



**HOLISTIC HEALING**  
HAWAII

## **Aromatherapy and Personalized Blends**

Aromatherapy is a holistic healing modality that uses natural plant extracts to promote health and well-being. The basic principle of Aromatherapy is to strengthen the self-healing processes by indirect stimulation of the immune system. Similarly, to what we remember of the past, using natural remedies can help ease symptoms, heal cuts, abrasions, and even more.

Aromatherapy works through the sense of smell and absorption of skin. Many people use it because it smells really good, but now we are more aware of its therapeutic and medicinal properties.

Essential oils are generally considered safe for people and animals. Essential oils have been found to help carry nutrients to the cells, which are also needed to strengthen the immune system. They are powerful antioxidants, provide immune support by helping to carry nutrients to our cells, tissues, organs, muscles, and linings which then help us stay strong and healthy.

Essential oils not only smell good, they strengthen the immune system and make you feel good (a positive attitude) all at the same time.

Aromatherapy offers a wide range of approaches, such as:

- Beautiful fragrances for our cosmetics
- Flavor agents in the food industry
- Room deodorizers in our home or work space
- Deeply penetrating therapeutic treatment in medical settings

### **How can Holistic Healing Hawai'i support you with Energy Healing?**

I will help formulate a custom blend for you based on the blend's purpose, using 100% pure essential oils, to achieve the desired outcome after use of the blend.

### **References**

- Pressimone, J., *Holistic Aromatherapy Comprehensive Guide: A compilation of aromatherapy education, research and recipes.*(2019) Jenn Scents,Inc., Clermont, Fla.
- JennScents Aromaversity: Essential oil & herb education.  
<https://jennscentsaromaversity.com/>