

# Benefits of Using Aromatherapy

Support for Caregivers Every Day and Every Way

Presented by:

Barbara Lemke, RN, CCAP

Health & Wellness Options LLC

# What is Aromatherapy

- A holistic approach to health & wellness
- Using essential oils for measureable outcomes
- Aromatic Volatile Liquid of plants, flowers, leaves, blossoms, seeds, bark, roots, fruit peels and berries
- Essential oils are steam distilled or expressed
- Oils found in hairs, ducts, glands of plants
- Oils are sources from around the world

# Aromatherapy

- Promotes health and prevents imbalances on the physical, emotional and spiritual level
- Highly concentrated
- More potent than herbs – One drop represents the potency of one ounce of plant material
- Long history for using essential oils – 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?

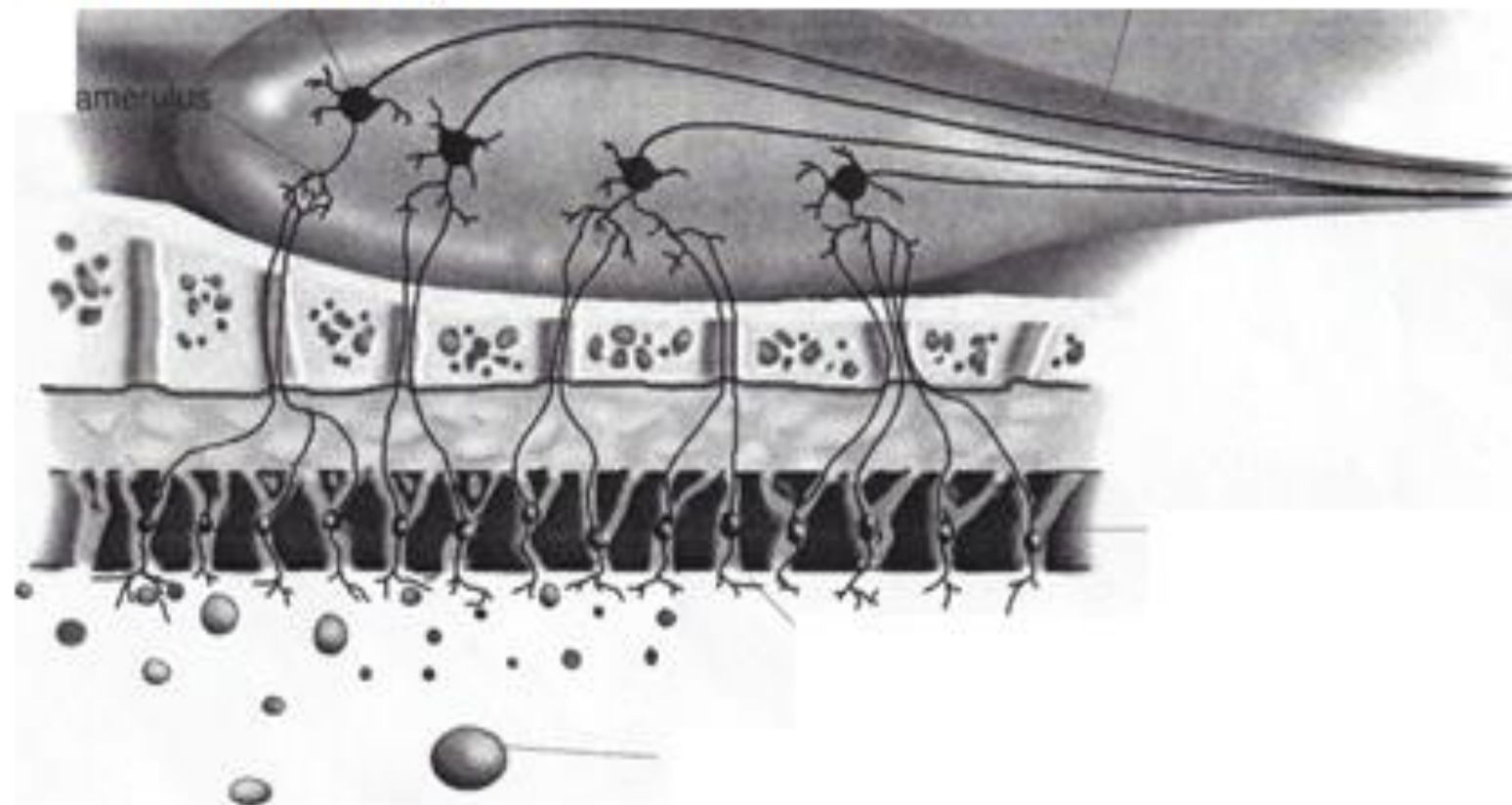
- Aroma enters through the nose through olfactory hairs/bulb to the limbic system of our brain. **“The nerve cells in the olfactory bulb transmit the signals into hippocampus. Because hippocampus is closely related with learning and memory functions, the volatile compounds can be potential drugs in AD therapies”.** 1 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.
- **The Chemistry of oils determines the therapeutic value**

# How Does It Work?

- J.I. Amoore believed “each odor composed of odorous molecules with specific geometric shape that fit into a matching receptor neuron, lining the nasal cavity like a key”

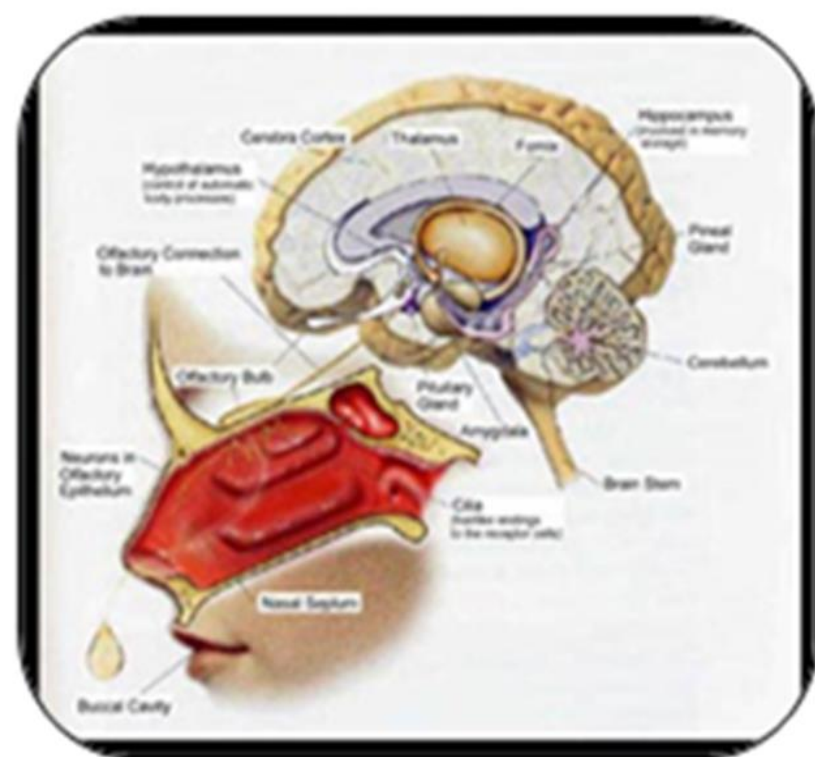
# Olfactory Bulb – Signals transmitted to higher regions of the brain mitral cells

- Olfactory receptor cells are activated by odorant molecules & send electric signals





# How EO's Affect the Brain



- ▶ Many essential oils are very complex fragrance molecules that float in the air
- ▶ Millions of receptor cells line the nose, and aroma causes these nerves to fire and send messages to the limbic area of the brain
- ▶ From there, the messages travel to other parts of the brain, activating thought and memory
- ▶ The pituitary gland is also stimulated to release chemical messages that travel via the blood to glands and organs that create physical body responses



# How does it work?

- 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 in residents, the use of aromatherapy can often help to control or ease the effects of these common behavioral issues in a natural, harmless, holistic approach

# 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”<sup>2</sup>
- “Study finds lavender essential oil beneficial in dementia symptoms”<sup>3</sup>
- “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

# Benefits of Essential Oils

- “Scents release serotonin and endorphins and can decrease depression and pain in the brain. If people are more alert, it decreases falls. And because people are feeling better, they sleep better, which makes them sturdier on their feet during the day”. Erica Plouffe Lazure
- 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 to help ease stress and stimulate creativity.
- Reducing use of medications can save money!

# 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 bib or smell cloth or swatch 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.

# Therapeutic Essential Oils

## Effective For ...



- ▶ Mood Changes
- ▶ Behavioral Issues
- ▶ Appetite
- ▶ Sleep
- ▶ Wounds
- ▶ Infections
- ▶ Colds and Flu
- ▶ Weight Maintenance

Improves Air Quality

Calm Environment

# 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.

# 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 eye 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 oils with a vegetable oil if needed to prevent irritation of tissues
- 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
- Medical history is important. Certain oils should be avoided with certain conditions or diseases. Examples include pregnancy, seizure disorders, post cardiac surgery, atrial fibrillation.
- 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



- ▶ Micro mist diffusers blow tiny molecules of oil into the air without the use of heat which can fractionate the life giving properties of the oils
- ▶ The smaller and finer the particles, the more readily absorbable they are into the lung tissue
- ▶ Diffused oils kill airborne bacteria and viruses

Put 2-4 drops of oil in 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 neurotransmitters
- Relieve headaches
- Improve sinus congestion, cough



# 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





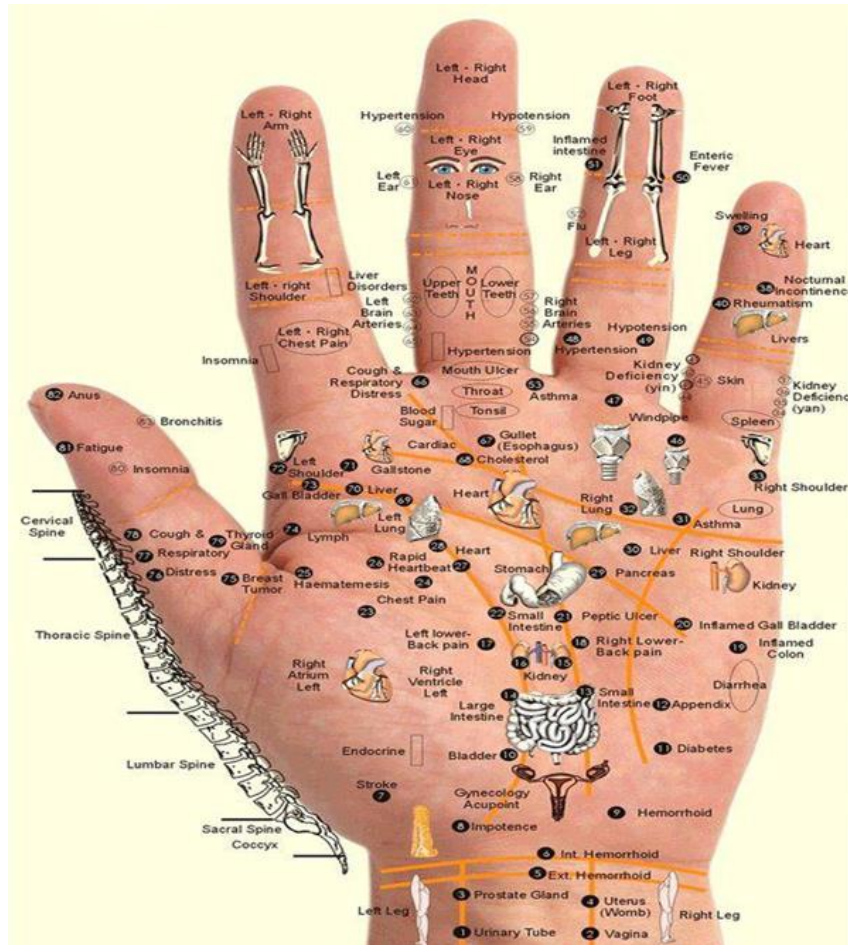
# Massage – Benefits of

- 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

- 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.

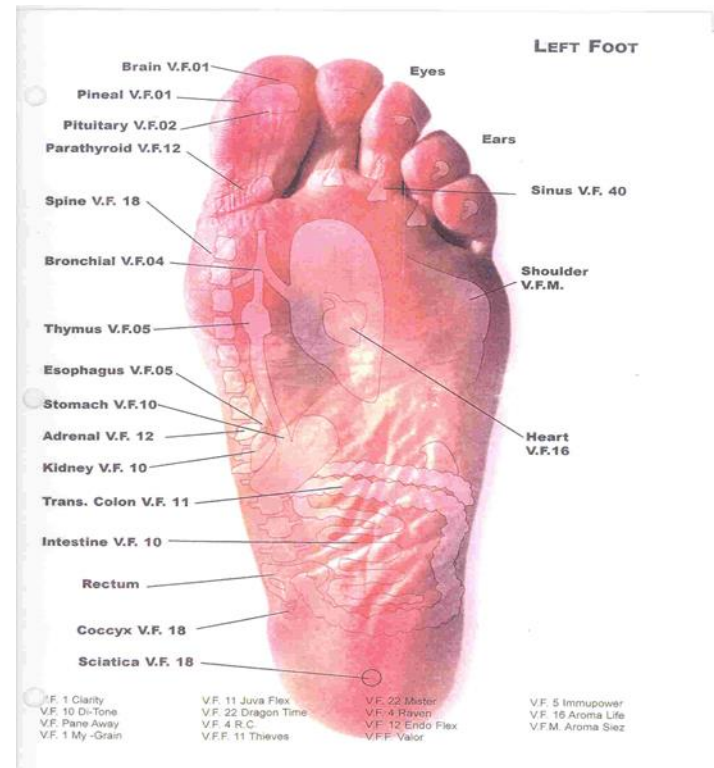
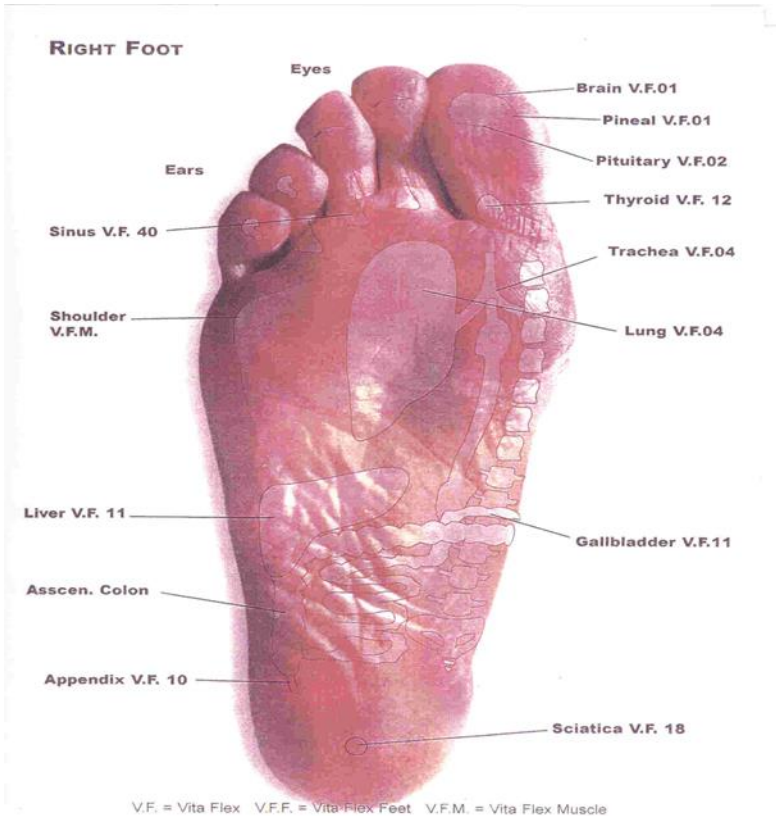
# Hand Reflexology/massage



# Hand 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 using flowing strokes. Alternate your hands.
- Use stroking movements with sides of thumbs, smoothing outwards back and forth down the back of the hand from wrist to the knuckles and repeat.
- 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..

# Foot Reflexology/massage





# Lavender for Behavior Control & Sleep



# 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

# Peppermint (*Mentha piperita*)

- Anti-inflammatory, soothing to the stomach and digestive tract
- Helps with hot flashes.
- Fixes a 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 humalene 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

# 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<sup>1</sup>

- 1. Scientists and researchers from University of Japan

# 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-6 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

# 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**

# 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

# 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

# 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



# References

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# Contact Information/Resources

- Barbara Lemke, RN, CCAP 920-285-4635
- Email: [healthopts@hotmail.com](mailto:healthopts@hotmail.com)
- Newsletter: <http://BarbaraLemke.VibrantScents.com>
- To obtain recommended essential oils:
- [www.youngliving.com/signup](http://www.youngliving.com/signup) Enter #601146 as enroller/sponsor for wholesale or retail account or call me for obtaining essential oils and free consultation.
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