



Accurate Clinic

2401 Veterans Memorial Blvd. Suite16
Kenner, LA 70062 - 4799
Phone: 504.472.6130 Fax: 504.472.6128

www.AccurateClinic.com

Accurate Education

Aromatherapy

Aromatherapy includes the use of essential oils (EOs) whether inhaled as vapors, applied to the skin, or ingested orally. Essential oils have been shown to help with various psychological and physiological symptoms, including chronic pain, anxiety, depression, fatigue, sleep disorders, headaches, and nausea. Their therapeutic benefits are derived from their aromatic constituents including terpenes, that are found in many plants and flowers, including marijuana.

The essential oils listed here have a history of safety, effectiveness and general acceptance in the aromatherapy medical community and are organized for use for pain, anxiety, and migraine headaches. For the most affordable and accessible use of EOs, it is suggested they be used in home room diffusers that are inexpensive and readily available.

The therapeutic benefits of the EOs listed here are largely dependent on their different terpenes including those best for pain (geraniol, linalool, beta-caryophyllene [BCP]), anxiety (linalool, limonene, BCP), and migraine/headache (linalool, pinene, BCP). When using EOs, do not be afraid to create your own blends.

For those who elect to use cannabis products, it should be noted that the strains of flower best known for specific therapeutic benefits correlate with the same terpene profiles so an additive benefit can be gained with the use of EOs in a room diffuser while inhaling cannabis products. This may serve to reduce the amount of cannabis product necessary to obtain the benefits desired.

The essential oils used in aromatherapy that are considered most effective for the following conditions—including both inhaled and topical applications—include:

Chronic Pain

1. **Lavender** (*Lavandula angustifolia*)
2. **Bergamot** (*Citrus bergamia*)
3. **Ginger** (*Zingiber officinale*)
4. **Rose** (*Rosa damascena*)



Aromatherapy

Anxiety

1. **Bitter Orange** (*Citrus aurantium L.*)
2. **Jasmine** (*Jasminum sambac*)
3. **Damask rose** (*Rosa damascena*)
4. **Lavender** (*Lavandula angustifolia Mill.*)
5. **Lemon** (*Citrus limon(L*)
6. **Roman Chamomile** (*Chamaemelum nobile L.*)
7. **Bergamot** (*Citrus bergamia Risso et Poiteau*)
8. **Lemon Balm** (*Melissa officinalis L.*)



Essential Oil Brands

Migraine Headaches

1. **Lavender** (*Lavandula angustifolia*)
2. **Peppermint** (*Citrus bergamia*)
3. **Rosemary** (*Rosmarinus officinalis*)



AccurateClinic.com

Essential Oils at Accurate Clinic

1. **Lavender** (*Lavandula angustifolia*) \$7.99 **
 - *Therapeutics:* Anxiety, Pain, Migraine
 - *Major terpenes:* linalool and linalyl acetate.
2. **Bergamot** (*Citrus bergamia*) \$11.99 **
 - *Therapeutics:* Anxiety, Pain
 - *Major terpenes:* limonene, linalyl acetate, and linalool
3. **Ginger** (*Zingiber officinale*) \$12.99
 - *Therapeutics:* Pain
 - *Major terpenes:* α -Zingiberene, β -Sesquiphellandrene, Ar-Curcumene
4. **Rose** (*Rosa damascena*). (*special order only*)
 - *Therapeutics:* Anxiety, Pain
 - *Major terpenes:* citronellol, geraniol, nerol, and linalool
5. **Copaiba Oil** (*Copaifera*) \$10.99
 - *Therapeutics:* Pain
 - *Major terpenes:* β beta-caryophyllene (BCP), α alpha-humulene, and α alpha-copaene
6. **Clove Oil** (*Syzygium aromaticum*) \$10.99
 - *Therapeutics:* Pain
 - *Major terpenes:* β beta-caryophyllene (BCP)
7. **Ylang-Ylang Oil** (*Cananga odorata*)
 - *Therapeutics:* Anxiety, Pain
 - *Major terpenes:* linalool, β beta-caryophyllene, and germacrene D.
8. **Black Pepper Oil** (*Piper nigrum*) \$12.99
 - *Therapeutics:* Pain
 - *Major terpenes:* β beta-caryophyllene (BCP)
9. **Rosemary Oil** (*Rosmarinus officinalis*)
 - *Therapeutics:* Pain, Migraine
 - *Major terpenes:* 1,8-cineole, alpha-pinene, and camphor.
10. **Peppermint** (*Citrus bergamia*) \$8.99
 - *Therapeutics:* Migraine
 - *Major terpenes:* menthol, menthone, isomenthone, and 1,8-cineole
11. **Sweet Orange** (*Citrus bergamia*) \$8.99**
 - *Therapeutics:* Anxiety
 - *Major terpenes:* limonene
12. **Roman Chamomile** (*Chamaemelum nobile* L.) \$23.99 (*special order only*)
 - *Therapeutics:* Anxiety
 - *Major esters,* particularly isobutyl angelate and isoamyl angelate
13. **Lemon Balm** (*Melissa officinalis*) \$28.99 (*special order only*)
 - *Therapeutics:* Anxiety
 - *Major terpenes:* citral, citronellal, and caryophyllene