

# The Aromatic Car

By Candace Newman MAT, LMT

We are a product of our environment...and may other things. A great deal of our time is spent in our home, office, and car. Since our car is often a second home or office, this can also be an oasis of aromas. It is often one of the most stressful places in our lives, and many times it is conducive to creating road rage. Take charge and create a place of peace in your car that you actually enjoy. The world needs it.

How much time do you spend in your car? Whether it is the occasional errand or most of your waking life, it is another place we can make a sanctuary for ourselves and all who enter. This involves creating an environment that makes us feel good.

Sometimes it is nice to have our favorite music; other times solitude and quiet is the answer. Choose mindfully. Studies show rap and hard rock music are insults to our nervous system and reinforce stress and irritability, while shutting down the right brain (intuitive, feeling side). On the other hand (or side of the brain), some classical and other soothing type music cause the brain to create biochemistry that is calming and soothing, and opens up the right brain. This music has been shown to increase retention when learning. The right and left brain is balanced and this promotes a sense of well being.

Aromas do the same thing due to the olfactory system's direct connection to the brain. The brain creates corresponding brain chemistry... to the emotion the aroma created. All this happens in less than a second. These biochemical messengers are sent out to cells throughout the body, and our physical tissue responds accordingly. **You can see how important it is to choose aromas that make you feel good.**

Aromas of high-grade essential oils can be a silent companion of serenity. Soothing aromas actually encourage us to get quiet and listen. The car can give us a space to think... and hear answers to questions we have.

Another reason to keep essential oils in the car is for traveling and motion sickness issues. Lavender calms the nerves; Peppermint helps with drowsiness and motion sickness. At 5:30am with a 2 hour drive to school, it was 5 to 7 deep breaths of straight pure Peppermint that kept me alert at the wheel.

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Things to Do:

Tools for your Aromatic Car: diffuser, cotton balls, essential oils and Lavender and/or Lavender Peppermint Mist. Select essential oils you love. Lavender and Orange are good stress-relievers. Peppermint and Lemon are good energizers. Frankincense and Geranium

can be great soothers if you like the aromas. Use ONLY pure therapeutic-grade essential oils. This also eliminates allergic reactions to synthetic fragrances.

1. Keep the Mist of your choice in the car (and in your purse/briefcase). Mist yourself as much as you need. It causes you to pause, breath deeper, and relax. Misting works like a wash and a breath of fresh air. It is an autonomous nervous system response and can change the brain chemistry in less than a second. It's nice to have a couple of different mists. One to soothe and one to energize.
2. Put a diffuser or some cotton balls in the car. Clay pots are excellent. Add 1-2 drops as needed. Start a new ritual, signaling the brain to relax.
3. Sprinkle a few drops around on the carpet or upholstered seats if appropriate. Go light. Less is often more. Too much of a good thing can create headaches.
4. Set up a routine with oils... that allows you to enjoy your time in the car.

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**Frequently Asked Question:**

What do you think about the **Aromatherapy Car Diffusers** that plug into the cigarette lighter?

There are many out there. I've tried several and still prefer a clay pot diffuser or some cotton balls. You simply add a few drops pf essential oil to these as needed. Experiment and see what works best for you. Let it be a soulful experience. Choose oils that really speak to you, and when you smell them, you really like the way they make you feel.

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**Storyteller:**

I decided to quit smoking and was doing everything I knew to help myself. The hardest time I had was when I got in my car. This is one of the places I enjoyed smoking the most. The smell of cigarettes in my car was so tempting. After talking with you, I put drops of Lemon in a clay pot diffuser, and also put drops of Lemon on the carpet and upholstered seats. This did it. I am so thankful. I am no longer smoking.

Florida Customer

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