

AROMATHERAPY FOR

Relaxation **AND SLEEP**



Essential oils have been used by humans for thousands of years. Aromatics were at the time for religious purposes, perfume, and medicine. The actual term "aromatherapy" was invented by the French chemist Rene-Maurice Gattefosse. In 1935 after a burn incident, he claimed he treated it effectively with lavender essential oil.

Essential oils are highly concentrated, natural plant-based aromatic fluids that offer a wealth of benefits when used safely in aromatherapy, skincare, personal care, spiritual and other wellness and mindfulness applications.



Here are 3 of Dr. Helene's favorite Aromatherapy recipes to use in a diffuser:



STRESS BUSTER AROMATHERAPY

- 1 drop Bergamot Essential Oil
- 1 drop Lavender Essential Oil
- 1 drop Cedar wood Essential Oil

RELAX AROMATHERAPY RECIPE

- 1 drop Cedarwood Essential Oil
- 1 drop Sandalwood Essential Oil
- 1 drop Ylang Ylang Essential Oil

GOOD SLEEP AROMATHERAPY RECIPE

- 1 drop Vetiver Essential Oil
- 1 drop Ylang Ylang Essential Oil
- 1 drop Lavender Essential Oil

These blends are intended for diffuser use by adults, not children or pets.

Less is more with essential oils. These blends are undiluted and some blends contain phototoxic oils (which means, if applied directly to the skin, can cause a rash when exposed to the sun). They should not be applied topically. Because these blends include essential oils that can be very relaxing, avoid diffusing these blends while driving or when you need full focus. Be sure to follow all safety precautions and always research the safety info and contraindications for each essential oil that you are considering working with. Aromatherapy should not be used as a substitute for proper medical treatment.



WHICH OILS ARE *the best?*

Organic and wild crafted essential oils are best. Synthetic essential oils can be irritating for some folks, and do not have the same properties as the organic oils.

TO USE:

- Add 1-3 drops of one of the above blends to your diffuser.
- Every diffuser is different, so refer to the manufacturer's instructions that came with your diffuser to know how many drops is appropriate to add to your particular diffuser. Thicker essential oils and citrus oils must be carefully used in particular types of diffuser models including atomizing and ultrasonic diffusers. Check the instructions that come with your diffuser for specific information.

RELAX & *enjoy!*

