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**Aromatherapy for Healing &
Stress Relief: A Practical Guide
for Parents in Hospital**
20 thoughtfully crafted essential oil blends

NATURALLY ENHANCE & EMPOWER WITH AROMATHERAPY



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WELCOME

THIS GUIDE OFFERS SOOTHING AROMATHERAPY BLENDS
TO SUPPORT YOUR WELL-BEING DURING HOSPITAL
STAYS AND RECOVERY.

Introduction

Every essential oil carries a unique scent or essence of the plant. I've carefully selected nine oils that I use to improve self-esteem, wellbeing and indulge you with a fabulous aroma experience.

I've been blending professionally for over 18 years and I never get tired of the various blends that I create, in fact I only love it more.

I thought I would create this compact aromatherapy guide, crafted to support you during the challenging moments in the hospital. Whether you're navigating stress as a parent or trying to stay grounded amidst uncertainty, this guide will help you effortlessly incorporate essential oils into your routine. Discover how aromatherapy can bring balance, calm, and emotional relief during this crucial time of healing and recovery.

I hope you enjoy and feel as inspired by the fragrant oils as I do.

Happy Blending
NIKKI

BLENDING WITH AROMATHERAPY OILS

Safety & Precaution

Essential oils are highly concentrated and it is important that they are used safely and in the correct dilution. With the wrong usage essential oils can be toxic and skin sensitising. With the correct usage essential oils are a valuable addition to enhance our wellbeing.

As an example: Bergamot can be a photosensitizer, do not apply to skin before sun exposure and it is advisable to use FCF (bergapten) free Bergamot.

It is so important to check your suppliers usage guidelines before using any essential oils to ensure there are no contraindications or adverse affects.

Top Tip

Always record your chosen blend, even one drop can make the slightest difference, if you love a fragrance and would like to re-create it on another day, please write it down to remember it.

I also find this is a good idea to reflect on how your blend has impacted your mood and then it can be used again if it was helpful.



BLENDING WITH AROMATHERAPY OILS

How to Use

Always dilute essential oils before use:

- Add 4 drops per 10ml of carrier oil for massage. No more than 8 drops in a 20ml blend.
- Add 5 drops in a bath, oil and water do not mix and they will need to be added to something that blends with water. A suggested choice is to add your chosen oil to a suitable carrier oil and then add to bath salts. Blend 2-3 chosen essential oils for their therapeutic properties.
- Burn the oil mixed with water in an oil burner.



AROMATHERAPY CONVEYS THE CONCEPT OF
HEALING WITH AROMATIC SUBSTANCES
ROBERT TISSERAND



General Precautions

- Do not apply undiluted to the skin.
- Always do a patch test before use.
- Keep away from children.
- Seek advice when pregnant and when using on children/infants.
- Do not take internally or use directly in the eye.
- Store cool.

Please always check your suppliers usage guidelines.

BLENDING WITH AROMATHERAPY OILS

The Art of Blending in Three Simple Steps

1) For a harmonious blend select one oil from each note group, check the compatibility chart to ensure the oils are compatible and blend well with each other. It is worth noting that some oils may cross over into either a top/middle category or middle/base note category. Frankincense is both a middle note and base note. If you would like further information please contact me regarding the full compatibility chart.

2) I would suggest only blending 3 oils together in one blend, I really believe 'less is more'. For a massage, use 2 drops per 5ml of carrier oil and no more than 8 drops per 20ml of carrier oil.

3) Consider the theme of what you are trying to achieve i.e. relaxing, uplifting, etc, select the oils for their therapeutic properties and blend accordingly.

Top Notes

Bergamot
Eucalyptus
Sweet Orange

These are the first
fragrant notes that we
smell within the blend
and its usually fresh and
uplifting.

Middle Note

Geranium
Marjoram
Lavender

These are the heart notes
of the blend and provides a
smooth, harmonious
fragrance.

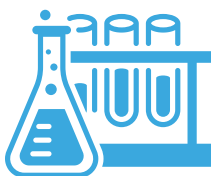
Base Notes

Frankincense
Patchouli
Ylang Ylang

These are the anchor notes
and it fixes the fragrance
which helps to make it last
longer.

Top Tip:

The result of the chemical interaction between essential oils is known as synergy - "working together".



Further information on each oil to advise their uses and blending compatibility can be found in my "Top 5 Favourite Essential Oils" guide. These oils have been carefully selected from the Nikki B Blending Box.

USING AROMATHERAPY AT HOME

There are many ways to weave aromatherapy within your home environment:

Infuse your senses

Recommended use for inhalation:

Place 1-2 drops of your favourite essential oil on a tissue and inhale or use a diffuser to fill your room with a fabulous fragrance. If you don't have essential oils to hand try relaxing with a fragrant Aromatherapy candle.

Indulge in a Massage

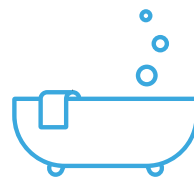
Recommended use for Massage: Use 2 drops per 5ml of chosen carrier oil and no more than 8 drops of essential oils per 20ml blend. Consider your theme: Relaxing, uplifting, etc and then blend 2-3 chosen essential oils for their therapeutic properties.

Relax in an Aromatic Bath

Add 5 drops in a bath, oil and water do not mix and they will need to be added to something that blends with water. A suggested choice is to add your chosen oil to a suitable carrier oil and then add to bath salts. Blend 2-3 chosen essential oils for their therapeutic properties.

Use in a Shower:

Pop 1-2 drops of essential oil on a flannel or sponge, place in your shower and enjoy the aromatic steam fragrance.



TOP TIP:

*Try blending 2 drops of your favourite essential oil into 5ml of
your chosen carrier oil.*

AROMATHERAPY SOLUTIONS: HELPING TO SUPPORT EMOTIONAL WELL-BEING

The Benefits of Aromatherapy

Aromatherapy, a holistic practice utilizing essential oils, can be a valuable tool in promoting well-being during the challenging times. For centuries, aromatherapy has been employed to assist in managing the emotional aspects of various life transitions.

Navigating a hospital stay with your child is one of the most challenging experiences a parent can face. The stress, uncertainty, and emotional toll can be overwhelming. As a certified aromatherapist and parent, I've combined my professional expertise with my personal experiences to create this guide. It's designed to offer practical support through aromatherapy, helping you manage stress, find moments of calm, and promote healing during this difficult time.

“ ESSENTIAL OILS ARE LIKE LITTLE BOTTLES OF
SUNSHINE THAT CAN BRIGHTEN UP EVEN THE
DARKEST OF DAYS - UNKNOWN ”

Please remember, before introducing any aromatherapy practices, it is essential to consult with your healthcare providers. This ensures that the use of essential oils does not interfere with medical treatments or advice. Additionally, make sure to follow guidelines for using aromatherapy safely, particularly when it comes to children.

Understanding Aromatherapy in a Hospital Setting:

Aromatherapy can be a powerful tool for managing stress and promoting healing, but it's important to approach its use with care, especially in a hospital environment. The sterile setting, potential allergies, and possible interactions with medications all require careful consideration. Before using essential oils in a shared space, be mindful of those around you. If other patients are nearby, it's essential to check with healthcare providers and the patient themselves before proceeding. This ensures that the benefits of aromatherapy can be enjoyed safely and respectfully by everyone.

AROMATHERAPY SOLUTIONS: HELPING TO SUPPORT EMOTIONAL WELL-BEING

The Benefits of Aromatherapy

Key Points:

Consult Healthcare Professionals: Always check with your child's healthcare team before using essential oils. Some oils may interfere with medications or treatments, and certain conditions may contraindicate the use of specific oils.

Dilution is Key: Use highly diluted essential oils. Hospitals often recommend a 0.5-1% dilution for essential oils, particularly for children, to minimize any risks.

Inhalation Over Topical Use: In a hospital setting, inhalation (through diffusers or aromatherapy inhalers) is generally safer and more acceptable than topical application. This avoids any potential skin reactions or interference with medical equipment.

Avoid Strong or Stimulating Oils: Stick to gentle, calming oils that are less likely to cause adverse reactions or overwhelm the senses in a shared space

The following 20 blends are thoughtfully crafted to address the unique stresses of a hospital stay. Each blend incorporates essential oils with specific properties to calm the mind, soothe the emotions, and support the body's natural healing processes. Remember to consult your healthcare provider before using any blend, especially around children.



"ESSENTIAL OILS ARE A GENTLE REMINDER OF NATURE'S HEALING TOUCH, BRINGING MOMENTS OF CALM AND COMFORT EVEN DURING CHALLENGING TIMES." - UNKNOWN



AROMATHERAPY BLENDS

The Blends

Calm Amidst the Chaos

Bergamot: Uplifting, reduces anxiety

Lavender: Calming, eases tension

Cedarwood: Grounding, provides emotional strength

Benefits: This blend helps create a sense of calm and stability amidst the unpredictability of hospital life. It's particularly useful during times of high anxiety or when awaiting important news.

Restful Nights

Roman Chamomile: Soothes the nervous system, promotes relaxation

Marjoram: Reduces stress, supports deep sleep

Lavender: Deeply relaxing, aids in restful sleep

Benefits: Designed to promote restful sleep, this blend is ideal for use in the evening when the hospital environment is quieter, helping to calm the mind and body.

Renewed Strength

Lemon: Refreshes, clears mental fatigue

Geranium: Balances emotions, supports hormonal stability

Frankincense: Provides spiritual upliftment, enhances breathing

Benefits: This invigorating blend is perfect for those mornings when you need to summon the strength to face another challenging day.

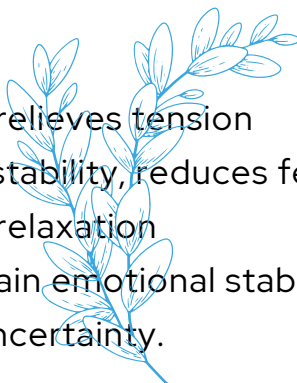
Steady Resolve

Sweet Orange: Brightens mood, relieves tension

Clary Sage: Supports emotional stability, reduces fear

Patchouli: Grounding, promotes relaxation

Benefits: Use this blend to maintain emotional stability and resilience, especially during prolonged periods of stress or uncertainty.



AROMATHERAPY BLENDS

The Blends

Healing Comfort

Tea Tree: Cleansing, purifies the air

Eucalyptus: Supports respiratory health, cooling

Vetiver: Deeply calming, reduces stress

Benefits: This blend is particularly beneficial in promoting a clean, healing environment, supporting both physical and emotional recovery.

Emotional Support

Mandarin: Uplifting, eases anxiety

Ylang Ylang: Comforting, reduces emotional tension

Frankincense: Soothing, offers warmth and comfort

Benefits: This nurturing blend helps balance emotions, providing a sense of warmth and comfort during emotionally difficult times.

Clear Thinking

Peppermint: Refreshes, enhances mental clarity

Rosemary: Supports focus and memory

Marjoram: Calming and eases tension

Benefits: Ideal for times when you need to stay sharp and focused, this blend promotes mental clarity and helps you think clearly under pressure.

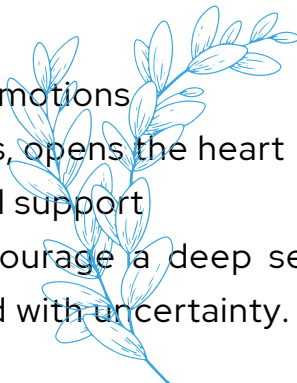
Inner Peace

Neroli: Calms anxiety, balances emotions

Rose: Soothes emotional wounds, opens the heart

Myrrh: Grounding, offers spiritual support

Benefits: Use this blend to encourage a deep sense of inner peace and emotional grounding, especially when faced with uncertainty.



AROMATHERAPY BLENDS

The Blends

Deep Breaths

Eucalyptus: Refreshing, promotes deep breathing

Frankincense: Cleansing, purifies the air

Cedarwood: Grounding, stabilizes emotions

Benefits: This blend supports respiratory health and encourages deep, calming breaths, helping you to stay calm and centered.

Quiet Moments

Bergamot: Uplifting, relieves emotional tension

Jasmine: Nurturing, promotes relaxation

Lavender: Calming, supports meditation

Benefits: Ideal for creating a quiet, reflective atmosphere, this blend helps you find moments of calm and balance throughout the day.

Emotional Resilience

Petitgrain: Uplifts the mood, alleviates anxiety

Geranium: Balances emotions, supports hormonal health

Vetiver: Grounding, promotes emotional stability

Benefits: This blend helps foster emotional resilience, providing support during long hospital stays and challenging days.

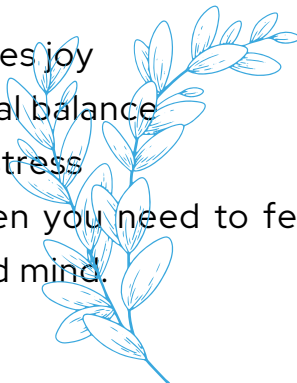
Comforting Warmth

Sweet Orange: Warming, promotes joy

Frankincense: Supports emotional balance

Lavender: Comforting, reduces stress

Benefits: Ideal for moments when you need to feel wrapped in warmth and comfort, this blend soothes both body and mind.



AROMATHERAPY BLENDS

The Blends

Mental Clarity

Peppermint: Sharpens focus, clears mental fog, and energizes the mind.

Rosemary: Enhances memory, improves mental clarity, and supports cognitive function.

Vetiver: Grounds the mind, reduces mental fatigue, and stabilizes emotions

Benefits: This blend is designed to invigorate, clarify, and stabilize, providing a balanced and focused mental state.

Tranquil Strength

Clary Sage: Calms anxiety, promotes emotional balance

Jasmine: Comforts the heart, alleviates stress

Myrrh: Provides spiritual support, promotes grounding

Benefits: This blend is designed to offer both strength and tranquility, helping you stay grounded during challenging times.

Gentle Calm

Lavender: Calms the mind, reduces anxiety

Geranium: Comforts the heart, promotes emotional balance, and enhances relaxation.

Frankincense: Grounds emotions, provides spiritual upliftment

Benefits: A soothing blend that offers gentle calm, perfect for use throughout the day to ease stress and promote a sense of peace.

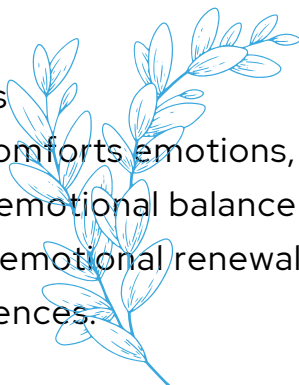
Renewal

Bergamot: Uplifts, reduces stress

Chamomile: Soothes the mind, comforts emotions, and promotes inner peace.

Patchouli: Grounding, promotes emotional balance

Benefits: This blend encourages emotional renewal and healing, helping you to recover emotionally after difficult experiences.



AROMATHERAPY BLENDS

The Blends

Inner Harmony

Mandarin: Brightens mood, alleviates tension.

Geranium: Comforts emotions, nurtures emotional wounds, and promotes balance.

Frankincense: Calms the mind, promotes spiritual balance, and deepens meditation.

Benefits: Ideal for fostering a deep sense of inner harmony, this blend helps balance emotions and brings a sense of calm to the heart.

Balancing Serenity

Neroli: Calms anxiety, promotes relaxation

Lavender: Reduces stress, soothes the mind

Benzoin: Comforting, provides emotional warmth

Benefits: This blend balances serenity and strength, helping you navigate stressful situations with grace.

Protective Comfort

Tea Tree: Purifies, supports respiratory health

Eucalyptus: Clears the mind, promotes deep breathing

Vetiver: Grounding, stabilizes emotions

Benefits: This blend creates a protective and comforting atmosphere, helping you feel safe and supported.

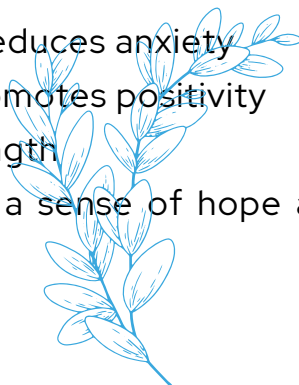
Hope and Renewal

Sweet Orange: Uplifts the spirit, reduces anxiety

Geranium: Balances emotions, promotes positivity

Cedarwood: Grounds, offers strength

Benefits: Use this blend to instill a sense of hope and renewal, encouraging positive energy and emotional balance.



AROMATHERAPY BLENDS

Simple Ways to Incorporate Essential Oils into Your Daily Life

Aromatherapy is a fantastic way to enhance your well-being, but using diffusers and topical applications can sometimes be tricky in shared or sensitive environments like hospitals or workplaces. Thankfully, there are portable methods to enjoy essential oils discreetly and effectively.

1. Creating Your Own Inhaler

Aromatherapy inhalers are perfect for on-the-go use. Here's a simple guide to making your own:

Materials Needed:

- Aromatherapy inhaler kit (available online or at health stores)
- Essential oils of your choice
- Dropper

Instructions:

1. Open the inhaler and remove the wick.
2. Add 5-10 drops of your chosen essential oil or blend to the wick.
3. Reinsert the wick into the inhaler and secure the lid.
4. To use, unscrew the lid and breathe deeply from the inhaler whenever you need a calming or invigorating effect.

2. Using Aromatherapy Jewelry

Aromatherapy jewelry, like lava bead bracelets or necklaces, lets you carry your favorite scents stylishly.

Lava Bead Bracelets:

- Lava beads are porous and absorb essential oils well.
- Place 1-2 drops of essential oil directly on the lava beads.
- Let the oil absorb for a few minutes before wearing the bracelet.
- Enjoy the subtle aroma throughout the day as the beads release the scent gradually.



AROMATHERAPY BLENDS

Simple Ways to Incorporate Essential Oils into Your Daily Life

2. Using Aromatherapy Jewelry

Aromatherapy Necklaces:

- These often come with a small locket or chamber for a felt pad or cotton ball.
- Add a few drops of essential oil to the pad and insert it into the necklace.
- The necklace will gently diffuse the aroma as you wear it, allowing you to benefit from the essential oil all day.

3. Using a Roller Ball

Roller balls are ideal for targeted, on-the-go application.

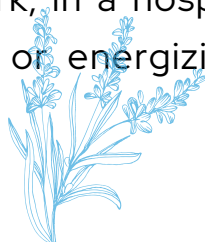
Materials Needed:

- Roller ball bottle
- Carrier oil (e.g., jojoba or apricot kernel oil)
- Essential oils

Instructions:

- 1.Fill the roller ball bottle with carrier oil, leaving some space at the top.
- 2.Add 2-4drops of your chosen essential oil or blend per 10ml of carrier oil.
- 3.Secure the roller ball and shake gently to mix.
- 4.Apply to pulse points such as your wrists, temples, or behind your ears as needed.

Note: While diffusers and topical applications are wonderful, they can sometimes impact shared spaces or those with sensitivities. These portable methods offer simple, personal ways to integrate aromatherapy into your daily routine without affecting others. Whether you're at work, in a hospital, or on the go, these tips help you carry the soothing, uplifting, or energizing benefits of essential oils wherever you are.



AROMATHERAPY BLENDS

Essential Oils for Stress Relief in a Hospital Setting

Hospital stays can be emotionally and physically draining. Essential oils can offer relief, but it's important to use them carefully to avoid overwhelming the medical environment or interfering with treatments. Here we explore 10 essential oils that are particularly effective in promoting well-being during hospital stays, with practical tips on how to use them safely.

Essential Oils for Emotional Balance

Lavender: Known for its calming and relaxing properties, lavender is a go-to oil for reducing stress and anxiety. It's gentle enough for use around children and can be diffused to create a peaceful atmosphere.

Frankincense: This oil has a grounding effect, helping to calm the mind and deepen breathing. It's also known for its spiritual upliftment, making it a great choice for moments of emotional strain.

Bergamot: Uplifting and stress-relieving, bergamot is perfect for alleviating feelings of anxiety and depression. Its bright citrus scent can help brighten even the darkest days.

Clary Sage: Clary sage is known for its ability to balance emotions and reduce fear. It's particularly helpful for parents feeling overwhelmed by the uncertainty of their child's condition.



AROMATHERAPY BLENDS

Hospital stays can be emotionally and physically draining. Essential oils can offer relief, but it's important to use them carefully to avoid overwhelming the medical environment or interfering with treatments. Here we explore 10 essential oils that are particularly effective in promoting well-being during hospital stays, with practical tips on how to use them safely.

Roman Chamomile: This gentle oil is soothing to the nervous system, making it ideal for reducing stress and promoting relaxation, especially before sleep.

Ylang Ylang: Ylang ylang is a comforting oil that helps to reduce emotional tension and promotes feelings of joy and relaxation.

Mandarin: Mandarin is a gentle, uplifting oil that can help to ease anxiety and promote happiness, making it a good choice for both parents and children.

Rose: Rose oil is soothing to the heart, helping to alleviate feelings of grief and sadness. It's a nurturing oil that can provide comfort during difficult times.

Neroli: Neroli is particularly effective in calming panic attacks and easing emotional stress. Its calming effects can help parents stay centered in stressful situations.

Vetiver: Known for its deeply calming and grounding properties, vetiver helps to reduce anxiety and promote a sense of stability.



AROMATHERAPY BLENDS

Essential Oils for Physical Exhaustion

Eucalyptus: Supports respiratory health and helps clear the mind, making it easier to focus and stay alert.

Lemon: Energizing and refreshing, lemon helps to lift your spirits and combat feelings of lethargy.

Mandarin: Brightens mood and provides gentle, uplifting energy that helps combat fatigue.

Peppermint: Refreshing and invigorating, peppermint combats physical exhaustion and mental fatigue.

Rosemary: Enhances mental clarity and focus, helping to combat the mental fog that often accompanies exhaustion.

Sweet Orange: Uplifting and energizing, sweet orange helps to relieve feelings of exhaustion and boost overall energy.

Lavender: Soothing and calming, lavender can help to relax and rejuvenate the body and mind, supporting recovery from exhaustion.

Cedarwood: Grounding and stabilizing, cedarwood helps maintain steady energy levels throughout the day.

Grapefruit: Refreshing and stimulating, grapefruit helps to relieve feelings of exhaustion and boost energy.



AROMATHERAPY BLENDS

Essential Oils for Sleep Support

Bergamot: Bergamot is calming and can help create a soothing environment conducive to sleep. It is also known to be beneficial for insomnia.

Cedarwood: This grounding oil is known for its ability to calm the mind and support deep, restful sleep.

Clary Sage: In addition to its emotional balancing properties, clary sage can also help to promote restful sleep.

Frankincense: Frankincense can help to calm the mind and promote deep, restful sleep, making it easier to get the rest you need.

Lavender: As mentioned earlier, lavender is a top choice for promoting restful sleep. It helps to calm the mind and body, making it easier to fall asleep.

Marjoram: Marjoram is a soothing oil that helps to relieve tension and promote relaxation, making it easier to sleep.

Neroli: Neroli's calming effects can help to ease you into a peaceful sleep, especially when anxiety is keeping you awake.

Roman Chamomile: This gentle oil is perfect for promoting relaxation and easing into sleep, especially in a stressful hospital environment.

Vetiver: Vetiver's deeply calming and grounding properties make it ideal for promoting restful sleep.



AROMATHERAPY BLENDS

Coping with Uncertainty and Fear

Waiting for test results or facing an uncertain diagnosis can be incredibly stressful. Here, I share personal experiences and how I used aromatherapy to maintain a sense of calm and strength.

Specific blends are recommended to help you cope with fear and anxiety, allowing you to stay centered and present for your child.

Key Points:

Mindful Breathing with Essential Oils: Combine the calming effects of essential oils with mindful breathing exercises. For example, inhaling a blend of frankincense and neroli can help to ease anxiety and promote a sense of calm.

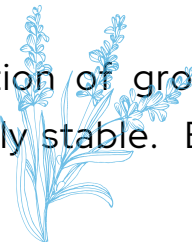
Grounding Techniques: Use grounding oils like patchouli and cedarwood to help you stay present and focused, especially during moments of intense fear or uncertainty.

Emotional Release: Oils like geranium and ylang ylang can help to release pent-up emotions, providing comfort and support during difficult conversations or when facing challenging news.

Grounding Focus Blend

- Frankincense: Grounding and emotionally balancing.
- Lavender: Calming and supports focus.
- Bergamot: Uplifting yet calming, Bergamot helps to reduce stress and enhance focus while promoting a positive mood.

This blend offers a balanced combination of grounding and uplifting effects, helping you stay focused and emotionally stable. Bergamot is also known to be effective for insomnia.



AROMATHERAPY BLENDS

Rest and Recovery: Finding Peace in the Hospital

Sleep is often elusive in a hospital environment, but it's essential for your well-being. Here I try to focus on creating a restful atmosphere using aromatherapy, offering practical tips on how to use essential oils to encourage sleep, reduce nighttime anxiety, and support your overall health during this difficult time.

Key Tips:

Establish a Nighttime Routine: Even in the hospital, try to establish a consistent nighttime routine. Use calming oils like lavender and chamomile to signal to your body that it's time to wind down.

Limit Stimulation Before Bed: Although this can be really difficult try and reduce exposure to screens and if possible dim the bright lights in the hour leading up to sleep. Use essential oils that support relaxation, such as marjoram or chamomile, to help ease into sleep.

Create a Sleep Sanctuary: Consider using a portable essential oil inhaler or a calming roll-on blend. A few deep breaths of soothing scent can help you relax and make your rest more comfortable, even in a shared space.

Sleeping in a hospital chair can be incredibly challenging, but aromatherapy can offer some mental relief. Try this:

Create a Calming Pocket Diffuser

- Essential Oils: Lavender (calming), Roman Chamomile (soothing), and Sweet Orange (uplifting).
- Method: Place a few drops of each oil on a cotton pad or tissue. Keep it close by in your pocket or on your lap.

Why It Works:

This calming blend helps to relax your mind, reduce anxiety, and create a sense of peace, making it easier to rest even in an uncomfortable setting.



AROMATHERAPY BLENDS

Caring for Yourself While Caring for Your Child

As a parent, it's easy to neglect your own needs, but your well-being is crucial for your child's recovery. This chapter emphasizes the importance of self-care and provides specific aromatherapy strategies to help you stay resilient and strong, even when the days are long and exhausting.

Key Points:

Daily Self-Care Rituals: Incorporate small, manageable self-care rituals into your day. This could be as simple as taking a few moments to inhale an uplifting blend of citrus oils or applying a calming balm to your wrists.

Emotional Support Oils: Use oils like bergamot, lavender, and frankincense to support your emotional health. These oils can help to balance emotions, reduce stress, and provide spiritual upliftment.

Physical Well-being: Don't forget to take care of your physical health. Use invigorating oils like peppermint and rosemary to boost energy and relieve physical fatigue.

Conclusion

Hospital stays are incredibly challenging, but with the right tools, you can navigate this difficult time with grace and resilience. Aromatherapy offers a gentle, supportive way to manage stress, promote healing, and care for both yourself and your child. My hope is that this guide provides you with practical advice and comforting presence you need during this challenging time.



AROMATHERAPY BLENDS

Aftercare: Transitioning Back Home

Returning home after a hospital stay is a significant step, but it can also bring its own challenges. The stress, exhaustion, and emotional toll can linger, making it important to continue caring for your mental and emotional health.

1. Re-establish Your Routine

Creating a calming daily routine can help ease the transition back to normal life. Start by incorporating a morning ritual using uplifting essential oils like Bergamot or Sweet Orange. Diffusing these oils in the morning can help set a positive tone for the day.

2. Promote Restful Sleep

Sleep disturbances are common after a stressful period. To encourage deep, restful sleep, try diffusing Lavender or Roman Chamomile in the bedroom. You can also use a pillow spray made with these oils to help create a relaxing environment conducive to sleep.

3. Support Emotional Recovery

The emotional impact of a hospital stay can linger long after you've returned home. To support emotional healing, consider using a blend like Renewal (Bergamot, Geranium, Patchouli). This can help you process emotions and promote a sense of renewal.

4. Maintain a Calm Environment

The transition back home can be overwhelming, especially if you're still processing the hospital experience. Use grounding and calming oils like Vetiver and Frankincense to create a peaceful environment in your home. A few drops in a diffuser or on a personal inhaler can help maintain calmness throughout the day.



AROMATHERAPY BLENDS

Aftercare: Transitioning Back Home

5. Self-Care Rituals

Self-care is crucial after a stressful experience. Incorporate simple aromatherapy rituals into your day, such as a relaxing bath with Geranium and Lavender, or a hand massage with a calming blend like Inner Harmony (Mandarin, Geranium, Patchouli).

These rituals can help you reconnect with your body and mind, providing a much-needed sense of comfort and well-being.

6. Support Physical Recovery

Physical recovery often continues at home, and aromatherapy can aid in this process. Eucalyptus and Peppermint can be diffused to support respiratory health, while Frankincense and Sweet Orange can help to alleviate any lingering physical fatigue. Always dilute essential oils appropriately and consult with your healthcare provider before use, especially if your child is involved.

7. Emotional Check-ins

Returning home doesn't mean the end of emotional stress. Take time each day to check in with your emotions. Use essential oils like Geranium and Ylang Ylang during these moments to help balance your feelings and provide emotional support.

8. Reconnect with Loved Ones

Sharing your experience with loved ones can be an important part of the healing process. Consider diffusing a comforting blend like Protective Comfort (Tea Tree, Eucalyptus, Vetiver) when spending time with family, creating a warm and nurturing environment for open conversations.



AROMATHERAPY BLENDS

Aftercare: Transitioning Back Home

9. Coping with Anxiety

Anxiety may still be present as you adjust back to daily life. Use Neroli or Bergamot in a personal inhaler to help ease anxiety and promote emotional balance throughout the day.

10. Continue Mindful Breathing

Mindful breathing paired with aromatherapy can be a powerful tool for ongoing stress management. Practice inhaling a calming blend like Balancing Serenity (Neroli, Lavender, Benzoin) during moments of stress to help ground yourself and maintain inner peace.

Conclusion

Your journey back to normalcy after a hospital stay is an important one. By incorporating these aromatherapy practices into your daily life, you can support your emotional and physical recovery, bringing a sense of calm, comfort, and renewal as you move forward. Always remember to consult with healthcare professionals when introducing essential oils, especially around children or when dealing with ongoing medical treatments.

As an aromatherapist and a parent, I understand how challenging and overwhelming this time can be. I'm quite practical when it comes to aromatherapy, but I'm deeply passionate about its benefits. I truly hope this guide has been helpful, offering you a bit of comfort and support when you need it most. Take care.





..... NIKKI B AROMA TRACKER

Before we begin please ensure you have read the safety precaution page and how to weave in aromatherapy within your environment.

This is your printable Aroma Tracker to record your blends.

There is space for you to write your thoughts and feelings to keep a track of how the blends work for you. Please feel free to print as many copies as you like for your own inspirational ideas.

I hope you enjoy your blends for help to support emotional well-being..

Happy Blending

Nikki x



1	THOUGHTS & FEELINGS:	🕒 DATE: 
2	THOUGHTS & FEELINGS	🕒 DATE: 
3	THOUGHTS & FEELINGS :	🕒 DATE: 
4	THOUGHTS & FEELINGS:	🕒 DATE: 
5	:THOUGHTS & FEELINGS	🕒 DATE: 
	How Does This Blend Make Me Feel?:	🕒 DATE:
	NOTES:	🕒 DATE:

IF YOU HAVE ENJOYED THIS PLEASE VISIT MY ONLINE EBOOK



Nikki B ultimate guide to blending has been created with a selection of some of my favourite essential oils. Throughout there is information, aromatherapy tips and some blends that I have created during my 17 years as an Aromatherapist. Detailed info on 9 oils, inspirational blends and there are printable journal pages that can be printed multiple times for you own ideas, thoughts and creations. A great addition if you are attending my workshops and need a space to write your own notes or to store your own favourite blends.

[READ MORE](#)

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USEFUL LINKS & RESOURCES

RESOURCES

These are some of my favourite
Aromatherapy books
The Fragrant Pharmacy – Valerie Ann
Worwood
The Complete Book of Essential Oils &
Aromatherapy – Valerie Ann Worwood
The Aromatherapy Bible – Gill Farrer-Halls

LINK



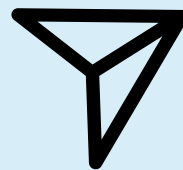
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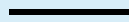
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THANK YOU



Thank you for your purchase I hope you have found it
enjoyable and create many inspirational blends.

Happy Blending

N I K K I B

A S M A L L N O T E

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With all products it is advisable to always do a patch test before use, keep away from children, seek advice when pregnant and when using on children/infants, do not take internally or use directly in the eye and store cool. Nikki B accepts no liability for misuse of essential oils or other products or for any reliance on the information provided by us.

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Happy Blending

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