

# Aromatherapy Awareness Week

8th – 14th June 2020



**Aromatherapy is the therapeutic application of essential oils. Essential oils are obtained from plants and, when processed correctly, contain potent chemical compounds each with their own proven therapeutic properties. Ancient history has provided us with anecdotal evidence of the therapeutic use of essential oils but, in the last few decades, increasing scientific research has evidenced their health benefits. Essential oils have the unique ability of working not just on physical conditions, but they can also have a positive effect on mental and emotional wellbeing. Today, aromatherapy is widely accepted by orthodox and complementary practitioners as one of the most comprehensive natural therapies.**



To find out more contact:

International Federation of Aromatherapists  
[www.ifaroma.org](http://www.ifaroma.org)

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