

Exercise your Brain with Aromatherapy

to improve mental cognition in activities

Benefits of Aromatherapy

- Natural option for relaxation and relief
- Inhaling essential oils promotes deeper breathing which helps relax our nervous system
- Uplifts moods and creates helpful distractions in times of stress
- Provides human touch and connection
- Accessible, simple, discreet use of aromatherapy



UC Irvine Research 2023

- A statistically significant 226% improvement in cognitive and neural functioning was observed in the enriched group compared to the control group.
- Smelling a variety of smells is more effective than smelling the same smell repetitively.

Concluding that olfactory enrichment provides an effective and low effort pathway to improved brain health.

Frontiers. Neuroscience., 23 July 2023

Olfactory Enrichment

- Stimulates new neural connections
- Slows progression of cognitive decline
- Increases olfactory structures and pathways
- Improves moods & well-being

Exercising the brain daily by including aromatherapy in sensory activities enhances quality of life for residents and staff!



Training Programs for Long Term Care



Who we Serve

We've worked with clinical leaders, executive leadership, life enrichment and purchasing groups in...

- Hospital Systems; Allina & HealthPartners
- VA Hospitals and VA Homes
- Long Term Care Facilities
- Memory Care
- Same Day Surgery Centers
- Oncology Care Providers
- Mental Health Settings

Our online instruction is targeted to skilled nursing and activities for long-term care clients in a variety of settings.

Our Core Program provides a variety of approaches with emphasis on the clinical use of aromatherapy memory care and comfort strategies.
Learn more at www.JodiBaglien.Online

Who we Are

A certified woman-owned Minnesota business since 2001. We are accessible, customer service focused, and we actually answer the phone!

A trusted resource with extensive experience and vetted essential oil products used in clinical care.

Contact us for more Information



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