

cleanliness was simply and effectively demonstrated, further confirming that scents go further than limbic processing and activation of memory associations; they affect our thinking and doing. Furthermore, depending on the type of scent presented, this effect can be collective. Social psychologist Henk Aarts also commented on the aforementioned prison study (Van der Storm, 2008), saying that the effects of orange oil's diffusion were most likely due to the linking of 'clean and healthy' that many people associate with citrus fragrance.

Conclusion

Knowledge and use of the archetypal power of aromatic oils can make aromatherapy clear and comprehensible. It can also help to remind the individual of his own power and qualities (his Self), to unveil and organize the Self. My own psychodynamic path with aromatherapy has been trod independently to other aromatherapy specialists who have also delved into the psychodynamics of scent and essential oils such as Davis (1991), Damian and Damian (1995), Mailhebiau (1995), Mojay, (1996), Worwood, (1997) and Trött-Tschepe (2004; 2005; 2007) and yet our findings and experiences have a great degree of overlap. To me, this provides further evidence of the fragrance connections that can be made at a deep level that cross geographical, social and cultural boundaries.

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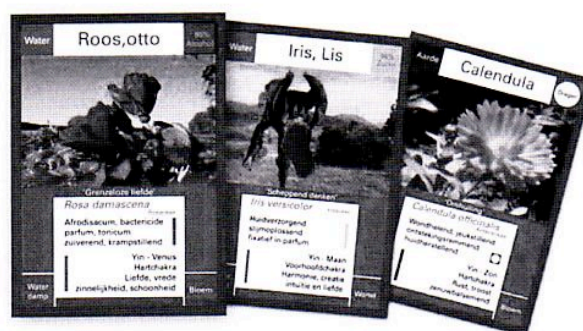
Footnote

The aromatherapy cards have been published in the Netherlands, Belgium (2006) and Germany (2008) and are available in Dutch and German.

The Netherlands and Belgium: Koppenhol ISBN 978-90-8508-061-9.

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If you are interested in publishing an English version of the aromatherapy cards, please contact Claudia de Vos directly (info@zeszintuigen.nl).



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