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Smell Aroma Therapy (The next part of the Psychology Book)

Many studies have shown that the therapy, which is referred to as aromatherapy, positively
affects brain waves and alter behavior. But with that being stated, not all scents are affected human

physiology and action in the same way. Later on, in the essay, I will list some of the most common odors and how effective they are for a stress reliever. One of the most common scents is rosemary; rosemary is associated with the feeling of contentment and has been shown to affect performance and mood in a person positively. Therefore, it would maybe help some open up and have an overall better perspective if used in a therapy session. Rosemary has also demonstrated the ability to reduce cortisol levels, meaning that it can be the right choice for a de-stressing during the day when work needs to be done. The next one would be referred to as Lavender is associated with feelings of contentment, improved cognitive performance, and mood. Or in other words, it has shown other mild sedative and calming effects. Lemon is a scent that many researchers have said has demonstrated that this oil possesses an anti-depressant-type impact. This is very interesting to find out because when I think of lemon, it doesn't seem it would have that effect now; if we were talking about the color of a lemon. I could see how it could act as an anti-depressant because I think of a lemon I don't think of a smell; I feel about the color and yellow is a symbol of happiness (Elizabeth Scott page 1-5). As the research article by Kandhasamy Snowhararajan and Songmun Kim wrote about stated is that different fragrances will have many other influences on a person's brain, such as perfumes and room fragrances on the psychological activities of humans and that this has been around for many years. Its significance is gradually becoming more significant in the medicinal and cosmetic industries. The sense of smell plays a critical role in the physiological effect of mood, stress, and working capacity. "The aroma components from natural products have been used for mental, spiritual, and physical healing since the beginning of recorded history. In aromatherapy, fragrance substances (aroma/odor/scent) from various natural sources have been used to treat various disorders. Aromatherapy treatment is a natural way of healing a person's mind, body, and soul. Many ancient civilizations, including Egypt, China, and India, have used aromatherapy as a popular complementary and alternative therapy for more than thousands of years [1]. In traditional medicine and aromatherapy, and herbal medicine, essential oils, and fragrance compounds have been used to treat various psychological

and physical disorders such as headaches, pain, insomnia, eczema, stress-induced anxiety, depression, and digestive problems [2,3]. Various studies have revealed that olfactory stimulation through fragrance inhalation exerts various psychophysiological effects on human beings in recent years. There are various methods available to administer the fragrances in small quantities, including inhalation, massage or simple applications on the skin surface and, sometimes, they can be taken internally [4,5]”

(Sowndhararajan and Songmun page 1-2). This paragraph from their article shows in context how vital our smell sense truly is. How well aromatherapy works as a whole and that it has many uses has been proven to be very successful enough that it has been used throughout history for many years.

