



Sip & Scent

Mindful Studying with Coffee & Essential Oils

A little about us:

Justine



- Teaching & Learning Librarian
- Fitness/yoga instructor
- Currently working towards Clinical Aromatherapist certification

Vanja



- Teaching & Learning Librarian
- Coffee analyst and roaster



Coffea arabica

The coffee plant with blossoms and cherries.

Image: Rawpixel, CC0 license



Coffee cherries

Image: Rawpixel, CC0 license.



Coffee processing

A farmer dries picked cherries on raised beds.

Image: Green Haven Imports



Pulping

Coffee beans are removed from the cherries.

Image: Hale Coffee



More drying

The green beans are dried outside in the sun or under shade.

Image: Haven Imports



Coffee sacks

Dried green coffee is packaged in large burlap sacks.

Image: Pexels open license



Shipping

The sacks are loaded onto shipping containers and sent all over the world.

Image: Rawpixel, CC0 license



Roasting

A roaster selects the coffee, adds heat and time as per a specific 'recipe' to turn it into darker coffee beans, and then sells it.

Image: Cottonbro Studio, Pexels open license.



Time to brew!

Roasted coffee is packaged and sold in stores and cafes ready to brew.

Image: Black Sheep Coffee Roasters, Welland

"When the olfactory bulb detects something...it signals the cerebral cortex and sends a message straight into the limbic system, a mysterious, ancient, and intensely emotional part of our brain in which we feel, lust, and invent.

Unlike the other senses, smell needs no interpreter."

~DIANE ACKERMAN

"A NATURAL HISTORY OF THE SENSES"

the power of scent





important safety information

- Choose oils from high quality companies
- If you are using an oil topically, test a small area first
- Always dilute essential oils for topical use
- NEVER take essential oils internally
- Less is more!



Lavender Essential Oil

Balancing & calming



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Bergamot Essential Oil

Joyful and good for sleep



Frankincense essential oil

Grounding & relaxing

Interested in the science?

- Gong M, Dong H, Tang Y, Huang W, Lu F. Effects of aromatherapy on anxiety: A meta-analysis of randomized controlled trials. *J Affect Disord*. 2020 Sep 1;274:1028-1040. doi: 10.1016/j.jad.2020.05.118. Epub 2020 May 26. PMID: 32663929.
- *a meta-analysis of 25 articles concluding that essential oils can significantly alleviate anxiety.
- Dagli, Recai, et al. "The Effects of Aromatherapy Using Rose Oil (*Rosa Damascena* Mill.) on Preoperative Anxiety: A Prospective Randomized Clinical Trial." *European Journal of Integrative Medicine*, vol. 26, 2019, pp. 37–42,
- Rose oil reduced scores of pre-op anxiety



Sip & Scent Feedback



Thank you so much!

Please take a moment
and share your
thoughts with us!

Justine & Vanja