



Your Guide to... Aroma Therapy

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AROMA THERAPY AT THE WELLNESS CENTER

Research indicates that over fifty percent of Americans today are choosing alternative & complementary therapies to enhance their healthcare & well-being. This clearly creates the need for the availability & distribution of consumer information & education.

Born out of several decades of research & practice, based on scientific validation, historical uses, anecdotal information, & common sense, aroma therapy has emerged as one of the most popular & practical of all alternative & complementary therapies today.

Through consultations, workshops, & product availability, the FIU Wellness Center along with the Pharmacy is committed to providing accurate & appropriate information to the University community about aroma therapy & its use.

The Wellness Center has certified practitioners in aroma therapy available to assist you in your quest toward understanding & applying aroma therapy principles. It is our goal to provide you with information that can introduce the benefits of aroma therapy into your everyday lives.

The University Health Services' Wellness Center & Pharmacy use A-CAM certified herbs & essential oils. Any and all statements made about effectiveness &/or properties are specified to the said oils/herbs & may not apply to other commercially available products (herbs & essential oils).

IMPORTANT NOTICE...PLEASE READ

The information provided is only for informational & educational purposes. Recommendations should not be construed as medical advice. **Read "Methods for Product Use & Cautions for Use" before product utilization.**

Because communication with your primary-care physician is important, it is strongly advised that you inform him/her of any alternative & complementary therapies that you are using. Upon compliance with this statement, your physician may request information about the uses of aromas in therapy & human health.

The American Medical Association (AMA) classifies Aroma Therapy as "Psychosomatic." According to research by the AMA up to 87-90% of our illnesses are psychosomatic in origin. In addition, the Food & Drug Administration (FDA) has stated, there is not sufficient scientific evidence to support the claims of Aroma Therapy.

AROMA THERAPY DEFINED

The term aroma is based on the extracts of flowers, trees, fruits, leaves, roots, seeds, bark, & their medicinal properties as proven by time, science, & common sense.

Historically, these were the medicines used to treat the maladies of the world until we began to extract a part from the whole, synthesize it, & make it into medicine.

The term therapy is based on the scientific knowledge of the effects that smells have on our memory, emotions, sex, appetite, & survival behavior.

Hence the term aroma therapy was born to signify/define the practice of using essential oils as an alternative & complementary practice.

CAUTIONS FOR USE

1. Keep out of the reach of children.
2. If under a physician's care, consult him/her before using.
3. Do not take internally by mouth unless directed by a medical doctor.
4. Avoid oils coming in contact with eyes.
5. Some oils should not be used during pregnancy or if breast feeding.
6. If you have any adverse reactions, immediately discontinue use.
7. Always consult a qualified medical practitioner if ill or suffering from high or low blood pressure or an undiagnosed illness.
8. Use essential oils/blends by drop only & only as directed.
9. Keep essential oils away from open flames & extreme heat.
10. If you have High Blood Pressure (HBP) do not use Rosemary or any synergy blends containing this oil.
11. If you have Low Blood Pressure (LBP) do not use Ylang-Ylang or any synergy blends containing this oil.
12. Do not use the bath method if you have to maintain a certain therapeutic blood level of medication in your system.

METHODS FOR PRODUCT USE

Aerotherapy/Room Diffused: Air conditioning system—in a 12-16 ounce heavy-duty spray bottle add 20-25 drops of desired essential oil or blend & fill with water. Spray directly into A/C vents & filter on a weekly basis.

Balneo Bath: Full bath—fill bathtub with warm water & add 10-15 drops of the desired essential oil or blend just before entering, swirl water to distribute evenly. Soak for at least 20-30 minutes while breathing deeply & relaxing. Do not take a soap shower after bathing, since this will interfere with the aroma & the benefits of the essential oils.

Essential Oils & Synergy Blends: Olfactory/Smell—apply 1-2 drops of the oil or blend to fingertips & rub between fingertips before gently applying to nostrils, or you can apply 1 drop to palm & rub hands together. Cup hands over nose & gently breath in deeply for a few seconds.*



Foot Bath: Fill a pan with warm water & add 4-6 drops of desired essential oil or blend. Soak feet for 20-30 minutes (can be used instead of balneo bath).

Headache Blend: Apply 1 drop between fingertips & gently apply to the left & right temple before following the above olfactory/smell directions.*



Herbal Teas: Let water steam, not boil, & remove device from heating source. Add tea, cover with lid, & let it sit for 5-10 minutes. For 5 cups of water add 1 level tablespoon of tea. For 1 cup of water add 1/2 teaspoon of tea.

Humidifier or Dehumidifier: Follow appliance directions, fill with water & add 20-30 drops of desired essential oil or blend.

Inhalers: Bring bottle to nostrils & take deep breathes.

Massage Oil: Massage oil is a mixture of essential oils diluted in a carrier oil. Apply small amounts of massage oil, as needed, to area being massaged.

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FREQUENTLY USED OILS

Peppermint: This oil is known for its decongestant, stimulating, & refreshing properties. It is also used to treat many kinds of digestive upsets, nausea, flatulence, indigestion, & migraines. *This should not be used on the face!*



Pine Needle: Used for sinuses, general debility, infections of the respiratory tract, except when spasms are part of the condition. *Do not use if you have bronchial asthma or whooping cough.*

Rosemary: This oil is said to strengthen the memory & concentration, as well as to relieve headaches. *Do not use if you have high blood pressure (HBP), as it will raise it.*

Ti-Tree: This oil has excellent germicidal & antifungal properties, which offers a wide range of uses including the treatment of colds, flu, herpes, thrush, athlete's foot, warts, & infections.

Valerian: Natural chemicals called valepotriates act as muscle relaxers, making this essential oil useful for menstrual cramps & muscle spasms. It is an excellent relaxer & has been scientifically validated to be effective for insomnia.

Ylang-Ylang 1st Grade Extra: This oil has a relaxing effect on the nervous system. It is traditionally used as an aphrodisiac & for the treatment of high blood pressure (HBP). This oil is also used for depression, insomnia, tension, & oily skin. *This should not be used by anyone with low blood pressure (LBP) as it will further decrease it.*



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FREQUENTLY USED OILS

Basil: This oil has a calming yet uplifting effect & is excellent for those who are tired & worn out by being over-worked.

Clary Sage: This oil has a soothing & sedating effect while at the same time it works to strengthen the nervous system. It is one of the best muscle relaxers, useful for muscle cramps &/or pain. *This oil should not be used during pregnancy.*

Cypress: This is an astringent oil which tonifies the venous system & is often used to treat varicose veins.

Fennel: This is an appetite control for some upon smelling. Smell for hiccups, nausea, & vomiting. It is also effective for colic.

Geranium Rose: This oil has a cooling & calming effect for anxiety & tension. It has a balancing effect on the skin, making it suitable for dry, oily, or problematic skin.



Ginger: This oil is an antiseptic, analgesic, expectorant, & laxative. It aids the memory, cheers one up, & soothes a sore throat. It also settles the digestive system, relieves cramps, & muscle spasms.

Juniper Berry: This is very effective in the treatment of cystitis & is used in skin preparations to aid in reducing oily skin, acne, & opening blocked pores.

Lavender: This oil has a balancing effect on the nervous system, relieves headaches, & helps to fight insomnia. It can also be used as an antiseptic.

Lemon: This oil has antiviral & antibiotic properties. It has an astringent effect on the skin. It may be used by itself or in blends for boils, broken capillaries, oily skin, herpes, & insect bites.

Marjoram: Effective for headaches, all muscular pains, bruises, spasms, sprains, & strains. *Smell to lower high blood pressure (HBP) & it can be useful in insomnia synergies & blends.*

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SYNERGY DESCRIPTION

Energy/Alert Blend: An “energizing” synergy of Rosemary, Ginger, Peppermint, & Lavender is useful at times of needed energy or alertness. Since it has Rosemary it is not recommended for anyone with high blood pressure (HBP). *It is ideal for those with low blood pressure (LBP).*

Headache Blend: This very effective synergy of Rosemary, Peppermint, & Clary Sage alleviates headaches upon application.

Muscle Ache Blend: This blend of Lavender, Sage, Clary Sage, Pimento Berry, Black Pepper, & Birch assists in alleviating muscle tension & pain. *Do not use during pregnancy!*

PMS Blend: This blend of Fennel, Geranium Rose, Marjoram, & Juniper Berry will help you during those uncomfortable PMS days!

Sinus & Cold Blend: A combination of Eucalyptus, Pine Needle, Cypress, & Lavender. It is known for its ability to fight infections. *Great to use during the cold & flu season!*

Stress Blend: This is a synergy of the very relaxing aromas of Sweet Orange, Ylang-Ylang, & Patchouli. Results can be felt with seconds of smelling.

Study Blend: This is a blend of Rosemary, Peppermint, & Lavender. Use only when studying & then again when it is time to recall the information for the exam.

Products For Sale at the Pharmacy in the University Health Services Complex:

Essential Oils

Grapefruit
Lavender
Orange
Ti Tree

Synergy Blends

Cold & Sinus
Energy
Headache
Meditation
Muscle Ache
PMS
Stress
Study

Other Products

Cold & Sinus
Inhaler
Herbal Tea
Massage Oil

Please Note:

If there is a product that you would like, but we do not have in stock at the Pharmacy, please let us know so we can accommodate your needs.

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