

Your Guide To

AROMATHERAPY



FIU

Academic &
Student Affairs

Healthy Living Program

AROMATHERAPY

AROMATHERAPY DEFINED



The term *aroma* is based on the extracts of flowers, trees, fruits, leaves roots, seeds, bark, and their medicinal properties.

Historically, these were the medicines used to treat illnesses until humans began to extract a part from the whole, synthesize it, and make it into medicine.

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

As such, the term *aromatherapy* was born signify/define the practice of using essential oils as an alternative and complementary healthcare practice.

Aromatherapy is the use of natural essential oils from plants to enhance psychological and physical well-being. In this booklet, the uses and application of aromatherapy is for inhalation purposes. The inhaled aroma from these oils is widely believed to stimulate brain function through the olfactory nerves.

AROMATHERAPY AT THE HEALTHY LIVING PROGRAM

According to the 2012 National Health Interview Survey (NHIS) conducted by the NCCIH and CDC, about 59 million Americans spend money out-of-pocket on complementary health approaches.

Complementary and Alternative Medicine (CAM) services are often used to enhance the well-being and health of individuals, outside of traditional medical care. The use of CAM practices in the U.S. has become more popular over time. As such, the Healthy Living Program (HLP) began the implementation of a variety of complementary services to benefit the FIU community.

Aromatherapy has emerged as one of HLP's most utilized complementary therapies with products ranging from small vials, to scrubs, soaps, and sprays. Aromatherapy has become a staple of HLP.

The Healthy Living Program staff are available to assist you in your quest toward understanding and applying aromatherapy principles. It is our goal to provide you with information that can introduce the benefits of aromatherapy into your everyday lives.

We pride ourselves on using all natural essential oils. Any and all statements made about effectiveness and/or properties are specified to the said oils and may not apply to other commercially available products (essential oils).

Results are not guaranteed and vary by individual

READ BEFORE USE

The information provided is for personal information and interest only. It is not intended to replace professional medical advice for health conditions. If you have any health problems you should seek advice from your healthcare provider prior to using aromatherapy. **Read “Cautions for Use (below) and Methods for Use (page 6)” before product utilization.**

Because communication with your primary-care physician is important, it is strongly advised that you inform him/her of any alternative and complementary therapies that you are using.

CAUTIONS FOR USE

1. If under a physician's care, consult him/her before using.
2. If you have High Blood Pressure (HBP) do not use Rosemary or any synergy blends containing this oil.
3. If you have Low Blood Pressure (LBP) do not use Ylang-Ylang or any synergy blends containing this oil.
4. Keep out of the reach of children.
5. Do not take internally by mouth.
6. Avoid oils coming in contact with eyes and other sensitive areas of the body.
7. Some oils should not be used during pregnancy or if breast feeding.
8. If you have any adverse reactions, such as itching, swelling, or redness, immediately discontinue use.
9. Always consult a qualified medical practitioner. if ill or suffering from high or low blood pressure.
10. Use essential oils/blends by drop and only as directed.
11. Keep essential oils away from open flames and extreme heat.
12. Do not use on skin unless it has been diluted. Do not use on sensitive skin.
13. The following are phototoxic and should not be applied on the skin before exposure to sunlight: Bergamot, Lemon, Angelica Root, Grapefruit, Lovage Root, and Lime.



ESSENTIAL

Use this chart as a cheat sheet when choosing

Pain Relief Anti-Inflammatory Antiseptic Calming Muscle Relaxer

Lavender	✓	✓	✓	✓	✓
Orange			✓		✓
Peppermint	✓		✓		✓
Rosemary	✓		✓		✓
Ylang Ylang			✓	✓	
Clary Sage		✓	✓	✓	✓
Eucalyptus			✓		
Patchouli		✓	✓		
Bergamot		✓	✓		✓
Roman Chamomile		✓		✓	
Frankincense		✓	✓	✓	
Grapefruit					
Lemon			✓		
Rose			✓		
Sandalwood	✓		✓	✓	✓
Tea Tree			✓		
Marjoram	✓			✓	
Niaoli	✓		✓		
Ginger			✓		✓

OIL BENEFITS

what essential oils you'd like to blend or use.

Antidepressant Detoxifying Uplifting Decongestant Aphrodisiac Don't Use If:

✓					Low BP
✓	✓	✓			
		✓	✓		Pregnant
✓	✓	✓	✓		High BP
✓				✓	
✓	✓	✓	✓	✓	Pregnant
		✓	✓		
✓		✓		✓	
✓	✓	✓			
✓					
		✓	✓		
		✓			In Sun
		✓			In Sun
✓		✓			
			✓	✓	
			✓	✓	
		✓			
		✓			

HLP BLEND DESCRIPTIONS

The Healthy Living Program staff blend essential oils together, creating our synergy blends. The idea behind our synergy blends is that the mixing of multiple essential oils will enhance their impact. These blends were created with the needs of FIU students in mind.

*Energy Blend

An “energizing” synergy of Rosemary, Ginger, Peppermint, and Lemon is useful at times of needed energy and alertness.

**Sleep Blend

A good night’s sleep begins before you get in the bed. Utilize this blend during your sleep routine (preparation for bed) to begin calming the senses. This relaxing synergy blend of Cedarwood, Lavender, and Ylang-Ylang is great for relaxation and preparation for bed.

Cold and Flu Blend

A combination of Eucalyptus, Fir Needle, and Peppermint. It is known for its ability to fight infections.

***DO NOT USE IF YOU HAVE HIGH BLOOD PRESSURE**

****DO NOT USE IF YOU HAVE LOW BLOOD PRESSURE**

Headache Blend

This very effective synergy of Avocado, Eucalyptus, Rosemary, and Clary Sage alleviates headaches upon application.

**De-Stress Blend

This is a synergy of the very relaxing aromas of Sweet Orange, Ylang-Ylang, and Patchouli.

*Study Blend

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



METHODS FOR USE

Although there are different options for use, we've added the most common below.

Inhalation

Bring aromatherapy vial to your nostril and breathe deeply in and out.

Aerotherapy/Air Freshener

In a 12-16 ounce heavy-duty spray bottle, add 20-25 drops of desired essential oil or blend and fill with water. Spray directly into A/C vents and filter on a weekly basis. You can also choose to just use it as an air freshener and spray into the air into the air.

Creams/Lotions

Add 10-20 drops of essential oils per ounce of carrier oil, unscented oil or cream. Dilute further for children, the elderly, or if skin is sensitive. Mix well before using.

Humidifier or Dehumidifier

Follow appliance directions, fill with water and add 20-30 drop of desired essential oil or blend.

Sleep Blend

Apply 1-3 drops of aromatherapy on a tissue/napkin and place inside of pillowcase to smell while sleeping.

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.

Headache Blend

Apply 1 drop between fingertips and gently apply to the left and right temple before following the above inhalation directions.

Bath

Fill bathtub with warm water and add 10-15 drops of the desired essential oil or blend just before entering, and then swirl the water to distribute evenly. Soak for at least 20-30 minutes while breathing deeply and relaxing.

Do not use method if you have to maintain a certain therapeutic blood level of medication in your system.

Foot Bath

Fill a pan with warm water and add 4-6 drops of desired essential oil or blend. Soak feet for 20-30 minutes.

Oil Warmer/Burner

This method is used to make a room smell of your essential oils. Follow appliance directions. Put a couple of drops in the top of your apparatus and mix with water.

Steam Inhalation

Pour hot water into a bowl and add 3 drops of the essential oil that you have selected. Place your head about 12 inches (30cm) above the bowl and inhale.

Add aromatherapy to your appliances at your own risk. We will not assume responsibility for damaged property.

PLEASE NOTE

Carrier oils provide a base for essential oils. Because essential oils are so potent, it is important to dilute them, as they could damage the skin. Water and lotion also dilute these oil. If your skin is sensitive, we do not recommend applying on your skin.

PRODUCTS AVAILABLE FOR FREE AT THE HEALTHY LIVING PROGRAM

Blends of the Month	Synergy Blends	Specialty Products*
<p>A new aromatherapy blend is provided at the beginning of each month*. These blends are made in limited quantities and are only available while supplies last.</p> <p>*excluding summer semesters</p>	<p>Cold and Flu Energy Headache Sleep D-Stress Study</p> <p>Students can receive 3 vials a week upon request in our office.</p> <p>Vials are often given during consultations, presentations, events, and on social media.</p>	<p>Hand/Foot Scrubs Air Fresheners Soaps</p> <p>*Specialty products are provided only at certain events, workshops, or demos. These events are often promoted on our social media, website, FIU calendar, and Panther Connect.</p>

FREQUENTLY ASKED QUESTIONS:

Q: What are some benefits of using aromatherapy?

A: HLP only uses all natural and organic oils. The use of aromatherapy can improve your health. Some of its benefits include anxiety reduction, easing depression, boosting energy levels, eliminating headaches, boosting cognitive performance, inducing sleep, strengthening of the immune system, reducing pain, improving digestion, and increasing circulation.

Q: Does Aromatherapy work?

A: Aromatherapy does not work for everyone. What works for one person, may not work for another. The only way to see if it works for you is to give it a try!

Q: If essential oils are natural, why can't I drink the Aromatherapy?:

A: Although they are natural, some essential oils can upset your stomach and may cause you to become very sick if ingested. Enjoy them aromatically only!

Q: Where can I get Aromatherapy on campus and how much does it cost?

A: You can receive up to 3 vials of aromatherapy at our main office in SHC 180 Monday through Friday, as long as the university is open. They are completely free with your panther ID card!

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