



### **Deepening Practices for Module 3: Therapeutic Categories of Essential Oils**

1. Read all files and oil monographs.
2. Continue practicing the method of “contemplative aromatherapy”.
3. As you sample the oils mindfully, become aware of the primary fragrance notes of each of the botanical categories, such as floral, spicy, camphoraceous, coniferous, etc.
4. As you explore the aromatic notes of each botanical category, mentally review the therapeutic applications of that group of oils.
5. As you inhale each oil, pay close attention to the physical, mental and emotional sensations that arise.
6. Start using these oils from various categories, following the safety guidelines; observe their therapeutic effects.