

**FOR IMMEDIATE RELEASE**

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**SAN DIEGO HOSPICE**  
*and The Institute for Palliative Medicine*

## **Ancient Healing Art Part of Innovative Care at San Diego Hospice**

**(SAN DIEGO)** – At San Diego Hospice and The Institute for Palliative Medicine, aromatherapy is used as part of an interdisciplinary approach to improve quality of life for individuals with a life-limiting illness.

The use of essential oils in healing has been an ancient practice used for thousands of years. Within the last 30 years, there has been a growth in popularity and respect for the healing properties of aromatherapy.

Rodney Schwan, an aromatherapy practitioner with 20 years of experience, and a San Diego Hospice volunteer works as a consultant with the organization, overseeing the aromatherapy program in which treatments are customized according to a patient's needs with the focus of improving their quality of life.

“Aromatherapy is not perfume. It's a safe, therapeutic intervention and all remedies are approved by the patient's physician,” states Schwan. “Aromatherapy helps to comfort the patient and the family, and can effectively reduce the fear and tension related to pain.”

San Diego Hospice's onsite pharmacy dispenses more than 4,000 remedies a year for its patients. “There are six blends that are customized in a variety of ways for our patients' particular needs. For example, we commonly use lavender and rose for anxiety and frankincense blend to reduce grief and fears,” said Schwan.

Charles Lewis, M.D., Assistant Vice President of Medical Affairs at San Diego Hospice oversees the organization's Integrative Palliative Care Program and states that aromatherapy fits beautifully into the approach to patient care at San Diego Hospice. “We work to ensure a holistic approach to the treatment of our patients that is physical, emotional, and spiritual. Aromatherapy expands the tools we have available to help achieve this often complex and challenging goal,” said Dr. Lewis.

### **About San Diego Hospice and The Institute for Palliative Medicine**

San Diego Hospice and The Institute for Palliative Medicine, a leader in the relief of suffering, combines one of the 10 largest community-owned, not-for-profit hospices in the country. The organization focuses on relieving suffering to restore dignity and comforting people living with a life-limiting disease; teaching other medical professionals how to make a difference; helping research palliative practices and medicines; and providing compassionate care in the great hospice tradition. Learn more online at [www.sdhospice.org](http://www.sdhospice.org) or call toll-free at 1-866-688-1600.

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