

### How Aromatherapy Can Be Used in Therapy:

🌿 Promoting Relaxation – Oils like lavender, chamomile, and frankincense help reduce stress and bring a sense of calm.

🍊 Boosting Mood & Energy – Citrus oils like orange, lemon, and bergamot uplift and refresh the mind.

🌲 Encouraging Grounding & Stability – Earthy scents like sandalwood, cedarwood, and vetiver provide comfort during deep emotional work.

💙 Supporting Emotional Release – Floral oils like rose, ylang-ylang, and clary sage can help process emotions with gentleness and self-compassion.

### Ways to Incorporate Aromatherapy in Sessions:

- Diffusing essential oils to set a calming tone.
- Inhaling a scent from a tissue or hands for instant relaxation.
- Applying diluted oils to pulse points for grounding and presence.
- Using scents with mindfulness exercises to deepen focus and emotional awareness.

### Where to Get Essential Oils

You can find high-quality essential oils at:

- 🛒 Health Food Stores & Wellness Shops
- 🌿 Online Retailers like Plant Therapy, Eden's Garden, or Rocky Mountain Oils
- 🏠 Specialty Brands like doTERRA and Young Living
- 🛒 Major Retailers like Whole Foods, Target, or Amazon
- 💊 Pharmacies & Apothecaries

Look for 100% pure, therapeutic-grade oils for the best results. 🌿💛