

The use of aromatherapy and music therapy as a relaxing factor in a beauty salon

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Abstract

Contemporary appearance and well-being are an extremely important issue for most people. Unfortunately, long-lasting stress, rush and excess of duties do not work well on our body. Chronic stress and mental stress is conducive to the occurrence of many diseases. First of all, the weakest internal organs are attacked. More and more beauty salons offer services combined with relaxation and improving the mood. The key element is the use of aromatherapy and music therapy, because they affect the senses of the individual.

Key words:

aromatherapy, music therapy, relaxation.

Introduction

The influence of smells and sounds on the physical and psychological state of man is well known from the earliest times. Taking into account the holistic approach of modern cosmetology to the appearance of a man, treatments in a beauty salon affect the nervous system and the psyche to a large extent. As a result, cosmetologists are more and more willing to resort to natural therapy methods. These methods include aromatherapy and music therapy, which have developed on the basis of human experience using factors affecting the physical, mental and emotional zones of a human being, such as smells and sounds [1].

The sense of smell is the most sensitive sense, and the fastest way of transfer external stimuli to the cerebral cortex. It is a sensation that is constantly subjected to research due to the complexity of the human reaction to fragrances as well as the ability to elicit a strong response from the nervous system [2,3].

Arousal stimuli affect the human reaction, its physical and mental state. They can be perceived as pleasant, causing relaxation or unpleasant and even causing malaise, nervousness and even aggression [4,5].

The word “relax” derives from the Latin language from *loxo*, *laxus* which means stretching or loose. Later, the prefix was added and thanks to that a word *relaxo* was created, which meant rest, interruption of sadness or loosening of something cramped. Relaxation means phenomena leading to the reduction of mental tension [6].

Stress is a state of physical, mental and emotional fatigue and can occur in every person. The response of the human body in the form of physiological or psychological stress depends on the individual tolerance to the stressor [6].

The aim of this work is to present the issue of aromatherapy and music therapy, which are used in a beauty salon in order to relax and to chill out.

Stress definition

It is difficult to find a person who would convince you that has never been in a stressful situation. We talk

about the stress with family, we hear about it from friends, colleagues and our boss. We read about it in newspapers, in handbooks or in scientific literature. One could say that it is ubiquitous and we got used to it [7].

The French physiologist Claude Bernard (1813-1978) who in the nineteenth century expressed the view that there are defensive mechanisms in the human body whose cooperation allows the body to fight threats and, above all, to keep alive, is pointed out as a precursor of the stress problem theme. The author is the creator of the law of constancy of the internal environment, according to which this stability is preserved thanks to the physiological and biochemical process of the system [8].

Decades later, these assumptions became the basis for the work of the American physiologist Walter Cannon (1871-1945), who was the founder of the theory of homeostasis. He developed the concept of the body's striving for balance and called this process homeostasis. Cannon considered stress in the context of the state of preparation. Stress is understood by him as a reaction to a threat, whose function was to create conditions for the survival of the human body. It can be said that stress prepares the body to deal with the danger. Changes occurring in the general adaptive syndrome, affecting the severity of the occurrence of biological stress, are described in three stages [9,10]:

- the stage of the emergency response,
- resistance reaction stage,
- the stage of exhaustion reaction.

Another scholar who considered stress as a phenomenon was Hans Selye (1907-1982). The author described stress as a team of non-specific physiological changes that arise in the body during the course of various aversive stimuli, which he called the general adaptive team. This team consisted of an alarm response, immunity and exhaustion. The researcher believed that stress does not always lead to damage, which is why he distinguished structural and destructive stress. H. Selye was the first to use the term “stressor”, which means a group of factors responsible for stress. Stressors can be divided into three main groups: physical, psychological and social stressors (Table 1) [8,11,12].

Table 1.

Division of stressors

Physical Stressors	Psychological Stressors	Social Stressors
noise, heat, cold, temperature fluctuations, hunger, pressure changes, physical work, long-term driving, infections, excess stimulus;	excessive workload, lack of time, lack of independence, haste, loss of control;	conflicts, lobbying, loss of a loved one, isolation;

Source: own study based on Lewicka M, Wójcik M. Characteristics of negative emotions occurring in high-risk pregnant women. Ed. EJMT 2013; 1 (1): 60-67.

In the theoretical approach to stress according to R.S. Lazarus stress is the reaction between the object and the environment. The team of interactions is assessed by the human being as disruptive, burdening his resources as well as threatening his existence. A person then experiences psychological stress, which causes changes in the psychological mechanisms of regulating the behavior of the individual under the influence of harmful stimuli. It occurs when the relationship between a human being and the environment is considered threatening or there is a loss of resources. According to Lazarus, stress management is defined as changing cognitive or behavioral efforts to overcome external and internal requirements that are assessed as decreasing human resources [6,7,13,14].

Reaction to stress

In a stressful situation, each person observes changes in their behavior and way of thinking. Stress activity is revealed in three areas: physiological, psychological and behavioral. On each of them we observe symptoms that are evidence that we have problems which are related with stress [15].

The nervous and hormonal systems perform key role during stressful reaction at the physiological level. In structures of the limbic system (amygdala, hippocampus and others) there is a large concentration of receptors that capture cortisol from body fluids. The high concentration of these hormones contributes to the formation of metabolic disorders of neurons, the disappearance of neurons and synapses and to accelerate the breakdown of neurons in these structures. Hippocampus is particularly sensitive to

stress, in which dendrites of its neurons are degraded. The effects of chronic stress can be the reduction of the hippocampus or the problem of learning or remembering [15].

Relieved transmitters, neurohormones and hormones initiate a response at the level of organs, tissues as well as cells [16,17].

The second level, where stress can be observed, includes changes at the level of the human psyche. On the emotional level, we observe: fear, anxiety, loss of control, over-stimulation, mood variability, while on the cognitive level, we notice problems with memory, concentration, decreased creativity and difficulties in making decisions (Table 2) [16,17].

Stress symptoms seen in the behavioral pattern are [18]:

- increased consumption of alcohol, nicotine, caffeine, drugs, etc.,
- changes in eating habits, e.g. dietary restrictions, emotional food, eating at night,
- disturbed sleep patterns, e.g. lack of sleep, too long sleep,
- social isolation,
- avoiding liability,
- aggression,
- making mistakes and blunders,
- unpredictability,
- nervous habits such as biting nails.

Stress effects

Effects of stress can be observed in every dimension of human health. The impact of stress can be analyzed based on two time scales such as immediate or long-term effects [15].

Table 2.

Response to stress – physiological, psychological and behavioral symptoms

Physiological	Psychology	Behavioral
<ul style="list-style-type: none"> • secretion of fight and flight hormones (adrenaline or noradrenaline), • accelerated breathing, • dilated pupils, • dry mouth, • accelerated heart rate, • (high heart rate, high pressure), • inhibition of digestive processes (lack of appetite), • increase in skeletal muscle tone, • stimulation of sweat glands, • increase of blood clotting, • involuntary urination. 	<ul style="list-style-type: none"> • emotional arousal, • excitement, • offensive, • irritability, • anger, • irritation, • impatience, • a sense of danger, • voltage status, • a feeling of haste. 	<ul style="list-style-type: none"> • tics, intermittent sleep, • trouble falling asleep, • inability to rest, • constant rush, • increased diuresis, • nervous tics, • contractions.

Source: own study based on Litzke SM, Schuh H. Stress, mobbing and burnout. Gdańskie Wydawnictwo Psychologiczne, Gdańsk 2007.

Immediate effects are usually reversible and short-lived. The following symptoms belong to this group [19]:

- muscular: tense posture, clenched jaws, tense muscles of the neck and back, pulled mimic muscles and eyebrows,
- respiratory: shallow and short breathing, quick breathing, sometimes so-called catching air,
- pain: headache, neck, back, stomach or chest pain,
- digestive: diarrhea or constipation, indigestion, lack of appetite or excessive greed,
- other: nervous movements, accelerated pulse, scratching, skin erythema, hyperhidrosis, dry mouth, thick saliva, grinding teeth.

Long-lasting stress favors the occurrence of many diseases. First of all, the weakest internal organs are attacked. The consequences of stress may manifest themselves in various areas of our functioning (Table 3) [15].

Long-term effects include some diseases, such as depression, neurosis, hypertension [15].

The most important stress-related complications according to Uszyński include [15]:

- complications related to mental health and changes in the brain. These are: sleep disorders, depression, anorexia nervosa, bulimia nervosa, Alzheimer's syndrome, Parkinson's disease;
- somatic complications. For instance: obesity, type 2 diabetes, hypersensitive bowel syndrome, atherosclerosis, hypertension, infertility, anovulatory cycles, impotence, dermatological problems.

Stress affects not only our emotions and cognitive functioning but also our relations with the environment. The tension that we feel under stress can cause irritation and annoyance. It also increases our aggressiveness and causes "discharge" often to the detriment of loved ones. Some people can not cope with stress and reach for drugs (including alcohol, nicotine, drugs) that are harmful to our health [20].

It should be added that stress can also work well on our body. Arguments confirming the good side of stress are [7,18]:

Table 3.

Consequences of stress

On the psychological and spiritual level – tension directed inwards	On the social level – the tension directed outside	At the somatic health level – stress voltage transformed into a disease
neuroses, phobias, anxiety, depression, insomnia, lack of concentration, burnout, lack of life satisfaction, mental and nervous breakdown, suicidal thoughts.	excessive activity, noisy, social isolation, vandalism, violence.	infarction, coronary heart disease, hypertension, stroke, upset stomach, high blood cholesterol, acceleration of atherosclerotic processes, sexual dysfunction, asthma, skin disorders, speech disorders, migraines, alcoholism, drug abuse, pharmacomania.

Source: own study based on Uszyński M. Stres and anti-stress – pathomechanism and health effects. Ed. MedPharm Poland, Wrocław 2009.

- the ability to make quick decisions,
- mobilization of the last resources of forces,
- we learn new things,
- we get to know our possibilities,
- it gives you the chance to develop the skills for better dealing with our worries, with things which teases us, with what we are afraid of and with what is a challenge for us.

Remedies a stress

According to Lazaurus, coping with stress is defined as permanent cognitive and behavioral changes that aim to overcome internal and external demands that are assessed as decreasing human resources. The following methods of coping with stress have been described in the literature [14,20]:

- seeking information – acquiring the necessary knowledge about the stress situation in order to re-evaluate the threat and take appropriate actions,
- direct actions – these are decisions that the individual makes to overcome or minimize changes in the human being and his environment caused by stressful events,
- refraining from acting – acting stress may exceed people's abilities, therefore not taking action may be more beneficial than taking up activity,
- intrapsychic processes – actions aimed at stabilizing emotions.

Other ways of dealing with stress mentioned in the literature are:

- a task-focused style is described as actions taken by an individual to transform a difficult situation into an easier one to solve,
- a style focused on emotions concerns people who solve a stressful situation by concentrating on their own person and emotions (eg anger, displacement, fantasizing),
- avoidance-oriented style occurs in people who have a tendency to avoid thinking, experiencing or analyzing a stressful situation. This process takes place in two stages. The first is to include substitute activities such as work, eating meals, cycling, etc., and the second to find social contacts, thanks to which people can forget about stress or share emotions with loved ones, for example with family or friends.

The process of dealing with stress includes two key functions [21]:

- finding out what the problem is, which is a source of stress and striving to solve it and overcome the problem,
- regulating emotions – a person should strive to minimize negative emotions, e.g. fear, anxiety and stimulation of positive emotions such as hope, joy, enthusiasm or contentment that will mobilize to action.

Stress, which has been overcome immediately decreases, while the one that has not been defeated

significantly increases. It should also be mentioned that you can actively use the adrenaline deposits and reduce stress to a minimum. Such methods are [21,22,23]:

- sports: running, swimming, tennis, football, boxing,
- dances,
- mountain hiking, climbing.
- In order to lower the level of adrenaline, silencing strategies can be also applied and these are [21,22,23]:
- conversations,
- relaxation,
- meditation,
- animals care,
- baths,
- listening to music,
- beauty treatments,
- massages with the use of essential oils.

Another solution is a creative rebound of stress that stimulates individual interests, e.g. [21,22,23]:

- playing on instrument or singing,
- painting,
- acting the role, participation in the theater,
- creative dance,
- writing diaries,
- sculpture,
- poetry.

Aromatherapy

Aromatherapy uses specially prepared extracts of flowers, leaves, seeds, wood, roots or bark of plants known as essential oils [24, 25].

Aromatherapy is a method that uses natural essential oils from plants, introduced into the body through the respiratory tract (inhalation) and skin (massage, bath or compress). Active substances in them are various chemical compounds, including esters, aldehydes, ketones, alcohols, phenols and others. In theory, two mechanisms of their operation are distinguished. The first one is based on the impact on the brain, especially on the limbic system, through the olfactory system, while the second is the result

of the physical and kinetic properties of the essential oils [24, 25].

Aromatherapy known today is a young discipline in which high-quality essential oils are used. In the 20-30s of the 20th century, the term was widely adopted thanks to the French chemist Rene-Maurice Gattefossé (1881-1950). The author began to be interested in aromatherapy, because earlier he quickly healed the burns of the hand by immersing it in a container with pure lavender oil. Burns healed within a few hours, leaving no scar. Gattefossé began using other essential oils in dermatological preparations.

The term “aromatherapy” first appeared in 1937 in his book entitled *Aromatherapy – essential oils – plant hormones* [24, 25].

Aromachology deals with the study of the effects of odors on human sensations, moods and emotional states [25].

Inhalation

Inhalation is a method that directly affects the respiratory tract or after being absorbed through the mucous membranes with the bloodstream, gets into other organs. The simplest form of inhalation are aromatherapy fireplaces. The essential oils added to the bowl evaporate giving a very pleasant scent, which already, at the beginning of the visit, introduces the customers to a perfect mood and makes waiting for treatments much more enjoyable. Depending on the size of the room, 5-10 drops of oil are dripped into the bowl with water. Another method of inhalation is to directly tilt the face over the bowl and inhale the rising vapors. To increase the efficiency, you can do this under a terry towel. You can also condense the cover used for cosmetic procedures [1,2,4,24,25].

Massage

Massage is the most effective treatment in aromatherapy. The treatment uses essential oils (3-5 drops) diluted with neutral vegetable oil. For dry skin, it is recommended to use in the form of a carrier oil of wheat germ, hazelnut or avocado and for oily skin: almond oil, from the seeds of grapes or peach. It is not recommended to use undiluted oils except for lavender oil, tea tree and rose. The effect on the body

of the massage is double. On the one hand, we observe the action of the oil itself and the other on the massage. The treatment itself has a relaxing effect, it also improves blood circulation of the skin, which facilitates absorption of the oil, its deeper penetration and faster action [5,25,27,28,29,30,31].

Baths and showers

Baths (immersion) and showers are a popular method of using essential oils. To a full bath of water at a temperature up to 40 degrees, 10-15 drops of oil and emulsifier are added. The bath should last no more than 15 minutes. In the case of very intensive oils such as flowers, just add 2 drops of oil. Dipping can be divided into whole (whole body) or local ones, e.g. feet, hands. After the treatment, rinse the body with water and wipe it dry. Aromatherapy baths are used in skin diseases in spas, for example in systemic ailments, nervous disorders, heart and circulatory diseases as well as relaxing and strengthening muscles and relaxation. The immersion can be aided by hydromassage or underwater massage. We are happy to be offered in SPA and Wellness centers as a cosmetic procedure. Showerheads are a much shorter procedure than baths, therefore the concentration of oils can be higher. 5-10 drops per liter of water are used. A more useful method of dosing is to use 30-50 drops of the oil for 200 ml of an odorless gel or shampoo [1,24,27,32,33].

Compress

The compress is a form of local bathing. It is using on diseased areas, a fabric soaked in a solution of oil in warm water is applied. In addition, the compress can be covered with foil or blanket to keep the temperature up to 2 hours [4.5].

The most popular oils with calming effect are:

- lavender oil – which is used in the form of wraps, baths, and massage. It shows hypnotic, antidepressant, relaxing, anxiolytic, antiseptic and anti-inflammatory effects. In addition, it is used to relieve menstrual discomfort, rheumatic, migraine and muscle pain. Locally supporting the skin may redent, which results in better blood circulation and warming up of the place [2,24,29,30,31,32,34];

- lemon oil – is popular in anti-aging medicine because it has a soothing effect in states of stress, anxiety, apathy and depression. At the same time, it has a stimulating effect in case of physical fatigue and a sleepless night. In addition, it lowers arterial pressure [2,35].

Restrictions in the use of aromatherapy

Despite many advantages of using essential oils, it brings with it the possibility of side effects. The most common are skin reactions, such as: allergic reaction, irritation or induction of periodic hypersensitivity to UV rays. To avoid this, carrying out an allergy test is needed, which consists in applying a minimal amount of a mixture of oils in a place with potentially high sensitivity and permeability of the substance (in the elbow crook, under the knee). The observation lasts from 24 to 48 hours. If erythema, pruritus or swelling occurs, it is not recommended to use exact blend of oils. Aromatherapy has limitations for pregnant women, nursing women and children. Too high concentration of the oil may cause dizziness, weakness and difficulty breathing [24,27,36,37,38].

A real essential oil is of plant origin. Moreover, crops should be grown without the use of pesticides. Oils should be stored in a cool, dark place, due to their sensitive to sunlight. What's more, opened oil should be used within 1-3 years [36,37,38].

Music therapy

Listening to music has a positive effect on our brain. In the widely conducted studies, the involvement of the central nervous system in the processing of sounds was found, which results in the impact of music on the imagination, fantasy, thoughts and memory [3].

The term music therapy derives from the combination of music and therapy. It means the use of sound structures organized in time, e.g. acoustic waves of various frequency and amplitude as well as gaps between them, i.e. music as a supporting factor in the therapy of emotional disorders. Music is not only a collection of acoustic symbols, but also the basis for the transmission of certain emotional content. In

therapeutic therapy, music is adapted intentionally and consciously. Sensitivity to sounds is an individual matter, because every person receives them in his own way. An important element of receiving music is the imagination that creates images of sound relationships. Listened music should suit all tastes throughout life. Measures used in music therapy should not interfere with natural physiology and emotions accompanying the individual. The correct rhythm of the music should be slower than the rhythm of heart beats per minute, and the volume should not exceed 70 decibels. We can distinguish two types of music: calming and stimulating. Both can affect human beings favorably. It depends on the current mental and emotional state of a person at exact moment. Music therapy is associated with other fields such as psychology, psychiatry as well as medicine, because the influence of sounds on the psychosomatic system is used in it [1,3,39].

The external appearance and well-being have a significant meaning in a person's life. Customers of beauty salons increasingly put high demands on services offered. This also applies to relaxation factors, because the beauty salon is a place associated not only with facial or body treatments, but also with an atmosphere that allows you to break away from your daily duties and personal problems. That is why the owners of showrooms should follow the expectations of customers, creating good conditions and building a great atmosphere.

The range of services offered should include music therapy as well as aromatherapy. Satisfied and relaxed client will be a frequent visitor to the beauty salon and will recommend it to other friends [1,39,40].

Summary

Aromatherapy affects the state of relaxation and is easy to find in many cosmetology salons. Essential oils used in aromatherapy have a positive effect on our body and mind. They are introduced into the body by respiratory tract (through inhalation) and through the skin (massage, baths and compresses). Each oil has its own unique properties, and when used appropriately, it has a beneficial effect on the

physical and psychological state of man. Being in a beauty salon, we often pay attention to the smell. So it is important to choose the right fragrance that will help you relax. Aromatherapy treatments are mainly massages, baths, compresses and inhalations, while relaxation aromatherapy is based on the use of fireplaces, incense sticks or spraying pleasant scents. The most commonly used oils with relaxing effect include lavender oil and lemon oil. The greatest benefits in achieving full relaxation are the simultaneous use of both aromatherapy and music therapy, because in this case, relaxing stimuli reach the client through the sense of hearing and smell. Working on the sense of hearing with carefully selected sounds deepens the state of relaxation. Listening to music affects many systems, including respiratory, nervous, circulatory and muscle systems.

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