

Aromatherapy

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Aromatherapy is the use of essential oils from plants for a desired goal such as relaxation, sleep aid, reduction of weight, recharging oneself, and decrease and management stress (Fontaine, 2000).

Before starting any new therapy, it is advised that you check with your physician before starting to use aromatherapy or herbal supplements.

Oil*** Use

Chamomile - Soothes muscle aches, headaches, decreases anxiety and stress; sleep aid

Clary Sage - Sleep aid, relieves menstrual cramps, and increases sense of well-being

Eucalyptus - Cools the skin and warms the muscles; decreases fever, boosts the immune system

Ginger - Helps with colds, nausea, muscle cramps

Juniper - Decreases stress, calming, soothes muscles aches and pains

Lavender - Calming, sleep aid, decongestant, aids in cold recovery

Lemon Balm - Calming, sleep aid, decreased anxiety and depression

Peppermint - Good for upset stomach

Rose - Antidepressant, Headaches, Relieves PMS

Ylang Ylang - Calming, may decrease blood pressure

*** Caution: When using essential oils, it is recommended that you use gloves due to possible skin irritation. Aromatherapy oils can be mixed in sesame seed oil and used as a massage preparation.

References: Fontaine, K (2000). *Complementary & Alternative Therapies for Nursing Practice*. Hammond, IN: Prentice Hall.