

**SOUTHERN CALIFORNIA LOCAL SECTION OF THE AMERICAN CHEMICAL SOCIETY
PRESENTS A VIRTUAL SEMINAR IN CELEBRAION OF EARTH WEEK**

by

AMANDA LATTIN, DEAN OF AROMATHERAPY, AMERICAN COLLEGE OF HEALTH SCIENCE, PORTLAND, OREGAN

Date: April 23, 2026

Time: 4:00-5:00 pm

Title: Into the Woods and Beyond



ABSTRACT

Into the Woods and Beyond: Essential Oils and the Chemistry of Forest Bathing explores how forest-derived volatile organic compounds (VOCs), particularly monoterpenes such as α -pinene, β -pinene, limonene, and bornyl acetate, contribute to the physiological and psychological benefits of Shinrin-yoku. Drawing on research in environmental health, phytochemistry, and integrative medicine, this session highlights how these compounds influence stress-related pathways, including reductions in cortisol and support for parasympathetic nervous system activity.

The presentation further examines how conifer essential oils, chemically aligned with forest VOC profiles, can be used to recreate key aspects of the forest bathing experience indoors. Attendees will gain insight into the chemical mechanisms underlying nature-based stress reduction and practical strategies for applying forest-inspired aromatherapy when outdoor access is limited, bridging environmental chemistry with accessible wellness applications.

BIO

Amanda Lattin is the Dean of Aromatherapy at the American College of Healthcare Sciences and Vice President of the Alliance of International Aromatherapists. She is an educator, clinician, and researcher with extensive experience in aromatherapy, herbal medicine, and phytochemistry. Amanda has designed and taught curriculum in chemistry, phytochemistry, aromatherapy, and botanical medicine across multiple institutions, including ACHS and the Traditional Roots Institute at the National University of Natural Medicine.

Her scholarly work focuses on the therapeutic applications of essential oils and advancing a theoretical framework for researching aromatherapy through the lens of scientific holism; integrating biochemical, physiological, and whole-person health perspectives. She has published and presented on aromatherapy's role in integrative health and evidence-informed practice.

In addition to her academic work, Amanda has maintained a clinical aromatherapy and herbal medicine practice in Portland since 2007, collaborating with integrative health clinics and practitioners to incorporate botanical medicine into comprehensive client care. Her work bridges scientific rigor, clinical application, and holistic wellness, with a focus on translating plant chemistry into meaningful health outcomes.

Please contact www.office@scalacs.org or kkallury@gmail.com for link to the virtual semin