The Use of Essential Oils to Promote Health & Wellness

1. Three orientations to aromatherapy
   - English
   - German
   - French

2. Three Essential Oils
   - Lemon
   - Lavender
   - Peppermint

3. Examples of Carrier Oils
   - Jojoba
   - Olive
   - Sweet Almond

4. Essential Oil Safety

EXTRA: Three approaches to Aromatherapy Intake
http://www.havanawellnessstudio.com/2015/01/31/three-sided-approach-to-aromatherapy-intake/

Bibliography

*Essential Oils Integrative Medical Guide* 2nd Ed, 2003 Author: D. Gary Young

*Natural Home Health Care Using Essential Oils* 1998
Author: Penoel, Daniel, M.D.

Author: Jane Buckle PhD RN

*For studies and peer-reviewed literature on a specific essential oil search [Google Scholar](http://www.havanawellnessstudio.com) or [PubMed](http://www.havanawellnessstudio.com)*