

Aromatherapy: General



Purpose: To engage the person in an opportunity to boost self-esteem, have the power to choose and to give and receive lov.

Prep: Have aromatherapy items ready – diffuser, scents, lotion, cotton balls, etc... tailored for the person, group or expression occurring.

Presentation: Approach the resident using the proper techniques and invite them to participate in the engagement. When used in a group setting, be sure to welcome and introduce each participant as

they are brought into the group, taking care to place residents facing non-traffic areas and in a circle or semi-circle with you being the central focus.

Available Azura Kit Scents – only need 3 – 5 drops

- 1) Peppermint - Stimulating/Invigorating
- 2) Lemon – Cheering of Mind and Body
- 3) Lavender - Soothing/Relaxing
- 4) Orange – Soothes Internal Organs/Refreshing for Mind

Aromatherapy Scents for those with Dementia

- **Anger, Aggression, Irritability:** Lavender and Melissa oil
- **Anxiety and Agitation:** Lavender and Melissa oil
- **Apathy:** Peppermint, Rose and Lavender combo (1 of Rose, 2 of Lavender), Sage
- **Constipation:** Orange, Rosemary and Ginger
- **Depression:** Lemon, Orange, Rose and Rosemary
- **Diarrhea:** Peppermint and Geranium
- **Headache:** Lavender and Basil
- **Indigestion:** Lemon and combo of Melissa oil and Peppermint (4 of Melissa with 1 drop of Peppermint)
- **Loss of appetite:** Lemon, Rosemary and Basil
- **Muscle Contraction:** Lavender and Geranium
- **Restlessness and poor sleep:** Lavender, Chamomile, combo of Ylang Ylang and Lemon
- **Withdrawal:** Melissa oil

Aromatherapy Application Techniques

Diffusion: Follow diffuser manufacturer's instructions or add a few drops of essential oil(s) to several cotton balls and place near to where the resident spends much of their time, but not where possible ingestion may take place.

Massage: Hands, Arms, Feet: Mix 12 drops of essential oil(s) into unscented oil or lotion. Use to massage hands, arms and/or feet.

Inhalation: Add 1 – 2 drops of essential oil (s) to a tissue or cotton ball, tuck into pocket or pillow case, but not where possible ingestion or direct skin/eye contact may take place.

Spritzers: Add 25 drops of essential oil(s) to a 1 oz spritzer bottle and fill with water (please note glass bottle works best with purified water). Shake and spritz as desired. Spritz rooms, clothing or bed linens. Be sure to label the bottle appropriately and store in a locked area.



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Aromatherapy Storage Requirements:

- All aromatherapy oils must be stored in a locked area, away from possible resident ingestion and monitored when in use or reach of residents
- Aromatherapy oils are only to be used externally through diffusion, massage, inhalation or spritzers and never in direct contact with skin, organs or persons.
- If added to lotion, spritzer, etc... the container must be labeled appropriately and stored in a locked area away from resident ingestion or use.
- Diffuser should be placed in an area unreachable by residents for safety precautions and to prevent possible ingestion of contents.
- Diffusers are to be cleaned after each use using manufacturers directions.
- Spritzers are to be cleaned in between each refill.

Other Ideas to Enhance the Experience:

- Music
- Warm blanket
- Sunshine
- Fountain
- Noise Cancel Machine