

ISSN 2167-8596

# THE INTERNATIONAL JOURNAL OF PROFESSIONAL HOLISTIC AROMATHERAPY

Volume 14 Issue 1 Summer 2025

Traditional Cuisines Part 4:  
Flavour and Traditional Cuisines

Case Study: A Holistic Approach  
to Reducing Anxiety and Panic  
Attacks While Addressing Dry  
Skin and Inflammation

Case Study: Aromatherapy for  
Healing Surgical Incisions

Remote Aromatherapy  
Consultations – A Retrospective  
Case Review

Beyond the Bottle: A Holistic View  
of Sustainability in Aromatherapy  
and Herbal Medicine  
A Recap of the American College of  
Healthcare Sciences Sustainability Expo

Safe Harbor Laws for Unlicensed  
Complementary and Alternative  
Healthcare Practitioners: What  
Are They, and Why Are They  
Important?

*Sensory Landscapes:  
Flavor, Aroma, and Sustainable Wellbeing*



*Fostering the education and practice of the professional holistic aromatherapist*  
**www.ijpha.com**



# Remote Aromatherapy Consultations – A Retrospective Case Review



N.O.W.S. logo  
© N.O.W.S.

Kelly Louise Swain, Emotional Well-Being and Mental Health Provider,  
Natasha Ralph, Emotional Well-Being and Mental Health Provider,  
and Tracy Winterbourne, dip.Aroma, Complementary Health Care Provider,

## Abstract

This retrospective evaluative study reports on the experiences of 440 participants who received fully remote, one-to-one Aromatherapy consultations over one year. The study employed a standardised consultation protocol – including detailed sensory assessments, medical history documentation, and safety screening – to formulate customised essential oil blends. Quantitative self-assessments using a one-to-ten scale, alongside qualitative testimonials, demonstrated significant improvements in emotional well-being, sleep quality, and anxiety reduction. The intervention followed the Aromatic Research Quality Appraisal Taskforce (ARQAT) Transparent Reporting for Essential oil and Aroma Therapeutic Studies (TREATS) guidelines and approved ethical protocols, with all data recorded to ensure reproducibility and transparency.

## Introduction

This retrospective evaluative study reports on the experiences of 440 participants who received fully remote, one-to-one Aromatherapy consultations over one year for children aged four years and older, young people, and adults. The study was carried out by the National Online Wellbeing Services (NOWS, 2025), which provides emotional well-being and mental health services.

The study employed a standardised consultation protocol, including detailed sensory assessments, medical history documentation, and safety screening, to formulate customised essential oil (EO) blends. In addition to the detailed, comprehensive consultation, the therapist explores dislikes and specific triggers related to scent; the therapist is guided to create a customised blend that resonates with the individu-

al's preferences and therapeutic goals. This process demonstrates the therapist's skill and intuition and highlights the power of communication and personalisation in building a meaningful connection remotely. Quantitative self-assessments using a one-to-ten scale, alongside qualitative testimonials, demonstrated significant improvements in emotional well-being, sleep quality, and anxiety reduction. The interventions followed TREATS guidelines, including recommended ethical protocols.

This virtual approach has proven to be successful in its ability to adapt Aromatherapy to a modern, digital framework. By being virtual, the service is more accessible to those who live remotely or have mobility issues or are limited by time. By prioritising the individual's voice and preferences over direct scent exposure, the consultations emphasise client empowerment and ensure that each blend aligns with their personal and emotional considerations for cautions, safety and contraindications.

**Either diagnosed by a clinician or self-diagnosed by symptoms, common referral reasons include:**

- Variety of neurodiverse, autism spectrum, ADHD
- Anxiety, depression
- Post-traumatic stress disorder
- Stress
- Intrusive thoughts
- Low self-worth and confidence
- Hormonal imbalances
- Insomnia and unhealthy sleep patterns
- Anger, frustration, and irritability
- Nervous tension and exhaustion
- Grief

- Mood swings
- Panic attacks
- Overthinking and worry
- Feelings of disconnection
- Dysregulated emotions

## Consultation

When the Aromatherapist meets a client for the first time, at the beginning of each virtual consultation, the Aromatherapist provides a brief overview of Aromatherapy, explaining its principles, mechanisms, and the benefits it offers as a sensory tool.

The therapist outlines how the practice is tailored to address the client's unique needs, drawing on scientific evidence and data to demonstrate the impact of aromas on holistic well-being. This initial interaction nurtures the development of a trusting relationship, helping the client feel at ease, confident, and valued, enabling them to engage meaningfully with the process.

The Aromatherapist then invites the client to articulate their desired emotional or physical outcomes from using the Aromatherapy treatment, encouraging them to assign a specific purpose to the chosen aroma to support their overall well-being.

## Aromatherapy intervention

To ensure reliability, fidelity, and consistency in the protocol, the Aromatherapy intervention was standardised following a structured format, including detailed discussions of sensory preferences, emotional needs, and health goals.

All information was collected via an in-house form, collecting personal geographical information, medication, medical history, lifestyle, referral reasons, and needs-led data on what they want the blend to support them on/with. Preferences regarding aromas, likes, and dislikes were also recorded.

All the essential oil blends were prepared using high-quality, ethically sourced essential oils from Alan Howell Essential Oils – Sechina. Each blend's full chemical composition was documented to maintain the material safety data sheets (MSDS) guidelines with transparency and reproducibility. These tailored blends were posted out to participants for self-application, with clear instructions provided for diffusion,

topical use, or both. These instructions ensured safe and consistent use across all participants. The individualised blend is created from the Aromatherapist's deep knowledge and safety training in essential oil science. The EO chosen for the individual follows established safety guidelines for use in children from age two and up (Tisserand and Young, 2014).

To maintain fidelity across sessions, the Aromatherapist is trained in the standardised protocol, including the remote consultation process and blend preparation.

All blends used Laureth-3 as an essential oil solubiliser instead of alcohol, to ensure the blend was safe for all to use. Any aroma notes from the solubiliser were considered alongside the essential oil blend.

## Methods

### Recruitment and demographics

Referrals were received from National Health Service (NHS) England, Northeast London NHS Foundation Trust (NELFT), and Child and Adolescent Mental Health Services (CAMHS). All participants were funded by the National Health Service (NHS). NOWS are contracted with the NHS.

### Setting

Remote virtual consultations are conducted via video link or phone call through a unique password-protected NOWS dashboard. Video links, personal information and data collation, consent forms, and terms and conditions are on a secure UK server, all aligned with the General Data Protection Regulation<sup>1</sup> (GDPR).

Before their consultation, participants signed the terms and conditions and could opt in or out of participating in any evidence-based data shared with external parties. Data was collected over one year. Outcome measurements were recorded using a scale rating (very low = 0 to great = 10) before and after consultation, energy ratings, and emotional and mental well-being ratings. Open-ended testimonials were collected during follow-up consultations. Data charts illustrate emotional improvements pre- and post-intervention.

<sup>1</sup> The General Data Protection Regulation (GDPR), a European Union regulation on information privacy, aims to enhance individuals' control over their personal data and simplify regulations for international business, with the regulation coming into effect on May 25, 2018.

Open-ended testimonials were collected during follow-up consultations. Data charts illustrate emotional improvements pre- and post-intervention.

### **Intervention protocol**

#### **Consultation format**

The structured sessions were 30-minute remote consultations guided by standardised questionnaires assessing emotional concerns and therapeutic goals, sensory preferences (aroma likes/dislikes), medical history (allergies, medications, pregnancy), current stressors, and coping mechanisms.

Each participant received a customised essential oil blend according to their needs. Each blend comprised 25 drops blended from 1-5 essential oils and then diluted in 100 ml of coherent filtered water.<sup>2</sup> Twenty-five drops of Laureth-3 were used as a binding agent. Five drops of vibrational essence from a selected Atlantic essence blend (Table 3) were added to enhance emotional response.

All blends adhered to 1% dilution for safety across all age groups (Tisserand and Young, 2014). Individual considerations, such as medications and allergies, were prioritised.

### **Aromatherapy blend**

#### **Filtered water**

Using an additional water filter for tap water in the United Kingdom (UK) can provide significant benefits, particularly when used in Aromatherapy blending for sprays and mists. While tap water in the UK meets safety regulations, it can still contain impurities such as chlorine, heavy metals, pesticides, and microplastics. These substances can alter the purity of your blends, affect the integrity of essential oils and potentially cause skin irritation or respiratory sensitivities.

Filtered water removes these unwanted contaminants, ensuring a cleaner, purer base for Aromatherapy sprays. This helps maintain the therapeutic properties of essential oils and prevents the buildup of

<sup>2</sup> Añalemma coherent water (coherent meaning the water is organised like a crystal, in its most natural fluid state) in Aromatherapy sprays may enhance blend stability and effectiveness. This tool transforms regular water into a liquid crystalline state, potentially improving essential oil integration, dispersion, and longevity. While research on its specific benefits in Aromatherapy is limited, its nature suggests a more harmonised blend, supporting consistency and aromatic retention. Further studies are needed to confirm these effects.

residues in spray bottles, which can impact the longevity and effectiveness of your blends. Additionally, filtering water can reduce limescale and bacteria, further supporting the stability and freshness of your Aromatherapy products.

For those prioritising high-quality, natural wellness solutions, using an additional water filter is a simple yet effective way to enhance the purity and performance of Aromatherapy blends.

### **Rationale for essential oil selection**

The selection of essential oils chosen by the Aromatherapist is grounded in a deep understanding of their therapeutic properties, energetic qualities, and safety considerations (Tisserand and Young, 2014). Drawing from a comprehensive knowledge of Aromatherapy, aromapsychology, Aromatherapy science, therapeutic training, and the latest data and research, the Aromatherapist carefully selected a range of oils that they felt would be most effective and supportive for each client's unique needs.

This holistic approach ensures that the chosen oils align with the client's physical, emotional, and energetic requirements. The Aromatherapist's intuitive connection with the client, combined with an in-depth relationship with the oils, allows for tailored treatment that addresses the client's goals and overall well-being throughout the consultation process using this range of Aromatherapy oils.

Thirteen essential oils were carefully selected as safe for use for children aged under twelve (Table 1). Table 2 is all essential oils considered safe for anyone over the age of two (NB: ensuring no contraindication to the client).

### **The role of vibrational essences in Aromatherapy blends**

Vibrational essences are subtle energy remedies derived from flowers, trees, animals, and environmental sources. They do not contain any physical plant matter or essential oils but instead capture the energetic imprint of the source material. These essences are used in holistic healing to support emotional balance, energetic alignment, and overall well-being.

This study incorporated vibrational essences into the custom essential oil blends to enhance their

therapeutic potential. By working synergistically with essential oils, vibrational essences add a layer of energetic support that complements the aromatic and biochemical actions of the essential oils. Each participant's blend was infused with carefully selected vibrational essences to align with their emotional and energetic needs, further enhancing the depth of the intervention.

Muriel Pritchard created four unique vibrational essence blends, "Recover, Calm Mind, Joy Within, Feeling Safe," which align with the mental and emotional healing principles for NOWS clients.

They were specifically formulated to enhance the therapeutic effects of the 100 ml Aromatherapy spray blends used in the consultations.

### Packaging and application instructions:

The product was packaged in 100 ml amber glass atomizer bottles (for adults and children, and an additional 10 ml for travel), to protect the oils' integrity from light degradation. The packaging includes clear and detailed instructions to ensure safe and effective use. All subjects were given the same ratio of EO of 25 drops per 100 ml.

Oil name	Botanical name	Batch number	Production method	Country	Key constituents	Target audience
Chamomile, Roman	<i>Chamaemelum nobile</i>	E.ROMC SEP22	Steam distillation of the flowers	England	chamazulene, bisabolol, farnesene	Child-friendly
Cedarwood	<i>Cedrus atlantica</i>	E.OCA JAN24	Steam distillation of wood and sawdust	North Africa	cedrol, cedrene, thujopsene	Child-friendly
Eucalyptus*	<i>Eucalyptus globulus</i>	E.OEG JULY23	Steam distillation of leaves and young twigs	China	1,8-cineole (eucalyptol), $\alpha$ -pinene, limonene	Child-friendly
Geranium	<i>Pelargonium graveolens</i>	E.OGER FEB23	Leaves from steam distillation	Reunion	geraniol, citronellol, linalool	Child-friendly
Ho Wood	<i>Cinnamomum camphora</i> ct. <i>linalool</i>	E.OHOWO SEP23	Steam distillation through wood extraction	China	linalool, geraniol, nerolidol	Child-friendly
Lavender	<i>Lavandula angustifolia</i>	E.OLAVA FEB24	Steam distillation of fresh flowering tops	France	linalool, linalyl acetate, camphor	Child-friendly
Lemon	<i>Citrus x limon</i>	E.OLEM AUG22	Expressed from the ripe peel	Sicily	limonene, $\beta$ -pinene, citral	Child-friendly
Mandarin	<i>Citrus reticulata</i>	WOMAN MARCH24	Expressed from the peel of ripe fruit	Italy	limonene, $\gamma$ -terpinene, myrcene	Child-friendly
Myrtle*	<i>Myrtus communis</i>	E.OMYR JAN24	Steam distillation from leaves, twigs, and flowering shoots	Austria	myrtenyl acetate, 1,8-cineole, $\alpha$ -pinene	Child-friendly
Neroli	<i>Citrus aurantium</i> var. <i>amara</i> flos.	OWNER APRIL23	Steam distillation from hand-picked flowers	Italy	linalool, limonene, nerolidol	Child-friendly
Orange, Sweet	<i>Citrus sinensis</i>	E.OSO DEC22	Expression from the peel of fruit	Brazil	limonene, myrcene, linalool	Child-friendly
Palmarosa	<i>Cymbopogon martinii</i> var. <i>martinii</i>	E.OPALM DEC23	Steam distillation from flowering tops and leaves	India	geraniol, linalool, farnesol	Child-friendly
Ravensara*	<i>Ravensara aromatica</i>	E.ORAV JULY23	Steam distillation from leaves	Madagascar	methyl chavicol, linalool, $\alpha$ -terpineol	Child-friendly
Tea Tree	<i>Melaleuca alternifolia</i>	E.OTEAT FEB24	Steam distillation from leaves and twigs	Zimbabwe	terpinen-4-ol, $\alpha$ -terpineol, $\gamma$ -terpinene	Child-friendly

Table 1. Child-friendly essential oil selection. Source: Alan Howell Essential Oils – Sechina. \*These oils may be used with discretion under safety guidelines of no more than 5 drops per 100 ml aged two years and older (Tisserand & Young, 2014).

Oil name	Botanical name	Batch number	Production method	Country	Key constituents	Target audience
Bergamot	<i>Citrus bergamia</i>	E.OBERG MARCH23	Expressed oil from the peel	Ivory Coast	limonene, linalyl acetate, linalool	Adult-friendly
Carrot seed	<i>Daucus carota</i> (seed)	E.OCARRS NOV22	Steam distillation of seeds	India	carotol, $\beta$ -bisabolene, daucol	Adult-friendly
Coriander	<i>Coriandrum sativum</i> (seed)	E.OCOR APRIL23	Crushed fruits, steam distilled	Russia	linalool, geranyl acetate, camphor	Adult-friendly
Cypress	<i>Cupressus sempervirens</i>	E.OCYP SEP23	Steam distillation from needles and twigs	Spain	$\alpha$ -pinene, $\delta$ -3-carene, cedrol	Adult-friendly
Frankincense	<i>Boswellia thurifera</i>	E.OFRANK JAN24	Steam distillation from resin	India	$\alpha$ -pinene, limonene, incensole	Adult-friendly
Ginger	<i>Zingiber officinale</i>	E.OGIN JUN23	Steam distillation from ground rhizomes	France	zingiberene, $\beta$ -sesquiphellandrene, gingerol	Adult-friendly
Jasmine	<i>Jasminum officinale</i>	E.OJASM DEC22	Solvent extraction to produce absolute	India	benzyl acetate, indole, linalool	Adult-friendly
Juniper berries	<i>Juniperus communis</i>	E.OJUN JUN23	Steam distillation from berries	Croatia	$\alpha$ -pinene, sabinene, myrcene	Adult-friendly
Lime	<i>Citrus aurantifolia</i>	E.OLIM AUG23	Expressed oil from the rind	Italy	limonene, $\beta$ -pinene, $\gamma$ -terpinene	Adult-friendly
Litsea (May Chang)	<i>Litsea cubeba</i>	E.OLITS FEB24	Steam distillation of fruits	China	citral, limonene, geranial	Adult-friendly
Patchouli	<i>Pogostemon cablin</i>	E.OPATC AUG22	Steam distillation from dried, lightly fermented leaves	Indonesia	patchoulol, $\alpha$ -guaiene, caryophyllene	Adult-friendly
Pepper, Black	<i>Piper nigrum</i>	E.OBLPEP OCT23	Steam distillation from crushed dried fruits	India	$\beta$ -caryophyllene, limonene, $\alpha$ -pinene	Adult-friendly
Peppermint	<i>Mentha x piperita</i>	E.OPEP JAN24	Steam distillation from flowering herb	America	menthol, menthone, l,8-cineole	Adult-friendly
Plai	<i>Zingiber officinale</i>	E.OPLAI SEP22	Steam distillation of fresh rhizome	Indonesia	sabinene, terpinen-4-ol, $\beta$ -caryophyllene	Adult-friendly
Rose absolute	<i>Rosa damascena</i>	E.OROSE OCT23	Solvent extraction from hand-picked petals	Morocco	citronellol, geraniol, phenyl ethanol	Adult-friendly
Rosemary ct. verbenone	<i>Salvia rosmarinus</i> ct. verbenone	E.OROSMY SEP23	Steam distillation from fresh flowering tops	Morocco	verbenone, camphor, l,8-cineole	Adult-friendly
Sandalwood	<i>Santalum album</i>	E.OSAND JAN24	Steam distillation from heartwood	India	$\alpha$ -santalol, $\beta$ -santalol, santalene	Adult-friendly
Ylang complete	<i>Cananga odorata</i>	E.OYLAN NOV23	Steam distillation from freshly picked mature flowers	Madagascar	linalool, benzyl acetate, germacrene D	Adult-friendly

Table 2. Adult-friendly essential oil selection. Source: Alan Howell Essential Oils – Sechina.

Atlantic Essence name	Purpose	Key ingredients – energetic vibrational formula	Description
Calm Mind	Supports calm and focus in times of overthinking, fear, and worry	Impatiens/Dolphin Bay/Supreme Presence/The Essence Within	Promotes slower pace, security, focus, and serene feelings
Feeling Safe	Provides a sense of love, safety, and protection in vulnerability	Cowslip/Yew/Dolphin Bay/The Essence Within	Reminds of love, protection, safety, and serenity
Joy Within	Helps retrieve the joy overshadowed by life events	Cowslip/Atlantic Puffins/Dolphin Together/Re-Emergence	Restores joy, enchantment, connection, and the sunshine within
Recover	Equivalent of Rescue remedy/ Emergency blend	Yew/Stallions Herd/Re-Emergence/The Essence Within	Helps find the centre after shock or recovery from it. Provides protection, strength, safety, and calmness

Table 3. Atlantic vibrational essences used in the case series and their purpose.



The aroma spray is designed to be used by clients as needed, offering flexibility and ease in its application. We encourage clients to pause their current activity, spray one or two mists above their heads, and inhale the tailored aroma, allowing the scent to facilitate the desired effect as explored and discussed in their consultation. It is important to advise clients to use the aroma spray during moments of heightened emotions or stress and as part of their routine. This approach helps prevent the association of the scent with specific negative emotions or stress responses, ensuring that the aroma remains a versatile and supportive tool for overall well-being with a positive effect.

Instructions on each bottle included the name of the custom blend, a list of essential oils used (botanical nomenclature and common names), the dilution percentage (always within safe usage limits), and the batch number and expiration date of the product.

The recommended dosage was one to two sprays per application, up to five times daily. Participants were advised to hold the bottle 10-15 cm (4-6 inches) away from the face or desired area and spray lightly into the air or onto a tissue, pillow, or personal space, avoiding directly spraying onto the skin. Participants were instructed to use the spray during moments of emotional distress, before bedtime for sleep support, or as part of a daily wellness routine.

Participants were advised not to ingest the spray and to avoid direct contact with the eyes, nose, and mouth. If contact occurs, they were to rinse thoroughly with cool water. The product was to be kept out of reach of children. Adult supervision is required for children under six years of age. Additional instructions were to not use the spray near an open flame or heat source. Further, discontinue use immediately if any irritation, redness, or discomfort occurs, and contact the NOWS Aromatherapist or health-care provider.

The product was to be stored in a cool, dark place away from direct sunlight and heat. The bottle was to be kept tightly closed when not in use to preserve freshness and prevent contamination. Participants were instructed to shake the bottle gently before each use to ensure an even distribution of ingredients.

### **Special instructions for children's school use**

A prescription letter is provided for children who wish to take their bespoke aroma blend to school. The letter includes details of the blend and its purpose, allowing school staff to store it safely alongside other approved medications. The 10 ml travel-size version is designed for convenient and discreet use during the school day. This can be refilled from the additional 100 ml atomiser if needed. NOWS encourages clients to call NOWS if they have any questions or concerns about their aroma once it's been received. NOWS advises that the clients contact the Aromatherapist via email or telephone.

A four-week follow-up call was made with the client to see how they have got on with their spray and if there have been any noticeable health changes or feedback since using their unique blend. At this point, they also took part in a questionnaire, which led to the collated data.

### **Results**

Participants: 440 clients (age ranges: 4-14 years, 15-25 years, 30-50 years). Seventy percent of clients were aged 7-13, and 65% of all clients were female (Fig. 1).

Emotional well-being ratings showed a positive upward trend post-intervention. Sleep quality improvements, illustrated in Fig. 7, demonstrated the intervention's direct impact on one of the most critical aspects of mental health. The results depict the key impacts, such as improved sleep (92%), reduced anxiety (88%), and better emotional regulation (85%), as a percentage of participants (Fig. 6).

### **Emotional regulation**

All participants reported feeling calmer, more balanced, and better equipped to handle daily stressors. Feedback highlights a notable reduction in emotional outbursts in children and increased confidence and self-regulation.

### **Holistic family support**

#### **Impact on families:**

Parents expressed relief and gratitude for improving their children's emotional states and sleep patterns. Due to reduced stress and anxiety levels, families experienced greater harmony at home. The following are some direct quotes from participants or their families.

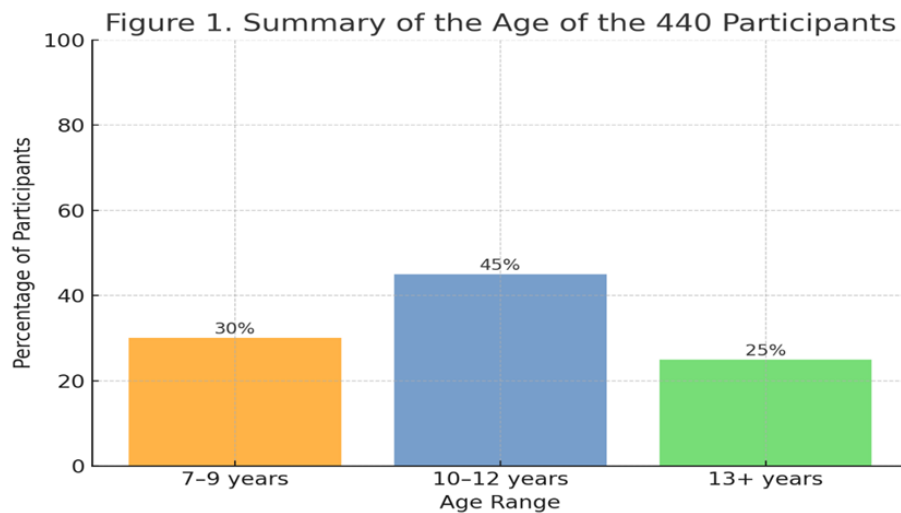


Figure 1. Summary of the ages of the 440 participants. (Participants' ages range from 4 years to 18. The above graph (Fig. 1) highlights that the key age groups (in ascending order) were ages 7-9 years, 10-12 years, and aged 13 years).

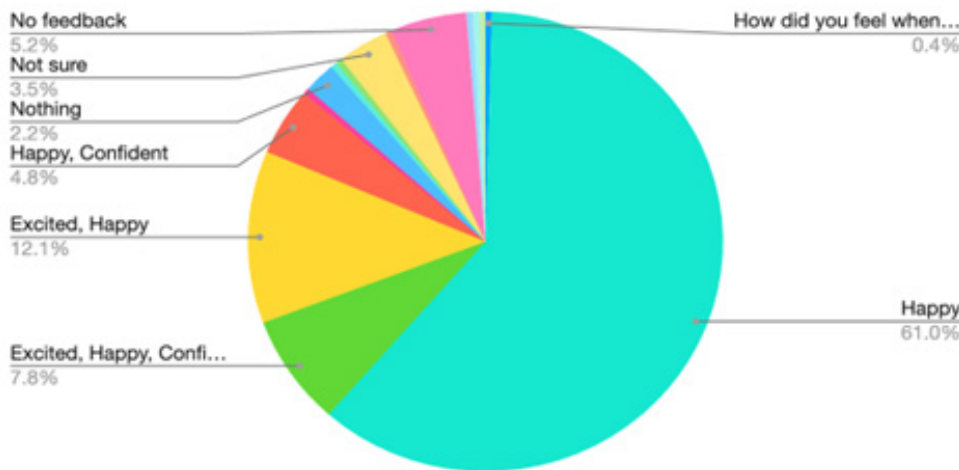


Figure 2. Summary of how the participants felt when using their tailored Aromatherapy blend. Of the 440 participants, 61% stated they felt happy when using their Aromatherapy blend.

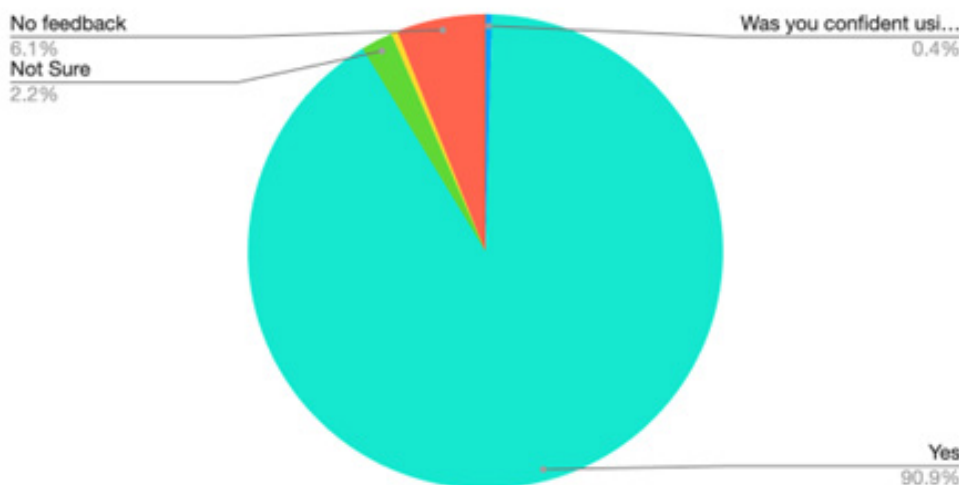


Figure 3. Participant's confidence level when using their tailored blend. Of the 440 participants, 90.9% had confidence in using their Aromatherapy spray.

*The Aromatherapy consultation was brilliant. NOWS clinical Aromatherapist took the time to understand my son's needs and things he wanted to focus on. His personal blend was delivered quickly, and he has been using it nearly every day! For my son, having the spray made just for him was an exciting and unique experience. The spray still makes him smile every time he uses it!*

*My son loves this and uses the spray every night. More when he feels anxious, but at the minute, it is mostly just before bed!*

*I liked my tailored Aromatherapy blend. I like to use it early in the morning before going to school and during my short meditation sessions. I feel calmer, happier, and a lot more relaxed when I use my spray.*

### Empowerment:

*I feel equipped to face my day with calm and clarity.*

*This simple spray has transformed how I navigate daily challenges.*

### Discussion

This retrospective evaluative study demonstrated that remote Aromatherapy consultations can enhance client outcomes related to self-reported measures of well-being. By standardising



consultation protocols and thoroughly documenting blend formulations, NOWS has ensured that the intervention is transparent and reproducible. The reported improvements in emotional well-being, sleep quality, and anxiety reduction support the clinical utilisation of this virtual model of practice. No adverse events were recorded.

### Alignment with TREATS checklist

**Transparency:** Each oil's source, chemical composition, and batch details were meticulously documented and held in locked cabinets.

### Reproducibility:

Standardised dilution and consultation protocols ensure consistent results.

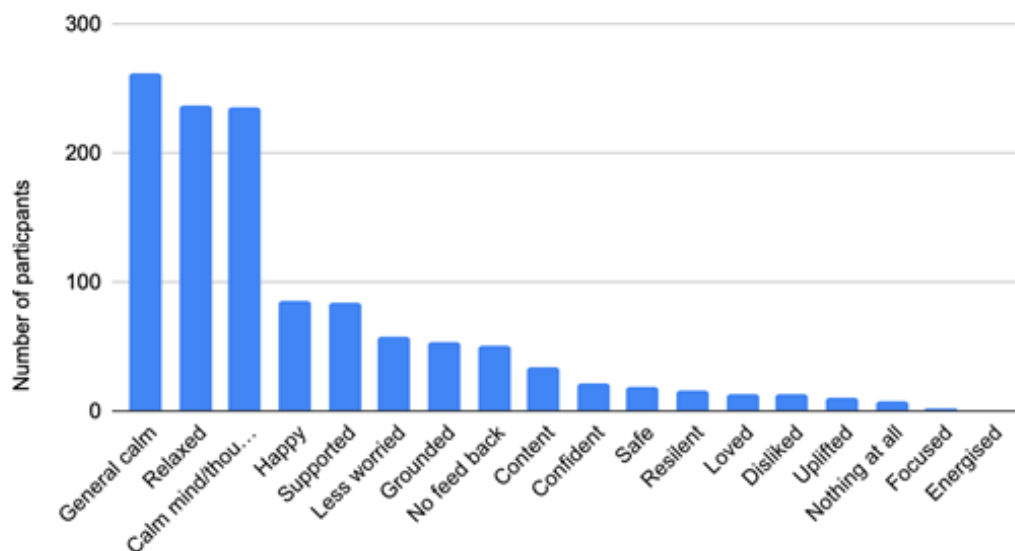
**Safety:** Comprehensive screening minimised adverse reactions, maintaining a 99.6% satisfaction rate.

### Broader implications

Virtual Aromatherapy consultations democratises access to holistic therapies. This model exemplifies how remote care can provide personalised, impactful wellness solutions worldwide.

### Conclusion

This retrospective study highlights the effectiveness and accessibility of remote Aromatherapy consultations in enhancing emotional well-being, reducing anxiety, and improving sleep quality. The intervention's impacts are unequivocally positive, spanning emotional regulation, sleep quality, and overall mental



How do you feel when using your tailored blend?

Figure 4. How participants felt when using their tailored blend. In total, 27.7% of clients reported feeling a single emotion whilst using the tailored blend; 72.3% reported feeling multiple emotions.

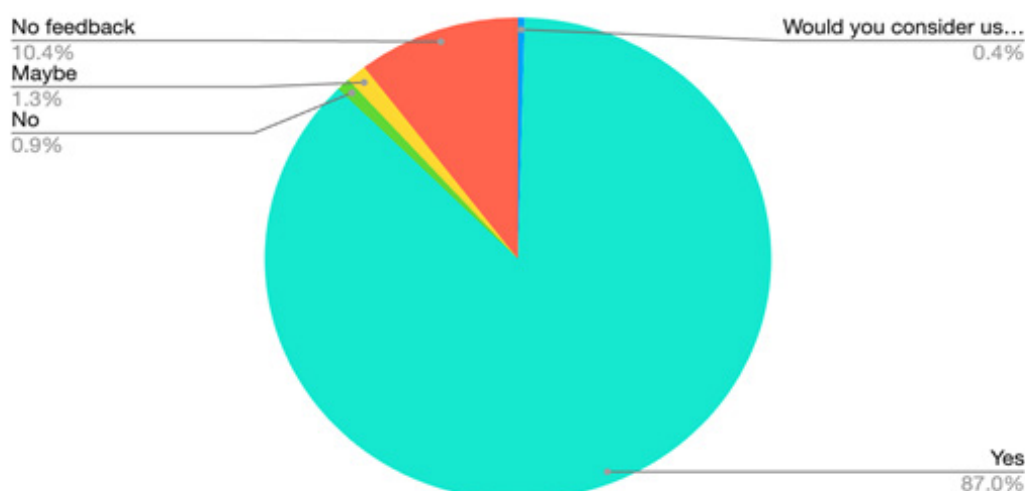


Figure 5. Clients' responses regarding the continued use of Aromatherapy. The above graph (Fig. 5) confirms that 87% of the 440 participants would continue to use Aromatherapy since using Aromatherapy with their NOWS programme.

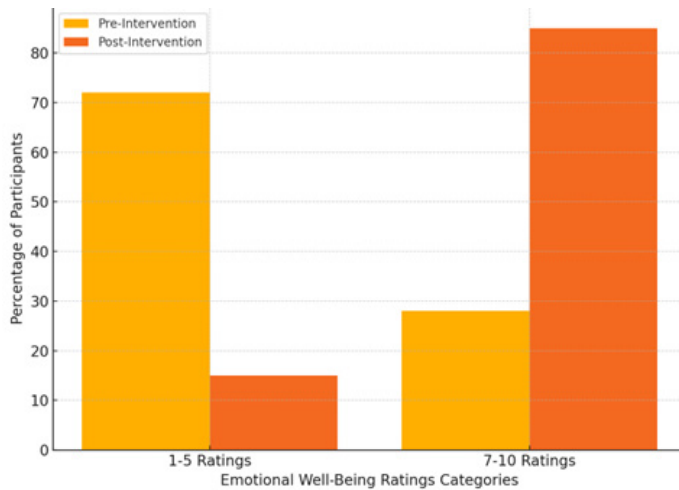
health improvements. These results underscore the transformative potential of personalised Aromatherapy when delivered through an accessible and safe remote model. The data collected from 440 participants across diverse age groups strongly support the therapeutic potential of personalised essential oil blends tailored to individual needs; 90.9% of clients said they would continue to use Aromatherapy for their needs after the study.

### Emotional well-being

**Pre-intervention:** 72% of participants rated their emotional well-being between 1 and 5.

**Post-intervention:** 85% of participants rated emotional well-being between 7 and 10.

**Highlights:** Figure 6



- 92% reported improved sleep.
- 88% experienced reduced anxiety.
- Emotional regulation improved by an average of 3.6 points on the self-assessment scale.

Figure 6. Emotional well-being ratings pre- and post-intervention.

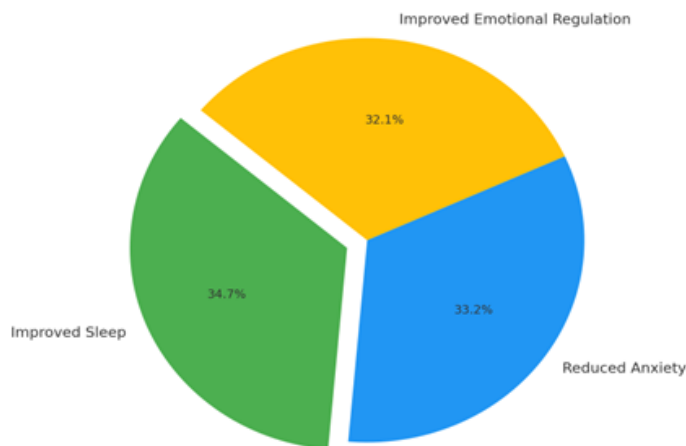


Figure 7. Key impacts of the Aromatherapy intervention. The above graph (Fig. 7) shows that 34.7% of the 440 participants confirmed had improvements in their sleep, 33.2% of the 440 participants confirmed their anxieties reduced, and 32.1% of the 440 participants confirmed they saw improvements in their emotional regulation.

The remote delivery model allowed participants to feel heard and supported without geographic constraints. Tailored blends empowered users to integrate self-care practices into their routines, nurturing a sense of control over their emotional well-being.

By adhering to the TREATS framework, ensuring rigorous safety protocols, and maintaining detailed documentation, this approach demonstrates a viable

model for integrating Aromatherapy into broader mental health and well-being programs. The positive outcomes suggest that remote consultations can be a valuable, complementary tool alongside traditional therapeutic interventions.

As the demand for accessible, non-invasive, and personalised well-being solutions grows, remote Aromatherapy consultations present a promising avenue for supporting emotional resilience and mental health across diverse populations.

### Recommendations

**Incorporation into clinical practice:** Expand remote access through general practice surgeries and wellness centers so patients have an alternative to a prescription for a tailored blend. This can include a referral pathway to NOWS remote Aromatherapy consultation.

**Educational outreach:** Enhance understanding of Aromatherapy's science among healthcare professionals.

### Educational initiatives

Aromatherapists can educate healthcare professionals on the science and safety of Aromatherapy by hosting workshops and webinars. They can also publish guidelines and protocols for safe essential oil use in specific demographics (e.g., children, pregnant individuals, and those on medications). They can collaborate with schools to develop policies that facilitate Aromatherapy blends by students with emotional or behavioural challenges. They can also develop child-friendly Aromatherapy tools, such as wearable scent diffusers or stickers infused with essential oils.

### Limitations and recommendations for future

This retrospective evaluative study had some limitations of the design and implementation which may have affected some of the information collected. The participants self-reported their symptoms and experiences, using an unvalidated simple Likert Scale. Whilst this was easy to use, more robust data could have been obtained by using validated tools such as the STAI, Pittsburgh Sleep Quality Index and, for children, the Revised Children's Anxiety and Depression Scale (RCADS). These tools require some training, which may be beyond the expertise of Aromatherapists. There are other options such as the MYCaW

and MYMOP (Meaningful Measures) which are easy to use and require minimal training. The purpose was not to determine which essential oil combination was the most efficacious, rather it was about the effectiveness of a virtual service overall, to deliver Aromatherapy interventions. Further rigour could be applied by developing and lodging a prospective study protocol with an appropriate online trial registry, obtained ethical approval from a local ethical committee, and utilising a validated tool as mentioned earlier. In addition, more data could be obtained about how often the intervention was used, a reporting system for each time it was used, more demographics including ethnicity, and whether the participant was undergoing any medical intervention for their stated condition. Further prospective research with controlled methodologies is recommended.

Future research should focus on expanding the sample size, incorporating a control group, and applying more granular statistical analyses to validate these findings further. Additionally, continued collaboration with healthcare professionals and educational institutions can enhance the credibility and reach of remote Aromatherapy as a holistic intervention. 🐾

## References and resources

Alan Howell Essential Oils – Sechina. (n.d.). Official website. Available: <https://shechina.co.uk>. Last accessed 4 March 2025.

Añalemma Water. (2024). Añalemma Water. Available: <https://analemma-water.com/all-benefits>. Last accessed 4 March 2025.

Aromatic Research Quality Appraisal Taskforce (ARQAT). (2023). TREATS Reporting Checklist 11/10/23. Available: <https://www.arqat.org/the-treats-checklist>. Last accessed 4 March 2025.

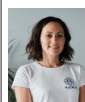
National Online Wellbeing Services. (2025). Available: <https://nowsthe-timeforchange.com>. Last accessed 11 March 2025.

Pritchard M. (2025). Atlantic Essences. Available: <https://theatlantices-sences.co.uk>. Last accessed 4 March 2025.

Tisserand R and Young R. (2014). *Essential Oil Safety*, 2nd ed. London, UK: Churchill Livingstone.



Kelly Louise Swain – NOWS CEO & Founder. NLP Practitioner, Reiki level 1, 2 and 3 Master, Rahani Celestial healing. Sound Practitioner. Safeguarding officer. Mental Health First Aider.



Natasha Ralph – NOWS CEO & Co-Founder, AFMC Functional Medicine Practitioner, UKIHCA/CCE ICF Certified Health, Wellbeing & Life Coach, Holistic Therapist: Reiki Master, Rahani Celestial Healing and EFT Practitioner, CBIT, Habit Reversal Therapist specialising in Tics and Tourettes, Mental Health First Aider.



Tracy Winterbourne – CIBTAC Aestheticienne holistic beautician and body therapist. Aromatherapy diploma, Essential oil science & therapeutics, AromaPsychology, Tisserand Institute. Reiki level 1, 2 and Master. Rahanni Celestial healing, Quantum medicine healing.

## CASE STUDY Collaborative



THE WORLD'S LARGEST AROMATHERAPY CASE STUDY DATABASE

Contribute 🔥 Discover 🔥 Engage

### HOW TO GET INVOLVED

#### 1. JOIN THE SITE

Join to gain access to an extensive collection of essential oil and aromatherapy case studies.

#### 2. SUBMIT

Contribute your professional knowledge by submitting case studies for publication.

#### 3. VOLUNTEER

Earn CE credits and valuable expertise by screening and reviewing submissions.

[WWW.CASESTUDYCOLLABORATIVE.COM](http://WWW.CASESTUDYCOLLABORATIVE.COM)