

Aromatherapy @ work: a simple way to reduce stress

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Everyone experiences some degree of pressure at work, and being *under pressure* can help improve performance and productivity. Excessive levels of pressure, however, can have adverse effects, resulting in stress... and intense long-lasting stress can lead to mental and physical ill-health. In such situations, simple techniques that can help relieve stress, such as aromatherapy, can be of major benefit.

Aromatherapy and stress – a natural approach

Although there are many ways of relieving stress outside the office, only a few techniques are suitable for use in the workplace. For example, relaxation techniques, such as exercise and meditation, are often impractical during day-to-day working life. One method that can be used in a work environment is aromatherapy (the therapeutic use of essential oils extracted from plants). Many essential oils are recognised for their stress-relieving effects, and can help aid concentration and focus, and improve productivity and mood. Aromatherapy is today widely practised in the home, but it can also be used in the office, where it can be used to combat stress at its source.

The Aroma Stress Buster

The Aroma Stress Buster is a novel aromatherapy dispenser that has been specifically designed for use in the work place. Using only 100% natural pure essential oils, this innovative aromatherapy diffuser is small and compact, sits on the top of your computer monitor (and so doesn't take up desk space or require an electric socket) and releases stress-relieving aromas only into your personal space. The Aroma Stress Buster is now available in an exciting new range of colours and designs, and with an extended range of pure natural essential oils. A colourful way of enhancing any working environment, the Aroma Stress Buster provides totally natural and immediate stress relief through the aromas of pure natural essential oils.

You spend a lot of time in your place of work – by taking steps to reduce any stress you may encounter, and making your workplace as pleasant as possible, you can increase your own well-being and productivity.

For more information on aromatherapy at work and essential oils, visit:

<http://www.aromatherapy-stress-relief.com/aromatherapyatwork.html>

Dr Gillian Hale is co-founder of [Aromatherapy-stress-relief.com](http://www.aromatherapy-stress-relief.com), a home based UK business providing Aromatherapy Stress Relief Gifts.

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