

GET STARTED WITH...

Aromatherapy & Essential Oils



Florence Daniel

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Aromatherapy & Essential Oils

by S. Winters

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The information contained in this book is intended to be informative and is not intended to be prescriptive in any way.

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WHAT IS AROMATHERAPY?

Aromatherapy is the use of essential oils to maintain and strive for the health of the body, mind and spirit. It gently stimulates the body's natural powers to heal itself. As these forces are awakened the body is encouraged to return from a state of 'disease' to a state of balance or health.

Aromatherapy differs from orthodox/conventional/allopathic medicine in that the WHOLE person is treated rather than a disease. Aromatherapy approaches the treatment of disease in a different way to conventional medicine.

Imagine that you are suffering from headaches and you visit your GP. You would expect your doctor to identify your condition and then based upon this diagnosis to recommend treatment such as painkillers to get rid of your symptoms. Thus a doctor looks for ways of counteracting the symptoms of disease.

Now imagine that you visit an aromatherapist suffering from headaches. He/she would look at you as a WHOLE person and would try to determine the cause(s) of your headaches.

- Are they stress related?
- Are they Hormone related?
- Are they due to a misalignment of the neck?
- Are they due to dietary concerns?
- Are they due to eyestrain?
- Are the sinuses involved?

Therefore two people who go to see an aromatherapist with headaches would be probably be prescribed totally different remedies.

For example a patient suffering with headaches due to hormone problems may be prescribed the essential oils cypress, rose and chamomile.

On the other hand a patient with headaches due to sinus congestion may need essential oils of basil, cajeput and rosemary.

A very stressed up patient may require essential oils of neroli, lavender and clary sage.

Therefore a health problem would require quite different remedies according to the individual being treated. This is NOT to say, however, that aromatherapy should be considered as an alternative to orthodox medicine. It is a *complementary* therapy, which works extremely well alongside conventional medicine. Indeed aromatherapy is used in many hospitals nowadays in all areas of care including maternity, rheumatology, intensive care, the elderly, psychiatric, coronary, pain clinics, hospices, HIV/Aids and pediatrics. Over the years many medical personnel incorporate complementary therapies into their work.

Essential oils when they are used correctly in the appropriate dilutions are extremely safe and without side effects. They are gentle and natural. On the other hand conventional drugs are often very powerful and they can have side effects. For instance anti-inflammatory drugs can have an adverse effect on the stomach, painkillers may lead to constipation and antibiotics can cause thrush.

Aromatherapy has a whole host of benefits. It can be used very successfully in the home to relieve or eliminate many common illnesses such as muscular aches and pain, headaches, sore throats, coughs and colds, digestive upsets, Premenstrual Tension, and so on. However, I must emphasize the necessity to consult your doctor if problems are persistent or serious. You should NEVER try to diagnose -- this is the prerogative of the doctor.

Aromatherapy can prevent disease by raising our levels of resistance and our immunity to disease. Once essential oils become part of your life you will find that you are far less susceptible to minor problems such as coughs and colds. If problems do occur then they can be nipped in the bud so that serious health problems are not given the opportunity to develop. Regular use of essential oils stimulates the body's own defense systems.

Aromatherapy is one of the most effective ways of counteracting the effects of stress. It is widely accepted that many ailments can be attributed to stress. Emotional upsets will often precede an episode of irritable bowel syndrome, induce a headache, create or worsen a skin disorder such as eczema or result in another stress related disorder. Essential oils are capable of inducing a deep state of relaxation and tranquility so that such problems need never occur.

There has been a tremendous surge in interest in complementary medicine particularly over the last ten years or so. Research indicates that most people have tried some form of complementary medicine and are very satisfied with the results. Many chemists and health food shops now stock a wide range of complementary medicines. Most people have a natural remedy such as tea tree oil or lavender oil in their bathroom cabinet.

A BRIEF HISTORY of AROMATHERAPY

In this chapter we'll explore how the healing powers of aromatic oils have been harnessed for thousands of years.

Lascaux 18000 BC

There are paintings in the caves of Lascaux in the Dordogne region of France, which indicate the medicinal use of plants as far back as 18000 BC.

Early man relied very much on his instincts to keep him alive. His sense of smell was highly acute and a whole range of plants and aromatics were used to heal ailments as well as to aid digestion and preserve food.

Egypt 4500 BC

There is much evidence that the Egyptians employed aromatics for a multitude of purposes.

The PAPYRUS OF EBERS (1550 BC), which is one of the few surviving medical texts, reveals the widespread and frequent use of aromatics. From the papyrus it is evident that they were used internally and externally for all sorts of conditions - respiratory problems, gynecological disorders, skin diseases and mouth and gum problems to mention just a few.

The Egyptian perfumers formulated the famous 'Kyphi', which was used not only as a perfume but also as an incense and medicine. It was burnt during meditations as it was thought to heighten and increase spiritual awareness.

Perfumery was closely connected with religion. The statues of gods and goddesses were anointed with scented oils. Frankincense was burnt at sunrise as an offering to the sun god, Ra, and myrrh was dedicated to the moon.

The Egyptians were experts at embalming and they went to tremendous lengths to preserve the flesh with their special formulations of aromatics. Mummies have been discovered in a remarkable state of preservation. In 1922 when the tomb of Tutankhamen (1361 - 1392 BC) was discovered, alabaster vases were found which were still fragrant with aromatics.

India 3000 BC

The traditional form of Indian medicine is known as '*Ayurveda*' and it uses massage, pressure points and essential oils to heal the body and to promote health and vitality. Sandalwood was particularly important.

China 3000 BC

The Emperor Shen Nung's herbal book is the oldest surviving medical text in China and dates back to 2,700 BC. It contains information on over 300 plants. "*The Yellow Emperors Classic of Internal Medicine*" written by Emperor Huang Ti, which forms the basis of acupuncture, refers to aromatic medicine and massage.

Greece 400-500 BC

Hippocrates (460 -- 370 BC), the 'father of medicine', advocated the use of daily aromatic baths and medicine. He described the effects of 300 plants. Other famous Greeks, who advocated the use of massage, perfumes and aromatic preparations for medicinal purposes include Asclepiads, Theophrastus and Megallus.

Rome 50 AD

The Romans took much of their knowledge from the Egyptians and Greeks and refined it. They are famous for their practice and enjoyment of massage and bathing with aromatic oils. Public bathhouses were set up in many towns. Dioscorides wrote '*De Materia Medica*' in the first century AD, which contains a wealth of information about the 500 plants he describes. He advocates '*Susinon*' for treating fluid retention, '*Amarakinon*' for hemorrhoids and menstrual problems and '*Nardinon muron*' for colds and coughs.

Arabia 900 AD

The physician and scholar Avicenna (AD 980 -- 1037) wrote many books concerned with the healing properties of plants. His most renowned text is the '*Canon of Medicine*'. He is credited with refining the process of distillation by his improvements to the cooling system which made the process much more efficient. Rose water became extremely popular and it was employed for both culinary and medicinal purposes. During the Crusades a great deal of knowledge was spread throughout Europe.

Middle Ages

Lavender and other herbs were used as protection to fight epidemics and infection. Frankincense and pine were burned in the streets during the Bubonic Plague in the fourteenth century. William Turner wrote one of our earliest books on herbal medicine.

Seventeenth Century

Many English herbalists came to the fore. In 1653 Nicolas Culpepper wrote his famous 'Complete Herbal'.

Eighteenth Century

In the 18th-century many herbalists and even some doctors were using essential oils. Apothecaries had their own stills.

Nineteenth Century

Scientists began to identify the chemical constituents of essential oils and unfortunately began to develop the oils synthetically. This led to the decline of natural medicines. The synthetic copies not only did not impart the same therapeutic value but they also often resulted in very unpleasant side effects.

Twentieth Century

Fortunately the French chemist René Maurice Gattefossé rediscovered essential oils. He coined the word 'aromatherapy' and published his book 'Aromathérapie' in 1937. After severely burning his hand one day in a laboratory experiment he plunged it into the nearest container of liquid, which was lavender oil. He was amazed when the pain was relieved and the burns rapidly healed with no trace of a scar. This led him to experiment with essential oils and he used them on the wounds of soldiers during the First World War.

The Frenchman Dr Jean Valnet developed his important work. His famous book the 'Practice of Aromatherapy' published in 1964 is considered by many to be the 'Bible of Aromatherapy'!

Aromatherapy arrived in Britain in the late 1950s administered by Madame Marguerite Maury (1895 -- 1965) who taught her techniques to beauty therapists.

Nowadays essential oils are used not just in beauty therapy but also as a means of alleviating many health disorders. People are increasingly turning to natural therapies such as aromatherapy to relieve their physical and emotional problems.

THE EXTRACTION OF ESSENTIAL OILS

What is an essential oil?

An essential oil can be defined as a natural non-oily highly fragrant essence extracted from different parts of an aromatic plant. Essential oils are volatile and are soluble in oils, fats and pure alcohol but they are slightly soluble in water. They are flammable and can be damaged by light, temperature, air and moisture.

Essential oils are not just used for the purposes of aromatherapy. They are used primarily by the pharmaceutical industry (e.g. eucalyptus in cough preparations) and in the food industry (e.g. peppermint in sweets)

Where are they found?

Essential oils can be obtained from different parts of plants. Some of the parts that they are produced in include: -

Flower	- e.g. rose, chamomile, ylang ylang.
Leaf	- e.g. peppermint, eucalyptus, cajeput.
Fruits	- e.g. citrus oils such as lemon, bergamot and mandarin.
Seeds	- e.g. caraway, fennel
Wood	- e.g. sandalwood, cedarwood
Twigs	- e.g. petitgrain
Root	- e.g. ginger
Berry	- e.g. juniper, black pepper
Gum	- e.g. frankincense, myrrh

Plants usually produce an essential oil from just one part of the plant although a plant may produce an essential oil in more than one of its parts. For instance the bitter or Seville orange tree produces three essential oils, which are very different in odor, chemical composition and in their therapeutic effects! :-

1. Orange from the peel of the fruit
2. Petitgrain from the leaves and twigs
3. Neroli from its blossom.

Oils are produced in highly specialized cells in certain organs of a plant.

Plants such as thyme, marjoram and rosemary store essential oils on the surface of the plant's epidermis in glandular cells, hairs and scales.

Oils such as lemon and orange are stored in oil reservoirs. Fennel, celery and coriander are found in oil canals.

The amount of essential oil present is very variable, as is the yield of the essential oil. A 1% yield means that 100 kilos of plant are necessary to produce approximately one liter of essential oil. *Rosa damascena* (Rose) yields just 0.01 - 0.03% of essential oil, a very low yield! In fact it is said that it takes 30 roses to make just one drop of essential oil! It is estimated that 12,000 blossoms are required to produce one kilo of jasmine.

Rosmarinus officinalis (rosemary) has a much higher yield than rose or jasmine (1% - 2%). The yield will obviously affect the cost of an essential oil. Rose and jasmine are far more expensive than rosemary.

Why do plants produce essential oils?

The role of essential oils is the subject of much discussion. However it is generally agreed that they perform following functions: -

Attraction

1) Flower and fruit scents attract insects and animals for pollination and seed dispersal. This ensures the survival and distribution of a plant. Flower fragrances may be perceptible either from a distance, at short range or even only when the pollinator has already landed on the flower. The nature of the flower odor is variable according to the group of pollinators that find it attractive. Flowers with sweet fragrances often attract butterflies and bees. Bats are attracted often to musky or fruit odors. Moths find heavy, cloying aromas irresistible.

Defence

The aroma and taste of essential oils from leaves, roots and barks may defend plants against being chewed by unwanted insects and animals. These oils make the plants most unappetizing to unwanted predators. Oils also protect the plant from fungi and bacteria. Other functions essential oils perform include: -

- They act as a buffer in weather conditions - e.g. they may evaporate on hot days to cool the surfaces of the leaves.
- They may increase the resistance of the plant
- They may trigger ripening processes within the plant
- They may act as chemical messages between plants

How Are Essential Oils Extracted?

They are extracted in a variety of ways. The process of distillation is the most important method of extraction and gives pure essential oil as its end product. Expressed oils are also regarded as pure as no chemicals are added during the process of extraction.

Distillation

This is the most widely used and the most economical method. First the plants have to be harvested. Some plants such as melissa must be distilled immediately after they are harvested to prevent loss of precious essential oil. Other plants such as lavender are distilled after a few days to dry out the surplus water in the plant. Black pepper seeds and clary sage, on the other hand, can be totally dried prior to distillation.

The plant material (e.g. flowers, leaves) is placed in a still and heated with water or by steam. The heat and steam cause the cell structure of the plant material to burst freeing the essential oil. The essential oil and steam are then channeled into a cooling tank. The emerging liquid is a mixture of oil and water. Since essential oils are not water soluble they can easily be separated from the water. The density of essential oils is variable and therefore a light oil floats on the surface whereas a heavy oil sinks to the bottom. The essential oil can then be drawn off.

The whole process of distillation requires an enormous amount of expertise – it's a real art. The temperature must be strictly controlled as if the temperature is too high then this will damage the essential oils. Distillation time is variable but it normally takes approximately 45 minutes to a few hours.

By-products of the distillation process are aromatic waters such as rose, lavender and orange flower water.

Expression

This process is employed for the extraction of oil from the citrus fruits such as orange, bergamot, lemon, lime, grapefruit and mandarin. At one time this method was performed by hand. The citrus essence was extracted by squeezing the peel, collecting in a sponge, which once saturated, was squeezed into a container and then filtered. Nowadays, unfortunately, this process is usually carried out in a factory using mechanical presses. Crops, which have been treated with pesticides and chemical fertilizers, are best avoided since they are contaminated. Organic fruits yield the best oils for therapeutic purposes.

Solvent extraction

Some plants such as jasmine are adversely affected by hot water and steam and therefore cannot be extracted via steam distillation. Therefore solvent extraction is used as an alternative. This method does NOT yield a TRUE essential oil - the end product is known as an ABSOLUTE. Examples are jasmine absolute and rose absolute. (Although rose can also be distilled in which case it is known as rose otto).

The aromatic material (flowers) is covered with a solvent such as petroleum, ether or hexane, which extracts the aromatic substance. The solvent is distilled off at low temperature to produce a CONCRETE, which is approximately 50% wax and 50% volatile oil. This concrete is shaken up with alcohol, chilled and filtered. The alcohol is evaporated off very gently under vacuum leaving behind the thick and viscous absolute.

Distilled oils are always used in preference to solvent extracted oils. This is because unwanted residues of solvent will always be present in solvent extracted oil. An absolute can never have the purity of an essential oil.

Less frequent methods of extraction

Enfleurage

This method is now almost completely obsolete but is included, as it was the traditional way of extracting oil from delicate flowers. This was an extremely laborious, time consuming and therefore very expensive process. Sheets of glass mounted in large rectangular wooden frames were covered with purified cold fat and then sprinkled with flowers. After approximately a day the flowers were removed and replaced with fresh ones. The process was repeated many times until the fat was totally saturated with the plant oil. This perfumed saturated fat was known as a 'pomade'. It was washed in alcohol and then treated to produce an absolute.

Carbon dioxide extraction

This relatively new method using liquid carbon dioxide is a very expensive procedure at present. This process produces oils free of unwanted solvent residues. However, aromatherapists have not yet evaluated the oils produced.

CARE, STORAGE AND METHODS OF APPLICATION

Care and storage

Essential oils need to be stored in the right conditions if they are to retain their optimum therapeutic value. They are sensitive to:

- Light
- Temperature
- Air
- Age

Light

Essential oils are damaged by ultraviolet light and deteriorate more rapidly at the blue end of the spectrum than the red. Therefore it is important to store your essential oils in amber glass bottles. If your oils are in blue bottles then it is vital to store them in a dark place. They should never be decanted into clear glass or plastic bottles.

Never place your essential oils in direct sunlight (e.g. on windowsills) no matter how attractive they look.

Temperature

Essential oils do not like extremes of temperature. High temperatures can affect the components of the oil and low temperatures can cause cloudiness and an increase in the viscosity of oils.

Therefore, keep your oils at an even temperature.

Air

Essential oils are volatile -- therefore it is vital to always replace the cap promptly and tightly after use.

Oxidation will occur upon contact with the air resulting in a different aroma and a diminished therapeutic effect.

Remember to ensure that tops are tightly closed when not in use!

Age

Pure essential oils should last at least three years from the bottling date. Citrus oils have a shorter shelf life of approximately two years .

As absolutes age they tend to thicken and the aroma of the solvent is evident.

Some essential oils are thought to improve with age such as patchouli but not all authorities are in agreement.

Once essential oils have been diluted into oil or lotion carriers their shelf life is reduced to about six months. We will study blending further on in the course.

Other care and storage factors

- Essential oils are highly flammable. Therefore working areas should contain no naked flame and smoking should not be permitted.
- Keep out of the reach of children. If they are accidentally swallowed then medical attention should always be sought.
- Never place a bottle of pure essential oil on a polished or plastic surface to avoid damage to the area .
- Store essential oils away from any homoeopathic medications. Certain oils such as peppermint have an adverse effect on homoeopathic prescriptions.
- Avoid the eye area as essential oils can irritate their eyes.

Purity

It is unfortunate that essential oils are often adulterated or are of a poor quality. Ingredients may be added such as synthetic constituents, alcohol, vegetable oil or low cost essential oils. Obviously adulterated oils will produce at best very inferior results and in the worst cases will have no effect or even an unpleasant effect such as a skin rash.

Top ten tips

1. Always buy from a reputable supplier whom you can trust
2. Try to seek out an aromatherapy specialist. Are there qualified aromatherapists dispensing the blends?
3. Has the supplier being recommended to you?
4. Are the oils sold in amber colored bottles?
5. Look for a batch number on the bottle. When were they bottled?

6. Study the prices of the oils. If they are all the same price they are definitely not pure essential oils for example jasmine and neroli are far more expensive and lavender or peppermint.
7. Check that the essential oil has not been blended with a carrier oil.
8. How long has the aromatherapy company been established?
9. Never be afraid to ask questions. Does your supplier know about his/her oils?
10. Trust your nose and your intuition!

Methods of application

There are many ways in which essential oils may be employed. In this chapter we we'll outline some of the main methods.

Inhalation

This is the fastest method whereby essential oils can affect the body. Inhalations are particularly effective for respiratory problems such as colds, coughs, catarrh, sinusitis etc. They also have a profound effect on the emotions alleviating anxiety and stress and lifting depression and tiredness.

Try the following methods: -

1. Place 1 - 2 drops on a tissue or handkerchief and inhale when required. This method is ideal for nasal congestion.
 2. Place one drop of lavender on your palm. Rub your hands together, cup them over your nose and inhale deeply. Excellent for anxiety states.
 3. Steam inhalation. Add 2 - 4 drops on essential oil to a large bowl of boiling water. Cover the head with a towel and inhale deeply for a few minutes. Keep your eyes closed to avoid irritating the eyes.
 4. Vaporizer. A clay vaporizer with a night light underneath is ideal. Put a few teaspoons of water into the bowl on top and sprinkle a few drops of essential oil into it.
- Use essential oils such as a lavender, chamomile or sandalwood to make the atmosphere relaxed and calming
 - Citrus oils can be used to enliven the atmosphere
 - Tea tree and rosemary will help to keep infections at bay

Baths

Aromatic baths have been employed for pleasure and therapeutic purposes throughout history. Bathing is one of the easiest and most popular methods of deriving benefit from essential oils.

Run the water and add 6 drops of pure essential oil to the bath and agitate thoroughly. Soak for at least 10 to 15 minutes to allow the molecules to be absorbed by the skin.

If you wish you may blend your essential oil in a carrier oil. This is advisable for dry skin and when using essential oils on babies and young children who have a tendency to rub their eyes. (Add one drop for a baby and 2 drops for a toddler).

- Lavender, Roman chamomile, mandarin or sandalwood will ensure a restful nights sleep
- Black pepper, lemon, rosemary or peppermint will enliven and invigorate you
- Lavender, marjoram, frankincense and chamomile will soothe aches and pains
- Tea tree, thyme and lavender are all effective for boosting the immune system
- Jasmine, rose and ylang ylang will set the scene for a night of passion!
- Cajeput, eucalyptus and thyme will help to get rid of coughs and colds.

Footbaths and Handbaths

These are invaluable in situations where it is impractical to enjoy a bath. Add 6 drops to a handbath or footbath and soak for approximately 10- 15 minutes. Lavender and peppermint are excellent for athlete's foot, tiredness, swelling and pain in the feet. Chamomile is marvelous for arthritis in the hands.

Sitz baths and Bidets

These are a simple method of counteracting hemorrhoids, cystitis, vaginal discharges, anal itching and stitches after childbirth. Sprinkle 6 drops into a bowl of hand hot water or bidet and sit in it for approximately 10 minutes. Suitable oils include bergamot, chamomile, juniper, lavender, sandalwood or tea tree.

Compresses

These can be used for a variety of disorders including muscular aches, arthritic pain, headaches, fevers, period pains, swellings, throat problems, varicose veins etc. Compresses may be applied hot or cold. If there's heat and inflammation, a cold compress would be the most appropriate. For chronic, dull pain a hot compress could be applied.

Fill a small bowl with water, add 6 drops of essential oil and agitate thoroughly. Soak a flannel, a piece of a cotton tea towel or any absorbent cloth made of natural fibers in the solution. Squeeze out and place it on the affected area.

For a fever replace the compress with a new one whenever necessary. Lavender, chamomile or peppermint is ideal.

If you wish to leave the compress in place for 15 minutes to an hour you may wrap some cling film around it.

Gargles and Mouthwashes

Gargles are very effective for sore throats, colds and loss of voice. A mouthwash may help to prevent and treat problems such as mouth ulcers and gum disorders.

Put 2 drops of essential oil into half a glass of water. Stir well, gargle and spit it out.

Repeat this procedure until all the water is used up.

Try sandalwood, geranium, sage, myrrh or lemon to soothe a sore throat. Myrrh and tea tree make an excellent combination for mouth ulcers and oral thrush.

Gargle after dental surgery with lemon and geranium to accelerate healing and to prevent infections from occurring.

Massage

Essential oils are NOT usually applied neat to the skin except for emergencies such as burns, wasp stings or cuts when tea tree or lavender are often used. They are far too concentrated.

They must be blended with a suitable carrier oil (see unit 5 for details of carrier oils) . Mineral oil (baby oil) is NOT suitable as a carrier oil. They may also be blended with a lanolin-free, perfume-free carrier cream

Use the following guidelines:-

Add 3 drops of essential oils to 10mls (i.e. 2 teaspoons) of carrier oil

Add 6 drops of essential oil to 20mls of carrier oil.

Add 15 drops of essential oil to 50mls of carrier oil.

Add 30 drops of essential oil to 100mls of carrier oil.

Do NOT be tempted to use excessive amounts of essential oil to your carrier oil. More

is not better! In fact too much essential oil can cause unpleasant side effects. I hope that by now you have realized the versatility of essential oils and that you feel inspired and confident to experiment with some of the methods that I have suggested.

CARRIER OILS

Carrier oils are also known as BASE oils or FIXED oils.

The chosen carrier oil should be cold pressed. Oils produced via hot extraction are less expensive since a higher yield of oil is produced but it is of an inferior quality unsuitable for aromatherapy. The base oil should be untreated by chemicals, unrefined and free from additives and colorings. To summarize, always use cold-pressed, unrefined additive-free carrier oils.

You will not find these on the shelves of the supermarket!

Vegetable oils are the most commonly used carrier oils. They are greasy and will leave an oily mark on absorbent paper unlike essential oils.

Mineral oil (purified light petroleum oil/such as baby oil) is not suitable as a carrier oil. Mineral oils lack the nutritional constituents (vitamins, fatty acids etc.) of vegetable oils. They also do not penetrate the skin readily and may even act as a barrier. Vegetable oils, on the other hand, nourish and moisturize the skin and have many health benefits.

CARRIER OILS IN AROMATHERAPY AND THEIR USES

The choice of carrier oil is really a matter of personal preference.

When choosing a base oil some points to look out for are: -

- Quality (cold pressed is advisable)
- Texture (a thick, sticky oil does not make a particularly good massage medium)
- Absorbability (an easily absorbed carrier oil is desirable)
- Fragrance (a strong aroma is undesirable as it can be unpleasant and can mask the aroma of the essential oils)

Almond oil (sweet)

This is probably the most common carrier oil used in aromatherapy. It is pale yellow in color and is extracted by cold pressing.

Uses:

All skin types. Particularly indicated for dry, sensitive, prematurely aged skin. It also calms and relieves itching. Highly recommended - it may be used as a base oil 100 percent.

Apricot kernel oil

Very similar to sweet almond, oil yet more expensive as small quantities are produced. It is extracted by cold pressing and is a pale yellow color.

Uses:

All skin types. It is highly penetrative. Particularly beneficial for dry, sensitive, inflamed and mature skin types. It may be used as a base oil 100 percent although a small amount is often added to the main carrier oil (e.g. sweet almond) due to its nourishing properties.

Avocado oil

A dark, rich green viscous carrier oil cold pressed from the dried flesh of avocado pears. True avocado oil is quite hard to obtain.

Uses:

Extremely beneficial for dry and dehydrated skin e.g. after too much exposure to the sun or where the skin is damaged. It can be added to a blend in up to a 20 percent dilution. It is too thick to be used 100 percent.

Coconut oil

A sweet smelling viscous oil which is subjected to heat and refined to be a workable oil. In my opinion not to be used in aromatherapy although it does aid tanning!

Evening Primrose oil

Cold pressed from the seeds evening primrose oil is regarded as a miracle plant of modern times.

Uses:

In capsule form it is taken internally for problems such as P.M S., high blood pressure, arthritis, eczema, psoriasis, cystic fibrosis, diabetes, MS and for hyperactive children. Used externally it is good for eczema, psoriasis, skin conditions aggravated by hormones (e.g. acne) and prematurely aged skin. It is usually added to the main carrier oil in a 10 percent dilution.

Grapeseed oil

A pale green base oil produced by hot extraction. It is not sticky and is easily absorbed.

Uses:

All skin types but especially oily skin.

Jjoba oil

A cold pressed oil, which is very stable and has excellent keeping qualities.

Uses:

A very balancing oil for the skin just as useful for oily skin as for dry skin. It also has anti-inflammatory properties. Good for hair care - it helps damaged brittle hair. A favorite facial oil! Jjoba is usually added in up to a 20 percent dilution.

Wheatgerm oil

A rich orangey color extracted by cold pressing. Its vitamin E content makes it an ideal preservative.

Uses:

A rich, nourishing oil useful for dry, cracked and mature skin. It can help to prevent stretch marks. It is too thick and heavy to be used on its own as a base oil 100 percent. It also has a very strong odor. Always add it (up to 10 percent) to a blend in to preserve its life.

Other carrier oils which you may encounter are carrot, macadamia nut, olive, rosehip, sesame, hazelnut, soya bean, sunflower, safflower, hypericum, peanut and corn oils. I have experimented with many different carrier oils over the years. My experience has led me to formulate my special blend which consists of sweet almond oil together with apricot kernel, avocado, calendula, jjoba, peach kernel and wheatgerm. I have found

that this is suitable for all skin conditions. You may find that you wish to formulate your own particular blend of carrier oils!

ESSENTIAL OILS

A professional aromatherapist will probably use up to about 60 essential oils. However, since this is an introductory course I have selected 16 of the most useful essential oils. These oils will enable you to treat most health problems.

You will be amazed at the success you can achieve with practice and experience!

These oils will enable you to treat most health problems. You will be success you can achieve with practice and experience!

Any special precautions are listed at the end of each oil listing under CONTRAINDICATIONS. Why not begin your collection with just six essential oils and then gradually add to your repertoire.

BERGAMOT

<i>Latin name</i>	Citrus bergamia
<i>Family</i>	Rutaceae
<i>Essence from</i>	Peel of fruit
<i>Fragrance</i>	Sweet, citrus, floral

Principal properties and indications

- Antidepressant
- Antiseptic
- Balancing
- Uplifting

Genito-Urinary

- Cystitis (relieves physical causes and emotional tension and depression)
- Discharges
- Urinary infections
- Vaginal pruritis (itching) Use in bath, massage, sitz bath

Neurological/Emotional

- Anxiety states - uplifting yet sedative
- Depression - Use in bath, diffuser, inhalation, massage

Skincare

- Acne, oily skin
- Boils, carbuncles
- Chicken pox
- Eczema

- Greasy scalp
- Herpes
- Psoriasis
- Any stress-related skin problems - Use in bath, compress, massage

Contraindications

Do not apply before sunbathing as BERGAMOT increases the photosensitivity of the skin. (Hence its inclusion in the sun-tan preparations)

CHAMOMILE

Latin name Anthem is nobilis (Roman Chamomile)
Matricaria chamomilla (German Camomile)

Family Compositae

Essence from Flowers of the plant

Fragrance Apple-like, light, aromatic , sharp

Principal properties and indications

- Balancing
- Calming
- Soothing
- Children

Roman Chamomile is an excellent remedy for use with infants - very similar to lavender. It is low in toxicity and can be used for all children's complaints - colic, ear and throat infections, irritability, temper tantrums, skin infections, allergies and asthma. It contains azulene, which is an excellent anti-inflammatory agent, which although not present in the fresh flower, is formed when the plant is distilled.

Circulatory

- Anemia
- Stimulates the white blood cells (leucocytes) and therefore boosts the immune system
- Fevers (encourages sweating and combats the fever) Use in bath, compress, diffuser, inhalation, massage

Digestive

- All digestive problems and in particular children's digestive problems (colic, stomach pains, diarrhea)
- Colitis
- Difficult and painful digestion
- Flatulence
- Liver and spleen congestion
- Vomiting
- Use in bath, compress, diffuser, inhalation, massage

Genito-Urinary

- All female disorders, especially when associated with nervous tension
- GERMAN CHAMOMILE is particularly indicated
- Menopause
- P.M.T.
- Painful periods
- Irregular periods
- Scanty or absent menstruation
- Excessive blood loss
- Diuretic
- Vulvar itching - Use in bath, compress, massage , sitz bath

Head

- Earache
- Headaches/Migraine
- Neuralgia
- Teething pains/toothache/gingivitis
- Use in bath, compress, diffuser, inhalation, massage

Muscular / Joints

- All aches and pains whether in the muscles, joints or organs
- Cramp and stitch
- Dull aches
- Muscular aches
- Rheumatism - Use in bath, compress, massage

Neurological / Emotional

- Depression
- Hysteria
- Insomnia
- Irritability, restlessness, impatience, states of anger, oversensitivity - Use in bath, compress, diffuser, inhalation, massage

Skin care

- Acne
- Allergies (eruptions due to allergies e.g. urticaria)
- Burns
- Dry, inflamed skin
- Sensitive skin - Use in bath, compress, massage

CYPRESS

Latin name Cupressus sempervirens

Family Cupressaceae

Essence from Twigs and branches

Fragrance Woody, balsamic

Principal properties and indications

- Astringent
- Fluid reducing
- Warming and reviving
- Tonic

Circulatory

- Hemorrhoids
- Poor circulation
- Varicose veins
- Use in bath, compress, massage, sitz bath

Genito-Urinary

- Fluid retention
- Heavy and painful periods
- Incontinence of urine (enuresis)
- Menopause
- P.M.T. - Use in bath, compress, massage

Neurological / Emotional

- Irritability and nervous tension
- Strengthening and comforting - eases grief and is useful in times of change -
Use in bath, diffuser, inhalation, massage

Respiratory

- Asthma
- Cough
- Whooping cough
- Use in compress, diffuser, inhalation, massage

Skin Care

- Broken capillaries
- Cellulite
- Excessive perspiration (especially of the feet)
- Varicose veins

EUCALYPTUS

Latin name Eucalyptus globulus

Family Myrtaceae

Essence from Leaves of tree

Fragrance Fresh, camphor-like

Principal properties and indications

- Keywords
- Antiseptic
- Expectorant
- Pain relieving
- Stimulant

Circulatory

- Fever - cooling effect
- Infectious diseases - will prevent from spreading - Use in bath, compress, diffuser, inhalation, massage

Digestive

- Diabetes - balances the blood sugar level
- Worms - Use in bath, inhalation, massage

Genito-Urinary

- Cystitis
- Fluid retention
- Urinary infections - Use in bath, compress, massage, sitz bath

Muscular

- Arthritis
- Fibrositis
- Muscular and rheumatic pains
- Rheumatism
- Use in bath, compress, massage

Neurological / Emotional

- Energy imbalance
- Exhaustion - Use in bath, diffuser, inhalation, massage

Respiratory

- All respiratory disorders
- Asthma
- Bronchitis
- Catarrh, colds, cough
- Flu
- Sinusitis
- Throat infection - Use in bath, compress, diffuser, inhalation, massage

Skin

- Antiseptic - cuts
- Burns and scalds
- Herpes
- Measles and other infectious diseases
- Use in bath, massage

Miscellaneous

- Insect repellent
- Use in diffuser

Contraindication

1. Do not massage into babies and young children
2. Store away from homoeopathic medicine

FENNEL (sweet)

<i>Latin name</i>	Foeniculum vulgare
<i>Family</i>	Umbellifera
<i>Essence from</i>	Seeds
<i>Fragrance</i>	Aniseed-like, camphor-like, strong

Principal properties and indications

- Detoxifying
- Digestive
- Eliminative
- Fluid reducing
- Highly prized by the Greeks and Romans
- Greek athletes ate fennel to give them strength without putting on weight.
- Roman ladies ate it to prevent weight gain and their warrior husbands ate it to give energy and health.

Digestive

- All digestive and intestinal problems
- Appetite suppressant
- Colic
- Colitis
- Constipation
- Flatulence
- Food poisoning
- Hiccoughs
- Nausea
- Obesity
- Stomach pains - Use in bath, compress, inhalation, massage

Genito-Urinary

- Fluid retention
- Insufficiency of milk in nursing mothers
- Kidney stones
- Menopausal irregularities
- Stimulates the body to produce its own estrogen
- Scanty menstruation
- Toxic elimination - Use in bath, compress, massage

Neurological

- Alcoholism (reduces the effects of alcohol on the body)
- Anorexia
- Courage - Use in bath, compress, massage

Respiratory

- Bronchitis
- Flu
- Shortness of breath - Use in bath, compress, massage

Skin

- Cellulite
- Orange peel skin
- Toxic skin
- Use in bath, compress, massage

Contraindications

1. Fennel is not advisable for young children
2. Avoid during pregnancy
3. Excessively high doses can disturb the nervous system avoid if epileptic.

FRANKINCENSE

<i>Latin name</i>	Boswellia thurifera / carterii
<i>Family</i>	Burseraceae
<i>Essence from</i>	Gum of the bark of tree
<i>Fragrance</i>	Balsamic, camphor-like, spicy, woody, lingering

Principal properties and indications

- Cooling
- Comforting
- Drying
- Healing
- Elevating
- Expectorant
- Rejuvenating

Neurological / Emotional

- Elevating yet soothing effects on the emotions
- Enables those stuck in the past to move on
- Fears
- Grief
- Obsessions - Use in bath, diffuser, Inhalation, massage

Respiratory

- All respiratory complaints - both physical and emotional benefits
- Asthma
- Bronchitis
- Catarrh
- Cough
- Lung disorders
- Slows down and deepens the breath - Use in bath, compress, diffuser, inhalation, massage

Skin

- All skin care
- Prevents ageing - mature skin will rejuvenate
- Tonic effect - may help wrinkles
- Ulcers and wounds - Use in baths, compress, massage

GERANIUM

<i>Latin name</i>	Pelargonium graveolens
<i>Family</i>	Geraniaceae
<i>Essence from</i>	Flowers, leaves and stalks
<i>Fragrance</i>	Sweet, strong, rose-like

Principal properties and indications

- Antidepressant
- Balancing
- Fluid reducing
- Healing
- Uplifting

- Digestive
- Diabetes
- Diarrhea
- Liver/Gall bladder problems - Use in baths and massage

Genito Urinary

- Fluid retention
- Kidney stones
- Menopause - it balances the hormones
- P.M.T.
- Sterility - Use in bath, compress, massage

Neurological

- Anxiety states
- Depression
- Neuralgia - Use in bath, compress, diffuser, inhalation, massage

Respiratory

- Sore throat
- Tonsillitis - Use in bath, diffuser, inhalation, massage

Skin

- All skin types - balancing
- Astringent
- Bleeding
- Bruises
- Burns, wounds, ulcers -very healing
- Dry eczema
- Inflamed, oily and combination skin
- Varicose veins
- Use in bath, compress, massage

Miscellaneous

- Insect and mosquito repellent

JUNIPER BERRY

Latin name Juniperus communis

Family Cupressaceae

Essence from Berries

Fragrance Balsamic, hot, sharp

Principal properties and indications

- Antiseptic
- Cleansing
- Detoxifying
- Fluid reducing
- Purifying
- Tonic

Circulatory

- Arteriosclerosis
- Fever
- Hemorrhoids - Use in bath, compress, massage, sitz bath

Digestive

- Diabetes
- Difficult digestion
- Flatulence
- Food poisoning
- Loss of appetite
- Sluggish digestion
- Worms - Use in bath, compress, massage

Genito-Urinary

- Cystitis
- Difficulty in passing urine
- Discharges
- Enlarged prostate
- Fluid retention
- Low output of urine
- Kidney stones
- Painful menstruation
- Scanty menstruation
- Urinary infections - Use in bath, compress, massage

Muscular / Joints

- Arthritis
- Gout
- Rheumatism - Use in bath, compress, massage

Neurological / Emotional

- Anxiety
- Depression
- Loss of memory
- Nervous exhaustion
- An excellent oil for times when you feel emotionally depleted. It clears
- Waste from the mind just as it does from the body - Use in bath, diffuser, inhalation, massage

Skin care

- All skin disorders Acne and oily skin Cellulite
- Dermatitis
- Eczema
- Ulcers and wounds
- Skin conditions may get worse before they improve since JUNIPER stimulates the body to throw off toxins - Use in bath, compress, massage

Contraindications

1. Use with caution during pregnancy.
2. Juniperus communis is safe whereas juniperus sabina is NOT safe

LAVENDER

Latin name Lavandula officinalis / vera

Family Labiatae

Essence from Flowering tops

Fragrance Clean, flowery

Principal properties and indications

- Antidepressant
- Antiseptic
- Balancing
- Calming
- Healing
- Rejuvenating

LAVENDER is probably the most precious of all the essential oils. It is so versatile that its properties are too numerous to mention

Circulatory

- Fevers - reduces fever and prevents the spread of infection
- Heart tonic
- High blood pressure
- Palpitations
- Stimulates the white blood cells and thus the immune system - Use in bath, compress, diffuser, inhalation, massage

Digestive

- All digestive disorders - especially children
- Diarrhea
- Difficult/painful digestion
- Flatulence
- Nausea and vomiting
- Worms - Use in bath, compress, massage

Genito Urinary

- Childbirth - speeds up the delivery, calms the mother and purifies the air
- Cystitis
- Discharges
- Fluid retention
- Low output of urine
- P.M.T.
- Menopause
- Menstrual pain
- Scanty menstruation - Use in bath, compress, diffuser, inhalation, massage, sitz bath

Head

- Alopecia and all types of baldness of nervous origin
- Bad breath
- Earache
- Fainting
- Headache and migraine
- Throat infections and laryngitis
- Vertigo - Use in bath, compress, diffuser, inhalation, massage

Muscular / Joints

- All muscular aches and pains. It reduces pain, inflammation and tones
- Arthritis

- Rheumatism
- Sprains - Use in bath, compress, massage

Neurological / Emotional

- Anxiety
- Depression
- Insomnia
- Irritability
- Mental and physical debility
- Mood swings
- Panic/ Hysteria - Use in bath, compress, diffuser, inhalation, massage

Respiratory

- Asthma
- Bronchitis
- Catarrh
- Colds
- Coughs
- Flu
- Sinusitis
- Throat infection
- Whooping cough
- Use in bath, compress, diffuser, inhalation, massage

Skin care

- All skin care- oily, dry, sensitive etc. It is anti-inflammatory, antiseptic, soothing and regenerates and rejuvenates the skin
- Acne
- Athletes foot
- Boils
- Burns
- Carbuncles
- Dermatitis
- Eczema
- Mature, ageing skin
- Psoriasis
- Sensitive skin
- Sunstroke
- Ulcers
- Wounds and sores of all descriptions - Use in bath, compress, massage

Miscellaneous

- Insect bites and stings - Use in bath, compress, diffuser, massage

LEMON

<i>Latin name</i>	Citrus Limonum
<i>Family</i>	Rutaceae
<i>Essence from</i>	Rind of fruit
<i>Fragrance</i>	Clean, crisp, fruity, refreshing, sharp

Principal properties and indications

- Alkaline
- Antiseptic
- Detoxifying
- Fluid reducing
- Purifying
- Stimulant
- Tonic

Circulatory

- Anemia
- Arteriosclerosis (hardening of the arteries)
- Chilblains
- High blood pressure
- Poor circulation
- Stimulates white blood cells boosting the immune system
- Varicose veins - Use in bath, compress, diffuser, inhalation, massage

Digestive

- Lemon is an alkalizing agent and a gastric antacid. To relieve hyperacidity drink a glass of water daily into which you have squeezed the juice of half a lemon
- Diarrhea
- Flatulence
- Heartburn
- Hyperacidity of the stomach
- Liver congestion
- Obesity
- Stomach ulcers - Use in bath, compress, massage

Genito-Urinary

- Fluid retention
- Kidney stones
- Thrush
- Use in bath, compress, massage

Head

- Gingivitis
- Laryngitis
- Mouth ulcers
- Tongue and mouth ulcers – gargle only (one or two drops to a glass of water)

Muscular / Joints

- Arthritis
- Gout
- Rheumatism - Use in bath, compress, massage

Respiratory

- Asthma
- Bronchitis
- Catarrh
- Colds
- Flu
- Laryngitis/Sore throats
- Lung infections
- Sinusitis - Use in bath, compress, diffuser, inhalation, massage

Skin care

- Cellulite - it stimulates the lymphatic system
- Eruptions and diseases of all kinds
- Boils
- Cuts and infected wounds
- Greasy skin
- Herpes
- Scabies
- Varicose veins
- Warts and verrucae (apply neat) - Use in bath, compress, massage

Miscellaneous

- Prevents the spread of diseases
- Use in diffuser

Contraindications

Avoid strong sunlight and sunbeds immediately after treatment

MYRRH

Latin name Commiphora myrrha

Family Burseraceae

Essence from Gum of the bark

Fragrance Balsamic, musty

Principal properties and indications

- Antiseptic
- Anti-catarrhal
- Healing

- Rejuvenating
- Soothing

Genito-Urinary

- Absence of menstruation
- Discharges
- Thrush
- Uterine disorders - Use in bath, compress, massage , sitz bath

Head

- Gingivitis
- Mouth infections
- Mouth ulcers and inflammations
- Pyorrhea
- Sore throats - Use as a gargle (two drops to a glass of water)

Respiratory

- Asthma
- Bronchitis
- Catarrh
- Cough
- Hoarseness and loss of voice - Use in bath, compress, diffuser, inhalation, massage

Skin

- Antiseptic, healing, anti-inflammatory and cooling
- Athlete's foot
- Cracked and chapped skin
- Inflamed skin- rejuvenating- ageing, mature, wrinkled skin
- Ulcers and wounds
- Weeping eczema - Use in bath, compress, massage

Contraindications

Avoid during pregnancy

PEPPERMINT

<i>Latin name</i>	Mentha piperita
<i>Family</i>	Labiatae
<i>Essence from</i>	Leaves and flowering tops
<i>Fragrance</i>	Refreshing , reviving, sharp

Principal properties and indications

- Cooling
- Digestive
- Pain relieving
- Stimulating
- Tonic

Circulatory

- Anemia
- Fevers - induces sweating and cools down Use in bath, compress, massage

Digestive

- All digestive problems
- Colic
- Diarrhea
- Flatulence
- Indigestion
- Liver conditions
- Loss of appetite
- Nausea & vomiting - sea-sickness and travel-sickness
- Sluggish digestion
- Stomach pains - Use in bath, compress, massage

Genito-Urinary

- Painful periods
- Scanty menstruation - Use in bath, compress, massage

Head

- Headaches and migraine- especially food related works well with LAVENDER
- Sinus congestion and headache
- Toothache (1 drop neat on the affected tooth) - Use in bath, compress, massage

Muscular / Joints

- All muscular and joint problems where pain relief is required
- Peppermint is one of the most effective essential oils for pain relief- Use in bath, compress, massage

Neurological

- Clears the mind Impotence
- Mental and general fatigue
- Neuralgia
- Shock and hysteria - Use in bath, compress, diffuser, inhalation, massage

Respiratory

- Asthma - especially food related
- Bronchitis
- Coughs & Colds
- Flu - Use in bath, compress, diffuser, inhalation, massage

Skin care

- It is cooling and anti-inflammatory and decongestive
- Acne
- Dermatitis
- Redness and irritation
- Scabies - good for infectious diseases
- Sunburn - Use in bath, massage, compress

Contraindications

Take care with sensitive skins

Store away from homoeopathic medicine

Do not use on babies and young children

Do not use excessively when breast-feeding

ROSE· 'QUEEN OF ESSENTIAL OILS'

Latin name Rosa damascene / centifolia

Family Rosaceae

Essence from Flowers, petals

Fragrance Exquisite, heady, lingering, loving

Principal properties and indications

- Antidepressant
- Aphrodisiac
- Balancing
- Female problems
- Rejuvenating
- Uplifting

Circulatory

- Cleanses the blood
- Tonic for the heart - Use in bath, massage

Digestive

- Constipation
- Liver conditions - Use in bath, compress, massage

Genito-Urinary

- Rose is excellent for all female problems in preference to all other oils.
- Although expensive it is well worth the investment. It is cleansing, purifying, regulating and tonic
- Frigidity
- Heavy period
- Impotence - increases the sperm count
- Irregular menstruation

- Menopause
- Sterility
- Vagina I discharges
- Women with a tendency to miscarriage - Use in bath, compress, diffuser, inhalation, sitz bath

Neurological

- Depression - especially post-natal
- Frigidity and impotence
- Insomnia
- Nervous system
- Sadness
- Shock and grief - Use in bath, compress, diffuser, inhalation, massage

Skin care

- All skin care
- Dry skin
- Mature skin
- Redness or inflammation
- Sensitive skin
- Thread veins
- Wrinkles - Use in bath, compress, massage

ROSEMARY

<i>Latin name</i>	Rosmarinus officinalis
<i>Family</i>	Labiatae
<i>Essence from</i>	Leaves and flowering tops
<i>Fragrance</i>	Clean, eucalyptus-like, fiery, invigorating

Principal properties and indications

- Diuretic
- Healing
- Pain-relieving
- Restorative
- Stimulating
- An important oil with a multitude of uses.

Circulatory

- Anemia
- Arteriosclerosis (hardening of the arteries)
- Helps to normalize a high cholesterol level
- Lymphatic congestion
- Palpitations
- Regulates blood pressure
- Tonic for the heart- mildly stimulating Use in bath, diffuser, inhalation, massage

Digestive

- Colitis
- Diarrhea
- Flatulence
- Hangover
- Indigestion
- Liver/Gall bladder conditions
- Stomach pains - Use in bath, compress, diffuser, inhalation, massage

Genito-Urinary

- Fluid retention
- Painful periods
- Vaginal discharge - Use in bath, compress, massage, sitz bath

Head

- Dandruff and hair loss
- Fainting
- Headache/ Migraine
- Loss of smell
- Oily hair - Use in bath, compress, diffuser, inhalation, massage

Muscular / Joints

- Arthritis
- Gout
- Muscular aches and pains
- Rheumatism
- Stiff, overworked muscles - Use in bath, compress, massage

Neurological/ Emotional

- All conditions where there is a reduction or loss of function - e.g. loss of memory, stroke
- Clears the mind
- Hysteria
- Lack of energy/ Lethargy
- Sadness
- Tonic
- Uplifting - Use in bath, diffuser, inhalation, massage

Respiratory

- Asthma
- Bronchitis
- Catarrh
- Colds
- Flu
- Whooping cough - Use in bath, compress, diffuser, inhalation, massage

Skin Care

- Abscess
- Acne

- Dermatitis
- Dry and ageing skin
- Eczema
- Rejuvenating
- Scabies and lice
- Wounds and burns
- Wrinkles -Use in bath, compress, massage

Contraindications

1. Do not use EXCESSIVELY in cases of epilepsy
2. Do not use EXCESSIVELY for stages of pregnancy

SANDALWOOD (mysore)

Latin name Santalum album

Family Santalaceae

Essence from Wood of tree

Fragrance Heady, heavy, oriental, sweet, warm, woody

Principal properties and indications

- Antiseptic
- Aphrodisiac
- Fluid reducing
- Healing
- Soothing
- Uplifting

Genito-Urinary

- SANDALWOOD is one of the best oils to use for genito-urinary infections
- Cystitis
- Fluid retention
- Vagina I discharges of all description - Use in bath, massage, sitz bath

Neurological / Emotional

- Anxiety
- Depression
- Frigidity and impotence
- Insomnia
- Nervous tension - Use in bath, diffuser, inhalation, massage

Respiratory

- Bronchitis
- Catarrh
- Coughs (especially dry)
- Laryngitis and other throat disorders (gargle with two drops in a glass of water)
- Respiratory tract infections

Use in bath, diffuser, inhalation, massage

Skin care

- All skin care
- Acne and oily skin
- Broken veins
- Cracked and chapped skin
- Dry, dehydrated skin - Use in bath, compress massage

TEA TREE

<i>Latin name</i>	Melaleuca alterniflora
<i>Family</i>	Myrtaceae
<i>Essence from</i>	Leaves
<i>Fragrance</i>	Antiseptic, camphor-like, sharp, strong

Principal properties and indications

- Antiseptic
- Anti-fungal
- Anti-infectious
- Stimulating
- Its vast range of uses and low toxicity makes it a must for a first-aid kit

Circulatory

- Aids
- Glandular fever
- M.E. Tea-tree boosts the immune system - Use in bath, diffuser, inhalation, massage

Digestive

- Candida
- Indigestion
- Infections of the digestive tract
- Intestinal parasites - Use in bath, compress, massage

Genito-Urinary

- Cystitis
- Itching
- Thrush
- Vaginal discharge and infection - Use in bath, massage, sitz bath

Head

- Cold sores (apply neat)
- Dandruff
- Gum infections
- Mouth ulcers
- Throat infections use a gargle (2 drops in a glass of water) and as a final hair rinse (2 drops)

Respiratory

- Bronchitis
- Catarrh
- Colds
- Flu
- Sinusitis - Use in bath, compress, diffuser, inhalation, massage

Skin care

- Abscess
- Acne
- Chicken pox
- All cuts and wounds
- Foot problems- athlete's foot, corns, cracked skin, smelly feet
- Herpes (anal and genital)
- Infected wounds and ulcers
- Psoriasis
- Rashes
- Shingles, blisters - Use in bath, compress, massage

And Finally...

Ok, that's it for the oils and what they are good for, but before I sign off, here are my dyed in the wool favorites that never fail to cheer and please!

The All-Round Aphrodisiac Massage Oil

I'll say right off the bat that all of the oils below refer to Essential Oils (of course!).
This wonderful all-rounder consists of:

- 4 drops Jasmine Absolute,
- 4 drops Ylang Ylang
- 3 drops Rose Otth
- 4 drops Sandalwood
- 2 drops Ginger
- 2 drops Nutmeg

Add this to 4 fl oz. (approx. 118 ml) of jojoba oil, or sunflower seed oil for as a sensual base for a very sensuous massage oil. Mix these ingredients well and enjoy.

The Aphrodisiac Massage Oil for Her...

- 4 drops Jasmine essential oil
- 3 drops Sandalwood essential oil
- 2 drops Patchouli essential oil
- 4 drops of Ylang Ylang essential oil
- 3 drops of Rose essential oil
- 3 drops vanilla absolute
-

Add this to 4 fl oz. (approx. 118 ml) of carrier oil, such as jojoba, coconut oil, or sunflower oil, or even a combination of all three.

The Aphrodisiac Massage Oil for Her...

- 4 drops of Atlas Cedarwood essential oil
- 4 drops of Sandalwood essential oil
- 2 drops of Patchouli essential oil
- 3 drops of peppermint essential oil
- 4 drops of Lavender essential oil
- 3 drops ginger essential oil

Add this to 4 fl oz. (approx. 118 ml) of carrier oil, such as jojoba, coconut oil, or sunflower oil, or again, even a combination of all three.

When you're under the weather... The Warm Bath

- 2 drops Vanilla, Benzoin or Sandalwood essential oil
- 2 drops Ginger essential oil
- 4 drops Sweet Orange essential oil

Add these 8 drops of essential oils directly to a hot bath and disperse well – or blend with 1 Tablespoon (or 1/2 fl oz. or approx. 15 ml) sunflower, jojoba, grapeseed oil and/or 2 Tablespoons (or 1 fl oz. or approx. 30 ml) of unscented bubble bath, mix well and add to a warm bath. Soak in the bath for 15-20 minutes (or as long as you like) inhaling the vapors. Do not get bath water in your eyes, as it will sting. This heavenly treatment is especially excellent for wintertime or when you have been under the weather, or suffering from a sickness, cold or chills.

Quick conversion table...

(Conversions from U.S. to metric may be approximate)

1/8 teaspoon = .616 ml

100 drops = 1 teaspoon

50 drops = 1/2 teaspoon

25 drops = 1/4 teaspoon

12 drops = 1/8 teaspoon

1 fl oz. = approx. 30 ml

2 fl oz. = approx. 59 ml

3 fl oz. = approx. 89 ml

4 fl oz. = approx. 118 ml

8 fl oz. = approx. 237 ml

1 fl oz. = 6 teaspoons

2 fl oz. = 12 teaspoons

3 fl oz. = 18 teaspoons

4 fl oz. = 24 teaspoons

5 fl oz. = 30 teaspoons

6 fl oz. = 36 teaspoons

7 fl oz. = 42 teaspoons

8 fl oz. = 48 teaspoons

1 ml = 20 drops

2 ml = 40 drops

3 ml = 60 drops

1 teaspoon = 1/6 fl oz. = 15ml

1 Tablespoon = 1/2 fl oz. = approx. 15 ml

2 Tablespoon = 1 fl oz. = approx. 30 ml

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