

Aromatherapy Basics

- Aromatherapy has been around for thousands of years
- Aromatherapy is the use of essential oils from plants to enhance psychological and physical well being
- Essential oils are the aromatic part of the plant
- Inhalation and skin application are the most common methods of administration
- FDA regulation of essential oils
- Individuals are not required to be “registered” to practice aromatherapy in the United States
 - Practice is not standardized nor regulated

Aromatherapy Basics

Hongru Du



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