


# What is Aromatherapy?



Aromatherapy is used to treat a variety of conditions. In general, it seems to relieve pain, improve mood, and promote a sense of relaxation.

Studies have found that people with rheumatoid arthritis require fewer pain medications when they use aromatherapy

# Aromatherapy for Wellness



## **LAVENDER:** Relaxing

Soothe your senses with the sweet aroma of Lavender. Lavender has been used to assist in treating depression, headache, insomnia, & other stress-related conditions.

## **CHAMOMILE:** Tranquility

Relax with the sweet, peaceful fragrance of Chamomile. Chamomile is thought to calm the spirit, promote good health, & relieve stress.

## **EUCALYPTUS:** Energy

Refresh and rejuvenate with the aromas of peppermint and eucalyptus. These scents are said to clear the head and soothe the emotions.

## **ROSE:** Romance

Unwind and escape with the beautiful scent of Rose. Used throughout history as a healing tonic and mood-elevating supplement