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Chamomile

Chamomile, blue (*Matricaria recutita*)

Chamomile, Roman (*Anthemis nobilis*)

Lavender (*Lavandula angustifolia*)

Mandarin (*Citrus reticulata*)

Marjoram, sweet (*Origanum majorana*)

Olibanum (Incense - *Boswellia carterii*)

Peppermint (*Mentha piperita*)

Other valuable essential oils

Atlas cedar (*Cedrus atlantica*)

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Ginger
Geranium
Chamomile
 Chamomile, blue
 Chamomile, Roman

Lavender
Mandarin
Marjoram, sweet
Olibanum
Peppermint

Atmosphere and aroma - other nice essential oils

Atlas cedar
Benzoin
Lemon
Cypress
Eucalyptus, wild
Helichrysum
Khella
Lemongrass
Myrtle
Spikenard
Neroli
Petitgrain
Rose
Rosemary
Sandalwood
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Chamomile, Roman
Lavender
Marjoram, sweet
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Atlas cedar
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Cypress
Eucalyptus, wild
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Khella
Lemongrass
Manuka
Myrtle
Spikenard
Petitgrain
Rosemary
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Clary

Spike lavender
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Lavender hydrosol
Neroli hydrosol
Rose hydrosol

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Pine, scots
Ginger
Geranium
Chamomile
 Chamomile, blue
 Chamomile, Roman
Lavender
Marjoram, sweet
Peppermint

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Helichrysum
Manuka
Neroli
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For moist yeast infections

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For moist itchy yeast infections

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Sea buckthorn CO₂ extract

Tamanu

The basis - macerates

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The basis - other base substances

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Lavender

Marjoram, sweet

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Skin/massage oil A

Skin/massage oil B

Skin gel A

Skin gel B

Cream A
Cream B
Aquacare
Carbonated baths
Case: Anneke - peripheral neuropathy & cytostatics
Bath oil
Case: Dorien - peripheral neuropathy & diabetes
Preparation of bath oil
Nerve pain caused by pressure in the spinal column
Gel in severe (nerve) pain

Care directed at headache
Introduction
Complementary (aroma)care
Headache due to brain metastases
Tension headache
Migraine
Cluster headache
Headache as a side effect of medication
Base substances
Essential oils from the Top 10
Lavender
Marjoram, sweet
Peppermint
Other interesting oils
Lemongrass
Rosemary - chemotype camphor in particular
Clary
Headache and migraine
- aromacare preparations
Individual
Additional
Examples of combinations
For tension headache
For headache due to vasodilation
For headache due to overstimulation of the central nervous system
For migraine with nausea
Intervention possibilities
Inhalation
By means of Arominhaler®, handkerchief or tissue
Application to the skin
Massage
Lotion or gel
Roller ball applicator
Aquacare
Other complementary possibilities

Chapter 11 - Care directed at Movement

Introduction
Inflammation
Cox-2 inhibitors
Swelling
Cooling
Perfusion

The basis - base oil

Almond oil, sweet

Borage CO₂ extract

Sea buckthorn CO₂ extract

Rosehip CO₂ extract

Sesame oil

Tamanu

The basis - macerates

Arnica macerate not effective?

Meadowsweet macerate

St. John's wort macerate (St. John's wort oil)

The basis - other base substances

Aloe vera gel

Clay white

Neutral base cream

Neutral bath oil or emulsifier

Essential oils from the Top 10

Pine, scots

Ginger

Geranium

Chamomile, blue

Lavender

Marjoram, sweet

Peppermint

Other valuable essential oils

Helichrysum

Lemongrass

Rosemary ct camphor

Stiffness, muscle pain and cramps

Stiffness and muscle pain

Cramps

Restless legs

Keep supple

Stiffness, muscle pain and cramps

- Aromacare preparations

Individual

Additional

Examples of combinations

For muscle pain and stiffness

For cramps and restless legs

Interventions possibilities

Inhalation

Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage & rubbing

Cream

Preparation A

Preparation B

Aquacare

Compresses and baths

Carbonated baths

Other complementary possibilities

Physio Acoustic Sound therapy

Inflammations of the musculoskeletal system

Joint inflammations

Inflammations of tendons and ligaments

Sciatica

Complementary care and inflammations

Inflammations of joints, tendons and ligaments, sciatica - aromacare preparations

Individual

Examples of combinations

For acute inflammations

For pain in the non-acute phase

For severe pain

Intervention possibilities

Inhalation

Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage & rubbing

Preparation A

Preparation B

Aquacare

Need for cooling

- compresses or wrappings

Clay wrappings

Need for warmth

compresses or baths

Carbonated baths

Other complementary possibilities

Osteoarthritis, osteoporosis, contractures

Similarities

Osteoarthritis briefly explained

Osteoporosis briefly explained

Contractures briefly explained

Case: Jacqueline - contractures

Osteoarthritis, osteoporosis, contractures

- Aromacare preparations

Individual

Examples of combinations

For pain and stiffness

Promoting perfusion

Intervention possibilities

Inhalation

Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage & rubbing

Preparation A

Preparation B

Aquacare

Compresses, affusions, baths

Carbonated baths

Other complementary possibilities

1st Aid in contusions and sprains

Aromacare preparations

- Individual*
- Examples of combinations
 - General*
 - Highly analgesic*
 - Promoting perfusion*
- Intervention possibilities
- Inhalation
- Application to the skin
 - Massage & rubbing*
- Rubbing
 - Preparation A*
 - Preparation B*
- Aquacare
 - Cold compresses*
- Other complementary possibilities

Relaxation exercise through physical activity: progressive muscle relaxation

Chapter 12 - Care directed at Brain Tumour Related Epilepsy

- Introduction
- Epilepsy
- Epileptic insults in the palliative phase
- Brain metastases
- Quality of life, risk & treatment protocol
- Complementary care meaningful?
- Creating preconditions
 - Care directed at side-effects of antiepileptic drugs*
- Aromacare - risks of essential oils - if it doesn't help?
- Application
- Risky essential oils when used in epilepsy
- Aromatic inhalations for acute and sub-acute situations
- Suitable essential oils
- Essential oils from the Top 10
 - Chamomile, Roman*
 - Lavender*
 - Marjoram, sweet*
 - Olibanum - Incense*
- Other valuable essential oils
 - Lemongrass*
 - Spikenard*
 - Case: Lea - aromacare and epilepsy*
- Epilepsy - aromacare preparations
- Intervention possibilities
- Vaporisation or inhalation
 - Inhalation*
 - Via Arominhaler®, handkerchief or tissue*
- Application to the skin
 - Rubbing - application via the upper lip*
- Other complementary possibilities

Chapter 13 - Care directed at Fever

- Fever in brief
- Fever treatment protocol
- Complementary care and fever

Fever - aromacare preparations

Individual oils

Preparation of a skin product

Body lotion or gel

Hydrosols

Peppermint

Hamamelis

Rose

Paradoxical

Aquacare

Lukewarm, cool or cold?

Aquacare on the bed

Washings

Wrappings and socks

Effective application of wrappings or socks

Sprays with hydrosols

Aquacare under the shower

Aquacare in baths

Full and sitting baths

Footbath

Chapter 14 - Care directed at Heart & Circulation

Introduction

The basis - base oils

Almond oil, sweet

Sea buckthorn CO₂ extract

Jojoba

Rosehip CO₂ extract

Sesame oil

Tamanu

The basis - macerates

Calendula (marigold) macerate & CO₂ extract

St. John's wort macerate (St. John's wort oil)

The basis - other base substances

Aloe vera gel

Clay white/yellow

Neutral base cream

Neutral bath oil or emulsifier

Essential oils from the Top 10

Pine, scots

Geranium

Chamomile, blue

Lavender

Marjoram, sweet

Other valuable essential oils

Atlas cedar

Lemon

Cypress

Helichrysum

Khella

Manuka

Spikenard

Neroli

Petitgrain

Rosemary
Ylang Ylang

Hypertension (high blood pressure)

Do essential oils cause hypertension?

Risks in severely ill patients

Hypertension - aromacare preparations

Individual

Additional

Secondary suitable oils

Examples of combinations

Intervention possibilities

Inhalation

Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage

Aquacare

Compresses, showers and baths

Other complementary possibilities

Peripheral Arterial Disease (PAD)

PAD briefly explained

PAD - aromacare preparations

Individual

Examples of combinations

Intervention possibilities

Inhalation

Application to the skin

Massage & rubbing

Preparation A

Preparation B

Aquacare

Alternating footbaths in PAD I and II

Do not apply alternating baths in PAD III and IV!

Carbonated baths in PAD III and IV

Wounds associated with peripheral arterial disease

see Wounds and Ulcus cruris

Other complementary possibilities

IV complications

Phlebitis briefly explained

Infiltrates briefly explained

Extravasation briefly explained

Essential oils and IV complications

IV complications - aromacare

preparations

Individual

Additional

Examples of combinations

General

For bacterially infected phlebitis

Intervention possibilities

Inhalation

Application to the skin

Rubbing

Reabsorption after extravasation better with ethanol?

1st Aid

Preparation

Can neroli be interesting as promoter of reabsorption after extravasation?

Massage

Preparation A

Preparation B

Aquacare

Cooling

Clay wrappings

Warmth

Adding hydrosols

Other complementary possibilities

Ulcus cruris (leg ulcers)

Ulcus cruris - aromacare preparations

Individual

Additional

Examples of combinations

Intervention possibilities

Inhalation

Application to the skin

Rubbing

Preparation A

Preparation B

Aquacare

Carbonated baths

Other complementary possibilities

Lymphedema

Introduction

Causes and triggering factors

Pressure and pain

Leaking - moist oedema

Venous oedema - cause

Treatment protocol

Skin and skin care in case of lymphedema

Inventory of sensitivity reactions

Aromacare and lymphedema

Application method crucial

Infections due to lymphedema

Lymphedema - aromacare preparations

Individual

Additional

Rubbing

Cream or body lotion

Aloe vera gel

Base for skin oil

Additional base substances - base oil

Additional base substances - macerates

Preparation A

Preparation B

In addition

Examples of combinations

Intervention possibilities

Inhalation

Application to the skin

Base substances

Massage

Facial massage in case of facial oedemas

Aquacare

Indifferent baths

Warm and hot showers

Shower stretcher

Care after showers and baths

Other complementary possibilities

1st Aid in hematomas (*bruises*)

Aromacare preparations

Individual

Additional

Examples of combinations

Interventions - gentle local rubbing

Chapter 15 - Care for Mouth & Digestion

Introduction

Complementary care

Aromacare for digestion

Massage, aquacare and herbs

The basis - base oils

Almond oil, sweet

Sea buckthorn CO₂ extract

Olive oil

Sesame oil

The basis - hydrosols

Chamomile blue hydrosol

Peppermint hydrosol

Interactions with P450 when ingested

The basis - other base substances

Aloe vera gel

Essential oils from the Top 10

Bergamot

Ginger

Case: Sonja - nausea

Chamomile, blue

Chamomile, Roman

Mandarin

Marjoram, sweet

Peppermint

Other valuable essential oils

Lemon

Helichrysum

Lemongrass

Manuka

Spikenard

Orange, sweet

Oral problems and oral care

Causes

Dry mouth

Aromacare

Pain in the mouth

Oral problems - aromacare preparations

Oils that stimulate salivation

Oils that restore the mucous membranes

Mild oils for pain relief

Oils with antifungal qualities

Oils with antibacterial activity

Hydrosols

Preparation with hydrosols

Ingestion/swallowing of hydrosols

Base substances for the mouth

Aloe vera gel

Jojoba and CO₂ fruit oil of sea buckthorn

Use as often as desired

Dry mouth - aromacare preparations

Gel A

Gel B

Rinsing fluid

Halitosis (*bad breath*) - aromacare preparations

Mouthwash

Rinsing fluid

Painful mouth - aromacare preparations

Gel A

Gel B

Canker sores - aromacare preparations

Touch-on fluid

Trip to Somalia - Myrrh

Gel

Stomatitis - aromacare preparations

Gel A

Gel B

Rinsing fluid

Washing met hydrosols

Candida albicans in the mouth - aromacare preparations

Gel A

Gel B

Bacterial mouth infections - aromacare preparations

Gel A

Gel B

Rinsing fluid

Mixing blue chamomile CO₂ extract with oral care products

Enhancing taste

Decreased appetite - anorexia

Decreased appetite in brief

Stimulating appetite

Case: Irina - as long as she still eats ...

Little suns in body, mind and soul

Decreased appetite - aromacare preparations

Sunny citrus

Warm envelopment with ginger
Hydrosols
 Peppermint
 Blue chamomile
Intervention possibilities
Inhalation
 Via Arominhaler®, handkerchief or tissue
Application to the skin
 Rubbing & massage
 Rubbing
 Massage
Aquacare
 Caregivers
Other complementary possibilities

The hiccups
Care in case of the hiccups
Complementary care and the hiccups
Aromacare and the hiccups
Intervention - application through the skin
GABA support via aromacare?

Nausea
Causes
 Side-effects of medication
 Nausea caused by tramadol & aromacare
Nausea Guideline & complementary care
Individual oils - limitations
Nausea - aromacare preparations
General
In case of very severe nausea
Intervention possibilities
Inhalation
 Via Arominhaler®, handkerchief or tissue
 Case: Bep - aromacare and pancreatic cancer
Application to the skin
 Rubbing & massage
 Rubbing
 Massage
Aquacare
Intake of hydrosols & herbs
 Peppermint hydrosol (or tea)
 Ginger tea
Other complementary possibilities

General gastrointestinal symptoms
Aerophagia - belching
 Aromacare rubbing
 Hydrosols
 Peppermint hydrosol
Gastroesophageal reflux - burning
 heartburn
 Aromacare rubbing
 Hydrosols

- Peppermint hydrosol*
- Hydrosol of blue chamomile*
- Tea or hydrosol of lemon balm*
- Gastritis - gastric mucosal inflammation
 - Aromacare rubbing*
 - Hydrosols*
 - Hydrosol of blue chamomile*
 - Peppermint hydrosol*
 - Tea or hydrosol of lemon balm*
- Flatulence
 - Aromacare rubbing*
 - Hydrosols*
 - Peppermint hydrosol (or tea)*
 - Hydrosol of blue chamomile (or tea)*
- Pain and cramping of the abdomen
- Unexplained abdominal symptoms in children
 - During pregnancy*
- Pain and cramping of the abdomen
 - Aromacare preparations
 - General*
 - Recipe for children*
- Intervention possibilities
- Inhalation
 - Via Arominhaler®, handkerchief or tissue*
- Application to the skin
 - Rubbing & massage*
 - Rubbing*
 - Massage*
- Aquacare
 - Compresses and footbaths*
- Intake of hydrosols & herbs
 - Peppermint hydrosol (or tea)*
 - Hydrosol of blue chamomile (or tea)*
 - Ginger tea*

- Diarrhoea
- Introduction
 - Prevalence*
- Complications
- Odour nuisance caused by diarrhoea
- Complementary care and diarrhoea
- Diarrhoea - aromacare preparations
 - General*
 - In case of severe cramps*
- Intervention possibilities
- Inhalation & vaporisation
 - Vaporisation*
 - Aroma Stream or Thermo-Stone*
 - Inhalation*
 - Arominhaler®, handkerchief or tissue*
- Application to the skin
 - Massage & rubbing*
 - Massage*
 - Rubbing*

Aquacare

Warm footbath

Hot abdominal compress

Intake of hydrosols & herbs

Peppermint hydrosol (or tea)

Hydrosol of blue chamomile (or tea)

Ginger tea

Constipation

Introduction

Frequency & appearance - constipation or not?

Causes

Psychological restraint

Consequences for the patient

Severe constipation - faecal impaction

Paradoxical diarrhoea- overflow diarrhoea

Prevention and treatment

Laxatives

Complementary care and constipation

The top 3 of complementary interventions in case of constipation

Constipation - aromacare preparations

During pregnancy

General

Recipe for children

Intervention possibilities

Inhalation

Via Arominhaler®, handkerchief or tissue

Application to the skin

Rubbing & massage

Case: Tom - constipated

Rubbing

Massage

Aquacare

Cool abdominal washing

Hilarity during training sessions

Experiences from the field

Is it always effective?

The sceptical specialist in geriatric medicine

Hot abdominal compress & warm footbath

Other complementary possibilities

Chapter 16 - Care for the Urogenital Area

Introduction

Palliative indications

Aromacare for the urogenital area

The basis

The basis - base oils

Almond oil, sweet

Borage CO₂ extract

Sea buckthorn CO₂ extract

Jojoba

Olive oil

Tamanu

Evening primrose CO₂ extract

The basis - macerates

Calendula (marigold) macerate & CO₂ extract

St. John's wort macerate (St. John's wort oil)

The basis - hydrosols

Hamamelis (witch hazel) hydrosol

Helichrysum hydrosol

Chamomile blue hydrosol

The basis - other base substances

Aloe vera gel

Clay white

Dead Sea salt

Neutral base cream

Neutral bath oil or emulsifier

Carbonic acid

Essential oils from the Top 10

Pine, scots

Ginger CO₂ extract

Geranium

Chamomile, blue

Chamomile, Roman

Lavender

Mandarin

Marjoram, sweet

Peppermint

Other valuable essential oils

Benzoin

Cypress

Eucalyptus, wild

Helichrysum

Lemongrass

Manuka

Rose

Rose attar

Sandalwood

Lectures on diseases of the male urethra

Clary

Ylang Ylang extra

Pain in the urogenital area

Pain - aromacare preparations

Individual

Examples of combinations

Intervention possibilities

Inhalation

Application to the skin

During pregnancy

Massage & rubbing with an oil or a cream

Bladder and urinary tract infections

Introduction

Pathogens

Bacterial infections

Viral infections

Yeast infections

(After-)care for local mucous membranes

Bladder and urinary tract infections - aromacare preparations

Individual

Additional

Examples of combinations

For bacterial infections

For viral (herpes) infections

For yeast infections

Intervention possibilities

During pregnancy

Inhalation

Application to the skin

Massage & rubbing with an oil or a cream

Cream

Preparation

Aquacare

Basic preparation of bath oil

Carbonated sitting baths with addition

Preparation of baths for herpes infections

Other additions to sitting baths, either or not after a carbonated bath

Other complementary possibilities

Sexuality & intimacy

Introduction

Thresholds for experiencing sexuality

Discussing sexuality

PLISSIT & referring

Complementary care and sexuality

Case - Esther and Niels

Sexuality & intimacy - aromacare preparations

Individual

Additional

Unpleasant odours and sexuality

Examples of combinations

Promoting atmosphere of safe security

Stimulating desire

Intervention possibilities

Vaporisation

Inhalation

Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage

Aquacare

Baths & showers

Addition

Hot abdominal compress

Hot neck, shoulder or lumbar compress

Other complementary possibilities

Chapter 17 - Care directed at Emotion, Fatigue and Sleep

Introduction

Emotions

Adjust

Children's view on illness and death

Dementia

Intellectual disability

Degree

1. *Very severe intellectual disability*

2. *Severe intellectual disability*

3. *Moderate intellectual disability*

4. *Mild intellectual disability*

Psychiatry

Culture, philosophy of life and religion

Staying clear-minded & fragrant oils

Think in possibilities

Emotion, fatigue & sleep - anamnesis

Essential oils and emotion

Essential oils & cognition

Recommendations

Emotion, fatigue and sleep

Essential oils from the Top 10

Bergamot

Pine, scots

Ginger

Geranium

Chamomile

Chamomile, blue

Chamomile, Roman

Lavender

Mandarin

Marjoram, sweet

Olibanum - Incense

Peppermint

Other valuable essential oils

Atlas cedar

Benzoin

Lemon

Cypress

Helichrysum

Helichrysum according to Madeleine

Lemongrass

Spikenard

Neroli

Petitgrain

Rose

Rosemary

Sandalwood

Rose Attar

Clary

Orange, sweet

Ylang Ylang

Fear

Introduction

Having a life-threatening illness

Prevalence

Fear - aromacare preparations

For fear and panic

For performance or social anxiety
For compulsiveness, desperately holding on to old patterns
Intervention possibilities
Inhalation
Via Arominhaler®, handkerchief or tissue
Application to the skin
Massage
Aquacare
Other complementary possibilities

Depression & sadness
Introduction
Prevalence
Children
Case: Sebastiaan - cheerful
Care directed at depression & sadness
Complementary aromacare
Depression & sadness, concise Top 10
Other suitable essential oils
Individual
Depression & sadness - aromacare preparations
Examples of combinations
General
For spasmodic crying fits and emotions
Intervention possibilities
Inhalation
Via Arominhaler®, handkerchief or tissue
Application to the skin
Massage
Aquacare
Other complementary possibilities

Stress & overload
Stress surrounding severe illness
Informal caregivers
Prolonged stress and burnout
Relations
Help
Complementary care and stress
Stress & overload, concise Top 10
Other essential oils for stress
Stress & overload - aromacare preparations
Examples of combinations
General
Sympathetic and parasympathetic balance
Letting go of old patterns
Inability to relax, when worrying
Enhancing self-image
Concentrating and clarifying
Taking it out on others, frustrations, anger
Intervention possibilities
Inhalation
Via Arominhaler®, handkerchief or tissue
Application to the skin

Massage
Aquacare
Other complementary possibilities

Guided relaxation and visualisation (cognitive relaxation exercise)

Unrest
Unrest associated with cognitive limitations
- dementia
 Problem behaviour
 Ambient odours
Unrest associated with cognitive limitations - intellectual disability
 Odours and intellectual disability
Unrest - emotional unrest
Unrest - (terminal) delirium
Rest in unrest
Complementary aromacare
Unrest, concise Top 10
Other essential oils for use in unrest
Examples of combinations

General
 For a clear structure
 Delirium, terminal delirium
 For ultimate rest
Intervention possibilities
Inhalation
 Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage
Aquacare
Relaxation exercises
Other complementary possibilities
 Therapeutic Touch®
 Unrest and TT

“Snoezelen” (a Dutch term for sniffing and dozing) in the palliative phase

Fatigue
Prevalence
Fatigue - factors and causes
Care directed at fatigue due to the disease
 “So tired”

Care directed at fatigue in caregivers
Relaxation and music
Complementary aromacare
Fatigue, concise Top 10
Other essential oils in fatigue
Fatigue - Aromacare preparations
Examples of combinations
 For physical fatigue
 For cognitive fatigue
 For emotional fatigue
 For decreased interest and motivation

Intervention possibilities
Inhalation
 Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage

Aquacare

Relaxation exercises

Other complementary possibilities

Sleep problems

Insomnia

Circadian disorders

Causes

Complementary care and sleep problems

Choose carefully!

Sleep problems, concise Top 10

A more extensive review

As adjuvants, low doses

Other essential oils before you go to sleep

A more extensive review

As adjuvants, low doses

Sleep problems - Aromacare preparations

Individual

For insomnia - problems falling/staying asleep

For bad dreams, nightmares

For circadian sleep disorders during the day

For circadian sleep disorders at night

Intervention possibilities

Inhalation

Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage

Aquacare

Relaxation exercises

Other complementary possibilities

Chapter 18 - Care directed at Palliative Sedation

Introduction

What is palliative sedation

Sleep versus comfort

Intermittent and continuous sedation

Euthanasia versus sedation

Choosing sedation

Sedation in the Netherlands in figures

International figures

Surprising

Sedation and aromacare

Case: Albert - difficult sedation

Sedation, essential oils from the Top 10

Pine, scots

Geranium

Chamomile, Roman

Lavender

Marjoram, sweet

Olibanum - incense

Other valuable essential oils

Benzoin

Myrtle ct. cineol
Spikenard
Neroli
Petitgrain
Rose
Sandalwood
Clary
Orange
Ylang Ylang
Supporting sedation - aromacare preparations
Odour preferences and comfort
Individual and combined
Possible combinations
 Deeply relaxing
 Highly soothing
 In case of strong fears
 Acceptance and letting go
 Letting go when rigidly holding on
 Surrender
 Relaxing when feeling safe and secure
 In unrest - for everyone involved
 In deep sadness and sorrow
 In case of feelings of desperation and abandonment
Intervention possibilities
Vaporisation or inhalation
 Vaporisation in the room
 Inhalation via handkerchief or tissue
Application to the skin
 Ultra gentle massage
 Massage with the Care Glove®
Aquacare before sedation
Other complementary possibilities

Chapter 19 - Care directed at Spirituality, Dying, Parting and Mourning

Introduction
Spiritual caregivers
Experiencing spirituality, parting and mourning from an aromatic perspective
Recommendations and examples
Working together & shaping rituals
Spirituality, dying, parting & mourning
 Essential oils from the Top 10
 Bergamot
 Pine, scots
 Ginger
 Geranium
 Chamomile
 Chamomile, blue
 Chamomile, Roman
 Lavender
 Mandarin
 Marjoram, sweet
 Olibanum - frankincense
 Peppermint
Other valuable essential oils

Atlas cedar
Atlas cedar according to Madeleine
Benzoin
Cypress
Helichrysum
Myrrh
Myrtle
Myrtle and Jewish ritual ablution - tahara
Spikenard
Neroli
Petitgrain
Rose
Islamic ritual
Sandalwood
Sandalwood in Buddhist and Hindu rituals
Clary
Orange, sweet
Ylang Ylang
Case: Anja - upset

Care directed at spirituality
Introduction
Spiritual care in palliative care
Spiritual counsellor
Four-dimensional concept of man
Illness, dying and spirituality
Life questions and the patient
Ars moriendi - the art of dying
Life questions and loved ones
Life questions and caregivers
Existential crises and caregivers
End good all good?
Natural course of a spiritual process
Realisation of finitude
Loss of grip
Loss of meaning
Mourning (before death)
Experience of meaning (connectedness) and giving of meaning
Integration in a new meaning framework
Individual reactions & experiencing meaning of life
Religion and spirituality
Multicultural care
Spiritual high- & hypersensitivity
Case: Be - sensitive
Selecting essential oils
Spiritual care - aromacare preparations
Examples of combinations for inspiration
1st Aid after bad news
Balance when balance is lost
Light in the darkness
Opening heart and soul after trauma and injury
Warm envelopment in case of spiritual cold
Connectedness in desolation
Coming home to yourself and (re)discovering your base

Air and space in case of oppression and chest tightness, and negative energy
Peace and confidence in case of doubts and fears
Protection in case of high and hypersensitivity
Clarification of insight and intuition
Dosing essential oils
Intervention possibilities
Vaporisation
 Energetic treatment
Inhalation
 Via Arominhaler®, handkerchief or tissue
Application to the skin
 Massage
 Massage in the (pre-)terminal stage
Aquacare
Water - back to the source
Other complementary possibilities

Visualisation, prayer or meditation
 Protection & healing - guided visualisation

Care directed at dying & final care
 Signals of approaching death
 Planned termination of life - euthanasia
Dying in the context of this book
 Factors that disturb the dying process
Madeleine, Marinus and the “good death”
 A good death
Children
 Having children choose
Dementia
Intellectual disability
 The senses in the terminal phase
 Overstimulation
Psychiatry
 Remediation of antipsychotics
Culture & religion
 Being informed is good, checking is better
Jewish traditions
 Final care in the Jewish tradition
Islamic traditions
 Final care in the Islamic tradition
Hindu traditions
 Final care in the Hindu tradition
Buddhist traditions
 Final care in the Buddhist tradition
Anthroposophical traditions
 Anthroposophical ritual at the Johannes Hospice in Vleuten, the Netherlands
Christian traditions
 Final care in the Christian tradition
Humanist traditions
 Final care in the Humanist tradition

Keeping wake and being near in the dying phase
 Relatives nearby

Volunteers

Care professionals

Complementary interventions for caregivers and relatives

Case: The passing of Sebastiaan

Decisions surrounding the end of life

Care pathway in the dying phase

Final adjustments

Complementary care in the dying phase

Medication and clarity of mind

Aromatic relaxation when in pain

Aromatic care in case of dyspnoea

Aromatic care in case of terminal delirium

Aromatic care in case of nausea and vomiting

Aromatic care in case of fears

Aromatic care in case of (risk of) insults

Praying and meditating

For the caring and waking

In case of fatigue

In case of agitation and nervousness

In case of desperate clinging

In case of difficult family situations

Creating an open atmosphere

Intensifying togetherness

In case of intense emotions

In case of shocking events

Intervention possibilities

Vaporisation

Energetic treatment

Inhalation

Via Arominhaler®, handkerchief or tissue

Application to the skin

Massage in the terminal phase

Massage for the waking

Massage

Aquacare for the waking

Water - envelopment with warmth and life force

General recommendations for additions

Other complementary possibilities

Passing

Fragrances desirable or not?

Final care

Washing and caring

Rubbing oil

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Symbolism

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Symbolism

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Appendices

Websites to consult, *concise overview*

Names English-Latin, v.v.

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