

# Practical Potions

## An Aromatic E Course

### Unit 3F

### How Essential Oils Effect the Brain



# Transformational Step

## Become a Magician of Mood:

### Exercise

#### Create Your Own Olfactory Scent Album



Choose five essential oils. Write down the name of each oil and evaluate and journal your mood, emotions, level of relaxation, drifting thoughts, etc. prior to inhaling.

Then sniff one oil at a time.

See if you have any change of mood, perception, thoughts or memories associated with each oil after sniffing.

Journal with your perceptions and reactions.

Evaluation prior to sniffing:

Oil 1:

Oil 2:

Oil 3:



Oil 4:

Oil 5:



Evaluation after sniffing:

Oil 1:

Oil 2:

Oil 3:

Oil 4:



Oil 5:



## Exercise

Do you have any scents associated with special occasions: Wedding Anniversary's, Christmas, Birthdays? If so what are they? How could you enhance these occasions with essential oils?

If you currently do not, what could you create?



# Transformational Step

## Potion for Home Scent

Scent your home space with essential oil and get rid of fake fragrances. Make every room of your home smell better.

### Exercise

Decide on three essential oils you love the scent of.

Choose one each for: your living room, workspace and bedroom.

Decide how to get this oil into the air in each room- (type of diffuser or spray bottle you will find).

Ensure the properties of the oil, (e.g. stimulating) reflect the need in that room. For example, the bedrooms might need to be relaxing, while your work space could perhaps be uplifting.

Document your recipes, proportions and evaluate how it worked. This knowledge will be useful for an assignment later in the program.

Living Room



Workspace

Bedroom

**Use this page to add your own notes.**

