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## **Aromatherapy Oils: A Tool for Environmental Sustainability**

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**Abstract:** This research paper explores the role of aromatherapy oils, or essential oils, as a tool for environmental sustainability. It examines sustainable production methods, their applications as eco-friendly alternatives to synthetic chemicals, and the challenges associated with their widespread use. Through a comprehensive analysis of existing literature and case studies, this paper highlights the environmental benefits and limitations of integrating aromatherapy oils into sustainable practices.

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