

# Essentials Oils

*(hospital use)*

## What is aromatherapy?

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With aromatherapy, you think of your nose as the doorway to the rest of your body. As you smell the scent, it helps the brain to release its own natural pain killers. This can help with a host of issues including

- Stress
- Sleeplessness
- Headache
- Upset stomach

Essential oils are most helpful when used with other therapies. Oils are not meant to replace:

- Counseling
- Medicines
- Other treatments

When used correctly, oils can certainly have benefits:

- Improving symptoms such as pain, stress, and upset stomach
- Helping with overall well being

## What oils work best with which symptoms?

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- Nausea/upset stomach: Peppermint, Sweet Orange, Spearmint, Ginger
- Anxiety/sleeplessness: Lavender, Sweet Orange, Chamomile, Lemon
- Headache: Peppermint, Lavender

## Who should avoid the use of oils?

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Oils should NOT be used if you or your child has:

- Allergy to specific essential oil (citrus, lavender, etc.)
- Poorly controlled reactive airway disease/asthma/active wheezing

Peppermint may reduce milk supply in lactating women.

## How are the oils used with my child?

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Oils can be smelled, applied to the skin, or, in some instances, taken by mouth. During your hospital visit we will offer essential oils on a cotton ball, gauze, or tissue for your child to smell.

Oils can irritate the skin and should always be mixed with a carrier oil or cream. Some oils can be toxic to children. Please use caution and speak to your doctor if you choose to use essential oils

- Directly on the skin
- Giving by mouth

Oils can also be smelled by using a diffuser. If you choose to use a diffuser at home please be sure to follow the manufacturer's instructions for cleaning the device. Diffusers can spread infections when not cleaned correctly and often.

Always store essential oils out of reach of children. Oils should be kept in a cool dry place. Oils can be stored and used for up to one year.

## Where can I find more information?

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- Infant Risk Center: 806-352-2519, 8 a.m. to 5 p.m. Central Standard Time, Monday through Friday for breastfeeding moms.
- Children's Pain and Palliative Care provider at 541-8685

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