

# **Aromatherapy for different Health Conditions**

***Below you can find examples of a successful research trial using aromatherapy with various medical conditions, ailments and natural progressions in the body.***

## ***Acne Vulgaris***

[Aromatherapy for the treatment of acne vulgaris](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23829810>

## ***Allergies***

[Effect of Inhalation of Aromatherapy Oil on Patients with Perennial Allergic Rhinitis](#)

<https://www.ncbi.nlm.nih.gov/pubmed/27034695>

## ***Alopecia Areata***

[Randomized trial of aromatherapy. Successful treatment for alopecia areata](#)

<https://www.ncbi.nlm.nih.gov/pubmed/9828867>

## ***Alzheimer's***

[Effect of aromatherapy on patients with Alzheimer's disease](#)

<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1479-8301.2009.00299.x>

## ***Arthritis***

[The effects of Aromatherapy on pain, depression, and life satisfaction of arthritis patients](#)

<https://www.ncbi.nlm.nih.gov/pubmed/15778570>

## ***Asthma***

[Pulmonary functions of children with asthma improve following massage therapy](#)

<https://www.ncbi.nlm.nih.gov/pubmed/22087616>

## ***Bites***

[Comparative repellency of 38 essential oils against mosquito bites](#)

<https://www.ncbi.nlm.nih.gov/pubmed/16041723>

## ***Burns***

[Antioxidant and wound healing activity of Lavandula aspic L. ointment](#)

<https://www.ncbi.nlm.nih.gov/pubmed/27769632>

## **Cancer**

[The effect of aromatherapy and massage administered in different ways to women with breast cancer on their symptoms and quality of life](#)

<https://www.ncbi.nlm.nih.gov/pubmed/25157942>

## **Carpal Tunnel Syndrome**

[Antioxidant activity of linalool in patients with carpal tunnel syndrome](#)

<https://www.ncbi.nlm.nih.gov/pubmed/26831333>

## **Chemotherapy**

[Effectiveness of aromatherapy with light thai massage for cellular immunity improvement in colorectal cancer patients receiving chemotherapy](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23886205>

## **Childbirth**

[Aromatherapy with citrus aurantium oil and anxiety during the first stage of labor](#)

<https://www.ncbi.nlm.nih.gov/pubmed/25068058>

## **Cognition:**

**Concentration:** [Plasma 1,8-cineole correlates with cognitive performance following exposure to rosemary essential oil aroma](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23983963>

**Memory:** [Aroma Effects on Physiologic and Cognitive Function Following Acute Stress](#)

<https://www.ncbi.nlm.nih.gov/pubmed/27355279>

## **Dementia**

[Aromatherapy for dementia](#)

<https://www.ncbi.nlm.nih.gov/pubmed/24569873>

## **Depression**

[The Effectiveness of Aromatherapy for Depressive Symptoms](#)

<https://www.hindawi.com/journals/ecam/2017/5869315/>

## **Diabetes**

[Aromatherapy Massage for Neuropathic Pain and Quality of Life in Diabetic Patients](#)

<https://www.ncbi.nlm.nih.gov/pubmed/28605119>

## **Dysmenorrhea**

[Effect of aromatherapy on symptoms of dysmenorrhea in college students](#)

<https://www.ncbi.nlm.nih.gov/pubmed/16884344>

## **Epilepsy**

[Aromatherapy \(with or without hypnosis\) in the treatment of intractable epilepsy - a two-year follow-up study](#)

<https://www.ncbi.nlm.nih.gov/pubmed/14630489>

### **Essential Tremor**

[Massage therapy for essential tremor: quieting the mind](#)

<https://www.ncbi.nlm.nih.gov/pubmed/24139008>

### **Eczema**

[Case History of Infected Eczema Treated with Essential Oils](#)

<http://www.groundjournal.com/articles/gr000004/gr000004.pdf>

### **Fibromyalgia**

[The effects of sleep and touch therapy on symptoms of fibromyalgia and depression](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23304675>

### **Haemodialysis**

[The effect of aromatherapy on haemodialysis patients' pruritus](#)

<https://www.ncbi.nlm.nih.gov/pubmed/24646128>

### **Heart Disease/Cardiac patients**

[Effect of aromatherapy on the quality of sleep in ischemic heart disease patients hospitalized in intensive care](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3203283/>

### **HIV**

[Massage treatment in HIV-1 infected Dominican children](#)

<https://www.ncbi.nlm.nih.gov/pubmed/15674006>

### **Hypertension**

[Effects of the Inhalation Method Using Essential Oils on Blood Pressure and Stress Responses of Clients with Essential Hypertension](#)

<https://synapse.koreamed.org/search.php?where=aview&id=10.4040/jkan.2006.36.7.1123&code=1006Jkan&vmode=FULL>

### **IBS (Irritable Bowel Syndrome)**

[Comparison of the antibacterial activity of essential oils and extracts of medicinal and culinary herbs to investigate potential new treatments for irritable bowel syndrome](#)

<https://www.ncbi.nlm.nih.gov/pmc/articles/>

### **Insomnia**

[Effects of lavender aromatherapy on insomnia and depression in women college students](#)

<http://europepmc.org/article/MED/16520572>

### **LBP (Lower Back Pain)**

[Lower back pain is reduced and range of motion increased after massage therapy](#)

<https://www.ncbi.nlm.nih.gov/pubmed/11264915>

### **Menopause**

[Aromatherapy Massage Affects Menopausal Symptoms in Korean Climacteric Women](#)

<https://www.ncbi.nlm.nih.gov/pubmed/18830459>

### **Mental Health**

[Massage with aromatherapy: effectiveness on anxiety of users with personality disorders in psychiatric hospitalisation](#)

<https://www.ncbi.nlm.nih.gov/pubmed/26107706>

### **Migraine**

[Lavender essential oil in the treatment of migraine headache](#)

<https://www.ncbi.nlm.nih.gov/pubmed/22517298>

### **Multiple Sclerosis**

[A pragmatic investigation into the effects of massage therapy on the self efficacy of multiple sclerosis clients](#)

<https://www.ncbi.nlm.nih.gov/pubmed/24411144>

### **Myocardial Infarction (Heart attack)**

[The effects of inhalation aromatherapy on anxiety in patients with myocardial infarction](#)

<https://www.ncbi.nlm.nih.gov/pubmed/25389481>

### **Nicotine Craving**

[The effects of aromatherapy on nicotine craving on a U.S. campus](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23536963>

### **Pain**

[Effects of aromatherapy massage on face-down posture-related pain after vitrectomy](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23466193>

### **Palliative Care**

[An evaluation of aromatherapy massage in palliative care](#)

<https://www.ncbi.nlm.nih.gov/pubmed/10659113>

### **Parkinson's**

[Use of complementary therapies and non-prescribed medication in patients with Parkinson's disease](#)

<https://www.ncbi.nlm.nih.gov/pubmed/12415085>

### **PMT (premenstrual tension)**

[Lavender aromatherapy alleviate premenstrual emotional symptoms](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23724853>

### **Pregnancy**

[The effect of lemon inhalation aromatherapy on nausea and vomiting of pregnancy](#)

<https://www.ncbi.nlm.nih.gov/pubmed/24829772>

**Psoriasis**

[Tea tree oil as a novel antipsoriasis weapon](#)

<https://www.ncbi.nlm.nih.gov/pubmed/22473218>

**Renal Colic**

[The Effect of Lavender Oil in Patients with Renal Colic](#)

<https://www.ncbi.nlm.nih.gov/pubmed/26222759>

**Sciatica**

[Massage therapy helps to increase range of motion, decrease pain and assist in healing a client with low back pain and sciatica symptoms](#)

<https://www.ncbi.nlm.nih.gov/pubmed/19083683>

**Stress**

[Cortisol decreases and serotonin and dopamine increase following massage therapy](#)

<https://www.ncbi.nlm.nih.gov/pubmed/16162447>

**Stroke**

[The Effect of Alpina zerumbet Essential Oil on Post-Stroke Muscle Spasticity](#)

<https://www.ncbi.nlm.nih.gov/pubmed/26132090>

**Thyroid Issues**

[Effect of neck massage therapy on the soft tissues after thyroid surgery](#)

<https://www.ncbi.nlm.nih.gov/pubmed/12073273>

**Tonsillitis**

[Evaluation of the effect of aromatherapy with lavender essential oil on post-tonsillectomy pain in pediatric patients](#)

<https://www.ncbi.nlm.nih.gov/pubmed/23932834>

**Wounds**

[The antibacterial activity of geranium oil against Gram-negative bacteria isolated from difficult-to-heal wounds](#)

<https://www.ncbi.nlm.nih.gov/pubmed/24290961>