



Information for Patients, Families and Healthcare Providers

The use of herbal medicines dates back thousands of years and has included aromatics. Aromatherapy uses fragrant concentrated plant oils to positively affect mood or health. This natural treatment may help balance emotions through interaction with the limbic system.

Aromatherapy, like other integrative therapies, is intended to enhance and compliment traditional medicine, never to replace it. You should not stop taking your regular medications while using aromatherapy.

These oils may be used in massage, bathing, compresses, or simply in the air. (Pathways uses essential oils whose purity and quality are assured by GC/MS laboratory analysis.)

General Safety Guidelines

- ✓ Follow the guidelines listed below for the specific oil you are using.
- ✓ Never eat or drink the oils in any form.
- ✓ Never use near eyes.
- ✓ Store oils out of reach of children.
- ✓ Mix with lotion for use on skin; test a small area of skin for sensitivity.
- ✓ Ask permission from the patient or family before using essential oil.
- ✓ For elderly and children under 6, use half the suggested amount of oil.
- ✓ Essential oils are strong. Less is better.
- ✓ Store oils in a cool, dark place. Keep out of sun and away from heat.
- ✓ Store standing up with the cap on. Keep bottles tightly closed.
- ✓ Do not use essential oils over tea lights or candles.

LAVENDER (*Lavendula augustifolia*) is intended for balancing. It is the safest of all essential oils. It may help with:

- Relieving insomnia by promoting sleep and relaxation
- Relieving pain, headaches, sharp muscle pain and sprains
- Creating a calming effect
- Relieving anxiety
- Cleansing and soothing the spirit

Aromatherapy: Using Essential Oils for Comfort Care

VETIVER (*Vetiveria zizanoides*) is intended to promote relaxation. It may be useful if patient cannot use lavender. It may help with:

- Calming stress and tension
- Promoting sleep
- Grounding
- Balancing the nervous system

GRAPEFRUIT (*Citrus paradisi*) is intended to enhance drainage and make the patient feel uplifted. It may help with:

- Stimulating the lymph system
- Promoting diuresis
- Stimulating the appetite
- Balancing the digestive tract
- Feeling uplifted
- Feeling sleepy

PEPPERMINT (*Mentha piperita*) is intended to be energizing. Peppermint can be irritating to the skin, so direct contact with the skin should be avoided unless mixed with lotion. It may help with:

- Relaxing the digestive tract
- Colds, fever, and headaches
- Feeling cooler when hot and warmer when cold
- Feeling energized

TRANSITIONS BLEND A mix of cedar, grapefruit, rose, sandalwood, geranium, spikenard and frankincense in a jojoba oil base. This blend is specially designed to comfort those who are transitioning from this life, and to help family members connect with their loved ones by providing a way they can touch them with essential oils. Apply it to pulse points, rub 3 drops on feet, back and neck. It may also use on chakras, or energy points of the body.

See BACK for the key properties of the essential oils in Transitions Blend and for ways to use essential oils.

Touch is powerful tool and massage can be powerfully relaxing, especially when used with aromatherapy. Touch and smell may help to lift the mood of a patient struggling with the changes happening to the body. Using touch with essential oils may allow a patient to experience pleasure and relaxation.

The most permeable areas of the skin are the palms of the hands, soles of the feet, the forehead, armpits, and scalp. Feet and hands are usually accessible and are less embarrassing to have massaged or stroked. While essential oils are absorbed through the skin, much evaporates and is breathed in by the patient.

Method	Number of Drops	Procedure
Misting	5-10 drops	Add oil to 1 cup of water. Pour into a small atomizer mister, shake well, and spray in the air.
Bowl	3-6 drops	Add oil to 1 cup of water. Diffuse in a dish for an hour. More oil may be added as needed.
Cloth	1-2 drops	Put drops on a tissue, cotton ball or cloth and put in the sheets or under pillow.
Lotion	1-2 drops	Add oil to a handful of lotion and massage into skin. avoid sensitive areas such as around eyes, nose, mouth and genitals.
Bath	5-6 drops	Add oil to a tub of warm water and mix. May also be used with bath, Epsom, or sea salts or baking soda in bath water.
Compress	3-4 drops	Add to a bowl of water. Place cloth on the surface of the water, wring out excess water, and apply over skin area. Repeat if cloth cools.
Inhalation	1-5 drops	Add to a bowl of hot water. Place a towel over the head and bowl, close eyes, breathe in for 5-10 minutes.

SANDLEWOOD (*Santalum spicanum*) is intended to be comforting. It may help with:

- Getting rest
- Comforting the dying
- Relieving itching

ROSE ABSOLUTE (*Rosa damascene*) is intended to be soothing. It may help with:

- Stimulating circulation
- Calming premenstrual syndrome
- Easing grief
- Opening the heart chakra

CEDARWOOD (*Juniperus virginiana*) is intended to be drying. It may help with:

- Loosening coughs
- Relaxing
- Reducing anxiety or stress
- Refreshing the nervous system

GERANIUM (*Pelargonium graveolens*) is intended to be regulating. It may help with:

- Refreshing the nervous system
- Lifting spirits
- Reducing stress

FRANKINCENSE (*Boswellia carteri*) is intended to be revitalizing. It may help with:

- Clearing lungs
- Stimulating the immune system
- Slowing bleeding
- Slowing breathing
- Relaxing and balancing emotions
- Elevating thoughts; opening crown chakra
- Relieving anxiety

SPIKENARD (*Nardostachys grandiflora*) is intended to balance. It may help with:

- Grounding
- Calming for nervous insomnia
- Eliminating excess fluids
- Detoxifying
- Relaxing

*Pathways Home Health & Hospice is community based, and not for profit. We have been serving Bay Area families more than 30 years.
Contact us at www.pathwayshealth.org or 1.888.755.7855*