

# Jennifer Vatza of Restorative Aromatics to be Featured on CUTV News Radio

PHILADELPHIA, PENNSYLVANIA, UNITED STATES, October 2, 2018 /EINPresswire.com/ -- When we're in a state of stress, our anxiety prevents us from seeing the simple solutions in front of us.

Aromatherapy is the art of utilizing naturally extracted aromatic essences from plants to balance and promote the health of body, mind and spirit. Whether you're experiencing stress and anxiety, sleep issues, acute and chronic pain, aromatherapy can help to ground and center you and allow yourself to heal.

Jennifer Vatza is a certified aromatherapist and the founder of Restorative Aromatics, where she offers a holistic approach to self-care enhanced by aromatherapy.

"I started exploring essential oils several years ago for my own health and wellness. I needed relief from stress and anxiety," recalls Jennifer. "Aromatherapy utilizes essential oils. The aroma can evoke a memory or a feeling to calm an emotional state or give you energy. Smoking can be a form of aromatherapy. It's just horrible for you. If we're going to have habits, let's make what we put in our body good things."

Jennifer also educates clients on supporting and enhancing their health and wellness through aromatherapy through in-person workshops and online social media engagement. She is also working on a webinar series and several eBooks on aromatherapy topics.

Jennifer offers a stress management coaching program known as Aromatic Grounding: Stress Mapping and Redesign, which uses essential oils to help train her clients to rewrite their stress responses and redesign how they respond to stress in the future. Every client has received a "stress kit" containing aromatic products designed to reduce their stress levels.

There are three different modes of applications: direct inhalation, dermal application, like creams or salves, and internal application.

"I'm really proud of being able to help people through aromatherapy because it's a daunting field, with so much misinformation," says Jennifer. "I'm grateful that people are looking at things like aromatherapy."



CUTV News Radio will feature Jennifer Vatza in an interview with Jim Masters on October 4th at 1pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Restorative Aromatics, visit [www.restorativearomatics.com](http://www.restorativearomatics.com)

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