
What is Aromatherapy?

Aromatherapy refers to using natural plant extracts to promote health and well-being. Sometimes it's called essential oil therapy. Aromatherapy can be beneficial for nausea, pain, and uplifting spirits.

Essential Oil Tips

- Always buy pure 100% therapeutic grade oils.
- Less ingredients the better unless it is a blended oil.
- Do not use on skin.
- Essential oils are potent, a little can go a long way.

Ways to Diffuse Essential Oils for Aromatherapy

- Diffuse with a diffuser.
- Add the essential oil to cedar chips to make your own potpourri.
- Put the essential oil on cotton ball and place near your air vent to allow the scent to diffuse into the air.
- Put a few drops in a pan of water and warm on it on the stove to allow the scent to diffuse into the air.

Essential Oil Types & Benefits

- Peppermint - Nausea, headaches, nasal congestion
- Lavender - Calming, relaxing
- Citrus - Uplifting if you're feeling down, motivating
- Ginger - Nausea, stomach aches

At University of Michigan Health all inpatient units, emergency departments, and PACU's are now stocked with essential oils. Ask you care team to add Aromatherapy to your care plan!

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition, or your treatment plan.

Author: MSHOP, Michigan Surgical Health Optimization Program
Reviewers: Shannon Hesch, MHA
Shawna Lorch, MSA, CHES

Patient Education by [University of Michigan Health](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International Public License](#). Last Revised 07/2021