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using the natural oils extracted from flowers bark stems
leaves roots or other parts of a plant to enhance
psychological and physical well being the inhaled aroma
from these essential oils is widely believed to stimulate
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aromatherapy is a holistic healing treatment that uses
natural plant extracts to promote health and well being
sometimes it s called essential oil therapy aromatherapy
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aromatherapy is a holistic practice in which people inhale
smell essential oils it has been shown to carry many ben

for wellness and stress relief 1 web what is aromatherapy aromatherapy is the practice of using essential oils for therapeutic benefit aromatherapy has been used for centuries when inhaled the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala the emotional center of the brain web aromatherapy aromatherapy is the use of essential oils from plants flowers herbs or trees as a complementary health approach the essential oils are most often used by inhaling them or by applying a diluted form to the skin many essential oils are used in aromatherapy including those from eucalyptus geranium lavender tea tree web dec 1 2021 essential oils can be used in aromatherapy a kind of complementary medicine that uses smell to improve your health or applied topically to the skin studies have shown that essential oils may help boost mood improve job performance through reduced stress and increased attentiveness improve sleep kill bacteria fungi and viruses web may 8 2019 aromatherapy is thought to work by stimulating smell receptors in the nose which then send messages through the nervous system to the limbic system the part of the brain that controls emotions many essential oils are used in aromatherapy web mar 20 2017 aromatherapy or essential oil therapy refers to a range of traditional alternative or complementary therapies that use essential oils and other aromatic plant compounds essential oils have web aromatherapy is based on the usage of aromatic materials including essential oils and

other aroma compounds with claims for improving psychological and physical well being it is offered as a complementary therapy or as a form of alternative medicine the first meaning alongside standard treatments 2 the second instead of conventional

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