

53 beautiful and inspirational aromatherapy and essential oil quotes

1. A great deal of our emotional responses to essential oils depends on our perception of the aroma and what we associate it with.
-Holly Brandenberger
2. Smell is the closest thing human beings have to a time machine.
-Caryl Rivers
3. Where there is essential oil, there is goodness.
4. Where there is goodness, there is magic.
5. Adopt the pace of nature: her secret is patience.
-Ralph Waldo Emerson
6. Nothing brings to life again a forgotten memory like fragrance.
-Christopher Poindexter
7. Aromatherapy conveys the concept of healing with aromatic substances.
-Robert Tisserand
8. You can paint a flower but not its aroma
9. Happiness radiates like the fragrance from a flower and draws all good things towards you.
-Maharishi Mahesh Yogi
10. Do you ever smell a scent, hear a sound, or feel something and you are transported to another time, another place?
11. Smell is a potent wizard that transports us across thousands of miles and all the years we have lived.
-Helen Keller
12. Of all the five senses, smell is the one with the best memory.
13. All it takes is a diffuser and a comforting aroma to transform your mood and environment.
-Kellie Timmins

14. The way to health is to have an aromatic bath and a scented massage every day.
-Hippocrates
15. Scent is the quickest escape. It can shift your sense of place, of time, of being.
16. Aroma is the first thing people notice when they enter a home.
17. SPRING
She wore the scent of early spring on her delicate neck and every kiss I stole tasted of bright yellow flowers and buzzing bees.
-Michael Faudet
18. The aroma of an essential oil serves as a time capsule, transporting us back to our earliest emotions and desires.
19. A flower blossoms for its own joy.
-Oscar Wilde
20. Smell the flowers every chance you get.
21. The earth laughs in flowers.
22. 75% of the emotions we generate on a daily basis are affected by smell. Next to sight, it is the most important sense we have.
-Martin Lindstrom
23. A change of season calls for a change of scent that is both energizing and refreshing.
-Hannah Bronfman
24. Scent is our most primitive sense and is the closest thing tied to the emotional brain. This is why certain smells can trigger long forgotten memories, events and even illicit certain moods or emotions.
25. Smell is the sense of memory and desire.
-Jean Jacques Rousseau
26. Take a breath and dwell on the beauty of life.
27. Aromatherapy without massage is like an orchestra without a conductor.
-Robert Tisserand
28. You can paint flowers but not their aroma.

29. Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains.
-Diane Ackerman
30. Flowers are the music of the ground...from earth's lips spoken without sound.
-author unknown
31. The sun's love affair with summer perfumed every inch of her warm soul.
-Angie Weiland-Crosby
32. The greatest medicine of all is to teach people how not to need it. -Hippocrates

33. Things to fall asleep to:

Sounds of gentle rain.

Dreamy thoughts.

Soft music.

Scent of Lavender.

Hope for a new beginning.

-Flowerais

34. All it takes is one scent to bring back a thousand memories.
35. The art of healing comes from nature, not from the physician
- Paracelsus
36. Aromatherapy is a passport to the realm of plants, which can uplift the mind, strengthen the body and gently remind us of our own innate wisdom.
-Valerie Ann Worwood
37. Aromatherapy~the journey of the soul through the scent.
- Gabrielle Angelique
38. Nature whispers her secrets through essential oils.

39. Aromatherapy is a caring, hands-on therapy which seeks to induce relaxation, to increase energy, to reduce the effects of stress and to restore lost balance to mind, body and soul.
-Robert Tisserand
40. Our sense of smell is directly connected to memory so much that scents that soothed us as children will continue to alleviate anxiety and stress for the rest of our lives.
-Holly Brandenberger
41. Scent is our greatest, most potent form of time travel, like an arrow. It tears through layers. It finds the center.
-Victoria Erickson
42. Lilac and star and bird twined with the chant of my soul, there in the fragrant pines and the cedars dusk and dim.
-Walt Whitman
43. Breathe it all in, love it all out.
-Mary Oliver
44. A great deal of our emotional responses to essential oils depend on our perception of the aroma and what we associate it with.
-Holly Brandenberger
45. The deeper the roots, the higher the tree can grow.
-Proverb
46. Due to their complex constituents, essential oils can play a role in transforming unpleasant emotions, inducing relaxation and potentially reducing the damaging effects of stress on the mind and body.
-Holly Brandenberger
47. Today...unplug from social media, diffuse your favourite oil blend, drink tea, read a book, get some fresh air.
48. Aromatherapy is a universal healer, a therapy that brings balance and harmony to the body, mind and spirit.
-Gabriel Mojay
49. The sense of smell is a gateway to the subconscious mind where great healing can unfold.
-Holly Brandenberger

50. Nothing revives the past so completely as a smell that was once associated with it.
-Vladimir Nabokov
51. Aromatherapy has a profound capability to strengthen the mind-body connection.
When the mind is relaxed, the body can then relax.
-Holly Brandenberger
52. Freshly cut Christmas trees smelling of stars and snow and pine resin-inhale deeply
and fill your soul with wintry night.
-John Geddes
53. I love that a scent can make a memory come alive.