

Please arrive 15 minutes before your scheduled appointment to allow us time to gather information and fill out the needed paperwork.

Patients from all Children's sites and their families are welcome to use the resources of integrative medicine and cultural care. For hours or additional information, please call (612) 813-7888.

Integrative Medicine Program

Children's - Minneapolis

Medical Office Building (MOB), Suite 306
2545 Chicago Avenue South
Minneapolis, MN 55404

Children's - St. Paul

Garden View Medical Building, Suite 403
347 North Smith Avenue
St. Paul, MN 55102

(612) 813-7888

(612) 813-6797, for new patients

Visit us at

www.childrensintegrativemed.org

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Delivering Next Generation Care

Clinical Aromatherapy



INTEGRATIVE MEDICINE PROGRAM



Delivering Next Generation Care

Children's Hospitals and Clinics of Minnesota promotes the blending of traditional, cultural, and complementary therapies in medical practice and treatment. Many patients and their families have found clinical aromatherapy to be helpful.

What is clinical aromatherapy?

Clinical aromatherapy uses the properties of essential oils to help both the body and mind. There are more than 200 different types of essential oils that come from the flowers, leaves, roots, and bark of plants. They are used to help reduce stress, promote relaxation, and increase alertness, as well as manage pain, anxiety, and nausea.

Essential oils can be added to oil or lotion and applied to the skin, added to a bath, or diffused into the air.

What is the benefit of clinical aromatherapy?

Because there are many different oils, they can have a number of different uses, including:

- insomnia
- relaxation
- decreasing pain, such as headaches, muscles aches, and chronic pain
- nausea
- alerting the mind and reducing mental fatigue

What can you expect from an aromatherapy consultation?

Aromatherapy consultations last 45 to 60 minutes. Your child will be given a number of essential oils to smell to see which oils are most pleasing or seem to work best for the condition of concern.

Once an essential oil has been selected you will be given instruction on how to use it. You also will be given general information about aromatherapy, safety issues, and how to evaluate essential oils when buying them.

About the aromatherapy consultants

The aromatherapy consultants at Children's are all licensed health professionals in the Integrative Medicine Program. They include registered nurses, occupational therapists, and physicians. The aromatherapy consultants have received training through the University of Minnesota and Jane Buckle Associates and have extensive experience with pediatric care.

Visit our Web site

www.childrensintegrativemedicine.org
This Web site includes videos about specific treatments at Children's and lists resources that may be useful in learning about integrative medicine.

To make an appointment

If you are new to the Integrative Medicine Program, please call (612) 813-6797.

If you have already been seen in the clinic or would like more information, please call (612) 813-7888 to schedule an appointment. The fax number is (612) 813-7199.