

# The Aromatic Office

By Candace Newman MAT, LMT

Whether our work place is a desk, an easel, or a room.... it's still about creating an inspiring environment to maximize our potential. Our workspace is meant to be enjoyed. Kahlil Gibran defines "work" as "love in action." Thinking and creating are important elements, as well as being calm and feeling balanced while making decisions. The healthier we are, the better we can perform. Sounds like essential oils were made to order for this job. Their smell affects our mental state and their antiseptic qualities effect our physical health. The mind and the body are a miraculous team, and deserve only the best essential oils.

When I was the Executive V.P. of a real estate firm, I kept a Lavender Mist and a little bottle each of Lavender and Peppermint in my desk drawer. Lavender helped with the overwhelming feelings of stress. Peppermint came in after lunch for the heavy-head feelings. Different times of the day, call for different aromas.

Many studies show that essential oils can increase concentration, improve creativity, and decrease errors and sick time. Then there is the sheer comfort and joy of being surrounded by the life-enriching aromas you love.

Comfort is the key word here. This involves feeling sharp-minded, creative, calm and balanced. The added benefits of essential oils to our workspace go beyond words. I can not do them justice. Smell and know. Make your work space an oasis of aromas. You will never be the same.

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**Things You Can Do:** Make your work place an oasis with a room diffuser and high-grade essential oils. Lavender Mists and cotton balls are also part of the joy.

1. Choose a room diffuser that is low maintenance. Some are difficult to clean or have glass parts that can break easily. The small, light, and simple-to-use ones that blow air are often the best choices. A clay pot with 1-2 drops of oils (added as needed,) is a nice touch on your desk or in the drawer.
2. Keep a Lavender Mist (or another you prefer) on your desk for a breath of fresh air. Lavender is from the Latin word "Lavare" which means, "to wash." So mist/wash away the dross of the moment and feel the emotional shift. You might want to have a calming and a stimulating mist. Peppermint is also a good choice.  
**The Art of Misting:** make big circular clouds above you head and come down into your face. Closely mist the back of you neck. Close your eyes and breathe deeply. It is amazing every time how refreshing and comforting this is, and it is so simple.

3. Select at least one calming and one stimulating oil that you really enjoy. If they make you feel good by smelling them, you've made the right choice. Breathe deeply (4-5 breaths should do it) right from the bottle when you need some big help quickly.
4. Put 1-2 drops on a cotton ball for the drawer. You can also tuck the cotton ball in your pocket close to you lungs and heart. A skirt or pants pocket will also do.

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**Frequently Asked Question:** Some smells are offensive to some people. How can I know what to use in an office situation?

Aromas demand that we honor the individuality in each of us, because each nose-brain response causes a unique emotional response, and often a memory along with it. It is very important to choose pure high-grade essential oils, to avoid allergic type reactions. Many aromatherapy products contain toxins and have been altered from their pure state. This is often the cause of allergic reactions and negative responses to aromatherapy products. Stay away from Potpourri and candles, unless the candles are 100% beeswax with pure essential oils.

There are well over 400 kinds of essential oils. The most universal one, whose aroma is pleasurable to the greatest number of people, is Lavender. It is known to be a balancer to the central nervous system. I also suggest Orange, and/or Lemon. These are pleasant aromas to most people. Go light and gentle. Remember: First do no harm.

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**Storyteller:** We have very positive results using Lavender and Orange in our dental office. One morning I was looking for the Lavender to start the diffusers. I went into the dentist's office to ask if he knew where it was. There he was, sitting at his desk, with the Lavender bottle in his hand. He said paying bills was stressful, and sniffing Lavender helped smooth the process. Dental Assistant, Florida

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