What is Aromatherapy?

Clinical aromatherapy is the use of plant essential oils to produce therapeutic outcomes. Qualified individuals assist with choosing the appropriate essential oil or blend that can have effects on the physical, mental and spiritual wellbeing of the recipient. Common methods of using aromatherapy are by inhalation (smelling) and with highly diluted oils applied on the skin. Safety factors (such as allergies or medication interactions), quality of essential oils, and the desired therapeutic outcomes should be considered when using aromatherapy. Each essential oil has many therapeutic uses.

Common Therapeutic Uses

- **Tea Tree**: antibacterial, antiviral, and antifungal properties
- **Peppermint/Spearmint**: promotes headache relief, alleviates nausea, decreases fatigue
- **Lavender**: promotes healing of minor burns and wounds, helps with relaxation and sleep, promotes pain relief
- **German Chamomile**: antibacterial and anti-inflammatory properties, promotes healing of minor rashes, burns, and blisters
- **Bergamot**: emotionally uplifting, anxiety relieving
- **Rosemary**: soothes aching muscles and arthritis, antibacterial properties, mentally stimulating & alerting, can help with memory retention- such as in studying for an exam
- **Sweet Orange**: promotes pain relief, alleviates nausea, emotionally uplifting
- **Ginger**: alleviates nausea, helps with aching muscles and arthritis, emotionally uplifting
- **Ylang Ylang (Eee-lang Eee-lang)**: helpful in coping with anger, stress, anxiety and mild depression
- **Frankincense**: calming, anxiety relieving, helps with grief

Research

There is a growing body of research from laboratory and clinical studies that points to the remarkable healing and health promoting properties of essential oils. They are widely available in markets, co-ops, and pharmacies and are increasingly used in clinics and hospitals.

Safety Information

While most essential oils are safe and free of adverse effects when used properly, they are powerful compounds that should be used with caution. Methods of administration vary depending on the oil you are using. Inhalation (smelling) is the most common, but topical (rubbing on the skin) can also be used when properly diluted. Essential oils should never be ingested (swallowed). It is a good idea to use essential oils under the direction of a healthcare provider or trained aromatherapist.