

Aromatherapy Oils: A Tool for Environmental Sustainability

Shweta Hingwasiya

Assistant Professor

Government M. L. B. Girls P. G. College, Bhopal, India

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.*

Keywords: aromatherapy oils