

# 15<sup>th</sup> Euro Nursing & Medicare Summit

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## Restoring women's vaginal health with simple use of essential oils and vegetable oils

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Croatia is a marvellous country but in a post-war aftermath with deep economic, moral and intellectual consequences. Since 1991, we at Aromara have been spreading awareness about aromatherapy through education, products and impact at a Governmental level. When researching product development, we seek common chronic health problems that lack an effective pharmacological cure. This is the case for vaginal infections. Most common forms of vaginitis are bacterial vaginosis (40-45%), vaginal candidiasis (20-25%) and trichomoniasis (15-20%). Up to 70% of women may remain undiagnosed. 498 million people aged 15 to 49 worldwide are infected each year with chlamydia, gonorrhea, syphilis or trichomoniasis. A synergistic combination of *Helianthus annuus*, *Hypericum perforatum*, *Calendula officinalis*, *Prunus armniaca* fixed oils and *Melaleuca alternifolia*, *Cymbopogon martinii*, *Cananga odorata*, *Helichrysum italicum*, *Pogostemon patchouli*, *Pelargonium graveolens* and *Matricaria chamomilla* essential oils, used daily, show results in alleviating symptoms and providing clear medical tests of the vaginal flora. Aromatograms and pharmacological properties of the main ingredients demonstrate the health benefits of the formulation. The sociological results of improving women's vaginal health are higher creativity, less depression, better overall health, better sexual life, better motherhood, healthier family - the results of which brings us towards promoting a healthy society.

### Biography:

Ms. Mara in 1991 founded the company Aromara. Aromara deals with the launching of essential oils and numerous courses, with the purpose of educating people about aromatherapy. In 2000 - founded the Aroma Academy, the first systematic education about aromatherapy in Croatia areas. A large number of significant names on today's Croatian aromatherapy scene got interested in the aromatherapy thanks to the Aroma Academy. In 25 years, she created products that significantly help in the treatment of most frequent diseases and she educated 3.500 people that keep spreading aromatherapy knowledge.

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### Notes: