



**CDBY**  
CoyDog Botanicals & Yoga

**Aromatherapy is a holistic** healing practice that uses natural plant extracts, primarily in form of essential oils, to promote physical, emotional, and mental well-being. Rooted in Ayurvedic principles, aromatherapy works by stimulating the olfactory system, directly affecting the brain's limbic system, which is responsible for emotions, mood, and memory.

- Reduces Stress & Anxiety
- Enhances Mood & Emotional Well-being
- Improves Sleep Quality
- Boost Cognitive Function & Focus
- Supports Immune Function
- Promotes Physical Healing & Pain Relief
- Balances Mind, Body & Spirit



**In the line with Ayurvedic principles,** aromatherapy can help the Doshas (Vata, Pitta, Kapha) and align the mind, body, and spirit. It supports overall well-being by addressing the root cause of imbalance, whether they stem from stress, lifestyle, or environmental factors.

**By integrating aromatherapy into your daily life,** you can harness the natural power of essential oils to enhance your health, mood, and overall quality of life. It's more than just a fragrance, it's a pathway to holistic wellness and harmony.

### Using your Oils

Use your essential oils or blends in any of the following ways:

Using a diffuser. Diffusing oils in your workspace or at home can quickly change the atmosphere.

Combine a few drops with a carrier oil or unscented body lotion. Rub on your body as you would any lotion.

Place a few drops on a cotton ball and inhale a deeply a few times.

Add 10 to 15 drops to your bath.

Sprinkle a few drops of oil on the walls of your shower before stepping in.

Fill a bowl with hot water and add a few drops of essential oils. Inhale the steam for a few minutes.

Make a sweet (Pitta), grounding (Vata), or enlivening (Kapha) spray by adding a few drops of essential oils to a spray bottle filled with distilled water. Spritz your head, neck and face as needed. or Just spray the room and space you are in.



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