

6th International Conference and Exhibition on

Traditional & Alternative Medicine

September 14-16, 2016 Amsterdam, Netherlands



Mara Doljak

Aromara d.o.o., Croatia

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

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, gonorrhoea, syphilis or trichomoniasis. A synergistic combination of *Helianthus annuus*, *Hypericum perforatum*, *Calendula officinalis*, *Prunus armeniaca* fixed oils and *Melaleuca alternifolia*, *Cymbopogon martinii*, *Cananga odorata*, *Helichrysum italicum*, *Pogostemon patchouli*, *Pelargonium graveolens* and *Matricaria chamomilla* essential oils, used daily, showed 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

Mara Doljak has completed her Master's degree in Pharmacy. She is the Founder and Owner of a certified Aromatherapy school (Aroma Center) and a company (Aromara) that promotes aromatherapy and aromatherapy products intended for health and beauty. In 2015, she held lectures at the following conferences: Phyt'Ar-om Grasse in France, Pacific Institute of Aromatherapy in San Francisco, USA and International Conference on Natural Products Utilization in Plovdiv, Bulgaria.

aromara@aromara.com

Notes: