

Familiarisation Course on  
Complementary Therapy

# Aromatherapy

Shelley Baker BSc

Lic IAM, mIFPA, ESIPF

# NHS areas I work in

- Oncology
- Maternity and NICU
- Elderly care; stroke unit
- Burns Unit
- Occupational Health

# Aromatherapy

The **CONTROLLED** use of essential oils, extracts and absolutes to promote and maintain balanced health

Improve physical and mental well-being

# History

- Egypt
- Greece & Rome
- China & India
- Middle East
- Middle Ages

# History

- Modern Medicine
- 19<sup>th</sup> Century
- 1910 : Gattefosse
- 1948 – 1959 : Jean Valnet
- Marguerite Maury

# 1980

- Medical Aromatherapy
- Popular and Esoteric Aromatherapy
- Holistic Aromatherapy
- Scientific study of Fragrance

# Clinical Aromatherapy

- Knowledge of Essential Oil Chemistry
- Knowledge of possible drug interactions & contra-indications
- Intensive use

# How it works; Theory

- Pharmacology
- Olfaction
- Touch

# Methods of Use

- Massage
- Baths
- Inhalations
- Compresses
- Lotions / Topical applications
- Neat Applications

# Chemistry

- Terpenes
- Alcohols
- Phenols
- Aldehydes
- Ketones
- Esters
- Lactones and Coumarins

# Safety and Quality

- Food and Flavouring
- Perfume
- Pharmaceutical
- Chemical Manufacturing

# Safety and Quality

- Latin Name
- Part of Plant used
- Extraction process
- Country of origin

# Extraction Methods

- Steam Distillation
- Expression (Citrus)
- Solvent Extraction (Low yield plants)
- Carbon Dioxide Extraction (new technique)

# Properties of Essential Oils

- Analgesic
- Anti-inflammatory
- Antiseptic and antibacterial
- Antifungal
- Antiviral
- Astringent
- Carminative

# Properties of Essential Oils

- Emmenagogic
- Expectorant
- Rubefacient
- Sedative
- Spasmolytic
- Wound Healing

# Conditions it Helps

- Stress
- Muscular aches and pains
- Pregnancy related discomfort
- Sleep
- Digestive disturbances
- Immune function

# Symptoms relieved

- Anxiety
- Insomnia
- Fatigue
- Needle phobia
- Nausea
- Dry, cracked skin
- Indigestion
- Mouth Ulcers
- Vein Pain

# Benefits of Aromatherapy

Aims to:

- Provide relaxation
- Ease anxiety
- Reduce muscle tension & pain
- Improve well being



.... “ *In the hard world of pain, aromatherapy can offer a soft approach. It is an approach of compassion – one that allows the patient and carer to ‘be’ with each other, and is one of the kindest therapies we can offer*” ....

( Buckle J. In Essence Vol. 1 No. 2 Autumn 2002  
Aromatherapy for Chronic Pain)

*“That was such a fantastic treat! Having felt tired and frustrated not to be able to move about, it was lovely to have someone do such a soothing treatment – thank you very much”.*

# References

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- Advanced Aromatherapy The Science of Essential Oil Therapy: Kurt Schnaubelt. Healing Arts Press 1998
- Essential Oil Safety A Guide for Healthcare Professionals: Robert Tisserand and Tony Balacs. Churchill Livingstone 1995