



What is Aromatherapy?

Aromatherapy, also referred to as Essential Oil Therapy, can be defined as the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind, and spirit. It seeks to unify physiological, psychological, and spiritual processes to enhance an individual's innate healing process.

What are Essential oils?

Essential oils are distilled or expressed aromatic extracts from a wide range of aromatic/medicinal plants. Each essential oil consists of 2 to 200+ individual chemical components all working in synergy to provide a range of therapeutic properties and each essential oil's unique aroma. Within the plant, essential oils serve to protect/defend, attract, and heal.

How does Aromatherapy work?

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.

What are the benefits of Aromatherapy?

Some benefits include, but are not limited to:

- promoting mental & physical energizing
- promoting comfort
- promoting calming
- soothing stress

Are essential oils safe?

Many essential oils have been shown to be safe when used as directed. However, essential oils used in aromatherapy aren't regulated by the Food and Drug Administration. When oils are applied to the skin, side effects may include allergic reactions, skin irritation and sun sensitivity.

If you are pregnant or have a medical condition, consult your physician prior to using aromatherapy.

Resources:

- National Association for Holistic Aromatherapy [Home | NAHA](#)
- Mayo Clinic <https://www.mayoclinic.org/healthy-lifestyle/consumer-health/expert-answers/aromatherapy/faq-20058566>
- <https://www.amrita.net/>

Interested to learn more about Aromatherapy? Contact Lisa Goodman lisa.goodman@sharp.com, Integrative Care Coordinator Sharp Grossmont Hospital, and Level 2 level Certified Aromatherapist through National Association for Holistic Aromatherapy (NAHA).