

Aromatherapy

Smelling essential oils is part of aromatherapy and thought to be relaxing, uplifting, and healing.

Use the essential oil spray bottles and diffuser to smell scents of nature.

Spray the scents into the air and take a deep breath in.

Explore the different scents and find out which scents you prefer.

After you smell the oil, notice how you feel.

To access this activity's translations, scan this QR code:



Or go to: <https://bit.ly/ocdearomatherapy>