

Honor Your Patients with the Gift of Choice

Equip your operatory room with five or so trial size essential oils for your client to *choose* the oil that makes them feel most at ease. By Jennifer Ioppolo

Offer your patients a ten-second sniff test of several different essential oils or essential oil blends at the beginning of their visit to determine a scent that relaxes, calms, uplifts, or refreshes them. Chart their preference and use it at each visit. Customizing a scent to each patient's personality only takes a minute or two, and this *extra-special care* will definitely be remembered!

Applications for using your patient's favorite essential oil:

-Place 1 drop of the favorite essential oil on a tissue and have them sniff it when they feel anxious or tense.

-Place 3 - 6 drops of the favorite essential oil on an Aroma-Stone or an electric diffuser and diffuse into the atmosphere. Be sure to wipe the Aroma-Stone clean with a damp rag between visits.

-Place 3 - 6 drops of the favorite essential oil in a small glass or metal bowl of very hot water and diffuse into the atmosphere. Be sure to keep it in a safe place – avoiding spillage.

Some essential oils to consider keeping in your operatory room:

Chamomile, German or Roman – a bit pricy, calming, tranquil, and relaxing to the hyper-type person

Eucalyptus – not for young children, it is cooling, an emotional balancer, and stimulating for those in need of energy

Geranium – balancing, comforting, and tranquil

Grapefruit – familiar, positive, cheering, and boosting

Lavender – appeasing, calming, balancing, and gentle

Lemon – refreshing, purifying, cheering, and clean

Lemongrass – soothing, relaxing, and spa-like

Mandarin – gentle, uplifting, revitalizing, soothing, and tranquil

Ylang Ylang – a bit pricey, euphoric, appeasing, calming, and soothing

Remember that not everyone finds aroma to be pleasing or relaxing. Some patients will absolutely love this extra-special care and some won't find it pleasing – they may have sensitivities to essential oils. Enjoy the outcome of those who feel invigorated after their visit with you! You will be sure to see them back again and again for their subtle pampering.

