

## What are essential oils?

Essential oils are aromatic extracts distilled or expressed from a variety of aromatic plant material including flowers, flowering tops, fruits, zests, grasses, leaves, needles, twigs, resins, roots, seeds, and woods.

## How can they be used?

We can use essential oils aromatically by diffusion or inhalation, topically, and some of them can even be taken internally. They are an easy and very effective way to live more "naturally" and lower our toxic burden by using them for both our personal wellness and home care routine.



*It starts at home - naturally.*

*Simplify your life and enhance your well-being while experiencing the benefits and versatility of nature's living essence: essential oils.*

## How I can best serve you:

Whether you:

- are looking for a custom aromatic product to address\* a physiological and/or emotional need.
- wish to purchase one of my carefully crafted, micro batch, tried and true aromatic preparations OR larger (wholesale) product quantities.
- or are interested in a custom made wellness bundle based on your unique circumstances.

I support both individuals and families in re-connecting with their health - *naturally*.

Initial consultations are at no cost to you.

\*I neither diagnose, treat or cure illness, nor do I prescribe medication. For medical advice, contact a physician.

## How to easily reach me:

✉ [aromainfusedliving@gmail.com](mailto:aromainfusedliving@gmail.com)

☎ (619) 888-6526

Or visit my website:

🖱 <http://www.aromainfusedliving.com>



*Hello,  
I'm Julia!*

Certified Holistic  
Aromatherapist



## What is Aromatherapy?

Traditional Aromatherapy is a holistic health modality and considered Complementary and Alternative Medicine (CAM).

Based on a co-operative client-practitioner relationship, essential oil infused products and guidance are provided to support the body's natural healing abilities and enhance wellness.

The goal is to find the underlying cause (imbalances) by looking at the bigger picture including: nutrition, sleep, physical, emotional, social, spiritual, and environmental components.

## How does it work?

Aromatherapy focuses on the application of genuine, plant-derived essential oils to enhance the physical, mental, emotional and spiritual well-being of an individual.

Essential oils are generally used via three main pathways into the body: our sense of smell, inhalation, and dermal application.

The practitioner creates custom aromatic products (e.g. salves, gels, balms) and programs, and educates on essential oils.

## Who can benefit from it?

Reasons why people choose to work with an Aromatherapist include: insomnia, stress, anxiety, headaches and migraines, respiratory, sinus, musculoskeletal, hormonal and skin, even digestive problems.

By using essential oils, common conditions may greatly improve, oftentimes even completely resolve and can potentially be prevented in the future. Together with the client, the holistic practitioner addresses the root cause rather than the symptom, also looking at lifestyle, stress, other conditions.

Our body, mind and spirit are deeply intertwined. Essential oils, with their many therapeutic benefits, in many cases can address two or even all components at the same time - hence, elevating quality of life.



*Aroma Infused Living*

by Julia Bell



*My Mission:*

*To be a resource for and serving you with custom made aromatic and herbal preparations, personalized programs, plus other plant infused products for natural wellness and home care.*