

What is Aromatherapy?

Aromatherapy is the art and science of using essential oils for improving or maintaining health and beauty. All ancient civilizations - Egyptian, Greek, Roman, Chinese, and Indian have used aromatherapy for their physical, mental and spiritual well being.

The actual term "Aromatherapy" was coined by Rene Maurice Gattefosse, a French chemist. He discovered the healing properties of Lavender when he was badly burned in an explosion in his lab. The event is related in his book, *Aromatherapie* (1937) as follows:

"...External application of small quantities of essential oils rapidly stops the spread of gangrenous sores. In my personal experience, after a laboratory explosion covered me with burning substances which I extinguished by rolling on a grassy lawn, my hands were covered with a rapidly changing gas gangrene. Just one rinse with Lavender oil stopped the gasification of the tissues. This treatment was followed by profuse sweating and healing began the next day. (July 1910) ..."

Gattefosse had 50 year's experience with essential oils before he wrote his Aromatherapy book. He was particularly influenced by Lavender oil's virtues. He used it for everything including open wounds where all tissue had been excised and the bones revealed. Gattefosse is referred to as the modern day father of Aromatherapy.

The term "Aromatherapy" can be misleading as it suggests that it is a form of healing that works exclusively through the sense of smell. This is not the case, as each essential oil has an individual combination of constituents that interact with the body's chemistry in a direct manner.

It is important to recognize that essential oils have three distinct modes of action with regard to how they interrelate with the human body: **pharmacological, physiological and psychological**. The pharmacological effect is concerned with the *chemical* changes that take place when an essential oil enters the blood stream and brain and reacts with hormones and enzymes etc.; the physiological mode is the way the essential oil affects the *system* of the body, that is, whether they are sedated or stimulated; the psychological effect takes place in response to the *smell* of the essential oil with the limbic (memory/emotion) part of the brain.

For Aromatherapy to be effective, essential oils need to enter the body in one of two ways, **topically or through inhalation**.

Topically: **Massage is the most common topical application of essential oils.** The molecules are so small, that once they come into contact with the skin they are immediately assimilated into the circulatory system where they are carried to the various systems and organs. When applied topically, essential oils remain in our system anywhere from 4 to 10 hours on average. Essential oils are expelled from the body through our lungs (breath) skin (perspiration) and excretory (urine)

Other ways to apply essential oils topically are in a mist to be sprayed onto the skin, in a bath or in an application of cream or lotion to a specific area.

Inhalation: The nose and brain are the main parts of our body that are involved in our sense of smell. It is important to realize that the nose is a much larger structure than what we see when we look at someone's face. The nasal cavity protrudes far into the head, with the hard palate at the bottom, which separates it from the oral cavity. The part of the nose that seems to play the greatest role in our sense of smell is the **olfactory epithelium**. Located in the posterior top portion of the nose, it covers an area about the size of a postage stamp and contains over **6 million olfactory receptor neurons**. Unlike most other neurons, olfactory neurons can regenerate. The rate of regeneration is approximately every 30 days, but this can vary depending on such factors as air pollution levels. One end of the olfactory neurons, protruding from the cilia in the mucus layer in the nose, is in direct contact with the environment. The opposite end of the olfactory neurons join together to form bundles that travel through the crib plate to the olfactory bulb located in the brain. This is where some olfactory processing occurs and the information sent to other parts of the brain. Problems with the sense of smell can occur due to injury of this neural pathway. People can lose their sense of smell when they are hit on the head or if jarring causes the crib plate to cut the olfactory neurons. It has also been shown that some viruses and heavy metals can enter the brain through this route. If a person has either lost his or her sense of smell or the sense of smell has diminished, essential oils will still work pharmacologically and physically.

When essential oils are inhaled, their unique molecules penetrate the limbic system in the brain. The limbic system, sometimes referred to as our "old" brain, is responsible for our memories and emotions. The brain, in turn, releases certain neurochemicals, causing positive changes throughout the body. It is best to use essential oils as external remedies only. This is due to the high concentration of the essential oils and the potential irritation or damage they could cause to the mucous membranes and delicate stomach lining. Furthermore, oral ingestion is not effective as the essential oils are broken down by gastric juices by the time they reach the specific site.

Application of the essential oil will be determined by the action desired. For example, lavender used directly on a cut, scrape or burn will speed up the healing process whereas lavender inhaled slows the autonomic nervous system down therefore aiding sleep and calming in stressful situations

What are Essential Oils?

Essential oils are non-oily aromatic liquids occurring naturally in various parts of plants, herbs, flowers, fruits, woods and spices. They contain the **life force** of the plant and have the ability to strengthen our immune system and to stimulate our bodies' natural healing abilities. Essential oils are highly complex substances made up of many different chemical constituents, and it is the design and number of constituents in an essential oil that make it impossible to reproduce synthetically.

Most essential oils are comprised of between 100 and 600 natural occurring chemical components. All essential oils are naturally **antiseptic** and **antibacterial**. In addition, depending upon the chemical makeup of the essential oil and the particular action of each chemical constituent, an essential oil will have many other benefits to the body.

Essential oils contain hormones, vitamins, antibiotics, and antiseptics. All essential oils boost the immune system by stimulating or balancing the production of white blood cells. They also stimulate the secretion of neurochemicals such as endorphins for pain relief or serotonin for stress or insomnia. The hypothalamus and pituitary glands can be stimulated to help correct and balance the endocrine system.

Essential oils penetrate the deepest layers of the skin, accessing the circulatory and lymphatic systems. This causes them to act as natural diuretics and facilitate the elimination of toxins. They also accelerate the elimination of old skin cells and the regeneration of new ones.

Like herbalism, Aromatherapy draws on the healing powers of the plant world. However, instead of using the whole plant, it employs only its essential oil. This potent, aromatic substance is housed in the tiny glands on the outside or deep inside the roots, woods, leaves, fruits or flowers of the plant. Most plants contain essential oils, but often in such minimal amounts that extraction would not be worth the effort or the price of the essential oil would be too high. Essential oils are highly concentrated and in most cases must be diluted prior to use. Such concentration has some advantages. For example, essential oils don't take up much room and can be easily transported. They can be combined with each other in a variety of ways for many different purposes.

Essential oils should be labeled "Pure Essential Oils". There is a temptation by some distillers and suppliers of essential oils to extend or stretch the essential oil. This greatly reduces or negates the therapeutic value of the essential oil, depending on what it has been extended with.

Essential oils will vary in price, depending on the amount of plant material required, the extraction process and the availability of the plant from which the essential oil is extracted. For example, it takes 100 kilos of Lavender to produce about 3 litres of the essential oil, whereas 4000 kilos of rose petals yields only litre of rose essential oil.

Essential oils should always be kept in dark glass bottles as they are extremely sensitive to light. The shelf life of essential oils varies. A citrus essential oil has the shortest shelf life of approximately one year, after which it will gradually lose its therapeutic actions. Some essential oils, such as rose, sandalwood, rosewood and patchouli actually get better with age, much like fine wine. **Pure essential oils should not go rancid.**

Over 3000 plants produce essential oils but only about 300 of these are available commercially. Between them, they constitute an extremely effective medical system. Many of these are the active ingredient in drugs prescribed by the orthodox Western system of medicine, or the inspiration for synthetic copies. These concentrated liquids are indispensable to medicine, and to the food and cosmetic industries.

Quality Assurance

Only about 5% of all essential oils produced worldwide are actually used for aromatherapy. The largest users of essential oils are:

- The food flavouring industry
- The perfume industry
- The pharmaceutical industry
- The chemical manufacturing industry.

The problem this creates is that the term "quality of a pure essential oil" has a different interpretation for each of the above industries. The food flavouring and the perfume industry are only interested in the consistency of the odour, so are more inclined to prefer "nature-identical" essential oils. Nature identical essential oils are often reconstituted from other essential oil constituents to create an oil which is similar to that found in nature. The pharmaceutical industry is only interested in the "active constituent", so they prefer rectified essential oils.

If we follow the Therapeutic Goods Act of Australia as a guide for the manufacture of therapeutic goods then essential oils should:

- Be pure
- Be correctly identified
- Be safe for use
- Have proven efficacy

A pure essential oil is one that has been produced from a specified botanical source and has not been modified in any way. According to Schnaubelt (2004), a genuine essential oil means it is completely unadulterated and authentic means it is from a specified plant only. The adulteration of an essential oil may alter its unique therapeutic benefits as well as lead to increased risk of adverse reaction. Common methods of adulteration may be employed to stretch, reconstruct or otherwise alter an essential oil.

These include:

- Adding alcohol or a vegetable oil to stretch the volume of the essential oil
- A synthetic chemical constituent is added to the main oil to increase its volume
- A cheaper oil is added to or distilled with the main (more expensive) essential oil
- A completely synthetic product is produced in a lab and is marketed as natural
- A cheaper essential oil is substituted (i.e. lavandin for lavender)

Purity Tests:

- Place a drop of essential oil on a clean white sheet of litmus paper or blotting paper. The essential oil should evaporate completely within 24 - 48 hours, leaving no stain. This does not work with essential oils that are coloured such as German Chamomile, Orange, and Patchouli. It is not the best method for viscous essential oils such as Sandalwood and Vetiver as they take much longer to evaporate.
- Place a drop of essential oil in a clear glass of water. If the water becomes discoloured or turns milky, then the essential oil has been diluted either with a vegetable oil or in water that has had an emulsifier added to keep the water and essential oil together.
- Place a drop of essential oil between two fingers on one hand and a drop of carrier oil between the two fingers of the other hand. Compare the viscosity. There should not be the same texture between the essential oil and the carrier oil. If it feels the same, then it is possible the essential oil has been diluted with a carrier oil. Again this is not the best method for testing the more viscous essential oils.
- Smell - many aromatherapists develop the ability to "smell" the difference between a good essential oil and an inferior one or one that has been adulterated. This takes time and practice but once you've developed this skill it will become a great tool for recognizing the quality of an essential oil.
- Gas Chromatography (GC) is a chemical analysis instrument used to separate and identify individual constituents found within a given essential oil. Each chemical constituent of an essential oil will pass through the gas chromatography instrument at different times and different speeds. As each chemical is registered, it will produce some type of peak, from very short to very tall. A gas chromatography report reveals the peaks of different chemical constituents within the given oil however it does not name the specific chemical constituent (i.e.: linalool) - for this a mass spectrometry must be used.
- Mass Spectrometry (MS) is a technique that allows for the detection of compounds (chemical constituents) by separating ions by their unique mass. Mass spectrometry is used to identify specific compounds registered on the gas chromatography report. A typical mass spectrometer has three basic parts: an ion source; a mass analyzer and a detector. Different molecules have different masses and this is used to determine what molecules are present in a sample. Interpretation of the information depends on the skill and experience of the individual who does the analysis. So, in general a GC-MS report on a specific essential oil is very helpful when used properly, the results may be less than satisfactory when used by untrained analyzers.

Other factors that affect the quality of the essential oil are:

- The ecological variables - e.g.: soil type and climate
- The well as the harvesting time
- The possible contaminants in the soil e.g.: pesticides and fertilizer

Storage of Essential Oils

The way in which an essential oil is stored can greatly impact on the shelf life (positively or negatively) of the oil. Essential oils are sensitive to light and heat and so must be contained in dark coloured bottles and stored in a cool dark environment. **Essential oils do not go rancid**; however the strength and therefore the therapeutic value of an essential oil can be impacted by age. **Citrus essential oils have the shortest shelf life of about one year** (if stored correctly). After that time, the essential oil will not be as strong and so more drops would need to be used in each application. The average shelf life of an essential oil that is stored properly is about five years. It is important to remember that essential oils are perfectly safe and effective to use after their shelf life has expired – a person would just need to use more of the essential oil in question. Some essential oils get better with age – much like fine wines. Some examples of essential oils that get better with age are Sandalwood, Rosewood, Patchouli and Rose. It is interesting that the least expensive essential oils (i.e.: citruses) have the shorter shelf life while the more expensive “precious” oils tend to get better with age.

Therapeutic Action of Essential Oils

Often people will question the many therapeutic properties attributed to a single essential oil. As mentioned earlier, essential oils are made up of hundreds of chemical components and trace minerals.

The standard method of testing allopathic medicines is to conduct clinical trials which include double blind studies. This is an approved and usually accurate method of testing and validating a particular form of treatment or medicine. This can and does mean that aromatherapy is often not taken seriously by scientific and medical professionals

It is difficult to conduct double blind studies with essential oils because the aroma/smell of the essential oil is readily obvious to both the patient and the person administering the study. Also, other methods of clinical trials tend to be quite costly and require large numbers of individuals willing to participate. While this is not a deterrent to the wealthy pharmaceutical companies it can be out of reach for someone in the field of complimentary medicine.

Much of the information that we have is of *Traditional and Esoteric* uses and includes all actions found from many of the sources that have been attributed to essential oils. The word “traditional” refers to the information, beliefs, and customs that have been handed down by word of mouth or by example from one generation to the next without written instructions. Esoteric is defined as “intended for or understood by only a particular group”. Some actions are well known because they’ve been used medicinally for many years (i.e.: eucalyptus) and others have been discovered in clinical settings.

In the last fifteen years, a frightening super germ has emerged. Medical professionals refer to this super germ as “mersa” from the acronym MRSA or Methicillin-resistant Staphylococcus aureus. This is no ordinary staph infection. Like a monster bacteria on steroids, this germ has mutated into a deadly and aggressive infection that laughs in the face of most antibiotics. A decade ago MRSA attacked the bodies of patients with compromised or low immune systems but today it is found in young, healthy people in prime physical condition. It moves so rapidly that it can go from a skin infection to deadly pneumonia to blood or bone infection in just a few days without proper treatment. MRSA is now resistant to anywhere from 15 to 30 antibiotics which makes treatment even more difficult. MRSA causes meningitis, toxic shock as well as the more common skin and tissue infections. In the battlefields during World I, essential oils were used when they ran out of penicillin. Essential oils became a valuable agent against the killer MRSA then.

Some examples of the disinfectant properties of essential oils:

- The essential oil of cinnamon kills the *Typhus bacillus* (Typhoid Fever) at a dilution of 1:300
- The essential oil of chamomile has considerable bacteriostatic properties due to the amount of azulene contained in it. Azulene is effective at a dilution of 1:2000 against the *Staphylococcus* and the *Hemolytic beta streptococcus* (causes scarlet fever and rheumatic fever). Infected wounds have been healed using a dilution of 1:17000.
- The essential oil of lemon neutralizes *Meningococcus*, *Typhus bacillus*, *Pneumococcus* and *Staphylococcus* within 5 – 20 minutes.

In order to kill bacteria in the air, Professor Griffon carried out the following experiment: Mixtures of various essential oils were sprayed as mists in a room. The development capacity of the germs suspended in the air was studied before and after spraying. Before the test there were 210 germs, of which 12 were moulds and 8 staphylococci. Within 30 minutes, the essential oils had destroyed all the moulds and staphylococci.

Understanding Essential Oil Profiles

Common Name: This is the name the essential is normally identified and retailed by

Latin Name (binomial): The “Latin binomial” designates the exact species of the essential oil. Essential oils may come from the same plant family but have different chemical makeup. Among other things, this determines contraindications. An example of this is found within the eucalyptus species where various chemical constituents occur. Eucalyptus radiata belongs to the terpene alcohol family, is anti-viral and an expectorant AND is a very gentle essential oil. Eucalyptus globulus is also an expectorant and anti-viral; HOWEVER, it is a very strong, stimulating essential oil because it is 75% terpene hydrocarbons.

Family: Refers to the family of chemical constituents the essential oil belongs to

Extraction: Refers to the method of distillation for each particular essential oil

Note: Refers to whether the essential oil is a Top, Middle or Base Note

Blending Factor: Refers to the strength or power of the aroma of each essential oil. A very powerful smelling essential oil could be rated as low as a 1 and you would use less of this in a blend. Conversely, a more subtle smelling essential oil could be rated as high as a 10 – you may want to use a higher proportion of more subtle smelling essential oils in a blend. There are other factors to take into consideration before determining the quantity of each essential oil in a blend.

Notes

All essential oils fall into the category of a Top, Middle or Base Note. A perfect aromatherapy blend would have a combination of all three notes, especially if the intention of the blend is to be a perfume. This is simply a rule of thumb and often not appropriate for specific blends you may be creating.

Top Note:

Top notes tend to be very aromatic and will most often be the essential oil you will initially smell in a blend. They evaporate quickly and don't last as long as the other notes. Top notes are sharp, penetrating and either hot or cold, never warm. Top notes remain in the body for two to three hours. Most top notes have a stimulating effect.

Middle Notes

Middle notes are "balancers" in a blend. They are warm and smooth with no sharp edges. Middle notes can be either sedating or stimulating. They last in the body from two to six hours and usually form the bulk of the blend.

Base Notes

Base notes deepen a blend. When base notes are smelled directly from a bottle they will often appear weak or faint, but when applied they react and release their power. Base notes have a sedating action on the body. They can last in the system for up to seventy-two hours. Base notes act as fixative to stop the lighter notes from dispersing too quickly.

Adaptogens

Some essential oils, regardless of what "note" category they fall into, are adaptogens. They simply adapt to what the body needs in terms of the pharmacological and physiological actions.

Contraindications

Pregnancy guidelines

The following essential oils are safe to use throughout pregnancy:

Top	Middle	Base
Bergamot	Balsam Fir	Benzoin
Cajeput	Black Pepper	Ginger
Cardamon	Myrtle	Neroli
Eucalyptus Radiata	Palmarosa	Patchouli
Grapefruit		
Lemon		
Lime		
Mandarin		
Orange		
Petitgrain		
Tea Tree		

The following essential oils are safe to use after the first trimester:

Top	Middle	Base
Citronella	Carrot Seed	Cinnamon
Eucalyptus Globulus	Chamomile	Frankincense
Petitgrain	Geranium	Sandalwood
	Lavender	Vetiver
	Peppermint	Ylang Ylang
	Pine	
	Rosemary	
	Rosewood	

Safe at due date or during labour (uterine stimulants)

Top	Middle	Base
Clary Sage		Jasmine
		Rose

The following essential oils should be avoided during pregnancy:

Top	Middle	Base
Basil	Angelica	Cedarwood
Camphor	Cypress	Clove
Sage	Fennel	Myrrh
Thyme	Juniper Berry	Nutmeg
	Marjoram	Vanilla

If in doubt, stick to citrus essential oils during pregnancy

High Blood Pressure - Avoid the following essential oils

Top	Middle	Base
Camphor	Black Pepper	Cinnamon
Eucalyptus Globulus	Rosemary	Ginger
Niaouli		
Sage (Common)		

Low Blood Pressure - Avoid the following essential oils

Top	Middle	Base
Lemon	Lavender	Ylang Ylang
	Marjoram	

Mildly Toxic Oils (Recommended limited use & minimum dose)

Top	Middle	Base
Sage	Aniseed	Nutmeg
	Black Pepper	

Epilepsy

Top	Middle	Base
Eucalyptus	Fennel	Nutmeg
Sage	Rosemary	

Photosensitive Oils

Top	Middle	Base
Bergamot	Angelica	
Grapefruit		
Lemon		
Lime		
Orange		

Antidote Homeopathics

Top	Middle	Base
Eucalyptus	Peppermint	
	Rosemary	
	Spearmint	

A Few Basic Essential Oils

Eucalyptus *(Eucalyptus Globulus)*

Family: Myrtaceae

Extraction: Steam distillation of leaves and stems

Aroma: Piercing, clearing, very sharp

Note: Top

Blending Factor: 1

Main Constituents: 70% terpene hydrocarbons, cineole, sesquiterpenes and alcohols

Trivia: The wood from the Eucalyptus tree is used in the construction of homes in Australia - imagine how fragrant they would be!

Precautions: Not recommended for use during pregnancy, with high blood pressure, or epilepsy. May cancel out homeopathic remedies

Body:

- Respiratory - very strong expectorant. Helpful for all respiratory infections such as asthma, bronchitis, sinusitis, coughs pneumonia, and throat infection
- Improves breathing by opening up the lungs
- Excellent immunostimulant - helpful for herpes, colds, flu, measles, chicken pox
- Improves sluggish circulation
- Cools a fever
- Deodorant
- General aches and pains, sprains, rheumatoid arthritis, headache
- Antiseptic - cuts, burns, insect bites, wounds, athletes foot, warts
- Tones congested skin

Mind:

- Stimulating - improves concentration
- Clears heated emotions and relieves nervous tension
- Refreshing and invigorating

APPLICATIONS:

- Add 10 - 15 drops to a humidifier or vapourizer to ease breathing
- Add 30 drops to 60ml of distilled water for body mist (shake well)
- Add 30 drops each of Eucalyptus, Tea Tree and Lemon to 120ml of distilled water for cleaning and disinfecting
- Add 5 - 10 drops to water in a diffuser
- Add 5 - 10 drops to a car diffuser
- Add 1 -2 drops to the floor of the shower to create a "sauna" effect
- Also, use in a sauna or hot tub

Eucalyptus Radiata *(Eucalyptus radiata)*

Family: Myrtaceae

Extraction: Steam distillation of leaves and stems

Aroma: Piercing, clearing, very sharp

Note: Top

Blending Factor: 2

Main Constituents: 70% terpene hydrocarbons, cineole, sesquiterpenes and alcohols

Trivia: Also known as narrow-leaved peppermint

Precautions: None known

Eucalyptus radiata has less eucalyptol (about 70%) with terpineol and other alcohols and some monoterpenes. Its composition is closer to that of the Melaleuca's which makes this a good immunostimulant.

Body:

- Respiratory - very strong expectorant. Helpful for all respiratory infections such as asthma, bronchitis, sinusitis, coughs pneumonia, and throat infection
- Improves breathing by opening up the lungs
- Excellent immunostimulant - helpful for herpes, colds, flu's, measles, chicken pox
- Improves sluggish circulation
- Cools a fever
- Deodorant
- General aches and pains, sprains, rheumatoid arthritis, headache
- Antiseptic - cuts, burns, insect bites, wounds, athletes foot, warts
- Tones congested skin

Mind:

- Stimulating - improves concentration
- Clears heated emotions and relieves nervous tension
- Refreshing and invigorating

APPLICATIONS:

- Add 20 drops to 60ml of carrier oil for massage
- Add 10 drops to 100gr sea salt for bath
- Add 10 - 15 drops to a humidifier or vaporizer to ease breathing
- Add 30 drops to 60ml of distilled water for body mist (shake well)
- Add 30 drops each of Eucalyptus, Tea Tree and Lemon to 120ml distilled water for cleaning and disinfecting
- Combine with equal parts Bergamot oil to topically apply to herpes simplex outbreaks
- Also, use in a sauna or hot tub

Geranium <i>Pelargonium odorantissimum</i>

Family: Geranaiceae

Extraction: Steam distillation of stalks, stems and flowers

Aroma: A sweet, heavy smell with rose and minty undertones

Note: Middle

Main Constituents: geraniol, borneol, citronellol, linalool, terpineol, limonene, phellandrene, pinene

Blending Factor: 3

Trivia: Geraniums were kept around the house to keep “evil spirits” at bay in Europe

Precautions: Avoid use during pregnancy. Estrogen-like properties, do not use on people with tumorous growths

Body:

- General aches and pains
- Stimulates poor circulation and a sluggish lymphatic system
- Can help with cellulites and varicose veins
- Anti-viral – helps keep infections at bay
- Analgesic
- Regulates menstrual flow, affects the estrogen balance of the body
- Helps ease painful, swollen breasts
- Excellent for PMS, menopausal symptoms, excessive menstrual bleeding and painful periods
- Powerful anti-inflammatory and anti-spasmodic
- Eliminates excess toxins from the body
- Improves general elimination and congestion of the bowel and clears mucous from the digestive tract
- Tonic for oily skin, congested skin, acne, bruising, eczema, stretch marks, burns, fungal infections and scars

Mind:

- Eases anxiety, nervous tension, stress, irritability and depression
- Balances the mind and lifts the spirit

APPLICATIONS

- Add 20 drops to 60ml of carrier for an balancing massage
- Add 10 drops to 100gr of sea salt for a bath or foot bath (diuretic)
- Add 10 drops to 30ml of lotion or carrier oil to apply to skin for bruises, broken capillaries, congested, dull skin
- Add 30 drops to 60ml of distilled water to use as a skin toner (shake well)
- Add 5 - 10 drops to water in a diffuser
- Add 5 - 10 drops to a car diffuser

Lavender <i>Lavendula officinalis/Lavendula angustifolia/Lavendula dentate</i>

Family: Labiatae

Extraction: Distillation of flower heads

Aroma: Floral and light with woody undertones

Note: Middle

Main Constituents: linalol, linayl acetate, lavandulyl acetate, terpineol, limonene, caryophyllene

Blending Factor: 7

Trivia: Romans added lavender to their bath water, hence the name derived from the word "to wash" – lavare

Precautions: Avoid during the first trimester of pregnancy; Use caution with low blood pressure

Body:

- **Lowers high blood pressure**
- **Calms palpitations – calming action on the heart**
- **Insomnia (in small doses – tends to stimulate in high doses)**
- **Pain – muscular aches and pains, headaches and menstrual cramps**
- **Anti-viral**
- **Tonic to respiratory system, eases coughs, asthma, and throat infections**
- **Digestion – helps to ease nausea and indigestion because it stimulates bile production; also helps to digest fats**
- **Skin – stimulates skin cell regeneration – excellent for burns, scrapes, eczema, acne, psoriasis, swelling, abscesses and fungicidal growths**

Mind:

- **Relieves anger and calms the mind**
- **Balances the central nervous system – beneficial for depression**

APPLICATIONS:

- **Add 20 drops to 60ml of carrier oil for massage**
- **Add 10 drops to 100gr sea salt for bath**
- **Add 1 – 2 drops to a pillowcase to assist with sleeping**
- **Add 30 drops to 60ml of distilled water for face toner (shake well)**
- **Add 5 – 10 drops to water in a diffuser**
- **Add 5 – 10 drops to a car diffuser**
- **Can be used "neat" on burns, cuts and wounds**

Peppermint

Mentha X Piperita

Family: Labiatae

Extraction: Distillation of leaves and flowers

Aroma: A sharp, piercing menthol aroma

Note: Middle

Main Constituents: menthol, carovne, cineol, limonene, menthone, pinene, thymol

Blending Factor: 1 - 2

Trivia: Peppermint is an “adaptogen” – that is that it has the unique ability to cool the body when it is too warm or warm the body when it is too cold

Precautions: Avoid during pregnancy and on nursing mothers (anti-galactagogue). Avoid use within 2 hours of bed time (strong stimulant). Can counteract homeopathic remedies

Body:

- Respiratory – asthma, bronchitis, and respiratory conditions in general
- Digestion – nausea, vomiting, constipation, diarrhea, travel sickness, food poisoning
- Stems bad breath
- Circulation – vasoconstrictor, faintness, dizziness, shock
- Headaches – analgesic
- Soothes tired, aching feet
- Pain – muscular and arthritic
- Relieves itchiness and inflammation
- Removes toxic congestion and blackheads

Mind:

- Helps with anger, tension and hysteria
- Eases depression and mental fatigue

APPLICATION:

- Add 5 drops to 60ml of carrier for an anti-inflammatory massage
- Add 1-2 drops to a wet cotton ball and “sponge” on varicose and spider veins
- Add 10 drops to 100gr sea salt for a soothing foot bath
- Add 10 drops to 60ml of distilled water for an energizing/cooling body mist (shake well)
- Add 5 - 10 drops to water in a diffuser
- Add 5 - 10 drops to a car diffuser (energizing and anti-viral)
- Add 1 drop to the floor of the shower before turning on the water
- Add 2 - 3 drops to a compress to cool a fever
- Neat on hairline to relieve migraine and headache

Rosemary <i>Rosmarinus Officinalis</i>

Family: Labiatae

Extraction: Steam Distillation of Flowers and Leaves

Aroma: A strong, clear, fresh, penetrating herbal scent

Note: Middle

Main Constituents: borneol, camphene, camphor, cineol, lineol, pinene, terpineol

Blending Factor: 2 - 3

Trivia: Because it typically grows in close proximity to the ocean, its name means "Dew of the Sea".

Rosemary leaves were burned in hospitals in Europe to purify the air

Precautions: Avoid with high blood pressure, epilepsy, pregnancy and if using homeopathic remedies

Body:

- Headaches
- Tired, aching muscles, rheumatism, arthritis
- Raises low blood pressure, acts as a heart tonic
- Anti-viral - colds, flu's, viral infections
- Respiratory - asthma, bronchitis
- Detoxifies the liver/eliminates toxins
- Diuretic action on the kidneys
- Stimulating effect helps to clear excess fat and cellulite
- Digestion - stimulates and eases flatulence and stomach upset
- Toner/astringent - tightens saggy, puffy skin
- Hair growth and dandruff

Mind:

- Clears and stimulates the mind
- Sharpens concentration
- Aids memory

APPLICATION

- Add 20 drops to 60ml of carrier for an anti-inflammatory massage
- Add 10 drops to 100gr of sea salt for a bath or foot bath
- Add 20 drops to 60ml of lotion for circulation
- Add 30 drops to 60ml of distilled water to use as a memory mist (shake well)
- Add 5 - 10 drops to water in a diffuser
- Add 5 - 10 drops to a car diffuser
- Add 2 - 3 drops to shampoo to stimulate the scalp

Tea Tree <i>Mellaleuca Alternifolia</i>

Family: Myrtaceae

Extraction: Steam distillation of leaves

Aroma: Pungent and fresh

Note: Top

Blending Factor: 3

Main Constituents: terpene alcohols

Trivia: Tea Tree is known as the “miracle oil” because it works on all levels on infections. The name “Tea tree” came from Captain Hook after his sailors brewed it as a tea in hopes to prevent scurvy

Precautions: Possible sensitization

Body:

- Best known for it’s anti-viral, anti-infectious, antiseptic, antibiotic, bactericidal and fungicidal properties (the “miracle” oil)
- Antimicrobial
- Strengthens the immune system by fortifying white blood cells
- Colds, flu’s, fevers – sweating action helps to eliminate toxins from body
- Herpes, sores, infections and athlete’s foot all benefit from a “neat” application of Tea Tree
- Gum problems, canker sores, oral thrush
- Yeast infections
- Fortifies the lungs
- Digestion - colic, diarrhea, internal parasites
- Anti-inflammatory
- Scalp – dry scalp conditions are alleviated when added to shampoo or conditioner

Mind:

- Useful in states of shock, refreshes the mind
- Great for mental fatigue

APPLICATION:

- Add 20 drops to 60ml of carrier oil for massage.
Add 30 drops to 60ml of distilled water to use as an anti-bacterial mist (shake well)
- Add 5 - 10 drops to water in a diffuser
- Add 2 - 3 drops to shampoo
- Use neat on blemishes, cuts and scrapes
- Add 10 drops to 100gr sea salt for bath or foot bath
- Use neat on toenail fungus

Using Essential Oils in Your Practice

Using essential oils in your practice can greatly increase your client's enjoyment and also contribute to theirs and your health.

During this workshop, you will learn which essential oils are most appropriate for certain conditions, blending guidelines as well as contraindications. It is very important that you keep this information in mind when creating blends for yourself, your clients and your family and friends.

Some practitioners choose to charge extra for using essential oils in a treatment while others will include it as part of their session to set themselves apart from other practitioners. If you should choose to charge for adding essential oils or simply want to know the cost of doing so, you can use this formula

Each milliliter is the equivalent to approximately 20 drops of essential oil. During the course of mixing essential oils into a blend there is normally a small amount of waste either due to spillage or essential oils adhering to a pipette - usually you will deduct 5 drops per ml to account for this loss - therefore we are now calculating that there is 15 drops per ml. If you incurred shipping costs when you ordered your essential oils, factor this in as well.

So..... if you purchased 10ml of Bergamot Essential Oil for \$10.38 and paid .32 for freight (proportionately) and \$1.28 for taxes, your 10 ml of Bergamot has now cost you \$11.98. There are approximately 200 drops of essential oil in the 10ml bottle, however we are going to deduct 5 drops per ml for spillage, so for the purposes of this calculation, we are going to base our calculation on 150 drops of Bergamot in the 10ml bottle.

\$11.98 divided by 150 drops = .08 per drop

If we were to use Frankincense instead of Bergamot the cost would be much different. Frankincense retails for about \$20.00 for a 10ml bottle, freight would remain at .32 so with taxes, your cost would be \$22.76

\$22.76 divided by 150 drops = .15 per drop.

Note these prices are approximate and just used to illustrate how to calculate your cost. You would calculate your cost based on what you paid for the essential oil, freight and taxes.

As you can see from the examples above, adding 4 - 5 drops of essential oil to a massage is relatively inexpensive. Many practitioners will "layer" the essential oil(s) being used in the treatment. Some of the ways you can do this are

- *Add 1 - 2 drops of the essential oil(s) you are using to a tissue and slip it under the face cover*
- *Add 4 - 5 drops of the essential oil(s) you are using to a diffuser in the treatment room (always fill the diffuser bowl with water first)*
- *Use a spritzer (mister) over the client as a finishing touch to the treatment*
- *Put 30ml of carrier oil + essential oil(s) in a 30ml bottle. You will probably only use about 15ml of this blend for the massage - give the rest to the client to use at home - every time they do, they will think of you - great advertising!!*

Let your client know what essential oils you are using and why. Education is the key to using and appreciating essential oils

Blending Guidelines

Essential oils are categorized into Top, Middle and Base Notes. The "notes" are important to take into consideration when making a blend of essential oils. It is also important to understand what physical reaction your body may have to a particular essential oil.

Oil blends are usually divided into **normal** and **low dilutions**. These dilutions are percentages based on the amount of essential oil in a carrier oil or water. These proportions are used when making a massage oil, bath oil or mist and are based on the premise that the client will be using the blend over a period of time. **Note: when you are creating a blend to use on a client during a treatment, regardless of the amount of carrier oil being used the maximum amount of essential oils added to the carrier oil is 4 - 5 drops.** Synergies are much more concentrated and discussed further in this module.

To calculate how many drops of essential oil are needed to make a normal dilution of 2.5%, divide the number of milliliters of carrier oil by 2

To calculate for a low dilution of 1%, divide by 5.

One ml of essential oil is approximately 20 - 25 drops

Example - normal dilution in 60ml of carrier oil = 30 drops
low " " " " " " " = 12 drops

Examples of Dilution's

Adult Body 30 drops per 60ml	Children (5yrs - 12 yrs.) 12 drops per 60ml
Adult Face 12 drops per 60ml	Children (1 yrs to 5 yrs) 6 drops per 60ml
Adult Body & Face During Pregnancy 12 drops per 60ml	Infants (birth to 1 yrs) 3 - 6 drops per 60ml
Adult Facial 1 -2 drops in 10ml (face serum)	Adult Massage 4-5 drops in 30ml

Blending

An "ideal" Aromatherapy blend will be a combination of top, middle and base notes. By blending all three, the base note will extend the effect on the body of the top and middle notes. There will be occasions where it is not appropriate to combine a Top, Middle and Base note. For example, if you were formulating a blend for energy, you may not want to include a base note because of its sedating action. Conversely, if you wanted a blend for meditation or grounding, you may not want to include a Top note, which could have a stimulating effect on the body.

In most cases, the bulk of the blend will be comprised of the middle note, then the top note and lastly the base note. For example, in 60ml of carrier oil combine 10 drops of top, 16 drops of middle and 4 drops of base. You may wish to reverse the top and the middle; however the base note is almost always the least.

The equations above will apply whether you are creating a blend using a carrier oil, lotion or a mist using water.

Ideally your blend will encompass the whole person by using essential oils that will assist mentally/emotionally; physically and spiritually/energetically.

Proportions for an Aromatherapy Massage

Typically you will use between 12 - 30ml of carrier oil for a full body massage. To make a massage into an "Aromatherapy Massage", you will add essential oils to the carrier oil. Because the full amount of the essential oil will be applied in one treatment, the maximum **number of drops for a full body massage would be 4 - 5 drops** no matter how much carrier oil you use. There may be times when you choose to make the blend stronger for a specific condition, but rule of thumb is maximum 4 - 5 drops to a carrier oil when the entire amount will be used at one time.

Proportions for a Therapeutic Synergy

When creating a synergistic blend, the ratio of essential oil to carrier will vary according to the purpose of the blend and the age of the person using it. For example, a synergy (or blend) that will be used for extreme muscle and joint pain may contain as much as 90% essential oil and only 10% of carrier (just enough to prevent skin irritation when the blend is applied). If this blend were for a child the amount would be much less, depending on the child's age and size. The same would be true of blends for headaches, stomach-aches, immune boosters etc.

When using a blend or synergy only a few drops at a time are used because of the potency of the blend.

When making a blend for a client, you will need to take into consideration any contraindications, allergies, age, whether pregnant and strong like and dislikes. And, ideally a blend will work on more than one condition your client has.

CIRCULATORY DISORDERS

Problem	Top Notes	Middle Notes	Base Notes
Bleeding	Lemon	Geranium	Rose
Fluid Retention (acute and chronic)	Eucalyptus Globulus Grapefruit Lemon Petitgrain	Cypress Fennel Geranium Juniper Berry Lavender Rosemary	Benzoin Cedarwood Patchouli
Hemorrhoids	Lemon	Chamomile (German) Cypress Geranium Juniper Berry	Cedarwood Frankincense Myrrh Sandalwood Vetiver
High Blood Pressure	Basil Clary Sage Lemon Mandarin	Lavender Marjoram	Helichrysum Jasmine Rose Ylang Ylang
Low Blood Pressure	Eucalyptus Niaouli Sage Thyme	Black Pepper Cypress Juniper Berry Rosemary	Clove Ginger
Poor Circulation	Lemon Lemongrass	Chamomile (German) Cypress Geranium Lavender Peppermint	Cedarwood Frankincense Helichrysum Patchouli Sandalwood Vetiver
Reynaud's	Clary Sage Eucalyptus Lemon	Black Pepper ** Fennel Juniper Berry Peppermint Petitgrain Rosemary **	Cardamon Cinnamon
Sluggish Lymph/Detoxification	Lemon Grapefruit ** Niaouli Tea Tree	Black Pepper Chamomile (Roman) Cypress ** Geranium Juniper Berry ** Lavender Rosemary	Benzoin Frankincense Ginger Helichrysum Rose
Thread Veins Varicose Veins	Lemon	Cypress Peppermint	Neroli

DIGESTIVE/INTERNAL DISORDERS

Problem	Top Notes	Middle Notes	Base Notes
Colic	Bergamot	Black Pepper Chamomile ** Fennel Juniper Berry Lavender Peppermint	Cinnamon Leaf Sandalwood
Colitis (Intestinal inflammation)	Basil Bergamot Cajeput Lemongrass Thyme	Chamomile ** Geranium Lavender Marjoram ** Rosemary	Cinnamon Leaf Myrrh Ylang Ylang
Flatulence	Basil Bergamot Lemongrass Thyme	Fennel Juniper Berry Lavender Peppermint Rosemary	Cinnamon Leaf Ginger Myrrh
Indigestion	Basil Bergamot Lemongrass Thyme	Black Pepper ** Chamomile ** Fennel ** Juniper Berry Lavender Peppermint	Cinnamon Leaf Clove Nutmeg
Liver Problems	Coriander Grapefruit ** Lemon Lime	Chamomile Cypress ** Geranium Juniper Berry ** Peppermint Rosemary	Cinnamon Leaf Helichrysum Myrrh Rose
Nausea	Basil Grapefruit ** Lemon Mandarin	Fennel ** Lavender Peppermint **	Ginger ** Rose Sandalwood
Sluggish Digestion	Coriander Orange	Black Pepper Fennel	Ginger Nutmeg
Stomach Ache	Bergamot	Chamomile Fennel Lavender Peppermint Rosemary	Ginger
Vomiting	Basil Lemon	Black Pepper Fennel Peppermint	Ginger

DISEASES AND DISORDERS

Problem	Top Notes	Middle Notes	Base Notes
Diabetes	Clary Sage Eucalyptus ** Lemon Thyme	Geranium Juniper Berry Pine	Vetiver Ylang Ylang
Epilepsy	Cajeput Clary Sage Thyme	Lavender Marjoram	
Gout	Basil Lemon	Chamomile Cypress Fennel Juniper Berry Pine Rosemary	
Irritable Bowel	Basil Grapefruit Lemon	Black Pepper Chamomile ** Geranium Juniper Berry Marjoram Peppermint	Benzoin Cinnamon Clove Ginger Neroli Nutmeg Sandalwood
Osteoporosis	Clary Sage Lemon Mandarin Sage	Aniseed Chamomile Cypress Fennel Geranium Lavender Peppermint Pine	Jasmine Sandalwood Ylang Ylang

EXCRETORY

Problem	Top Notes	Middle Notes	Base Notes
Constipation	Cardamon Lemon	Black Pepper Fennel Marjoram Rosemary	Ginger Rose Ylang Ylang
Cystitis	Bergamot ** Cajeput Eucalyptus	Black Pepper Fennel Juniper Berry Lavender Pine	Benzoin Frankincense Sandalwood
Diarrhea	Eucalyptus	Chamomile Cypress Geranium Lavender Peppermint	Clove Ginger Myrrh Neroli
Edema	Eucalyptus Grapefruit ** Sage (common)	Cypress ** Fennel Geranium Juniper Berry ** Rosemary	Benzoin Cedarwood Patchouli
Kidneys	Bergamot Eucalyptus Lemon Sage Thyme	Fennel Geranium Petitgrain ** Pine	Cedarwood Sandalwood

HEAD AND NECK DISORDERS

Problem	Top Notes	Middle Notes	Base Notes
Colds (also see Respiratory)	Basil Eucalyptus ** Lemon Niaouli Sage Tea Tree Thyme	Black Pepper Cypress Geranium Juniper Berry Marjoram Peppermint Pine Rosemary	Benzoin ** Cedarwood Frankincense
Headaches	Eucalyptus Grapefruit Lemon	Chamomile Lavender Marjoram Peppermint Rosemary Rosewood	Helichrysum
Migraines	Basil Cajeput Eucalyptus Grapefruit Lemon	Aniseed Chamomile Lavender Marjoram Peppermint ** Rosemary Rosewood	Helichrysum Rose
Sinus Problems	Basil Cajeput Eucalyptus Lemon Niaouli Thyme Tea Tree	Lavender Peppermint Pine	Clove Frankincense
Sore Throat	Bergamot Cajeput Clary Sage Eucalyptus Lemon Niaouli Sage Tea Tree Thyme	Geranium Lavender Peppermint	Cedarwood Ginger ** Myrrh Sandalwood

MENSTRUAL DISORDERS

Problem	Top Notes	Middle Notes	Base Notes
Heavy Periods	Sage	Chamomile Cypress Geranium Juniper Berry	Frankincense Rose
Irregular/Scanty Periods	Basil Clary Sage ** Thyme	Chamomile Fennel Lavender Peppermint	Rose
Menopause	Clary Sage ** Sage	Chamomile Cypress Fennel Geranium ** Vitex **	Frankincense Jasmine Rose ** Ylang Ylang
Painful Periods	Basil Cajeput Sage	Aniseed Chamomile Cypress Juniper Berry Marjoram ** Peppermint Vitex **	Frankincense Jasmine Rose
PMS	Clary Sage Grapefruit	Chamomile Geranium Lavender Vitex	Jasmine Neroli Rose

MUSCULAR AND JOINT DISORDERS

Problem	Top Notes	Middle Notes	Base Notes
Abdominal Cramps	Basil Bergamot Clary Sage Orange	Black Pepper Chamomile ** Fennel Marjoram Peppermint	Clove Bud Ginger Helichrysum Neroli Nutmeg
Aches and Pains	Cajeput Eucalyptus Sage Thyme	Black Pepper Chamomile Lavender Marjoram Rosemary	Benzoin Clove Ginger Nutmeg
Arthritis	Eucalyptus Lemon Sage Thyme	Chamomile Cypress Juniper Berry Lavender Marjoram Rosemary	Benzoin Clove Ginger Nutmeg
Rheumatic Pain	Basil Cajeput Eucalyptus Lemon Thyme	Black Pepper Chamomile Cypress Fennel Lavender Marjoram Rosemary	Benzoin Ginger Helichrysum Nutmeg
Sciatica	Basil	Chamomile Juniper Berry Lavender Peppermint Rosemary	Helichrysum
Spasm (Cramp)	Basil Bergamot Cajeput Clary Sage Eucalyptus Mandarin Orange	Black Pepper Chamomile Cypress Lavender Marjoram Peppermint Rosemary	Benzoin Clove Helichrysum Jasmine Neroli Nutmeg Rose
Sprain	Eucalyptus Tea Tree	Lavender Marjoram Peppermint Rosemary	Clove Ginger Helichrysum Rose
Tone Muscles	Grapefruit Lemongrass Sage	Black Pepper Lavender Marjoram Rosemary	Ginger

NERVOUS CONDITIONS

Problem	Top Notes	Middle Notes	Base Notes
Anxiety/Stress	Basil Bergamot Clary Sage Mandarin Orange Petitgrain Thyme	Chamomile Geranium Juniper Berry Lavender Marjoram Pine Rosemary Rosewood	Benzoin Cedarwood Frankincense Helichrysum Jasmine Neroli Patchouli Rose Sandalwood Vetiver Ylang Ylang
Depression	Basil Bergamot Grapefruit Niaouli Orange Petitgrain Tea Tree Thyme	Chamomile Cypress Geranium Lavender Juniper Berry Marjoram Pine Rosemary Rosewood	Cinnamon Frankincense Helichrysum Jasmine Neroli Patchouli Rose Sandalwood Vetiver Ylang Ylang
Emotional Stress	Basil Clary Sage	Juniper Berry Lavender Marjoram	Benzoin Jasmine
Hysteria	Basil Cajeput Orange Petitgrain	Chamomile Lavender Marjoram Peppermint	Cedarwood Frankincense Helichrysum Neroli Ylang Ylang
Insomnia	Basil Mandarin Orange Petitgrain Thyme	Chamomile Juniper Berry Lavender Marjoram	Neroli Rose Sandalwood Vetiver Ylang Ylang
Sudden Stress	Basil	Juniper Berry Lavender Marjoram Peppermint	Benzoin Neroli Rose

RESPIRATORY DISORDERS

Problem	Top Notes	Middle Notes	Base Notes
Allergies	Basil Eucalyptus Lemon Thyme	Chamomile ** Geranium	Benzoin Frankincense Helichrysum
Asthma	Basil Bergamot Cajeput Eucalyptus Lemon Mandarin Sage Thyme	Black Pepper Chamomile Cypress Lavender Marjoram Peppermint Pine Rosemary	Benzoin Clove Frankincense Helichrysum Neroli Rose
Bronchitis	Basil Bergamot Cajeput Eucalyptus Lemon Orange Sage Tea Tree Thyme	Black Pepper Camphor Cypress Juniper Berry Lavender Marjoram Peppermint Pine Rosemary	Benzoin ** Cedarwood Clove Frankincense ** Ginger Helichrysum Myrrh ** Sandalwood
Catarrh	Basil Cajeput Eucalyptus ** Lemon Thyme Tea Tree	Black Pepper Lavender Marjoram Peppermint	Cedarwood Frankincense Ginger Myrrh Sandalwood
Cough	Basil Cajeput ** Eucalyptus Tea Tree Thyme	Black Pepper Camphor Cypress Lavender Peppermint Pine Rosemary	Benzoin ** Cedarwood Cinnamon Leaf Ginger Helichrysum Jasmine Myrrh
Flu	Basil Cajeput Eucalyptus ** Lemon Sage Tea Tree Thyme	Cypress ** Peppermint Pine Rosemary Rosewood	Cinnamon Leaf Clove Frankincense ** Ginger Helichrysum Myrrh
Whooping Cough	Basil Niaouli Tea Tree Thyme	Cypress Fennel Lavender Rosemary	Helichrysum

SKIN DISORDERS

Problem	Top Notes	Middle Notes	Base Notes
Abscesses/Boils	Basil Bergamot Cajeput Lemon Sage Tea Tree Thyme	Chamomile (G) Geranium Juniper Berry Lavender Peppermint Rosemary	Clove Helichrysum Myrrh Sandalwood
Acne	Bergamot Cajeput Grapefruit Lemon Lemongrass Orange Petitgrain Tea Tree Thyme	Camphor Chamomile Geranium Juniper Berry Lavender Rosemary Rosewood	Benzoin Cedarwood Clove Frankincense Helichrysum Patchouli Rose Sandalwood Vetiver
Allergies (skin) Also, sensitive skin	Eucalyptus Tea Tree	Chamomile ** Lavender	Jasmine Neroli Patchouli ** Rose
Anti-Aging	Bergamot Clary Sage Orange	Geranium ** Lavender Marjoram Rosewood **	Frankincense ** Neroli ** Patchouli ** Rose ** Sandalwood ** Vetiver Ylang Ylang
Athlete's Foot	Eucalyptus Lemon Lemongrass Tea Tree **	Lavender Peppermint Pine	Cedarwood Frankincense Myrrh Patchouli
Broken Capillaries	Bergamot Lemon	Chamomile Cypress Geranium Lavender Peppermint Rosewood	Neroli Rose
Bruises	Sage	Black Pepper ** Chamomile Geranium ** Lavender ** Marjoram Rosemary	Cinnamon Leaf Clove Ginger Helichrysum
Burns	Eucalyptus Niaouli Tea Tree	Chamomile (G) ** Geranium Lavender **	Benzoin

Skin Disorders Continued

Problem	Top Notes	Middle Notes	Base Notes
Candida (Thrush)	Bergamot Eucalyptus Tea Tree Thyme	Geranium Lavender Palmarosa Rosemary Rosewood	Helichrysum Myrrh Patchouli Rose
Cellulite	Grapefruit ** Lemon Mandarin Orange Sage	Cypress ** Fennel ** Geranium Juniper Berry ** Lavender Rosemary	Cedarwood Patchouli Sandalwood
Congested Skin	Basil Eucalyptus Grapefruit Lemon Orange Sage	Geranium Juniper Berry Peppermint Petitgrain Rosemary Rosewood	Helichrysum Myrrh Rose Sandalwood
Chicken Pox	Bergamot Cajeput Eucalyptus Tea Tree	Chamomile ** Lavender **	Helichrysum Sandalwood
Dermatitis	Bergamot Cajeput Eucalyptus Sage Thyme	Chamomile (G) ** Geranium Juniper Berry Lavender	Benzoin ** Cedarwood Helichrysum Patchouli ** Rose
Dry Cracked Skin	Bergamot Petitgrain Tea Tree	Chamomile Geranium Lavender Rosewood	Jasmine Neroli Patchouli Sandalwood Rose
Eczema	Bergamot Cajeput Eucalyptus Sage Tea Tree Thyme	Chamomile ** Geranium Juniper Berry Lavender	Benzoin ** Cedarwood Helichrysum Patchouli ** Rose Rosewood **
Fungal Skin Infections	Lemon Lemongrass Niaouli ** Sage Tea Tree ** Thyme	Cypress Geranium Palmarosa Peppermint Pine Rosemary	Helichrysum Patchouli Sandalwood

