

Essential oils

Type	Safety	Efficacy	Recommended?
			
Alternative therapy	Some potential for harm	No evidence that they are effective	No

In detail:

Claims for treatment	Reduces tinnitus symptoms - different oils have different claims for the mechanism by how this is achieved ¹ .
What is the treatment?	Essential oils are mixed with a carrier oil and applied to the skin, or added to water, warmed and inhaled.
What are the downsides of this treatment?	Cost. Skin or membrane irritation, photosensitivity & other allergic reactions ² . Toxicity.
Has there been research into this treatment?	There have been no papers published on essential oils as a treatment for tinnitus ^{1 3} .

Tinnitus UK try very hard to make sure our information is right, but this information should not be taken as medical advice. You should always check with your doctor before trying any tinnitus treatment.

What does the research say?	<p>There is limited evidence to support the use of certain essential oils as an aid to sleep^{4 5 6 7} or to reduce anxiety^{4 7}.</p> <p>There is no evidence to support the use of essential oils as a treatment for tinnitus.</p>
How high quality is the research?*	B
Tinnitus UK's opinion on this treatment:	Some essential oils may be considered as a way to improve relaxation but current tinnitus management guidelines do not make any recommendation about relaxation strategies to help manage tinnitus ^{8 9 10} .
Would Tinnitus UK support further studies into this treatment?	Yes, if a high quality, large scale study.
Comments	More randomised, placebo-controlled, double-blind studies with large sample sizes are needed to confirm the effectiveness of essential oils for tinnitus patients. Uniform, validated, tinnitus-specific questionnaires and measurement scales should be used in future studies.

* A = Systematic review/meta analysis. B = Randomised control studies. C = Cohort studies. D = Case control studies. E = case studies/reports. +/- to be used to indicate quality within bands

For further information

The Tinnitus UK Tinnitus Support Team can answer your questions on any tinnitus related topics:

Telephone **0800 018 0527**
 Web chat **tinnitus.org.uk**
 Email **helpline@tinnitus.org.uk**
 Text/SMS **07537 416841**

We also offer a free tinnitus e-learning programme, Take on Tinnitus at **takeontinnitus.co.uk**

References

All online references accessed 2 November 2022 unless noted.

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Feedback

We welcome feedback on all our information.

You can pass your comments to our Communications Team by calling us on **0114 250 9933**, emailing communications@tinnitus.org.uk or by writing to us at the address below.

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Tinnitus UK

Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield S8 0TB
Email helpline@tinnitus.org.uk
Helpline **0800 018 0527**
Text/SMS **07537 416841**
Website tinnitus.org.uk

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