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Aromatherapy

This factsheet is for people who are planning to have aromatherapy, or who would like information about it.

Aromatherapy is a complementary therapy based on the use of concentrated essential plant oils. Aromatherapy may be used to reduce the symptoms of a range of conditions and is believed to work both physiologically and psychologically.

Aromatherapy is **Not** an alternative method of tumour reduction to the conventional therapies (surgery, radiotherapy, chemotherapy, endocrines or biological therapy).

Your care will be adapted to meet your individual needs and may be different from what is described here. Therefore it is important that you follow your aromatherapists' advice.

About aromatherapy

Aromatherapy is the practice of using essential oils which are either absorbed through the skin using massage or through a cream, lotion or compress to which they have been added. The oils can be inhaled and some of the oil components enter your body. It is not known exactly how aromatherapy works - in particular, whether the massage or the smell (or both) has an effect.

These different effects may cause you to feel relaxed or stimulated. In addition, the gentle massage often used to apply the diluted oils to your skin may have a relaxing effect.

Some of the conditions aromatherapy may assist with:

- anxiety, stress or insomnia
- muscular aches and pains
- headaches
- digestive problems

About the procedure

During your first visit you will be given a detailed assessment. The aromatherapist will ask you questions about your medical history, lifestyle and health problems. She/he will also discuss the area of the body to be worked on and the level of massage to be used. Massage will not start until you have given consent in writing. Each session will last about 50 minutes.

You can ask any questions you might have. Your therapist will not make a medical diagnosis as he or she is not trained to do so. However, your therapist can advise you on after care following an aromatherapy treatment.

She/he will then choose a blend of oils and a way of applying them specifically to your needs. Essential oils are diluted with vegetable based oil. She/he may recommend a single oil or a blend of two or three.

If you are having a massage your aromatherapist will mix the chosen oils with a carrier oil. These light oils, mainly obtained from nuts such as almond or grapeseed, 'carry' the essential oils and provide lubrication for massage.

It is important to tell your therapist if you have a nut or other allergy.

You may stop the therapy at any time including mid-session if you want to – simply ask the therapist to suspend the session

If you want to stop therapy after treatment – please telephone the Lilac Centre and ask for Complementary Therapy Co-ordinators.

What are the risks?

Essential oils should be handled carefully and always diluted according to the product instructions. Aromatherapy may not be appropriate for everyone.

Take extra care – please inform the therapist if you have any of the following conditions:

- allergies
- hay fever
- asthma
- eczema
- sensitive skin

Aromatherapy oils can have side-effects. Side-effects are the unwanted, but mostly mild and temporary effects of a treatment.

Side-effects of aromatherapy may include:

- feeling sick
- headaches
- allergic reactions

Some oils, including citrus ones such as orange, grapefruit and bergamot, react with ultraviolet light and can cause your skin to burn more easily in sunlight.

Essential oils will not be used neat on your skin. Exceptions are lavender oil and tea tree oil but only in small amounts and not for long periods. Essential oils will not be used on broken skin. **Please tell the Aromatherapist if you have a wound.**

Aromatherapy is not suitable if:

- you have epilepsy
- your blood pressure is high
- you have deep vein thrombosis (a blood clot in your leg)
- you are (or may be) pregnant or breastfeeding

Some essential oils may either reduce or enhance the effects of certain conventional medicines. If you are taking any medication, always check with your Nurse Specialist or GP before having aromatherapy

All our therapists are fully qualified.

If you have any concerns, complaints or compliments about the service, or if you have used the therapy for specific symptom relief please put all comments in writing and / or speak to one of the Complementary Therapy Co-ordinators who manage this service.

**If any new symptoms arise or any existing symptoms get worse
seek medical advice immediately**

This leaflet can be made available in alternative languages/formats on request.

如有需要，本传单可提供其他语言/版式

此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatkach

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