BENEFITS OF AROMATHERAPY: AN EXTRA TOOL IN YOUR TOOLBOX

PRESENTED BY:
TERRI HUBBARD, RN,
AROMATHERAPY PRACTITIONER

DISCLAIMER & DISCLOSURE
• The information I am about to present is from my own research and my opinions only, and does not reflect the opinion or endorsement of my employer.
• As a Registered Nurse and an Aromatherapy Practitioner, I am not licensed, nor do I claim, to diagnose, treat, or prescribe for specific medical conditions.
• I am a Young Living distributor and the specific blended oils that will be mentioned are from Young Living. Viewers are cautioned to always know the quality and source of oils and adhere to safe use.

PRE-TEST YOUR AROMATHERAPY KNOWLEDGE

1. Aromatherapy is a new frontier in healing started by the hippie movement of the 1960's. True or False
2. Essential oils are for smelling and should never be put on or in the body. True or False
3. Name one or more oils that have a relaxing effect.
4. Name one or more oils that have a stimulating effect.
5. Essential oils are used by massage therapists and other holistic practitioners, but have no scientific credibility. True or False

WHAT IS AROMATHERAPY

• A holistic approach to health & wellness
• Utilizes essential oils for measurable outcomes
• Essential Oils are Aromatic Volatile Liquids of plants parts: flowers, leaves, seeds, bark, roots, fruit peels and berries
• Essential oils are steam distilled or expressed
• Oils are sourced from around the world

AROMATHERAPY

• Promotes health and prevents imbalances on the physical, emotional and spiritual level
• Essential oils are highly concentrated
• More potent than herbs – one drop represents the potency of one ounce of plant material
• Long history for using essential oils – 5000 years ago over 500 references in the bible.
• Simply breathing in a therapeutic grade essential oil can help lower stress levels, lower blood pressure and pulse rate.

AROMATHERAPY

• “Using lesser quality essential oils and not understanding safety guidelines can negatively affect clinical outcomes.” Clin J Oncol Nurs 2017 Feb
• “When people smell things, they are linked immediately and unconsciously to the past. When you take a vitamin or an essential oil, it is made up of the same groups of molecules that the body is made of, so it recognizes it. It uses what it needs and the rest is eliminated. When the body takes on a chemical (synthetic) substance, it hangs out and sits in the liver until the liver adjusts itself to process it and it can become toxic.” Scent, Memory Links Studies by Erica Plouffe Lazure
HOW DOES IT WORK?

Aroma enters through the nose through olfactory hairs/bulb to the limbic system of our brain. "The nerve cells in the olfactory bulb transmit the signals into hippocampus. Because hippocampus is closely related with learning and memory functions, the volatile compounds can be potential drugs in AD(Alzheimer Disease) therapies."

This primitive area of the brain bypasses the local or reasoning part of us. Memory and emotions are housed here.

The limbic system also directly communicates with the "master glands." The hypothalamus and pituitary glands regulate many body functions including hormones and the immune system.

BENEFITS OF ESSENTIAL OILS

• Long history of using essential oils and plants and herbal therapy as medicine in times past
• Restorative properties for mind, body, spirit
• Sense of scent combined with the sense of touch will reach the inner most parts of the person through the fog of Alzheimer's disease.
• When fear, agitation, restlessness, or anxiety is elevated, the use of aromatherapy can often help to control or ease the effects of these common behavioral issues in a natural, holistic approach.

HOW DOES IT WORK?

• Scents release serotonin and endorphins and can decrease depression and anxiety. Also, can relieve stress. They are often used to help Alzheimer's patients settle to sleep.
• Smell is more closely related with memory than any other sense. Some scents can even help a person recall past memories.
• When a person is feeling sick, comforting scents can help to reduce stress and bring comfort.
• Aromatherapy can help people to feel more confident. If used in a spa or massage, the body will get a chance to relax and unwind.
• Aromatherapy can be used to help a person feel better after a workout. It can help to reduce soreness and muscle tension.

For appetite stimulation, a mix of grapefruit and cloves is sprayed on patient's bibs before meals.

A mix of grapefruit and frankincense is used to help curb the so-called Sundown symptoms that occur in early evenings.

A mix of rosemary and orange is offered to caregivers and staff in care facilities to help ease stress and stimulate creativity.

Reducing use of medications can save money!
EFFECTS OF ESSENTIAL OILS ON ALZHEIMER’S AND DEMENTIA

‣ Some oils such as Peppermint, Rosemary, Jasmine, Lemongrass and Grapefruit stimulate and have an uplifting effect on the body.

‣ Others such as Lavender, Rose, Geranium, Melissa (lemon balm), Sandalwood and Ylang-Ylang have a relaxing or sedating effect on the body.

‣ With Alzheimer’s residents, we can use uplifting oils in the morning to stimulate residents’ appetites, moods and energy levels by diffusing the oils into the room or applying them directly to clothing, tissues or cloth patches.

JUNE & MIKE’S STORY

‣ Recipe for Brain Health:
  • 7 Ounces NingXia Red health drink
  • 4 Tablespoons MindWise
  • 2 Sachets/servings of NingXia Nitro
  • 7 Drops of Myrrh Oil
  • 1 serving Essentiailles 4 digestive enzymes
  • Place 10 drops Frankincense and Clarity Blend on top of head.
  • Clarity is a blend of basil, cardamom, rosemary, peppermint, rosewood, geranium, lemon, palmarosa, ylang ylang, bergamot, roman chamomile and jasmine.

METHODS OF USE

‣ Diffusion
‣ Inhalation, Steam Inhalation, Sprays
‣ Topical – Compress – Massage
‣ Dietary
‣ Bathing – Tub – Foot Bath
‣ Gargle

SAFETY IN USE OF OILS

‣ Avoid oils in the eyes. Do not pour oils directly into ears.
‣ Use a vegetable oil on a tissue to remove oil from eyes if accidentally exposed.
‣ Keep cap on oil when not in use.
‣ Store oils in a dark bottle away from sunlight.
‣ Keep oils out of reach of children.
‣ Avoid open flames.
‣ Dilute oil with a vegetable oil if needed to prevent irritation of tissues. (Coconut Oil, Grape Seed, Olive Oil,Avocado,jojoba or V6)
‣ Perform a skin patch test if needed.
‣ Citrus oils tend to be sensitive to light so avoid sun exposure for 4 hours or apply under covered area. Avoid tanning booths.
‣ Medical history is important. Certain oils should be avoided with certain conditions or diseases. Examples include pregnancy, seizure disorders, post cardiac surgery, arterial dilatation.
‣ Consult with an aromatherapist for guidance if needed.

Therapro Diffuser
• Attach bottle of essential oil directly to diffuser for a concentrated diffusion. Similar to a hand held nebulizer effect.

Home Diffuser
• Warm more diffuser below warm water, not directly into the air without the use of heat. This allows the oils to fractionate the life giving properties of the oils.
• The smaller and finer the particles, the more readily absorbed they are into the lung tissue.
• Different oils kill different bacteria and viruses.
• Put 3-4 drops of oil into water to diffuse.
BENEFITS OF DIFFUSING

• Reduce bacteria, odors and virus in the air
• Relax body, relieve stress, tension, clear mind, improve mood
• Improve mental clarity, memory, alertness
• Stimulate neuro-transmitters
• Relieve headaches
• Improve sinus congestion, cough
• Multiple persons can get benefits simultaneously

TO MAKE A SPRAY

For Appetite stimulation:

• Take a one ounce glass bottle
• Place 2 drops Grapefruit/2 drops Clove or oils of choice
• Add a drop of witch hazel or gin (as emulsifier) or shake before spraying
• Spray on lab or small cloth or swath of cloth pinned to shirt

Confidence, Memory & Concentration Blend

8 Drops Grapefruit, 5 Drops Basil, 5 Drops Bergamot, 2 Drops Lavender

Blend together in a glass bottle and add 4-10 drops of your blend to 2 teaspoons or 10 ml of a mixing oil. Rub on your hands and inhale. You can also add three drops to a cloth in the shower and rub all over your body, inhaling the scent.

DIRECT OR NEAT APPLICATION

• Apply essential oil diluted or undiluted to a specific area for relaxation, pain, or wound care
• Oils can be layered for added effect

RAINDROP TECHNIQUE/MASSAGE

• Activity professionals have seen results from using essential oils in massage and diffusing
• Using oils mixed with lotion in massage of hands and fingers provides increased circulation, relief from pain and the comfort of touch. Clients are happier, more relaxed and the building smells wonderful.
• Use oils in massage, diffuse oils for relaxation and to prevent “sundowning”, and providing for a sensory stimulation activity.
• Provides for a natural alternative to drugs.

BENEFITS OF MASSAGE

• Improves circulation
• Decreases stress and anxiety
• Decreases pain and muscle tension
• Use 1-5 drops of essential oil in 1 tsp of carrier oil for a hand or foot massage

MASSAGE & DIFFUSING
HAND REFLEXOLOGY/MASSAGE

- Use 2 drops lavender or oil of choice in a teaspoon of a mixing oil (grape seed, Jojoba, or Young Living V6).
- Hold patient’s hand gently. Apply the mixture to one of your hands, then the other. Apply mixture smoothly the person’s hand and lower arm.
- Use stroking movements with sides of thumbs, smoothing outwards back and forth down the back of the hand from wrist to the knuckles.
- Massage fingers and joints/knuckles gently using circular motions.
- Massage fleshy part of palm with strokes back and forth with thumbs from fingers to the wrist and repeat.
- Finish by stroking from hand to elbow three times.

HAND MASSAGE

FOOT REFLEXOLOGY/MASSAGE

Foot massage with essential oils both relaxing and therapeutic.

FOOT MASSAGE

SLEEP ISSUES

- Lavender-lavandula angustifolia
- Marjoram-origanum majorana
- Mandarin-citrus reticulata
- Sandalwood-santalum album
- Valarian-Valeriana officinalis
- Peace & Calming Blend
- Diffuser works best for intermittent awakening. Bath, inhalation, topical

RESEARCH ON LAVENDER

- U. of Miami researchers found that inhalation increased beta waves in the brain suggesting heightened relaxation.
- Research show the reduction of mental stress with lavender scent. 4
- Studies show the use of aromatherapy with hospice patients decreases pain, anxiety, and depression and promotes increased sense of well being. 5
- Used as a treatment for agitation in severe dementia patients.6
- Inhibits immediate type allergic reactions.7
RESEARCH ON ESSENTIAL OILS

• "Lavender oil as a treatment for agitated behavior in severe dementia: a placebo controlled study. Lavender oil administered in an aroma stream shows modest efficacy in the treatment of agitated behavior in patients with severe dementia" 2
• "Study finds lavender essential oil beneficial in dementia symptoms" 3
• "Lemon Balm (Melissa) improved mood and reduced agitation and improved quality of life in people with AD" Professor Elaine Perry, Prof. of Neurochemical Pathology, Inst. For Aging and Health, Newcastle General Hospital, UK

RESEARCH ON ESSENTIAL OIL

• Lavender… Calming, Stress Reduction, For Depression
• Melissa or Lemon Balm… Among the people receiving aromatherapy treatment with Melissa essential oil (lemon balm), there was a significant increase in the amount of time spent involved in constructive activities and a significant decrease in the amount of time spent socially withdrawn

Peppermint ( Mentha piperita)

• Anti-inflammatory, anti-oxidant
• Help with ulcers, indigestion, bloating, diarrhea
• Helps with hot flashes
• Relieves headache, blend with lavender for relaxation

PAIN/DISCOMFORT

• Peppermint – Mentha Piperita
• Lavender-Lavandula angustifolia
• PanAway–Pain Blend with peppermint, clove, wintergreen, & helichrysum
• Lemongrass/Lavender for ligaments
• Diffusion, inhalation, topical, baths, massage

STRESS RELIEF

• Relieves stress, encourages relaxation, reduces nervous tension.
• Contains ocotea with high levels alpha humulene to combat negative effects of stress on the body.
• lavender, lime, copaiba and cedarwood

RECIPE FOR REDUCING STRESS

• Mix 5 to 10 drops each of Lavender, Peace & Calming, Marjoram and Cedarwood in an 8 ounce container of Jojoba mixing oil or Young Living V6 mixing oil
• Note: Using Jojoba or V6 mixing oil is preferred as these oils are less likely to go rancid from age.
ROLL ON APPLICATORS

- **Breathe Again**: Supports Respiratory Health
- **Tranquil**: Stress relief and relaxation, decrease anxiety and induce tranquility
- **Deep Relief**: Support for head and muscle tension, pain relief

**Make Your Own**: 5 to 10 drops oil of choice in roll on. Fill with mixing oil.

GRAPEFRUIT ESSENTIAL OIL

- Used for Alzheimer’s clients/caregivers as it is:
  - Refreshing and uplifting
  - Helps mind and mood, encourages a happier outlook
  - Induces relaxation

JASMINE ESSENTIAL OIL

- Uplifting
  - Aids in a happier mood
  - Decreases feelings of anxiousness
  - Counteracts hopelessness, indifference and listlessness
  - Dramatically improves mental accuracy and concentration

ROSE ESSENTIAL OIL

- Brings balance and Harmony
  - Allows one to overcome insecurities
  - Stimulating
  - Elevating to the mind
  - Brings a sense of well-being
  - Found in Joy Blend

JOY ESSENTIAL OIL BLEND

- An Uplifting Blend of Bergamot, Lemon, Palmarosa, Ylang Ylang, Mandarin, Rose, Geranium, Jasmine, R. Chamomile, Coriander

  - Diffuse
  - Use as a cologne or perfume for topical use
  - Helps in reducing deep seated grief and feelings of hopelessness
  - Brings joy to the heart, mind and soul
  - Enjoy as a body massage blended with V-E Vegetable Oil or other carrier oil

GERANIUM ESSENTIAL OIL

- Helps to release negative memories
  - Eases nervous tension
  - Balances the emotions
  - Lifts the spirit
  - Foster peace, well-being and hope
**YLANG YLANG ESSENTIAL OIL**
- Combats anger and low self-esteem
- Increases focus of thoughts
- Restores confidence and peace

**MELISSA ESSENTIAL OIL**
- Helps with a positive mood
- Encourages cooperation with residents
- Beneficial for the immune system
- Supportive to the nervous system

**LEMON ESSENTIAL OIL**
- Lemon oil is cleansing
- Mental clarity of thought
- Encourages focus when diffused
- Induced relaxation and uplifting to the mood

**PEACE & CALMING BLEND**
- Promotes relaxation
- Promotes deep sense of peace and emotional well-being
- Eases tension
- Uplifts the spirit
- Reduces sad feelings, anxiousness, stress and insomnia
- Diffuse for Sundowners
- A blend of tangerine, ylang ylang, orange, patchouli, blue tansy

**THIEVES BLEND**
- Cleansing to the air when diffused
- Diffusing these oils can be very effective during the cold and flu season to decrease irritants and harmful organisms
- Many hospitals in Europe routinely diffuse essential oils to purify the air
- Blend of Rosemary, Lemon, Clove, Cinnamon and Eucalyptus oils

**VITALITY LINE**
- Over 20 single and blended Essential Oils developed for Ingestion
FRAGRANCE IS AN ESSENCE OF LONG-TERM MEMORIES

• Scent has the potential power to activate a number of physical and emotional responses
• Certain aromas can set a childhood memory in motion, bringing back long forgotten thoughts, faces and feelings
• Just like the smell of home-baked cookies wafting from our kitchens, aromatherapy is a wonderful and pleasant way to reach our residents and to help caregivers cope with tasks.

MINDWISE
A daily liquid supplement that supports normal brain function; contains sacha inchi nut oil and proprietary essential oils

NINGXIA NITRO
Supports cognitive alertness and fitness

OTHER HELPFUL PRODUCTS
NingXia Red: A high anti-oxidant drink supplement containing wolfberry puree and juice of other super-fruits and essential oils

POST-TEST YOUR AROMATHERAPY KNOWLEDGE

1. Aromatherapy is a new frontier in healing started by the hippie movement of the 1960s.  False
2. Essential oils are for smelling and should never be put on or in the body. False
3. Name one or more oils that have a relaxing effect. (Lavender, Lemon balm, Vetiver, Frankincense, Marjoram)
4. Name one or more oils that have a stimulating effect. (Citrus/Grpefruit, Lemon, Orange, Rosemary, Peppermint)
5. Essential oils are used by massage therapists and other holistic practitioners, but have no scientific credibility. False

REFERENCES
• 2. Int. J. Geriatric Psychiatry 2002 Apr;17(4):305-8
• 6- Placebo controlled study. Int J Geriatr Psychiatry. 2002 Apr;17(4):305-8
### CONTACT INFORMATION/RESOURCES

- Terri Hubbard, RN  (715)965-0734
- Bella Zenn Salon Spa, Medford, WI  (715)748-3358
- Email: mthuberdwis@yahoo.com
- To obtain recommended essential oils:
  - [www.youngliving.com/signup](http://www.youngliving.com/signup) Enter #1363530 as enroller/sponsor for wholesale or retail account or call me for obtaining essential oils and free consultation.
- Essential Oil Resource Books/Essential Oil Desk Reference:
  - [www.discoverlsp.com](http://www.discoverlsp.com)  
  - [www.amazon.com](http://www.amazon.com)
- Available for in-services and training