**Aromatherapy: One, Two, Three**

by Ronda Snow, Ph.D.



Aromatherapy is a modern term that specifically refers to natural plant oils and their various uses. In recent years, aromatherapy has become a popular marketing term for anything that smells nice. This is sometimes misleading as synthetic fragrances do not have the mind-body benefits of true, natural aromatherapy. Aromatherapy is a holistic practice, with both physical and emotional benefits.

**One Long History**

"Aromatherapy" as we know it began in the 1920s in France with Rene-Maurice Gattefosse. He was a chemist and studied natural oils for their use in perfumes, but he also studied how the local farmers and laborers had used plant oils for healing and sanitation. The real history is much longer. Plant oils have been used in perfumes, healing practices, spiritual rituals and household cleaning for as long as there have been people and plants.

**Two Types of Aromatherapy**

Therapeutic:

* Applied to the skin and absorbed OR diffused / inhaled
* Most oils must be diluted before they are applied
* Gentle, takes time to work
* Allergic reactions and side effects are uncommon but can happen
* Health benefits can come from decreasing stress & improving mood
* Metaphysical or spiritual uses are often considered mental or emotional benefits

Aesthetic:

* Purely for pleasure
* Cosmetics, perfume or room scent

**Three Types of Aromas**

* Top Note: citrus, floral, uplifting, antiseptic
* Middle Note: herbal, green, balancing, toning
* Bass Note: roots and wood resins, meditative, fixative

**Easy Aromatherapy Air Freshener**

Fill a 2 oz spray bottle or perfume atomizer with water. Add a pinch of salt (acts as a preservative) and 10 – 15 drops of your favorite essential oil(s).

Shake well before each use.

Do not spray near eyes or water sensitive fabrics.

This aromatherapy use is:

* Aesthetic: can reduce unpleasant odors (e.g. kitchen or bathroom)
* Mental/emotional: Can ease stress, assist focus (hand spray)
* Metaphysical: Clears negative energies from the aura

Notes:

Thank you to Scott Township Public Library for providing this wellness group. Your thoughts and feedback are welcome at scottcomments@scottlibrary.org

This presentation is for general discussion and personal enrichment only and does not diagnose, treat, cure or prevent any illnesses. This information does not replace professional medical or mental health care.

For questions or more information please visit www.rondajsnow.me