

References

- Health Services Research & Development Evidence Synthesis Program. Aromatherapy and Essential Oils: A Map of the Evidence. U.S. Department of Veterans Affairs. 2019. Available at: <https://www.hsrd.research.va.gov/publications/esp/aromatherapy.pdf>
- Doherty, K. et al. Investigation of the Impact of Inhalation Aromatherapy on Relaxation and Wellbeing in a Young Adult Population: Double-Blind Randomized Controlled Pilot Studies. Gavin Publishers. 2024. Available at: https://www.gavinpublishers.com/assets/articles_pdf/Investigation-of-the-Impact-of-Inhalation--Aromatherapy-on-Relaxation-and-Wellbeing-in-a-Young-Adult-Population.pdf
- Bayes, S.E., et al. Effectiveness of Aromatherapy for Prevention or Treatment of Disease: Protocol for a Systematic Review and Meta-Analysis. Systematic Reviews. 2022. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9317467/>
- Johns Hopkins Medicine. Aromatherapy: Do Essential Oils Really Work? 2024. Available at: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/aromatherapy-do-essential-oils-really-work>
- Lakhan, S.E., Sheaffer, H., Tepper, D. Clinical Aromatherapy: Symptom Management in Inpatient and Outpatient Settings. Medicina. 2020;56(2):1-10. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7520654/>
- Lee, J.H., et al. Essential Oils for Clinical Aromatherapy: A Comprehensive Review. Journal of Ethnopharmacology. 2024;320:115902. Available at: <https://www.sciencedirect.com/science/article/pii/S0378874124004793>
- Porter, S. Millions of Americans Believe Aromatherapy Works – But for Many Doctors, It Still Doesn't Pass the Smell Test. The Conversation. 2023. Available at: <https://theconversation.com/millions-of-americans-believe-aromatherapy-works-but-for-many-doctors-it-still-doesnt-pass-the-smell-test-207601>
- Shin, H., et al. Essential Oils Used in Aromatherapy: A Systemic Review. Complementary Therapies in Clinical Practice. 2015;21(3):168-178. Available at: <https://www.sciencedirect.com/science/article/pii/S2221169115001033>
- ClinicalTrials.gov. Effects of Aromatherapy with Essential Oils on Anxiety and Depression: Clinical Trial NCT06833658. 2025. Available at: <https://clinicaltrials.gov/study/NCT06833658>
- Zhang, L., et al. The Effects of Aromatherapy on Anxiety and Depression in People With Cancer: A Systematic Review. Frontiers in Public Health. 2022;10:853056. Available at: <https://www.frontiersin.org/journals/public-health/articles/10.3389/fpubh.2022.853056/full>