

PROMOTING SELF CARE
mind ~ body ~ spirit ~ energy

AROMATHERAPY
keeping you
happy,
healthy and
loving life

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ESSENTIALS FOR WELL BEING
HEALTH ~ HAPPINESS ~ COMFORT

Aromatherapy

*the art and science of
using essential oils*

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What is aromatherapy?

Aromatherapy is the art and science of using pure essential oils extracted from natural plants and flowers. Essential oils are used to calm, balance and give energy to the body, mind and spirit.

What are essential oils?

Essential oils are obtained from flowers, plants, trees, shrubs and roots or from the peels of fruits. The oils are either steam distilled or expressed. The climate, weather and temperature at distillation can affect the quality of the oil, which in turn will affect the chemical structure.

When using essential oils for personal and health-related care, it is best to use plant parts that are free from toxic chemicals, such as pesticides or herbicides.

Toxic chemicals applied to growing plants can react with the oils made and create a poor or toxic essential oil. Sometimes oils are mixed with products like alcohol or other man-made chemicals to create perfumes or lotions.

While the scent from these products may be pleasant, the health effects may not be. Look for pure essential oils when buying for health reasons.

1. Essential oils are not water-soluble. Avoid contact with eyes. If a splash occurs, use a small amount of milk, baby shampoo or a carrier oil to absorb the oil from the eye area, then rinse with water for 5 minutes.
2. Wash your hands before and after using essential oils.
3. Do not use internally unless directed by a trained health care practitioner.
4. Patch test prior to applying directly to skin to check for allergy. To patch test: *Mix 2 to 5 drops of essential oil in 1 teaspoon of carrier oil such as grapeseed or olive oil. Put 2 to 5 drops of the solution on the white part of a bandage and apply to the inner forearm. Remove the bandage after 12 to 24 hours. If no redness or inflammation occurs at the site, you may move ahead and apply to skin. You do not need to patch test for inhalation.*
5. The majority of oils should be mixed with a carrier oil such as grapeseed or olive oil. Oils such as tea tree, lavender, petitgrain and German chamomile may be used straight on the skin if no allergy exists.
6. Medical history is important. Individuals with known kidney or liver failure, history of estrogen-based cancer, seizure disorder, asthma, hypertension, tachycardia, post-cardiac surgery or receiving chemotherapy need to express caution with certain oils and consult a certified clinical aromatherapy health care practitioner.
7. Photosensitivity may occur with citrus oils, causing a sunburn or rash. It is best to avoid applying citrus oils to skin exposed to sunlight.
8. Certain oils should not be used with children and pregnant women. Consult with a trained health care practitioner for appropriate use.
9. Do not self diagnose. Consult your provider for a diagnosis and work with a qualified aromatherapist for clinical use.
10. Aromatherapy is not a substitute for medical care.

Essential oils to avoid with certain conditions

- Hypertension: hyssop, rosemary, sage, thyme
- Seizure disorder: hyssop, sage, fennel, rosemary, spike lavender
- Estrogen dependent cancers: clary sage, fennel
- Asthmatics should use a diluted mixture of essential oils at first to avoid adverse reactions
- Skin irritants: thyme, cinnamon, clove and birch are examples of oils that cannot be used directly on the skin
- Pregnancy: Do not use if pregnant, unless under the guidance of a practitioner

ESSENTIALS FOR WELL BEING

Aromatherapy solutions and

Acne

Tea Tree

Anxiety/ Relaxation

Basil

Bergamot

Geranium

Lavender

Mandarin

Burns

Geranium

Lavender

Constipation

Black pepper

Rosemary

Nausea

Ginger

Peppermint

Energy Enhancement

Basil

Lemon

Peppermint

Rosemary

Fungal Infections

Eucalyptus

Geranium

Tea Tree

Hormone Balance

Geranium

Insomnia

Bergamot

Lavender

Mandarin

Roman Chamomile

Sandalwood

Sweet Marjoram

Pain

Black Pepper

Juniper

Lavender

Lemongrass

Peppermint

Rosemary

Viral/Cold/Flu

Lemon Peel

Peppermint

Ravensara

Spike Lavender

Tea Tree



How does aromatherapy work?

At the most basic level, aromatherapy works by affecting our sense of smell. Scent connects us with our emotions, feelings, creativity and intuition. A scent can bring us into our body and help us to remember powerful feelings. Beautiful scents can balance our mood, and lift our spirits and emotions. Additionally, essential oils have been used in medicine to help heal the body when infected by bacteria, viruses and fungi.

Who uses essential oils?

Aromatherapy is used in the home, workplace, retail environment and in health care. Trained health-care professionals use essential oils in combination with conventional medicine. For instance, an infected wound or a skin and soft tissue infection may need an antibiotic, but an essential oil may also be applied topically as adjunctive therapy. Many essential oils possess antifungal, antibacterial and antiviral properties.



Aromatherapy user guide



Lavender

(Lavandula angustifolia)

Lavender is noted for its floral scent and woody undertones and is one of the most commonly used essential oils in the world today. This refreshing and balancing aroma is frequently used for relaxation. Other common uses include management of anxiety, insomnia, burns, infections, wounds, candida and insect bites.

Therapeutic properties:

Analgesic, antibacterial, antidepressant, anti-inflammatory, antifungal, antiviral, antispasmodic

Applications:

Inhalation, diffusion, compress, bath, massage, direct application to skin

Peppermint

(Mentha piperita)

Enjoy this refreshing and mentally stimulating essential oil. Its minty fresh scent is easy to recognize and is frequently an ingredient in gum, candy and herbal teas.

Therapeutic properties:

Analgesic, expectorant, antispasmodic and anti-nausea

Applications:

Inhalation, diffusion, bath, massage. Always mix with a carrier oil if applying directly to the skin. Avoid internal use, especially for those with G6PD deficiency, atrial fibrillation, post-cardiac surgery and on 5-FU chemotherapy.

Direct inhalation

Inhalation is a very effective method to receive the benefits of essential oils. Place three drops of the preferred essential oil on a tissue or cotton ball and inhale. Repeat as necessary. Extend the use and portability of the direct inhalation experience by placing a tissue or cotton ball into a small plastic bag. Carry the small bag with you in your pocket, purse, gym bag or place on your desk. This method works well for sinus congestion, stress and anxiety. Try eucalyptus for sinus congestion and lavender or mandarin to reduce stress and anxiety.

Massage

The ability to create a soothing experience for the body through the sense of smell and touch is achieved when using essential oils with massage. This approach is ideal for stress, tension and loving touch. For a full body massage, mix 3 to 5 drops of essential oil in 2 to 4 teaspoons of carrier oil. Lavender oil is easy to begin with and provides a relaxing experience. Carrier oils recommended for this includes grapeseed, sesame, jojoba and sweet almond. Avoid mineral and hydrogenated oils.

Shower

Create a scented steam room in the comfort of your home when using essential oils with your shower experience. Place 3 to 5 drops of essential oil on the wall or perimeter of your shower stall. The steam will help release the scent. This method works well for sinus congestion when eucalyptus oil is selected.

Baths

Aromatic baths can promote relaxation and a sense of well being and are especially good for stress conditions and those with insomnia. Additionally, a soak in a tub can be beneficial for skin and inflammatory conditions, aches and pains and sore muscles. Mix 5 to 10 drops of essential oils in Epsom salt, unscented liquid soap or milk before putting into the water. The oil will bind to the salt, soap or milk and then mix with the bath water. Do not add oil directly to bath water. The oil will float on top of the water and put you at risk for an eye splash.



Aromatherapy applications



Scenting a room

Scenting an entire room requires a diffuser. A diffuser is a device that gently heats or blows air across the oil and into the air. Diffusers vary by manufacturer, and it is best to follow the manufacturer's guidelines for use. One to eight drops of pure essential oil placed on a pad in the diffuser is often recommended (less is best).

Never mix a carrier oil and essential oil together and use in a diffuser. Create your own special blend by mixing different essential oils together and then place on the pad in the diffuser.

You can save the scent by removing the pad when not in use and storing in a plastic bag. To create a fresh scent in a small area, place a cotton ball in small cup and add one or two drops of essential oil. This is a great way to scent your personal workspace.

Warm compress

A soothing scented compress is easily made by placing five drops of essential oil in three ounces of warm water. Stir solution. Dip folded cotton cloth or washrag into solution and wring out. Apply to desired area. Repeat as desired. This application is wonderful for cramps, headaches, muscle aches and pains.



Lemon (*Citrus limon*)

Lemon is often selected for its pleasant, crisp and clean scent. Mental alertness may be increased with the diffusion of lemon into the environment. It is also uplifting and sharpens our focus with decision-making. Use this oil in the morning or afternoon to promote energy levels. Additionally, lemon has antiseptic properties.

Therapeutic properties:

Antiviral, antibacterial, astringent, tonic, antispasmodic, antiseptic, diuretic

Applications:

Massage, bath, inhalation, diffusion. Always mix with a carrier oil if applying directly to the skin. Avoid sun exposure after topical application, as this oil is phototoxic.

Tea Tree (*Melaleuca alternifolia*)

Tea tree oil is highly regarded and one the world's most researched essential oils for its medicinal properties. The pungent odor associated with tea tree oil is similar to eucalyptus and camphor. Tea tree oil is commonly used to treat skin infections, wounds, ringworm, cold sores, acne, mouth/throat infections, toenail fungus, athlete's foot, psoriasis, dandruff and head lice.

Therapeutic properties:

Antifungal, antibacterial, antiviral, wound-healing

Applications:

Inhalation, diffusion, compress, direct application to the skin. Do not apply to skin undiluted without a patch test to check for allergies and skin sensitivities. May use undiluted on skin if no allergic response is present.

POSITIVE AFFIRMATION

I am peaceful ~ I am calm
I am able to achieve a restful state

Bergamot (*Citrus bergamia*)

Try this fresh citrus scent with slightly spicy undertones to lift your mood and stimulate your immune system. You may recognize this scent if you like Earl Grey tea. Bergamot mixes well with other citrus scents providing a fragrant, mellow sensory experience. It is beneficial for reducing symptoms of stress, anxiety, depression and acne.

Therapeutic properties;

Antispasmodic, sedative, analgesic, antidepressant, tonic, antifungal

Applications:

Inhalation, diffusion, compress, bath and massage. Avoid sun exposure after topical application, as this oil is phototoxic.

Eucalyptus (*Eucalyptus globulus*)

The familiar, sharp and somewhat pungent scent of eucalyptus is easily recognized and found in many over-the-counter drug store products. Eucalyptus oil is effective for symptom relief from the common cold and sinus congestion by acting as a decongestant. This oil is cooling and increases mental concentration and alertness.

Therapeutic properties:

Antibacterial, antiviral, analgesic

Applications:

Inhalation, diffusion, steam bath, compress and massage. Always mix with a carrier oil if applying directly to the skin.

Geranium (*Pelargonium graveolens*)

Enjoy this herb-like fragrance that features a subtle combination of rose, citrus and woody undertones. Geranium's scent is physically and emotionally balancing, and helps to reduce stress and anxiety. This oil is popular among women for hormonal-related problems such as PMS, fluid retention and menopausal symptoms. Geranium is also helpful for dermatitis, wound healing, inflammation, eczema, burns, ringworm and insomnia.

Therapeutic properties:

Sedative, antibacterial, antiviral, anti-inflammatory, antifungal

Applications:

Inhalation, diffusion, baths, massage and direct application to the skin with a carrier oil.

Rosemary (*Rosmarinus officinalis*)

The sharp woody scent of rosemary conveys a feeling of warmth. This stimulating oil is used to increase energy, improve mental clarity and offer an alert state. Rosemary is helpful in relieving respiratory congestion and muscular aches and pain.

Therapeutic properties:

Mild stimulant, analgesic, anti-inflammatory

Applications:

Inhalation, diffusion, massage, compress, bath and direct application to the skin with a carrier oil. Avoid with hypertension and seizure disorders.

Ginger (*Zingiber officinale*)

When you think of ginger, you may think about food. Indeed, ginger is often used in cooking and baking. The essential oil of ginger offers a peppery, sharp and yet warm aromatic scent. The warmth associated with ginger is good for reducing symptoms such as joint swelling associated with arthritis. Ginger settles the digestive system and relieves nausea, including morning sickness.

Therapeutic properties:

Anti-emetic, anti-inflammatory, analgesic, antispasmodic

Applications:

Inhalation, bath, massage, compress and direct application to the skin with a carrier oil.

Mandarin (*Citrus reticulata*)

This is one of the gentlest and safest essential oils impacting the body, mind and spirit. Mandarin offers a calming influence that promotes restful sleep, and is especially good for children and the elderly. This oil brings out joy, lifts moods and reduces irritability.

Therapeutic properties:

Anti-nausea, astringent, digestive, diuretic, relaxant, sedative.

Applications:

Inhalation, dilution, bath, massage, compress and direct application to the skin with a carrier oil. Avoid sun exposure after topical application, as this oil may be mildly phototoxic.
