# **AROMATHERAPY USE**



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# Aromatherapy essential oils and how to use them Your

Aromatherapy & Pure Essential oils by Al and Penny Keay. Aromatherapy (therapeutic) is the practice of using the essential oil of a plant as an alternative medicine for your health and well being.

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#### **Aromatherapy The Balance Harmony of Body and Mind**

BERGAMOT Bergamot is a citrus-scented essential oil extracted from the Citrus Beragamia tree, a native of Southeast Asia, but can now be found primarily in Italy and along the Ivory Coast.

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#### **Aromatherapy With Essential Oils PDQ Patient Version**

Aromatherapy is the use of essential oils from plants to improve the mind, body, and spirit. It is used by patients with cancer to improve quality of life and reduce stress, anxiety, pain, nausea, and vomiting caused by cancer and its treatment. Aromatherapy may be used with other complementary

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## The Illustrated Encyclopedia of Essential Oils The

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#### **NAHA Exploring Aromatherapy**

The National Association for Holistic Aromatherapy is a 501(c)3 member based non-profit association devoted to the holistic integration and education of aromatherapy into a wide range of complementary healthcare practices including self care and home pharmacy.

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What's the "intended use"? Under the law, how aromatherapy products are regulated depends mainly on how they are intended to be used. FDA determines a product s intended use based on

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#### **Aromatherapy Safety**

Internal Use Statement AIA does not endorse internal therapeutic use (oral, vaginal or rectal) of essential oils unless recommended by a health care practitioner trained at an appropriate clinical level.

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## **Cats Essential Oils Aromatherapy Essential Oil**

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