

# Using Aromatherapy Inhalers to Stop Tobacco Use

## Aromatherapy

Aromatherapy uses essential oils to maintain and restore health. Aromatherapy encourages your body's natural ability to relax and heal, and supports the balance of mind, body and spirit.

Studies have shown that using aromatherapy helps reduce:

- pain
- anxiety
- nausea (upset stomach)
- insomnia (being unable to sleep).

Aromatherapy may also help you stop using tobacco.

The aromatherapy program at Allina Health was created by certified aromatherapy practitioners to offer another option to help support health and well-being.

## Benefits of Aromatherapy

It is natural to ask, "How could smelling something help me stop using tobacco?"

When you smell the aroma, the molecules of essential oil move from your nose to your brain. Your brain sends messages to your body to calm or energize you.

## How to Use an Aromatherapy Inhaler

You breathe in the essential oil with an inhaler. The inhaler is small so you can carry it with you. To use the inhaler:

- Remove the cap.
- Hold the inhaler about 4 inches under your nose.
- Move the inhaler back and forth a few times while you take in slow, deep breaths.
- Replace the cap right away.

You may use the inhaler as needed. The aromatherapy will stay fresh for up to 3 months if you keep the cap on when you are not using it.

People respond differently to the aroma. You can choose which one you like best.

## Safety of Aromatherapy

The essential oils Allina Health provides are pure. This means aromatherapy is safe to use for energizing or for calming.

Talk with a certified aromatherapist if you:

- are pregnant
- are younger than 12 years old
- have allergies
- have environmental sensitivities
- use other aromatherapy.

## Aromatherapy Inhaler Choices at Allina Health



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**Hold the inhaler about 4 inches under your nose. The inhaler is about the size of lip balm.**

- **Quit:** Black pepper (*Piper nigrum*) can help you stop using tobacco.
- **Quit with Energy:** A combination of black pepper (*Piper nigrum*) and lime (*Citrus x aurantifolia*) can help energize your body and mind.
- **Quit and Relax:** A blend of black pepper (*Piper nigrum*), lavender (*Lavandula angustifolia*) and cedarwood (*Juniperus virginiana*) can help calm your body and mind.

## Whom to Call With Questions

Talk with your health care provider if you have questions.