

# Active Lifestyle

## *Fragrance Therapy in the Air*



Each day our Aromatherapist is working hard maintaining oil burners throughout the home. Several essential oils are blended together to enhance the atmosphere. The burners help impart a variety of fragrances. Regular visitors often try to guess which oils are being used on the day.

Whenever we have a special event we always get a special blend for the occasion. At the last Christmas in July, for example, we had a blend containing refreshing pine with sweet orange and spicy cinnamon. While during our Arabian Nights Festival we had fragrances of exotic Jasmine and Rose, with a touch of Cardamon, flowing around the home.

Here's a great recipe we call, 'Spring has Sprung'. It's refreshing and uplifting, perfect just after cooler weather. It's easy! Blend Geranium (3 drops); Lemon (4 drops); Lime (4 drops); Lavender (6 drops). Add this blend to your oil burner as directed by the manufacturer, breath in and enjoy.

Wahroonga Nursing  
Home

