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WELLNESS WORKS®



A HOLISTIC WELL-BEING NEWSLETTER

## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

February 2026

### Supporting Wellness with Aromatherapy

Sometimes wellness comes down to small moments in the day that help you reset. Aromatherapy is an easy way to work that kind of pause into your routine.

Used with intention, essential oils can support stress relief, focus, sleep routines, and emotional balance. Whether it's a calming scent during a tense afternoon or a refreshing one between meetings, aromatherapy offers a simple way to support well-being without adding another task to your schedule.

[The use of aromatic plants for wellness dates back centuries, and essential oils became part of formal pharmacy practice in the early 20th century.](#)

That long history reflects how scents have consistently been used to support emotional and physical well-being across cultures and time.

### Understanding Why Scent Works So Quickly

Scent affects the body in ways that many other wellness tools do not. When you inhale an aroma, it travels directly to areas of the brain involved in emotion and memory, rather than passing through the brain's usual processing filters.

[Your olfactory system is closely connected to your brain's emotional centers, which helps explain why certain scents can influence mood almost immediately.](#)

This direct pathway is why scent can help you feel calmer, more focused, or more grounded within just a few breaths.

## Managing Stress and Emotional Strain

Calming scents such as lavender, chamomile, neroli, and vetiver are commonly used to ease feelings of tension. For employees navigating deadlines, meetings, and constant notifications, these aromas can create brief pauses during the day. Even a few slow breaths with a familiar scent—through a diffuser or a personal roll-on—can help signal the body to slow down.

Because scent is closely tied to memory, responses can vary from person to person. What feels calming to one individual may not work the same way for another, which is why choice matters.

## Encouraging Focus and Mental Clarity

Other essential oils are known for their bright, energizing qualities. Peppermint, eucalyptus, rosemary, and citrus scents are often used to support alertness and concentration, especially during long stretches of focused work or mid-afternoon energy dips. Personal rollers offer a subtle way to help you reset without disrupting shared spaces.

## Supporting Healthier Sleep Habits

Aromatherapy is often used as part of an evening routine to help signal the transition from work mode to rest. Scents like lavender or chamomile, used consistently at night, can help reinforce that shift over time.

## A Flexible Addition to Wellness

Aromatherapy works best as part of a broader wellness approach. It doesn't replace healthy sleep, movement, or stress management—but it can support them. Sometimes, supporting well-being starts with something simple: slowing down, taking a breath, and choosing a scent that helps you reset.

## Book Review | Bringing Wellness into Everyday Spaces

Wellness habits often start with good intentions but can feel overwhelming when they require new routines, specialized tools, or extra time. *The Complete Book of Essential Oils and Aromatherapy* by Valerie Ann Worwood takes a different approach, focusing on small, practical changes that can support well-being in everyday settings, including the home and workplace.

Rather than positioning aromatherapy as a trend or a complex practice, Worwood presents it as a flexible resource that can be adapted to real life. The book serves as a reference guide, offering straightforward information and recipes that readers can use as needed, without requiring a complete lifestyle overhaul.

## Book Highlights

The book is organized for maximum functionality. Readers can browse by need or situation, whether they are looking for support with stress, sleep, focus, or creating a healthier environment. With more than 800 recipes and applications, the content is designed to be practical rather than prescriptive.

Worwood offers guidance tailored to different stages of life and settings, from family and personal care to shared spaces such as offices and homes. The tone remains steady and informative, emphasizing safety, thoughtful use, and personalization rather than one-size-fits-all solutions.

Another notable feature is the detailed reference section. Profiles of essential oils and carrier oils explain common uses and considerations, helping readers make informed choices rather than relying on trial and error.

### A Key Takeaway

One of the book's strongest messages is that wellness doesn't have to be complicated to be effective. By integrating essential oils into existing routines, such as winding down at the end of the day or refreshing a workspace, small changes can support comfort, focus, and balance over time.

The book encourages readers to view aromatherapy as a supportive tool, not a replacement for medical care or healthy habits, but an option that can complement broader wellness efforts. That mindset aligns well with workplace wellness approaches that emphasize choice, accessibility, and practicality.

For readers interested in learning more about essential oils without feeling pressured to adopt a rigid routine, *The Complete Book of Essential Oils and Aromatherapy* offers a steady, reference-based way to explore what works best for you.

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