



**DE LA SALLE UNIVERSITY DASMARIÑAS
COLLEGE OF LIBERAL ARTS AND COMMUNICATION
PSYCHOLOGY DEPARTMENT**



Effects of Lavender and Rosemary Oils to Memory Recall

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ABSTRACT

The purpose of this experiment was to determine the stated effects of lavender and rosemary oils to the participants' capacity to recall information. The hypothesis states that a person who is exposed to a scent will be able to recall more information than a person who did not. Participants were asked to take the test in post-test settings and with which no intended scents while other participants were under the effects of one of the following: lavender and rosemary. This test led the administrator to believe that out of the three conditions, lavender showed the most increase in memory recall and placebo decrease the most in memory recall. The research study resulted with the following data: there is no significant difference in memory recall among placebo, lavender and rosemary groups, $F(2, 87) = .011, p > .05$.

