

Olfactory Kit

An easy, safe way to help retrain your sense of smell



Olfactory Training

Re-invigorate your sense of smell with this unique kit designed to provide everything you need to reignite and awaken your fragrance receptors through the art of a simple olfactory training technique. Research has shown that training your nose regularly with a series of scents is effective in bringing back your sense of smell following an illness. This kit comes with 4 essential oils chosen for their influence on the nose and their synergy and 4 handy nasal inhaler sticks.



Four Essential Oils

1. Basil ct linalool (*Ocimum basilicum*)

A herby clear and fresh aroma.

2. Clove Bud (*Syzygium aromaticum*)

A sweet, spicy, woody fragrance.

3. Geranium (*Pelargonium graveolens*)

An earthy-sweet floral aroma.

4. Sweet Orange (*Citrus aurantium* var *sinensis*)

A fresh, dry orange scent with floral undertones.



Assembling Your Kit

1. Remove an inhaler from its packaging and you will see it is in four parts:

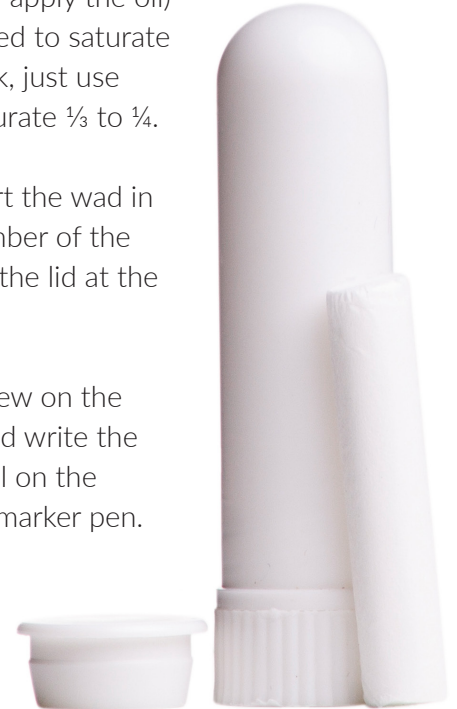
- ✓ The inhaler
- ✓ Cotton wad
- ✓ Lid (bottom)
- ✓ Inhaler cover



2. Select an essential oil for your inhaler and apply a few drops of the essential oil directly onto the cylindrical cotton wad. (make sure the dropper nozzle of the essential oil bottle is on the cotton wad when you apply the oil) You do not need to saturate the whole stick, just use enough to saturate $\frac{1}{3}$ to $\frac{1}{4}$.

3. Then insert the wad in the inner chamber of the inhaler and fit the lid at the bottom.

4. Finally screw on the outer cover and write the name of the oil on the inhaler with a marker pen.





Using the Inhaler

- 1.** Once you've put the inhaler together, remove the lid, and hold the inhaler against the nostril. Cover the other nostril and take short rapid breaths in bursts of 5, for 5 seconds. Change nostrils and repeat. Repeat 2-3 times with the first oil.
- 2.** Make sure to rest for 5 minutes before moving onto the next essential oil.
- 3.** Do this for all 4 essential oils. It should take 20-30 minutes to complete this exercise. This needs to be done both in the morning and the evening in order to get the best results.

For more information on how to use the inhalers, use the camera on your smartphone to scan the QR code opposite, which takes you directly to a video by Penny explaining how to use the kit.





Penny Price Aromatherapy Ltd., Unit D3 Radius Court,
Maple Drive, Hinckley LE10 3BE, United Kingdom
+44(0)1455 251020 www.penny-price.com

Order Hotline: 01455 251020

Ordering by Email: orders@penny-price.com

Ordering Online: www.penny-price.com

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