



Smell

Smell or **Olfaction** is also a **chemical sense** that directly transmits information from the nose to the temporal lobe .

**\*\*Important note** : It is the only sense that **does not** first relay impulses to the **thalamus**. Instead, information is sent from the receptors to the olfactory nerve that directs this information to the olfactory bulb at the front base of the brain. It is then forwarded to the smell cortex in the temporal lobe as well as other brain regions, especially the limbic system involved in memory and emotion.

Olfactory receptors recognize odors individually and therefore there are many different receptors to detect the thousands of odors that we come in contact with.

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Body Position and Movement

**Kinesthesia** is our sense of body position and movement using motion sensors the muscles, tendons and joints.

**Semibular sacs** in the inner ear in order to monitor head position in relation to the body and therefore is very important for our sense of balance .

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Sensory Restriction

Psychologists use **REST** (Restricted Environmental Stimulation Therapy), where you are put into a warm bath with eyes closed, or in a totally dark room, to lower stimulation and reduce stress, or unwanted behaviors (i.e. drinking).

Flotation Therapy



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