. Make sure you only use a drop, mix well, and enjoy.

## POPULAR OILS

**Lavender** - floral fragrance used for relaxation and stress reduction. Some report that it helps reduce headache pain.



**Chamomile** - slightly herbal and apple-like scent. When inhaled, helps relax the mind and body. It may also help with sleep.



**Peppermint** - a minty aroma that helps boost energy and reduce headaches.



## OTHER OILS

**Reduce Anger** - Ylang ylang, jasmine, sweet orange

**Improve Memory** - rosemary, bay laurel, bergamot

**Wake up** - Cardamom, cinnamon, sage, spearmint

**Stress Relief** - Vanilla, violet, frankincense



## SCENT COMBINATIONS

Try creating your very own scent combination. Mix a few drops of different oils together to make an aroma that will match your needs perfectly while creating an aroma that you love.

The following combinations are measured for a 100 mL diffuser.

**Brainiac:** 1 drop Rosemary, 2 drops peppermint, 2 drops cinnamon

**Relax and Unwind:** 2 drops lavender, 1 drop chamomile, 1 drop rose

**Power Up:** 1 drop lemon, 2 drops peppermint



**Eucalyptus** - a minty-pine smell that can help reduce congestion and ease muscle pain.



**Lemon** - a bold citrus smell that not only freshens the air, but also uplifts mood and increases energy.



**Rose** - a sweet floral scent that may help reduce anxiety and stress levels. Some find that rose helps reduce pain.

