

AromaStick Relax



A relaxing scent to help you cope with everyday pressure

Ingredients: Organic Lavender Oil, Organic Mandarin Oil, Organic Vetiver

Stress is a natural reaction of the mind and body to anxiety and pressure. Sometimes it is good just to sit back and take a deep breath.

Stress is an adaptive response to our environment and our perception of it, whether it is the result of something that happens at home, school, or work. Stress is expressed in large part through the limbic system, which is responsible for mood, emotion, memory and homeostatic balance (Herman et al, 2005). While intermittent stress, particularly in healthy individuals, does not pose a health risk, prolonged, heightened levels can lead to adverse effects in the body (Schneidermann, et al., 2005) and requires attention by a trained professional. Untreated, repeated stress can interfere with regular homeostatic (hormonal) mechanisms and make future stressful events harder to regulate (Schmajuk, et al. 2007). Most anti-stress techniques start with breathing exercises; e.g. by taking a deep breath, then holding it for a moment, before consciously exhaling in a slow and controlled manner, and research has shown that this method can be improved when used together with scents (Schneider, 2016).

Scents, much like stress, have a direct influence on the limbic system. This is due to our sense of smell's direct link to the brain, which has the evolutionary importance of informing an organism of changes in the environment (Boron 2012). Thanks to this direct link, scent signals are processed within 150-200ms (Olofsson, 2014) making the olfactory route just about the fastest method to trigger the brain, and ideal for dealing with minor stress in everyday situations.

The AromaStick Relax contains a blend of oils which help soothe, relax and restore positive thinking, whether it is used as a standalone or as a way of enhancing an alternative method.

Lavender oil and its effects of inhalation on mood and wellbeing has been studied extensively and the conclusion is that lavender oil produces a relaxing and calming effect, reducing everyday stresses and pressures with effects that are not only psychological but also physiological. Even brain scans reveal lavender's sedative effect (Diego et al. 1998), with other studies showing inhalation of lavender can potentially alleviate insomnia and benefit patients with depression (Buchbauer et al. 1991, Lee & Lee, 2006).

Vetiver oil is distilled from the roots of a scented grass, which is cultivated throughout tropical Asia. In aromatherapy, it is generally used to treat exhaustion, insomnia and stress while in the Far East, vetiver oil is also used for its sedative effect (Lawless 1995, Thisayakorn 2003). Animal studies have confirmed that inhalation of vetiver oil produces a calming effect, reducing motility (ability to move spontaneously and actively) when compared to controls (Cheaha et al. 2016, Thisayakorn 2003).

Mandarin oil is not traditionally known for its relaxing properties, yet studies have suggested that the inhalation of citrus scent can have a significant impact on physiological stress symptoms, with research indicating an ability to restore stress-induced immunosuppression and homeostatic balance (Komori et al. 1995, Johnson et al 2016). Several studies also show that limonene, which is present in mandarin essential oil is capable of reducing levels of physical and psychological stress (de Almeida et al. 2012, Lima et al. 2013).

The effectiveness of scents, however, is not just down to the essential oils used. In fact, effectiveness highly depends on molecular concentration in the inhaled air (Buchbauer et al., 1993). The release of odors into ambient air via a diffuser will lead not only to a small amount of therapeutic odor molecules being inhaled, but also to rapid habituation due to constant exposure. As a result, any positive effects there might be are lost or greatly reduced (Chaudhury 2010). When working with scents therefore, an important aspect lies in the delivery method. This is where the AromaStick comes in: it delivers scents in a high molecular concentration directly to the nose, while greatly reducing exposure time. This has the additional advantage in that it forces the user to sniff, which is important for transporting scent molecules to the epithelium in the nose, the region where we “smell”. At the same time the exposure time is kept to a minimum to avoid habituation. This makes AromaSticks 300% more effective than a scent released into ambient air (Schneider 2016).

Popular indicators for stress are increased blood pressure and heart rate. Research shows that the AromaStick Relax, delivered directly to the nose, can drastically reduce these stress-related biomarkers. Sniffing on an AromaStick Relax just three times over a period of 10 minutes was shown to reduce systolic blood pressure by 17 mmHg (millimeters of mercury), diastolic blood pressure by 7mmHg and heart rate by 7 beats per minute. The levels reached were far beyond what was achieved with other popular methods including passive resting, progressive muscle relaxation, Bach flowers and room scents (Schneider 2016).

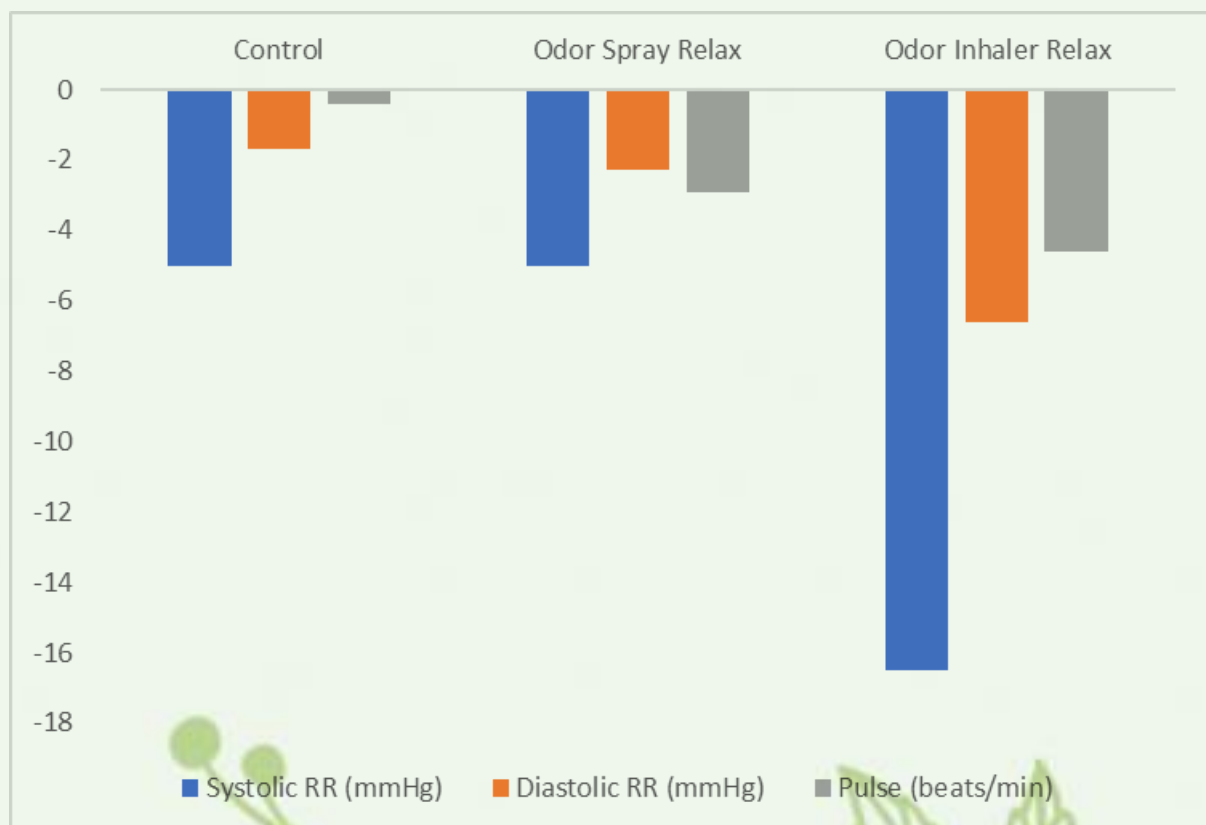






Figure1. Mean changes in cardiovascular parameters after 10 minutes of intervention. Original data and figures [Schneider 2016]

The AromaStick Relax is ideally suited to address everyday stress quickly and effectively and to help relax mind and body during or after a busy day.

AromaStick natural inhalers are not medicines and are not intended to be used in place of medicines to treat, alleviate or prevent a health problem or an illness. The purpose of this product information leaflet is solely to provide an introduction to the AromaStick and the essential oils it contains. AromaStick natural inhalers are intended to improve wellbeing in healthy individuals.



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