

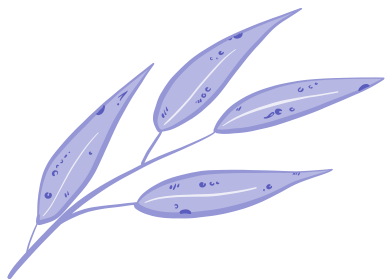


IFOP - MAY 10TH AND MAY 13TH

HOW TO USE
AROMATHERAPY
TO REDUCE
STRESS,
IMPROVE SLEEP
AND BALANCE
EMOTIONS



Univers **Aroma**

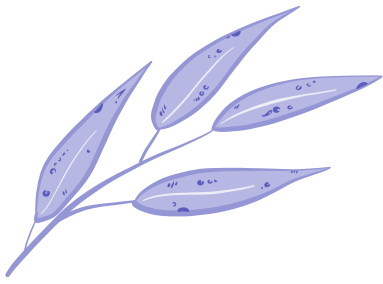


List of calming Essential Oils

good to relieve stress and improve quality of
sleep

- True lavender
- Geranium rosat
- Petit grain
- Cedarwood
- Juniperus virginiana
- Marjoram
- Mandarin
- Chamomilla
- Neroli
- Sweet Orange
- Patchouli
- Rosewood
- Vetiver
- Basilic ct linalol
- Frankincense
- Myrrh
- Myrte vert
- Ylang ylang

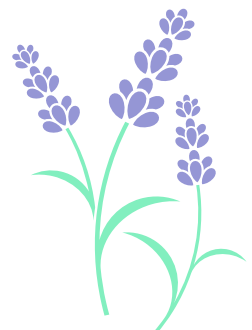


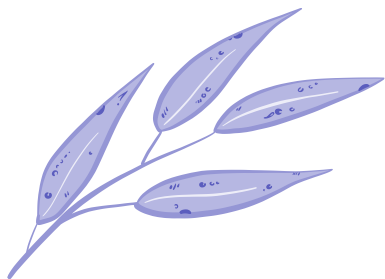


How to use Essential Oils

A little not too much

- Diffusion with a diffuser,
- Inhalation directly from the bottle,
- With an inhaler
- Topical application of EO diluted in a carrier oil (jojoba, sweet almond, apricot kernel), or in an unscented lotion,
- Inhale the bottle (emergency use)





Dosages of Essential Oils

EO are very concentrated

For a Roll-On of 10 mL (number of drops)



For Kids and pregnant women : 1% to 2%

5%- 10% General action

For an Inhaler

Adults: 18 drops

Kids: 6 drops

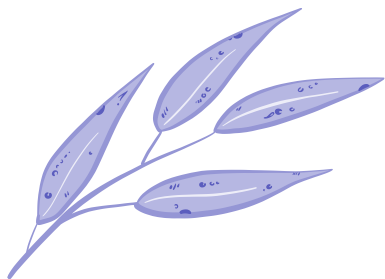


In a diffuser

Don't diffuse all the time

Respect the recommendations





Lower stress and improve sleep



•an inhaler : (Adults)

- 6 drops of Frankincense
 - 6 drops of Lavender
 - 2 drops of Chamomilla
 - 4 drops of Marjoram
- 6 to 8 drops for a child

- You can keep it up to 2 months



•in a 10 mL Roll-On : (Adults)

- 5 drops of lavender
- 3 drops of sweet orange
- 3 drops of frankincense
- Complete to the top with almond oil

- Apply twice a day on your wrist and inhale it too
- Not more than 15-21 days after, you stop one week and you can start again

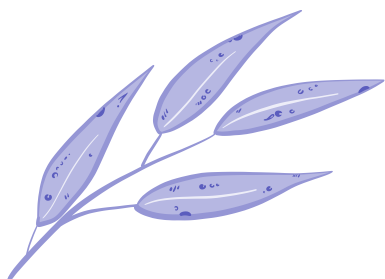


•in a diffuser

- 5 drops of Lavender (or orange)
- 2 drops of Frankincense
- 3 drops of Marjoram

- Before you go to bed.
- But don't let it while you are sleeping



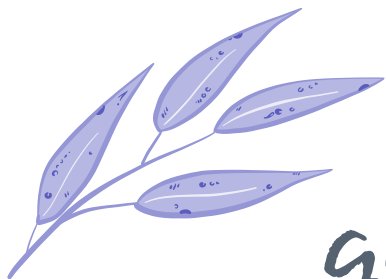


Essential oils and Emotions

Essential oils	Therapeutic properties	Emotional / energetic quality
Roman chamomile <i>Chamaemelum nobile</i>	Analgesic, anti-inflammatory, antispasmodic, sedative, Digestive aid, skin healing	Calms, soothes and sedates, reduces anxiety and over-thinking Harmonizes
Geranium <i>Pelargonium roseum x asperum</i>	Analgesic, anti-inflammatory, antibacterial, antispasmodic, antidepressant, skin healing	Increases imagination and intuition Protects from disturbing energy Increases capacity for intimate communication Supports one's ability to receive and to give
Grapefruit <i>Citrus paradisi</i>	Analgesic, anti-inflammatory, antibacterial, antidepressant, cooling	Uplifting and cleansing Highly energetic Reduces tension and depression Happiness
True lavender <i>Lavandula angustifolia</i>	Analgesic, anti-inflammatory, antiallergenic, antibacterial, antispasmodic, sedative, skin healing	Calms, soothes, nurtures, encourages balance in all body systems Reduces anxiety and fear Helps calm and control panic attacks
Frankincense <i>Boswellia carterii</i>	Analgesic, anti-inflammatory, cicatrizing, immunostimulant, skin healing	Supports reflection and introspection Encourages emotional healing on all levels Quiets the mind Supports focused attention and tranquility
Laurel leaf <i>Laurus nobilis</i>	Analgesic, anti-inflammatory, antispasmodic, decongestant	Uplifts the mind and thoughts Help focus attention and concentration Moves stuck energy
Petit grain <i>Citrus aurantium ssp bergamia</i>	anti-inflammatory, antispasmodic, calming, skin healing	Calm Increases confidence and creativity uplifting
Rosemary <i>Rosmarinus officinalis ct. 1,8 cineole</i>	Analgesic, anti-inflammatory, antibacterial, antifungal, antispasmodic, expectorant, liver support	Stimulates and strengthens the minds Energizes and uplifts Encourages clarity
Black spruce <i>Picea mariana</i>	Analgesic, anti-inflammatory, antispasmodic, decongestant, warming	Self-confidence, creativity, joy, happiness, uplifting
Cedarwood <i>Juniperus virginiana</i>	anti-inflammatory, antibacterial, antispasmodic, sedative, wound healing	Increases endurance during difficult times Support confidence in challenging situations Grounding

Sources: from Aromahead certification courses
and Olfactotherapy – G rault and all.





Good EO Companies

In the US:

- **Aromatics International:** <https://www.aromatics.com/> (very good quality)
- **Mountain Rose Herbs:** <https://www.mountainroseherbs.com/>
- **Florihana:** <http://www.florihana.com/en/> (organic EO)
- **Plant Therapy:** <http://www.planttherapy.com/>: you can find them on Amazon

Worldwide:

- Florihana

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