**Improve your learning capabilities with aromatherapy**

**Let’s learn to learn. The practical book shows that even scents can play a supporting role in learning.**

The fact that scents influence our feelings, thoughts and well-being is known not only to the perfume industry and the people in the marketing departments of the large department stores, who know that the “ambience of the room” also has an influence on the purchasing behaviour of the customer base, but lately even by all teachers and adult educators, all thanks to this book by Kathrin Fassnacht and Urszula Barbara Rüfenacht. Scents influence our learning behaviour, foster the development of ideas in us, enhance our creativity and concentration, and relieve the exam nerves.

**Thinking and memory**

Thinking is an extremely complex affair: It simultaneously activates several regions of the brain and is hence difficult to describe or classify. We still haven’t found a distinct structure in the brain where concentration or memory may be located. In fact, these phenomena of the human mind can be traced back to an interplay of a cascade of electrical discharges in various regions of the brain, which link a new perception with memories.

The success of learning is dependent on good environment and personal motivation. Beyond this, if the learners have effective learning strategies and the confidence to steer their learning, learning success is almost guaranteed. And this is where it gets interesting: These influencing factors can in turn be influenced by scents. Since learning is a life-long process, it is important for each and every one of us to find out and apply our own style and way of learning and to identify the fragrances appropriate for a particular situation, which can have a positive impact on this process.

It has been scientifically proven that learning is better in fragrant surroundings. The aromas of grapefruit, lemon, lavender or neroli for example, are conducive to increase concentration and performance. Teachers have found out, that the students are less aggressive and much more attentive in appropriately scented classrooms. Smells are received in the limbic system of the brain which also processes feelings and memories. The positive emotions triggered by smells help in memorising information by activating the part of the limbic system related to learning.

Certain scents can even relieve the exam nerves and contribute to a better recollection of learnedcontent. Other scents have a positive impact on the ability to concentrate.

The scent of essential oils can have a relaxing or even stimulating effect, which can boost motivation and even improve memory. In this way, essential oils can help in coping better with schooling-related problems.

In the first part of the book, Dr sc. nat. Rüfenacht, an expert in the field of pharmaceuticals and clinical chemistry, provides the scientific foundation for us to understand how the correlation between scents and learning behaviour functions, while the aroma therapist and adult educator Kathrin Fassnacht gives tips for practical application in the second part.

An indispensible guide for teachers, therapists, course instructors and vocational trainers, and parents.

*Kathrin Fassnacht and Urszula Barbara Rüfenacht: Improve your learning capabilities with aromatherapy. Signalling effects of aroma therapy.*

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