






Aromatherapy

Essential oils are concentrated plant extracts that retain their natural scent and flavor. They are used in aromatherapy (a healing practice that involves inhaling vapors to improve mood or health). Some studies suggest essential oils may help with anxiety, depression, and insomnia, while certain scents can directly influence mood and energy levels. Explore invigorating aromas and their associated health benefits below!

Essential Oil	Aroma	Health Benefits
 Peppermint	Crisp, refreshing	Increases alertness
 Lemon	Zesty, tangy	Uplifts mood
 Eucalyptus	Invigorating, clean	Eases fatigue
 Rosemary	Herbaceous, woody	Enhances focus
 Orange	Sweet, citrusy	Reduces stress