Aromatherapy
An Integrative Path to Wellness

Presenter:
• Maureen McDonald CTRS
Objectives

- Define what are complementary and integrative therapies.
- Define aromatherapy.
- List and describe at least 3 ways essential oils work.
- Describe precaution of using essential oils.
- Identify where to seek more information on Aromatherapy.
Maureen McDonald CTRS, ADS

- Grand Valley State University - BS Therapeutic Recreation; Minor in Psychology
- Certified Therapeutic Recreation Specialist (CTRS)
- Level 1 Certified Aromatherapist; Level 2 (in progress)
- Level 1-3 Healing Touch Practitioner
- Acudetox Specialist (ADS)
- Dementia Capable Care Instructor
- The Detroit Veteran Affair Medical Center
  - Hospice, Ortho Rehab and Skilled Nursing Care
  - Psychosocial Rehabilitation and Recovery Center (PRRC)
What is Complementary & Integrative Health (CIH)

- National Center for Complementary and Integrative Health:
  - Federal government agency investigates these approaches.

- **Complementary**: non-mainstream practice used together with conventional medicine

- **Integrative**: Bringing conventional and complementary approaches together in a coordinated way
Benefits of CIH Interventions

- Quality of Life
- Pain Management
- Relaxation/Stress Management
- Health Promotion
- Sense of Control
- Cost – minimal
- Minimal side-effects
Types of CIH

- Aromatherapy
- Energy Therapy: Healing Touch, Reiki, Therapeutic Touch
- Acupuncture
- Chiropractic's
- Guided Imagery, relaxation techniques
- Biofeedback
- More!
Aromatherapy

USING ESSENTIAL OILS FOR HEALTH AND WELLNESS
A Short History of Medicine:
"Doctor, I have an earache."
2000 B.C.: "Here, eat this root."
1000 B.C.: "That root is heathen. Say this prayer."
1850 A.D.: "That prayer is superstition. Drink this potion."
1940 A.D.: "That potion is snake oil. Swallow this pill."
1985 A.D.: "That pill is ineffective. Take this antibiotic."
2000 A.D.: "That antibiotic has side effects. Here, take this root!"

Author unknown
Aromatherapy is the use of essential oils from plants (flowers, herbs or trees) as a complementary health approach. (9)

Essential Oil

Highly concentrated and fragrant substances of plant origin (13)

Obtained through:

- distillation with water or stream, mechanical process or by dry distillation of natural materials (9)

Plant makes these oils: defense system, assist in pollination, and oils will help seal cracks and breaks in leaves, twigs etc.

Highly concentrated: Takes 220 pounds of lavender to make 1 pound of essential oil (10)
Essential Oil

Contain compounds/constituents = active ingredients.

- Peppermint EO = Menthol
- Lavender EO = Linalool
  - Linalool: Anti-inflammatory, antifungal, sedative, antiepileptic (inhibited glutamate uptake; method to reduce epileptic seizures. (1)
Lavender

Constituents:

- LINALYL ACETATE 44.7%
- LINALOOL 28.0%
- COUMARIN 4.3%
- β-CARYOPHYLLENE 3.2%
- GERANYL ACETATE 2.7%
- TERPINEN-4-OL 2.7%
- HERNIARIN 2.3%
- (E)- β-FARNESENE 1.2%
- CAMPHOR 1.2%
- 1-OCTEN-3-YL ACETATE 1.1%
How Does It Work...

*Remember:*

“Integrative therapy”

- Olfactory (aroma)
- Absorption (topical, inhalation, oral)
- Touch & Energy
- Intention
Olfactory - Aroma

- Memory Center
- Pleasant vs. Adverse
- Life experience & events (grandmas house, vacation, significant other, death, funeral)
  - Rose
  - Clove & Cinnamon
- Using more than one essential oil = less likely to associate smell with a tragic/emotional event
Absorption

- **Topical, Inhalation & Oral**
- **Constituents absorb into blood stream**

  - Lavender EO is not found in the bloodstream; but 2 major components in Lavender (linalyl acetate and linalool) can be found in bloodstream after inhalation, topical application or ingestion *(2)(12)*. Peaked after 20 minutes.

**I do not support the use of essential oil orally.**
ADMINISTRATION

Vapour

Inhaled

Nose

Lungs

Liquid

Topical

Skin

Ingestion

Mouth

Stomach

Small intestine

Bloodstream

Transporting system

Nervous system

(limbic/brain)

Autonomic

Hormone release

Conscious

Emotions

Memory

Tissues and organs of the body

Large Intestine

ABSORPTION AND ASSIMILATION

(2.)
Touch & Energy

- Touch & Massage
  - Touch and massage (with and without essential oils) reduces levels of anxiety in patient with advanced cancer. (14)

- Healing Touch & Reiki
  - is an energy therapy in which practitioners consciously use their hands, on or above a client, in an intentional way to support and facilitate health and healing

- Being Present & Caring
Intention

- Acceptance
- Self Healing & Self Care
- Sense of Control
- Power of Suggestion
- Belief and Faith
Integrative Therapy

Modern Medicine

Intention for Wellness

Aroma

Touch / Presence

EO Constituents
Application

Selecting...

- Administration Method
- Oils
- Concentration/Dilution Rate
### Administration Method

<table>
<thead>
<tr>
<th>Olfactory</th>
<th>Topical</th>
<th>Oral</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Emotional Health</td>
<td>➢ Physical Health &amp; Wellness</td>
<td>➢ Contact Homeopathic Doctor for internal use.</td>
</tr>
<tr>
<td>➢ Mental Health</td>
<td></td>
<td></td>
</tr>
<tr>
<td>➢ Head aches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>➢ Sinus Issues</td>
<td></td>
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</tbody>
</table>
What oils to use....

Benefit
Based on the constituents in the essential oil

Smell
Numerous oils to choose from that may have similar benefits

Precautions
Possible interactions
## Benefits

### Lavender
- Stress Reduction
- Sleeplessness
- Tension
- Burns
- Mosquito repellent
- Insect/Spider bites
- Bee stings
- Analgesic
- Muscle Aches
- Asthma
- Headaches
- Dementia
- Antibacterial
- Skin toning

### Ginger
- Increases circulation – muscle aches, cramps, spasms, arthritis
- Abdominal issues
- Analgesic
- Dementia
- Anti-Nausea
- Bronchodilator

### Peppermint
- Physical energy boost
- Nausea
- Antibacterial
- Antiviral
- Fever reducing
- Respiratory
- Muscle aches
- Headaches
- Repels ants and mice
<table>
<thead>
<tr>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Roman Chamomile</strong></td>
</tr>
<tr>
<td>Sedative/Insomnia</td>
</tr>
<tr>
<td>Stress</td>
</tr>
<tr>
<td>ADD/ADHD</td>
</tr>
<tr>
<td>Analgesic</td>
</tr>
<tr>
<td>Anti-Inflammatory</td>
</tr>
<tr>
<td>Arthritis</td>
</tr>
<tr>
<td>Muscle aches</td>
</tr>
<tr>
<td><strong>Rosemary</strong></td>
</tr>
<tr>
<td>Mental energy boost</td>
</tr>
<tr>
<td>Enhances memory</td>
</tr>
<tr>
<td>Respiratory, colds, flu</td>
</tr>
<tr>
<td>Increases circulation</td>
</tr>
<tr>
<td>Slightly increases blood pressure</td>
</tr>
<tr>
<td>Helps with hair</td>
</tr>
<tr>
<td><strong>Frankincense</strong></td>
</tr>
<tr>
<td>Analgesic</td>
</tr>
<tr>
<td>Anticancer</td>
</tr>
<tr>
<td>Depression</td>
</tr>
<tr>
<td>Skin: Burns, scars, blemishes</td>
</tr>
<tr>
<td>Immune Stimulant</td>
</tr>
<tr>
<td>Stress</td>
</tr>
<tr>
<td>Respiratory Infections</td>
</tr>
<tr>
<td>Anti-Inflammatory</td>
</tr>
<tr>
<td>Anti-aging</td>
</tr>
</tbody>
</table>

(7,10)
Supportive Cancer Treatment

Essential oils for health and wellness

- Ginger & Peppermint: anti-nausea
- Anti-cancer: basil, bergamot, clove, frankincense, ginger, lavender, lemongrass, melaleuca (tea tree), orange, oregano, peppermint, rosemary
- Relaxation/Comfort
Precautions

- Dermal: Contact Dermatitis & Photosensitivity
- Adverse emotional response to smell
- Some (not all) oils with risks:
  - Cinnamon – anti-coagulants
  - Ravensara – max dermal 0.12%
  - Tea Tree and Thyme – leukemia (increase white blood cells)
  - Clove Bud: Could inhibit blood clotting
  - Known drug interaction with Wintergreen & Warfarin
# Precautions

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Hazards</th>
<th>Contraindications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lavender</td>
<td>Skin Sensitivity</td>
<td>None known</td>
</tr>
<tr>
<td>Ginger</td>
<td>None known</td>
<td>May interact with aspirin, blood-pressure, antiplatelet and anticoagulation medications</td>
</tr>
<tr>
<td>Peppermint</td>
<td>Skin Sensitivity</td>
<td>Do not apply to or near infants or children (menthol), Individuals with cardiac fibrillation (menthol)</td>
</tr>
</tbody>
</table>
Precautions

Roman Chamomile
Hazards: none known
Contraindications: none known

Rosemary
Hazards:
• Maybe neurotoxic (Camphor: max dermal 10%-20% concentration)
Contraindications:
• Do not apply to or near the face of infants or children (1,8-cineole CT)
• Avoid during pregnancy and/or nursing
• Avoid with epilepsy and Parkinson’s disease
• Compromised Liver
• Interfere with medication for anxiety and insomnia

Frankincense
Hazards:
• skin sensitivity if oxidized
Contraindications:
• old(2 yrs)/oxidized oils
Concentration / Dilution Rate

- Carrier
  - Lotion (aloe based, non scented)
  - Oil – Jojoba oil, feather light, olive oil, fractionated coconut oil
- Lotions: 1%-2% dilution
- Roll-on: ~10% dilution
- ** Dilution Rate Chart
- Difference in droppers
<table>
<thead>
<tr>
<th>Dilution Rate Quick Reference Table</th>
<th>1 oz / 30cc</th>
<th>2 oz / 60cc</th>
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</thead>
<tbody>
<tr>
<td><strong>1%</strong></td>
<td>18</td>
<td>36</td>
</tr>
<tr>
<td><strong>2%</strong></td>
<td>36</td>
<td>72</td>
</tr>
<tr>
<td><strong>3%</strong></td>
<td>54</td>
<td>108</td>
</tr>
<tr>
<td><strong>4%</strong></td>
<td>72</td>
<td>144</td>
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<tr>
<td><strong>5%</strong></td>
<td>90</td>
<td>180</td>
</tr>
<tr>
<td><strong>6%</strong></td>
<td>108</td>
<td>216</td>
</tr>
<tr>
<td><strong>7%</strong></td>
<td>126</td>
<td>252</td>
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<tr>
<td><strong>8%</strong></td>
<td>144</td>
<td>288</td>
</tr>
<tr>
<td><strong>9%</strong></td>
<td>162</td>
<td>324</td>
</tr>
<tr>
<td><strong>10%</strong></td>
<td>180</td>
<td>360</td>
</tr>
<tr>
<td><strong>Dropper= .016429 cc or ml</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Bottle Drop= .06 cc or ml</strong></td>
<td></td>
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</tr>
</tbody>
</table>
Administration

- Set Intention
- Describe pain:
  - Score
  - Color
  - Shape
  - Size
- Provide Intervention
  - Topical: 3-4 hours
  - Olfactory: as needed
- Re-assess
- Evaluate and change intervention, as needed
Samples
Case Study

- 32 yo Female
- Dx: Triple Negative Breast Cancer
- During Chemotherapy Treatment: Taxol
- Headaches
- Looking for a non-Pharmacological
- Roll-on: ~10% dilution rate on temples
  - Essential oils: Frankincense, Peppermint, Lavender, Sweet Orange
- Reported
  - Immediate relief
  - Continued use after treatment
Research

- Frankincense: research suggests it kills bladder cancer cells, causes pancreas cancer cell death and killed three breast cancer cell lines (7)
- Bergamot: trigger neuroblastoma cancer-cell death. (7)
- Peppermint, Ginger, Spearmint and Cardamom – Decrease postoperative nausea (6)
- Lavender: Decreases agitation for people with dementia (4,5,8)
- Black Pepper EO: Decrease Nicotine Craving (3)
Research Challenges

- Multifaceted Therapy
  - Aroma
  - Touch
  - Chemical components
  - 1:1 Attention
  - Placebo Affect
Quality

- Education:
  - National Association for Holistic Aromatherapy (NAHA)
  - Level 1 & 2 Aromatherapy Courses

- Essential Oils:
  - All oils are not created equal
Preparation

- IMPORTANT: Obtain knowledge of oils and their constituents: gear selection of oil/ blends based on precautions and potential drug interactions.
- Education: NAHA Approved Curriculum
- Books:
  - Essential Oil Safety 2nd Ed: Tisserand & Young
  - The Healing Intelligence of Essential Oils: Schnaubelt
  - Evidence-Based Essential Oil Therapy: Johnson, Scott A.
It’s All About…

- Integrative Path to Wellness
- Comfort and Quality of Life
- Sense of Control
References

10. Natural Options Aromatherapy –Certification Training Course
Questions.......  

Contact information

- **Maureen McDonald CTRS, ADS** (Recreation Therapy):  
  MRAEMCDONALD@GMAIL.COM