

## SCIENTIFIC RESEARCH

### ESSENTIAL OILS FOR STRESS / MOOD

#### AROMATHERAPY IN GENERAL

entire line of *breathe me* & *breathe pure*

#### The effects of aromatherapy on stress and stress responses in adolescents.

*Conclusion:* Stress levels were significantly lower when the students received the aroma treatment compared to when they received the placebo treatment. Aroma inhalation could be a very effective stress management method for high school students.

<http://www.ncbi.nlm.nih.gov/pubmed/19571632>

#### The effects of the inhalation method using essential oils on blood pressure and stress responses of clients with hypertension.

*Conclusion:* The results suggest that the inhalation method using essential oils can be considered an effective nursing intervention that reduces psychological stress responses and serum cortisol levels, as well as the blood pressure of clients with essential hypertension.

<http://www.ncbi.nlm.nih.gov/pubmed/17211115>

#### Lavender

*breathe me:* [sleep](#) | [sleep KIDS](#) | [calm, relax](#) | [energy, mood-boost](#)

*breathe pure:* [french bouquet](#) | [clean air](#)

#### The effects of lavender scent on dental patient anxiety levels: a cluster randomised-controlled trial.

*Conclusion:* The lavender essential oils significantly lowered the anxiety in dental patients during their visit.

<http://www.ncbi.nlm.nih.gov/pubmed/19968674>

#### Relaxation effects of lavender aromatherapy improve coronary flow velocity reserve in healthy men evaluated by transthoracic Doppler echocardiography.

*Conclusion:* Lavender aromatherapy reduced serum cortisol and improved CFVR in healthy men. These findings suggest that lavender aromatherapy has relaxation effects and may have beneficial acute effects on coronary circulation.

<http://www.ncbi.nlm.nih.gov/pubmed/17689755>

#### The effect of aroma inhalation method on stress responses of nursing students.

*Conclusion:* As a result of administering aroma inhalation to nursing students, their physical symptoms decreased, their anxiety scores were low, and their perceived stress scores were low, showing that aroma inhalation could be a very effective stress management method.

<http://www.ncbi.nlm.nih.gov/pubmed/15314330>

**The effects of lavender and rosemary essential oils on test-taking anxiety among graduate nursing students.**

*Conclusion:* The use of lavender and rosemary essential oil sachets reduced test-taking stress in graduate nursing students as evidenced by lower scores on test anxiety measure, personal statements, and pulse rates.

<http://europepmc.org/abstract/MED/19258850>

**The effects of lavender oil inhalation on emotional states, autonomic nervous system, and brain electrical activity.**

*Conclusion:* The findings provided evidence of the relaxing effect of inhaling lavender oil. The lavender oil caused significant decreases of blood pressure, heart rate, and skin temperature.

<http://www.ncbi.nlm.nih.gov/pubmed/22612017>

**The effect of lavender oil on stress, bispectral index values, and needle insertion pain in volunteers**

*Conclusion:* Lavender aromatherapy in volunteers provided a significant decrease in the stress levels and in the BIS values. In addition, it significantly reduced the pain intensity of needle insertion.

<http://www.ncbi.nlm.nih.gov/pubmed/21854199>

**Non-pharmacological pain relief in labour.**

*Conclusion:* The use of essential oils, lavender, frankincense and rose for relief of anxiety and fear were favourably reported.

<http://europepmc.org/abstract/MED/21213523>

**Rosemary**

*breathe me:* [calm, relax](#) | [focus, brain-boost](#) | [focus, calm KIDS](#)

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**Antidepressant-like effect of the extract of Rosemary (*Rosmarinus officinalis*) in mice: Involvement of the monoaminergic system**

*Conclusion:* The extract of Rosemary (*R. officinalis*) produced an antidepressant-like effect.

<http://www.sciencedirect.com/science/article/pii/S0278584609000633>

**Effects of lavender oil inhalation on improving scopolamine-induced spatial memory impairment.**

*Conclusion:* Chronic exposures to lavender essential oils (daily, for 7 continuous days) significantly reduced anxiety-like behavior and inhibited depression.

<http://europepmc.org/abstract/MED/22402245>

**Effects of aromatherapy on the anxiety, vital signs, and sleep quality of percutaneous coronary intervention patients in intensive care units.**

*Conclusion:* the aromatherapy effectively reduced the anxiety levels and increased the sleep quality of PCI patients admitted to the ICU. Aromatherapy may be used as an independent nursing intervention for reducing the anxiety levels and improving the sleep quality of PCI patients.

<http://www.ncbi.nlm.nih.gov/pubmed/23476690>

**Physical and Psychologic Effects of Aromatherapy Inhalation on Pregnant Women: A Randomized Controlled Trial. (lavender)**

*Conclusion:* Significant differences were observed in the tension-anxiety score and the anger-hostility score, and the respective improvements observed were due to aromatherapy.

<http://www.ncbi.nlm.nih.gov/pubmed/23410527>

**Effects of aromatherapy on the anxiety, vital signs, and sleep quality of percutaneous coronary intervention patients in intensive care units.**

*Conclusion:* the aromatherapy effectively reduced the anxiety levels and increased the sleep quality of PCI patients admitted to the ICU. Aromatherapy may be used as an independent nursing intervention for reducing the anxiety levels and improving the sleep quality of PCI patients.

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**Effects of inhaled rosemary oil on subjective feelings and activities of the nervous system.**

*Conclusion:* These results confirm the stimulatory effects of rosemary oil and provide supporting evidence that brain wave activity, autonomic nervous system activity, as well as mood states are all affected by the inhalation of the rosemary oil.

<http://europepmc.org/abstract/MED/23833718>

**Bergamot**

*breathe me:* [de-stress, unwind](#) | [energy, mood-boost](#)

*breathe pure:* [french bouquet](#)

**Acute effects of bergamot oil on anxiety-related behaviour and corticosterone levels.**

*Conclusion:* exhibited anxiolytic-like behaviours and attenuated HPA axis activity by reducing the corticosterone response to stress.

<http://europepmc.org/abstract/MED/21105176>

**Aromatherapy benefits autonomic nervous system regulation for elementary school faculty in taiwan.**

*Conclusion: Results showed that after spraying bergamot essential oil there were significant decreases in blood pressure, heart rate.*

<http://europepmc.org/abstract/MED/21584196>

**The effects of the inhalation method using essential oils on blood pressure and stress responses of clients with essential hypertension.**

*Conclusion: The results suggest that the inhalation method using essential oils of bergamot and lavender can be considered an effective nursing intervention that reduces psychological stress responses and serum cortisol levels, as well as the blood pressure of clients with essential hypertension.*

<http://europepmc.org/abstract/MED/17211115>

Disclaimer : These statements made in this report have not been evaluated by the FDA (US Food & Drug Administration). Our product are not intended to diagnose, cure or prevent any disease. If a condition persists, please contact your physician or healthcare provider. The information provided by his website or this company is not a substitute for a face-to-face consultation with a health care provider, and should not be construed as individual medical advice. The testimonials on this website are from individuals and do not guarantee or imply the same results.

General Safety Information: Do not take any essential oils internally without consultation from a qualified aromatherapy practitioner. Do not apply undiluted essential oils, absolutes, CO2s or other concentrated essences onto the skin. (Please note that all [Nectar Essences, Breathe Me](#) personal remedies have been diluted for your safety). If you are pregnant, epileptic, have liver damage, have cancer, or have any other medical problem, use essential oils only under the proper guidance of a qualified aromatherapy practitioner. Use extreme caution when using oils with children and give children only the gentlest of oils at extremely low doses. It is safest to consult a qualified aromatherapy practitioner before using essential oils with children. A skin patch test should be conducted prior to using an essential oil that you've never used before. For very in-depth information on essential oils safety issues, read [Essential Oil Safety](#) by Robert Tisserand and Tony Balacs.