“Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains”

Diane Ackerman
AROMA THERAPY

- The controlled use of essential oils, which happen to be highly fragranced for specific outcomes

CARRIER OIL

- Neutral oil used to dilute essential oils, most often grapeseed, almond, jojoba or olive oil
HISTORY OF AROMATHERAPY

- Did not appear in North America until late 1980's and early 1990's
- Greeks used aromatic oils as cosmetics and medicine

ABOUT FRAGRANCE-RESPONSE TO SMELLS IS HIGHLY PERSONAL

- Extracted from roots, flowers, leaves, & stalks of plants & some trees
- Concentrated extracts
- Believed to promote physical healing as well as have an emotional value
- Molecules within the oils enter nervous system through bloodstream, influencing emotional & physical well-being
- Smell receptors in nose communicate with amygdala & hippocampus
- Research
  - In 1984 discovered inhaling oils alter brain waves, producing calmness or energy depending on the oil
  - In 1991 discovered smell of vanilla reduced anxiety level during MRI
  - In 1994 discovered cardiac patients felt calmer when massaged with neroli oil
BENEFITS OF AROMATHERAPY

- Antiseptic and antifungal properties
- Anxiety, stress, depression relief
- Astringent
- Anti-Inflammatory
- Analgesic
- Antioxidant
- Blood pressure lowering
- Healing

- Immune system strengthening
- Improves mood
- Moisturizing
- Relaxation
- Soothing
- Stimulating
- Enhances circulation
- Stimulate healing properties

AROMATHERAPY USES

- Easiest way to use fragrant essential oils is to add a calming or energizing oil to a room diffuser
- Always do a patch test to ascertain potential reactions
- Enhances circulation
COMMON ESSENTIAL OILS

- Sweet Orange
  - Ease, adaptability, optimism
- Rosemary
  - Self-identity, dedication, destiny
- Marjoram
  - Comfort, contentment, compassion
- Neroli (Citrus derivative)
  - Depression, sedative
  - Stimulates appetite
- Lemon
  - Open & releases emotional blocks
  - Refreshes & stimulates mind
  - Stimulates appetite
- Lavender
  - Calms, relaxes & balances emotions
  - Soothes moisture-deprived skin
- Eucalyptus
  - Good to produce optimism, openness, freedom
- Chamomile
  - Induces sleep
- Ylang-ylang
  - Relieves anxiety, depression, hypertension, palpitations, stress
- Peppermint
  - Provides renewed feeling of vigor & vitality
  - Energizes for improved concentration

RISK

- Use with caution in elders with asthma & other chronic respiratory illnesses
- Check for allergies
USES IN DEMENTIA CARE

- What is elder’s favorite smell?
- What odors might elicit pleasant long-term memories for the elder?

LET’S PRACTICE

- Choose a lotion and find a partner and go for it...relax and enjoy!