



# Histoire d'Aroma

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## AT THE LE CORBUSIER HOSPITAL IN FIRMINY, AROMATHERAPY HELPS PATIENTS IN INTENSIVE CARE

Dr Blandine Papi is an intensive care doctor at Le Corbusier Hospital in Firminy (France). After obtaining two university diplomas in phytotherapy and scientific aromatherapy, she began incorporating essential oils as a complementary therapy within her department in 2020. The protocols are being evaluated to demonstrate the benefits of aromatherapy for her patients. She was awarded the 2024 René-Maurice Gattefossé French Prize for her remarkable work and her commitment to improving the quality of life of her patients with multiple conditions, who require heavy, invasive and anxiety-inducing treatments.

On the fourth floor of Le Corbusier Hospital, the intensive care unit cares for patients whose condition requires close observation and specialized medical treatment. Since the introduction of aromatherapy, around 40% of patients in this unit have benefited from it.

Within the unit, Dr Papi has trained the entire team and developed numerous protocols ensuring the safe and appropriate use of essential oils in patients. The synergistic effects are utilised through topical application (massage, effleurage) and via inhalation or diffusion (for personal care and air purification).

Her essential oil set includes 25 essential oils used for:

- Digestive problems: constipation, nausea and vomiting (fine lavender, ginger, lemon, peppermint),
- Skin conditions (personalised protocol),
- Joint and muscle conditions (fine lavender, lemon eucalyptus, ravintsara, cypress, bay laurel),
- Light bleeding (rockrose, helichrysum, rose geranium),
- Anxiety and sleep disorders (fine lavender, mandarin, Roman chamomile, ylang-ylang, frankincense),
- Oral care (tea tree, lemon),
- Coughs (specific massage).



*"A significant number of our patients suffer from oral infections, ulcers and mouth sores and require oral care. With our aromatherapy protocol, 85% of them experience a sensory improvement (reduced pain and a feeling of freshness). The staff has observed a clinical improvement in 93% of patients. We now very rarely resort to conventional oral care."*

Dr Blandine Papi's work was published in La Revue de l'Infirmière, issue 317, in January 2026. The article, entitled "Feedback: Aromatherapy as a Complement to the Therapeutic Arsenal in Critical Care", outlines the various protocols implemented in her department and the evaluations of these protocols.

These evaluations have shown that aromatherapy can help manage symptoms such as nausea, bleeding, joint pain, skin or oral fungal infections, and anxiety disorders.

The integration of aromatherapy into intensive care provides a valuable complement to conventional medical treatments, helping to optimise patient care whilst restoring a sense of purpose to the work of healthcare professionals.

Patients at the Hospital Centre share their experiences:

*'I've had two treatments for fungal infections, one in the mouth and one in the groin: they've been very effective. What's more, they smell great!'*

*'The cough medicine was so effective that I now ask for it whenever I need it'*



Watch the video