

## Using Calming Scents

The term aromatherapy derives from two words: aroma - fragrance or smell and therapy - treatment. Aromatherapy is the practice of using essential oils for psychological and physical well-being. Essential oils that are inhaled into the lungs offer both psychological and physical benefits.

### Essential Oils

Essential oils are the pure *essence* (the most potent and concentrated extracts) of a plant. They are complex, highly fragrant, and volatile (tend to evaporate or change to vapor quickly when exposed to air) substances. Essential oils have been found to provide both psychological and physical health benefits when used correctly and safely.

### Suggested Usage

Apply a few drops to a tissue or on a cotton ball and inhale; or add to a diffuser.

## Essential Oils for Stress Management

**Basil:** Warming and toning. Restores peace of mind. Clarifying, uplifting, energizing.

**Bergamot:** Balances the mind and regenerates. Helps to eliminate emotional confusion and increase ones sense of humor and well-being.

**Chamomile:** Relaxing, soothing, calms the nerves without being sedative.

**Clary Sage:** Visualizing, spiritually connecting, centering. Balances extremes of emotion and restores inner tranquility.

**Frankincense:** Visualizing, spiritually connecting, centering. Clearing, purifying, warming, uplifting and revitalizing.

**Geranium:** Warming and balancing. Refreshing and uplifting.

**Jasmine:** Relaxing and warming. Can aid in finding restful sleep.

**Lavender:** Balances the mood and clears the mind. Rejuvenates, inspires, and relaxes.

**Lemongrass:** Refreshing and rejuvenating. Stimulating and balancing. Inspires and brings fresh energy; clears the mind.

**Mandarin:** Refreshing, rejuvenating and brings fresh energy; clears the mind. Helps to eliminate emotional confusion and increase ones sense of humor and well-being. Very comforting, soothing and warming.

**Neroli:** Uplifting and eases the mind, restoring ones energy.

**Rose:** Balancing, relaxing, inspiring, comforting. Symbolizes passion, romance, sympathy and luxury.

**Sandalwood:** Relaxing, sedative and warming. Can aid in finding restful sleep.

**Ylang Ylang:** Helps to relieve feelings of frustration and anger. Can aid in finding restful sleep.

Discover Your Inner Calm

### *Safety Precautions*

Most essential oils are safe and free of adverse side effects when used properly. However, as with any substance you are introducing to your body, it is important to use them intelligently. Please pay attention to the following factors:

- Do not use essential oils (undiluted) directly on the skin.
- Pregnant women or those with any medical condition should consult a health care professional before using.
- Keep essential oils out of the reach of children.

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## *Aromatherapy*

