

Aromatherapy Use Table – Example 2



Indications/Uses	Essential Oil(s)	Precautions	Delivery Method
Pain: to promote comfort	Transitions blend	<i>Do not use in pregnancy before start of labor.</i>	Topical, inhalation
	Lavender		Topical, inhalation
	Sweet orange		Topical, inhalation
	Ginger		Inhalation
Anxiety/low mood, stress: to promote relaxation	Bergamot		Inhalation
	Lavender		Topical, inhalation
	Sweet orange		Topical, inhalation
	Transitions blend	<i>Do not use in pregnancy before start of labor.</i>	Topical, inhalation
Sleep	Lavender		
	Sweet orange		Topical, inhalation
	Transitions blend	<i>Do not use in pregnancy before start of labor.</i>	Topical, inhalation
GI distress: indigestion, nausea, stomach upset	Peppermint	<i>Do not use for children less than 12 years of age.</i>	Inhalation
	Spearmint		Inhalation
	Ginger		Inhalation
	Sweet Orange		Topical, inhalation
Promote comfort during labor	Transitions blend	<i>Do not use in pregnancy before start of labor.</i>	Topical
Support end of life comfort	Transitions blend		Topical, inhalation
Smoking cessation: nicotine withdrawal symptoms	Black pepper		Inhalation



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Hospital XYZ-Approved Essential Oils

- **Bergamot** (*Citrus bergamia*)
- **Black pepper** (*Piper nigrum*)
- **Ginger** (*Zingiber officinale*)
- **Lavender** (*Lavandula angustifolia*)
- **Peppermint** (*Mentha x piperita*)
- **Spearmint** (*Mentha spicata*)
- **Sweet orange** (*Citrus x sinensis*)
- **Transitions blend** Lavender (*Lavandula angustifolia*), Clary sage (*Salvia sclarea*), Frankincense (*Boswellia carterii*)



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