



The Method of Contemplative Aromatherapy

It is best to use perfume strips. If that is not possible, the oil can be sampled by inhaling from the bottle, or non-dermatotoxic oils can be applied to the skin.

1. Relax for a few minutes and become aware of the flow of the breath in the nostrils.
2. Pass the fragrance under the nose, sampling it from a distance for only a moment.
3. Observe the fragrance notes and body sensations.
4. Repeat the sampling process several times, increasing each in length and depth. Each time, observe the various layers of energies and elements that you are looking for.
5. Be mindful of any signs of sensitivity that may come from excessive inhalation or poor quality oils, such as irritation in the sinuses or headache; discontinue if this happens.
6. Do not inhale more than 5 – 6 times total, then finish the session. Observe carefully the sensations of the nostrils, respiratory system, entire body, and mental state.

Source for perfume strips:

Orlandi

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www.orlandi-usa.com