



What Can you Expect from Your Aromatherapist?

By Shoshana Church

I am so excited to start my journey of Aromatherapy. I accomplished certification in Foundations of Aromatherapy and am working toward certification in Aromatic Scholars. What does all this mean? It just means that with a foundation of understanding the chemistry of the oils and how to assess a client's concerns, a recipe can be made in the form of an oil to diffuse, a salve, a cream, a lotion, etc. I think it's important to make it clear what you can and can't expect from your Aromatherapist.



WHAT AN AROMATHERAPIST DOES:

First, understanding that certain habits and activities are necessary for good health such as drinking adequate amounts of water ($\frac{1}{2}$ your body weight in ounces daily), exercising 30-60 minutes a day, sleeping 8 hours every night and getting adequate amounts of fresh air and sun and proper nutrition all contribute to health and wellness. Other natural modalities that include the use of essential oils, homeopathic formulations, herbs can be shared to further aid in health and wellness.





WHAT AN AROMATHERAPIST DOESN'T DO:

An Aromatherapist is not able to diagnose disease. Diagnosing is done by medical professionals who are licensed to practice medicine. The therapist can evaluate a client and can identify possible causes for imbalances but cannot diagnose.



The Aromatherapist should have the knowledge to empower the client to achieve improved health by directing efforts toward imbalances caused by poor sleep, poor nutrition and other negative lifestyle habits. Your therapist should be able to recognize when natural healthcare is indicated. They should always refer to the clients primary care provider for an accurate diagnosis.



An Aromatherapist cannot “treat” disease. The role of the therapist is to be able to share information that empowers clients to take control of their own health and wellness. An Aromatherapist cannot prescribe drugs or pharmaceuticals. They are able to educate about the use of oils, herbs and other natural remedies.



WHAT DOES THIS MEAN SINCE I AM A MEDICAL PROVIDER?

Since I practice medicine in the state of Illinois, I am able to diagnose and treat following standard evidence based guidelines. The difference as an Aromatherapist is I am not able to treat health concerns with essential oils or other holistic products because they are not FDA approved and therefore can not be used to treat disease processes.



LAVENDER