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abilities to heal, rest and recover
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vetiver. Christmas Blend – Fir
(Balsam, Douglas, white),
peppermint and vanilla absolute.
Holy Anointing Blend – cinnamon,
frankincense, myrrh (cinnamon is
a hot oil when used topically.
Always dilute it appropriately or
use in a diffuser instead of topical

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essential part of our integrative therapy initiative and has made a significant impact on the

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Methodist Family Birth Center patient population. What was the biggest barrier to making the change? The biggest barrier to making this change was creating and then gaining approval for the aromatherapy policy.

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Make all-natural inhalers that fit right in a bag or pocket – so

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benefit from the healing +

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essential oils in daily routines (such as during a shower or when cleansing your hands) to help ward off cold and flu viruses, and support immunity naturally.

[How To Protect Your Family from Colds and Flu Using ...](#)

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Aromatherapy is one of the most enjoyable complementary therapies, and essential oils are natural, concentrated home remedies for many everyday health problems. Use them in massage, baths, oil burners and vaporizers, compresses, steam

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Kym Douglas creates essential oil
sprays to help reduces stress,
improve sleep, boost immunity

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According to the National

Association for Holistic

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the following essential oils if

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have found us. My name is Elaine Howard and I am a Level 1 - Certified Aromatherapist and a Young Living Silver leader with a team of wonderful ladies with a lot of experience using essential oils in their homes ready to help you!

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At the major time of transition

that we call death, subtle

aromatherapy can be a comfort

and support to the dying person,

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their family friends and their carers. It is especially beneficial when physical treatment is no longer effective. The use of certain oils can help bring acceptance, tranquillity and even joy to the patient.

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Aromatherapy in Palliative and Supportive Care

The Rutaceae plant family also contains many other members, including some that are being used in aromatherapy and perfumery purposes; these include: neroli (orange blossom) (Citrus

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