

Aromatherapy

at Penn



Aromatherapy is the use of essential oils for healing. Currently at Penn we are using: *Lavender*, *Peppermint*, and *Ginger* essential oils. These oils can be used along with other treatments you are receiving to help with stress, pain, poor sleep or nausea.

Talk with your nurse about symptoms you are having such as **pain, stress, anxiety, nausea or trouble sleeping**. Your nurse can help choose an essential oil that may help relieve these symptoms.

For pain, stress or trouble sleeping:

- *Try lavender oil using the sniffer or hand lotion.*
 - ~ You may use the sniffer on your own or ask your nurse to provide a hand massage using the lavender lotion to promote calming and relaxation.

For nausea or upset stomach:

- *Peppermint oil may lessen nausea or upset stomach by helping with food digestion and has a bright scent.*
 - ~ Peppermint oil is used with the sniffer.
 - ~ Peppermint oil should **NOT** be used if you have heart disease.
- *Ginger oil may lessen nausea or upset stomach by calming the stomach muscles.*
 - ~ Ginger oil is used with the sniffer.



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How to use the essential oils:

- ~Try to make a calm space by taking several deep breaths before using the essential oils.
- ~Listening to soothing music, turning down lighting and finding a comfortable position to sit or lie in may also help promote a relaxing space.

Using the lavender, peppermint or ginger sniffers:

- ~Unscrew the outer tube and hold the uncapped sniffer under your nose.
- ~Smell deeply through your nose 2-3 times.
- ~Be sure to place the cap back on after each use.
- ~The essential oils are for your personal use only!
- ~Use the sniffer as needed in the hospital and remember to take the sniffer with you to use at home.
- ~The sniffer can last up to 6 months if the cap is placed back on after each use and closed properly.

Using the lavender lotion:

- ~Ask your nurse to give you a hand massage with the lavender lotion.
- ~Ask if a family member or friend can be taught to provide a hand massage using the lavender lotion.