

# Week 1 Summary



- Clinical aromatherapy is the therapeutic use of essential oils from plants for the improvement of physical, emotional, and spiritual well-being.
- Essential oils can be derived from several plant parts, including leaves, seeds, roots, flowers, stems, rhizomes, berries, needles, bark, wood, and rinds.
- Since there are often different variety of plants, we always need to be sure which plant we are referring to. It is thus imperative that essential oils are identified with both the genus and species—also known as the botanical name. For example, the botanical name for one type of lavender is *Lavandula angustifolia*.
- Steam distillation and expression are the primary methods from which we obtain essential oils. Most essential oils are obtained by steam distillation. Do you recall that essential oils are 75–100% more concentrated than the plant from which they are obtained?
- Essential oil monographs give you a lot of information on each essential oil, including the botanical and common name, plant part and extraction method, characteristics, main chemical components, therapeutic properties, and safety considerations.
- Aromatic plants and plant oils have been used for millennia for medicines, perfumes, cosmetics, and culinary purposes. The term aromatherapy originated from Gattefossé in the 1920s.
- Evidence of the effectiveness of essential oils continues to grow with increased research, including studies done in clinical settings on the management of patients' symptoms.
- Aromatherapy can be implemented in any kind of healthcare setting.



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