



Hello- I am Dawn Sulmasy and you landed here because you or a friend must have taken a workshop with me. Thanks for popping IN!

I like folks to experience Aromatherapy while learning for many reasons and I hope you enjoyed me including them in our workshop. I put together this document because it is often hard to remember all the interesting facts and concepts about essential oils and

aromatherapy. I hope you enjoyed your experience with me.

I love teaching and sharing about aromatherapy and other cool health hacks and if you'd like to message me or follow me on [Instagram](#) or [Facebook](#) I'd love to show you more! Here is my essential oil and healthy goodness [website](#).

Want to get started using these fabulous oils? Here is a super cool list of essential oils for beginners and the diffusers I use in many of the workshops. [BEGINNERS WISHLIST](#) BUT, if there is one you are looking for that is not on the list just give me a shout! You should probably give me a shout anyways because we have so many sales and promos, I'd want you to get the best pricing available! I am happy to guide you in the right direction.

I'd like you to know that YOUNG LIVING is the only essential oil company I have used for 12 years and they are way more than just bottles of essential oils. Young Living has beautiful personal care products for your skin, hair, shower as well as home care products to keep your family free from chemicals! Young Living sets the component standards for essential oils that are in the NY Botanical Garden registry. [NY BOTANICAL REGISTRY more info](#) Young Living also owns or operates farms all over the world to grow the amazing plants for their oils. I love the way I can earn income just by saying how much I love their products (and so could you!)

As you get to know more essential oils, here are a few safety precautions when using them for Aromatherapy.

Essential oils have been used for millennia as aromatherapy, skin support, and for optimal wellness. Essential Oils can be used for relaxation, stress relief, focus, digestion, minor aches and discomforts, to support any body system including boosting your immune system.

A FEW Cautions - never eyes and ears, careful of private areas, hot oils, citrus and sun. You should become very familiar with oils before using them on babies, small children and pets.

- MY first recommendation for children is to use them aromatically, on something like a tissue near them, that you can remove if you observe any negative reaction.
- Oils should be diluted before using on their bodies.
- Pets should be able to leave any area with a diffuser going.

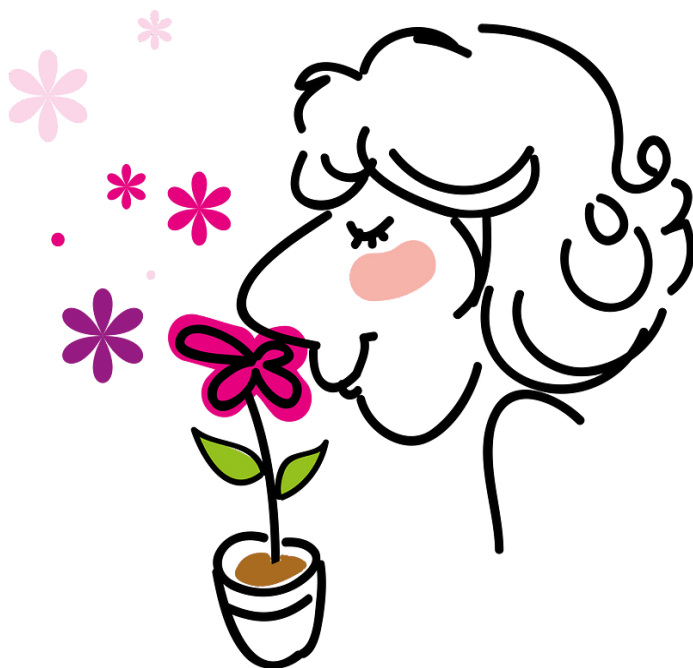
#### ONLY USE 100% PURE THERAPEUTIC GRADE ESSENTIAL OILS!

- Ones that have been carefully extracted through only distillation or pressing and not through chemical extractions. And say 100% pure (plant name)
- DO NOT USE OILS that say fragrance, these are chemicals and NOT plants.
- BE VERY CAREFUL!! BUYER BEWARE! Please do not buy oils from Walmart or Amazon, even the ones I am showing you because 3rd parties are not monitored and could be buying adulterated oils in labeled bottles.
- KNOW WHO YOU ARE BUYING FROM! I am happy to help you get started with Young Living Oils. I have tried other oils and these are by far the best. 100% pure, with dedication from gathering seeds to growing plants and rigid control of their distillation process. From Seed to the Seal on the bottle!

# Aromatherapy

Aromatherapy is the practice of using essential oils for therapeutic benefit. Aromatherapy has been used for centuries. When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional center of the brain.

## *Mood Shifting through Smell*



Look in the perfumes of  
flowers and of nature  
for peace of mind and  
joy in life.

– Wang Wei, 5th  
century artist and poet

## BENEFITS OF AROMATHERAPY

The practice of aromatherapy has been around for centuries and has become an incredibly popular area of study in the last decade. There are countless studies on PubMed about the ways that essential oils can positively impact health areas such as immunity, mood and emotions, sleep, racing thoughts, focus and much more.

Does this sound too good to be true? Are you wondering how breathing in some Lavender can change your mood?

Aromatherapy (breathing in essential oils) sends messages to our brain through our cranial nerves. The olfactory (sense of smell!) cranial nerve ends in the brain right next to the organs of the limbic system - the system that controls mood, emotions and memory.

So inhaling oils triggers this area, helping us to rest, reset, and recharge. And diffusing is a great way to get the benefit of these oils for more than one individual! You can play with combinations to find the ones you love and that are the most beneficial to you!

## WHAT IS THE LIMBIC SYSTEM?

A collection of brain structures in charge of:

- emotional responsiveness
- motivation
- memory formation & integration
- olfaction (smell)
- sensory processing
- time perception
- attention
- consciousness
- motor behavior
- and much more!

Your olfactory bulbs feed into the amygdala, which is a region of the brain primarily associated with emotional processes. The name amygdala is derived from the Greek word amygdale, meaning “almond,” owing to the structure's almond-like shape. The amygdala is located in the medial temporal lobe, just anterior to (in front of) the hippocampus. This explains how smells can trigger certain emotions or memories and help us evaluate our circumstances.

AMAZING!

## Trees

Cedarwood, Pine, Cypress, Sandalwood, Spruce

*Grounding Centering Stabilizing*

## Flowers

Lavender, Chamomile, Rose, Jasmine, Ylang Ylang

*Assuring Allowing Releasing*

## Herbs

Peppermint, Spearmint, Basil, Oregano, Rosemary

*Clarifying Refreshing Awakening*

## Spices

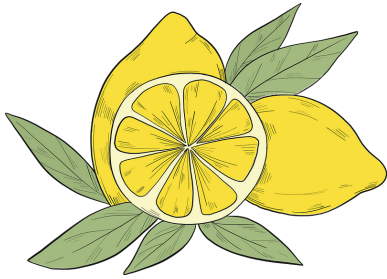
Cinnamon, Nutmeg, Clove, Ginger, Black Pepper

*Energizing Stimulating Invigorating*

## Citrus

Lemon, Orange, Lime, Grapefruit, Bergamot

*Brightening Uplifting Cheering*



## Lemon

Bright and Joyful just like sunshine

Mood Booster

Increases positivity and optimism

Uplifts energy

Aids in Digestion

Antimicrobial



## Peppermint

Crisp and Cool like a breath of fresh air

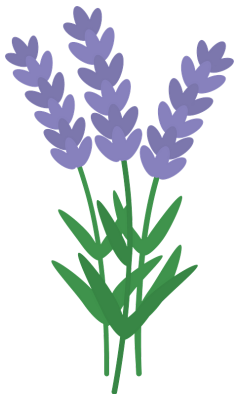
Increases mental focus

Improves concentration

Calms racing thoughts

Relieves headaches and tension

Supports and opens airways



## Lavender

aka the grandmother of aromatherapy, like a soft spoken friend with a comforting hug

Calms and relaxes mind and body

Relieves stress and anxiety

Supports nervous system

Improves sleep and tranquility