
Japan Journal of Aromatherapy

Submission Guidelines

The Japan Journal of Aromatherapy welcomes submissions across all areas of aromatherapy research, including studies on the functional evaluation of essential oils and investigations of the effects of essential oil fragrances on the human body and mind.

Aromatherapy is an applied scientific discipline that supports clients with diverse conditions through treatments involving essential oils. Research in aromatherapy spans multiple disciplines, including medicine, nursing, pharmacy, natural sciences, humanities, and social sciences, which interact in complex and interrelated ways. The Japan Journal of Aromatherapy (hereinafter referred to as “the Journal”) seeks to advance the field of aromatherapy by providing members of the Aroma Environment Association of Japan (hereinafter referred to as “the Association”) with access to the latest research findings in these academic disciplines, as well as in aromatherapy as an applied science.

The Journal is indexed and published on J-STAGE, a platform operated by the Japan Science and Technology Agency (JST).

1. Eligibility for Submission

Authors submitting manuscripts may be either members or non-members of the Association.

2. Copyright

- 1 Author(s) shall transfer to the Association all copyrights, including the rights to adaptations and derivative works, as well as ownership of the manuscript, including electronic data where applicable, for reports published in the Journal. Author(s) shall agree not to exercise their moral rights with respect to the Association’s use of the copyrighted material. Author(s) shall submit written consent to the Association confirming the transfer of copyright and acknowledging the handling of personal information and related matters.
- 2 Authors shall agree that reports published in the Journal may also be reproduced in publications other than the Journal. Authors shall agree that such reports may be posted on the Association’s official website. Authors shall agree that such reports may be used in press releases and other promotional materials issued by the Association. Authors shall agree that such reports may be published on the websites of organizations approved by the Association. Authors shall agree that such reports may be presented at Association seminars and other official events.
- 3 Any individual intending to reproduce all or part of a report published in the Journal in another publication must obtain prior permission from the Association. Such permission shall be granted at the sole discretion of the Association.
- 4 Authors who wish to deposit their reports in the institutional repository of their affiliated organization must obtain prior approval from the Association.

3. Reports for Submission

- 1 Submitted reports must be original and unpublished works, regardless of format (print or electronic), and must not be under consideration for publication elsewhere. Manuscripts that are identical or

substantially similar in content to reports already published or scheduled for publication in other academic journals or media, including those currently submitted or under review, will not be accepted, regardless of language. This restriction does not apply to university bachelor’s theses, master’s theses, doctoral dissertations, patent publications, examined patent application publications, or academic society conference proceedings.

- 2 Reports based on experiments involving non-human animals will not be accepted. This restriction does not apply to review articles.
- 3 Authors are responsible for the accuracy and completeness of all elements of their report, including the title, author name(s), institutional affiliation(s), and the content of the manuscript.
- 4 The Journal publishes original articles, review articles, notes, and case reports. Other categories of submissions may be considered at the discretion of the Editorial Board.
- 5 Reports must be prepared in accordance with the Submission Guidelines and the Submission Guide. Reports must be submitted with all required components, including the cover information, abstract, main text, figures, tables, and photographs. Reprints that may assist the peer review process may be submitted as supplementary reference materials.
- 6 Because essential oils are central to the Journal’s editorial scope, all essential oils used in a study must be clearly identified. The required information includes the scientific names of the source plants, the countries of origin, and the names of the manufacturers or importers. For the essential oils used, the availability of aroma component analysis results from the distributor is strongly encouraged. This requirement does not apply to review articles.
- 7 Manuscripts must be prepared using a word-processing application, such as Microsoft Word™.
- 8 The date of receipt of a submitted report shall be defined as the date on which formal verification is completed after the manuscript arrives at the Association. The date of acceptance shall be defined as the date on which the Editorial Board formally approves the manuscript for publication.

3-1. Original Reports

An original report must present meaningful conclusions or significant findings derived from original research involving essential oils.

The abstract must provide a concise summary of the objectives, methods, and results to enable readers to understand the content of the report. The abstract must be followed by keywords in English.

The main text of an original report must include the following sections in the order listed. The sections are Introduction, Theory, Experiments or Methods, Experimental or Research Results, Discussion, Summary or Conclusions, Acknowledgments, and References. Sections that are not applicable may be omitted. The Results and Discussion sections must be presented as separate and independent sections.

3-2. Reviews

A review must be an original scholarly article that summarizes recent publications on a topic related to aromatherapy. A review must synthesize and organize recent academic or technological advances in the relevant field. A review must include an abstract and keywords.

3-3. Notes

Reports presenting preliminary, novel, and practically useful findings in aromatherapy may be submitted as notes. Notes may be submitted even if the overall study has not yet reached a final conclusion. When the study reaches a definitive conclusion, it may be submitted as an original report.

A note must include an abstract and keywords.

3-4. Case Reports

Case reports may be submitted to document aromatherapy research or surveys that produce findings worthy of consideration at the individual, population, or community level. Case reports may also present new investigations conducted within a single institution.

A case report must include an abstract. A case report must include keywords in both English and Japanese.

The main text of a case report must include the following sections in the order listed.

The sections are Introduction, Case(s) (current status), Causes, Plans to Address the Causes, Results of Plan Implementation, Discussion, Conclusions (summary and future outlook), and References. Sections that are not applicable may be omitted.

4. Ethical Considerations

4-1. Research Ethics

All experiments and procedures must be conducted in a manner that protects the life, physical and mental health, and dignity of research participants. All research involving human subjects must comply with the principles of the Declaration of Helsinki. Non-medical research involving human subjects must adhere to the purpose and spirit of the Declaration.

All experiments and procedures must be reviewed and approved by an independent ethics review committee. Such committees may include those established by the institutions with which the researchers are affiliated.

If ethics approval has been obtained, the report and submission form must clearly state the date of approval and the approval number.

4-2. Privacy Protection

When conducting research involving human subjects, authors must ensure that individuals cannot be identified. The Association assumes no responsibility for any issues arising from breaches of confidentiality.

- 1 Names, initials, or nicknames that could identify individuals must not be included.
- 2 If a photograph of any part of an individual is included, it must be presented in a manner that prevents identification.
- 3 The full address of any subject or client must not be disclosed. If location information is essential to the report, only district-level details may be provided.
- 4 Dates may be included only if they cannot be used to identify individuals.
- 5 Any additional information that could potentially identify a subject or client must be removed.

4-3. Informed Consent

In research involving human subjects, participants must be fully informed in advance of the purpose and methods of the study. Participants must be informed of any potential conflicts of interest involving external parties, including the researcher's relationships with related organizations. Participants must be informed of any potential discomfort or risks associated with participation in the study. Participants must be informed of the authorship, attribution, and intended use of the research findings and reports. Participants must be informed of the measures taken to protect their privacy. Participants must be informed of their right to withdraw consent at any time during the study without disadvantage. Written informed consent must be obtained voluntarily from each participant. The date on which informed consent is obtained must be stated in the report and in the submission form. The Editorial Board may request documentation to verify that appropriate informed consent procedures were followed.

5. Qualifications of Practitioners

In research involving human subjects, massage procedures must be performed by a physician or a licensed massage therapist. Aromatherapy treatments must be administered by an AEAJ-certified aromatherapist or a practitioner with equivalent qualifications.

6. Conflicts of Interest

All potential conflicts of interest involving external parties must be disclosed. Such conflicts include the researchers' relationships with organizations related to the reported research. Conflicts of interest must be reported using the Conflict of Interest Disclosure Form. Submission of this form does not influence the Editorial Board's decision regarding acceptance or rejection of the manuscript. If the manuscript is accepted for publication, all disclosed conflicts of interest must be clearly stated in the published article.

7. Review and Resubmission of Submitted Reports

- 1 Prior to peer review, the Editorial Office will verify whether the submitted manuscript complies with the required format specified in the Submission Guidelines and the Submission Guide. If the manuscript does not comply with these requirements, the Editorial Office will reject the submission and notify the corresponding author.
- 2 The Editorial Board will evaluate the manuscript based on assessments conducted by at least two reviewers appointed by the Board. The Editorial Board will determine whether the manuscript is accepted for publication. The Editorial Board may request revisions to the submitted manuscript.
- 3 Manuscripts involving research with human subjects that violate the principles of the Declaration of Helsinki will not be accepted.
- 4 A manuscript that has been accepted for publication must not be modified without prior approval from the Editorial Board, except for revisions requested by the Board.
- 5 When revisions are requested, the revised manuscript must be resubmitted promptly. If the revised manuscript is not resubmitted within two months from the date of the revision request, the submission will be considered withdrawn.

8. Proofreading

Authors will have one opportunity to review the proof of their manuscript. During this process, authors are not permitted to make linguistic changes or add text that was not

included in the original submission, except to correct errors in the preparation of electronic data. Authors must complete the proofreading process and return the proof by the deadline specified by the Editorial Office. If the deadline is missed, the version prepared by the Editorial Office may be considered the final manuscript.

9. Retraction of Reports

If authors wish to retract a manuscript, they must submit a signed and sealed statement of reasons from all authors to the Editorial Board promptly. The Editorial Board will review and discuss the retraction request. If a retracted manuscript is later resubmitted, it will be treated as a new submission.

10. Errata after Publication

- 1 Errata for errors in the preparation of electronic data will be published only upon the request of the author(s).
- 2 As a general rule, corrections or additions other than those related to errors in electronic data will not be permitted. However, the Editorial Board may approve such corrections or additions if the author(s) submit a request and the Board considers it appropriate.
- 3 Any electronic data modified in accordance with points 1–3 above will be updated on J-STAGE as necessary.

13. Submission of Manuscripts

Please submit the following electronic files as an attachment via e-mail.

- Manuscript (e.g., Word)
- Submission Form (PDF)
- Submission Checklist (PDF)
- Conflict of Interest Disclosure Form (PDF)

To: Editorial Office, Japan Journal of Aromatherapy, Aroma Environment Association of Japan
e-mail : research@aromakankyo.or.jp

(Prepared 05/27, 2000)
(Last revised 04/01, 2026)