

Stress Relief Aromatherapy

This playbook outlines the steps for using essential oils and aromatherapy as a method for relaxation and stress relief. It guides you through selecting oils, setting up the environment, and safely using aromatherapy.

Step 1: **Choose Oils**

Select essential oils known for their relaxing properties. Some popular choices include lavender, chamomile, bergamot, and ylang-ylang. Consider your personal preferences and any specific benefits you are looking for.

Step 2: **Gather Supplies**

Acquire the necessary items for aromatherapy, such as a diffuser, unscented candles, or an oil burner. Make sure you have everything you need before you begin.

Step 3: **Set Environment**

Create a calm and relaxing environment in the area where you will be using the aromatherapy. This may include dimming lights, playing soft music, or ensuring the space is comfortable and free from interruptions.

Step 4: **Use Oils Safely**

Follow the instructions for your diffuser or oil burner to safely use the essential oils. If applying topically, dilute the oils with a carrier oil

and perform a patch test to avoid skin irritation. Never ingest essential oils or apply them directly to the skin undiluted.

Step 5: Practice Mindfulness

As the aromas fill the space, practice mindfulness or relaxation techniques. You can do this through deep breathing exercises, meditation, or simply sitting quietly and focusing on the pleasant scents.

Step 6: Clean Up

After your aromatherapy session, turn off and clean any equipment used. Store essential oils in a cool, dark place to preserve their therapeutic properties.

General Notes

Allergy Test

Always conduct a patch test with diluted oil on a small area of skin to check for allergic reactions before widespread use.

Ventilation

Ensure the room is well-ventilated during aromatherapy sessions to prevent irritation and potential overwhelming of the senses.

Consult Professionals

If you are pregnant, nursing, or have a medical condition, consult a healthcare provider before using essential oils.

