

Supplementary Table 1. Reviewed literatures

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3. Kim YR. Effect of aroma oil back massage on the brain wave and psychological factors in perimenopause women. *J Investig Cosmetol* 2014;10:4551.
4. Bakhtiari S, Paki S, Khalili A, Baradaranfard F, Mosleh S, Jokar M. Effect of lavender aromatherapy through inhalation on quality of life among postmenopausal women covered by a governmental health center in Isfahan, Iran: a single-blind clinical trial. *Complement Ther Clin Pract* 2019;34: 46-50.
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7. Dos Reis Lucena L, Dos Santos-Junior JG, Tufik S, Hachul H. Lavender essential oil on postmenopausal women with insomnia: double-blind randomized trial. *Complement Ther Med* 2021;59:102726.
8. Mojtehed M, Salehi-Pourmehr H, Ostadrahimi A, Asnaashari S, Esmailpour K, Farshbaf-Khalili A. Effect of aromatherapy with essential oil of *Lavandula angustifolia* mill- Citrus bergamia and mindfulness-based intervention on sexual function, anxiety, and depression in postmenopausal women: a randomized controlled trial with factorial design. *Iran J Nurs Midwifery Res* 2022 14;27:392-405.