

# Aromatherapy Tracker



Pick 5 occasions in the next week and give Aromatherapy a try. Use the handout for some examples. Simply list the scent and a brief description of when it was used. You can certainly stick with one scent or try several. If you don't mind to spend a little money, try purchasing a warmer for essential oils. Warm something like lavender in the evening before bed and see how you and your family respond. Try an essential oil in the morning to get you and your family going. How about establishing a new morning routine; essential oils along with some great music rather than the news first thing. See if changes like this make a difference in your morning.

Date

Scent

Occasion Used

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