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## Am I confused?

Posted by DianaR - 2008/07/11 01:14

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Just looking at the word "aromatherapy" I get the impression that it is scent that causes the change in mood that might enhance health.

If this is true, then just the scent is needed when the goal doesn't involve applying oils to the skin. A fragrance oil that smells true to the scent desired or an incense will have the same affect. It would also be a less expensive way to make candles that are scented based on the desired mood.

Does this make sense? Has anyone compared the effectiveness of fragrance oils compared to essential oils when scent is the focus in aromatherapeutic practices?

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