



TOTAL BRAIN HEALTH FAIR STATION



MEMORY SCENTS

TBH Focus:

Body | *Live With Your Brain in Mind*
Spirit | *Keep Emotional Balance*

The TBH Science:

Aromatherapy—using scents for healing purposes—may sound a little New Age-y, but it's nothing to sniff at. Scientists believe that the aromas we inhale affect our brains directly and that certain ones can have very positive effects on our emotions, ability to concentrate, stress, and other aspects of well-being. Researchers are only beginning to study the possible power of specific scents, but according to some early studies, certain aromas may prove to be especially beneficial to brain health. In one trial, lavender not only helped people feel more relaxed, it also helped them complete math problems more quickly. Likewise, rosemary has been found to improve the speed and accuracy with which research subjects performed certain mental tasks. Citrus scents also appear to be rising brain-fitness stars: In separate studies, lemon, grapefruit, and orange have helped to put the squeeze on mood-killers like stress, anxiety, and depression, as well as enhance memory and improve cognition.

You Will Need:

- **An expert who is a professional aromatherapist**
- **Chairs for 10-15 people**
- **A table or other surface to accommodate samples of the scents the expert will be discussing**

How It Works:

The expert will do a presentation in which he or she will discuss the ways in which different scents can enhance memory and benefit the brain. Participants should be able to each sample the scents being featured.

Variations:

The expert can determine how in depth he or she should discuss each scent and science to support the potential impact of aromatherapy on brain health based on the ability of the participants.



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