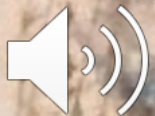




Guided Imagery

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An Aromatic Journey from California's Desert to the Coastline

A NAHA Digital Presentation

for

Beyond Aromatics Aromatherapy Conference

Tampa, Florida

2025

Guided Imagery

Guided imagery is a mind-body technique that involves intentionally creating mental images to promote physical, emotional, and psychological well-being.

- **Engages all five senses:** sight, smell, sound, taste, and touch.
- **Highly customizable:** Scripts are tailored to the individual's goals, setting, use of music, the narrator's voice, and personal preferences.
- **Purpose:** To induce a relaxed, focused state that supports stress reduction, healing, improved performance, better sleep quality, and reduced anxiety.

Guided Imagery: Cautions & Considerations

Guided imagery is generally very safe. However, individuals with a history of psychosis or any other mental illness that prevents them from differentiating reality from imagination should not use guided imagery. In addition, those who have experienced trauma should only use guided imagery with a skilled licensed therapist. Please note that guided imagery should never be used in place of necessary medical care.

Setting The Stage for Guided Imagery

- Choose a quiet, interruption-free space
- Turn off cell phones and TVs
- For **Virtual Olfactory Guided Imagery™**, sit comfortably
 - with both feet on the floor and aromatics within reach
- Take your time—don't rush the process

Essential Oils Needed

The Journey from California's Desert to the Coast

In order used:

White Sage Hydrosol

Sage (*Salvia officinalis*)

Bergamot (*Citrus bergamia*)

Patchouli, India (*Pogostemon patchouli*)

Ylang-Ylang (*Canaga odorata*)

Rose Hydrosol (*Rosa damascena*)

Blue Gum Eucalyptus (*Eucalyptus globus*)

Bay Laurel (*Laurel nobilis*)

Rosemary Verbenum (*Rosmarinus officinalis*)

Peppermint (*Mentha x piperita*)

Anza-Borrego Desert State Park

- Located within the Colorado Desert of Southern California.
- Largest state park spanning 600,000 acres of desert terrain.
- Is the first international Dark Sky Community in California, making it spectacular for stargazing.







Ocotillo

Fouquieria splendens



In Spanish Ocotillo translates into “little torch”

White Sage

Salvia apiana

White Sage is deeply rooted in the cultures and lifeways of the Indigenous communities of Southern California and Northern Baja, the only region where white sage naturally occurs in the world.



White Sage Hydrosol (*Salvia apiana*)

California Sagebrush

Artemisia californica

- A highly aromatic shrub native to California, this sagebrush is very drought tolerant.
- Termed "cowboy cologne", the aromatic compounds of the sagebrush evaporate to help cool the plant in the harsh summer months



Sage (*Salvia officianlis*)

Elephant Tree

Artemisia californica

- Its swollen trunk and gnarled branches resemble an elephant
- Its swollen trunk helps the tree store water allowing it to live in drought-prone conditions.
- The sap was used by Native Americans to treat skin diseases and as a good luck charm.



Bergamot (*Citrus bergamia*)



Chaparral

- Scrubland Plant Communities
- Desert sand gives way to dirt
- Feel the warmth radiate from the earth



Patchouli, India (*Pogostemon patchouli*)

California Brickellbush

Canaga odorata

- Brickellbush increases the odds of pollination by having open flowers day and night. Butterflies hold down the day shift while flying insects take care of the night shift.



Ylang-Ylang (*Canaga odorata*)



Coast Live Oak

Quercus agrifolia

- These trees can live for centuries, often more than 250 years.
- Their “live” name comes from their ability to retain green leaves all year, unlike other oaks that drop their leaves in the autumn.



Wild Rose

Rosa californica

- A native rose known for its fragrant flowers and edible rose hips, which are rich in vitamin C and used in teas, jams and sauces.
- The thickets formed by the California wild rose provide shelter and nesting sites for birds, mammals and insects.



Rose Hydrosol
Rosa damascena



Eucalyptus Globus

- Introduced in the Gold Rush Era
- A non-native to California



Blue Gum Eucalyptus (*Eucalyptus globus*)



Bay Laurel

Umbrellularia californica

- Leaves give off a peppery aroma
- Aromatic leaves used in cooking



Bay Laurel (*Laurus nobilis*)

Coastal Rosemary

Rosemary's name, "Rosmarinus" translates to "dew of the sea", suggesting its affinity for coastal environments.



Rosemary Verbenon (*Rosmarinus officinalis*)



Coyote Mint

Monardella villosa

- Coyote Mint's fluffy flower clusters are made up of many small flowers that range from bright lavender to pink with hairy mint-scented leaves.
- A favorite nectar source for bees, butterflies, and hummingbirds



Peppermint (*Mentha x piperita*)



LAITINEN

WHITE DUST – JADINE LYDIA

She glittered.
A thousand sparkles
twinkling on a turquoise sea.
She sprinkled
White dust
On tiny pyramids of crystal, clear water,
blessing each wave with eternal bliss.
She floated
Light as a feather,
buoyant and bright,
cradled by an ever-moving sea.
She sang;
Streaming darkness
from the watery depths,
simply to be free.
from – [And So She Chose](#)

Returning from Guided Imagery

- Gently bring your awareness back to your body
- Notice the room around you
- If you'd like, begin with a small movement—a finger or toe
- Take a deep breath and pause
- When you're ready, slowly open your eyes
- Allow yourself a moment to fully transition
- Move lightly—avoid intense plans immediately after

Thank You !