



## CLASS 13 | GET THE SCENT WORKSHEET

### TBH “Get the Scent” Aromatherapy Information Worksheet

**DIRECTIONS:** *The following worksheet provides information about the therapeutic uses of different aromatherapy oils. To try the oils, first pass the oil bottle or pad with the oil under your nose, so that you are able to smell the scent. If you find the scent pleasant and would like to experience it further, next try applying some of the oil to the inside of your wrist. For ongoing use, professionals recommend application of the oils to the soles of the feet, wrists, and additional pulse points. Food grade oils can also be added to water, teas or as ingredients in smoothies or other foods.*

OIL	THERAPEUTIC USES
Jasmine	<ul style="list-style-type: none"> <li>• Rejuvenates skin</li> <li>• Can improve and relax mood</li> </ul>
Lavender	<ul style="list-style-type: none"> <li>• Helps reduce stress, aids in relaxation</li> <li>• Boosts endurance and energy</li> <li>• Can be used to nurse cuts, bruises, or skin irritation</li> </ul>
Lemon	<ul style="list-style-type: none"> <li>• Maintains the health of the central and sympathetic nervous systems</li> <li>• Can improve and lift mood</li> <li>• Helps skin stay healthy</li> <li>• Can be used in food and water</li> </ul>
Lemongrass	<ul style="list-style-type: none"> <li>• Increases mental clarity</li> <li>• Benefits the circulatory system, high in antioxidants</li> </ul>
Orange	<ul style="list-style-type: none"> <li>• Offers high levels of antioxidants which may support cell function</li> <li>• Can improve and lift mood</li> </ul>
Peppermint	<ul style="list-style-type: none"> <li>• Potent digestive aid, soothes upset stomach</li> <li>• Supports liver function and respiratory health</li> <li>• Can induce feelings of fullness, reducing hunger</li> </ul>
Rosemary	<ul style="list-style-type: none"> <li>• Rejuvenates and energizes</li> <li>• May improve focus and reduce forgetfulness</li> </ul>
Thyme	<ul style="list-style-type: none"> <li>• Powerful antioxidant properties</li> <li>• Helps digestive and respiratory health</li> <li>• Often used in cooking, can easily be added to stews and soups</li> </ul>