



Aromatherapy: A Breakdown of Essential Oils & Their Uses

Emma Curtis

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Have you ever smelt something, like a pastry at a bakery or the perfume of a passer-by that made you nostalgic for some one, some thing, or some time? That's the power scent has on us. It can whisk us away to a tropical island in our own mind or even back to a memory of a simpler time. Aromatherapy uses the power of fragrance to help relieve stress, help with grief, and calm your nerves after a long day.

If you're new to aromatherapy, it can be tough to decipher all the different kinds of oils and production methods. That's why I've broken down the basics here! With simple charts, explanations, oil blends, and reference tables, you'll be able to pick the perfect scent for your needs in no time at all.

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