

# The Use of Essential Oils to Promote Health & Wellness

## 1. Three orientations to aromatherapy

- English
- German
- French

## 2. Three Essential Oils

- Lemon
- Lavender
- Peppermint

## 3. Examples of Carrier Oils

- Jojoba
- Olive
- Sweet Almond

## 4. Essential Oil Safety

### **EXTRA: Three approaches to Aromatherapy Intake**

<http://www.havanawellnessstudio.com/2015/01/31/three-sided-approach-to-aromatherapy-intake/>

### **Bibliography**

*Essential Oils Integrative Medical Guide* 2nd Ed, 2003 Author: D. Gary Young

*Natural Home Health Care Using Essential Oils* 1998

Author: Penoel, Daniel, M.D.

*Clinical Aromatherapy: Essential Oils in Healthcare*, 3rd Edition 2014

Author: Jane Buckle PhD RN

For studies and peer-reviewed literature on a specific essential oil search [Google Scholar](#) or [PubMed](#)