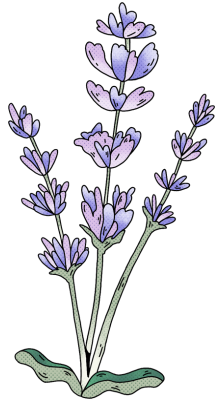
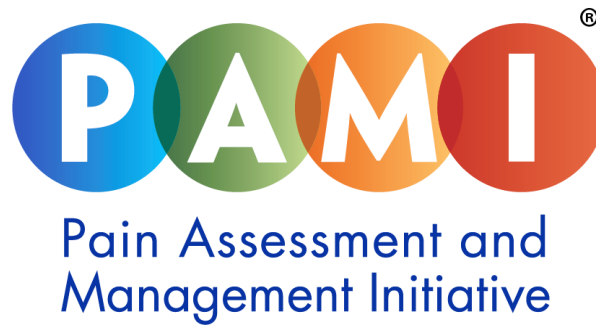


What is Aromatherapy?

Aromatherapy uses essential oils for a healing benefit. Essential oils are collected from parts of plants, such as lavender.



Breathing in the smells from essential oils can excite a part of your brain that plays a role in emotions, behaviors, heart rate, and blood pressure.



Contact us

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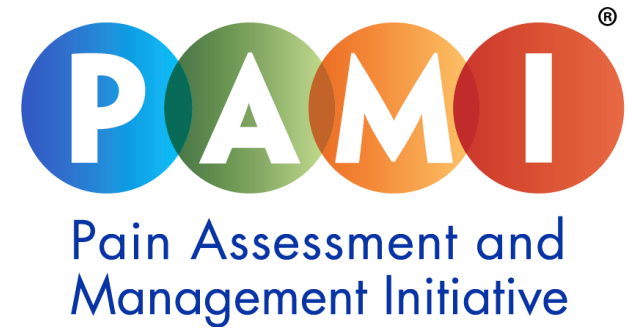
**Scan the QR code to visit
our website:**



Resources:

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/aromatherapy-do-essential-oils-really-work>
- <https://health.clevelandclinic.org/essential-oils-101-do-they-work-how-do-you-use-them/>
- <https://www.nccih.nih.gov/health/aromatherapy>

Updated 03/27/2023



Aromatherapy



Uses of Essential Oils

Pain

lavender, eucalyptus,
orange, lemon, rosemary

Stress

lavender, eucalyptus,
lemongrass, rose, rosemary

Tired

peppermint

Sleep

lavender, cedarwood

Headaches

peppermint

Anxiety

lavender, lemongrass,
orange, rose, lemon,
bergamot, cedarwood

Inflammation

eucalyptus,
peppermint, rosemary

Muscle spasms

rose

Benefits of Aromatherapy

Studies have shown that
aromatherapy can help:

- Manage pain
- Decrease stress and anxiety
- Improve mood
- Improve sleep quality
- Reduce inflammation
- Relieve headaches



*We encourage you to talk with a
medical professional before using
essential oils and aromatherapy.*

Ways to Use Essential Oils



Aromatherapy inhalers

Portable plastic sticks that
hold the essential oil (like the
PAMI aromatherapy inhalers).
Breathe in the essential oil by
placing the inhaler under the
nose and taking deep breaths.



Aromatherapy accessories

Necklaces or bracelets, for
example, that hold the
essential oil. The essential oil is
slowly released into the air
over time.



Body oil

Some essential oils can be
added to a base oil, such as
olive or coconut oil, and gently
massage into the skin. Avoid
using fully concentrated
essential oils directly on the
skin.



Diffusers

Essential oils are mixed in
water and spread into the air.
Follow your diffuser's
directions for the right oil-to-
water ratio.