

*Every Moment Matters...*

## Our Mission

The mission of Galway Hospice governed service, as partners with the Health Service Executive, is to support patients from counties Galway, Mayo and Roscommon with advanced diseases needing palliative care to attain the best quality of life possible.

## Our Vision

Galway Hospice governed service will be an integral part of the community providing specialist palliative care by offering the right care with dignity and compassion to patients and families living with life-limiting illness when needed.



📍 Galway Hospice,  
Dublin Road,  
Renmore,  
Galway.  
H91 R2T0

☎ 091 770868

✉ info@galwayhospice.ie

🌐 www.galwayhospice.ie

📍 Mayo Hospice,  
Knockaphunta,  
Castlebar,  
Mayo.  
F23 YY40

☎ 094 9005100

✉ mayo@galwayhospice.ie

🌐 www.galwayhospice.ie

CHY 8837  
RCN 20022150  
COMPANY NUMBER 136115

*Every Moment Matters...*



# AROMATHERAPY

Information leaflet for patients and visitors



Galway Hospice



galwayhospice



Galway Hospice



Galway Hospice



---

## What is aromatherapy?

Aromatherapy is the use of essential oils, through massage, inhalation or hydrotherapy (bathing).

Aromatherapy creates a general sense of well-being and contributes to physical, emotional & spiritual healing.

---

## What are essential oils?

Essential oils are liquids taken from the leaves, flowers, bark, roots or other parts of the plant. They are the heart of aromatherapy.

---

## Benefits of aromatherapy

Relieves stress, anxiety, grief or depression  
Relaxes muscles  
Improves sleep  
Decreases congestion  
Hydrates skin

---

---

## What happens when you have an aromatherapy treatment?

The Aromatherapist and the patient will discuss the patient's needs and together will plan a treatment.

Your privacy and dignity are respected at all times.

Aromatherapy can involve massage to the body i.e. feet, hands, face, back etc.

Aromatherapy can also include inhalations and blends or creams to use at home.

---

## Referral to the service

Referral to Aromatherapy can be a verbal referral from any healthcare worker, from the patient's carer, or from the patients themselves.

---

## Therapists

At Galway Hospice governed service, all Aromatherapists are qualified to a nationally recognised standard (ITEC or similar).

Therapists are also active members of a professional regulatory organisation and adhere to the code of conduct and practice of the regulatory body.

---

