



**PSYCHO-INTUITIVE SCENT MAPPING™:  
EMOTIONAL HEALING THROUGH  
AROMATHERAPY GUIDANCE**

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# AGENDA

- Setting intentions
- Historical practices
- How psycho-intuitive scent mapping works
- Explore connection between olfaction & triggered emotional responses
- Learn how scent mapping uses essential oils to reveal & release emotional blocks
- Identify key EOs that promote emotional stability, resilience & deep healing
- Emotional sensitivity assessment



# SET INTENTIONS

- Aromatherapy begins with connection
- Deepen your awareness with each breathe!
- Grab a scent intuitively & smell it
- Listen to its messages
- What thoughts, feelings & emotions come forth?
- Where is it connecting in your body?
- Physiological check in
- Psychological check in
- Breathe as scent grounds & roots you in your soul



A watercolor illustration of various green leaves and branches, some with yellowing or brownish tips, framing a central rectangular area. The leaves are rendered in soft, painterly strokes, creating a natural and serene atmosphere. The central area is a light, textured beige color, and the text is centered within it.

**REFLECTING ON THE PAST**

# SCENT INTUITIVE HISTORY

*“It’s not the mountains we conquer, but ourselves.” - Sir Edmund Percival Hillary*

- Biblical references – spiritual connection
- Egyptians used aromatic oils in embalming, religious ceremonies & medicine – considered magical & spiritual practices brought in by Gods (prayer with medicine)
- Avicenna made significant contributions with etiology of olfactory loss & neurological health deficits – brain-smell connection
- Greeks expanded concept of “psychology of smelling” – connection to health distress
- Plato wrote about intuition & health in several papers
- TCM & Ayurveda medicine balance disharmonious energy flow



A watercolor illustration of various green leaves and branches, some with yellowish-green tints, framing a central rectangular area. The leaves are rendered with soft, blended colors and delicate brushstrokes, creating a natural, organic border. The central area is a light, textured beige color, and the text "EMBRACING PRESENT TIME" is centered within it in a bold, black, sans-serif font.

**EMBRACING PRESENT TIME**

# WHAT'S PSYCHO-INTUITIVE AROMATHERAPY?

## What is it?

Combines clinical psychospiritual aromatherapy + intuitive insight.

## How does it work?

Assesses, releases & recalibrates emotional patterns through scent responses (scent is your medium).

## Who is it for?

Empaths, health & wellness pros, holistic healers to gently go deeper into emotional, trauma & mindset work.

The nose knows what the soul is afraid to speak



# LIMBIC SYSTEM, OLFACTION & EMOTIONAL RESPONSE CONNECTION

- Journey of physical scent activation
- Olfactory Sensory Testing® activates limbic system
- Olfactory bulb: Scent ID
- Amygdala: how do you feel
- Hippocampus: scent triggered memories/emotions (work on 1st one that come up)
- Hypothalamus: non-judgment assessment - where you feel emotions in body



# LIMBIC SYSTEM ACTIVATION VIA PSYCHO-INTUITIVE RESPONSES

- Journey of energetic essential oil activation
- Intuitive connection (prejudgment)
- Scent energetics: each oil carries vibration frequency, match up to your frequency & desired goal
- Subtle, gentle & deep healing (trauma-informed)
- Helpful with hypersensitivity & contraindications



# SCENT ENERGY CONNECTION EXERCISE

EO Smell or Muscle Test	Rating (1-10)	General Feelings	Your Thoughts (mindset blocks) & Emotions (trapped)	Where you feel it in your body
EO #1:				
EO #2:				
EO #3:				
EO #4:				
EO #5:				



## SCENT ENERGY CONNECTION EXERCISE

### (real case client –virtual energy clearing session)

EO Smell or Muscle Test	Rating (1-10)	General Feelings	Your Thoughts (mindset blocks) & Emotions (trapped)	Where you feel it in your body
Lemon	9	Joy, Light	Happy, joy	Left shoulder
Lavender	2	Balance, calm	Grandma (mom's mom)	Left arm tingling
Cinnamon	4	Comfort, inner fire	Mom gardening	Chest – lungs / high heart
Oregano	8	Hot, guarded	Feel defensive but it'll be ok	Throat
Eucalyptus	7	Clear, open	Always pushing through	Esophagus



# SCENT ENERGY CONNECTION EXERCISE

EO Smell or Muscle Test	Rating (1-10)	Intuitive Guided Scenterpretation
Lemon	9	Lights you up, left side (shoulder) related to female – where are you carrying emotional weight
Lavender	2	Is there a negative connection w/grandma -adding to emotional weight? Left arm tingling could be grandma coming in to visit spiritually
Cinnamon	4	Grief connection (chest/heart) w/mom – “she loved gardening more than me”, but also bringing comfort (she’s rejecting)
Oregano	8	Feel defensive, guarded but strong/ready in voicing opinion & standing up for self (throat)
Eucalyptus	7	Feel way back after wave, but I'm resilient because I understand my strength (esophagus, digestive issues)

*7-10: open/receptive | 4-6: close to be open/allowing | 0-3: Closed, not ready...yet*

# PSYCHO-INTUITIVE SCENT MAPPING

- Trackable navigation tool used to map a client's emotional journey based on their scent & scent energy reactions – let's story unfold
- ID patterns of discordance causing roadblocks, deep wounds & unhealthy behaviors (behind root issues)
- Strengthen personalized blends client custom blends
- Acts like an emotional GPS to guide healing sessions – stand-alone & integrative in coaching/therapy sessions

*The way to soul healing is by releasing burdens & recalibrating to your light.*



# HOW TO USE PSYCHO-INTUITIVE SCENT MAPPING FOR EMOTIONAL RELEASE

## 4 core steps

1. **Scent response reading:** client smells EOs or energetically assesses (muscle testing)
2. **Emotional dialogue:** deciphering inner messages coming forth via intuitive questioning in a scent readings, journaling & affirmations
3. **Create custom holistic protocol:** EO blends, herbs, flower essences, lifestyle upgrades
4. **Weekly/monthly check ins:** to track progress & make adjustments

*EOs reveal, release, and recalibrate emotional blocks.*



# Follow along



Scan for the Psycho-Intuitive Scent Map

## PSYCHO-INTUITIVE SCENT MAPPING

DATE: \_\_\_\_\_

LEFT

Notes \_\_\_\_\_

RIGHT

Notes \_\_\_\_\_

✓ Top Organ Systems

- HEART (LOVE) →
- LUNGS (GRIEF) →
- STOMACH (NOURISHED) →
- SPLEEN-PANCREAS (JOY) →
- GALLBLADDER (RESPECT) →
- LIVER (ANGER) →
- SMALL INTESTINE (OVERTHINKING) →
- LARGE INTESTINE (WORRY) →
- BLADDER (DRAINED) →
- KIDNEY (FEAR) →
- CIRCULATION - REPRODUCTIVE (WORTH) →
- TRIPLE WARMER - METABOLISM (COMMUNICATION) →

EO Rating	List EOs	Organ & Notes
10		
9		
8		
7		
6		
5		
4		
3		
2		
0-1		

# IDENTIFY & MATCH KEY EO SIGNATURES & EMOTIONAL PERSONALITY ARCHETYPES

- Understand roles & personalities
- SWOT assessment
- Physiology & Psychology intersection



*Scent promotes emotional stability, resilience & healing.*

# UNDERSTANDING EO PERSONALITIES & THEIR ROLE

- Behavioral Traits & Characteristics that drive responses & reactions in a particular direction
- Functionality on every level – physical, mental, emotional, energetic, spiritual, environmental
- Defend, protect, attract, repel, unite



# MATCHING EOS TO EMOTIONAL ARCHETYPES - S.W.O.T.

- Strength: maintain
- Weakness: connect, reveal, release & recalibrate weak areas
- Opportunities for balance
- Threats -what's in the way of allowing balance to happen (resistance & roadblocks)



# PHYSIOLOGY & PSYCHOLOGY INTERSECTION

- Understand physiology helps you identify location of trapped emotions
- Psychology helps you understand the emotional pattern of why its stuck there
- Terrain state assessment - degree of support
- Strengthens kinesiology – muscle testing & intuitive guidance



## SCENT ENERGY CONNECTION EXERCISE

EO Categories <i>(general guidance)</i>	Physical	Psyche	Intuitive Connection - <i>(personalized - who's is it; messages)</i>
Citrus: lemon	Immune	Clarity	The person keeping you stuck, defensive, feeling attacked
Flowers: rose	Heart	Grief	Grief event rumination; heart palpitations
Herbs: marjoram	Muscles	Calm joy	Trapped emotions in certain area causing spasms
Spices: cinnamon	Circulation	Comfort	Conditioned memory response - fear with anxiety
Trees: cedarwood	Skin strength	Inner strength	Unhealthy belief – doubt, worth vs. own strength
Left sided: related to female energy		Right sided: related to male energy	

Where they feel certain feelings & emotions tells you where it is buried.  
Cross reference with organ emotions & left/right side.

## PSYCHO-INTUITIVE SCENT MAPPING

DATE: \_\_\_\_\_

LEFT

Stomach-lemon, cedar,  
marjoram

RIGHT

abdomen/liver-rosemary, eucalyptus

✓ Top Organ Systems

- HEART (LOVE) →
- LUNGS (GRIEF) →
- STOMACH (NOURISHED) →
- SPLEEN-PANCREAS (JOY) →
- GALLBLADDER (RESPECT) →
- LIVER (ANGER) →
- SMALL INTESTINE (OVERTHINKING) →
- LARGE INTESTINE (WORRY) →
- BLADDER (DRAINED) →
- KIDNEY (FEAR) →
- CIRCULATION - REPRODUCTIVE (WORTH) →
- TRIPLE WARMER - METABOLISM (COMMUNICATION) →

EO Rating	List EOs	Organ & Notes
10		
9	Cinnamon, orange	Throat
8	Lemon, Cedar, Marjoram	Stomach all Left side
7		
6	Rosemary, Eucalyptus	Right side abdomen
5	Oregano, Rose	Top of head
4		
3	Lavender, Pine	Kidneys
2	Patchouli	Solar plexus
0-1		

# SCENT MAPPING APPLICATIONS FOR EMOTIONAL RELEASE

- Inhalation: open or closed room
- Pulse point trigger release: emotional vibration release
  - hands over body system areas (running energy to these areas)
- Organ application: apply on emotion location, acupoint therapy
- Lymphatic drainage, craniosacral, gua sha
- Whole body: general support & circulation
- EOs emulsified in a carrier



# EMOTIONAL SENSITIVITY ASSESSMENT

- Emotional hypersensitivity – what can they handle
- Experience level & where they are in the emotional healing process
- Dilution matters - more is not better
- EO choices matter: assess terrain, direction of support needed & how much support is needed to balance energy
- When to use subtle EO energetics instead of physical scent activation (i.e. kidney damage, baby, pregnancy, hypersensitive)



# CASE STUDY REVIEW



Scent Science, Spirit, Soul & Intuition

# CASE STUDY: FROM ANXIETY & EMOTIONAL SHUTDOWN TO CONFIDENCE & JOY

- Client Concerns: anxiety, withdrawn, non-functioning socially
- Highly emotionally sensitive – emotional release crying occurred during session
- Scent Map: using olfactory sensory testing® method
- Citrus: disconnected & could not smell (disassociated from joy ability (who is this related to)
- Trees: felt heavy in chest (not allowing full breath to move through emotional block - who/what is stopping you); drawn to elemi
- Spices: brought warmth to the heart & solar plexus; cinnamon was their top rated EO
- Flowers: brought comfort, inner strength & belief in self (particularly neroli & roman chamomile)



## SCENT ENERGY CONNECTION EXERCISE

EO Smell or Muscle Test	Rating (1-10)	General Feelings	Your Thoughts (mind blocks) & Emotions (trapped)	Where you feel it in your body
Neroli	9	Happy	happy, believe in myself	Stomach
Lavender	2	Someone who made me	Sad (deficient liver), no joy but OK	Head behind eyes
Cinnamon	9	Things I need to get done	energy moving in body, comforting	Stomach & heart
Roman chamomile	8	I am blessed, strong willed	being hugged, nice, comforted	Throat
Eucalyptus	3	My grandpa – mean	unworthy, anxious	Nose /ears
Marjoram	2	Taken advantage of	angry (excess liver), shaking	Top of shoulders
Elemi	8	Somehow always make it through	question my capability, confidence	Heavy in chest
Frankincense	7	Uneasy, disconnected	Anxious	Heavy in chest (strong)

## SCENT ENERGY CONNECTION EXERCISE

EO (OST rating)	Drops / 10mL roll-on (3-2-1 blending)	Reason
Neroli (9)	2	Connecting heart
Cinnamon (9)	3	Comfort, warmth
Roman chamomile (8)	3	Nurturing intuition, inner voice
Elemi (8)	2	Strength & connection
Frankincense (7)	1	Connection
Patchouli (7)	1	Release
Lemon (-)	1	Light the way
Sunflower oil	10mL	Gentle, look to the sun & light

Results: less anxiety (especially when socializing), more motivated and engaged in daily activities, open to repairing a family relationship (open to forgiveness)



# SUPPORTIVE HEALING MODALITIES

- Journaling about emotions, feelings, thoughts & memories that come up to deepen ability to release emotional pattern
- Prayer & Meditation - affirmations
- Herbals, flower essences, hydrosols, tinctures, teas
- Yoga, Pilates, somatic exercises
- Reiki, acupressure, acupuncture, massage, reflexology & energy work



# KEY TAKEAWAYS



## REFLECTION EXERCISE: CREATE YOUR SCENT MAP

- What 3 scents do you love today? Dislike?
- What thoughts, feelings, emotions & memories come up?
- Where do you feel it?
- Journal about those emotions? Can you recognize any patterns of behaviors keeping you repeating the same habits.
- What are these triggered journaling responses saying you need to release and embrace to shift your inner emotional landscape?



# BRIDGING EMOTIONAL SCENT MAPPING INTO YOUR PRACTICE

- Use in coaching, therapies, energy & bodywork, daily self-care
- Connection calls with clients & potential clients
- Integrative tool: Pair with EFT, guided imagery, meditation, yoga & somatic release
- Custom blends & product development

*Map the emotional journey - ID mile markers, triggers, conditioned behaviors, inherited traits...Release & Recalibrate*



# INSPIRATION

- Emotions leave energetic imprints & scent can uncover them
- A scent map to help guide personalized emotional healing - deep but gentle
- Trust your intuition - your scent responses deliver important messages
- Scent is an integrative spiritual & scientific tool – ancient wisdom backed by modern science

*Where you've been connects you to where you are going.*



# GRATITUDE

- Grateful for opportunity to share psycho-intuitive scent mapping method for emotional release – important to expand the way we heal mental & emotional health
- May you continue to be blessed and bless others in your life
- Continue your inner work so you can shine deeply, fully & brightly





**PREPARING US FOR THE FUTURE...**

**THE NEW WAY TO ACHIEVE  
EMOTIONAL WELLBEING  
IS IN YOUR HANDS.  
YOU HAVE THE ABILITY & CAPACITY  
TO DO ANYTHING...SMALL OR BIG.**

# RESOURCES

QR Code for  
JSA Free Aromatherapy Resources



Scan for the Psycho-Intuitive Scent Map



# THANK YOU

Jennifer H. Pressimone

Work with me: [JennScents.com](http://JennScents.com)

Learn with me: [JennScentsAromaversity.com](http://JennScentsAromaversity.com)

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Aromatic blessings as you continue your  
psycho-intuitive journey!