

 www.aromakankyo.or.jp/greenterrace
 greenterrace@aromakankyo.or.jp



AEAJ Green
Terrace Special



Aromatherapy
Certification Tests



The official
AEAJ LINE

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About the Aroma Environment Association of Japan (AEAJ)

The AEAJ is the only aromatherapy-related public service corporation that is recognized as such by the Cabinet Office.

The AEAJ's activities include promotion, research and study of aromatherapy with the goal of contributing to people's mental and physical health through aromatherapy that uses plant fragrances.

Part of this is working to cultivate human resources with the proper knowledge and skills by various accreditation activities, including the Aromatherapy Certification Test.

The AEAJ is also advancing the Environment-kaorista Test, kouiku (aromatic education), and other conservation-related and creative initiatives for the natural environment, in order to preserve and create a rich environment with natural aromas (= an aroma environment) for the future.



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* 60% or more of this paper was made from recycled paper.

AEAJ Green Terrace Guide



AEAJ Green Terrace is a “small forest in Jingumae” where you can enjoy the allure of aromas with all five senses.

We'll introduce the power and the possibilities of essential oils—blessings from plants—through a variety of contents.

This space with an impressive structure using Japanese cypress in different combinations was designed by architect Kengo Kuma.

For the health and comfort of the people who gather here, and for the future global environment, consideration is given to reducing CO₂ emissions, recycling resources, and biodiversity.

Come here and experience the charm of plants and the power of aroma.



AEAJ Green Terrace Guide

Open hours

Tuesday through Saturday 1:00 pm – 6:00 pm

Closed: Sundays, Mondays, Holidays

Events

Held irregularly

For the latest info, see the AEAJ Special Website.

Aroma Terrace Tour

Held irregularly

The 3rd floor “Aroma Terrace” is only open during tours.

How to visit:

Use the AEAJ Green Terrace Special Website to make an advance reservation before visiting.

[Admission fee]

AEAJ Members: Free

General (high school students, children under 18 years old, persons with Certificate for Persons with Disabilities): Free

General (Adults): 500 JPY

* Visitors receive one pack of AEAJ Original Botanical Tea per visit (can be taken home).

* Free entry for a person accompanying a person with a Certificate for Persons with Disabilities.

* For AEAJ members, please show your membership card (paper or digital version) at reception.



How to Join AEAJ

[Duration of Visit]

In principle, within the duration for the reservation (1 hour)

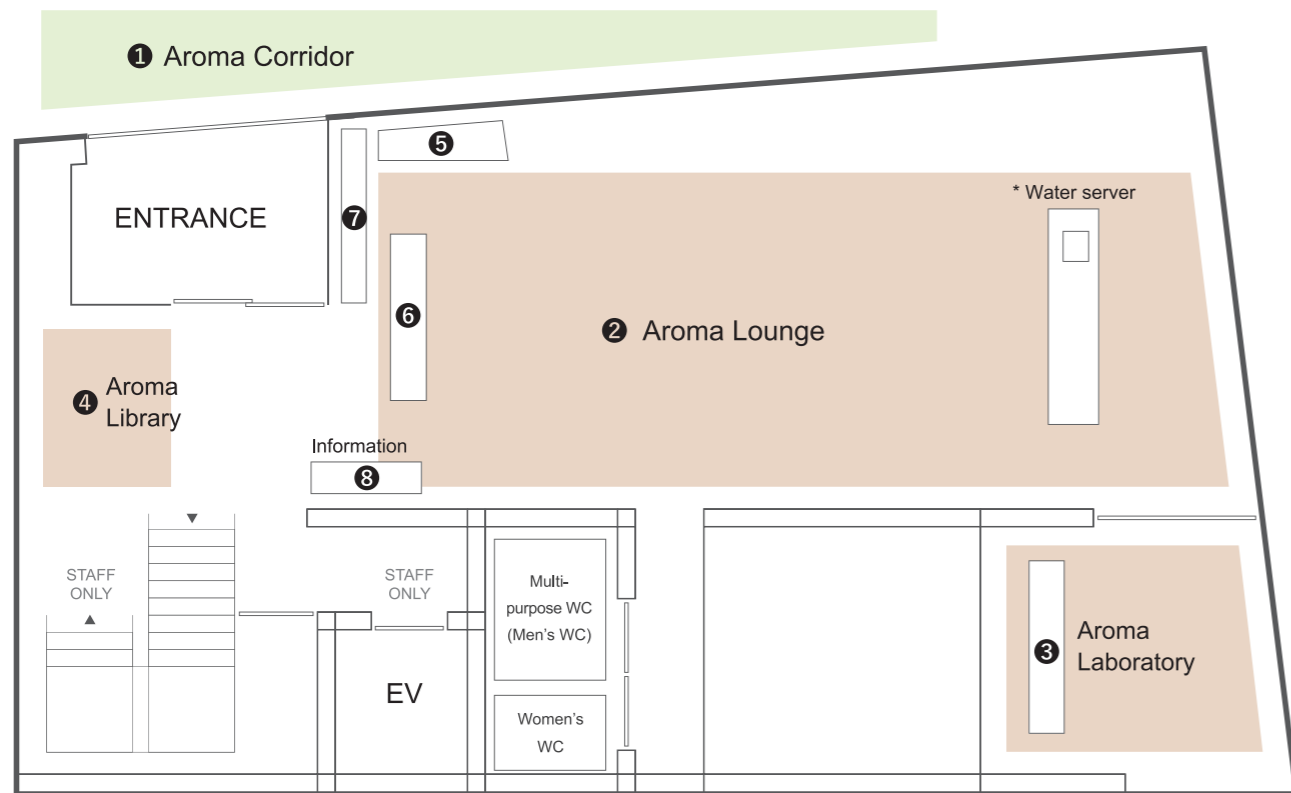
* Depending on congestion conditions, 2 hours maximum

<Requests of Visitors>

- Please be quiet so as not to disturb other visitors.
- Please do not bring food and beverages into the building.
- Please do not eat or drink in the building or in Aroma Corridor, except for the beverages that are served inside.

* Those who fail to comply with the above requests may be asked to leave the building.

FLOOR GUIDE



1F

- ① Aroma Corridor
- ② Aroma Lounge
- ③ Aroma Laboratory
- ④ Aroma Library
- ⑤ Essential Oil Bottle Collection Box
- ⑥ Aroma Tasting
- ⑦ Recycled Art Work
- ⑧ Information
- * Water server

② Aroma Lounge

A space where you can read books from the Aroma Library and spend your free time



■ Using the Tables

- Please have a seat and use a table wherever you like.
- Please use the bag hooks under the tables for your luggage.

■ AEAJ Original Botanical Tea

- You can use the water server* to fill your own bottle with hot water.
- * Use the sink in the kitchen counter to rinse your bottle..
- When you leave, please put used tea leaves in the trash can at the kitchen counter.



⑥ Aroma Tasting

You can experience the profundity of aroma. The theme and content of exhibits will change periodically.

■ How to Try Aromas

1. Grab the top of the glass dome (the round protrusion) and gently lift it up.
2. Slowly draw your nose close to the open glass dome and enjoy the aroma inside.



⑤ AEAJ Recycling Boxes

■ Requests before and during collection

- Clean essential oil bottles with anhydrous ethanol and bring with you.
- Separate bottles into lid, inner lid (dropper), and bottle parts, and put them in the recycling box.
- If you have trouble removing the inner lid (dropper), please use the spatula provided.



⑦ Recycled Art Work

"Reafs" are works of botanical-themed art created by recycling collected essential oil bottles. One reaf is made from one essential oil bottle, and can be used as an aroma diffuser.

* Please do not touch any of the works.

AROMA LABORATORY

You can try fragrances of essential oils collected from all over the world. We have over 30 kinds of Japanese essential oils*.

* Essential oils extracted from plants that have long grown in Japan, such as Shiso (perilla) and Hamanasu (Japanese rose).



Try the fragrances, and also search for detailed information on essential oils in our original database.



Display shelves

You can try fragrances from more than 100 essential oils. Types and numbers of essential oils are changed regularly.

Note!

You can use the number on the top of each lid to search the database.



In the drawers

Mouillettes (test papers) scented with over 130 essential oils are free to take home.

Note!

The mouillette design is based on the motif of the annual ring of the cypress tree – the symbol of AEAJ Green Terrace.

Pick up the glass container with your hand and remove the lid to try the fragrance.

Remove the lid of the glass container and take out the mouillette inside.

【AEAJ Essential Oil Database】

You can use AEAJ's original database to look up extraction methods, main production areas, and other information on each essential oil. You can use the iPad provided or your own smartphone.



Browsing is limited to inside the AEAJ Green Terrace and AEAJ member.

*Log in with the ID and password posted inside the building.

Tasting Tips

[Tips for aroma tasting]
Breathe in deeply to confirm the fragrance.

[When your nose gets tired]
Reset your nose with the scent of the provided coffee beans.



AROMA LIBRARY

The Aroma Library houses around 1,400 books on aromas and plants, including rare out-of-print books. Also on hand are all issues of AEAJ's official journal, AEAJ, from the inaugural issue to the latest one.

| | | | | | | | | | |
|---|----------------|---|--|--------|---------------------------|--------|--|----------------------------------|-------------|
| Environment | | Fragrances | | Plants | | Aromas | | AEAJ and other AEAJ Publications | |
| Traditional and alternative medicines, other remedies | | Fragrances | | Plants | | Aromas | | AEAJ and other AEAJ Publications | |
| Traditional and alternative medicines, other remedies | | Traditional and alternative medicines, other remedies | | Plants | | Aromas | | * Space for Returns | iPad |
| Traditional and alternative medicines, other remedies | The Human Body | Herbs | | Plants | Herb-related publications | Aromas | | AEAJ publications | Aromas |
| Other | | Herbs | | | | Aromas | | | |
| Other | Aromas & Herbs | Herbs | | | | Aromas | | Company History | Aromas |

【AEAJ Aroma Library Database】

Search for books using the provided iPad or your own smartphone.



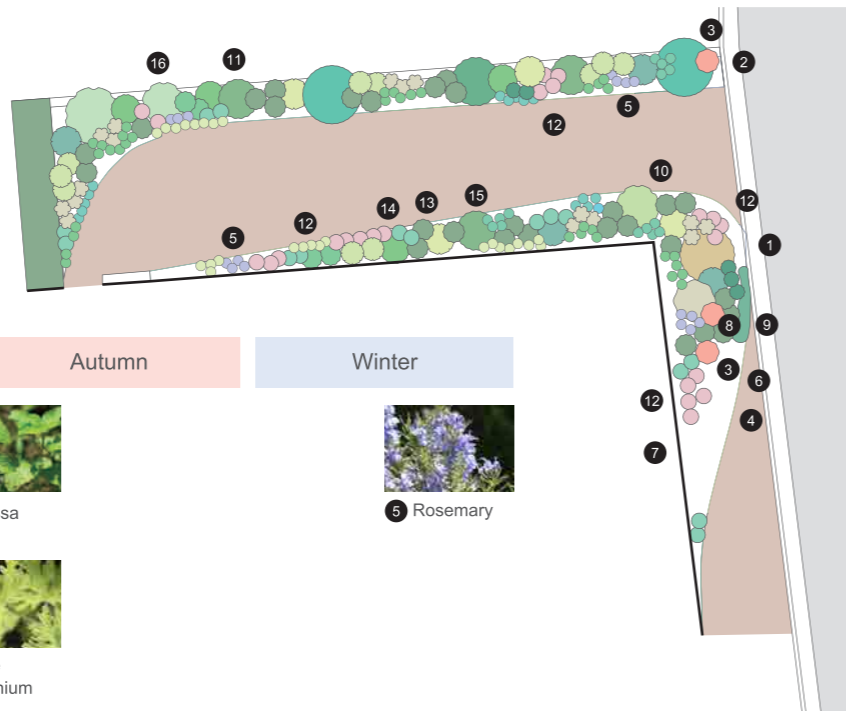
How to use
















- Read the books of your choice in the Aroma Lounge. Please do not take books outside the lounge.
- After reading, please return books to their original location or to the return space*.



AROMA CORRIDOR

A total of 1,598 plants from 43 species add color and fragrance through the four seasons.



| | Spring | Summer | Autumn | Winter |
|---|---|---|---|---|
| Plants used as raw materials for essential oils |  1 Mimosa |  2 Lavender |  3 Rose |  4 Melissa |
| |  6 Lemon Thyme |  7 Roman Chamomile |  8 Damask Rose |  9 Rose geranium |
| |  10 Tea Tree | |  11 Yuzu | |
| | | | | |
| | | | | |
| Japanese Plants |  12 Daphne Odora |  13 Gardenia |  14 Fragrant Olive |  15 Soyogo (longstalk holly) |
| | |  16 Japanese apricot | | |
| | | | | |
| | | | | |

AEAJ Green Terrace Features of its construction

Based on the concept of "a small forest in Jingumae," we created a space where you can experience a forest even in the heart of the city, by using a wooden structure scented with cypress and lighting resembling

The AEAJ Green Terrace was designed by architect Kengo Kuma, whose designs impress by using wood in a variety of ways, in order to contribute to people's mental and physical health and to be a symbol for AEAJ's activities to conserve and create aromatic environments. The design applies the traditional Japanese architectural technique of kigumi (wood joinery), using as few steel frames as possible and maximizing the use of domestic materials such as Japanese cypress, chestnut, and larch.

Kigumi wood joinery using Japanese cypress



The interlocking structure, based on traditional Japanese kigumi construction methods, uses Japanese cypress from Shizuoka, Gifu, and other regions in Japan.

Larch LVL



Assembled wood made by crimping sheets of thinly peeled wood. Uses larch wood from Nagano, Japan.

Chestnut flooring



The beautifully patterned, hard, and moisture-resistant flooring is made from Iwate chestnut.

Cypress wooden deck



Partially made of durable, decay-resistant cypress

Washi (Japanese paper) walls



Washi is woven into the wall material

Corridors and exterior walls made from recycled materials



About 1,000 used essential oil bottles were crushed and used for exterior walls. Waste roof tiles were also recycled for exterior walls and the Aroma Corridor.

Efficacy of Wood Use for Preventing Global Warming

- Wood emits less CO₂ during production than concrete or steel.
- Trees absorb a great deal of CO₂ during growth and continue to store carbon even after becoming timber.