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(57) Abstract :

The present innovation relates to the Stress Releasing Natural Inhaler • prepared by the volatile essential oil of the flower of Jasmine (Jasminum sambac) and seeds of Fennel (Foeniculum vulgare) for Anti-stress, Anti-depressant and Antioxidant activity. Aroma volatile compounds of Jasmine flower oil and volatile compounds of seed oil of Fennel are chiefly responsible compounds to make balance of emotions, breathing, memory, stress, and hormone balance. In this way, essential oils can have a slight, yet holistic effect on the body.

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