

# Aromatherapy in the Infusion Center



At Northwestern Medicine, we are committed to keeping you comfortable during treatment. One way we do this is by offering aromatherapy during infusion.

Aromatherapy is the use of essential oils to help promote wellness.

---

Aromatherapy can:

---

Provide comfort	Alleviate stress and anxiety
Relieve pain	Improve coping
Promote relaxation	Reduce nausea
Increase sense of well-being	

---

During infusion, aromatherapy is administered by an infusion nurse through direct inhalation. Two essential oils are offered: lavender and peppermint.

Notify a member of your care team if you'd like to use aromatherapy during treatment.