



## Tips for Using Aromatherapy to Benefit Your Loved One with Alzheimer's Disease

Recognized as a legitimate and credible treatment, aromatherapy can improve the moods of people with Alzheimer's and other dementias and enhance their sense of calm, comfort and well-being.

### The special benefits of aromatherapy

- Relief from anxiety and depression
- Improved quality of life, particularly for people who have chronic health conditions such as Alzheimer's disease
- Improved brain function
- Reduced agitation and aggressive behavior, sleeplessness and wandering

### Natural substances frequently used for aromatherapy

Scents and oils most commonly used for aromatherapy include:

- **Lemon balm** to induce calm and reduce agitation
- **Lavender oil** to foster relaxation
- **Jasmine** to promote alertness
- **Other useful aromas** – Fragrant flowers in the spring, a turkey in the oven at Thanksgiving, the smell of salt air at the beach and other familiar and pleasant aromas can all evoke memories of happy times.

### Ways to provide aromatherapy to your loved one

Aromatherapy can be provided in numerous ways. Experts recommended that if you apply an oil directly to the skin of your loved one, it should first be diluted. The most effective methods for administering aromatherapy include:

- **Misting device** – Misting is an easy method for releasing the aroma of an essential oil into the air.

*Guiding. Caring. Inspiring.*



- **Direct inhalation** – Place two or three drops of the essential oil on a tissue for your loved one to inhale through the nose.
- **Body oil** – Body oils applied after a bath or shower deliver aromatherapy treatment through skin absorption.
- **Massage** – Massage combines the benefits of therapeutic touch with those of the essential oils.
- **Cloth compresses** – Add two to five drops of oil to water in a basin, stir well and soak a cloth in the water. Then ring out the cloth and apply it to the skin.
- **Footbaths** – Place two to four drops of oil in a tub of water to give your loved one a massaging footbath.

**North Woods Village at Edison Lakes** is the area's first single-purpose residential [memory care assisted living community](#) dedicated to caring for those with Alzheimer's disease, dementia and other memory impairments as well as providing education, support and resources to area caregivers and their families. The unique purpose-built architectural design of North Woods Village at Edison Lakes is one element of "[New Directions](#)"<sup>SM</sup>, the community's signature memory care program that provides the optimal balance of loving care, dignified support, social engagement, wellness and independence.

For more information on [North Woods Village at Edison Lakes](#) and our [Caregiver Education & Support Calendar](#), please [contact us](#) today!

*Guiding. Caring. Inspiring.*