

Mama + Mimi's

CAREGIVER'S GUIDE

ESSENTIAL OILS FOR SENIORS



Lavender (Calming)

Promotes Restful Sleep
Soothes Aches and Irritated Skin

Orange (Energizing)

Supports Emotional Well-Being
Regularizes Digestion
Encourages Appetite

Peppermint (Cooling)

Soothes Upset Stomach
Opens Airways
Cools and Soothes

Frankincense (Supportive)

Calms Nerves
Immune Support
Joint Support
Promotes Cellular Health

ROLLER RECIPES

Method: Add listed essential oils to a 10ml roller bottle then fill bottle with carrier oil like fractionated coconut oil or olive oil. Apply directly to area of concern or to the bottoms of feet.

Tummy Tamer

2 drops peppermint - apply around belly button

Breathe Easy

1 drop cypress, 1 drop eucalyptus,
1 drop lavender - apply
to chest and under nose

Skin Soother

5 drops helichrysum, 5 five drops
lavender, 3 drops ylang ylang - apply
gently to bruised or irritated skin

Are you seeking a natural approach to help with the challenges that are facing your aging Loved One? We're here to encourage you and provide some helpful information on how you can utilize essential oils to support the emotional and physical well-being of those in your care. There are some tips here to help care for yourself, as well!

WAYS TO USE ESSENTIAL OILS FOR SENIORS

Aromatically (for emotional and respiratory support)

For group living situations, try adding 1 to 2 drops of oil to a cotton ball and then tuck into a pocket or pillowcase. This can help keep the aroma confined to limited area.

Topically (for areas of discomfort or irritation)

Combine 1 to 2 of essential oil with 2 teaspoons of carrier oil. Apply to affected area or to bottoms of the feet. Apply more carrier oil as needed.

Dietary (for digestive issues and immune support)

Add 1 drop per 8 oz of water and observe reactions carefully. Take care to offer only oils marked as safe for ingestion.

Massage (for supporting skin, joints and muscles)

Combine 6 drops essential oil with 1/4 cup carrier oil and apply using gentle strokes. The physical contact of massage can also promote bonding between patient and caregiver.

Diffusion (for freshening stale spaces, purifying the air, or providing emotional and respiratory support for extended periods of time)

Add oils to a diffuser. Start with only running the diffuser 30 minutes at a time. This is excellent for calming oils such as lavender.

Foot Bath

Combine two cups epsom salts with 5
drops essential oils. Add
to regular bath or foot bath.

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Some of our Favorite Ways to use Essential Oils



- ♥ For better sleep, lavender and cedarwood are helpful. Diffuse or apply to feet at bedtime.
- ♥ To feel more energized, use orange and peppermint in a diffuser.
- ♥ To freshen spaces, orange, lemon, peppermint, bergamot, or lavender diffused provide an uplifting aroma.
- ♥ Melaleuca or lemon are known for immune support, or utilize an immune support blend. Diffuse as a way to keep the air clean, or apply to feet nightly.
- ♥ For soothing aches, peppermint or a muscle blend can be diffused or applied to the chest.
- ♥ Have a nice relaxing bath with a few drops of lavender added to the bath water.
- ♥ Foot massages feel better with peppermint and lavender. Massage a few drops onto feet with lotion as a way to cool, relax, and support joint comfort.

SAFETY NOTES

Diluting essential oils means combining essential oils and a carrier oil, such as coconut or olive oil. This is important to help slow absorption and reduce skin sensitivity.

Start with 1 to 2 drops of essential oil in a teaspoon of carrier oil. If the oil feels too hot or too cool, apply more carrier oil to the skin.

SELF-CARE FOR CAREGIVERS

As you provide care and support for the senior in your life, you may find yourself feeling depleted emotional and physically. Your well-being is important, too!

Here are some ways to add essential oils into your own self-care routine:

*Perk up your mood by inhaling peppermint, or inhale orange to help combat stress.

*Calm digestive discomfort with a few drops of ginger, or take some time to relax while massaging bergamot on your wrists and temples.

*Unwind with a foot bath with relaxing oils added and then use lavender and cedarwood for a restorative night's sleep.