

## Aromatherapy Tip of the Week - #02

January 29, 2008

### The Smell is gone, what happened?

Everyone loves to smell essential oils. In fact, the first thing many people do, is open the bottles and take a long smell. Although this is not the proper way to smell an essential oil, it is a fairly common practice.

Diffusing essential oils can make for a very pleasant and wonderful smelling room, but if you put too much oil into the air pretty soon you can not smell them.

The oils are still in the air - cleaning, disinfecting and scenting, but if you stay in the room you may no longer smell the oil.

What happened? Well, your body and olfactory sensors have become accustomed to the smell. You have what is called 'Olfactory fatigue'. The olfactory senses have blocked the smell of that particular scent.

To smell the scent again you will need to 'reset' your sense of smell. Simply leave the room for 15-30 minutes - step out doors and get some fresh air if possible.

When you reenter the room you will smell the scent again. If not, maybe you do need to add more essential oils to your diffuser. If you do smell the scent, realize that within an hour or so, sometimes less, your body will again block the smell and you will think the oils are all gone.

So, there is nothing wrong with you, just your sense of smell getting used to the scents.

Don't add more scenting if have you do the "leave the room " test and you smell the scent again as then you can have the potential to overdose or over use the oils. Just realize they are there but you just can't smell them (unless you leave the room and reenter later).

The essential oils are still there doing their thing whether it be for physical, psychological or spiritual needs.

Aromatherapy Tip of the Week

Presented by Birch Hill Happenings Aromatherapy, LLC

Copyright 2008