

Aromatherapy Use Table – Example 1



Approved Essential Oils & Blends	Delivery Method	Indications for Use				
		Comfort	Anxiety	Sleep/relaxation	GI Indications	Other
Calm Blend <ul style="list-style-type: none"> Lavender (<i>Lavandula angustifolia</i>) Mandarin (<i>Citrus reticulata</i>) Roman chamomile (<i>Chamaemelum nobile</i>) 	Inhalation Topical 2% dilution	Promotes pain relief and comfort	Calming	Rest & relaxation		Anti-spasmodic
Lavender (<i>Lavandula angustifolia</i>)	Inhalation Topical 2% dilution	Promotes pain relief and comfort	Calming	Rest & relaxation		Anti-spasmodic; universal oil
Sweet Orange (<i>Citrus sinensis</i>)	Inhalation		Calming	Rest & Relaxation	Nausea (usually not first choice)	
Peppermint (<i>Mentha x piperita</i>)	Inhalation or drops in toilet or bedpan	Promotes pain relief; first choice for headache			Nausea; indigestion; appetite stimulant	Fatigue; anti-nausea; stimulates post-surgical & post-delivery voiding
Nausea - Uplift blend <ul style="list-style-type: none"> Peppermint (<i>Mentha x piperita</i>) Ginger (<i>Zingiber officinale</i>) Lemon (<i>Citrus limon</i>) 	Inhalation				Nausea	Fatigue

