



## Ascents® Personal Inhaler Packets

Ascents® personal inhaler packets are convenient, mess-free and discreet. They are especially loved by nurses and other medical professionals whose responsibilities include frequent contact with patients, in particular, those who provide comfort measures pre- or post-procedure. They are easily administered either by clinicians or by patients themselves as deemed appropriate.

Ascents® Packets diffuse our proprietary oil blends via a unique personal delivery system that was designed upon the principles of fluid dynamics. Utilizing special outer packaging to protect the oils from degradation, and a surgical foam inside to hold the oils, when squeezed, the dimensions of the inner pouch permit the release of precisely-metered doses of therapeutic scent. Ascents® Inhalers continue to dispense effective doses for hundreds of uses per unit and maintain this efficacy for up to 30 days after opening.

**Available formulas: Sleep, Focus, Energize, Calm, Curb & Nausea Relief** (Research over)

**MSRP: \$5.95/ea**



## Ascents® Gels

Our evidence-based clinical essential oil formulas are encapsulated via our patent-pending all-natural polymerization process.

Ascents® Gels are the first-ever solid essential oil gels that perform like a liquid, with none of the drawbacks of bottled oils.

No water, no spills, so bacterial buildup, guaranteed to effectively cover at least 600 sq ft in the Ascents® diffuser system. Lasts at least 30 days with continuous operation in the strongest mode setting. Easily inserted and removed as needed.

**Available formulas: Sleep, Focus, Energize, Calm & Fresh** (Research over)

**MSRP: \$34.95/ea**



## Ascents® Starter System

The Ascents® diffuser system was developed to deliver clinical-grade aromatherapy in healthcare environments.

Each Starter System includes one Ascents® Gel, formulated to provide at least 30 days of aromatherapeutic benefits even at the highest level of diffuser output. Covers areas up to 600 sq ft. Whisper-quiet fan allows for silent operation throughout the day and night. A variety of interval settings and timing permit experience optimization.

**Available formulas: Sleep, Focus, Energize, Calm & Fresh** (Research over)

**MSRP: \$149.00/set; Unit Size: 8.25" W x 8.25" D x 8" H / 2.75 lbs**

## Associated Research

### **Sleep No. 91:**

*An olfactory stimulus modifies nighttime sleep in young men and women.*

[Chronobiol Int.](#) 2005;22(5):8890904.

Lavender serves as a mild sedative and has practical applications as a novel, nonphotic method for promoting deep sleep in young men and women and for producing gender-dependent sleep effects.

*A single-blinded, randomized pilot study evaluating the aroma *Lavandula augustifolia* as a treatment for mild insomnia.*

*J Altern Complement Med.* 2005 Aug;11(4):631-7.

CONCLUSION: The methodology for this pilot study appeared to be appropriate. Outcomes favor lavender, and a larger trial is required to draw definitive conclusions.

### **Calm No. 34:**

*Effects of aromatherapy on sleep quality and anxiety of patients.*

*Nurs Crit Care.* 2015 Jul 27 . doi: 10.1111/nicc.12198.

CONCLUSION: Lavender essential oil increased quality of sleep and reduced level of anxiety in patients with coronary artery disease.

*Ambient odor of orange in a dental office reduces anxiety and improves mood in female patients.*

*Physiol Behav.* 2000 Oct 1-15;71(1-2):83-6.

CONCLUSION: Our data support the previous notion of sedative properties of the natural essential oil of orange (*Citrus sinensis*).

### **Focus No. 04:**

*Modulation of cognitive performance and mood by aromas of peppermint and ylang-ylang.*

*Int J Neurosci.* 2008 Jan;118(1):59-77.

Peppermint was found to enhance memory. These results provide support that the aromas of essential oils can produce significant effects on both subjective and objective assessments of aspects of human behavior.

### **Curb No. 23:**

*Effects of Peppermint Scent on Appetite Control and Caloric Intake.*

*Appetite* 51(2):393-393 • September 2008

The primary implication of these results is that peppermint scent can be used as an effective adjunct to decrease appetite, decrease hunger cravings, and consume fewer calories, which may lead to weight reduction and greater overall health.

### **Energize No. 17:**

*Menthol enhances phasic and tonic GABAA receptor-mediated currents in midbrain periaqueductal grey neurons.*

*Journal of Pharmacology* DOI:10.1111/bph.12602 [www.brijpharmacol.org](http://www.brijpharmacol.org)

These results suggest that menthol positively modulates both synaptic and extrasynaptic populations of GABAA receptors in native PAG neurons.

### **Nausea Relief No. 44**

*Efficacy of ginger for nausea and vomiting: a systematic review of randomized clinical trials.*

*BR J Anaesth.* 2000 Mar;84(3):367-71.

Three on postoperative nausea and vomiting were identified and two of these suggested that ginger was superior to placebo and equally effective as metoclopramide. These studies collectively favoured ginger over placebo.