

AROMATHERAPY: ACHIEVING ITS BENEFITS AND USES IN MODERN TIMES

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Abstract

Aromatherapy with gamot essential oils can provide a variety of benefits in everyday life. Gammoth essential oil is known for its calming and stimulating properties. It can be used to reduce stress, anxiety, and improve mood. In addition to its psychological benefits, the essential oil of bergamot also has antibacterial and antiviral properties that can boost the immune system and protect against infection. It also has analgesic properties which can relieve pain and inflammation. There are several ways to use the essential oil of gamut in everyday life. It can be applied using an aromatherapy diffuser to create a soothing atmosphere. Gamot essential oils can also be used in massages by mixing with carrier oils to enhance relaxation and relieve tension. Aromatherapy with gamot essential oils can be a valuable addition to your daily self-care and relaxation routine. Always consult a health professional or aromatherapist for personal advice.

Keyword: Aromatherapy, Essential Oils, Fertilizers, Benefits, Uses, Everyday.

Introduction

Aromatherapy has become one of the popular methods in holistic medicine and self-care. Aromatherapy is based on the use of aromatic ingredients, including essential oils and other aromatic compounds, with claims to enhance psychological well-being.

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This method uses natural aromatic oils extracted from a variety of plants, and such oils can be used for a wide range of purposes, such as relaxation, stress reduction, body care, and treatment of certain disorders, a person's physical, mental, and emotional health. (Cooke, B., & Ernst, E. 2000; Ali et al., 2015).

In the practice of aromatherapy, the right selection of aromatic oils is crucial. Each oil has a different aroma and properties, so it can give a different effect anyway. For example, lavender oil is generally used for relaxation, while peppermint oil is often used to boost energy and stimulation. Then with that, In the practice of aromatherapy, it is recommended to use quality oils and follow the instructions for safe use, since there are some oils that can cause skin irritation or allergic reactions, so it is very important to perform sensitivity tests before full use and need to pay attention to the correct dilution and dosage when using aromatic oils (Farrar, A. J., & Farrar, F. C. 2020; Steflitsch, W., & Steflitsch, M. 2008).

One of the well-known aromatherapy oils is bergamot oil, obtained from the skins of bergamots (*Citrus bergamia*) (Watanabe et al., 2015). Bergamot is a type of orange fruit that is processed to extract its oils for a variety of uses, including in food, beauty products, and aromatic therapy. Bergamot oil has been studied for its potential benefits, such as relaxation and pain reduction (Mei-Ling et al., 2022). This oil can also be combined with other essential oils such as lavender and tea tree oil for skin care purposes, such as treating acne and soothing inflamed skin. In addition, gamut oil has also been shown to have a positive effect on cholesterol levels, increasing "good" cholesterol and reducing the risk of heart disease. Bergamot oil has a variety of uses and potential benefits (Bagezza et al., 2010).

Gamot oil used for aromatherapy is one of the increasingly popular forms of alternative therapy in holistic medicine and self-care. Bergamot oil, extracted from the skin of the bergamot fruit, has long been used for medical and therapeutic purposes. This oil has a variety of health and well-being benefits, including reducing stress, improving mood, and caring for skin and body health in general. (Han et al., 2017).

Gammoth oil has a fresh and refreshing aroma that is often used in skin care products, perfumes, as well as in aromatherapy therapies. Studies have shown that bergamot oil has a variety of health benefits, ranging from relieving stress, improving mood, to helping to cope with sleep disorders and anxiety. (Perna et al., 2019).

Although bergamot oil has been used for centuries, there is still a need to explore its benefits and uses more deeply in everyday life. This research aims to uncover the benefits and uses of gamut oil in everyday life with a focus on its positive effects on health and well-being, as well as the way it is optimally used. The results of this research are expected to provide new insights for people to make gamut oil part of their health and self-care routines. In addition, this research can also contribute to the development of more holistic and effective alternative therapies in improving well-being.

Research Method

The method of research carried out in this research is the study of literature. Literature research method is an approach used to collect, evaluate, and analyze literary sources relevant to the research subject being studied. The research sources of this research use journals, books, and scientific publications (Gliner et al., 2011; Bahn & Weatherill, 2013; Mayer, 2015; Oun & Bach, 2014).

Result and Discussion

Aromatherapy and bergamot

Aromatherapy is a treatment technique that uses essential oils derived from plants, flowers, or trees for therapeutic or health purposes. (Buckle, J. 2014). Minerals found in essential oils can provide different psychological and physical benefits. The purpose of aromatherapy is to reduce stress, improve relaxation, improve sleep quality, and reduce certain muscle pain and tension. (Davis, P. 2011). Aromatherapy is carried out through several methods such as ointment, inhalation, aromatherapy baths, and the use of beauty products and perfumes containing essential oils. One of the essential oils that is commonly used in aromatherapy is the essential oil of bergamot. (Mannucci et al., 2017).

Bergamot is a citrus fruit that has a refreshing aroma and benefits that can boost mood and relieve stress conditions. Bergamot essential oils are commonly used in aromatherapy to deal with anxiety, depression, and insomnia. Its refreshing scent can help calm the mind, boost the mood, and relax the body. However, it is important to remember that applying essential oils directly to the skin can cause irritation. Therefore, it is advisable to dilute the essential oil of bergamot with a carrier oil, such as coconut oil or almond oil, before using it on the skin. (Bagetta et al., 2010).

There are several ways to use it; 1) Diffuser: Add a few drops of bergamot essential oil into the diffuser and turn the device on. Let the scent of bergamot spread throughout the room to create a soothing atmosphere and help relieve anxiety and depression. 2) Bath: Mix a few drops of the essential oil with a carrier oil such as coconut oil or epsom salt. Add this mixture to the warm bath water and enjoy a soothing bath. The aroma of bergamot will help to relax the mind and body, as well as reduce anxiety and depression. 3) Pudding: Mix a few drops of bergamot essential oil with a carrier oil such as almond or olive oil. Use this mixture to gently massage the body. In addition to providing a relaxing effect on muscles, the aroma of bergamot can also help improve mood and overcome depression. Massage using essential oils in aromatherapy can provide relaxation benefits, reduce stress, reduce pain or muscle tension, improve blood circulation, and relieve inflammation. 4) Inhalation: Drop a few drops of bergamot oil on a clean handkerchief or fabric. Place it close to the nose and breathe the scent of bergamot slowly. The use of bergamot essential oils in inhalations can help relieve anxiety and overcome

insomnia. (Thavaselvan, A., & Superamaniam, L. 2008; Idris, M. S. 2008; Sukardi et al., 2009).

Components and active content in bergamot oil

Gamot essential oils contain a variety of active ingredients and ingredients that provide health benefits. Some of the main ingredients in gamut oil include: 1) Limonene: Limonene is the main component that gives fresh aroma and citrus to gamut. This component also has antioxidant properties and has the potential to reduce stress. 2) Linalool: linalool is a flower-aromatic compound that gives a distinctive flavour to Gamut oil. This compound is known to have relaxing properties and can help reduce anxiety and stress. (Putra, S. K. B. T. 2016; Christian, E. 2016).

In addition, bergamot oil also contains several other components such as linalyl acetate, gammaterpinene, and betapinene that contribute to the health benefits to the body. (Polshkov, A. N. 2001).

Linalyl acetate is a chemical compound commonly found in gamut oils and some other essential oils. These compounds give a distinctive aroma and give certain health benefits. Linalyl acetate has relaxing and soothing properties so it can help relieve stress, anxiety, and tension. The compound also has anti-inflammatory properties that can help alleviate skin inflammation and irritation. In aromatherapy, linalyl acetate is often used because of its gentle, soothing aroma. These compounds play an important role in creating a comfortable atmosphere and help relieve anxiety and stress. (Peana et al., 2002; Letizia et al., 2003).

Meanwhile, the other ingredient in the gamot oil is gammaterpinene. Gamma-terpinene is a natural product found in plants such as *Camellia sinensis* and *Artemisia thuscula*. It is classified as terpenes, monoterpenes. Gamma-terpinene has been isolated from various plant sources and has a variety of properties and uses. Beta-pinene is a chemical compound found in many plants, especially in essential oils from plants such as pine, whitewood, and juniper. These compounds belong to the terpenoid group, which is an organic compound with the chemical formula $C_{10}H_{16}$. (de Oliveira Ramalho et al., 2015).

There is some important information about beta-pinene: 1) Chemical properties: This compound has a sharp aroma like pine and can be used in the manufacture of chemicals and consumer products such as perfumes, soaps, and detergents. 2) Health benefits: Beta-pine has anti-inflammatory, antioxidant, and antibacterial properties. The compounds can help reduce inflammation and oxidative stress in the body, as well as enhance the functioning of the immune system. 4) Contemporary Uses: Beta -pinene has been used in alternative medicine such as aromatherapy and herbal medicine. This compound is also used in the perfume, cosmetics, and food industries as an aromatic and flavor enhancer. (Leite et al., 2007; Astani, A., & Schnitzler, P. 2014).

History of the use of bergamot oil in aromatherapy

History is the study of the past, which involves research, interpretation, and understanding of events, people, cultures, and changes that occurred in past times. History is an important social science discipline because it provides an understanding of the cultural, political, economic, and social roots that shape our world today. History studies help us understand the changes and continuity in society, as well as how past events affect our world now.

Historical excavation involves the collection and analysis of various sources, such as archival documents, artifacts, oral sources, and other physical relics. Through methods of historical research, historians build narratives and interpretations of the past, which serve as a foundation for our understanding of the world today.

History is also useful in understanding the context and learning from past mistakes, preserving cultural heritage, strengthening identities, and developing a sense of tolerance and understanding of differences. By studying history, we can gain a deeper insight into the journey of mankind and appreciate the multi-dimensionality of human experience in different places and times.

In this case too, the history of the use of gamot oil in aromatherapy has long and diverse roots. Bergamot has long been a popular ingredient in the world of aromatherapy because of its refreshing and distinctive aroma. Various sources mention that gamut oil is often used to help improve mood, reduce stress, and improve the sense of calm and relaxation. Because in such oils there are main contents in gamut oils among others limonene, linalyl acetate, linalool, gammaterpinene, and betapinene, which these substances have an important role in reducing stress and providing relaxing effects in aromatherapy. (Sastrohamidjojo, H. 2021).

Bergamot oil is an essential oil extracted from the bergamot fruit, which is a variety of orange that has long known aromatherapy benefits. Bergamot fruit is used to produce bergamot oil that has a refreshing aroma and is also believed to have a variety of health benefits. Taken from the leaves of the gamot fruit, the essential oils of this fruit are commonly used in the perfume and aromatherapy industries. (Mazlan, M., & Diah, N. M. 2019).

In its history, bergamot oil has origins associated with its use as an ingredient in perfume and aroma therapy. The extraction process was initially done manually using the sfumatura technique, in which the oil was extracted through a slow folding process from the skins of the bergamot fruit. However, with the advancement of technology, nowadays gamut oil is extracted mechanically with a cutting machine called peelers. (Idris, M. S. 2008).

With its fresh aroma characteristics and claimed health benefits, gamut oil continues to be a concern in the perfume and aroma therapy industry. Gammoth oil is not only used in perfume and aroma therapy products, but has also become an important element in health and beauty care. Therefore, gamut oil continues to be the

subject of further research and development to understand its wide potential and benefits in a variety of applications.

The country that is the main producer of gamut oil is Italy. Bergamot grows mainly in the Calabria region of southern Italy. The region has a climate suitable for bergamot cultivation, with soil conditions and weather that support good production. Italy produces most of the world's gamut oil, with most of its production concentrated in the province of Reggio in Calabria in Calabria. The area is famous for its gamut gardens that produce high-quality fruit. In addition to Italy, several other countries that also produce gamut oil on a smaller scale include Pantelleria in Italy, Pantelleria in Sicily, PantELLERIA in Tunisia, and Pantellaria in Brazil. However, although Italy is a major producer of bergamot oil, some producers also use Bergamot fruit from other countries for oil extraction. (Valussi et al., 2021).

Benefits and positive effects of bergamot oil on health and well-being

Bergamot oil has a number of benefits and positive effects on health and well-being. Here are some known benefits: 1) Relaxing and anti-stress effects: The aroma of bergamot oil is known to have relaxing properties that can help reduce stress and anxiety. Research shows that aromatherapy with gamut oil is effective in improving the mental health and well-being of individuals. 2) Combating depression: Bergamot oil contains compounds such as limonene and linalool that are known to have antidepressant properties. 3) Pain relief: Gamot oil is also known to have analgesic or pain reliever properties. The compounds linalyl acetate and beta-pinene found in gamot oil can help reduce pain sensations. 4) Refreshing mood: Exposure to gamut oil in aromatherapy has been associated with improved mood and positive feelings. Some studies suggest that bergamot oil can help improve mood and reduce anxiety (Elfira, E. 2020; Ridha et al., 2023).

The benefits of bergamot oil in relieving stress and improving mood

The main chemical components found in gamot oil are limonene (38%), linalyl acetate (28%), linalool (8%), gammaterpinene (8%), and betapinene (7%). These components play an important role in stress reduction. Meanwhile, the benefits of bergamot oil have been proven in relieving stress and improving mood, so it can help; 1) Relaxing effect: The aroma of bergamot oil has relaxing properties that can help reduce stress and tension. Exposure to gamot scents can stimulate the nervous system to produce a soothing effect, thereby helping relieve stress and anxiety. 2) Reducing the symptoms of depression: Bergamot oil can help reduce symptoms. Aromatherapy with bergamot oils has been shown to improve mood and alleviate depression. A refreshing aroma can help improve mood and reduce feelings of sadness or lethargy. 3) Increased energy and cheerfulness: Gamot oil has properties that can help increase energy and joy. The fresh and refreshing aroma of the bergamot oil can give the effect of

refreshment and make us feel more excited and happy. 4) Sleep adjustment: Gammoth oil can help in better sleep regulation. The aroma of gammoth can help to relax the body and mind thus facilitating a better sleep. Quality sleep can help reduce stress and improve overall well-being (Caroline, I. R. 2022; Elfira, E. 2020).

However, it is important to remember that gamut oil should be used with caution and in the right quantities. Because if you have a particular health problem or are taking any medication, it is recommended to consult with an aromatic therapist or a qualified medical professional before using bergamot oil.

Uses of bergamot oil in skin and hair care

Healthy and well-maintained hair can give a more attractive appearance and boost confidence. Therefore, it is important to care for hair regularly. The same is true of the skin. A clean skin is everybody's desire. Clean skin can add confidence and make the appearance more attractive. Then with it to care for the skin and hair is very suitable using oil of gamut.

The following are some of the benefits of gamut oil in skin and hair care: Skin Care Benefits, including: 1) Reduces acne: Gamut oil has antibacterial properties that can help deal with acne. By applying a diluted gamma oil to the area affected by acne, it can help reduce inflammation and kill acne-causing bacteria. 2) Enlightening the skin: Gama oil has astringing properties which can help enhance skin brightness. Apply the diluted gamut Oil to the skin to reduce dark spots and lighten the skin. 3) Reduce excess oil: Gamuts oil has sebum regulator properties to help reduce excess production of oil on skin. Use a dilued gamma oil as a toner or add a few drops to your skin care products to help control excessive oil. (Saras, T. 2023; Muliyan, D. 2013).

Meanwhile, the benefits for hair care include; 1) Combating baldness: Gammoth oil can help deal with baldness and scalp problems. Mix the gammoth oil with a carrier oil such as coconut oil and apply it on the scalp before spraying to help reduce irritation and baldness. 2) Stimulates hair growth: Bergamot oil can help stimulate hair growth. Apply the diluted gamot oil to the scalp and gently massage to improve blood circulation to the hair follicles. (Oktovina, D. M. 2006; Sofiah et al., 2019).

The positive effects of bergamot oil in helping to cope with sleep disorders and anxiety

Positive effects are the effects or influences that provide benefits or benefits to a situation, individual, or group. These positive effects can occur in a variety of contexts, including social, economic, environmental, and health, as well as positive effects on gamut oil. Gamut oil has a positive effect in helping to deal with sleep disorders and anxiety. Aromatherapy using gamut can provide relaxing and anti-stress effects, help reduce levels of anxieties and fatigue, improve mood and well-being, and improve sleep quality. (Andrean, M., & Asriyadi, F. 2020).

Conclusion

Aromatherapy with gamot essential oils can provide several benefits and can be used in everyday life. Gammoth essential oil is known for its calming and stimulating properties. It is commonly used to reduce stress and anxiety, improve mood, and promote relaxation. In addition to its psychological benefits, the essential oil of bergamot also has potential health benefits. It has antibacterial and antiviral properties that can help boost the immune system and protect against infection. Gamot essential oils can also have analgesic properties and can be used topically to reduce pain and inflammation.

There are several ways to use the essential oil of gamot in everyday life. It can be applied using an aromatherapy diffuser to create a soothing atmosphere and promote relaxation. The essential oil of bergamot can also be added to the carrier oil and used for massages to enhance relaxation and relieve tension.

Overall, aromatherapy with gamot essential oils can provide a variety of benefits and can be a valuable addition to daily self-care and relaxation routines. However, it is always advisable to consult a health professional or aromatherapist for personal advice and guidance.

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