

# Aethereo®Sticks are a simple, portable, economical and effective way to enjoy the aromatherapeutic benefits of essential oils - wherever you are.

Long-lasting and safe for all ages, AethereoSticks are enjoyed by people at home, at work or school, and while traveling. AethereoSticks are widely used in hospitals for adjunctive symptom management and general well-being. Providing single-person exposure, they offer the ultimate in personal, private diffusion.



## What is in an AethereoStick?

AethereoSticks are available in a wide range of undiluted essential oils and scientifically formulated essential oil blends. These precious plant materials can help with symptom relief and help to create a healing environment, which supports our natural abilities to balance, restore, and maintain overall wellness.

## How do you use an AethereoStick?

Unscrew the outer cap. Hold the AethereoStick a few inches from your nose and take three or four slow, deep breaths. Enjoy. Repeat as desired.



## How long will an AethereoStick last?

AethereoSticks are given a nominal one year expiry date when sealed and unopened. When AethereoSticks are unsealed, opened, and in use, trials indicate that a product life of about three months can be expected, depending upon frequency of use. Due to variations in aroma intensity, some will be effective for much longer than three months, and some for less. The variables to which the product may be exposed after opening will influence the length of time the essential oil in the AethereoStick remains available.



## Built-in clip for optional hands-free use

At the request of our health care customers, we have redesigned the inner cylinder to incorporate a patent-pending built-in clip for hands-free use in hospitals. Simply remove the outer cap and slide the clip onto clothing or gown. Perfect for when the user is unable to hold the AethereoStick – including peri-op, sedation, infusion, memory care, hospice and palliative care. Or use it in hand, removing the outer cap and holding the inner cylinder a few inches from your nose.

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**Clinical aromatherapy is the expert, measured use of essential oils for symptom relief. Skillfully managed, these precious plant materials help to create a healing environment, which supports our natural abilities to balance, restore, and maintain overall wellness.**

An adjunctive modality is a treatment used along with traditional medical interventions to assist with symptom management, provide individual compassionate care, encourage closer connections with patients, and enhance the overall patient experience to create a true healing environment.

Pain assessment and management standards suggest that hospitals include at least one non-pharmacological pain treatment modality. Hospitals looking for alternatives are finding essential oil therapy to be an economical option for symptom management, increased patient comfort, and enhanced well-being.

Olfaction is a neurochemical reaction. Receptors in the brain respond to the natural plant chemicals in the essential oil which can have useful physiological, neurological, and psychological effects.

Inhalation is the fastest, simplest, and safest method for essential oil delivery. Many essential oils have crossover symptom management capabilities, or multi-symptom management properties. These precious natural plant materials can quickly help to calm our minds, lift mood, enhance relaxation and sleep, and reduce discomfort.

### **New individual packaging for hospitals**

Hospitals have been purchasing AethereoSticks shrink wrapped individually and packaged in bulk. We now offer vastly improved health care packaging. In tamper-evident, recloseable zip top bags, the shrink wrap can be eliminated. A further savings of nurse time is provided by the printed insert which gives patient information about clinical aromatherapy in general, and about the particular essential oil or blend in each AethereoStick. This upgraded packaging has instructions for use, both hand-held and hands-free using the clip, as well as space on back for the patient label or name. This reuseable, recyclable bag gives the patient a place to keep the AethereoStick when not in use, eliminating the possibility of it rolling off the hospital bed tabletop.

### **Advantages over cotton balls or patches**

Capped until used, the essential oil is inhaled from within a few inches, so very little aroma is lost to the atmosphere. Therefore, AethereoSticks benefit only the user, and do not affect others in the room. Both user and caregiver appreciate how empowering it is to have control over when, for how long, and how frequently AethereoSticks are used. It is a personal decision when the user desires to inhale the aroma. By contrast, the effect from a cotton ball or a patch is in play as long as it is active. With AethereoSticks, one can easily alternate or switch among them for different needs. Even when in active use, AethereoSticks offer single person exposure, benefiting only the user. The economic benefit is the difference between effectiveness for a few hours with a cotton ball or patch, versus weeks to months for an AethereoStick.



### **How are they made?**

Prior to assembly, the individual components of each AethereoStick are subjected to a rigorous cleaning and drying cycle to insure hospital grade cleanliness. Pure cotton wicks are used rather than the commonly used synthetic fiber. The wick is then impregnated with a measured quantity of undiluted essential oil, which is entirely absorbed by the cotton and securely held within the inner cylinder. Designed to be tamper-proof, the AethereoStick is finally assembled, and imprinted with a traceable batch code, product stock number, and date of manufacture.

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