

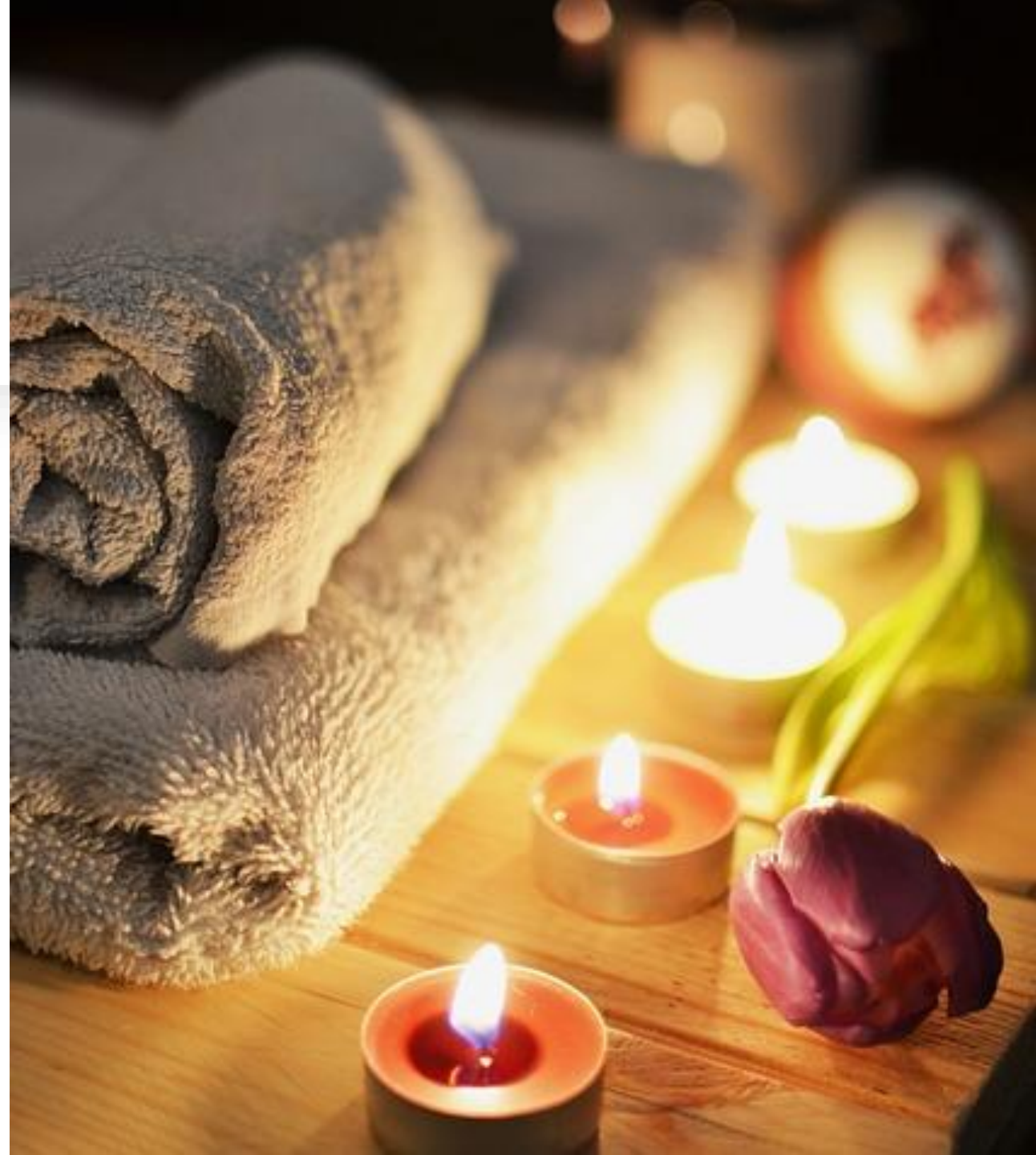
Back To Our Aromatic Roots- The Power of Inhalation



Paula S Begel BCTMB, Fla LMT, CA

My Essential Oil Journey

- 1995 First Introduction to Essential Oils in Massage School
- Used aromatherapy intermittently in my private practice
- Introduced to MLM 2005
- Had a negative experience performing their “Technique” and burned a client’s skin
- Went to school for a formal education
- First official certification in 2006
- Most of my practice for massage and spas are all topical custom formulations
- Looking back over the past 10 years, I am seeing how many interventions have been strictly inhalation
- It has been vital to my practice over the years, both personally and professionally

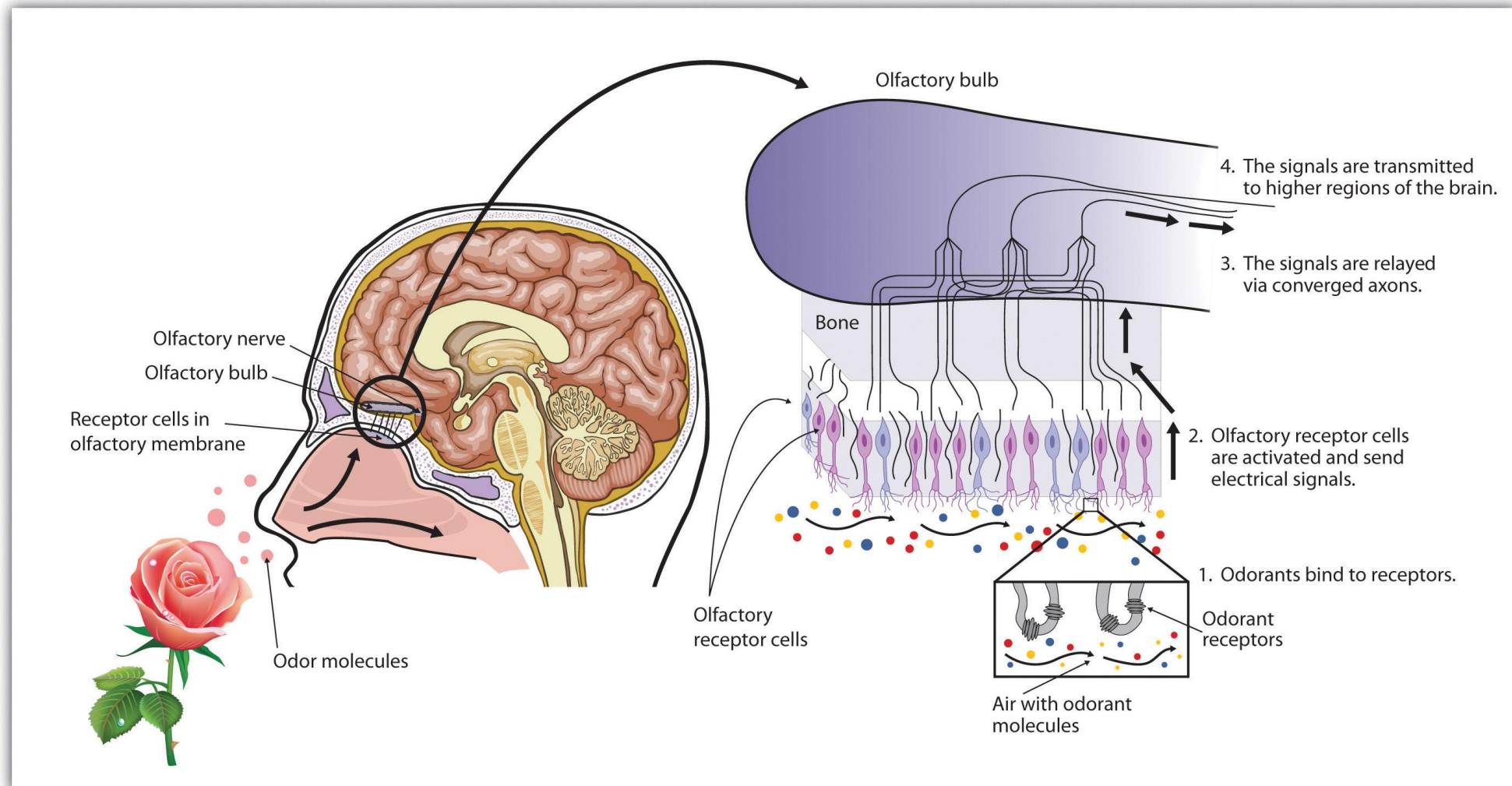


Historically, people have been using aromatic plants therapeutically for thousands of years. It was not until 1910 that Rene-Maurice Gattefosse coined the term aromatherapy with his first book "Aromatherapie".

What I have experienced personally, is that when we work with clients, a safe, first approach can simply be inhalation. I am hoping you will see how profound it can be.



Olfaction



Why is inhalation so powerful?

- Gives us the ability to support your emotions in a safe manner
- Helps alleviate stress
- Encourages restorative sleep
- Supports life changes
- Helps curb addictions and cravings
- Helps with motivation
- Helps support respiratory challenges
- Helps purification of your personal space



Diffusion

- Steam Inhalation
- Personal Aroma Stick
- Diffusers
 - Electric and Electronic
 - Nebulizer and Mask
 - Facial Steamers
 - Cotton pads
 - Chest rubs
 - Aroma Jewelry
 - Clothes Patches
 - Stones/Ceramic Diffusers
 - Reed Diffusers



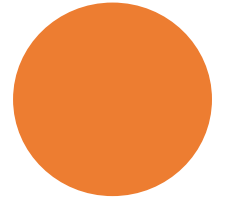
Diffusion in an open area to support Sound Healing



Always ask permission and make sure there is plenty of ventilation

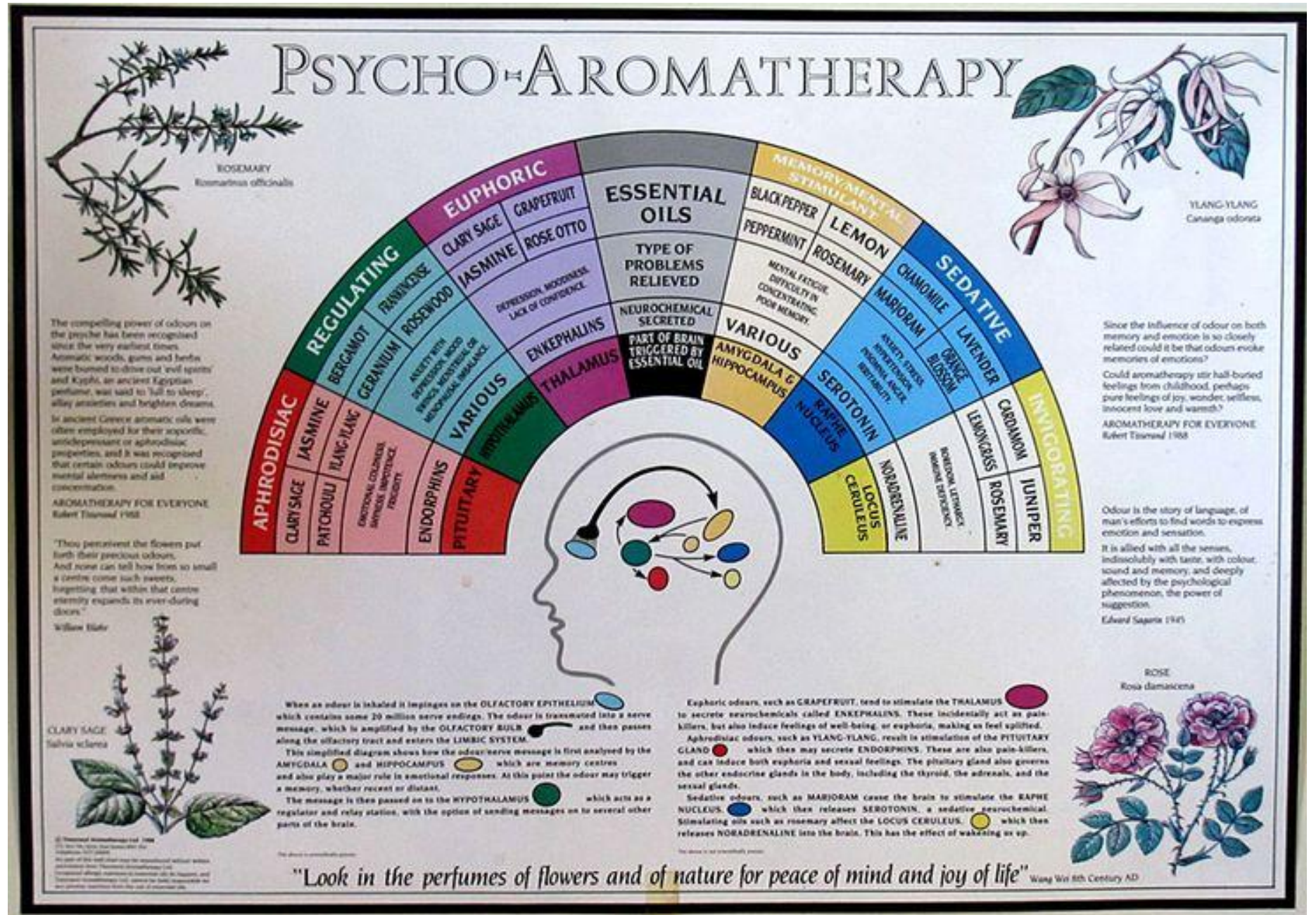
Safety Considerations

- Intermittent Diffusion
- Mucous Membrane Irritation
- Special Populations
 - Children
 - Pets
 - Seniors
 - Medical Conditions
 - Allergies
 - Asthma
 - Medications
 - Sensitization



Inhalation and Stress

This chart has had a profound effect when teaching and formulating for clients, especially the Special Population groups I have had the privilege to work with.



Presentations




**HOLISTIC HEALTH CARE
and WELLNESS FAIRE**

*Learn relaxation techniques before completing
final projects and studying for final exams!*

- free massages
- learn about reiki
- watch yoga relaxation techniques
- sample healthy drinks
- grab a free stress ball
- make your own vial of relaxing lavender scented essential oil

**Friday, November 20
11 a.m. – 2:30 p.m.
Morgan Room**

SCHEDULE OF SPEAKERS
offering information regarding homeopathic health care:

11 a.m.	12 p.m.	1 p.m.	2 p.m.
 Natalia Daughton APR Holistic Pharmacist	 Dr. Jennifer Orłowski MD, CNS "Preparing for Winter"	 Joyce Appel Reiki RN & Reiki Master	 Paula Begel Certified Essential Oils Specialist



- My first presentation on inhalation for stress management was at Cazenovia College in 2015 for the nursing students. The goal was to educate them on different techniques to manage stress including the use of Aromatherapy.
- They made personal inhalers and had a great first introduction to essential oils.

Syracuse University

Presentation for Aromatherapy
Inhalation for Psychology Students

Olfaction and the brain connection
was discussed as well possible
Aromatherapy interventions for
themselves as well as potential
patients





Pain Clinic Presentation

- This presentation was to the Physicians and RN's regarding the use of Aromatherapy to support pain management as the goal was to decrease the amount of Opioids prescribed. When patients were coming off meds, they were referred to me for pain management, which included topical blends and Inhalation for sleep and anxiety and the meds were reduced.

Crouse Hospital

Safety for Massage
Therapists and RN's
Working with Veterans
& PTSD
with other integrative
therapists

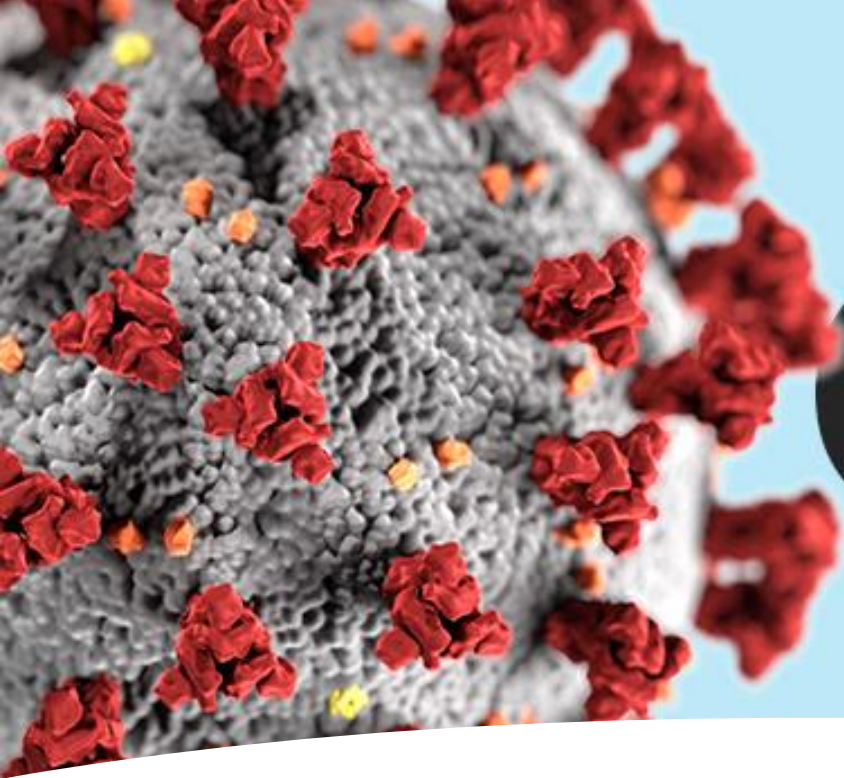
In addition, Emotional
support groups for
Breast Cancer survivors.



Clear Path for Veterans

- Many events held for this organization-
- Education
- Safety
- Personal Aroma sticks for Veterans, Spouses, Caretakers & children
- A favorite for children-
"Creamsicle"
- Sweet orange EO & Vanilla CO2





COVID-19

CORONAVIRUS PANDEMIC

Covid-19

- As I had to close my massage practice, many Aromatherapy blends were sold off my front porch. Aroma sticks, diffuser blends and Respiratory support creams. In addition, stress and anxiety was at an all -time high so blends were made for support for other areas as needed.

Cancer Support Group



Severe Von Willenbrand Disease (SVWD) -Type 3

- This is the most rare and severe form of SVWD
- This is a non-curable bleeding disorder due to autoantibodies, either interfering with platelet or collagen binding.



Severe Von-Willenbrand Disease-mental health support for patients, phycians, caretakers, therapists, families.

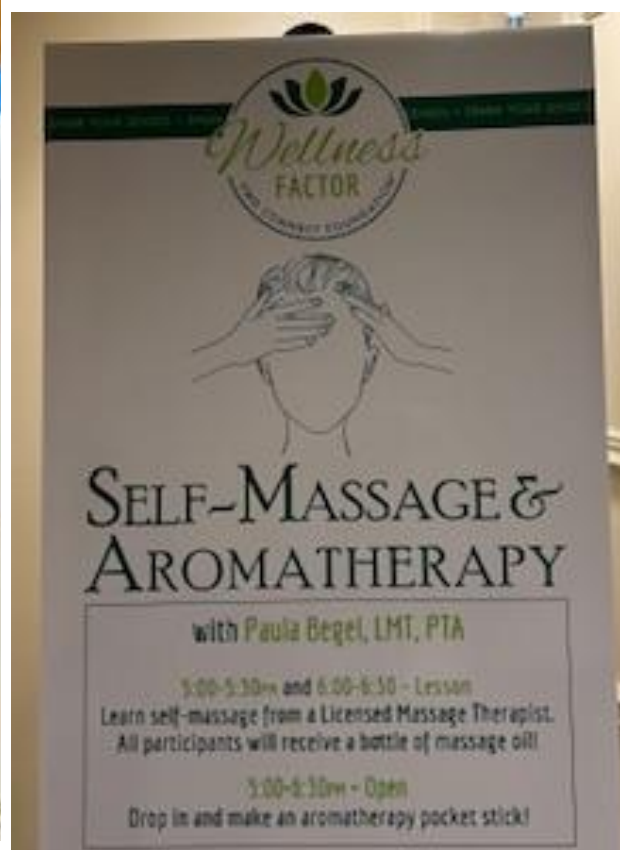


- My lovely assistants, we made 250 personal aroma sticks that day.
- Charts were printed for each group of oils for emotional support.
- Florals, Conifers, Roots, Resins, and Citrus



SVWD

Blending for the Physicians



This year we offered 4 different blend options instead of making their own from the lists from before.

Interestingly enough, the choices still varied from the lists, with the usual chemistry profiles not even considered.

SVWD 2025

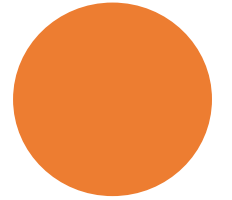


What an honor to be invited back every year. In November, I will be presenting a more educational session for the Physicians and Social workers for a better understanding of essential oils and how they can support their patients' well-being.

Case Study

Peppermint or Spike
Lavender?

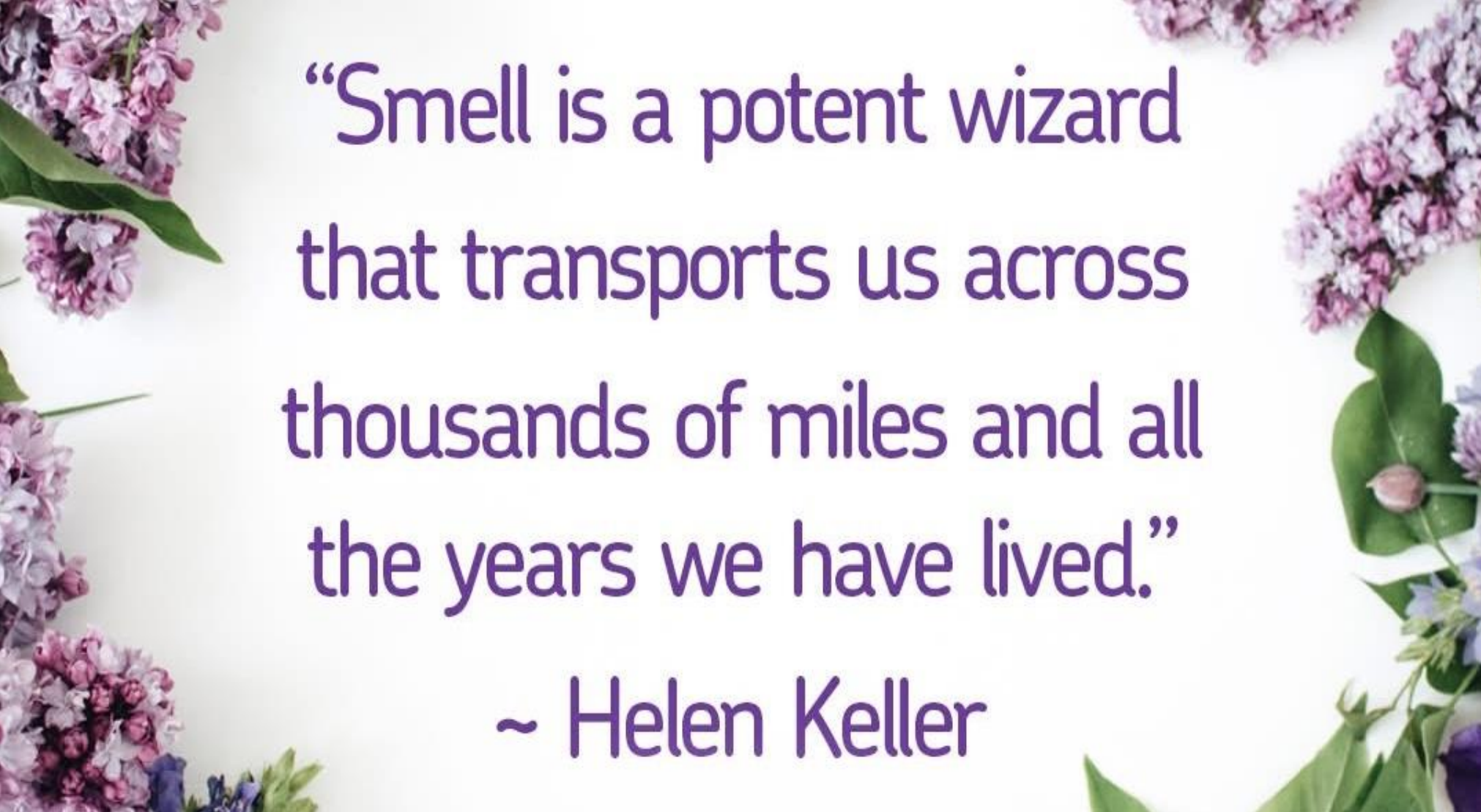
- Young teenage female runner experiences extreme anxiety and exercise induced asthma. Which essential oil would you choose for inhalation prior to an athletic event?



Spike Lavender

- Due to its' chemical composition of monoterpenols, oxides and ketones, spike lavender essential oil is more energizing and herbaceous than true lavender. It has a refreshing scent, which can promote confidence and help one focus.





“Smell is a potent wizard
that transports us across
thousands of miles and all
the years we have lived.”

~ Helen Keller

Thank You!



References:

This Power Point is dedicated to Andrea Butje, my very first introduction to Aromatherapy

- Free Google images
- ar.inspiredpencil.com
- Aromahead.com
- Foundation-gattafosse.org
- Tisserand Institute
- Wikipedia
- Eden Botanicals for Peppermint & Spike Lavender pictures

- A BIG thank you to Melanie Shiffman for her assistance with the PP and Jennifer Pressimone

