

Does Scent Make Sense?

By: Jim Duncan, CHt, IMDHA Mentoring Chairman

We often look for that edge that will make our sessions more productive for our clients and get them into THE ZONE. We learn new techniques, inductions and scripts to glean a new turn of phrase or concept that might help our clients in achieving well-being. We make our offices comfortable and adjust lighting to sooth and serve. Is there more can we do? Always... and one of those ways may be to introduce scent to your sessions.

Aromatherapies are a wonderful addition to inducing even more enhanced states of relaxation. It is well documented that scent is one of the greatest memory triggers. Aromatherapy is as old as history itself. Ancient cultures used aromatics to sooth, heal and aid in trance-like states in healing temples, sleep emporiums and sweat lodges. By creating an olfactory awareness that brings calm one may easily *enhance the trance*.

I found that after I introduced an infuser with the scent of sandalwood, my clients seemed to find deeper states of relaxation and hypnosis much more rapidly and they embrace suggestion more readily.

So what aromas can be utilized for olfactory enhancement of hypnosis? The following is a short list to consider:

Depression – sandalwood, ylang-ylang, jasmine, neroli.

Anxiety – clary sage, bergamot, cedarwood, lavender.

Apathy – basil, grapefruit, peppermint.

Pain – clary sage, eucalyptus, rosemary, chamomile.

Mental Fatigue – lemon, orange, rosemary, peppermint.

Loneliness – marjoram.

Insecurity and Low Self-Esteem – frankincense, sandalwood, ylang-ylang.

Panic Attacks – frankincense, lavender, ylang-ylang, neroli.

Digestive Issues – anise, basil, ginger, peppermint.

Memory – rosemary

General Stress – chamomile, lavender, sandalwood.

Grief – rose, frankincense.

You may wish to research more about aromatherapy. A nicely organized web site to begin your exploration of aromatherapys is www.aworldofaromatherapy.com.

It is a good hypnotherapist who experiments with new ways of assisting clients. The introduction of aroma to your practice may be that added touch that brings about great change for your clients and you.

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