



CLASS 13 | GET THE SCENT

Worksheets

- **TBH “Get the Scent” Aromatherapy Information Worksheet.** This worksheet provides information about how to use aromatherapy oils, and the specific applications for various oils that have been found to benefit memory, intellectual clarity and mood. You can use this worksheet in teaching the class or as a handout for attendees to take home.

Resources

Young Living Oils. Young Living is a U.S. based company known for providing therapeutic grade, high quality aromatherapy oils. They have both single note oils as well as proprietary therapeutic blends (we particularly like the Thieves and Peace and Calming Blends). Use the links below to explore different oils:

Lavender Oil

Rosemary Oil

Lemon Oil

Lemongrass Oil

Orange Oil

Jasmine Oil

Peppermint Oil

Thyme Oil

Amrita Aromatherapy. Amrita is another excellent resource for therapeutic grade aromatherapy oils. Their website is a terrific resource for information about the uses of essential oils and learn about the different benefits.

Grocery Store Items. While using therapeutic grade aromatherapy oils will make a significant difference in the success of this activity, this quality of oil can be expensive. If cost is an issue, plan to purchase 2-3 oils and supplement with grocery items for some remaining scents. Items you can use from the grocery store include: Citrus fruits such as lemons or oranges, cinnamon sticks, whole cloves, fresh peppermint leaves, and fresh herbs such as lavender and rosemary. While these fresh items will not have the same intensity nor, as a result, therapeutic benefits as the oils, using some of these items in balance with the oils offers you a budget-wise alternative for this activity.

Additional Materials

- **University of Maryland Medical Center- Aromatherapy.** A history of its uses, benefits, and its current status in the medical profession.
- **University of Minnesota- How to Use Essential Oils.** This site outlines the topical application, inhalation, and ingestion of essential oils.
- **Smell Turns Up in Unexpected Places.** New York Times 10/13/2014. This article outlines fascinating new research regarding our “smell cells” and their location in areas outside our noses, including our skin.