

# Aromatherapy at the Orchard at Tucker



**Aromatherapy uses pure essential oils to improve physical, mental, and emotional health. Sense of smell connects directly with emotions, memories, and instincts. Because of the neuro-associative conditioning process, aromas have the power to evoke states of wellbeing. Peppermint is an essential oil used as an energizer. It is best used in the morning, to stimulate the mind and at the same time calm the nerves. Peppermint is used as a morning pick-me-up and a natural boost for our residents to start their day. Lavender is an essential oil used to calm feeling of anxiety, depression, and general mood swings. Lavender has also been shown to help treat insomnia resulting in a better night's sleep.**

**Aromatherapy draws upon the healing powers of the leaves, flowers, stems, bark, seeds, roots, or peels of plants. When you inhale a scent, that aroma travels directly to the hypothalamus, which regulates a variety of functions such as sleep and emotion. Each morning between 7 am-8 am, we diffuse Peppermint through The Orchard at Tucker. We hope to stimulate appetite and diffuse a stimulate appetite and diffuse a positive aroma into our residents' daily morning routine. Each evening between 7 pm-8 pm we diffuse Lavender throughout both of our Season's Neighborhoods. Lavender helps with our residents' mental fatigue, anxiety, as well as aches and pains. Lavender's calming powers aid our residents to a blissful night's sleep.**