

Reference

Absolute Aromas Ltd. 2012

Notes for Client:

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If you have any questions, please telephone the Complimentary Therapy Coordinators on:

01744 64 6173

01744 64 6174

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Therapy aftercare advice

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

Therapy Aftercare Advice

Complimentary therapy treatments such as aromatherapy should be a wonderful experience, and may help to improve health and wellbeing. The treatments encourage the elimination of waste products from the body, and may help to balance body energy.

Clients should take note of the following:-

Try to rest and relax after the therapy - this will help to maximise the effectiveness of the treatment.

You may need to use the toilet more frequently - the treatment may have stimulated your kidneys and bladder which help to clear away waste products.

Drink plenty of water - this will help the elimination of waste products.

Eat a light diet and try to reduce stimulants like coffee, alcohol and nicotine - this will aid the body in cleansing and allow the body to concentrate energy on cleansing and natural healing.

Also, if clary sage essential oil is used in your therapy, avoid alcohol as it may cause drowsiness.

Try not to bathe or shower for at least 12 hours after treatment and avoid using any perfumed products during that time - this will help to maximise the effectiveness of the essential oils used and minimise any risk of skin irritation.

The time that the effects last on a person can vary from 3 to 24 hours and can be up to 2-3 days depending on the oils used.

Avoid direct exposure to sunlight and sun beds after treatment - some oils irritate the skin if exposed to sunlight e.g. lemon, lime, bergamot or grapefruit essential oils.

Contra-actions are reactions to treatment and are perfectly normal - you may experience: headaches, nausea, heightened emotional state, heightened sensitivity and tiredness followed by less energetic or more energetic and aching muscles.

Precautions

Essential oils are safe and pleasant to use if used correctly.

However, they are very concentrated and powerful, so certain precautions should be taken. If in any doubt about safe usage or effects, consult a qualified aromatherapist or seek medical advice.

Some general guidelines for safe use:

Never take essential oils internally, i.e. do not swallow them

Avoid contact with eyes and mucous membranes (i.e. nose, mouth).

Seek professional/medical advice before use if you are pregnant

All essential oils should be avoided for the first 16 weeks of pregnancy, after 16 weeks a weak blend of oils only is advised.

Seek advice from a qualified aromatherapist before using any essential oils on babies and small children.

Seek medical advice before use if you have a medical condition (such as epilepsy, high blood pressure, allergies, etc.).

If you have an adverse reaction to an essential oil, stop using immediately and seek professional/medical advice.

Do not use essential oils undiluted (i.e. without adding water/ base oil) on the skin (or undiluted in the bath).