Sweetie Consulting

Your Conscious Living Resource

# Aromatherapy

Review Worksheet

**Answer the following**

1. What is aromatherapy?
2. What has aromatherapy been used for in the past?
3. How does aromatherapy work with the olfactory system?
4. How does essential oils work when on the skin?
5. What cultures have used essential oils in the ancient past?

**True or False**

1. The 2 layers of the skin are the epidermis and the dermis.
2. Absorption is the function of the skin involved in aromatherapy.
3. It is recommended to drink essential oils at least 1 time per month.
4. For dry eyes you should use 3 drops of lavender essential oil in 1 oz. water and drop it into the eye twice a day for 6 months.
5. The best essential oils to use on a new born baby are chamomile, and lavender
6. It’s perfectly fine to use peppermint oil on pregnant women.
7. The best essential oil for long drives is clary sage.
8. Sage is the best oil for high blood pressure.
9. Lime essential oil for high blood pressure.
10. To preserve essential oils put them in a cool dark place.

**Answer or complete the following**

1. What are the 3 categories of essential oils?
2. Which essential oil is an antiseptic and anti-viral?
3. Which essential oil is and anti-septic, antimicrobial, antibacterial, and antifungal?
4. What are the 3 things to look for when purchasing essential oils?
5. Essential oils will keep blends with lotion and creams last \_-\_ months.
6. Pure essential oils will last \_ years but with proper care \_ years are possible.
7. Store essential oils in the \_\_\_\_\_\_\_\_when possible.
8. What is the blending ration for essential oils to carrier oils for oil blends?
9. Name things peppermint oil is good for.
10. Which carrier oil has a slow to spoil rate and absorbs quickly and is good for sensitive skin?