Aromatherapy

Using essential oils as a supportive therapy

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Aromatherapy (also referred to as “essential oil therapy”) is defined as “the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit” (National Association for Holistic Aromatherapy [NAHA], 2016, p. 1). Essential oils are complex mixtures of organic compounds that have a basic carbon hydrogen framework versus a company whose primary focus is economic gain. Many factors can affect the quality of oil; therefore, consumers should buy essential oils from companies that use organic farming, monitor farming and extraction processes, and ensure that the entire oil should be reviewed in its entirety.

Safety Guidelines and Essential Oil Quality

Before using essential oils, patients must understand safety and quality. General safety guidelines are provided in Figure 1. According to Schnaubelt (1999), when using essential oils for healing purposes, patients should acquire oils through a company that shares the vision of healing versus a company whose primary focus is economic gain. Many factors can affect the quality of oil; therefore, consumers should buy essential oils from companies that use organic farming, monitor farming and extraction processes, and ensure that the entire oil should be reviewed in its entirety.