

# Aromatherapy

## Aromatherapy as a non-pharmacological approach in radiation oncology

Treatments, regular testing, coping with symptoms of the disease, and side effects from medication can drain patients physically and emotionally.

Radiation oncology services are keenly aware of this and strive to help reduce the stress, anxiety, and nervousness their patients' experience during treatment and beyond.

Patient counseling, therapy, and financial advisory programs are not uncommon. Neither is adding integrative care services such as hydrotherapy, massage, or aromatherapy.

## What is aromatherapy and how does it help?

According to the National Cancer Institute, "aromatherapy is the therapeutic use of essential oils (also known as volatile oils) from flowers, herbs, or trees for the improvement of physical, emotional, and spiritual well-being."<sup>1</sup>

International studies have been published regarding aromatherapy's ability in reducing anxiety<sup>2</sup> in patients in preoperative surgery and also in reducing nausea and vomiting.<sup>3</sup>

Cancer centers using aromatherapy do so as a means to promote relaxation for their patients and soothe queasiness.

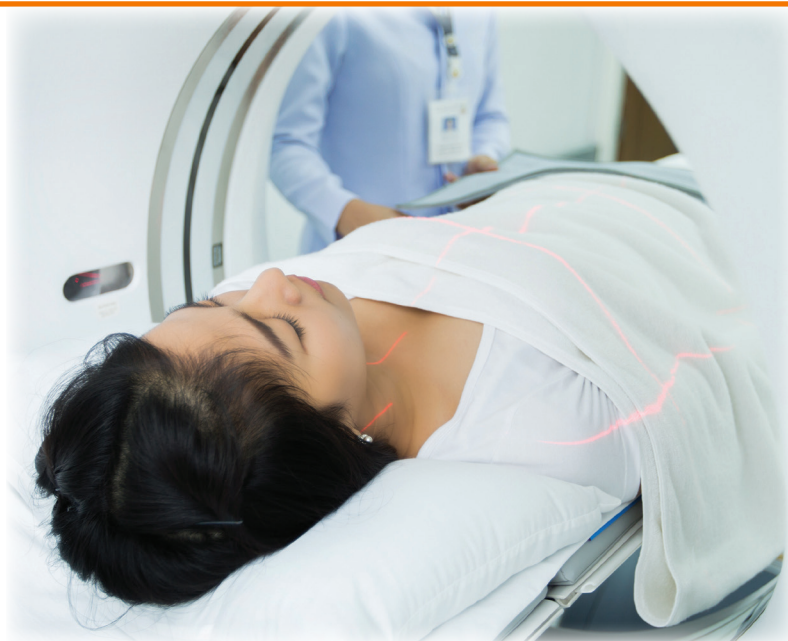
## What are the challenges with aromatherapy oils?

There are several challenges with using aromatherapy oils in the clinical setting.

The first challenge is obtaining high quality 100% pure essential oils. Some essential oils can be quite costly and not every retailer sells premium grades.

The second challenge is in the delivery method. It's very easy to have inconsistency in the amount of oils, or blend of oils, used when pouring oils into a diffuser or applying to a cotton ball. As a result, the desired impact can vary from day to day and patient to patient.

The third challenge is that aromatherapy oils can be messy if spilled or applied too liberally.



However, despite these challenges, aromatherapy remains an easy-to-implement integrative therapy that helps to improve the patient experience.

## Aromatherapy designed for the clinical setting

Elequil aromatabs<sup>®</sup> are 100% pure essential oils in a unique controlled delivery system.

Patients can wear Elequil aromatabs<sup>®</sup> during simulation, waiting for treatment, and even at home after treatment.

Lavender-Peppermint promotes relaxation during pain, calm anxiousness, and soothe queasiness. Lavender and Lavender-Sandalwood scents promote relaxation, comfort, and sleep. Orange-Peppermint helps to uplift, energize, and soothe queasiness.

"We typically use the orange-peppermint Elequil aromatabs<sup>®</sup> for our patients in the Oncology setting," states the Director of Oncology Services at Clinch Valley Medical Center in Richland, Virginia. "Elequil<sup>®</sup> is wonderful in helping control queasiness. Currently, we send them home with our patients to use between treatments, and then they have them on hand in a time of need. Great product."

<sup>1</sup> "Aromatherapy and Essential Oils." National Cancer Institute. NIH, Sept. 2015. Web. 22 Dec. 2015.

<sup>2</sup> Fayazi S, Babashahi M, Rezaei M. The effect of inhalation aromatherapy on anxiety level of the patients in preoperative period. *Iranian Journal of Nursing and Midwifery Research*. 2011;16(4):278-283.

<sup>3</sup> Abdel Ghani, Rania Mahmoud, and Adlia Tawfik Ahmed Ibrahim. "The Effect of Aromatherapy Inhalation on Nausea and Vomiting in Early Pregnancy: A Pilot Randomized Controlled Trial." *Journal of Natural Sciences Research* 5 (2013): 192-206.

## Product Safety Information



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## Elequil aromatabs®

Aromatherapy you can wear. Easy application method and no training necessary. Allows minimum or maximum scent exposure.



**Elequil aromatabs®**  
**Lavender-Peppermint**  
*Lavandula angustifolia-*  
*Mentha piperita*

**REF 373 QTY 50 / Box**

- promotes relaxation during pain, calm anxiousness, and soothe queasiness
- lasts up to 8 hours



**Elequil aromatabs®**  
**Lavender-Sandalwood**  
*Lavandula angustifolia-*  
*Santalum album*

**REF 370 QTY 50 / Box**

- promotes relaxation, comfort, and sleep
- lasts up to 24 hours



**Elequil aromatabs®**  
**Lavender**  
*Lavandula angustifolia*

**REF 372 QTY 50 / Box**

- promotes relaxation, comfort, and sleep
- lasts up to 8 hours



**Elequil aromatabs®**  
**Orange-Peppermint**  
*Citrus sinensis-*  
*Mentha piperita*

**REF 371 QTY 50 / Box**

- uplifts, energizes, and can soothe queasiness
- lasts up to 8 hours

Certificate of Analysis available upon request.

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~ Director of Oncology Services, Clinch Valley Medical Center, Richlands, VA



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