

**Certificate in Integrative Palliative Care – 3**  
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**Week-07**  
**Lecture 59: Myths & FAQs: Aroma Therapy**

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Hello friends, this is the last lecture in aromatherapy and we will discuss about certain myths which are going around, they are relevant here and certain frequently asked question.

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## **PRELUDE**

Aromatherapy has gained significant attention in recent years, but with its rise in popularity comes a multitude of questions. To help provide clarity and promote a better understanding of aromatherapy, this section aims to address some commonly asked questions about the practice.

So firstly, we will just take on the myths. As you know now, aromatherapy has gained significant attention in recent years but with its rise in popularity comes a multitude of questions. To help provide clarity and promote a better understanding of aromatherapy, this section aims to address some commonly asked questions about this practice.

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### **Aroma Therapy**

#### **1. A Standalone Treatment?**

Frequently asked question is whether aromatherapy can be used as a standalone treatment for physical and mental conditions. While aromatherapy can have therapeutic benefits, it is important to remember that it is not a substitute for medical treatment. Aromatherapy should be viewed as a complementary therapy that can augment conventional medical approaches. It can enhance overall well-being, reduce stress, and promote relaxation, but should not be solely relied upon for serious health conditions.

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**Aroma Therapy**  
**2. Are Essential Oils Safe to Use?**

Another commonly asked question revolves around the safety of using essential oils in aromatherapy. Essential oils are highly concentrated plant extracts and should be used with caution. It is crucial to dilute essential oils properly before use, as direct application may cause skin irritation. Additionally, pregnant women, children, and people with certain medical conditions should exercise caution when using essential oils and seek advice from healthcare professionals before incorporating them into their routines.

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Essential oils are highly concentrated plant extracts and should be used with caution. Essential oils are highly concentrated plant extracts and should be used with caution. It is crucial to dilute essential oils properly before use as direct application may cause skin irritation. Additionally, pregnant women, children and people with certain medical conditions should exercise caution when using essential oils and seek advice from healthcare professionals before incorporating essential oils into your daily routine.

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Now, we'll just see the myths about aromatherapy, dispelling common myths, misconceptions.

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A slide with a white background and rounded corners. At the top, the text "Aroma Therapy" is written in bold, black, sans-serif font. Below it, the text "Dispelling Common Myths/ Misconceptions" is written in bold, black, sans-serif font. The main text reads: "With the growing popularity of aromatherapy also comes a fair share of myths and misconceptions. Let's take a moment to dispel some of these common misconceptions:". To the right of the text is a small image showing a glass bottle of pink liquid, a white mortar and pestle, and some purple flowers.

With the growing popularity of aromatherapy also comes a fair share of myths and misconceptions. Let us take a moment to dispel some of these common misconceptions.

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## 1. All Essential Oils Are Safe for Internal Consumption

- One prevalent myth suggests that all essential oils are safe for internal consumption. **In reality, most essential oils should not be ingested without guidance from a qualified aroma therapist or healthcare professional.** Ingesting certain essential oils can have adverse effects on the body and may interact with medications.

First myth is all essential oils are safe for internal consumption. Internal consumption not for external application that is the word. One prevalent myth suggests that all essential oils are safe for internal consumption.

In reality, most essential oils should not be ingested without guidance from a qualified aromatherapist or health care professionals. That means they are not fit for internal consumption. Ingesting certain essential oils can have adverse effects on the body and may interact with medications.

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## 2. All Essential Oils Have The Same Effect On Everyone

- Another misconception is that all essential oils have the same effect on everyone. While certain essential oils may have general benefits like promoting relaxation or enhancing focus, individual responses may vary. **Factors such as personal preferences, sensitivities, and overall health can influence the effectiveness of essential oils.**

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While certain essential oils may have general benefits like promoting relaxation or enhancing focus, individual responses may vary. Factors such as personal preferences, sensitivities and overall health can influence the effectiveness of essential oils.

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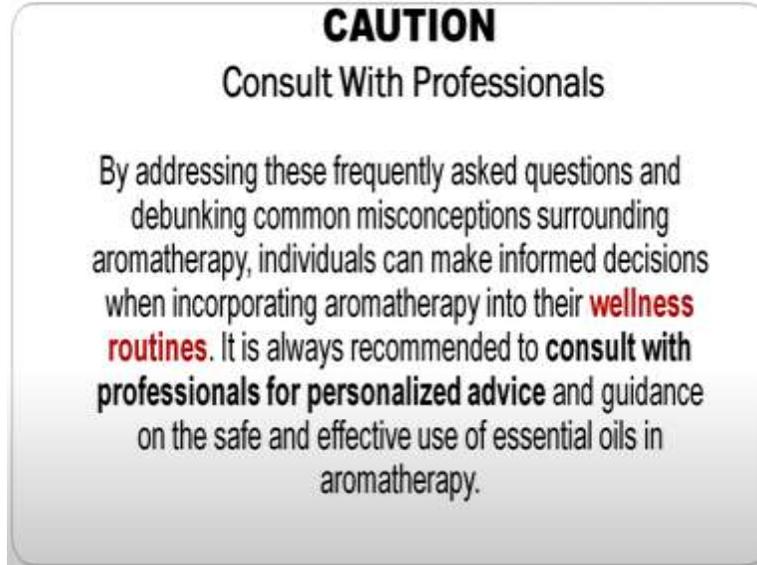
### 3. Effective If You Can Smell The Oils

- Lastly, there is a misconception that aromatherapy is only effective if you can smell the oils. **Although inhalation is a popular method of using aromatherapy, essential oils can also be absorbed through the skin during massage or topical application.** Aromatherapy works by stimulating the olfactory system and through direct absorption into the bloodstream when applied to the skin.

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Caution, consult with your medical professionals. By addressing these frequently asked questions and debunking common misconceptions surrounding aromatherapy, individuals can make informed decisions when incorporating aromatherapy into their wellness routines. It is always recommended to consult with professionals for personalized advice and guidance on the safe and effective use of essential oils in aromatherapy.

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Part two, certain frequently asked questions.

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## 1. How Does Aromatherapy Work On The Body?

- **Aromatherapy works on the body primarily through the inhalation of essential oils.** When inhaled, the molecules from these oils stimulate the olfactory system, which is responsible for our sense of smell. This stimulation triggers certain signals to be sent to the brain, including the limbic system which plays a crucial role in regulating emotions and memory.
- As a result, **Aroma Therapy can have a direct impact on our mood, stress levels, and overall emotional well-being.** Additionally, some essential oils have antibacterial or anti-inflammatory properties that can be absorbed through the skin when used in massage or bath products.

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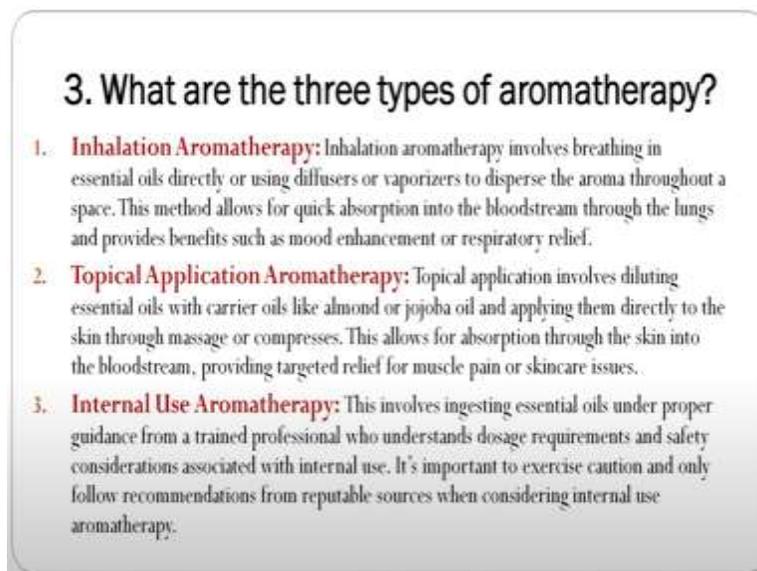
## 2. Does Aromatherapy Have Any Real Benefits?

- **Yes, aromatherapy has been found to provide various real benefits for both physical and mental health.** Research suggests that certain essential oils used in aromatherapy can help alleviate symptoms of anxiety and depression by promoting relaxation and reducing stress levels.
- **Some oils also possess antimicrobial properties that can help boost immunity or ward off infections when used appropriately.** In addition to their potential therapeutic effects on specific conditions, the pleasant scents of essential oils can create a calming and soothing environment, helping individuals relax and unwind.

Does aromatherapy have any real benefits or is it humbug? Yes, aromatherapy has been found to provide various real benefits for both physical and mental health.

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**3. What are the three types of aromatherapy?**

- 1. Inhalation Aromatherapy:** Inhalation aromatherapy involves breathing in essential oils directly or using diffusers or vaporizers to disperse the aroma throughout a space. This method allows for quick absorption into the bloodstream through the lungs and provides benefits such as mood enhancement or respiratory relief.
- 2. Topical Application Aromatherapy:** Topical application involves diluting essential oils with carrier oils like almond or jojoba oil and applying them directly to the skin through massage or compresses. This allows for absorption through the skin into the bloodstream, providing targeted relief for muscle pain or skincare issues.
- 3. Internal Use Aromatherapy:** This involves ingesting essential oils under proper guidance from a trained professional who understands dosage requirements and safety considerations associated with internal use. It's important to exercise caution and only follow recommendations from reputable sources when considering internal use aromatherapy.

Third frequently asked question, what are the three types of aromatherapy? There are three types. First is inhalation aromatherapy.

Inhalation aromatherapy involves breathing in essential oils directly or using diffusers or vaporizers to disperse the aroma throughout a space. This method allows for quick absorption into the bloodstream through the lungs and provides benefits and mood enhancement or respiratory relief. Second types is topical application of aromatherapy. Topical application involves diluting essential oils with carrier oils like almond or jojoba oil and applying them directly to the skin through massage or compresses. This allows for absorption through the skin into the blood stream providing targeted relief for muscle pain or skin care issues.

Third, internal use aromatherapy. This involves ingesting essential oils under proper guidance from a trained professional who understands dosage requirements and safety

considerations associated with internal use. It is important to exercise caution and only follow recommendations from reputable sources when considering internal use of aromatherapy, that is essential oils. Thank you friends.