

## ***Aromatherapeutic Guidelines for Cancer Care***

<b>Precautions</b>	
1.	Have permission from the doctor in charge
2.	Only use light massage
3.	Avoid radiotherapy sites for the duration of the treatment and for two weeks afterwards
4.	Be cautious with oedematous areas (very fragile)
5.	Do not massage over areas of active cancer or any known 'hot spot'
6.	Do not massage any undiagnosed lumps or bumps
7.	Do not massage a patient with a low platelet count (need doctor's permission)
8.	Use a dilution of 0.5% to 1.0% if the patient is undergoing chemotherapy
9.	Work around stoma sites
10.	Do not massage a patient with fever or jaundice, without a doctor's permission.
<u>Before using any essential oils, always perform the skin patch test</u>	

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Monday - Friday 9:30am - 8:30pm

**Abingdon Practice**

✉ 160 Oxford Road  
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Thursday 9:00am - 6:00pm

**Summertown Clinic**

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## ***Pure organic essential oils that may be helpful for physical and psychological conditions***

### ***Anti-tumoral oils***

Geranium, lemongrass.

### ***Anxiety***

French basil, bergamot, roman chamomile, clary sage, coriander, cypress, geranium, grapefruit, juniper berry, lavender, lemon, mandarin, sweet marjoram, neroli, orange, petitgrain, rose, sandalwood, ylang-ylang.

### ***Cannulation***

Ginger and clove in a 2.0% dilution in equal quantity. Massage into forearm before attempting cannulation.

### ***Constipation***

French basil, sweet fennel, ginger, sweet marjoram, orange, black pepper, rose maroc, rosemary, sweet thyme.

### ***Depression***

French basil, benzoin, bergamot, roman chamomile, cinnamon leaf, clary sage, frankincense, geranium, juniper berry, lavender, mandarin, sweet marjoram, neroli, niaouli, rose maroc, sandalwood.

### ***Despair***

Frankincense, mandarin, petitgrain, ylang-ylang.

### ***Fatigue***

French basil, coriander, cypress.

### ***Fear***

Clary sage, frankincense, lavender, mandarin, petitgrain, rose maroc, sandalwood, ylang-ylang.

### ***Fluid Retention***

Grapefruit, juniper, mandarin, rosemary.

### ***Grief***

Benzoin, bergamot, frankincense, jasmine, sweet marjoram, neroli, rose maroc.

### ***Hair Loss***

Peppermint and rosemary diluted with cold-pressed jojoba oil may help with preventing hair loss by cooling the scalp.

### ***Headaches and migraine***

French basil (nervous and sinus congestion), German chamomile, roman chamomile, clary sage, geranium, (congestion), grapefruit, jasmine, juniper berry (over-work), lavender (catarrh, sinus infection, stress), lemon, lemongrass, sweet marjoram (congestion and menstruation), black pepper (hangover, nose cold), peppermint (catarrh, indigestion, eye strain, sinus infection, travel sickness), rose maroc, rosemary (bilious states, catarrh, mental effort, sinus infection), rosewood, white thyme

### ***Immunity (low)***

Bergamot, Roman chamomile, cinnamon leaf, eucalyptus globulus, frankincense, geranium, lavender, lemongrass, niaouli, black pepper, rosemary, rosewood, tea-tree, thyme.

### ***Indigestion***

Bergamot, roman chamomile, clary sage, sweet fennel, lavender, lemon, lemongrass, mandarin, sweet marjoram, neroli, orange, peppermint, petitgrain, rosemary.

### ***Insomnia***

French basil, benzoin (external worries at root of insomnia), bergamot (depression), Roman chamomile (nervous shock), clary sage (very profound relaxant – do not mix with alcohol), coriander, cypress, juniper berry, lavender, lemon, mandarin, sweet marjoram (very warming and comforting), neroli (relieves anxiety), orange, petitgrain, rose maroc, sandalwood, sweet thyme, valerian, vetivert bourbon, ylang-ylang.

### ***Instability (emotional)***

Geranium, sweet marjoram, neroli, petitgrain.

### ***Irritability***

Bergamot, Roman chamomile, cypress, frankincense, geranium, lavender, juniper berry, mandarin, sweet marjoram, neroli, petitgrain.

### ***Muscular tension***

Roman chamomile, Eucalyptus smithii (gully gum), juniper berry, lavender, sweet marjoram.

### ***Nausea***

Ginger, lavender, and spearmint in equal amounts. Use in the same way as smelling salts.

### ***Nightmares***

Bergamot, frankincense, lemon.

### ***Panic***

Lavender, neroli.

### **Post- radiation burns**

Aloe vera gel, rosehip oil, tamanu oil, comfrey, gotu kola, German chamomile, Roman chamomile, lavender.

### **Radiotherapy**

Oils protecting the skin against excoriation and scarring - ravensara, niaouli.

### **Sadness**

Frankincense, grapefruit, mandarin, niaouli, petitgrain.

### **Scars**

Frankincense, lavender, niaouli, rose maroc, rosewood, tea-tree.

### **Shock**

Roman chamomile, lemongrass, neroli, rose, vetivert Bourbon, ylang-ylang.

### **Stress**

Roman chamomile, atlas cedarwood, geranium, lavender, lemon, sweet marjoram, neroli, orange, peppermint, rose maroc, rosewood, sweet thyme, ylang-ylang.

### **Tumours**

Geranium, lemongrass.

### **Wounds**

Use in a diffuser: bergamot, eucalyptus globulus, geranium, lavender, pine.  
Use directly on the lesion: lavender with doctor's permission.

