

London School of Massage

"Massage to a Higher level" ♥



VTCT

QCF Level 3

Diploma in Aromatherapy

UK Accreditation: 600/4843/8

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Our Vision



*“To deliver the **best** training courses in a **fun** and **professional** environment through **highly passionate, caring and knowledgeable practitioners** who are experienced in their field”*



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About Your Lecturers

Bhavesh T. Joshi BSc. Ost Dip. TCM Acup. Ayurveda (Dip), NLP
Director & Principal

Bhavesh qualified as an Osteopath from the British School of Osteopathy and has been practising and lecturing for over 23 years. He is the Principal of the London School of Massage which was set up in 1994. He was the Clinical Director and a Senior lecturer at the College of Osteopaths (2000) as well as holding the post of Senior Lecturer (Applied Anatomy) and Clinical Supervisor at the London School of Osteopathy (1995 - 2000). He has also worked for the British School of Osteopathy as a "Demonstrator in Anatomy", lecturing to Osteopathic students at the Royal College of Surgeons.



He is a qualified Assessor and Internal Verifier for the various examination boards as well as attaining his teacher training qualifications.

Bhavesh is also a qualified NLP Practitioner, Traditional Chinese Acupuncturist and has trained in Ayurvedic treatments and massage techniques in Central and South India.

He is a gifted teacher who has a knack of making subjects easy and understandable as well as helping individuals realise their full potential. He has a life aim of setting up an Ashram in India to help feed and educate poor communities.

He teaches, and is involved with most of the courses including, Anatomy, Physiology & Holistic Massage, Sports Injuries & Massage, BTEC Diploma courses, Advanced Bodywork, Indian Head Massage and Ayurvedic Massage.

Ellie Lucy

ITEC Massage, Aromatherapy, Sports and Deep Tissue Massage, Pregnancy Massage, Baby Massage
Instructor, Thai Massage.

Before joining the London School of Massage, Ellie started her career in the Creative Industries. She discovered her passion of complementary therapies through use in her personal life and decided to embark on a career change in 2015. Soon after qualifying in Holistic Massage, Ellie became fascinated with the body and the use of therapies and natural remedies to help bring balance to the body and mind.



Studying at various schools in the UK and Thailand, she moved back to Kent in 2020 where she has her private practice. Ellie continues to be part of the London School of Massage as a trainer and centre coordinator. She teaches the VTCT Aromatherapy and ITEC Massage courses.

Her main passion lies with medicinal herbs and foods, sharing her Aromatherapy knowledge and massage experience. She is due to start her Herbal Medicine training with the aim of incorporating a fully holistic approach to her practice.

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Aims and Objectives of Course

To give a sound understanding of Aromatherapy including:

- History
- The chemistry of essential oils
- The use of essential oils to treat medical conditions and as an aid to relaxation and good mental health
- Contraindications for essential oils and situations in which care should be exercised
- The methods of administering essential oils
- Correct procedures for interacting with the client undergoing aromatherapy including professional practise, codes of conduct, case study and use of room and equipment

On completion of the course, the student will undertake a practical exam, including completion of 60 case study massages (6 clients x 6 treatments, 15 clients x 1 treatment, 9 other uses) and completion of unit 382 Aromatherapy assignment.

The History of Aromatherapy

The History of Aromatherapy in short is:-

The Egyptians

The Egyptians used Aromatics in the embalming process, perfumery and cosmetics and for medicinal purposes.

The Greeks

Hippocrates wrote extensively of the medicinal properties of plants. Knowledge gained from the Egyptians.

The Romans

Aromatics and Medicinal Plants played an important part in Roman life. Scented oils and essences were used in public baths and massage, cosmetics and perfumery.

China

There is a strong possibility that the ancient Chinese civilizations were using some form of aromatics at the same time as the Egyptians. Shen Nung's Herbal book is the oldest surviving medical book in China. It is dated about 2700 BC and contains information on over 300 plants. The Chinese used aromatic herbs and burned aromatic woods and incense to show respect to God.

India – Traditional Indian medicine known as Ayurveda has been practiced for more than 3000 years and it incorporates aromatic massage as one of its main aspects.

The Crusades to The Great Plague

Herbs like Rosemary, Sage and Thyme were all used as antiseptics both on and off the battle field. Bouquets of flowers and herbs were carried and worn in an effort to bring protection from the infectious disease. Gypsies still sell lucky herb bouquets to ward off evil.

The 19th Century Scientific Approach

The development of modern science brought a closer inspection of the molecular structure and properties of medicinal plants and oils. Printing meant that this information could be catalogued into scientific papers called 'Herbals'. Synthetic oils could also be manufactured making them commercial. The unfortunate side effect was the degradation of the Traditional Herbalist into 'quackery'.

1st World War and Prof. Rene Maurice Gattefosse

In the 1920's a French chemist, Prof. Rene Maurice Gattefosse coined the term 'Aromatherapy'. Whilst working in his family's perfumery laboratory, he burnt his arm. He plunged his arm into a vat of Lavender oil to cool it down. By this single incident he discovered Lavenders remarkable healing properties.

1914-1918 – Prof. Gattefosse used oils on the wounded soldiers and noticed their wounds healed much faster.

The research was compiled into the first scientific paper on the therapeutic properties of essential oils – Aromatherapy was delivered in 1928.

Dr Jean Valnet

Continuing the work of Prof Gattefosse, Dr Valnet expanded the research by looking at the psychological properties of essential oils. During the 2nd World War Dr Valnet used antiseptic essential oils on the wounded soldiers.

Marguerite Maury

An Austrian chemist, Maury worked for Valnet and is responsible for bringing Aromatherapy to Britain. In the 1940's she brought her ideas for massage treatments using essential oils. Setting up Beauty based Aromatherapy practices with the help of Micheline Arcier, Eve Taylor, Robert Tisserand and Dr. W E Arnould-Taylor who went on and set up their own practices.

Micheline Arcier

The most prominent name in Beauty based Aromatherapy; she is no longer practicing, being over 80 years. Her salon is still in William St, Knightsbridge, London.

Robert Tisserand

The next development was Clinical (medical) Aromatherapy from the Beauty. His vision was put into practice with the development and opening of The Tisserand Institute of Holistic Aromatherapy. ITEC and many other schools world wide base their teaching on his form of Aromatherapy.

The Definition of Aromatherapy

The Aromatherapy Consortium used to be called the Aromatherapy Organisation Council

Aromatherapy is the systematic use of essential oils in holistic treatments to improve physical and emotional well-being. Essential oils, extracted from plants, possess distinctive therapeutic properties, which can be utilised to improve health and prevent disease.

These natural plant oils are applied in a variety of ways:

- Massage (most used method)
- Baths (add a few drops to warm water)
- Inhalations (not for asthmatics)

Aromatherapy is an especially effective treatment for stress-related problems and a variety of chronic conditions.

How does Aromatherapy Massage Work?

The **heat of the hands** helps to warm and aid absorption of the oil by the skin. The use of different massage techniques will encourage and aid relaxation, improve circulation, the skin's elasticity and the release of muscle tension within the body.

In Aromatherapy Massage the 2 main techniques that are used are:

Effleurage - from the French word '*effleurer*' meaning to touch lightly or to brush against. These are more gentle, smoothening strokes

Petrissage - means to knead or rub with force, similar to a baker kneading dough for bread. These are deeper more forceful strokes.

Lymphatic Drainage Massage and **Acupressure** are also recommended.

Specific Effects of Aromatherapy?

Overall effects of aromatherapy

The use of essential oils can affect the human body in many ways. It will be affected by a number of contributory factors, such as the type of essential oils, which are chosen, the method of application, and of course it will also be dependant on how the client is feeling at that particular time when they come for their treatment.

Under these circumstances the overall effects may be:

- Calming creating a sense of well being
- Relieving of stress and tension
- Uplifting and stimulating
- Boosting immunity, helping to promote additional support to the body's own healing

Where do Essential Oils come from?

Essential Oils are aromatic, volatile substances extracted from a single botanical source by distillation, expression or solvent extraction. They are found in leaves, flowers, bark, roots, fruit pulp and peel. Similar to animal hormones, they are refereed as the plant's life force.

Essential oils have been **utilised** in fragrances, flavours and medicines for thousands of years. There are some 400 essential oils extracted from plants all over the world.

Essential Oils are:

- **Aromatic** – have a distinctive and often fragrant smell
- **Volatile** – evaporate quickly in the air
- **Very powerful when neat** – are usually blended with carrier oils for massage purposes
- **Inflammable** – must be stored in cool place away from heat and/or naked flame
- **Soluble in oil and alcohol** – in water they form a suspension
- **Liquid** – exceptions includes Rose Otto, and Benzoin which are semi solid
- **Non-greasy** – oils are usually light and not oily
- **Expensive** – producing the plants and extracting the oil is labour intensive

General Effects of Aromatherapy

There are certain general effects from using essential oils which results from most treatments. General effect includes:

- Reduction in stress and tension
- Feeling of well-being, balance and calm
- Antibacterial effect of oil helps the body to heal and support the immune system.

Patch Testing

What is patch testing?

If you are unsure about the use of an essential oil, try a patch test on your skin. You can do them by placing a drop of essential oil on your skin, cover with a plaster. If there is no reaction within the next 24 hours, you should be able to use the essential oil. Remember some people have more sensitive skins than others do, so if in doubt do not use.

Note: Some people also have allergic reactions to plasters so please check if they do and use the appropriate alternative.

The Art of Blending

Blending several essential oils together is known as **SYNERGY**

The word synergy comes from Greek: ‘syn’ meaning Sun and ‘ergy’ comes from the word ‘ergon’ meaning to work; hence working together. Synergy or a synergetic effect in Aromatherapy means that when 2 or more oils work together they produce more of an effect than they do alone.

When choosing an essential oil for a client you will need to consider several factors:

- Clients medical history (Consultation sheet).
- How is the client feeling today? Mentally, emotionally, physically.
- Contraindications and safety issues.
- Initially only use up to 3 different essential oils.
- What are the therapeutic effects of the essential oils you are choosing? E.g. stimulating, calming?
- How is the end result going to smell? Is it a balanced smell?
- Where an essential oil has an intense scent use a smaller proportion.

Dilution Factors

Essential Oils need to be diluted in a carrier oil before they can be used in a massage. The percentage dilution factor relates to the amount of essential oil diluted in the carrier oil. A common dilution factor used in aromatherapy massage is 2%.

VTCT guidelines on safe dilution are as follows:

1. Maximum 3 essential oils per blend.
2. Increase the carrier oil not essential oils for larger clients
3. Babies and the Elderly = 1 drop of essential oil to every 5ml of base oil.
4. Facial massage = 1 drop of essential oil to every 5ml of base oil.
5. No more than 8 drops in a blend.

What are the correct dilutions?

Dilutions depend on 2 main factors:

1. The treatment
2. The scale of the treatment e.g. is it a full body massage, just the face, feet?

You will use either a 1% or 2% blend during this course.

DILUTION MEASUREMENTS - 1ml = 20 drops of Essential Oil (approx.)

Based on the above calculation we can easily work out a 1% or 2% blend in any amount of carrier oil. The table below is an easy visual aid.

	1% Dilution	2% Dilution	2.5% Dilution	5% Dilution
Carrier	No. of Drops	No. of Drops	No. of Drops	No. of Drops
5ml	1	2	2-3	5
10ml	2	4	6	10
15ml	3	6	9	15
20ml	4	8	12	20
25ml	5	10	15	25
30ml	6	12	18	30
40ml	8	16	24	40
50ml	10	20	30	50

NB. No. of Drops = TOTAL No. of Drops.

I have added in the calculations for 2.5% and 5% blends, this is for your information only and not to be used during the course. Only 1% and 2% blends are allowed to be used due to the VTCT rules.

Use a maximum of a 1% dilution

Sensitive Skin

Elderly, Children and Babies

The weak/convalescent

Pregnant and breast feeding women

Elderly - Elderly skin becomes thin and frail, it is therefore important to be cautious when working with them. Use a maximum of a 1% dilution when treating

Adults - You can use between a 1% and 2% dilution when working with adults. If you are aware of any known skin sensitisations then it is advisable to be cautious and to only use a 1% dilution and to refrain from use of strong essential oils.

Children and Babies – Because baby's and children's skin is very delicate, it is therefore advisable to be cautious when working with them. Very young babies you can even use 'floral waters'. Use a maximum of a 1% dilution when treating.

Extraction Methods

There are **6** ways to extract Essential Oil from plant matter. They are:

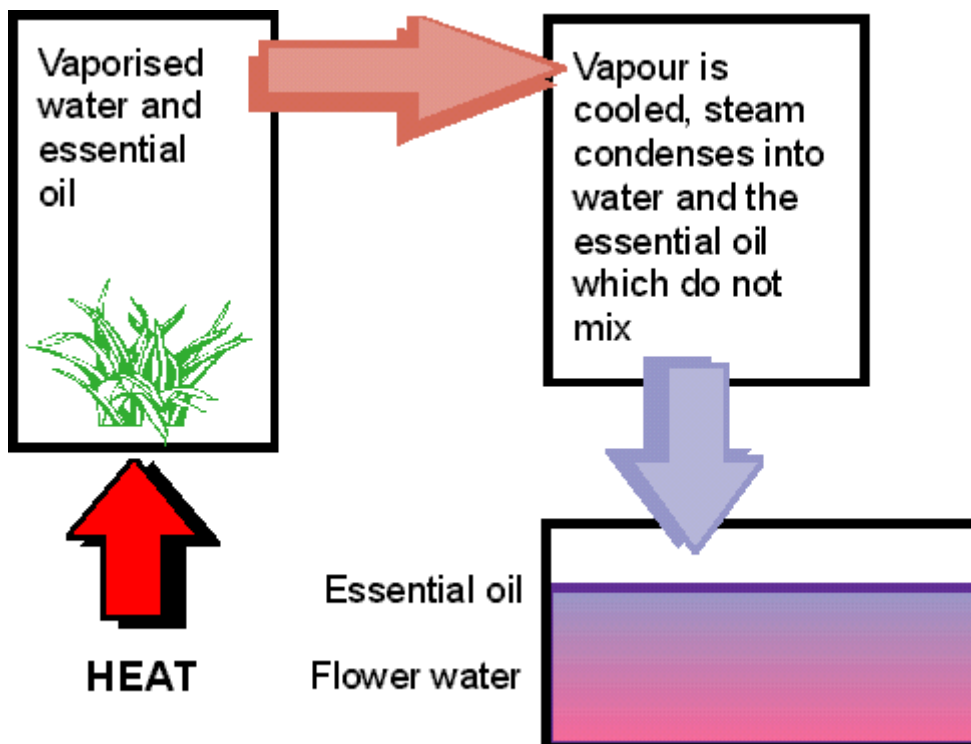
1. Steam Distillation – majority of Essential Oils
2. Solvent Extraction – delicate flower Essential Oils
3. Expression – citrus Essential Oils
4. Enfleurage – delicate flower Essential Oils – method not used very much
5. Carbon Dioxide Extraction – delicate flower Essential Oils
6. Hydro-diffusion or Percolation

1. Steam Distillation – majority of Essential Oils

This is the most common and economical method of EO extraction. Lavender is usually distilled in the fields immediately after harvest.

Distillation in a nut shell:-

- Non woody or fibrous plant material is put into the still above the water, similar to a veggie steamer (woody, fibrous or seeds must be crushed or shredded)
- The heat is turned on causing the water to boil forcing the steam up through the plant material taking the EO with it in vapour form.
- This steam and EO vapour passes through a cooling pipe where the water condenses, therefore separating the oil and water.
- The EO is siphoned off leaving the floral water behind.



2. Solvent Extraction – delicate flower EO's

This method is used when the aromatic essence is difficult to obtain by distillation
E.g. Resinoids or where distillation might damage the delicate fragrance of the plant
e.g. Rose and Jasmine.

There are 3 x end products from this form of EO extraction Resinoid, Concrete and Absolutes.

Resinoids (tree gum/sap such as Benzoin, Myrrh)

- The raw material is chopped and then placed on a rack in a clean vessel and covered with a solvent i.e. Alcohol or Hydrocarbons – benzene or hexane.
- Heat is now added which dissolves the EO's into the solvent.
- The solvent is evaporated off and the solid residue is called a **Resinoid**.

Concrete (very delicate flowers such as Rose, Jasmine)

- Same as above with 1 exception. The solvent is filtered off not evaporated off leaving a semi-solid called a **concrete**. This method is used more in pharmaceuticals.

Absolute (very delicate flowers such as Rose, Jasmine)

- A concrete is made and then mixed with alcohol and then chilled.
- The EO dissolves in the alcohol leaving behind a waxy residue.
- The solution is filtered to remove all traces of the waxy residue then the alcohol is evaporated leaving the **absolute**.

3. Expression – citrus EO's

Expression extraction is used only for citrus fruit EO's.

- The fruit pulp and pith are removed and the peel is squeezed to release the oil.

4. Enfleurage – delicate flower EO's – method not used very much

This is an old extraction process which creates a waxy concrete known as a pomade. This is a very labour intensive and expensive process, but produces a very high quality oil.

- Flowers and petals are placed on trays which have been coated in animal fat, and left for several days. This process is repeated and repeated until the fat is completely saturated with the essence.
- The fat is removed from the trays (all plant material removed). This is called the Pomade.
- The pomade is then mixed with alcohol which separates the EO from the fat and is then removed.
- The alcohol is evaporated leaving the enfleurage absolute.

5. Carbon Dioxide Extraction – delicate flower EO's

This is a new process developed in the 1980's and therefore quite expensive. There are a few CO2 extracted EO's available, but they are more expensive and I don't know if they are any better.

- Similar to solvent extraction except compressed carbon dioxide (CO2) at low temperature is used instead of a liquid solvent.

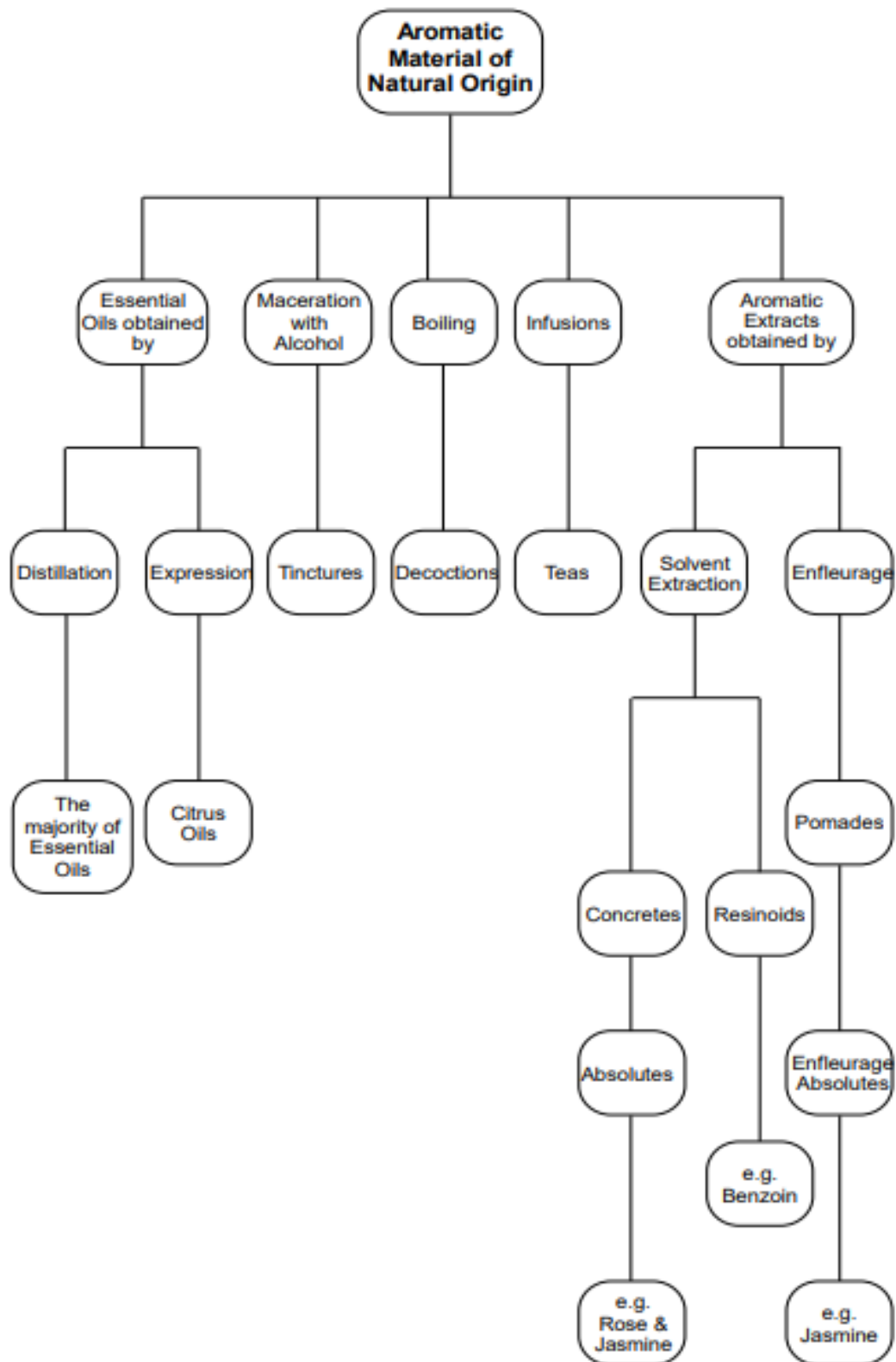
6. Hydro-diffusion or Percolation

This process, developed in the 1990's, is gentler and faster than steam distillation.

- Percolation uses boiling water in a similar way to distillation only the water passes down instead of up through the plant material.
- The EO either floats or sinks depending on density and is then siphoned off.

Methods of Extraction

Below is a diagram showing methods of extraction, resulting in various end products.



The Chemistry of Essential Oils

Every leaf and flower is made of millions of tiny fragments of chemical elements known as atoms. These atoms link up to make groups of atoms known as molecules which in turn, join together to form all the different parts of a plant: its leaves, its flowers and its essential oil.

What is an atom?

An atom is the smallest possible unit of a chemical element.

What is a molecule?

A molecule is a structure made of two or more atoms joined together.

Aromatherapists are interested in molecules because each molecule of an essential oil produces a particular effect and has a specific therapeutic quality. Thus, if an Aromatherapist knows which oil, or which family of oils, contain which molecules, the Aromatherapist will understand which oils to use for particular treatments.

There are 7 groups of molecules that are important to the Aromatherapist, specifically because their effects and actions have been studied.

1. Terpenes
 - a. Sesquiterpenes
2. Esters
3. Aldehydes
4. Ketones
5. Alcohols
6. Phenols
7. Oxides
8. Acids

Terpene molecules which are made of the atoms of hydrogen and carbon joined together are known as HYDROCARBONS

All the other molecule group contains oxygen as well as hydrogen and carbon and are known as OXYGENATED COMPOUND.

Terpenes

- Found in most essential oils
- Antiviral e.g. *limonene* (in citrus oils like grapefruit, lemon, mandarin)
- Antiseptic e.g. *pinene* (in juniper and pine)
- Anti-inflammatory, bactericidal e.g. *chamazulene* (in blue / German or roman chamomile)

Sesquiterpenes

- A form of terpene with the same qualities and effects e.g. *chamazulene* (in roman and blue chamomile)

Esters

- Fungicidal and relaxing e.g. *linalyl* acetate (in neroli and clary sage)
- Sedative

Aldehydes

- Common in lemon scented oils
- Antiseptic e.g. *citral* (in bergamot and lemongrass)
- Sedative

Ketones - CAUTION

- Often poisonous and several oils containing them e.g. pennyroyal are banned from use
- Decongestants – used for upper respiratory problem e.g. *thujone* (found in clary sage – generally used in preference to sage which is more toxic)
- Safe ketones: *jasmone* (in jasmine) and *fenchone* (in fennel)

Alcohols

- Antiseptic
- Antiviral
- Uplifting e.g. *linalol* (in bergamot, basil, ylang ylang; *menthol* (in peppermint; *geraniol* (in neroli, geranium, lavender)

Phenols

- Bactericidal, stimulating e.g. *thymol* (in thyme), *eugenol* (in clove and cinnamon)
- May irritate skin
- Most, when isolated, are toxic so it is wise to be extra careful when using any essential oil containing them.

Oxides

- Expectorant e.g. cineol (in eucalyptus, marjoram, rosemary)

Acids

- Rarely found in essential oils and only in tiny amount
- Anti-inflammatory

Chemistry of Essential Oils

TERPENES	General Properties	Cautions
Terpenes	<i>Antiseptic, anti-viral, anti-inflammatory, bactericidal</i>	Possible skin sensitisation
Sesquiterpenes	<i>Balancing, anti-inflammatory, bactericidal, antispasmodic, calming</i>	
TERPENOIDS 5 major	General Properties	Cautions
Alcohols	<i>Antiseptic, heart toning, diuretic, immuno-stimulant, antifungal, antiviral, antibacterial, nerve tonic, warming and supporting</i> <i>Mild in aroma</i> <i>Uplifting/stimulating</i>	
Esters Formed when an Alcohol is mixed with an Acid.	<i>Calming, anti-inflammatory, nerve tonic, antispasmodic, anticonvulsant, antifungal</i> <i>Usually powerful, fruity, sweet</i> <i>Relaxing/Calming</i>	Possible allergic reactions
Aldehydes	<i>Anti-inflammatory, Calming, Antifungal, antiviral, hypotensive, sedative, tonic, vasodilators</i> <i>Floral, fruity</i> <i>Relaxing</i>	Possible skin irritant, Skin sensitisers
Phenols	<i>Antispasmodic, antiseptic, immune stimulant, nerve stimulant</i> <i>Medicinal smell</i> <i>Stimulating</i>	Maybe irritant, especially mucous membrane, Skin irritant
Ketones	<i>Cicatrisant, Mucolytic, expectorant, antifungal, antiviral, digestive, analgesic</i> <i>Medicinal smell</i> <i>Relaxing, calming</i>	Sensitisation Can be toxic PREGNANCY

A Guide to Help You Identify the Chemical Constituents within an Essential Oil

GROUP	ENDING	EXAMPLES
Terpenes ene	Limonene, pinene, myrcene, santene
Sesquiterpenes ene	Chamazulene, zingiberene
Alcohols ol	Linalool Carotol Geraniol Farnesol Menthol Citronellol Sclareol Terpineol
Terpenoid major		
Esters Acetate ate	Linalyl acetate Terpinen-4-yl acetate Cinnamate Isobutyl Angelate
Terpenoid major		
Aldehydes al aldehyde	Geranial Acetaldehyde Citral Benzaldehyde. Citronellal Neral
Terpenoid major		
Phenols/Ethersolole	Methyl chavicol Thymol Anethole Estragole
Terpenoid major		
Ketones one	Thujone Verbenone Gingerone Menthone
Terpenoid major		
Oxides Oxide ole	Cineol(e)
Terpenoid minor		
Lactones lactone Coumarine Furocourmarine	Atlantolactone Coumarin - Toxic Bergaptene - Phototoxic
Terpenoid minor		
Acids ic Acid	Benzoic acid Citronellic acid Salicylic acid Sumaresinolic acid
Terpenoid minor		

Remember this is just a general guide as there will be exceptions to the rules!

Quality of Essential Oils

Packaging & Labelling - When buying an essential oil make sure of the following:-

* **Taxometry** – The name is in English plus the Latin name is present. This will identify the variety or species of plant origin, e.g. Lavender - *Lavandula angustifolia* this is True Lavender, whereas *Lavandula vera* is a hybrid

* **Bottles** – Should be dark in colour either brown, dark blue or dark green, with dropper inserts to prevent spillage and possible ingestion by a child. Light will destroy the oils and make them rancid.

* **Use by date** - All oils have a shelf life. Citrus oils will go off after only 6 months or so, whereas others such as Patchouli can last in excess of 2 years and mature with age.

* **Batch number** - You will unfortunately not find this on all essential oil bottles, but this will help to trace the batch from where it came if there was a problem with the oil.

* **Seal** – Do not purchase any oil if the seal is broken or tampered with.

* **Pure Essential oil** - Make sure you are buying pure essential oils when using them in aromatherapy. Many say they are essential oils, but when you read the label, it may reveal that there are traces of non-essential oils in a blend. Always purchase your oils from a reputable supplier.

Skin Sensitisation & Irritation - Some essential oils may cause sensitisation or irritation. This may not necessarily occur on the first application of essential oil.

Some clients' skins are naturally sensitive, so you need to make sure when you are questioning them about their skin type, to check how they react to perfumes, soaps, lotions, cosmetics etc. This will be a good guide to their reaction to the oil. It is therefore, important to do a detailed consultation sheet, and when blending the essential oils to use the right amount.

Patch testing - can also be useful for someone with sensitive skin.

Oral Administration - In France oral application is quite common. However, in the U.K. Aromatherapists are not insured or trained in oral application. Oral application may lead to systemic toxicity. 1 teaspoon (15ml). of Eucalyptus Globulus can cause serious liver damage in a small child.

Synthetic - as the name suggests a man made oil, created in a laboratory. They are usually cheaper and inferior in quality. DO NOT use in Aromatherapy.

Nature Identical – made from essential oil components obtained from plant sources and then later mixed. DO NOT use in Aromatherapy.

Adulteration – Means to change, usually an expensive oil to make it go further. This can be done in a variety of ways.

Dilution or Cutting – diluted using a spirit based liquid to stretch the volume i.e. pot pourri oils.

Stretching or Addition – mixing with cheaper or synthetic oil, e.g. petitgrain and neroli.

Isolation – a single chemical removed from a similar oil and mixed with a more expensive one, e.g. lemongrass and Melissa.

Substitution – cheaper oil used instead of the expensive one, e.g. rose geranium and rose.

Folding – mixing 2 or more different batches of the same oil.

It is sometimes very difficult to tell whether or not the Essential Oil you have purchased has been tampered with. Let your nose be the judge, but most of all use a reputable supplier.

How Essential Oils are Absorbed into the Body

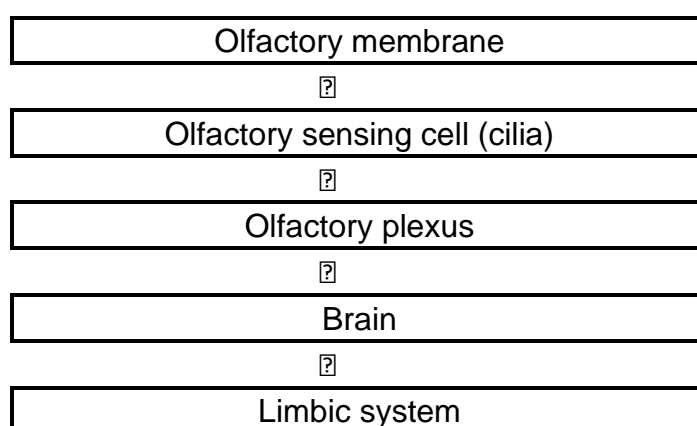
The 3 main ways that Essential Oils are absorbed into the body are:-

1. **Inhalation** – via the Olfactory System
2. **Absorption** – via the skin
3. **Ingestion** – via the mouth – not safe or legal in this country.

1. Inhalation

Smell is the fastest way for essential oils to penetrate the body. The molecules travel up the nose and there are two results:

- a. They send a message to the brain and nerves which respond to the new smell.
- b. They pass into the bloodstream via the lungs and respiratory system



Depending on the interpretation, the brain sends messages to other parts of the body to elicit a response. E.g. if dislike is the message the person will stop sniffing the bottle and possibly grimace and turn away from the smell.

2. Absorption

The tiny molecules of the essential oil penetrate the skin's surface via the pores of the epidermis (the skin's outer layer), hair follicles and sweat glands. Once the molecules have penetrated the epidermis they travel down into the dermis (the skin's second layer) where they then enter the blood via capillaries. Once the oil reaches the blood, the oil molecules are then transported around the entire body and body systems.

Some of the molecules are excreted via the lungs, liver and kidney whilst others are transported to the areas in need, including the brain where changes in endocrine function and mood take place.

3. Ingestion

The prescription of essential oils for oral use is illegal in this country, but in France it is not. The toxicity of some EO's make oral use potentially dangerous and hazardous for the untrained. Liver toxicity leading to failure is a potential killer for oral overdose. **DO NOT TAKE ESSENTIAL OILS ORALLY.**

The Effects of Essential Oils on the Body's Systems

The Skin

Essential oils are absorbed by the skin and carried throughout the body via the circulatory system to reach all internal organs. The skin quality is improved through massage, as circulation is increased, sweat, sebaceous glands are stimulated thereby aiding the elimination of toxins from the body.

Function of the Skin

The skin is the largest organ in the body. Its functions are:-

1. Protection of the internal muscles and bone structure of the body
2. Acts as a sensory receptor – Receptors within the skin or in deeper tissues act as relay receptors sending signals to the spinal cord and brain stem
3. Cools and heats the body
4. Excretion of toxins.

The skin can be affected by a number of factors:

- Age
- Skin care routine
- Occupation (office worker, gardener?)
- Genetic factors
- Diet
- Health
- Medication
- Lifestyle
- Weather conditions
- Ethnic background
- Alcohol / smoking
- Sun or sun bed exposure

Methods of Analysis

Visual Observational

Verbal Discussion with client

Sensation Touch, feel, texture, temperature (Hot/Cold)

Things To Look For:-

- Age
- Skin Tone
- Skin imperfections
- Skin Balance
- Acid/Alkaline
- Skin Temperature

Aromatherapy massage treatments affect the skin directly, the benefits being;

- Improve elasticity which helps to promote healing of scar tissue, reduce stretch mark; increase softness and suppleness
- Faster desquamation (the flaking off of dead skin cells) which encourages the growth of new cells in the basal layer of the dermis as well as promoting a healthier, clearer skin tone.

Specific essential oil treatment for the skin depends on the problem being treated and/or the skin type. Outlined below is a suggestive treatment for the different skin types found.

Dry

Dry skin suffers from a lack of sebum, a natural oil which is produced by the sebaceous glands in the dermis. Oils which stimulate the sebaceous glands help to increase the skin's natural lubrication and make the skin healthier.

For dry skin use:

- Geranium
- Lavender
- Sandalwood
- Rose
- Jasmine
- Chamomile
- Carrot seed
- Neroli

Sensitive

Sensitive skin is extremely reactive to heat, cold, beauty products and sometime massage. Before using any oils on sensitive skin a patch test is recommended.

For sensitive skin use:

- Chamomile
- Sandalwood
- Neroli
- Rose

Oily

In direct contrast to dry skin, oily skin produces too much sebum. The most effective treatments use oils that helps to control sebum.

- Bergamot
- Lavender
- Lemon

For the treatment of acne use the following oils:

- Bergamot
- Lavender
- Geranium
- Ylang Ylang
- Tea Tree

Vascular System

No matter which method of apply essential oils is used, the oils will eventually find their way into the blood and be transported around the body. Certain oils have a particular effect on the blood and the circulation

Rubefacient oils (warming oils)

These warm the tissues in the area of application. This allow the blood vessels in that area to dilate, enabling a more efficient circulation, thereby speeding and promoting healing through the delivery of oxygen and food and the removal of waste.

Rubefacient oils includes:

- Black pepper
- Rosemary
- Ginger
- Lemon
- Eucalyptus

Hypotensive oils ☐

These oils help lower blood pressure and are very efficient for the treatment of high blood pressure. They also have calming and relaxing effects.

Hypotensive oils include:

- Lavender
- Marjoram
- Ylang Ylang
- Lemon

Hypertensive oils ☐

These oils help to stimulate and invigorate the circulation, thus increasing pressure and aiding the prevention of other circulatory problems such as chilblains.

Hypertensive oils include:

- Rosemary
- Black pepper
- Eucalyptus
- Ginger

Tonic (cooling)

These oils have a cooling effect and help to reducing swelling and inflammations.

Tonic oils include:

- Cypress
- Lemon
- Chamomile

Muscular and Skeletal

Joints and muscles benefit from oils with a rubefacient effect. The blood, warmed and stimulated by the oil, moves faster, bringing oxygen to stiff or immobile muscles and joints and thus helping to remove lactic acid build-ups and waste such as carbon.

Detoxifying oils such as juniper, lemon, and fennel can help reduce the uric acid build up that causes gout as well as relieving the symptoms form of arthritis, such as inflammation and swelling.

Helpful treatment include:

- Rubefacients: black pepper, rosemary, ginger, lemon, eucalyptus
- * None of these oils should be used on area that is already red, sore or inflamed.
- Depurative (detoxifying): fennel, lemon, and juniper.

Immune and Lymphatic Systems

The Lymphatic system helps the circulation by collecting any excess tissue fluid that the blood capillaries can't carry, filtering it and returning it to the blood. It is important for the body's immunity because antibodies and bacteria-eating cells are produced in lymphatic tissue. Stimulating the lymphatic system thus stimulates two processes:

- a. the production of antibodies
- b. the filtering of tissue fluid to remove waste and potentially harmful micro-organism.

Oils that stimulate the lymphatic system can be used preventatively, to strengthen the body's own defence or to treat particular conditions caused by an ineffective lymphatic system, like the build-up of cellulite, water retention and bloating.

Useful oils include:-

- Lymphatic stimulants:
 - Geranium
 - Juniper
 - Rosemary
- Eliminating oils (for cellulite, bloating):
 - Grapefruit
 - Fennel
 - Lemon
 - Carrot seed
- Diuretics (for fluid retention):
 - Chamomile
 - Fennel
 - Juniper

Neurological / Nervous System

The nervous system is the body's communication and instruction network. It is able to send and receive messages to every cell ensuring optimum functioning under all circumstances. It warns the body of danger and sends messages regarding pain and all sensations.

Sometimes a non-physical danger can occur which can produce the sensations of worry or stress. The body has a tendency to react to these sensations in the same way as if a physical danger had occurred: - keeping the body in a state of heightened nervousness anxious and full of adrenaline.

In the long term, this can cause tension, restlessness, an inability to relax and insomnia. In more serious cases, high blood pressure and heart problem may develop.

Aromatherapy can relax an over-active nervous system and where pain is felt, slow down the reaction of pain receptors and thus reduce the pain.

Useful oils include:

- Analgesics: painkillers e.g. chamomile, lavender, rosemary, clary sage
- Antispasmodics: calm nerves which tell muscles to go into spasm e.g. chamomile, ginger, marjoram
- Sedative: slow down activity thus helping relieve insomnia, stress, tension e.g. lavender, chamomile, bergamot, ylang ylang
- Stimulants: get systems going, for use in cases of convalescence and weakness e.g. basil, peppermint, ylang ylang
- Nerviness: help the whole nervous system e.g. rosemary, marjoram and Melissa.

Endocrine System

The Endocrine system like the nervous system is a communication network. It uses chemicals in the forms of hormones to tell the body to grow, change and behave in a certain way. This system can benefit indirectly from massage. The body relaxes and begins to function in a more balanced manner. This in turn enables the body to secrete hormones from the hormonal glands within the body.

Aromatherapy helps this system in several different ways:

- May help control over/under production of certain hormones, especially those from the thyroid gland and the adrenal cortex
Useful oils include: basil, geranium and rosemary
- Balancing the hormones used in the reproductive system, thus relieving menopause/menstrual problems
Useful oils include: fennel, clary sage, cypress, chamomile, and rose
- May help control high blood sugar level
Useful oils include: geranium, eucalyptus and juniper
- May help control appetite
Useful oils include: bergamot

Reproductive System

Aromatherapy has an indirect effect on the reproduction system, as the natural balance and flow of the blood through out the body creates a homeostatic environment, this will allow the hormones of the endocrine system to naturally come into play. They are additionally stimulated by the use of essential oils.

****Note:** Pregnant women should avoid many essential oils because they are abortifacients and emmenagogues.

Helpful treatment includes:

- Geranium for pre-menstrual tension
- Rose, geranium, jasmine for menopausal problems
- Jasmine for prostate problems
- Chamomile, fennel, juniper, geranium, cypress for fluid retention
- Rose for re-establishing balance.

Digestive System

Abdominal massage will stimulate the peristaltic action of the small and large intestine thereby aiding digestion and elimination. The bottom of the stomach and the duodenum can be massaged to ensure that the contents of the stomach are clearing into the small intestine without difficulty. The bottom of the right lobe of the liver can be palpated and massaged to check for congestion and for the gall bladder can be palpated for congestion. If any pain is detected in the abdomen the treatment should cease and the client advised to seek further assistance from a medical practitioner.

Baths and massages of the abdomen help intestinal problems such as diarrhoea, indigestion and constipation.

Useful oils include:

- Antispasmodics (prevent pain and spasm) chamomile, clary sage, sweet fennel, peppermint and lavender
- Stimulants: black pepper, orange, sweet fennel and ginger
- Eliminating oils (especially for flatulence); chamomile, fennel and marjoram.

Respiratory System

One of the most effective ways of using essential oils is to inhale them, either from a tissue that has been impregnated with drops of oil, in steam inhalation, from water bath or in the vapour from a burner or diffuser.

The respiratory muscles can be in spasm or congested, massage aids to clear and release congestion, thus assisting in improved inspiration and expiration and therefore relaxes and calms the client. The flow of blood through the heart and lungs will be increased, thereby supplying further oxygen to the whole body through the body. An essential oil is inhaled and directed by the olfactory system to the limbic system of the brain. In turn, the brain responds to the particular scent which will thus affect our 'Mind, Body and Spirit'.

Specific treatments to help respiratory problems like asthma, bronchitis, coughs, colds, flu and pneumonia include:

- Antispasmodics: bergamot, chamomile and lavender
- Decongestants: frankincense and eucalyptus
- Antiseptics (for infections): bergamot, lavender, eucalyptus and tea tree
- Expectorants (encourages coughing and clearing of mucus): bergamot, eucalyptus, lavender and sandalwood
- General cold remedies: eucalyptus, lavender, marjoram and white thyme for sore throat.

Urinary System

Use of massage and essential oils will aid elimination of toxins, and will also have a diuretic effect on the body. Increases blood flow, which therefore increases the release of toxins from the body into the excretory organs, the **kidneys, and urethra**.

Antiseptic oils can help to clear infections; diuretic oils can be used to encourage urine production. Useful oils include:

- Antiseptic: bergamot, chamomile, eucalyptus and tea tree
- Diuretics: cypress, fennel, juniper and chamomile.

Immune System

Due to their antiviral qualities, regular use of essential oils can help strengthen the body's immunity and prevent infection and disease. Most oils have some antibacterial qualities. Oils have two benefits: they can attack bacteria that are already in the body and they can stimulate cells and organs (waking them up) so they are better equipped, more efficient and ready to attack any bacteria that appear.

Useful oils include:

- Antibacterial: bergamot, eucalyptus, rosemary, tea tree and lavender
- Febrifuges (reduce fever): eucalyptus, peppermint and tea tree
- Sudorifics (promote sweating): rosemary and white thyme
- Overall immune system stimulants: lavender, bergamot and tea tree
- Lymphatic system stimulants: rosemary and geranium

Chemistry Definitions and Glossary of Therapeutic Actions

The following list is for your information and revision. Familiarise yourself with the following terms and definitions.

- **Acids:** An acid will neutralise an alkaline, turning litmus paper red. It usually contains hydrogen molecules.
- **Alcohols:** anti-bacterial, anti-viral.
- **Aldehydes:** relaxing, calming, sedative, anti-infectious, anti-inflammatory, antiseptic.
- **Analgesic:** painkilling effect
- **Anti-Acid:** reduces the effect caused by too much gastric acid
- **Anti-allergic:** prevents allergic reactions
- **Anticatatarrhal:** helps remove catarrh
- **Antidepressant:** helps life depression and symptoms related to it
- **Antimicrobial:** an agent which resists or destroys pathogenic micro-organisms
- **Antipruritic:** relieves sensation of itching or prevents its occurrence
- **Antiseptic:** prevents or remove infection
- **Antipasmodic:** calms, slow muscle spasm
- **Antiviral:** kills virus, or helps prevent a virus development
- **Aphrodisiac:** heightens sexual desire
- **Astringent:** contracts and tightens tissues, especially skin
- **Atoms** – tiny particles from which everything is made.
- **Azulene** - anti-histamine, promoting healing, highly anti-inflammatory.
- **Bactericidal:** kills bacteria
- **Balancing:** crease balance in emotions or in activity of part of the body.
- **Bisabolol** - the strongest of Sesquiterpenes. anti-bacterial, anti-fungal, anti-inflammatory
- **Calming:** has an overall calming effect
- **Carminative:** helps prevent flatulence
- **Cephalic:** clears and focuses the mind
- **Cicatrissant:** helps wounds heal
- **Cooling:** cools the area of application; reduces temperature
- **Compounds** - These consist of molecules which are made up

of more than one kind of atom e.g. if two or more elements combine together they will form a compound. Compounds can be broken down into simpler substances – the elements from which they are made.

- **Cordial:** stimulant and tonic
- **Cytophylactic:** cell-regenerator
- **Deodorant:** removes or masks unpleasant smell
- **Depurative:** removes impurities and toxins
- **Diuretic:** increases urine production
- **Elements** - Consist of single atoms or molecules which are made up of one type of atom. An element is a substance that cannot be separated into a simpler substances by ordinary chemical compounds.
- **Emmenagogue:** provokes menstruation – useful for clients suffering from amenorrhoea (absence of periods) but contraindicated for pregnant women.
- **Esters** - relaxing, anti-spasmodic, anti-fungal.
- **Expectorant:** helps fluidity, thus remove mucus from lungs and respiratory passages.
- **Farnesol** - highly anti-inflammatory, anti-bacterial.
- **Farnesence** - highly anti-viral
- **Febrifuge:** reduces fever
- **Fungicidal:** destroys fungi
- **Flavonoids** - This group of compounds is being very

actively researched. stimulating circulation, anti-cancer, preventing cardiovascular disorders

- **Galactagogue:** increases the secretion of breast milk.
- **Haemostatic:** stops bleeding
- **Hypertensive:** increases blood pressure
- **Hypotensive:** lowers blood pressure
- **Immuno-stimulant:** stimulates the immune system
- **Ketones** – Can be toxic, relaxing and supportive of respiratory system, dissolve and discharge mucous, stimulating cell regeneration.
- **Laxative:** promotes evacuation of the bowel
- **Limonene** - highly anti-viral.
- **Molecules** – These are made up two or more atoms, which are held together strongly enough so as to behave as a unit. The number of atoms present is linked to the desire to fill the outermost electron shells of the atoms concerned. This can be done by sharing electrons to form covalent bonds or by losing/gaining electrons to form ionic bonds.
- **Monoterpenes** – The molecules of monoterpenes contain 10 carbon atoms. They occur widely in essential oils are colourless and have a weak odour. Stimulating, detoxifying, diuretic, anti-septic, anti-inflammatory, anti-viral, analgesic and anti-spasmodic.

- **Nervine:** strengthening and toning to the nerves and nervous system
- **Oestrogenic:** helps promote production of oestrogen.
- **Oxides** – A compound containing oxygen molecules and other elements.
- **Oxygenated** – To be oxygenated means oxygen molecules are present within the substance.
- **Phenols** –stimulating and highly anti-septic.
- **Prophylactic:** preventive of disease or infection
- **Relaxing:** has a general relaxing effect
- **Refreshing:** has a refreshing effect
- **Rubefacient:** warms and reddens the area of application, and subsequently the blood vessels in that area dilate
- **Sedative:** calms the nervous system.
- **Sesquiterpenol** – The molecules in sesquiterpenes have 15 carbon atoms and are more resistant to oxygen. Odour is strong, balancing, anti-inflammatory and stimulating of the immune system.
- **Stimulant:** stimulates a particular system or the whole body
- **Stomachic:** aids digestion, eases indigestion
- **Sudorific:** increases perspiration.
- **Synergy:** when two or more oils work together they produce more of an effect than they do alone
- **Terpenes** – There are three different types of terpenes: Monoterpenes, Sesquiterpenes and Diterpenes
- **Terpene alcohols** - highly anti-bacterial, stimulating of the immune system.
- **Terpene hydrocarbons** - highly anti-viral.
- **Terpenoids** - Oxygenated compounds which are composed of : Hydrogen + Carbon + Oxygen
- **Tonic:** invigorates and gives strength to a specific area or the whole body depending on the oil.
- **Thujone:** Extremely toxic.
- **Uplifting:** helps positive thinking 'lifts' the emotions
- **Vasoconstrictive:** reduces dilation of capillaries (thus reducing blood flow to an area and the redness it causes)
- **Vasodilatory:** increases dilation of capillaries (thus warming and increasing the blood flow to an area causing it to redden)
- **Vermifuge:** expels intestinal worms.
- **Vulnerary:** an agent which helps heal wounds and sores by external application
- **Warming:** produces feeling of warmth

Properties of Different Carrier Oils

Mineral oils

These are hydrocarbons of high molecular weight, therefore they are not absorbed into the skin, and have a tendency to block the pores. They are extremely effective as acting as a sealing agent for 'babies bottoms' and thus assist in helping to prevent nappy rash, however not so good for a massage as they act as a non-breathable membrane sealing the skin. Not recommended for massage.

Vegetable Oils

These are the base products that are used in an aromatherapy massage. Their function is to carry the essential oils in the application of a massage. All carrier oils are emollient to a greater or lesser degree.

Vegetable oils are also known as base, fixed or carrier oils and should be Cold Pressed. This is a method of extraction, which is similar to that of expression, the process used to extract the volatile oils from the rinds of citrus and fruits. Carrier oils are extracted from plants; nuts, seeds and flowers unlike essential oils carrier oils do not evaporate when heated. Carrier oils leave a permanent oily mark on paper because of their lubricating quality. They also are not soluble in alcohol, e.g. Sweet Almond, Apricot Kernel, Grapeseed, Peach Kernel, and Sunflower

Cold Pressed

These vegetable oils are the most superior for use in massage. In the production of Cold Pressing, the process avoids excessive heat, in order to minimise the changes to the chemical constituents of the base oil.

There are mainly two methods of cold pressing:

1. Raw materials are seeds, nuts, or kernels are pressed with a hydraulic press and the oils are squeezed out. This method is often used for soft oily seeds and plant materials e.g. olive, sesame, sweet almond and sunflower.
2. Harder seeds require harder force and are crunched using a powerful screw device known as an 'expeller'. This process generates a certain amount of heat and this is regulated to 60°C in France, however there is not a limit in the UK. The crushed shells are then removed through a succession of filtering

Special Vegetable Oils

Some base oils are more viscous and heavier than others and can be more expensive to buy. They are very rich and some can be extremely useful, especially if you are dealing with dry, mature skin. E.g. Avocado, Olive oil, Sesame, Rose Hip, and Wheat germ

Floral Waters (Hydrolats)

Not an oil but important enough to have an awareness of. Floral Waters or hydrolats are the remaining pure waters of the steam distillation process. They contain trace elements of essential oils composing of water-soluble molecules that are enriched by the plant materials and therefore still hold the therapeutic principles of the plant. Their appearance maybe clear or slightly coloured. The aroma is fresh and highly fragrant and will be similar in scent to that of the plant in its natural state.

Floral waters are excellent for use as toners for the skin; they can be used in oil burners instead of the oils, in the bath or even in a spray to use in a room.

Herbal Oils (Phytols) – *also known as infused or macerated*

Herbal oils are also known as Phytols. These are macerations in a vegetable oil base of plants whose essential oils are difficult to extract. The plant material is steeped in a vegetable oil base and is left to brew for 3 to 4 weeks, during which time the plant releases the lipid soluble constituents they contain. The preparation is then filtered. The base oil usually used is either sunflower or Olive as they are the most stable.

Organic Vegetable Oils

Organic base oils can only be produced from organically grown plants and materials using approved processes. In this country, they will carry an approval from the Soil Association who are the certified organic association in the UK.

Avocado (<i>Persea americana</i>)	
Family	Lauraceae
Extracted from	Fruit
Methods of extraction	Expressed from dried avocado pears.
Properties	<ul style="list-style-type: none">• Contains lecithin (which contains phospholipids, which are an important part of all body membranes), saturated and monounsaturated fatty acids (essential for the body to function)• High vitamin content: A, B, D and minerals• Dark green
Advantages	<ul style="list-style-type: none">• Stores well because it is a natural antioxidant• Unrefined, may go cloudy when cool.• Vicious, but still excellent on the skin• Emollient softens and smoothes skin – dry/mature.• Excellent for massage and muscle preparations
Disadvantages	<ul style="list-style-type: none">• Can be too viscous for massage• May stain towels due to colour of oil• Strong nutty aroma

Calendula (*Calendula officinalis*)

Family	Asteraceae (Compositae)
Extracted from	Fruit
Methods of extraction	Calendula is an infused oil and very different from a pure carrier oil. Calendula blossoms are macerated in carrier oil, and gently agitated for some days, placed in strong sunlight for a time to enable the lipid soluble constituents of the Calendula flowers to infuse in the carrier oil.
Properties	<ul style="list-style-type: none"> • Anti-inflammatory • Antispasmodic • Healing
Advantages	<ul style="list-style-type: none"> • Healing qualities make it suitable for skin problems, chapped skin, eczema, bruises, rashes, varicose veins, ache and sunburn • Excellent in facials • Can be used on children.
Disadvantages	<ul style="list-style-type: none"> • Not as pure as a cold pressed oil because of the maceration process. • Can be expensive.

Evening Primrose (*Oenothera biennis*)

Family	Onagraceae
Extracted from	Seeds
Methods of extraction	Expressed
Properties	<ul style="list-style-type: none"> • Contains linolenic acid and GLA (gamma-linolenic acid) which are both essential for the body but not made by it so must be provided in the diet. • GLA is also useful in reduction of the symptoms of pre-menstrual tension. • Evening Primrose oil is highly unsaturated (the seed contains up to 25% of an oil rich in unsaturated fatty acids). • Rich yellow colour.
Advantages	<ul style="list-style-type: none"> • Useful for dry, mature, wrinkled, damaged skin conditions and for treating eczema and dandruff • Useful for Pre-Menstrual tension taken orally in capsule form. • Can be blended with cheaper carrier oil • Accelerates wound healing • Used in facial products, known to assist in anti-wrinkle preparations. The GLA is used by the body in the repair and maintenance of skin tissue
Disadvantages	<ul style="list-style-type: none"> • Expensive

Grapeseed (*Vitis vinifera*)

Family	Vitaceae
Extracted from	Seeds
Methods of extraction	Extracted from the dried seeds, left over from wine production. They are ground and pressed with the aid of heat. It is not available as a cold-pressed oil
Properties	<ul style="list-style-type: none"> • Finely textured, smooth not sticky or viscous. • High in linoleic acid, a polyunsaturated fatty acid, essential for helping prevent heart disease. • Contains traces of Vitamin E, which helps the longevity of the oil. • Nourishes and protects the skin. • Pale green / yellow in colour • Excellent for massage
Advantages	<ul style="list-style-type: none"> • Smooth, good for body massage • Grapeseed is much used in massage as in non-toxic and non-allergenic
Disadvantages	<ul style="list-style-type: none"> • Produced by hot extraction (raw materials heated beyond 70 degrees to extract the oil), therefore not as pure as other carrier oils • Not a cold-pressed oil

Macadamia (*Macadamia integrifolia*/*Macadamia ternifolia*)

Family	Proteaceae
Extracted from	Macadamia nut
Methods of extraction	Cold pressed and is available as a refined or unrefined product. Solvents are not used
Properties	<ul style="list-style-type: none"> • Good for dry skin, considered for anti-aging • Keeps well • Emollient • Contains palmitoleic acid, also found in the sebum of the skin, good for dry and oily skin • Golden in colour
Advantages	<ul style="list-style-type: none"> • Stable • Fine texture
Disadvantages	<ul style="list-style-type: none"> • None known

Jojoba (*Simmondsia chinensis*)

Family	Buxaceae
Extracted from	Seeds This is actually a liquid wax not a carrier oil. It is not an oil because it does not contain triacylglycerols but instead esters formed from long chain fatty acids.
Methods of extraction	Seeds are crushed, yielding 50-60% of jojoba oil, a mixture of wax esters.
Properties	<ul style="list-style-type: none"> • Finely textured, smooth not sticky. • Useful for many conditions. Its chemical structure is similar to that of the sebum in the skin, so it is useful for treating both excessive sebum production (oily skin and/or acne) because it can dissolve the sebum as well.
Advantages	<ul style="list-style-type: none"> • Contains myristic acid which is an anti-inflammatory agent, therefore can be of benefit for arthritis and rheumatism • Dry scalp • Psoriasis, eczema • Sunburn • Chapped skin and nappy rash • Beneficial to all skin types
Disadvantages	<ul style="list-style-type: none"> • May cause an allergic reaction

Peach Kernel (*Prunus persica*)

Family	Rosaceae
Extracted from	Kernels of the peach seed
Methods of extraction	Cold pressed
Properties	Similar in chemical structure and effects to Sweet Almond and Apricot kernel oils.
Advantages	<ul style="list-style-type: none"> • Keeps well • Relieves itching – eczema, dry skin. • Protects and nourishes skin by slowly penetrating the skin.
Disadvantages	<ul style="list-style-type: none"> • Expensive

Sweet Almond (*Prunus amygdalis* var. *dulcis*)

Family	Rosaceae
Extracted from	Sweet Almond kernels which contain up to 50% of the oil
Methods of extraction	Cold pressed
Properties	<ul style="list-style-type: none"> • Contains high percentage of Vitamins A, B1, B2, B6 and mono and polyunsaturated fatty acids essential for the body to function • Pale yellow in colour
Advantages	<ul style="list-style-type: none"> • Keeps well due to high Vitamin E content • Cold pressed, therefore relatively pure • Excellent for the skin, extremely nourishing, with protective qualities • Helps to soothe sunburn • Good for inflammation • Can be used to sooth nappy rash and ease irritation
Disadvantages	<ul style="list-style-type: none"> • May cause allergies • Make sure you buy Sweet Almond base oil as opposed to bitter almond (<i>Prunus amygdalis</i> var. <i>amara</i>,) this should not be used in aromatherapy because of its toxicity (prussic acid = cyanide)

Wheat germ (*Tritum vulgare*)

Family	Graminae
Extracted from	Wheat grain
Methods of extraction	By hot pressing or solvent extraction from the germ of the wheat grain.
Properties	<ul style="list-style-type: none"> • Acts as a stabiliser to other carrier oils and blends because of the natural antioxidant it contains • Contains high amounts of Vitamin E + A, B and F • High in mineral content. • Orangey brown in colour
Advantages	<ul style="list-style-type: none"> • Good for scar reduction after operations • Useful for mature dry skins • Rich in lipid soluble vitamins therefore very good for revitalising dry skin • Beneficial for sore muscles, makes good base for after sports massage
Disadvantages	<ul style="list-style-type: none"> • Cannot buy cold pressed oil • Very viscous and therefore not suitable for a full body massage, however useful to be included in a massage blend • Do not use if allergic to Wheat Flour. • Strong aroma of wheat.

Other Base Oils

Apricot (*Prunus armeniaca*)

Excellent for facial massage for sensitive, dry and mature skin. Best quality oil is obtained from cold pressed kernels of the nut.

Carrot Oil

Wild carrot oil (macerated) (*Daucus carota* L. ssp *sativus*, *D. carota* ssp *carota*)

A very good skin tonic, helps healing process by assisting formation of scar tissue, may soothe itching and also said to help in cases of psoriasis and eczema. This oil is rich in beta-carotene, vitamins A, B, C, D, E and F.

Coconut oil (*Cocos nucifera*)

Raw unfractionated Coconut oil is solid, white in colour, and highly saturated as a fat, which will melt at a temperature of 25 degrees centigrade. An excellent hair treatment.

Caution: The clear form of Coconut oil is fractionated. This is not a complete oil and not suitable for massage, as some people may have an allergic reaction.

Olive oil (*Olea europaea*)

Olive oil has properties of being calming, demulcent and emollient. Useful for burns, bruises and sprains. Can relieve insect bites, itchy skin and is mildly both an astringent and antiseptic.

Rosehip (*Rosa rubiginosa*)

Excellent for facial skin, especially mature, dry and aging skin. Can be used with superficial wrinkles, brown spots, freckles, dry scaling skin and devitalised skin. Promotes cellular regeneration, good for reducing scar tissue and suitable for use with eczema, infected skin and scars in localised areas. Unfortunately this is a very expensive oil.

Soya Bean (*Glycine max* / *Soja hispida*)

A good source of vitamin E, also A, B complex and amino acids. The oil is easily absorbed, leaving the skin soft and silky. A good oil for anyone with a heart condition due to it being completely free from cholesterol.

Sunflower (*Helianthus annuus*)

Very good oil for full body massage, particularly useful for baby massage. Rich in vitamins A, D, E and minerals; calcium, zinc, iron, potassium and phosphorus. The best quality oil is obtained from cold pressed, organic seeds, if possible.

!!!! QUALITY COUNTS !!!!

Consultation Techniques

Consultation Techniques

Before starting an Aromatherapy session with a client, it is important to discuss with them the reasons why they have come for a massage. It may be due to emotional problems, they are feeling stressed due to work, family pressures, they may have a medical condition, which they think could be helped by massage. There are many reasons why someone may choose to come for a massage, therefore it is important to ask various questions to establish a background to the client. Think of yourself as a detective trying to find out, as many clues to help you to give the best aromatherapy session you can for that person/client.

It is important to cover the following topics within the consultation form:

Personal Details – name, address, telephone numbers, Date of Birth, GP's name and address, email address

Medical Background – Medicines that they are taking, including homeopathic remedies, medical conditions (If there is a condition with contraindications or problems then you may need to write to their GP for confirmation that aromatherapy will not have any adverse effects). Previous medical conditions, operations illnesses, allergies

Diet and other factors – eating habits, fluid and alcohol consumption, smoker, non-smoker, sleep problems (insomnia)

Other things you may like to consider:

- When covering medical background, you may wish to find out whether there is any family history that you should be aware of.
- Do you exercise regularly?
- How do you relax?
- Do you suffer from any of the following?
- Skin problems
- Respiratory problems
- Ear, nose, throat problems
- Bowel problems
- Headaches or migraines
- Emotional problems
- Stress
- Women only - Do you have any gynaecological problems?
- When was your last period?
- Do you use any form of contraception?

Issues of Consent

What is meant by the term Consent?

The importance of obtaining consent from the client

Consent is a willingness, to give permission an act or agreement between two or more people. In the case of an aromatherapy treatment, CONSENT is an agreement between the client and the therapist. It is also a binding contract between the client and the therapist. Under this agreement it is also important to express that all information that you will receive is in confidence and only you will hold that information and discuss it with nobody.

Always ensure that clients sign the consultation form to consent to treatment

The importance of gaining consent from a person who is acting on behalf of the client, when the client is unable, or not of an age to make the decision for themselves.

This is particularly important if you are working in a care environment, a hospice or a home.

Current debate surrounding the issue of consent and the ways in which it may differ between various practitioners.

It is important to have a strict code of conduct that you abide by, therefore your clients will feel better if boundaries are set. Other practitioners may have different ideas, but it is important to have firm guidelines and rules set.

The meaning of informed client consent and the guidance given by the practitioner's professional body, particularly where there is a need for written consent.

Understand rules and regulations set by professional governing bodies, and insurers. These are set out for your protection and for the protection of the client, as well as the reputation of complementary therapies.

Methods of obtaining consent and how to confirm that clients have been given sufficient information on which to base their own judgement

Ensure that agreements are in the clients' best interests. Show the client the consultation form and then you have showed them what has been written. By this act they will be happy to sign the consultation form.

Where to Give a Massage

It is important to remember that when giving a massage it will mean that the client will need to be partly or completely undressed (underwear remaining on). Where you are to give the massage will need to be private and without fear of interruption.

What does the room need to be like?

- Private – No fear of interruption
- Quiet if possible
- Phones need to be switched off
- Warm and inviting – Suitable temperature dependant on time of year
- Roomy
- Good ventilation

What equipment / tools will I need?

- Aromatherapy Oils
- Base Oils
- Towels
- Cushions, Bolsters, Pillows
- Blanket
- Music? Individual taste but will enhance the mood
- Couch roll
- Couch – Massage table
- Furniture – for you to both sit on for consultation, primarily chair
- Clock

Will I need changing facilities?

In a professional business it is appropriate for the client to undress and dress in privacy. It may be appropriate if you are unable to provide a separate room for you to leave them to undress/redress in the room on their own.

Other things for the client

- Maybe advisable to suggest to client that they may need to visit bathroom before you start the session.
- The client, including watch, should remove all jewellery – You could provide a bowl for them to place all their valuables.
- Make up should be removed if they are to have a facial massage.

Massage therapist

- Make sure your hair is neatly tied back
- All jewellery is neat, or removed if it may interfere with treatment.
- You have also visited bathroom and washed your hands.
- Telephone is switched off.
- Nails are neat and short no nail varnish.
- Appropriate clothing is worn.
- Comfortable shoes.

Appropriate Client Care

These are just a few tips and ideas about giving a treatment.

A general rule of thumb is '***How would I like to be treated?***'

1. Client Comfort

- Comfort - Make sure the client is sitting, or lying comfortably. Is there back, arms adequately supported? Do you need cushions, pillows? You will need to check with your client if they need these, as some clients are more comfortable without.
- Warmth - Make sure they are warm enough
- Lighting - soft lighting. This will help to create a calm and relaxed space for both of you.
- You may wish to burn aromatherapy oils
- Music - play soothing music.
- Phones - Make sure phones are switched off!

Also, make sure you are comfortable too. Do you have everything you need?

2. Making Initial Contact

Before you start, tell the person what to expect, then nothing is a surprise to them. This will help to relax them and it sets the scene. Hands can be quite vulnerable as you are in the person's personal space, so gently take hold of their hands and also make eye contact to relax them also. You may like to start the treatment by taking hold of both hands and do some relaxing breathing techniques. Take 3 breathes in holding both of their hands together with your palms gently supporting their hands.

3. Treatment Pressure

As you work with different people, you will notice different people's responses to the pressure. You will be able to gauge this as you work with more people. It is better to go in lighter; you can always increase the pressure if you feel it is appropriate. Remember to ask if the pressure is okay also? It's all about the intention of the giving of the treatment as well.

4. Continuity of Treatment

Keep the treatment flowing; try to keep contact with the client at all times. This gives a sense of continuum

5. End of the Treatment

Make sure you wash your hands.

Give them a glass of water and yourself a glass too.

Ask them;

- How do you feel?
- Did they enjoy the treatment?
- Is there anything they did not like?
- Was the pressure okay?
- Did they like the blend?

6. Time of Treatment

The length of time that you spend on a treatment is in your hands, but usually a treatment including consultation will be approximately 90 minutes. The first consultation maybe a little longer.

An aromatherapy massage can be between 60 minutes to 75 minutes, without the consultation. This will all depend on whether you work from home or in a clinic setting. At home, you have the freedom to perhaps lengthen the session, whereas working in a clinic you usually work to 30 or 60-minute time slots!

Remember, although you want to earn a living from this, you also want to provide the client with a treatment that is individual to them, but also keeping it as 'holistic as possible'.

Appropriate Client Care Check List

Make sure you go through the following with the client, fully explaining where necessary what will happen during the treatment.

1. Checking consultation and contraindications.
2. Explaining the treatment to the client.
3. Helping the client on to the couch and protecting the client's modesty at all times.
4. Ensure that all parts of the client are covered except the area being massaged
5. Cleanse the feet with a medi-wipe or similar.
6. Wash own hands.
7. Keep ensuring that the client is comfortable.
8. Use appropriate supports i.e. under the ankles, chest and forehead, knees, head.
9. Adapt the massage techniques to suit the needs of the client.
10. Help the client off the couch protecting their modesty at all times.

Evaluate & Review the Aromatherapy Treatment/Programme

At the end of the aromatherapy session it is also important to review the session with the client. It acts as feedback. In your notes you will write up what treatment you do, what areas of the body you worked on, any problem areas that were found. You will also write up which blend you used, including essential oils, dilutions and also which base oil and how much you used. This will all act as a review method for you, particularly when you have a busy practice, you will not always remember everything. It is also important to get into the habit of recording all the information in the event that there is a problem.

1. At the end of each treatment the clients feeling should be recorded
2. Any skin or other reactions
3. The following areas should be monitored:
 - a) Outcomes achieved
 - b) Effectiveness of the treatment.
 - c) Any change in demands
 - d) Longer term needs of the client (particularly when working in a care environment), whether the treatment met the needs of the client

Appropriate After Care Advice

Healthy eating

This is about eating foods which can help to improve the levels of our health. Our bodies are built from all the nutrients we provide it with through the foods that we eat. The saying 'You are what you eat', is in fact quite true. Our diet has a huge effect on how healthy our bodies are. Your diet will not only affect your body physically, it will also affect your body mentally as well.

Here are some of the basic principles of healthy eating:

1. Eat whole foods, fruits, vegetables, nuts, seeds, beans, pulses and wholegrains.
2. Avoid processed foods, especially as they contain high levels of salts and sugars.
3. Avoid too many artificial stimulants, caffeine in tea, coffees, drinks.
4. Avoid too much sugary foods creates imbalances in blood sugar levels.
5. Try to avoid snacking in between meals on biscuits, cakes etc.
6. Drink plenty of water.
7. Avoid adding salt to your cooking and food.
8. Eat at least 5 portions of vegetables and fruits daily.
9. Avoid cooking with aluminium cookware, as it may leach into your foods.
10. Avoid saturated fats. It is important to have unsaturated fats which are found in oily fish, nuts, seeds and cold pressed vegetable oils. Cold pressed extra virgin olive oil is an excellent source of unsaturated fats and can be used in cooking and as salad dressings.
11. Use butter instead of margarine. Hydrogenation, which is the process that margarine goes through, involves using hydrogen which may affect the body's assimilation. Butter is a natural product which the body is able to process easier. The downside of butter is that it is a saturated fat, so it needs to be used in moderation.
12. Alcohol levels need to be observed; 14 units for a woman, 21 units for a man

One unit of alcohol is equivalent to 1 small glass of wine, half a pint of beer, lager or a single measure of spirit. Strong lagers may contain 3 units in one half pint.
13. Eat a variety of foods, this will help to maintain a healthy balanced diet and help to avoid deficiencies of vitamins and minerals.

Exercise

Regular exercise is important to keep the heart pumping oxygen around the body. It is suggested that a cardiovascular exercise, 3 to 4 times a week for up to 40 minutes will help to maintain a healthy body.

Stress levels and generally helping clients and families to identify options to improve their health and social well-being in terms of aromatherapy treatment

You have to remember you are not a trained counsellor and whilst you can sympathise with a situation it is perhaps more appropriate to avoid from placing personal comments or recommendations. (Remember Professional Practice). Providing appropriate referral advice can be a way of providing guidance and assistance to your client such as counselling

Helping clients and families to put their choices into action

You can suggest things like goal setting and planning. Providing appropriate referral advice can be a way of providing guidance and assistance to your client such as counselling

Reviewing their progress

When reviewing the consultation sheet, you can look back at perhaps the main reason why your client came to see you and review with them their progress. You can perhaps highlight to them in discuss any noticeable changes you have seen and ask them any changes they have felt occurred. This can be a good way of reviewing how they are getting along.

What is the Holistic Approach?

Holism, translated from the Greek word '*Holos*' means, 'Holy, becoming whole'. Holism can be described as the healing art of the 'Mind, Body and Spirit'. These are all interrelated – working simultaneously to keep our bodies in harmony and equilibrium.

Holism takes into account the needs of the individual, by assessing the historical background and environment, together with the signs and symptoms of the presenting conditions/illness. This will therefore assist that person in healing themselves by working with their needs and the treatment that you provide.

The Ayurvedic Indians (2,500 BC), believed that the good health of the body is the responsibility of the individual and that an illness or infection was due to a state of imbalance. To heal, they would use herbs, spices, aromatic oils and dietary control. This would then assist in restoring the individual back to their former health. This is a good example of an early method of a holistic approach to life.

If the body is given a chance it is quite capable of healing itself, by allowing the body's own natural healing defences to take place, without the need of medical intervention. As an individual, we should all try to work with our body, surroundings and environment – Not against them!

Unfortunately, in this modern day life that runs to deadlines, chasing unobtainable goals, time is very limited and it is all too easy to allow our own holistic management to fall by the wayside.

Holism is in essence a greater understanding of how we conduct ourselves in our daily living; by altering and changing certain aspects and trying to live life to the full in a healthy way we can all live a holistic life. A key statement must be 'Everything in moderation'.

If we are able to achieve equilibrium of our Mind, Body and Spirit, we are surely able to maintain a state of well being that is a holistic approach to life. I hope that we may then find a greater understanding and peace within ourselves.

Contraindications to Aromatherapy

Contraindications that Restrict treatment		Contraindications Requiring Medical Permission
1. Total	2. Localised	
Fever	Skin diseases	Cancer
Contagious or infectious diseases	Undiagnosed lumps and bumps	Pregnancy (use only mandarin)
Under the influence of drugs or alcohol	Varicose veins	Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)
Diarrhoea or Vomiting	Pregnancy (after medical permission obtained on the abdomen)	Any condition already being treated by a GP or another complementary practitioner
	Cuts	Medical oedema
	Bruises	Osteoporosis
	Abrasions	Arthritis
	Scar tissues (2 years for major operation and 6 months for a small scar)	Nervous/Psychotic conditions
	Sunburn	Epilepsy
	Abdomen (first few days of menstruation depending how the client feels)	Recent operations
	Breast Feeding	Diabetes
	Recent Fractures (3 months)	Asthma
	Haematoma	Nervous System Disorder (MS, Parkinson's etc.)
	Cervical Spondylosis	Bells Palsy
	Whiplash	Trapped/Pinched nerve
	Slipped Disc	Inflamed nerve
	Gastric Ulcers	Acute rheumatism
	Hernia	Areas of undiagnosed pain
	After Heavy Meal	Under Prescribed Medication
	Hypersensitive Skin	Hormonal Implants

General Contra-Actions

During or following a treatment the client may experience a contra-action or a 'healing crisis'. A contra-action an unwanted or unexpected reaction that occurs either during or after treatment. This can range from simple reddening of skin from the applied treatment to a full allergic reaction to the oil, wax or other medium used. A contra-action could also cause the client to physically exhausted or express a sudden release of pent-up emotions.

Obviously if a contra-action occurs during treatment, treatment should be stopped immediately. If it happens after and is an adverse reaction it should be recorded for future reference, so the cause is not repeated. On an individual basis this can also include feeling hot or shivery as the blood pressure is affected by relaxation and stimulation, and also as the process of self-healing and detoxing occurs.

Many contra-action symptoms are completely normal and should subside within 24 hours, if not then medical assistance should be sought.

Typical contra-actions may include:

1. **Thirst or dryness of the mouth**
2. **Erythema** slight reddening of the skin as a result of surface stimulation
3. **Tiredness / Sleepiness** due to release of toxins encouraged by the treatment
4. **Light-headedness** due to the blood pressure being affected by relaxation and stimulation
5. **Muscular Aches / Cramps / Soreness / Pain** which are the nerve fibres responding to the deep work that has been undertaken
6. **Light bruising / Inflammation** due to heavier pressure during some deeper tissue treatments
7. **Frequent Urination** due to stimulation of the lymphatic system
8. **Flatulence** due to stimulation of the digestive system
9. **Increased Defaecation** due to stimulation of the digestive system
10. **Spots** may occur released toxins and hormones may surface through the skin, especially if you previously suppressed your skin condition
11. **Heightened Emotions** due to the positive release of deep-held feelings and emotions
12. **Sleep Pattern Changes** an increased state of relaxation could help improve or promote better sleep
13. **Cold-like Symptoms, Runny Nose or Nausea** due to stimulation of the lymphatic or digestive system

More positive reactions would be

1. **Improved mood**
2. **Increased flexibility / joint movement**
3. **Sleep improvements**
4. **Pain relief**

Specific contra-actions to Aromatherapy

There are 3 main types of skin reaction

1. Cutaneous

This common skin irritation is caused by a foreign substance reacting with the mast cells of the dermis. These cells will react by producing histamine which will in turn cause inflammation of the skin. It tends to be a local not whole body reaction and may occur in 4 stages:

	Reaction	Possible Reactions
1.	Localised wheal (raised, red mark)	Appears on contact with the substance, like nettle rash, also known as a form of urticaria
2.	Generalised (whole body) urticaria	Inflammation and in pain
3.	Urticaria and Bronchial asthma	
4.	Urticaria and anaphylaxis	State of shock which occurs as a result of an antigen-antibody reaction in the cells

2. Allergic / Sensitivity

This is a reaction of the immune system. When it first enters the skin as a foreign body the substance starts to integrate with the lymphatic tissue and then sensitises with the T-lymphocyte cells. If the skin comes into contact with the same substance again it will cause the immune system to react and attack. This is known as an allergy or allergic reaction.

This form of reaction may occur with nuts, perfumes, bee/wasp stings.

Sensitising essential oils

- Benzoin
- Black Pepper
- Clary Sage
- Clove
- Eucalyptus
- Ginger
- Jasmine absolute
- Juniper
- Lemongrass
- Pine
- Rosemary
- Rose absolute
- Ylang Ylang

3. Phototoxicity / Photosensitisation

This is common particularly with Citrus essential oils. The foreign substance enters the skin and fuses with the cells. When exposed to the sunlight, it becomes sensitive and may burn, which may lead to melanin disorders.

Photosensitising oils

- Bergamot
- Lemon
- Lime
- Orange

Other reactions to essential oils

- Asthma attack
- Migraine
- Headaches
- Severe Nausea
- Diarrhoea
- Depression
- Fatigue
- Foggy or muzzy head
- Frequency in Micturition (urination)
- Healing Crisis
- Dizziness

These tend to occur because of overdosing on the amount of essential oils that are used within the treatment or the client is extremely sensitive.

Other Things to look for in the Skin

Thread Veins - These are fine hair like veins which causes irritation to the skin.

Eczema - This is a fairly common occurrence of the skin which is characterised by reddening and vesicle formation, which may lead to crusting and weeping. There are five different types of eczema

Atopic – Effects 20% of population and is associated with asthma and hay fever.

Seborrheic Eczema (Dermatitis) - this involves the scalp, eyelids, nose and lips.

Discoid Eczema – coin shaped lesions, occurs in adults.

Pompholyx - affecting hands and feet.

Gravitational associated with venous circulation can be incorrectly referred to as varicose eczema.

Psoriasis - This is a chronic skin disease which is associated with itchy scaly pink patches on the knees, elbows, scalp and other parts of the body. It is often associated in families

Blocked Pores - These are caused by dirt becoming trapped in pores, which can then become infected and cause ache and blocked pores.

How can Reactions be prevented?

Consultation Sheet

Make sure you obtain as much information from the client as possible when you are taking the first consultation.

Any allergies/intolerances/reactions need to make a note of particularly to:-

- Perfumes
- Cosmetics
- Toiletries
- Food
- Family History of any allergies

Any of the following will increase sensitivity

1. Perfumes or perfumed products
2. Deodorants
3. Aerobic/vigorous exercise or any activity that increases perspiration (because perspiration increases skin sensitivity)

If your client has used any cosmetics or creams on the area to be treated, especially the face and neck, these areas will have to be cleansed.

Other things to remember:

1. **Atopic Clients** – These are people who suffer from hay fever, allergic rhinitis, eczema, asthma, allergies to wool, dust or animal hair. These are 13.5 times more likely to have a reaction to essential oils
2. History of Melanoma or skins with large/dark moles are contraindications to citrus oils. These have been known to increase malignancy rates.
3. Clients should be advised not have a treatment after a sauna, steam bath, sun bed, sunbathing or waxing.

What if the Aromatherapist is allergic or atopic

You need to take similar precautions to those you would take with your clients. Here are some suggestions that may help you.

1. Limit the time you are in direct contact with neat essential oils
2. Keep neat oils away from face and eyes.
3. Make sure your hair is always tied back when you are massaging.
4. Always thoroughly wash your hands in between clients and before a massage treatment.
5. Use an unperfumed hand cream to act as a means of protection.
6. If your hands are cracked and sore be cautious and avoid contact with sensitising oils, especially absolutes which are known to cause irritation due to the solvent extraction process...
7. Try to limit the use of personal perfumes and exposure to household cleaning products. Wear gloves if possible. This is advised as cross sensitisation may occur if you are continually exposing yourself to different products etc.

The Effects of Stress on the Systems of the Body

What is 'Stress'?

Stress can be described in many ways. It is any factor that threatens the health of the body or has an adverse effect on its functioning, e.g. disease, injury or illness, and constant worry. Continual stressors on the body will have a negative effect on the body's ability to function normally.

The physiological changes associated with stress reaction are mediated by the **Hypothalamus**. When stressors excite the hypothalamus, a complex chain of neural and biochemical processes is begun which alters the functioning of almost every part of the body.

The autonomic nervous system, which mobilises the body for coping with stress, is directly activated by the **Hypothalamus**, which also activates the **Pituitary Gland**. This in turn releases a biochemical agent, the Adrenocorticotrophic hormone (ACTH) into the bloodstream. Stimulated by ACTH the adrenal gland secretes adrenalin and other biochemical agents that further arouse and mobilise the body's mechanisms.

What are the effects of stress on the body?

In many ways, "Flight or Fight" is the body's main response to any stressor.

Skeletal,

Skeletal system will become more rigid.

Muscular

Many muscles within the body tighten and become tense, which thus prepares the body for the 'fight-flight response'. Tremors/spasms in the muscles

Urinary

Signs of nervous passing of urine.

Cardiovascular

The heart tends to beat faster, therefore feeds more blood to the brain and muscles within the body. Also constriction of the blood vessels nearer to the skin means that the clotting times of the blood shortens, which makes severe bleeding from wounds less likely.

Skin (Integumentary)

Blood vessels close to the skin constrict (skin temperature falls) and perspiration increases, which cools the body

Respiratory

Breathing becomes more rapid, faster and deeper providing more oxygen to the body

Digestive

Saliva and mucus dry up, increasing the size of the air passages in the lungs.

Immune

More white blood corpuscles are created to help fight infection.

Nervous

All senses are heightened on full alert ready to react when necessary.

Endocrine

Adrenal glands tend to be on high alert flooding the system with adrenaline ready for the fight or flight response.

Reproductive

Female reproductive hormones can go out of rhythm causing menstrual cycle irregularities. Male reproductive hormone imbalances can create an aggressive response, lowered libido.

Lymphatic

Stress creates bad eating and drinking habits. The body can become extremely toxic with excess fats, sugars (mood swings), caffeine and alcohol.

Emotional

Mood swings due to excess adrenaline in the system. Irritability, over sensitivity, irrational decision making.

How Essential Oils can Help Relieve Stress

Stress can affect our day-to-day lives, so it is important to take time out to relax and unwind. This is where an aromatherapy massage is so important and can help relax the stresses and tensions that build up both on an emotional and physical level.

It is therefore essential to build some 'Holistic Time Management' into your daily living. This could be something as simple as a walk in the park, reading a book, a visit to the gym and of course having regular massage.

The use of essential oils in a holistic aromatherapy massage will therefore affect both the physical and emotional levels of the body.

Below are some essential oil suggestions for some of the symptoms of stress:-

Anxiety

Neroli, Lavender, Bergamot, Melissa, Petitgrain, Orange, Clary Sage, Frankincense.

Depression

Neroli, Lavender, Bergamot, Melissa, Petitgrain, Orange, Clary Sage, Frankincense, Jasmine, Bergamot, Rose, Geranium, Coriander, Grapefruit.

Eating Disorders - Bulimia - Anorexia Nervosa

Neroli, Rose, Fennel, Black Pepper, Ginger, Orange, Lime, Coriander, Frankincense - spicy warming oils.

Fatigue

Rosemary, Peppermint, Lemon, Grapefruit, Bergamot, Lime, Petitgrain, Basil.

Grief

Frankincense, Neroli, Bergamot, Ylang Ylang, Benzoin.

Insomnia and Sleep Problems

Lavender, Marjoram, Clary Sage, Roman Chamomile, Neroli, Mandarin, Petitgrain, Vetiver.

Stress and Nervous Tension

Lavender, Neroli, Bergamot, Clary Sage, Roman Chamomile, Frankincense, Geranium, Mandarin, Ylang Ylang.

Panic Attacks

Neroli, Lavender, Roman Chamomile, Melissa, Geranium, Ylang Ylang, Frankincense.

Anger

Neroli, Lavender, Ylang Ylang, Melissa, Grapefruit, Marjoram, rose, Lemon, Grapefruit, Frankincense.

Shock

Neroli, Lavender, Ylang Ylang, Melissa.

Fear

Neroli, Lavender, Ylang Ylang, Melissa, Frankincense, Geranium, Rose, Bergamot, Clary Sage

Mood Swings

Geranium, Lavender, Bergamot, Jasmine, Clary Sage

Other Methods of Using Essential Oils

Air Freshener

All essential oils readily evaporate, and have qualities making them ideal as air fresheners. Add a few drops of essential oil to a spray gun, and spray a room.

Baths

Add 5-6 drops of essential oil either to an emulsifier, as essential oils will not mix in water. Use either full fat milk, unperfumed liquid soap, shampoo or shower gel, apply the essential oils to the base and then add to running water. Stir the bath water to disperse the essential oils, sit back, relax and soak in the aromatic fragrances. For relaxing, unwinding, relieving stress, muscular aches and pains. If you close the windows and doors, it will help seal the room and then the aromatic oils will diffuse into the atmosphere more effectively. You can also do a hand or foot soak.

Compress (Hot and Cold)

Compresses can be extremely effective both hot and cold when working on a small area of the body.

Add 5-8 drops of essential oil to a small bowl of water (approx 100ml), either hot or cold. Soak a piece of clean cotton/flannel in the water, wring out and apply to affected area. Repeat to provide relief as necessary. You can also use some cling film to hold the material in place and leave up to 2 hours. Use as a cold compress for sprains, bruises, headaches, hangovers etc, or as a hot compress for period pains and muscular aches and pains. *Caution* - Do not use on broken skin.

Inhalations

Essential oils can be added to hot water, which has slightly cooled from the kettle. You can then inhale the steam, by placing a towel over your head and inhaling the vapour for a few minutes.

This method is extremely effective when dealing with colds, blocked noses, sinus problems; clearing mucous and headaches. It is also good for clearing blocked pores and excess oil. Add 2 drops of essential oil into a bowl of hot water. Not suitable for asthmatics. *Caution* - keep eyes closed when you are inhaling the essential oil, and take care not to scald yourself with the boiling water.

Vaporises

Oil Burner

The heat of the candle helps to evaporate the essential oil, thus diffusing the essential oil and helping to create different moods and atmospheres in your home. They can be used to freshen the house, creating a relaxing and unwinding, calming environment. Place 5-6 drops of essential oil into the bowl of the burner with water. Place small night light under the bowl. *Caution* - never leave a naked flame unattended and do not allow to burn dry.

Aroma Stone

Similar to the Oil burner but can be used safely by leaving in a room unattended as you plug it into the mains. Works in a similar principle by placing essential oils in the dish with a small amount of water.

Light bulbs

The heat from the light bulb can be used to evaporate the essential oils. Use 2 drops of essential oil in the light bulb ring. *Caution* – Light bulb rings and oils should only be applied when the light bulb is switched off and cool.

Radiators

Place 2 drops of essential oils onto a cotton wool ball or a flannel and place it on the radiator. The heat from the radiator will help to evaporate the essential oil.

Creams, lotions and facemasks

Many commercial based face products contain a scent and many use essential oils, You can use any unperfumed base products and then mix essential oils with them to make a bespoke product to treat a specific problem or to use as a nice blend. To make up a product use the same method of blending as you would with a base oil. (e.g. 2 drops of essential oil to 5ml/gm of base product). *Caution* - avoid essential oils that are known to cause skin irritation.

Shampoos

These are fun things to make up and can be used for different conditions or complaints. You can use Chamomile for fair hair, rosemary for dark hair. You can mix your own blend by using an unperfumed base product and using 2-5 drops of essential oil to the base shampoo.

Neat Application

It is suggested that the application of neat essential oil is not recommended. However there are two exceptions to this rule:

Tea tree can be used locally by dabbing it neat on ache, spots to act as an astringent.

Lavender can be used on wounds and burns to promote healing.

Floral waters (Hydrolats/Hydrosols)

Strictly not an oil but important enough to have an awareness of. Floral Waters or hydrolats are the remaining pure waters from the steam distillation process. They contain trace elements of essential oils composing of water-soluble molecules that are enriched by the plant materials and therefore still hold the therapeutic principles of the plant. Their appearance maybe clear or slightly coloured. The aroma is fresh and highly fragrant and will be similar in scent to that of the plant in its natural state.

Floral waters are safe to use neat on the skin and are therefore excellent for use as toners. They can be used in oil burners instead of the oils, in the bath or even in a spray to use in a room.

The Importance of Aromatherapy for Clients in Palliative or Social Care

How can Aromatherapy be used in health care?

Essential oils can benefit people physically, emotionally and mentally, therefore they can be used to great effect within the health care environment.

The patient's senses may be affected on different levels, but one of the main senses that can be uplifted and stimulated is the patient's sense of smell. With appropriate use of essential oils you can assist in uplifting a person's mood, and thus aiding their recovery. Hospitals can be full of 'bugs', so the use of antibacterial, antiviral and anti-fungal oils can be so effective in preventing any further bacterial growth in the patient.

When is it inappropriate to use Aromatherapy?

It is important to work with the staff in the care team. The therapist will need to be made aware of any contraindications to the use of aromatherapy and massage, particularly if the client is on medication. It may be appropriate to have written confirmation from the consultant that it is ok for the patient to receive an aromatherapy treatment.

Precautions

Therapist will need to be made aware of any existing care plans that are in place, you will need to provide consultation sheets recording all information linked to the treatment. You may also need to consider that the essential oils may need to be locked away as they maybe regarded as a form of medication.

Aromatherapy and the National Health Service (NHS)

Aromatherapy is becoming more readily available within the NHS. It is also used in some private health care environments. Hospices, Oncology and HIV/AIDS departments use complementary therapies (volunteers) more than any other department, check your local NHS.

Aromatherapy and Special Needs

The use of aromatherapy in the care setting is now becoming more widespread. This is because it enhances life quality, introducing and stimulating the senses; touch and smell which are not perhaps used as much as they could be. It can be very effective with people with learning disabilities and challenging behaviour, particularly with the choice of essential oils.

Benefits can be seen are better patterns of behaviour, happier with a generally more relaxed and calm nature. Sleep patterns can improve.

Aromatherapy and the elderly

This again is increasing in use, as it is useful as a memory enhancer, provoking reminiscences for the client. Aromatherapy scents can provoke pass childhood scents and memories, which is particularly useful in stimulating the clients. Especially if they are more, house bound and unable to get around very much.

It can benefit in cases of bereavement, loss of home, moving to a new area, making new friends as well as dealing with health issues. It works both on a physical level through touch, as well as on a mental level by the use of stimulation.

Which Treatments are Appropriate in a Hospital setting?

Massage

- Limited body movement may restrict full body massage, but you maybe able to massage hands, feet, or any other that are accessible.
- Remember to be cautious with your choice of oils, be aware of client medication, possible skin sensitisation.
- Care also needs to be exercised surrounding use of massage base oil as above.

Compresses

- Hot or cold to aid relief of pain

Foot /Hand soaks

- Hot or cold to relief pain and act as a calming relaxing session.

Inhalations

- Use a tissue with a couple of drops of essential oil maybe the easiest and safest way to use the inhalation method.

Vaporisers and burners

- Be careful you may not be allowed to use a naked flame, so you may need to use an electrical plug in aroma stone.
- Use of light bulb rings may also be appropriate.
- Caution should be followed, do not leave leads in a dangerous place, and be cautious.

What essential oils are particularly useful in this setting?

Very often people who find themselves in unfamiliar environments are very stressed and ill at ease. They may display signs of mental anguish, stress, anxiety, depression, muscular aches and pains, headaches, digestive disorders, oedemas and circulation problems. You will need to look at each patient as an individual, paying particular attention to the signs and symptoms that they are presenting.

Signs & Symptoms	Essential Oils you could Use
Anxiety / Depression / Stress	Basil, Benzoin, Bergamot, Roman Chamomile, Cypress, Frankincense, Geranium, Jasmine, Lavender, Mandarin, Melissa, Neroli, Patchouli, Petitgrain, Rose, Rosewood, Sandalwood, Vetiver, Ylang Ylang
Grief/ Bereavement	Benzoin, Roman Chamomile, Cypress, Eucalyptus, Frankincense, Geranium, Juniper, Lavender, Lemon, Myrrh, Patchouli, Tea Tree
Wounds /Scars/ Skin Healing	Bergamot, Roman and/or German Chamomile, Cypress, Eucalyptus, Frankincense, Geranium, Juniper, Lavender, Lemon, Myrrh, Patchouli, Tea tree
Muscular Problems	Black Pepper, Cypress, Clary Sage, Ginger, Juniper, Lavender, Lemongrass, Sweet Marjoram, Rosemary

Joint Problems	Benzoin, Black Pepper, Roman and/or German Chamomile, Eucalyptus, Ginger, Juniper, Lavender, Lemon, Myrrh, Pine, Vetiver
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What is Palliative Care?

The term 'palliative' has really taken over from the term previously used, which was 'terminal care'. 'Palliative' comes from the Latin verb palliare meaning to 'to cloak or shield'. Therefore, by definition, we could describe palliative care as a provision of 'total care' for the patient suffering from a terminal illness such as Cancer or AIDS. The aim of palliative care is for the achievement of the best possible quality of life for patients and family.

The World Health Organisation (WHO 1990) stated the following in respect of palliative care:

- Affirms life and regards dying as a natural process.
- Neither hastens nor postpones death.
- Provides relief from pain and other distressing symptoms.
- Integrates the psychological and spiritual aspects of patient care.
- Offers a support system to help the family cope during the patient's illness and in his or her own bereavement.

Palliative Care

- Promotion of both physical and psychosocial well being.
- Inclusion of consideration to family and domestic carers.
- Management decisions for care can also be guided by patients concerns and anxieties rather than purely medical/physical considerations.

Specialist Palliative care services

- Delivered by professional team trained in multidisciplinary functions for both care in the home and in the hospital.
- Able to provide education, research and support to other health care professions

Palliative Medicine

Refers to the practice and study of palliative care (terminal illness), which is made by doctors.

Useful reference material

- Massage for people with cancer. 1995 Patricia McNamara
- What you really need to know about cancer 1997 Dr Robert Buckman

Useful Information Linked To Appropriateness of Treatment

The issue of consent

Seek confirmation from the consultant or medical team that it is okay to offer aromatherapy to the patient

Any appropriate legislation

Massage and use of Aromatherapy is contraindicated in care of Cancer, HIV, AIDS, Multiple Sclerosis, Motor Neuron Disease

Confidentiality

- Strict code of confidentiality between yourself and the medical team supporting the patient.
- Only giving information agreed within the care team.
- Strict code of conduct between yourself and the patient.

Using an appropriate manner of communication

- Do not refer to information you have received from the care team, the patient may not have been told certain information.

Personal beliefs and preferences

- You must not become personally involved or take into account your own personal views and beliefs. You have to remain independent at all times.

Appropriate support

Awareness of other support services available E.g. Support centres, day centres, counselling services, Hospices

Cancer

Macmillan Nursing
Marie Curie Cancer Care
Sue Ryder Foundation
Alice Hospice

Maintenance of accurate records

- It is important to maintain accurate records particularly when a client maybe under additional care and support from other teams and care services.
- Keep records clear and informative, relating to method of treatment offered and including if use of aromatherapy what percentage of oils used, what base oil did you chose and why?

Managing ones own feelings

- Seeking support from network of therapists that you know, but maintaining code of confidentiality
- If you are in a care setting seek support from the care team, but maintaining code of confidentiality
- Personal beliefs and preferences
- Grief and grieving process

The importance of Ongoing Care

- Regular sessions will help maintain constancy and help to build up a relationship for the patient. This may be the one thing they look forward to each week, fortnight etc.

Grief & Grieving Process

- It is important for family and friends to be made aware of appropriate services available.

AIDS / HIV (Acquired Immune Deficiency Syndrome)

AIDS/HIV is a deficiency of the immune system due to infection with the human immune-deficiency virus (HIV). The virus invades lymphocytes where it reproduces itself. The person's immunity is lowered allowing opportunistic infections or tumours to take hold. Early symptoms can include weight loss, diarrhoea, enlarged lymph glands and fatigue. At present, there is no known cure.

Cancer

Cancer is an unrestrained growth of cells in an organ or tissues which interferes with the normal functioning of the body. Symptoms will vary according to the type of cancer, but may include; rapid weight loss, itchy skin, bleeding of moles, severe headaches, difficulty in swallowing, abdominal pain, change in the size of testicles, change or lumps in breast, vaginal bleeding, blood in stools to name but a few. Early detection allows a greater chance of effective treatment.

Multiple Sclerosis

Multiple Sclerosis is the gradual disintegration of the myelin sheaths surrounding the nerve fibres in the brain and the spine. It is gradually debilitating, and there is no known cause or cure. Symptoms can include tingling, pins and needles, and numbness, difficulty in walking, loss of co-ordination, distorted sensations, blurred vision, slurred speech, fatigue and incontinence.

The Benefits of Massage & Aromatherapy for People with a Terminal Illness

- Looks at the whole person.
- Offers a safe and friendly treatment in a non-clinical way, away from orthodox medicine.
- Touch can be so important for someone with a terminal illness.
- Something to look forward to for the patient, especially if they are receiving a lot of medical support.
- Person feels that someone is there for them, independent of medical team, friends and family.
- Assists bodies own natural immune system.
- Aids relaxation, relief from pain and discomfort.
- Aromatherapy and Massage will not cure the illness but it will help the patient in dealing with the stresses surrounding having a terminal illness.
- Someone spending time with them, to talk, chat, listen and generally comfort.

The Importance of Referral Procedures

Referral Procedure

There may come a time when you are presented with a client, and you maybe unsure as to whether to proceed or not. These will include the following which are given on your Contraindications to massage sheet.

Contraindications where you need to seek advice from a doctor or medical practitioner before treating:-

- Cancer
- Heart Conditions
- Undiagnosed Conditions (Serious)
- Post Operative
- Heavy Medication
- Angina
- Pacemaker
- High/Low Blood Pressure
- Thrombosis
- Acute Rheumatism and arthritis
- Slipped discs
- Torn ligaments
- Severe back pain
- Epilepsy
- Bells Palsy
- Trapped nerves
- Genealogical infections

If for any reason you have doubts about preceding a treatment STOP, and, ask the Client to check with their Doctor, to advise whether or not an aromatherapy massage is appropriate.

Remember you are not in a position to diagnose a condition; it is also stated in various associations that you are not in a position to diagnosis a condition.

London School of Massage ©

"Massage to a Higher level" ♥

VTCT Aromatherapy Diploma



Case Studies

Case Studies

Ensure that you include all of these items in your write ups for all your case studies; they are a requirement by VTCT.

As part of the Diploma you are required to produce case studies.

1. You must treat 6 clients 6 times each.
2. Each new client should have a Full Consultation using your own form. The following information is essential and will need to be included
 - Consultation **SHOULD** include thorough medical history and general lifestyle.
 - Client profile (to include any current issues in their life).
 - Rationale for the choice of carrier oil.
 - Rationale for the choice of each oil.
 - Indication of alternative oils that could have been used.
 - Exact amounts of carrier oil and essential oil blended
 - Details of how the therapist conducted the treatment.
 - Details of how the client felt during and after the treatment.
 - Details of home care advice given.
 - Self Reflective Practice – Self reflection for **EVERY** treatment carried out
3. You will need to gain written consent where applicable, from a Doctor if appropriate.
4. The following **SHOULD** also be documented for treatments 2 - 4 on the Follow up Consultation Form.
 - Consultation should be checked and any changes noted
 - Rationale for the choice of carrier oil
 - Rationale for the choice of each oil
 - Indication of alternative oils that could have been used
 - Exact amounts of carrier oil and essential oil blended
 - Details of how the therapist conducted the treatment
 - Details of how the client felt during and after the treatment
 - Details of home care advice given
5. Overall conclusion of the case should be recorded
6. Write up of 9 other methods where you have used Aroma oils with clients
7. 15 other treatments (in any combination)

Your coursework will need to be completed no later than 6 months after the last day of your course.

Case Studies or Assignments handed in after the scheduled date will incur additional fees. See page 90 for more information about the coursework submission policy.

GP Confirmation for Contraindications

I, _____ (patient name) confirm that I have seen my GP / Specialist who has given me their verbal / written permission that aromatherapy or aromatherapy massage therapy does not form a contraindication for medical conditions below:

Signed: _____

Print Name: _____

Date: _____

This is an example document, the Original Documents are kept at home.

VTCT AROMATHERAPY (15x1)

Student
Name:

Treatment
No:

Please complete using CAPITAL LETTERS

Date:

Name:

Birthdate:

Address:

Tel No:

Occupation:

GP Name:

Tel No:

Address:

DO YOU SUFFER FROM/OR HAVE ANY OF THE FOLLOWING?

Question	No	Yes	Comments
CARDIOVASCULAR			
DIGESTIVE			
URINARY			
REPRODUCTIVE			
GENERAL HEALTH			
EATING HABITS:			
FLUID INTAKE:			
EXERCISE:			
WELL-BEING:			
REASON FOR VISIT			
AREAS OF TIGHTNESS/TENSION			

Chest Pain?

Shortness of Breath?

Persistent Coughing?

Palpitations?

Constipation?

Diarrhoea?

Nausea?

Problems passing water (urination)?

Burning sensation on urination?

Changes in frequency of urination?

Changes in menstrual cycle?

Pregnant?

Menopausal?

Are you on any prescribed medication?

Any major illnesses?

Any major accidents?

Any major operations?

Anything else not mentioned?

CONTRAINDICATIONS

NO

YES

IF "YES" INDICATE CONDITION / AREA

TOTAL

LOCALISED

MEDICAL APPROVAL

CLIENTS INITIALS / Signature) To confirm details are true.	
---	--

CLIENT PROFILE (Brief):

--

PREPERATION OF ENVIRONMENT

Heat		Light		Ventilation	
Noise Level		Privacy		Hygiene	

CONSULTATION

Questioning		Manual		Visual		Client records	
-------------	--	--------	--	--------	--	----------------	--

SKIN TYPE

Normal		Oily		Dry		Mature	
--------	--	------	--	-----	--	--------	--

AROMATHERAPY MASSAGE OBJECTIVES

Relaxation		Uplift/Stimulate		Balancing		Stress Relief	
Other							

ESSENTIAL OILS USED

Specific Aroma Oil Used Body	Benefits

Specific Aroma Oil Used Face	Benefits

CARRIER OILS USED

Specific Base Oil Used Body	Benefits

Specific Base Oil Used Face	Benefits
------------------------------------	----------

AFTERCARE

Self Massage		Relaxation		General Posture Advice	
Breathing		Products		Further Treatments	

SELF REFLECTION

CLIENT FEEDBACK

CPD (CONTINOUS PROFESSIONAL DEVELOPMENT):

VTCT AROMATHERAPY (6x6)

Student
Name:

Treatment
No:

Please complete using CAPITAL LETTERS

Date:

Name:

Birthdate:

Address:

Tel No:

Occupation:

GP Name:

Tel No:

Address:

DO YOU SUFFER FROM/OR HAVE ANY OF THE FOLLOWING?

Question

No

Yes

Comments

Chest Pain?

Shortness of Breath?

Persistent Coughing?

Palpitations?

Constipation?

Diarrhoea?

Nausea?

Problems passing water (urination)?

Burning sensation on urination?

Changes in frequency of urination?

Changes in menstrual cycle?

Pregnant?

Menopausal?

Are you on any prescribed medication?

Any major illnesses?

Any major accidents?

Any major operations?

Anything else not mentioned?

EATING HABITS:

FLUID INTAKE:

EXERCISE:

WELL-BEING:

REASON FOR VISIT

AREAS OF TIGHTNESS/TENSION

CONTRAINDICATIONS

NO

YES

IF "YES" INDICATE CONDITION / AREA

TOTAL

LOCALISED

MEDICAL APPROVAL

CLIENTS INITIALS / Signature)
To confirm details are true.

CLIENT PROFILE (Brief):

PREPERATION OF ENVIRONMENT

Heat		Light		Ventilation	
Noise Level		Privacy		Hygiene	

CONSULTATION

Questioning		Manual		Visual		Client records	
-------------	--	--------	--	--------	--	----------------	--

SKIN TYPE

Normal		Oily		Dry		Mature	
--------	--	------	--	-----	--	--------	--

AROMATHERAPY MASSAGE OBJECTIVES

Relaxation		Uplift/Stimulate		Balancing		Stress Relief	
Other							

ESSENTIAL OILS USED

Specific Aroma Oil Used Body	Benefits

Specific Aroma Oil Used Face	Benefits

CARRIER OILS USED

Specific Base Oil Used Body	Benefits

Specific Base Oil Used Face	Benefits
------------------------------------	----------

AFTERCARE

Self Massage		Relaxation		General Posture Advice	
Breathing		Products		Further Treatments	

SELF REFLECTION

CLIENT FEEDBACK

CPD (CONTINUOUS PROFESSIONAL DEVELOPMENT):

2nd VISIT

HOW WAS CLIENT FOLLOWING LAST SESSION?

Relaxed		Uplifted/Stimulated		Balanced		Reduced Stress	
		N O	Y E S	IF “YES” INDICATE CHANGES			
Any changes to medical history?							

AROMATHERAPY MASSAGE OBJECTIVES

Relaxation		Uplift/Stimulate		Balancing		Stress Relief	
------------	--	------------------	--	-----------	--	---------------	--

ESSENTIAL OILS USED

Specific Aroma Oil Used Body	Benefits

Specific Aroma Oil Used Face	Benefits

CARRIER OILS USED

Specific Base Oil Used Body	Benefits

Specific Base Oil Used Face	Benefits

AFTERCARE

Self Massage		Relaxation		General Posture Advice	
Breathing		Products		Further Treatments	

SELF REFLECTION

CLIENT FEEDBACK

CPD (CONTINOUS PROFESSIONAL DEVELOPMENT):

CLIENT FEEDBACK

CPD (CONTINUOUS PROFESSIONAL DEVELOPMENT):

4th VISIT

HOW WAS CLIENT FOLLOWING LAST SESSION?

Relaxed		Uplifted/Stimulated		Balanced		Reduced Stress	
		N O	Y E S	IF "YES" INDICATE CHANGES			
Any changes to medical history?							

AROMATHERAPY MASSAGE OBJECTIVES

Relaxation		Uplift/Stimulate		Balancing		Stress Relief	
------------	--	------------------	--	-----------	--	---------------	--

ESSENTIAL OILS USED

Specific Aroma Oil Used Body	Benefits
Specific Aroma Oil Used Face	Benefits

--	--

CARRIER OILS USED

Specific Base Oil Used Body	Benefits

Specific Base Oil Used Face	Benefits

AFTERCARE

Self Massage		Relaxation		General Posture Advice	
Breathing		Products		Further Treatments	

SELF REFLECTION

CLIENT FEEDBACK

CPD (CONTINUOUS PROFESSIONAL DEVELOPMENT):

5th VISIT

HOW WAS CLIENT FOLLOWING LAST SESSION?

Relaxed		Uplifted/Stimulated		Balanced		Reduced Stress	
---------	--	---------------------	--	----------	--	----------------	--

	N O	YE S	IF "YES" INDICATE CHANGES
Any changes to medical history?			

AROMATHERAPY MASSAGE OBJECTIVES

Relaxation		Uplift/Stimulate		Balancing		Stress Relief	
------------	--	------------------	--	-----------	--	---------------	--

ESSENTIAL OILS USED

Specific Aroma Oil Used Body	Benefits

Specific Aroma Oil Used Face	Benefits

CARRIER OILS USED

Specific Base Oil Used Body	Benefits

Specific Base Oil Used Face	Benefits

AFTERCARE

Self Massage		Relaxation		General Posture Advice	
Breathing		Products		Further Treatments	

SELF REFLECTION

CLIENT FEEDBACK

CPD (CONTINUOUS PROFESSIONAL DEVELOPMENT):

6th VISIT

HOW WAS CLIENT FOLLOWING LAST SESSION?

Relaxed		Uplifted/Stimulated		Balanced		Reduced Stress	
		N O	Y E S	IF "YES" INDICATE CHANGES			
Any changes to medical history?							

AROMATHERAPY MASSAGE OBJECTIVES

Relaxation		Uplift/Stimulate		Balancing		Stress Relief	
------------	--	------------------	--	-----------	--	---------------	--

ESSENTIAL OILS USED

Specific Aroma Oil Used Body	Benefits
Specific Aroma Oil Used Face	Benefits

CARRIER OILS USED

Specific Base Oil Used Body	Benefits
Specific Base Oil Used Face	Benefits

AFTERCARE

Self Massage		Relaxation		General Posture Advice	
Breathing		Products		Further Treatments	

SELF REFLECTION

CLIENT FEEDBACK

CPD

AROMATHERAPY OTHER METHOD (9 x 1)

Case Study

Please complete using CAPITAL LETTERS		Date:	
Name:		Birthdate:	
Address:	***** leave blank *****		
Tel No:	***** leave blank *****		
Occupation:			
GP Name:	***** leave blank *****	Tel No:	***** leave blank *****
Address:	***** leave blank *****		

Do you suffer from/or have any of the following?

Question		No	Yes	Action Taken (Practitioner Use Only)
C A R D I O V	Chest Pain?	<input type="checkbox"/>	<input type="checkbox"/>	
	Shortness of Breath?	<input type="checkbox"/>	<input type="checkbox"/>	
	Persistent Coughing?	<input type="checkbox"/>	<input type="checkbox"/>	
	Palpitations?	<input type="checkbox"/>	<input type="checkbox"/>	
D I G E S T I V E	Constipation?	<input type="checkbox"/>	<input type="checkbox"/>	
	Diarrhoea?	<input type="checkbox"/>	<input type="checkbox"/>	
	Nausea?	<input type="checkbox"/>	<input type="checkbox"/>	
U R I N A R Y	Problems passing water (urination)?	<input type="checkbox"/>	<input type="checkbox"/>	
	Burning sensation on urination?	<input type="checkbox"/>	<input type="checkbox"/>	
	Changes in frequency of urination?	<input type="checkbox"/>	<input type="checkbox"/>	
R E P R O D U C	Changes in menstrual cycle?	<input type="checkbox"/>	<input type="checkbox"/>	
	Pregnant?	<input type="checkbox"/>	<input type="checkbox"/>	
	Menopausal?	<input type="checkbox"/>	<input type="checkbox"/>	
G E N E R A L H	Are you on any prescribed medication?	<input type="checkbox"/>	<input type="checkbox"/>	
	Any major illnesses?	<input type="checkbox"/>	<input type="checkbox"/>	
	Any major accidents?	<input type="checkbox"/>	<input type="checkbox"/>	
	Any major operations?	<input type="checkbox"/>	<input type="checkbox"/>	
	Anything else not mentioned?	<input type="checkbox"/>	<input type="checkbox"/>	

EATING HABITS:

FLUID INTAKE:

EXERCISE:

WELL-BEING:

REASON FOR VISIT

AREAS OF TIGHTNESS/TENSION

CONTRAINDICATIONS:	<input type="checkbox"/> None <input type="checkbox"/> Localised to: <input type="checkbox"/> Medical Approval Obtained
CLIENTS INITIALS (Not Signature) To confirm details are true.	

CASE STUDY – OTHER METHOD

Client Profile (Brief):	
Home Stress Levels: 1 (Low) to 10 (High)	
Work Stress Levels: 1 (Low) to 10 (High)	

Overall Treatment Plan:
<i>What are the aims of the treatment and how are you going to achieve this?</i> <i>How often do you intend to see your client?</i>

Reason for choosing the Essential Oils used		
Rationale for the choice of each essence for each treatment (maximum of 3 oils per treatment) – to include plant families and significant chemical constituent details		
Oil 1	Oil 2	Oil 3

Ratio of Blending (i.e. quantities used)			
Oil 1	Oil 2	Oil 3	Carrier (Oil/Lotion/Clay)

Home Care Advice:**Client Feedback:****Self Reflection:****CPD (Continuous Professional Development):**



MY ESSENTIAL OIL PROFILES

Student Name:

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

ESSENTIAL OIL PROFILE

EO-1

Oil Common Name	
Oil Botanical Name	
Picture or Image <i>Copy and paste an image from the Internet or an image you have taken yourself. Please remember that images taken from the Internet do not belong to you.</i>	
Plant Family	
Country of Origin	
Plant Source	
Method of Extraction	
Significant Chemical Constituents	
Therapeutic Actions e.g., anti-inflammatory, diuretic etc	
Which Systems / Conditions benefit from its use?	
Most Beneficial / Suitable Methods of Use	
Safety Data	

Assessment and Coursework

Please find the following rules & conditions for your VTCT Assessment and Coursework.

1. Your practical assessment will take place on the last day of your course.
2. ALL Case Studies and Assignments must be approved and submitted no later than 6 months after this date.
3. If we have not received the completed and approved Case Studies and Assignments at the deadline you will be expected to take the practical assessment again and incur fees.

If you **miss**, **reschedule** or are **postponed** from your practical assessment:

1. The cost to be enrolled on the next available assessment is £118.80, which includes VTCT and LSM Administration Fees. Please note that there are no guarantees you can be enrolled on the next available date, and may have to be enrolled at a later date in the year.
2. If you missed your scheduled date through illness, then the cost of re-enrolment can be reduced to £45.00 with the submission of a formal Doctor's or Hospital Discharge Note. This note will be submitted to VTCT with your new enrolment request.
3. All Case Studies and Assignments must be completed and approved, and any outstanding payments paid, before you can be enrolled on the next exam.

Things to Remember – Assessment

- ☐ **Model / Client** for your assessment
- ☐ **Aromatherapy Equipment:** At least 20 essential oils, 2 carrier oils, blending bowls for body and face, measuring jugs, stirrers, and dry wipes.
- ☐ **Clip Board** (for the Consultation Form)
- ☐ **Consultation Form** with client medical history **completed and signed**
- ☐ **Uniform** (strictly no branding/markings or logos)
 - Black Polo T Shirt (not low-cut)
 - Black trousers (not skin-tight, no leggings, not flared, **NOT** DENIM)
 - Black plimsolls (no bare skin, if laced, they must be well tucked in)
 - Black socks or tights (to hide any bare skin on the feet)
 - Black Head Band or Sweat Band (if you perspire easily)
- ☐ **Personal Presentation**
 - Hair
 - off the shoulders, in a bun, **no** hair should touch the collar/shoulders
 - **no** wispy bits, it should be all slicked back and tucked in
 - dreadlocks, weaves or extra long hair must be kept in a hair net/bag
 - Minimal make-up
 - Short, well manicured nails, **strictly** no varnish or false nails
 - No jewellery (un-removable jewellery must be taped over)
- ☐ Antibacterial wipes (with a closable lid)
- ☐ Slippers/Flip-flops for your client/model
- ☐ Couch cover / Bed Sheet with Face Hole (Navy blue or Black) (Remove all labels)
- ☐ 2 x Towels to cover client/model (100 x 150cm, Navy blue or Black) (Remove labels)
- ☐ 1 x Towel to cover the face cradle (approx. 75 x 40cm, Navy blue or Black) (Remove labels)
- ☐ 1 x Towelling Robe/Dressing Gown for client
- ☐ **Be effective and show you care**
 - Make sure you demonstrate **effectiveness and intent** in all techniques
 - Look like you care, don't look blank or bored and don't look at what the others are doing ... they may be doing it incorrectly.

Things to Remember – Uniform



Good Professional Practice & Conduct

Appropriate Legislation Applicable To Aromatherapy Treatment

It is important to create a relaxing environment and to make the client feel at ease and comfortable with you. Once you have followed the guidelines and prepared for the session. You will also need to consider a few other points.

1. **Emotions and sex** – It is important to remain professional at all times. Keep client covered at all times with towels, only exposing the part of the body that is being massaged at the time. Never make any sexual innuendos – This is your profession so act accordingly. You do not want to get yourself in an awkward situation and compromise yourself or the client in anyway.
2. **Psychology** - You are not a counsellor, so refrain from providing judgements, becoming personally involved. You may end up on tricky grounds. Act professionally, listen and guide. Be careful to never offend and avoid topics of conversation that may appear controversial.
3. **Hygiene** – Keep all equipment and materials that you use, including the room you use clean. You are a professional and therefore all this will reflect upon you, but also you do not want to spread germs. Be aware of your own personal hygiene as well.
4. **Individual** – Each client you work with will be individual. You will develop your own methods of practice, but try to follow these guidelines.
5. The legislation which relates to the work being carried out, the environment and the client with whom the practitioner is working.
6. Any particular rights, restrictions and Charters.
7. Legal framework related to people and settings with which the practitioner is involved (e.g. Mental Health Act, Children Act) Moral rights which are not recognised in Law Organisational policies and how they may differ from other organisations (when working in care)
8. Records which the practitioner is responsible for completing in relation to rights and responsibilities. Any relevant complaints systems and methods of access
9. Health and Safety at Work Act.
10. Equal Opportunities Act Data Protection Act, Code of good practice/ethics.
11. Legislation relating to the essential oil trade.

Aromatherapy Legislation

At the moment there are no international or UK Aromatherapy Legislation. There are 2 Bodies that are currently working at bring UK legislation into place for Educational Standards, Codes of Practice and Conduct, Practitioner Register and Essential Oil manufacturing/production. For more information on their activities the contact details are as follows:-

The Aromatherapy Trade Council www.a-c-t.org.uk

The A-T-C is a body that's working towards UK Essential Oil legislation, research, development, labelling and manufacturing. "Responsible Essential Oil Trade".

Aromatherapy Trade Council
Dept TT
PO Box 387
Ipswich IP2 9AN
T/F: 01473 603 530

The Aromatherapy Consortium www.aromatherapy-regulation.org.uk

Formerly The Aromatherapy Organisation Council is a body that's working towards UK Aromatherapy Legislation, Codes of Conduct, Codes of Practice, Regulation, Educational Standards and a Practitioner Register.

The Aromatherapy Consortium
PO Box 6522
Desborough
Kettering
NORTHANTS NN14 2YX
T/F: 0870 774 3477

VTCT Aromatherapy Observational Sheet

Unit UV31301 Provide Aromatherapy for Complementary Therapies

Student Name:

	Criteria	Date:	Comments
	Outcome 1: Be able to prepare for aromatherapy treatment		
a	Prepare self, client and work area in accordance with current legislation and working practice requirements		
b	Consult with clients to identify factors that may influence treatment objectives		
c	Provide clear recommendations to the client based on the outcome of the consultation		
d	Select materials and equipment to suit client treatment needs		

	Criteria	Date:	Comments
	Outcome 2: Be able to provide aromatherapy treatment		
a	Communicate and behave in a professional manner		
b	Position self and client throughout treatment to ensure privacy, comfort and wellbeing		
c	Use working methods that meet the professional, legal and organisational requirements		
d	Carry out visual analysis		
e	Perform and adapt aromatherapy treatment using materials, equipment and techniques correctly and safely to meet the needs of the client		
f	Complete treatment to the satisfaction of the client in a commercially acceptable time		
g	Apply correct legislative labelling requirements on blends created for clients*		
h	Provide suitable aftercare and home care advice in line with current legislation		
i	Record treatment accurately and store information securely in line with current legislation		

Met all objectives	Portfolio Reference
Relaxation	
Uplift/Stimulation	
Balancing	
Stress Relief	
Carried out ALL applications	Portfolio Reference
Compress	
Other media	
Inhalation/Vaporisation	
Massage	
Immersion	

VTCT List of 42 Essential Oils

<i>Name</i>	<i>Note</i>	<i>Latin Name</i>	<i>Plant Family</i>
**Basil	T	Ocimum basilicum	Lamiaceae
**Benzoin	B	Styrax benzoin	Styracaceae
**Bergamot	T	Citrus Bergamia	Rutaceae
**Black Pepper	M	Piper nigrum	Piperaceae
**Cedarwood Atlas	B	Cedrus atlantica	Pinacea
**Chamomile G	M	Matricaria recutita	Asteraceae
**Chamomile R	M	Chamaemelum Nobile	Asteraceae
**Clary Sage	T	Salvia sclarea	Lamiaceae
**Cypress	B	Cupressus sempirverens	Cupressaceae
**Eucalyptus	T	Eucalyptus globulus	Myrtaceae
**Fennel (Sweet)	T	Foeniculum vulgare var.dulce	Apiaceae
**Frankincense	B	Boswellia carteri	Burseraceae
**Geranium	M	Pelargonium graveleons	Geraniaceae
**Ginger	T	Zingiber officinale	Zingiberaceae
**Jasmine	B	Jasminum grandiflorum	Oleaceae
**Juniper	M	Juniperus communis	Cupressaceae
**Lavender	M	Lavandula angustifolia	Lamiaceae
**Lemongrass	T	Cymbopogon citratus	Poaceae
**Marjoram (Sweet)	M	Origanum majorana	Lamiaceae
**Neroli	B	Citrus aurantium var. amara	Rutaceae
**Patchouli	B	Pogestemon cablin	Lamiaceae
**Petitgrain	T	Citrus aurantium var. Amara	Rutaceae
**Rose damask	B	Rosa damascena	Rosaceae
**Rosemary	M	Rosmarinus officinalis	Lamiaceae
**Sandalwood	B	Santalum album	Santalaceae
**Tea Tree	T	Melaleuca alternifolia	Myrtaceae
**Thyme	M	Thymus vulgaris	Lamiaceae
**Vetivert	B	Vetiveria zizanoides	Poaceae
**Ylang Ylang	B	Cananga odorata	Annonaceae

Optional

Myrrh	B	Commiphora myrrha	Burseraceae
Peppermint	T	Mentha piperita	Lamiaceae
Lavandin	M	Lavendula intermedia	Lamiaceae
Lavender spike	M	Lavendula lastifolia	Lamiaceae
Eucalyptus	T	Eucalyptus citriodora	Myrtaceae
Eucalyptus	T	Eucalyptus dives	Myrtaceae
Eucalyptus	T	Eucalyptus smithii	Myrtaceae
Rose cabbage	B	Rosa centifolia	Rosaceae
Grapefruit	T	Citrus paradisi	Rutaceae
Lemon	T	Citrus limon	Rutaceae
Mandarin	T	Citrus nobilis	Rutaceae
Orange (bitter)	T	Citrus aurantium var. amara	Rutaceae
Orange (Sweet)	T	Citrus sinensis	Rutaceae

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence. **Items must be practically demonstrated without exception*

VTCT List of Carrier Oils

COMMON NAME	BOTANICAL NAME	PLANT FAMILY
SWEET ALMOND**	Prunus communis L	Rosaceae
PEACH KERNEL**	Prunus vulgaris Mill	Rosaceae
GRAPESEED**	Vitis vinifera L	Vitaceae
AVOCADO**	Persea americana Mill	Lauraceae
MACADAMIA**	Macadamia ternifolia F. Muell	Proteaceae
EVENING PRIMROSE**	Oenothera biennis L	Onagraceae
WHEATGERM**	Triticum vulgare Vill	Poaceae (Graminae)
JOJOBA**	Simmondsia chinensis Schneid	Simmondsiaceae
APRICOT KERNEL	Prunus armeniaca L	Rosaceae
SOYA	Glycine max Merr	Fabaceae (Leguminosae)
PEANUT	Arachis hypogaea L	Fabaceae (Leguminosae)
SUNFLOWER	Helianthus annuus L	Asteraceae (compositae)
OLIVE	Olea europaea L	Oleaceae
SESAME	Sesamum indicum L	Pedaliaceae
LINSEED	Linum usitatissimum L	Linaceae
HAZEL	Corylus avellana L	Corylaceae
WALNUT	Juglans regia L	Juglandaceae
COCONUT	Cocos nucifera L	Arecaceae
CASTOR	Ricinus communis L	Euphorbiaceae

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

***Items must be practically demonstrated without exception*

ESSENTIAL OILS – LIST OF THERAPEUTIC ACTIONS

ANALGESIC - (painkilling effect)

Bergamot
Black Pepper
Chamomile German
Chamomile Roman
Eucalyptus Globulus
Eucalyptus Smithii
Geranium
Juniper
Lavender Spike
Lavender
Marjoram (Sweet)
Peppermint
Rosemary

ANTI-ACID - (reduces the effect caused by too much gastric acid)
Lemon

ANTI-ALLERGIC - (prevents allergic reactions)
Chamomile German

ANTI-CATARRHAL - (helps remove catarrh)
Myrrh

ANTI-DEPRESSANT - (helps life depression and symptoms related to it)
Grapefruit
Lemongrass
Neroli
Orange (Bitter)
Orange (Sweet)
Patchouli
Petitgrain
Rose Cabbage
Rose Damask
Rosemary
Sandalwood
Ylang Ylang

ANTI-INFLAMMATORY - (reduces inflammation)
Bergamot
Chamomile German
Chamomile Roman
Clary Sage
Eucalyptus Lemon
Geranium
Lavender
Lavandin
Myrrh
Orange (Bitter)
Patchouli
Tea Tree

ANTI-MICROBIAL - (agent which resists or destroys pathogenic micro-organisms)

ANTI-PRURITIC - (relieves symptoms of itching or relieves its occurrence)

ANTI-SEPTIC - (prevents or removes infection)

Basil
Bergamot
Cedarwood
Chamomile Roman
Eucalyptus Lemon
Eucalyptus Dives
Eucalyptus Globulus
Eucalyptus Smithii
Fennel (Sweet)
Frankincense
Juniper
Lavender Spike
Lavender
Lavandin
Lemon
Lemongrass
Myrrh
Orange (Bitter)
Peppermint
Petitgrain
Rose Cabbage
Rose Damask
Tea Tree
Thyme

ANTI-SPASMODIC - (calms, slows muscle spasm)

Basil
Black Pepper
Cedarwood
Chamomile German
Chamomile Roman
Clary Sage
Cypress
Eucalyptus Globulus
Eucalyptus Smithii
Fennel (Sweet)
Jasmine
Lavender
Lavandin
Lemongrass
Marjoram (Sweet)
Neroli
Orange (Sweet)
Peppermint
Petitgrain
Rose Cabbage
Rose Damask
Rosemary

Sandalwood
Thyme

EMMENAGOGUE - (*provokes menstruation, useful for amenorrhea*)

Basil
Chamomile German
Chamomile Roman
Juniper
Marjoram (Sweet)
Myrrh
Rose Cabbage
Rose Damask
Rosemary
Thyme

ANTI-VIRAL - (*kills virus or helps prevent a virus development*)

Bergamot
Clary Sage
Eucalyptus Lemon
Eucalyptus Dives
Eucalyptus Globulus
Eucalyptus Smithii
Juniper
Lavender Spike
Lavender
Lemon
Mandarin
Neroli
Orange (Sweet)
Peppermint
Rose Cabbage
Rose Damask
Rosemary
Tea Tree
Thyme

APHRODISIAC - (*heightens sexual desire*)

Cedarwood
Rose Cabbage
Ylang Ylang

ASTRINGENT - (*contracts and tightens tissues, especially skin*)

Cedarwood
Cypress
Lemongrass
Rosemary

BACTERICIDAL - (*kills bacteria*)

Chamomile Roman
Lavender Spike

Lavandin
Rose Cabbage
Rose Damask
Sandalwood
Tea Tree
Thyme

BALANCING - (*creates balance in emotions or in inactivity of parts of the body*)

Bergamot
Frankincense
Geranium
Lavender

CALMING - (*has an overall calming effect*)

CARMINATIVE - (*helps prevent flatulence*)

Benzoin
Fennel (Sweet)
Juniper
Mandarin
Myrrh
Peppermint

CEPHALIC - (*clears and focuses the mind*)

Basil
Peppermint

CICATRISANT - (*helps wounds heal*)

Myrrh

COOLING - (*cools the area of application, reduces temperature*)

Bergamot
Cypress
Eucalyptus Dives
Lavender Spike
Lavender
Myrrh
Peppermint
Tea Tree

CORDIAL (*stimulant and tonic*)

CYTOPHYLACTIC - (*cell regenerator*)

Patchouli

DECONGESTANT:

Eucalyptus Dives
Eucalyptus Smithii
Lavandin

DEODORANT - (*removes or masks unpleasant smells*)

DEPURATIVE - (helps combat impurity in the blood and organs, detoxifying)

Black Pepper
Cypress
Eucalyptus Globulus
Fennel (Sweet)
Grapefruit
Juniper
Rose Cabbage
Rose Damask

DETOXIFYING - (aids lymphatic system in the elimination of lymphatic fluids)

Lavender
Lemon
Neroli

DIGESTIVE

Basil
Ginger
Petitgrain

DIURETIC - (increases urine production)

Cedarwood
Grapefruit
Juniper
Patchouli
Rosemary
Thyme

EUPHORIC - (exaggerates sense of wellbeing)

Clary Sage

EXPECTORANT - (helps fluidity, thus removes mucus from lungs and respiratory passages)

Benzoin
Black Pepper
Cedarwood
Eucalyptus dives
Eucalyptus Globulus
Frankincense
Juniper
Lavender Spike
Myrrh
Peppermint
Sandalwood

FARNESENCE - (highly anti-viral)

FEBRIFUGE - (reduces fever)

Peppermint

FUNGICIDAL - (destroys fungi)

Eucalyptus lemon
Lavender Spike
Lavender
Lavandin
Lemon
Myrrh
Patchouli
Tea Tree

GALACTOGOGUE - (increases secretion of breast milk)

Fennel (Sweet)
Jasmine

HAEMOSTATIC - (stops bleeding)

Cypress
Eucalyptus Globulus
Frankincense
Geranium
Lemon
Rose Cabbage
Rose Damask

HYPERTENSIVE - (increases blood pressure)

Rosemary

HYPOTENSIVE - (lowers blood pressure)

Orange (Bitter)
Orange (Sweet)
Ylang Ylang

IMMUNO-STIMULANT - (stimulates the immune system)

Tea Tree

LAXATIVE - (provokes evacuation of the bowel)

MUCOLYTIC - (dissolving or breaking down mucous)

Cedarwood

NERVINE - (strengthening and toning of the nerves and nervous system)

OESTROGENIC - (promotes production of oestrogen)

Fennel (Sweet)

PROPHYLACTIC - (preventive of disease or infection)

RELAXING - (has a general relaxing effect)

Bergamot
Chamomile German
Clary Sage
Cypress
Frankincense

Geranium
Jasmine
Juniper
Lavender Spike
Lavender
Lavandin
Mandarin
Marjoram (Sweet)
Neroli
Petitgrain
Rose Cabbage
Rose Damask
Sandalwood
Vetivert
Ylang Ylang

REFRESHING - *(has a refreshing effect)*
Basil

RUBEFACIENT - *(warms and reddens the area of application, blood vessels in that area subsequently dilates)*
Black Pepper
Clary Sage
Fennel (Sweet)
Frankincense
Ginger
Rosemary
Vetivert

VASOCONSTRICTIVE - *(reduces capillaries dilation (thus reducing blood flow to an area and the redness it causes))*
Cypress
Marjoram (Sweet)
Peppermint
Rose Cabbage
Rose Damask

VASODILATORY - *(increases capillaries dilation (thus warming and increasing blood flow to an area causing it to redden))*

SEDATIVE - *(calms the nervous system)*
Benzoin
Bergamot
Chamomile German
Chamomile Roman
Clary Sage
Cypress
Frankincense
Jasmine
Juniper

Lavender Spike
Lavender
Marjoram (Sweet)
Myrrh
Neroli
Orange (Sweet)
Patchouli
Rose Cabbage
Rose Damask
Sandalwood
Vetivert
Ylang Ylang

STIMULANT - *(stimulates a particular system or the whole body)*
Black Pepper
Eucalyptus Globulus
Eucalyptus Smithii
Geranium
Ginger
Grapefruit
Lemon
Lemongrass
Mandarin
Myrrh
Orange (Bitter)
Orange (Sweet)
Patchouli
Peppermint
Petitgrain
Rosemary
Thyme
Vetivert

STOMACHIC - *(aids or eases digestion)*
Chamomile Roman
Orange (Sweet)
Peppermint

SUDORIFIC - *(increases perspiration)*
Juniper
Tea Tree

WARMING - *(produces feeling of warmth)*
Benzoin
Ginger
Jasmine
Juniper
Marjoram (Sweet)
Orange (Sweet)

VERMIFUGE - *(expels intestinal worms)*

TONIC - (invigorates and gives strength to a specific area or the whole body, depending on the oil)

Basil
Black Pepper
Chamomile German
Chamomile Roman
Clary Sage
Cypress
Fennel (Sweet)
Frankincense
Geranium
Ginger
Grapefruit
Jasmine
Juniper
Lavender
Lemon
Lemongrass
Mandarin
Marjoram (Sweet)
Myrrh
Neroli
Patchouli
Peppermint
Petitgrain
Rose Cabbage
Rose Damask
Rosemary
Sandalwood
Tea Tree
Thyme

Vetivert
Ylang Ylang

UPLIFTING - (helps positive thinking, lifts emotions)

Basil
Bergamot
Chamomile German
Clary Sage
Cypress
Eucalyptus dives
Eucalyptus Globulus
Frankincense
Geranium
Grapefruit
Jasmine
Lavender
Lemon
Lemongrass
Mandarin
Neroli
Orange (Bitter)
Orange (Sweet)
Patchouli
Peppermint
Petitgrain
Rosemary

VULNERARY - (helps heal wounds and sores by external application)

London School of Massage

“Massage to a Higher level”

***VTCT Aromatherapy
Diploma***



Aroma Oil Properties

Aromatherapy Oils: List & Properties – Quick Guide

Common Name Latin Name	Part of Plant/ Method of Extraction	Main Constituents	Country of Origin	Contraindications	Uses
Basil Ocimum Basilicum	Leaves and flowers Distillation	1. Linalool 40-45% - Alcohol 2. Methyl chavicol 25% –Phenol 3. Limonene – Terpene 4. Citronellol – Alcohol Main chemical make up is Alcohol, Phenol and Terpene	Native to Asia and Africa but now found in Mediterranean areas of Europe, Italy and France and also in the USA	Sensitive skin, pregnancy	Antiseptic Antispasmodic Treatment of Immune System (Nervous System) Uplifting/refreshing Digestion
Benzoin Styrax Benzoin	Resin Solvent Extraction	1. Cinnamate – Ester 2. Sumaresinolic Acid – Acid 3. Benzoin Acid – Acid 4. Cinnamic Acid 5. Vanillin – Aldehyde 6. Benzaldehyde – Aldehyde Main chemical makeup is Ester, Acid, Aldehyde	Sumatra, Java and Thailand	Benzoin is relatively safe, however there may cause a reaction with sensitive skin because it was solvent extracted	Inflamed Skin Euphoric Stress relief Warming/relaxing Respiratory Circulation Muscle & Joints
Bergamot Citrus Bergamia	Rind Expression	1. Linalyl acetate -Ester 2. Linalool – Alcohol 3. Also contains traces of Sesquiterpenes and Terpenes Main chemical makeup is Esters, Alcohols, Sesquiterpenes, Terpenes	Asia	Phototoxic oil avoid before exposure to sun or on a sun bed unless the oil is Bergapten free.	Anxiety Depression Nervous System Immune System Uplifting Refreshing
Black Pepper Piper Nigrum	Black peppercorns Steam Distillation	1. Pinene, Camphene, Limonene and Thujene – Terpenes 70-80% 2. Sesquiterpenes 20-30% Main chemical makeup is Terpenes, Sesquiterpenes	S.W India	Black Pepper may cause irritation and therefore should not be used neat on the skin.	Muscular Aches & Pains Circulatory Problems Stimulating
Chamomile German Matricaria Recutica / Matricaria Chamomilla	Flowery heads Distillation	1. Chamazulene – contains at least 7 % which is due to distillation process - Terpene 2. Farnesol – Alcohol Main chemical makeup is Terpenes Alcohols	Native to Europe, specially Hungary, and Bulgaria	Early stages of pregnancy. Some very sensitive skin.	Analgesic Anti-allergic Anti-inflammatory Antispasmodic Emmenagogue (Mild) Relaxing Sedative Tonic Uplifting

Chamomile Roman Chamaemelum Nobile or Anthemis Nobilis	Flowery heads Distillation	1. Angelic and Tiglic Acids – Esters 2. Isobutyl Angelate – Alcohol- Aldehyde 3. Pinocarvone – Ketone 4. Chamazulene – Terpene Main chemical makeup is Ester, Alcohol-Aldehyde, Ketone, Terpene	Italy, France	May cause skin reactions in some individuals	Analgesic Anti inflammatory Antispasmodic Antiseptic Antiviral, Balancing Cooling Detoxifying Fungicidal Relaxing Sedative Tonic Uplifting
Clary Sage Salvia Sclare	Leaves and flowers Distillation	1. Linalyl acetate -Ester 2. Linalool - Alcohol 3. Pinene and Myrcene – Terpenes Main chemical makeup is Ester, Alcohol, Terpene	England, Russia, Morocco, France, Italy, and Spain	Pregnancy. Do not drink alcohol or take recreational drugs as this oil increases its effects	Anti-inflammatory Antispasmodic Antiviral Relaxing Rubefacient Sedative Tonic Uplifting
Cedarwood Atlas Cedrus Atlantica	Timber Distillation	Main chemical makeup is Cedrene, Cedrol	Europe, Asia, N. Africa	Avoid during pregnancy	Arthritis Rheumatism Bronchitis Catarrh Cystitis Gonorrhoea Nervous Tension Stress Sedative
Cypress Cupressus Sempirverens	Leaves/Young stems Distillation	1. Pinene and Camphene -Terpenes 2. Sabinol – Alcohol Main chemical makeup is Terpene, Alcohol	France, Spain, Portugal, also parts of North Africa	None known	Antispasmodic Antiseptic Cooling Depurative Haemostatic Relaxing Sedative Tonic Uplifting Vasoconstrictive
Eucalyptus Eucalyptus Var. Globulus	Leaves and Twigs Distillation	1. Cineole - Oxide 2. Pinene –Terpene 3. Limonene – Terpene Main chemical makeup Oxides, Terpenes	Tasmania, Australia native but is grown in Mediterranean countries like Spain and Portugal	Sensitive skin	Analgesic Antispasmodic Antiseptic Antiviral Depurative Expectorant Haemostatic Stimulant Uplifting
Frankincense Boswellia Carteri	Resin of the tree Distillation	1. Pinene & Limonene – Terpene Main chemical makeup is Terpene	Red Sea, Africa especially NE, Somalia and Ethiopia	None known	Expectorant Haemostatic Relaxing Rubefacient Sedative Tonic Uplifting

Fennel (Sweet) Foeniculum Vulgare Var. Dulce	Crushed seeds Steam Distillation	1. Anethone – Phenol 2. Limonene, Pinene, Phellandrene – Terpenes Main chemical makeup is Phenols, Terpenes	Mediterranean countries such as France, Italy and Greece	Pregnancy, epilepsy, breast cancer (oestrogen triggered cancers) and in large doses	Analgesic Anti inflammatory Antispasmodic Antiseptic Antiviral Balancing Cooling Detoxifying Fungicidal Relaxing Sedative Tonic Uplifting
Geranium Pelargonium Graveleons or Odoratissimum	Leaves, Flowers and Stalks Distillation	1. Geraniol - Alcohol 2. Citronellol - Alcohol 3. Limonene - Terpene 4. Methone – Ketone Main chemical makeup is Alcohol, Terpene and Ketone	Native of South Africa but known grown in Mediterranean Europe, Russia and Egypt	Very sensitive skin. Otherwise completely safe.	Analgesic Anti inflammatory Balancing Cooling Haemostatic Relaxing Stimulant Tonic Uplifting
Ginger Zingiber Officinale	Rhizomes Distillation	1. Zingiberene – Sesquiterpene 2. Gingerone – Ketone 3. Camphene traces of Terpene 4. Citronellal – Alcohol/Aldehyde Main chemical makeup is Sesquiterpene, Ketone, Terpene Alcohol/ Aldehyde	Asia especially India, Jamaica, West Indies and Nigeria	Can cause irritation use only in low dilutions	Stimulating Tonic Warming Assists in removal of toxins, stimulates and wakes up the body.
Grapefruit Citrus Paradis	Fruit peel Expression	1. Limonene 90% - Terpene 2. Cadinene – Terpene 3. Paradisiol –Alcohol 4. Neral – Alcohol/Aldehyde Main chemical makeup is Terpene, Alcohol, Aldehyde	Tropical Asia, The West Indies, California	Distilled oil is phototoxic Expressed oil is not phototoxic If in doubt treat as phototoxic	Astringent Depurative Diuretic Fungicidal Stimulant Tonic Uplifting
Jasmine Jasminum Officinale	Flowers Solvent Extraction	1. Benzyl acetate - Ester 2. Linalool – Alcohol 3. Many others including Jasnone - Ketone Main chemical makeup is Esters, Alcohols, Ketones	China, Northern India, Egypt, France and other Mediterranean countries.	Not recommended for use during pregnancy	Antispasmodic Galactagogue Relaxing Sedative Tonic Uplifting Warming

Juniper Juniperus Communis	Berries Distillation	1. Pinene, Myrcene and Sabinene – Terpenes Main chemical makeup is Terpenes	Italy, France, Siberia and Canada and in Scandinavian countries	Pregnancy and Kidney Stones Only use Juniper berry oil	Antiseptic Analgesic Astringent Antiviral Carminative Depurative Diuretic Emmenagogue Expectorant Relaxing Sedative Sudorific Tonic Warming
Lavender Lavandula Angustifolia or Officinalis – True Lavender	Flower tops Distillation	1. Linalyl acetate - Esther 2. Lavandulyl acetate - Esther 3. Linalol - Alcohol 4. Lavandulol – Alcohol Main chemical make up is Ester, Alcohol	France, England, Mediterranean countries	None known	Analgesic Anti-inflammatory Antispasmodic Antiseptic Antiviral Balancing Cooling Detoxifying Fungicidal Relaxing Sedative Tonic Uplifting
Lemon Citrus Limon	Fresh Peel/Zest of fruit Expression	1. Limonene –Terpene 2. Pinene – Terpene 3. Citronellol –Alcohol 4. Citral – Alcohol- Aldehyde Main chemical make up is Terpene, Alcohol, Aldehyde	Native to Asia and India also grown in Mediterranean countries Spain and Portugal	Lemon essential oil is phototoxic and may cause irritation when exposed to sunlight or sun beds. It may also irritate the skin so use low dilutions.	Anti-acid Antiseptic Antiviral Detoxifying Fungicidal Haemostatic Stimulant Tonic Uplifting
Lemongrass Cymbopogon Citratus	Leaves & grass Distillation	1 .Citral - Aldehyde 2. Geraniol – Alcohol 3. Limonene and myrcene - Terpene Main chemical makeup is Aldehyde, Alcohols, Terpenes	Asia and in West Indies	May cause skin irritation	Antidepressant Antiseptic Astringent Stimulant Tonic Uplifting
Mandarin Citrus Reticulata	Rind Expression	1. Limonene - Terpene 2. Methyl Methylantranilate - Ester 3. Geraniol – Alcohol 4. Citral – Aldehyde Main chemical makeup is Terpenes, Esters, Alcohol, Aldehydes	Southern China and Eastern Asia	Mildly phototoxic if used before exposure to sunlight or sun bed	Antiviral Carminative, Relaxing Stimulating Tonic Uplifting

Marjoram (Sweet) Origanum Majorana	Dried flowers and leaves.	1. Terpineol and linalol – Alcohol 2. Terpinene and sabinene - Terpenes 3. Geranyl acetate and linalyl -Ester Main chemical makeup is Alcohols, Terpenes, Esters	Primarily Spain, France and Egypt; also other parts of North Africa.	Pregnancy	Analgesic Antispasmodic Emmenagogue Relaxing Sedative Tonic Vasoconstrictive Warming
Myrrh Commiphora Myrrha	The resin of the shrub or tree. Essential oil is extracted by steam distillation and a resinoid by solvent extraction.	1. Heerabolene and limonene - Terpene 2. Eugenol – Alcohol 3. Cinnamaldehyde - Aldehyde Main chemical makeup is Terpenes, Alcohol, Aldehydes	Ethiopia, Sudan, the Red Sea area and Southwest Asia.	Pregnancy, large doses. Should not be used on regular or prolonged basis as it takes 24+ hrs to eliminate from the body.	Anticatarrhal Anti-inflammatory Antiseptic Carminative Cicatrissant Cooling Emmenagogue Expectorant Fungicidal Sedative Stimulant Tonic
Neroli (Orange Blossom) Citrus Aurantium Var. Amara Or Neroli Bigrade	Orange Blossom flowers Distillation	Main chemical makeup is 90% Terpenes	Italy, France, North Africa, Native to Far East	None known	Stress Relief Anxiety Insomnia Nervous System Relieves high BP Aging Emotional upsets Very relaxing
Orange (Sweet) Citrus Sinensis	Peel of Fruit Expression	1. Limonene –Terpene Main chemical make up is Terpene	Native to China, but is now grown in California, Florida and Mediterranean countries of Italy, Spain and France	Expressed essential oil is safe to use in sunlight but distilled causes photo toxicity	Antidepressant Antispasmodic Antiviral Balancing Hypotensive Sedative Stimulant Stomachic Uplifting Warming
Patchouli Pogestemon Cablin	The dried leaves of grass Steam distillation	1. Patchouli alcohol and patchoulol - Alcohol 2. Patchoulol - Terpene Main chemical makeup is Alcohols, Terpenes	Indonesia, Philippines, Malaysia, India, and China.	May cause phototoxicity so should be used in low concentrations.	Antidepressant Anti inflammatory, Cytophylactic Diuretic Fungicidal Sedative Stimulant Tonic Uplifting

Peppermint Mentha Piperita	Leaves and Flowers Distillation	1. Menthol 29-48% - Alcohol 2. Menthone 20-31% - Ketone 3. Menthyl acetate – Ester 4. Limonene – Terpene 5. Pulegone – Ketone Main chemical makeup is Alcohol, Ketone, Ester	English Peppermint is the best, but mainly comes from the USA	Do not use late in the day, as it will stimulate the mind, especially if you are an insomniac	Analgesic Antispasmodic Antiseptic Antiviral Carminative Cooling Cephalic Expectorant Febrifuge Stimulant Stomachic Tonic Uplifting Vasoconstrictive
Petitgrain Citrus Aurantium Var. Amara	Leaves Young twigs Distillation	1. Linalyl acetate, geranyl acetate -Ester 2. Linalol, nerol, terpineol, geraniol – Alcohol Main chemical makeup is Esters, Alcohols	France, North Africa, Paraguay.	No known side-effects.	Antidepressant Antiseptic Antispasmodic Digestive Relaxing Stimulant Tonic Uplifting
Rose Cabbage Rosa Centifolia	Petals	1. Citronellol, geraniol, nerol - Alcohols 2. Phenyl ethyl alcohol – aromatic Alcohol. 3. Stearopten – Terpene. Main chemical makeup is Alcohols, Terpenes	Mediterranean area including Morocco, France Italy and Tunisia, also in China	None known	Antidepressant Antiseptic Antispasmodic Antiviral Aphrodisiac Bactericidal Depurative Emenagogue Haemostatic Relaxing Sedative Vasoconstrictive
Rose Damask Rosa Damascena	Petals Distillation	1. Citronellol, geraniol, nerol - Alcohols 2. Phenyl ethyl alcohol – aromatic Alcohol. 3. Stearopten – Terpene. Main chemical makeup is Alcohols, Terpenes	Native to Asia but cultivated in Bulgaria, Turkey and France	None known.	Antidepressant Antiseptic Antispasmodic Antiviral Bactericidal Depurative Emenagogue Haemostatic Relaxing Sedative Tonic Vasoconstrictive
Rosemary Rosmarinus Officinalis	Leaves Flower tops Distillation	1. Pinene, camphene, limonene - Terpene 2. Camphor - Ketone 3. Linalol, cineol, borneol – Alcohol Main chemical makeup is Terpenes, Ketones, Alcohols.	Worldwide, although mainly Mediterranean area.	Not to be used during pregnancy, high blood pressure, epilepsy, ADD, ADHD	Analgesic Antidepressant Antispasmodic Antiviral Astringent Diuretic Emmenagogue Hypertensive Rubefacient Stimulant Tonic Uplifting

Sandalwood Santalum Album	Woods Distillation	1. Santalol - Alcohol 2. Santene, santalone - Terpene Main chemical makeup is Alcohols, Sesquiterpenes, Terpenes	East India, Sri Lanka, and Australia.	None known.	Antidepressant Antispasmodic Bactericidal Expectorant Relaxing Sedative Tonic
Tea Tree / Ti Tree Melaleuca Alternifolia	Leaves and stems Distillation	1. Terrpinene – Terpene 2. Cineol – Oxide 3. Pinene – Terpene 4. Plus other Sesquiterpenes Main chemical makeup is Terpenes, Oxides, Sesquiterpenes	Australia	Generally, safe but may irritate the skin	Anti inflammatory Antiseptic Antiviral Bacteria Cooling Fungicidal Immune-stimulant Sudorific Tonic
Thyme (Sweet) / White Thyme Thymus Vulgaris	Leaves and flowers	Main chemical makeup is Thymol and Carvol	Spain & Mediterranean	Avoid during pregnancy. High blood pressure	Antiseptic Insomnia Stress Low BP Sensitization
Vetiver Vetiveria Zizanoides	Roots Steam Distillation	1. Vetiverol - Alcohol 2. Vitivone - Ketone 3. Vetivenes - Terpene Main chemical makeup is Alcohols, Ketones, Terpenes	Native in to Southern India and Indonesia, but cultivated widely including South America Java and Haiti	None known.	Relaxing Rubefacient Sedative Stimulant Tonic
Ylang Ylang Cananga Odorata	Flowers Distillation	1. Benzyl acetate, methyl benzoate, methyl salicylate - Ester 2. Linalol, geraniol, eugenol – Alcohol 3. Pinene - Terpene Main chemical makeup is Esters, Alcohols, Terpenes	Philippines , Indonesia, Madagascar.	Should be used in moderation as Main strong perfume can cause headaches and nausea.	Antidepressant Aphrodisiac Hypotensive Relaxing Sedative Tonic

Hazardous Essential Oils

Not all Essential Oils are user friendly. Below is a comprehensive list of those you need to avoid and why.

Name	Botanical Name	Hazard Rating
Almond Bitter	Prunus amygdalus	highly toxic
Ajowan	Trachyspermum copticum	Dermal Irritant
Arnica	Arnica Montana	Highly toxic
Boldo Leaf	Permus boldus	Highly toxic, neurotoxic
Birch Sweet	Betula lenta	Environmental & marine pollutant
Broom Spanish	Spartium juniceum	Highly toxic
Buchu	Agothosma betulina	Highly toxic
Calamus	Acorus calamus	toxic, carcinogenic, hepatotoxic
Camphor (Brown)	Cinnamomum camphora	carcinogenic, hepatotoxic
Camphor (Yellow)	Cinnamomum camphora	carcinogenic, hepatotoxic
Cinnamon Bark	Cinnamomum zeylanicum	dermal irritant & sensitiser, mucous membrane irritant
Chervil	Anthriscus cerefolium	Carcinogenic
Clove Leaf or Stem	Syzygium aromaticum	severe dermal & mucous membrane Irritant
Costus	Saussurea lappa	severe dermal sensitiser
Deertongue	Carphephorus odoratissimus	carcinogenic
Fennel Bitter	Foeniculum vulgare	carcinogenic
Horseradish	Armoracia rusticana	highly toxic, severe dermal & mucous membrane Irritant
Jaborandi Leaf	Pilocarpus jaborandi	Toxic
Melilotus	Melilotus officinalis	carcinogenic
Mugwort	Artemisia vulgaris	Abortifacient, toxic
Mustard	Brassica nigra	toxic, dermal & mucous membrane irritant
Oregano Common	Origanum vulgare	toxic, dermal & mucous membrane irritant
Oregano Spanish	Thymus capitatus	toxic, dermal & mucous membrane irritant
Orris	Iris pallida	Toxic
Pennyroyal	Mentha pulegium	Toxic, abortifacient
Pine Dwarf	Pinus mugo var. pumilio	dermal irritant
Rue	Ruta graveleons	Abortifacient, neurotoxic, phototoxic
Sage Common	Salvia officinalis	High Thujone content – Highly toxic
Santolina	Santolina chamaecyparissus	Highly toxic
Savoury Summer	Satureja hortensis	toxic, dermal & mucous membrane irritant
Savoury Winter	Satureja montana	toxic, dermal & mucous membrane irritant
Sassafras	Sassafras albidum	Carcinogenic
Savin	Juniperus Sabina	Toxic, abortifacient
Southernwood	Artemisia abrotanum	Toxic
Tansy	Tanacetum vulgare	Toxic, severe neurotoxic
Thuja Cedarleaf	Thuja occidentalis	Toxic, severe neurotoxic

Thuja Western Red / Washington	<i>Thuja plicata</i>	Toxic, severe neurotoxic
Tonka	<i>Dipteryx vulgare</i>	Highly toxic
Wintergreen	<i>Gaultheria procumbens</i>	Toxic
Wormseed	<i>Chenopodium ambrosioides</i> var. <i>anthelminticum</i>	Neurotoxic, Severe toxic
Wormwood	<i>Artemisia absinthium</i>	Neurotoxic, Severe toxic

BASIL – *Ocimum basilicum*

History

Widely used in the Eastern Ayurvedic tradition where it's called Tulsi, it also has a long history in China where it's used for stomach and kidney ailments.

Plant Description

A small tender annual herb with glossy green leaves and greenish flower heads.

Botanical Family: Lamiaceae (Labiatae)

Country Origin: Native to Asia and Africa, now cultivated in Italy, France and the USA

Extraction Method: Steam distillation.

Parts of plant used: Leaves and Flowers

Odour Profile: Fresh, sweet, spicy with a balsamic undertone

Note: Top

Blends Well With

Bergamot, clary sage, lime, geranium, rosemary, black pepper, lemon, grapefruit, eucalyptus

Main Chemical Components

1. Linalool 40-45% - Alcohol
2. Methyl chavicol 25% –Phenol

Main chemical make up is **Alcohol**

Contraindications

Sensitive skin, pregnancy

Therapeutic Actions:

- Antiseptic
- Antispasmodic
- Cephalic
- Emmenagogue
- Digestive
- Refreshing
- Tonic
- Uplifting

Which Conditions/Systems Benefit From Its Use?

Skin – Tonic effect on acne; reduces inflammation of wasp stings.

Muscular/Digestive – antispasmodic; relieves muscle tightness, especially in the intestines and stomach.

Nervous – uplifting for depression, insomnia, stress; helps to focus the mind and aids concentration; headaches, migraine, fainting fits, neuralgia neuritis.

Respiratory – sinusitis

Reproductive – amenorrhoea or irregular/scanty menstruation

Additional Information

Basil is excellent for clearing the mind of worries and clutter and lifting one's spirit.

BENZOIN – *Styrax benzoin*

History

Benzoin has been used for 1000's of years in the east as a medicine and incense. In China it was used for its heating and drying properties.

Plant Description

A large tropical tree measuring up to 20m with pale green citrus like leaves, bearing hard shelled fruit.

Botanical Family: Styracaceae

Country Origin: Tropical Asia, Sumatra, Indonesia and Thailand

Extraction Method: Solvent extraction.

Parts of plant used: Resin

Odour Profile: Sweet, balsamic, vanilla,

Note: Base

Blends Well With
Sandalwood, rose,
jasmine,
frankincense,
myrrh, cypress,
juniper, lemon,
patchouli, black
pepper

Main Chemical Components

1. Coniferyl Cinnamate – Ester
2. Sumaresinolic Acid – Acid

Main chemical makeup is **Ester**

Contraindications

Benzoin is relatively safe, however there may cause a reaction with sensitive skin because it was solvent extracted

Therapeutic Actions:

- Carminative
- Expectorant
- Sedative
- Warming

Additional Information

Benzoin oil was once used in a product called Friar's Balsam, an inhalation used to ease respiratory problems.

Which Conditions/Systems Benefit From Its Use?

Skin – reduces inflammations and relieves symptoms of dermatitis, cracked and chapped skin

Circulatory – warms heart and circulation

Digestive – aids digestion and relieves flatulence.

Nervous – stress relieves tension

Skeletal – warming effect reduces inflammation caused by RA and gout.

Urinary – cystitis

General – creates a feeling of euphoria and has a warming effect on the whole body

BERGAMOT – *Citrus bergamia*

History

Named after the Italian city of Bergamo in Lombardy where the first oil was sold. It was prescribed for fever (incl. Malaria) and intestinal parasites. Bergamot does not feature in any other folk tradition.

Plant Description

A small tree approx 4.5m with smooth oval leaves bearing small round fruit similar to a miniature orange only yellow.

Botanical Family: Rutaceae

Country Origin: Asia and southern Italy

Extraction Method: Expression.

Parts of plant used: Rind and peel

Odour Profile: Fresh, sweet, fruity, slightly spicy

Note: Top

Blends Well With

Lavender, Neroli,
jasmine, cypress,
geranium, lemon,
chamomile,
juniper, rose,
frankincense

Main Chemical Components

1. Linalyl acetate -Ester
2. Linalool – Alcohol

Main chemical makeup is **Esters**

Contraindications

Phototoxic - avoid before exposure to sun or a sun bed unless the oil is Bergapten free

Therapeutic Actions:

- Analgesic
- Anti-inflammatory
- Antiseptic
- Antiviral
- Cooling
- Uplifting
- Balancing
- Relaxing
- Sedative

Which Conditions/Systems Benefit From Its Use?

Skin – antiseptic, anti-inflammatory and cooling thus useful for treating many inflamed, sore skin conditions such as eczema, psoriasis and acne.

Nervous – (emotional) uplifting thus reduces anger, frustration, anxiety, stress and the symptoms of depression

Digestive – relieves flatulence, colic and painful digestion; helps regulate appetite.

Respiratory – relieves symptoms of colds flu and bronchitis as well as reducing inflammations and infections such as tonsillitis and sore throats.

Urinary – cystitis

Immune – tonic

BLACK PEPPER – *Piper nigrum*

History

Pepper has an Eastern Tradition dating back over 4000yrs for both medicinal and culinary uses. In China white pepper is used to treat fever and digestive disorders.

Plant Description

A perennial woody vine with heart shaped leaves and small white flowers. The berries turn from green to red then finally to black.

Botanical Family: Piperaceae

Country Origin: South West India, Indonesia, Malaysia, China and Madagascar.

Extraction Method: Steam distillation.

Parts of plant used: Black peppercorns

Odour Profile: Fresh, dry, woody, warm, spicy

Note: Middle

Blends Well With

Frankincense,
sandalwood,
lavender,
rosemary,
marjoram,
lemongrass, rose,
neroli, jasmine,
ginger

Main Chemical Components

1. Pinene - Terpenes
2. Camphene - Terpenes

Main chemical makeup is **Terpenes**

Contraindications

May cause irritation and therefore should not be used neat on the skin

Therapeutic Actions:

- Analgesic
- Antispasmodic
- Depurative
- Expectorant
- Rubefacient
- Stimulant
- Tonic

Which Conditions/Systems Benefit From Its Use?

Muscular – Tonic for aches and pains; can improve performance if used before sporting activities.

Circulatory/Lymphatic – warming thus stimulates circulation and lymphatic system.

Digestive – stimulates digestion and appetite; relieves bowel problems and constipation by aiding peristalsis.

Nervous – stimulates and thus strengthens the nerves and mind.

Respiratory – Aids colds and influenza

Respiratory – expectorant, so relieves catarrh, cough and colds.

Additional Information

Black pepper warms the blood, thus relieving aches and pains in the muscles and stimulating the appetite.

CEDARWOOD (ATLAS) – *Cedrus atlantica*

History

Used by the Egyptians during the embalming process and as a cosmetic and perfume. In the East it is traditionally used to treat respiratory and urinary infections and as an incense.

Plant Description

A pyramid shaped evergreen tree, up to 40m tall. The hardwood is strongly aromatic due to the high oils content.

Botanical Family: Pinaceae

Country Origin: Morocco, Algeria, USA

Extraction Method: Steam distillation.

Parts of plant used: Wood of the tree

Odour Profile: Sweet, woody, balsamic, warm, camphoraceous

Note: Base

Blends Well With

Bergamot,
cypress, jasmine,
juniper, neroli,
clary sage,
vetiver, rosemary,
ylang ylang.

Main Chemical Components

1. Cedrene- Terpene
2. Atlantone –Ketone

Main chemical make up is **Terpene**

Contraindications

Pregnancy

Therapeutic Actions:

- Antiseptic
- Antispasmodic
- Diuretic
- Expectorant
- Mucolytic
- Astringent
- Aphrodisiac

Which Conditions/Systems Benefit From Its Use?

Skin – Tonic effect on acne, good for oil skin, calms itching, useful for bites, stings and chicken pox.

Circulatory – arthritis and rheumatism

Nervous – stress and tension, calms anxiety, sexual frigidity.

Reproductive – effective on sexually transmitted diseases.

Respiratory – Bronchial dilator – asthma, excess mucous and catarrh, congestion, coughs, colds, bronchitis.

Urinary – urinary tract infections and cystitis.

Additional Information

King Solomon used Cedar beams in his palace. The aroma created a built in fumigant and insect repellent.

CHAMOMILE GERMAN - *Marticaria recutica/chamomilla*

History

This herb has a long medicinal tradition in Europe used for many and varied complaints for adults and children alike.

Plant Description

An annual aromatic herb growing up to 60cm with delicate feathery leaves and simple daisy like flowers that sit high on a bare stem.

Botanical Family: Asteraceae (Compositae)

Country Origin: Native to Europe specially Hungary and Bulgaria

Extraction Method: Steam distillation.

Parts of plant used: Flower heads

Odour Profile: Strong, sweet, warm, herbaceous

Note: Middle

Blends Well With

Geranium,
lavender, patchouli,
rose, benzoin,
neroli, bergamot,
marjoram, lemon,
ylang ylang,
jasmine, clary sage.

Main Chemical Components

1. Chamazulene -Terpene
2. Farnesol – Alcohol

Main chemical makeup is **Terpenes**

Contraindications

Early pregnancy and possible reaction to very sensitive skin

Therapeutic Actions:

- Analgesic
- Anti-allergic
- Anti-inflammatory
- Antispasmodic
- Emmenagogue (mild)
- Relaxing
- Sedative
- Tonic
- Uplifting

Additional Information

Chamomile is very versatile, calming and relaxing, making it good for children (especially if hyperactive), the frail and the elderly.

Which Conditions/Systems Benefit From Its Use?

Skin – calms and soothes many skin conditions, especially allergies, bruises, eczema, blisters, acne, psoriasis and ulcers.

Skeletal – Warms eases aching joints and toothache

Muscular – relieves muscular pain in lower back.

Nervous – relaxes thus relieving anxiety, tension and insomnia.

Reproductive – antispasmodic so relieves period pain; also relieves symptoms of PMT and menopause.

Digestive regulates peristalsis thus relieving irritable bowel syndrome; relieves indigestion and nausea.

Immune – stimulates whole system

CHAMOMILE ROMAN – *Chamaemelum nobile/anthemis nobilis*

History

This herb has a medicinal reputation in Europe and the Mediterranean for over 2000yrs. It was 1 of the 9 sacred Saxon herbs called 'maythen'. It was also called the 'plant's physician' since it promoted the health of plants nearby.

Plant Description

A small perennial herb up to 25cms, with hairy stems, feathery leaves and daisy like flowers which are larger than those of German Chamomile.

Botanical Family: Asteraceae (Compositae)

Country Origin: Italy, France, England, Belgium

Extraction Method: Steam distillation.

Parts of plant used: Flower heads

Odour Profile: Warm, sweet, fruity, herbaceous

Note: Middle

Blends Well With

Bergamot, clary
sage, jasmine,
neroli, rose,
geranium,
lavender.
Rosemary, black
pepper

Main Chemical Components

1. Angelic and Tiglic Acids – Esters
2. Isobutyl Angelate – Alcohol- Aldehyde

Main chemical makeup is **Esters**

Contraindications

May cause skin reactions in some individuals

Therapeutic Actions:

- Analgesic
- Anti-inflammatory
- Antiseptic
- Antispasmodic
- Bactericidal
- Emmenagogue
- Sedative
- Stomachic
- Tonic

Additional Information

Roman chamomile, like the German variety, is calming, effective and a good all round oil.

Which Conditions/Systems Benefit From Its Use?

Skin – rashes, allergies, dry skin conditions, effective for eczema, psoriasis.

Skeletal – soothes joint inflammations, arthritis.

Digestive – tooth abscesses, diarrhoea, nausea, upset stomach, nervous indigestion

Nervous – stress, depression, insomnia, relaxing thus reduces tension and anxiety.

Muscular – soothes inflammations, aches and pains.

Reproductive – PMT and fluid retention; relieves period pain and menopausal depression.

Urinary – cystitis and other urinary tract infections.

CLARY SAGE— *Salvia sclare*

History

During the middle ages, clary sage was held in high esteem for all digestive, kidney, uterine and menstrual complaints.

Plant Description

Biennial or perennial herb approx. 1m with large hairy leaves with a hint of purple and small blue flowers.

Botanical Family: Lamiaceae (Labiatae)

Country Origin: England, Russia, Morocco, France, Italy and Spain

Extraction Method: Steam distillation.

Parts of plant used: Leaves and flowers

Odour Profile: Sweet, herbaceous

Note: Top

Blends Well With

Juniper, lavender, coriander, geranium, sandalwood, pine, jasmine, frankincense, bergamot, lemon, grapefruit, orange

Main Chemical Components

1. Linalyl acetate -Ester
2. Linalool - Alcohol

Main chemical makeup is **Ester**

Contraindications

Pregnancy. Do not drink alcohol or take recreational drugs as this oil increases it's effects

Therapeutic Actions:

- Anti-inflammatory
- Antispasmodic
- Antiviral
- Relaxing
- Rubefacient
- Sedative
- Tonic
- Uplifting
- Euphoric

Which Conditions/Systems Benefit From Its Use?

Skin – reduces inflammations

Skeletal – eases painful joints

Muscular – relaxes muscles, reduces spasm, muscle fatigue, cramp, fibrositis.

Nervous – uplifts and promotes feeling of well-being/euphoria, soothes nervous tension, panic and acts as a sedative, relieves headache and migraine symptoms.

Reproductive/Endocrine – balances hormones, relieves PMT, fluid retention and painful cramps.

Immune – strengthens the immune system making it useful for the weak/convalescent.

Additional Information

Clary sage is warming, relaxing and uplifting.

CYPRESS – *Cupressus sempirverens*

History

It was highly valued as a medicine and as an incense by many ancient civilisations and is still used by the Tibetans.

Plant Description

A tall evergreen tree with slender branches and a conical shape.

Botanical Family: Cupressaceae

Country Origin: France, Spain, Portugal and parts of North Africa

Extraction Method: Steam distillation.

Parts of plant used: Leaves and young stems

Odour Profile: Smokey, sweet, balsamic, woody

Note: Base - Middle

Blends Well With

Pine, lavender,
mandarin, clary
sage, lemon,
juniper, benzoin,
bergamot, orange,
marjoram,
sandalwood

Main Chemical Components

1. Pinene - Terpene
2. Camphene - Terpene

Main chemical makeup is **Terpene**

Contraindications

None known

Therapeutic Actions:

- Antispasmodic
- Astringent
- Cooling
- Depurative
- Haemostatic
- Relaxing
- Sedative
- Tonic
- Uplifting
- Vasoconstrictive

Which Conditions/Systems Benefit From Its Use?

Cells and tissues of the whole body – astringent; acts as a diuretic, acts on cellulite and water retention.

Skin – controls water loss, oils and sweat production; good for sweaty, oily and mature skins.

Circulatory – narrows blood vessels so eases varicose veins, haemorrhoids, and heavy bleeding.

Reproductive – regulates problems related to menstruation (heavy periods, PMT, hormonal and menopausal problems).

Additional Information

The principal property of Cypress is its drying quality, which makes it a valuable addition for any wet condition like asthma.

EUCALYPTUS – *Eucalyptus citriodora* Hook

History

Eucalyptus lemon is mostly seen in the fragrance industry. More recently it has become a popular addition to natural bug repellants.

Plant Description

Lemon-Scented Gum Tree. A medium to tall tree, in leaf all year round and producing flowers blooming in July and August.

Botanical Family: Myrtaceae

Country Origin: Australian native. Brazil, Vietnam

Extraction Method: Steam distillation

Parts of plant used: Leaves, twigs

Odour Profile: Lemon tinged citrus aroma.

Note: Top

Main Chemical Components

1. Citronellal - Aldehydes
2. Citronellol - Alcohols

Main chemical makeup – Aldehydes

Contraindications

Sensitive skin

Therapeutic Actions:

- Antiseptic
- Antiviral
- Antibacterial
- Antiinflammatory
- Fungicidal

Due to its pleasant aroma it was used to perfume linen stores and to protect against silverfish and cockroaches.

Which Conditions/Systems Benefit From Its Use?

Muscular – Relieves aches and pains, arthritis, rheumatism

Nervous – Antispasmodic and calming. Clears the head, cools emotions.

Respiratory – Effective for all cold and flu symptoms as well as throat infections, asthma, bronchitis.

Immune – Stimulates the body's immunity against infection.

Urinary: Cystitis

Reproductive: Excellent for candida.

EUCALYPTUS – *Eucalyptus dives*

History

Eucalyptus trees are adapted to survive in numerous conditions, making them a favorite choice in worldwide horticulture. However, nearly all of the over 700 species are native to Australia or Tasmania

Plant Description

Eucalyptus dives or broad-leaved peppermint is a small tree native to temperate dry woodlands and forests of south-eastern Australia

Botanical Family: Myrtaceae

Country Origin: Australian native but, is grown in the Mediterranean countries like Spain and Portugal

Extraction Method: Steam distillation

Parts of plant used: Leaves and twigs

Odour Profile: Camphor like spicy minty aroma.

Note: Top

Main Chemical Components

1. Piperitone - Ketones
2. Phellandrene - Monoterpenes

Main chemical makeup – Ketones

Contraindications

None known

Therapeutic Actions:

- Anti bacterial
- Anti fungal
- Cooling
- Decongestant
- Expectorant
- Uplifting

Aborigines burnt the leaves believing that the heat left the sick man and went into the fire.

Which Conditions/Systems Benefit From Its Use?

Skin – Infections and dull, congested skin, burns, wounds, outbreaks of spots.

Muscular – Relieves aches and pains. Eases rheumatism, arthritis, sores, ulcers.

Nervous – Clears the head, headaches, neuralgia.

Respiratory – Effective for all cold and flu symptoms as well as throat infections, catarrh, sinusitis, asthma, infections.

Urinary – Kidney diseases, kidney tonic..

EUCALYPTUS – *Eucalyptus var. globulus*

History

Eucalyptus is a traditional household remedy in Australia today. Primarily used as a respiratory and muscle aid, but is also a good insect repellent.

Plant Description

A beautiful, tall, evergreen tree approx 90m. The young trees have blue-grey oval leaves and as the trees develop the leaves gradually elongate into the narrow leaf we all know.

Botanical Family: Myrtaceae

Country Origin: Australian native but, is grown in the Mediterranean countries like Spain and Portugal

Extraction Method: Steam distillation

Parts of plant used: Leaves and twigs

Odour Profile: Harsh camphoraceous, woody, sweet

Note: Top

Blends Well With

Rosemary,
lavender,
marjoram, pine,
lemon, cypress,
basil, black
pepper, ginger,
tea tree,
peppermint,
lemongrass

Main Chemical Components

1. Cineole - Oxide
2. Pinene, Limonene - Terpene

Main chemical makeup – **Oxides**

Contraindications

Should be used in low dilutions, since it is an irritant to the skin.

Therapeutic Actions:

- Analgesic
- Antiseptic
- Antispasmodic
- Antiviral
- Depurative
- Expectorant
- Haemostatic
- Stimulant
- Uplifting

Which Conditions/Systems Benefit From Its Use?

Skin – Infections and dull, congested skin, burns, wounds, outbreaks of spots.

Skeletal – Eases rheumatism

Muscular – Relieves aches and pains.

Nervous – Clears the head, cools emotions

Respiratory – Effective for all cold and flu symptoms as well as throat infections, catarrh, sinusitis, asthma, infections, coughs (expectorant – clears mucus by encouraging coughs).

Urinary – Cystitis

Immune – Stimulates the body's immunity against infection.

EUCALYPTUS – *Eucalyptus smithii*

History

Eucalyptus is a traditional household remedy in Australia today. Primarily used as a respiratory and muscle aid, but is also a good insect repellent.

Plant Description

A beautiful, tall, evergreen tree approx 90m. The young trees have blue-grey oval leaves and as the trees develop the leaves gradually elongate into the narrow leaf we all know.

Botanical Family: Myrtaceae

Country Origin: Australian native but, is grown in the Mediterranean countries like Spain and Portugal

Extraction Method: Steam distillation

Parts of plant used: Leaves and twigs

Odour Profile: Refreshing, medicinal and clean

Note: Top

Blends Well With

Basil, cedar, cypress, lemon, frankincense, geranium, Juniper berry, spearmint

Main Chemical Components

1. Cineole - Oxide
2. Limonene - Monoterpene

Main chemical makeup – **Oxides**

Contraindications

Sensitive skin

Therapeutic Actions:

- Analgesic
- Antiseptic
- Antispasmodic
- Antiviral
- Decongestant
- Stimulant

Additional Information

This is regarded as being the mildest of the Eucalyptus oils and can be used with children. Its high proportion of oxides gives it similar properties to Globulus

Which Conditions/Systems Benefit From Its Use?

Skeletal – Eases rheumatism, osteo arthritis

Muscular – Relieves aches and pains.

Nervous – Clears the head, cools emotions

Respiratory – Effective for all cold and flu symptoms as well as throat infections, catarrh, sinusitis, asthma, infections, coughs (expectorant – clears mucus by encouraging coughs).

Immune – Stimulates the body's immunity against infection.

FENNEL (SWEET) – *Foeniculum vulgare var. dulce*

History

Fennel has a history of high repute in the ancient world. It is believed to convey longevity, courage and strength, ward off evil spirits, strengthen the eyesight and neutralise poisons.

Plant Description

A Biennial or perennial herb approx 2m high with feathery leaves and golden yellow flowers.

Botanical Family: Apiaceae (Umbelliferae)

Country Origin: Mediterranean countries such as France, Italy
Malta and Greece

Extraction Method: Steam distillation

Parts of plant used: Crushed seeds

Odour Profile: Very sweet, aniseed, earthy, peppery

Note: Middle - Top

Blends Well With

Geranium,
lavender, rose,
sandalwood,
frankincense,
neroli, palmarosa,
jasmine, patchouli.

Main Chemical Components

1. Anethone – Phenol
2. Limonene – Terpenes

Main chemical makeup is **Phenols**

Contraindications

Pregnancy, epilepsy, breast cancer
(oestrogen triggered cancers) and in
large doses

Therapeutic Actions:

- Galactagogue
- Antiseptic
- Antispasmodic
- Carminative
- Depurative
- Oestrogenic
- Rubefacient
- Tonic

Which Conditions/Systems Benefit From Its Use?

Skin – Clears congestion; antiseptic qualities help bruises to heal and relieve pain and irritation from bites and stings.

Skeletal – Helps rheumatism

Circulatory – Helps reduce cellulite.

Digestive – Cleans out intestines, liver, colon, relieves colic, flatulence, constipation.

Reproductive – Eases PMT, amenorrhoea and menopausal problems; increases milk flow in nursing mothers as it is oestrogenic.

Urinary – Cleanses kidneys and stimulates them

General – Detoxifies the body' good for hangovers.

FRANKINCENSE – *Boswellia carteri*

History

Used since antiquity as an incense in India, China, the Catholic Church and Egypt just to mention a few. It was prized for its sacredness and rejuvenating qualities.

Plant Description

A small tree or shrub with abundant leaves and white or pink flowers.

Botanical Family: Burseraceae

Country Origin: Native to the Red Sea region and North East Africa

Parts of plant used: Resin of the tree (tears)

Odour Profile: Warm, rich, sweet, balsamic, woody, spicy

Extraction Method: Steam distillation.

Note: Base - Middle

Blends Well With

Sandalwood, pine, vetiver, geranium, lavender, neroli, orange, bergamot, basil, black pepper, rose, lemongrass, lemon, jasmine

Main Chemical Components

1. Pinene - Terpene
2. Limonene – Terpene

Main chemical makeup is **Terpene**

Contraindications

None known.

Therapeutic Actions:

- Antiseptic
- Expectorant
- Haemostatic
- Relaxing
- Rubefacient
- Sedative
- Tonic
- Uplifting
- Balancing

Which Conditions/Systems Benefit From Its Use?

Skin – Rejuvenates mature skin by smoothing wrinkles and dry skin; balances oily skin.

Nervous – Comforting, warming, relaxing and uplifting; burn during meditation to help focus the mind; anxiety and panic.

Respiratory – Helps asthma, bronchitis, coughs, laryngitis; clears mucus and catarrh; calms breathing.

Urinary – Eases symptoms of cystitis, nephritis and genital infections.

Additional Information

Frankincense is one of the oldest aromatic materials known to man. It was exchanged as a form of currency.

GERANIUM – *Pelargonium graveolens/odoratissimum*

History

Geraniums have a long history in Britain and America as a herbal medicine for inflammation and menstrual imbalances.

Plant Description

A perennial hairy shrub approx 1m high with serrated leaves and small pink flowers. The whole plant is aromatic.

Botanical Family: Geraniaceae

Country Origin: Native of South Africa but also cultivated in Mediterranean Europe, Russia and Egypt

Extraction Method: Steam distillation.

Parts of plant used: Leaves, flowers and stalks

Odour Profile: Green, rosey, sweet

Note: Middle

Blends Well With

Lavender,
patchouli, rose,
sandalwood,
jasmine, juniper,
neroli, bergamot,
lemon, grapefruit,
orange,
frankincense,
palmarosa

Main Chemical Components

1. Geraniol - Alcohol
2. Citronellol - Alcohol

Main chemical makeup is **Alcohol**

Contraindications

Very sensitive skin.

Therapeutic Actions:

- Analgesic
- Anti-inflammatory
- Balancing
- Haemostatic
- Relaxing
- Stimulant
- Tonic
- Uplifting

Which Conditions/Systems Benefit From Its Use?

Skin – Benefits all skin types, balances sebum, helps keep skin supple, tonifies dull congested skins, improves circulation thus preventing chilblains and enlivening pale skin.

Circulatory/Lymphatic – Improves circulation and stimulates lymphatic system.

Nervous – Tonic, lifts the spirits and relieves anxiety, depression and stress.

Reproductive/Endocrine – Balances the hormones, thus regulating PMT, menopause (especially depression), irregular, scanty, heavy periods.

Additional Information

Geranium is the female balancing oil. Whenever there is an imbalance of any kind (mind, body, spirit) a drop of Geranium would be beneficial.

GINGER – *Zingiber officinale*

History

Ginger has been used as a domestic spice and medicinal herb for 1000's of years, especially in the East.

Plant Description

An erect perennial herb approx 1m high with a thick, spreading, tuberous rhizome root. The green shoots are reed like with yellow or white flowers.

Botanical Family: Zingiberaceae

Country Origin: Asia especially India, Jamaica, and Nigeria

Extraction Method: Steam distillation.

Parts of plant used: Rhizomes

Odour Profile: Warm, green, fresh, woody, spicy.

Note: Middle - Top

Blends Well With

Sandalwood, Vetiver, patchouli, frankincense, rosewood, coriander, rose, lime, neroli, orange, lemongrass, grapefruit, rosemary, black pepper, marjoram

Main Chemical Components

1. Zingiberene – Sesquiterpene
2. Gingerone – Ketone

Main chemical makeup is **Sesquiterpene**

Contraindications

Can cause irritation use in low dilution

Therapeutic Actions:

- Stimulating
- Tonic
- Warming
- Digestive
- Rubefacient

Which Conditions/Systems Benefit From Its Use?

Skin – Stimulates circulation thus helps heal bruises and chilblains.

Skeletal – Eases joint pain, arthritis and RA.

Muscular – Relieves cramps, muscle spasms and sprains.

Circulatory – Stimulates the circulation which helps to ease blood vessel problems such as varicose veins.

Nervous – Warms emotions, especially when lethargic and fatigued, heightens sense and improves memory.

Digestive – Settles the stomach, nausea, motion sickness, stimulates appetite.

Respiratory - Eases flu and cold symptoms, especially catarrh, sore throats, fever, runny nose.

General – Removes toxins, stimulates and wakes up the body.

GRAPEFRUIT – *Citrus paradisi*

History

A relatively new addition the Grapefruit is a very good source of Vit C and therefore a valuable immune stimulant.

Plant Description

A cultivated tree, often over 10m high with glossy leaves and large yellow fruits.

Botanical Family: Rutaceae

Country Origin: Tropical Asia, the West Indies, California

Extraction Method: Expression / Distillation

Parts of plant used: Rind and peel

Odour Profile: Fresh, sweet, citrus

Note: Top

Blends Well With

Lemon,
Palmarosa,
bergamot, neroli,
rosemary,
cypress, lavender,
geranium, ginger,
orange,
eucalyptus

Main Chemical Components

1. Limonene 90% -Terpene
2. Cadinene – Terpene

Main chemical makeup is **Terpene**

Contraindications

Distilled oil is phototoxic

Expressed oil is not phototoxic

If in doubt treat as phototoxic

Therapeutic Actions:

- Astringent
- Depurative
- Diuretic
- Stimulant
- Tonic
- Uplifting
- Anti-depressant

Which Conditions/Systems Benefit From Its Use?

Skin – Astringent for dull, oily skin and acne

Lymphatic – Diuretic thus reduces water retention and oedema, helps cellulite.

Nervous – Uplifting and refreshing thus revives depressed and stressed minds, creates euphoric feeling and balances mood swings.

Immune – Stimulates immunity and helps to prevent colds and flu.

General – Fatigue, jet-lag, morning tiredness, SAD.

Additional Information

Grapefruit is sunshine in a bottle!!!

JASMINE - *Jasminum officinale* (*Jasminum grandiflorum*)

History

In India, brides often wear flowers in the hair or as garlands around their neck. It is also referred to as the Queen of the Night in India because of its strong fragrance at night. Widely used in the perfume industry and in toiletries.

Plant Description

An evergreen either shrub or climbing plant with white or yellow star-shaped fragrant flowers

Botanical Family: Oleaceae (Jasminaceae)

Country Origin: China, Northern India, Egypt, France and other Mediterranean countries.

Extraction Method: Solvent extraction producing an absolute, which is then steam distilled. The traditional method (and most expensive) is enfleurage.

Parts of plant used: The flowers.

Odour Profile: Rich, Sweet, floral

Note: Base

Blends Well With
Bergamot, Clary Sage, Frankincense, Geranium, Lavender, Orange, Mandarin, Neroli, Palmarosa, Rose, Sandalwood, Ylang Ylang, ginger

Main Chemical Components

1. Benzyl acetate - Ester
2. Linalool – Alcohol

Main chemical makeup is **Esters**

Contraindications

Not recommended for use during pregnancy

Therapeutic Actions:

- Antispasmodic
- Galactagogue
- Relaxing
- Sedative
- Tonic
- Uplifting
- Warming

Which Conditions/Systems Benefit From Its Use?

Skin – Encourages cell renewal thus heals scar tissues and reduces stretch marks; hydrates and soothes dry, mature skin and increases elasticity.

Nervous – Improves self-confidence, optimism, lifts depression calms nerves and warms emotions; eases nerve pains

Reproductive/Endocrine – Balances hormones in PMT and menopause; eases child labour pains and speeds up delivery.

Additional Information

Jasmine rejuvenates the skin and the soul, relaxes, soothes and uplifts.

JUNIPER BERRY - *Juniperus communis*

History

Greeks used it for fumigation in epidemics, Romans as an antiseptic, Tibetans and Native American Indians as incense for rituals. Used in food and drink – Gin.

Plant Description

A small evergreen tree, with blue-green needle-like leaves, small flowers and berries.

Botanical Family: Cupressaceae

Country Origin: Italy, France, Siberia, Canada and in Scandinavian countries

Extraction Method: Steam/ Direct Distillation

Parts of plant used: Berries

Odour Profile: Warm, woody, pine like

Note: Middle

Blends Well With

Benzoin,
Frankincense,
Lavender, Lemon,
Orange, Pine,
Sandalwood, Vetiver,
lemon, grapefruit,
cypress, eucalyptus,
pine

Main Chemical Components

1. Pinene - Terpenes
2. Myrcene – Terpenes

Main chemical makeup is **Terpenes**

Contraindications

Pregnancy and Kidney Stones

Use only Juniper berry oil

Therapeutic Actions:

- Antiseptic
- Analgesic
- Astringent
- Antiviral
- Carminative
- Depurative
- Diuretic
- Emmenagogue
- Expectorant
- Relaxing
- Sedative
- Sudorific
- Tonic
- Warming

Which Conditions/Systems Benefit From Its Use?

Circulatory – Aids cellulite

Skin – detoxifies blocked pores, acne, oily skin, good for dermatitis, psoriasis and eczema

Skeletal – Warming effect, eases symptoms of arthritis, rheumatism and gout

Nervous – clears and stimulates the mind, relieves stress-related conditions and tension

Urinary – cystitis, urinary tract infections, helps to relieve fluid retention

Additional Information

Juniper detoxifies, cleaning out the body and mind of excesses, whether fluids, anxieties or the build up of toxins

LAVENDER (Spike) – *Lavendula latifolia*

History

Superficially it resembles 'true' lavender (*Lavandula Angustifolia*) but it has more camphorous aroma. Spike Lavender grows at lower altitudes than 'true' Lavender

Plant Description

An evergreen woody shrub approx 1m tall, with narrow grey-green spike leaves and in summer is a mass of violet-blue flowers. The entire plant is aromatic.

Botanical Family: Lamiaceae (Labiatae)

Country Origin: Native to France, Spain, Italy and the Balkans

Extraction Method: Steam distillation.

Parts of plant used: Flower tops and stalks

Odour Profile: Fresh lavender with camphor with

Note: Middle

**Blends Well
With**
Rosemary,
Cedarwood,
Patchouli
and Sage

Main Chemical Components

1. Linalool – Alcohols
2. Cineole - Oxides

Main chemical make up is **Alcohols 32% Oxides 34%**

Contraindications

Not advised in pregnancy

Therapeutic Actions:

- Analgesic
- Antiseptic
- Antifungal
- Antiviral
- Bactericidal
- Cooling
- Expectorant
- Relaxing
- Sedative
-

Additional Information:

Spike Lavender essential oil has similar properties to 'true' Lavender, however it is slightly stronger and should be used more sparingly.

Which Conditions/Systems Benefit From Its Use?

Skin – Antiseptic properties are helpful for a range of skin problems including acne, oily skin, dandruff, burns, wounds, insect bites and stings. It is also an effective insect repellent.

Muscular – pain-relieving properties can be beneficial for headaches, muscular aches and pains (particularly when associated with sport), rheumatism and arthritis

Circulatory – Lowers blood pressure and other stress related conditions such as palpitations.

Nervous – Calms yet alerts helps to clear the head.

Respiratory – Relaxes breathing, eases bronchitis, catarrh.

LAVENDER – *Lavandula Angustifolia/ officinalis*

History

Lavender is probably the most familiar herbal remedy. It is used for many and varied ailments from stomach upset and insomnia to an insect repellent.

Plant Description

An evergreen woody shrub approx 1m tall, with narrow grey-green spike leaves and in summer is a mass of violet-blue flowers. The entire plant is aromatic.

Botanical Family: Lamiaceae (Labiatae)

Country Origin: France, England and other Mediterranean countries

Extraction Method: Steam distillation.

Parts of plant used: Flower tops and stalks

Odour Profile: Sweet, floral, herbaceous, balsamic, woody

Note: Middle

**Blends Well
With
Most oils**

Main Chemical Components

1. Linalyl acetate - Esther
2. Lavandulyl acetate - Esther

Main chemical make up is **Ester 45% Alcohols 36%**

Contraindications

None known.

Therapeutic Actions:

- Analgesic
- Anti-inflammatory
- Antiseptic
- Antispasmodic
- Antiviral
- Balancing
- Cooling
- Detoxifying
- Fungicidal
- Relaxing
- Sedative
- Tonic
- Uplifting

Additional Information

The safest of all the oils, can be used safely in low dilutions for babies and the infirmed.

Which Conditions/Systems Benefit From Its Use?

Skin – Effective for use on all skin types and conditions – balances sebum in oily skin, promotes cell growth and rapid healing for scars and stretch marks, antiseptic for insect bites and stings, burns, sunburn, wounds, healing for dermatitis, psoriasis and eczema.

Skeletal – Eases rheumatism

Muscular – Soothes and relieves aches and sprains.

Circulatory – Lowers blood pressure and other stress related conditions such as palpitations.

Nervous – Balances emotions, lifts depression, relieves stress, insomnia, migraine, tension, shock.

Respiratory – Relaxes breathing, eases bronchitis, laryngitis, antiviral effect on flu and colds.

LAVENDIN – *Lavendula x intermedia*

History

Lavandin is similar to lavender with many of the same qualities. It is actually a hybrid created from true lavender (*lavendula augustifolia*) and spike lavender (*Lavendula latifolia*). The true lavender grows higher in the mountains while the spike lavender grows down lower.

Plant Description

In general it is a larger plant than true lavender with woody stems. The flowers vary from blue like true lavender to more greyish similar to spike lavender

Botanical Family: Lamiaceae (Labiatae)

Country Origin:

Extraction Method: Steam distillation.

Parts of plant used: Flower tops and stalks

Odour Profile: Strong Lavender aroma

Note: Middle

**Blends Well
With**
Lavender,
Lemon and
Lemongrass

Main Chemical Components

1. Linalool - Alcohol
2. Linalyl acetate - Ester

Main chemical make up is **Alcohols 45% Esters 30%**

Contraindications

None

Therapeutic Actions:

- Antifungal
- Anti-inflammatory
- Antiseptic
- Antispasmodic
- Bactericidal
- Decongestant
- Relaxing

Additional Information

Normally used for fragancing perfumes and toiletries and for aromacraft items such as soap, pot pourri and bath salts.

Which Conditions/Systems Benefit From Its Use?

Skin: soothing and nurturing for the skin.

Nervous: Anxiety, insomnia and calming effect.

Body: Relaxing effect on the body. It can be used in pain relieving blends and can help with headaches, migraines and sore muscles

Lavandin Super is the Lavandin closest aromatically to true Lavender essential oil. Its robust health and higher yield also make it less expensive to produce. Like true Lavender, it is a soothing, relaxing oil when used in moderation, however it is normally used for fragancing perfumes and toiletries and for aromacraft items such as soap, pot pourri and bath salts.

LEMON – *Citrus limon*

History

The juice and peel have been used as a domestic seasoning, digestive aid and a valuable source of Vit A, B and C for many years in Europe. The English Navy used Lemons to ward off scurvy.

Plant Description

A small evergreen tree up to 6m high with serrated, glossy, oval leaves, thorns and very fragrant flowers. As the fruit grows and ripens it turns from green to yellow.

Botanical Family: Rutaceae

Country Origin: Native to Asia and India, also cultivated in Italy, Spain, Cypress, Israel, USA and Portugal

Parts of plant used: Rind and peel

Odour Profile: Light fresh, citrus

Extraction Method: Expression

Note: Top

Blends Well With

Lavender, neroli, ylang ylang, rose, sandalwood, chamomile, benzoin, fennel, geranium, eucalyptus, juniper, orange, lime, frankincense

Main Chemical Components

1. Limonene –Terpene
2. Pinene – Terpene

Main chemical make up is **Terpene**

Contraindications

Phototoxic do not use when exposed to sunlight or sun beds. It may also irritate the skin so use low dilutions.

Therapeutic Actions:

- Anti-acid
- Antiseptic
- Antiviral
- Detoxifying
- Fungicidal
- Haemostatic
- Stimulant
- Tonic
- Uplifting

Which Conditions/Systems Benefit From Its Use?

Skin – Useful for boils, warts, acne/other seborrhoeic conditions.

Circulatory – Tonifies blood and improves varicose veins, lowers high blood pressure, slows external bleeding including nosebleeds.

Nervous – Refreshes and stimulates the mind, allowing clarity of thought.

Digestive – Though high in citric acid, lemon actually reduces the high levels of gastric acid which cause ulcers; dyspepsia.

Respiratory – Protects against infections like cots and flue, lowers temperature.

Immune – Stimulates immune system to produce protective white blood cells.

LEMONGRASS – *Cymbopogon citratus*

History

Lemongrass has a long history as a culinary and medicinal herb in Asia, used as an antiseptic and sedative.

Plant Description

A fast-growing, tall, aromatic perennial grass up to 1.5m tall.

Botanical Family: Poaceae (Gramineae)

Country Origin: Asia and the West Indies

Extraction Method: Steam distillation.

Parts of plant used: Leaves and grass

Odour Profile: Fresh, grassy, citrus, earthy undertone

Note: Middle - Top

Blends Well With

Black pepper,
rosemary, marjoram,
frankincense, vetiver,
sandalwood, ginger,
eucalyptus, juniper,
cypress

Main Chemical Components

1. Citral - Aldehyde
2. Geraniol – Alcohol

Main chemical makeup is **Aldehyde**

Contraindications

May cause skin irritation.

Therapeutic Actions:

- Antidepressant
- Antiseptic
- Astringent
- Stimulant
- Tonic
- Uplifting
- Antispasmodic

Which Conditions/Systems Benefit From Its Use?

Skin – Tonifies open pores, acne, oily skin; insect repellent.

Skeletal – Useful for aching joints, gout, rheumatism.

Muscular – Tonifies aching muscles, tired legs and veins, relieves muscle fatigue; useful for sports injuries.

Nervous – Stimulates, revives, energises the emotions and relieves stress related conditions and nervous exhaustion.

Digestive – Stimulates appetite, relieves indigestion and gastro-enteritis.

Respiratory – Antiseptic effect on infections, sore throats, laryngitis.

Immune – Reduces fever.

Additional Information

Lemongrass is refreshing and stimulating yet very relaxing for aching muscles and joints

MANDARIN - *Citrus reticulata/nobilis*

History

The English name stems from the fact that in ancient China the fruit was given as a gift to the Mandarins.

Plant Description

It is an evergreen tree growing to 5 metres, with dark green oval leaves and fragrant star shaped flowers in pink or white.

Botanical Family: Rutaceae

Country Origin: Southern China and Eastern Asia

Extraction Method: Expression

Parts of plant used: The peel of the fruit

Odour Profile: Sweet, citrus, slightly floral

Note: Top

Blends Well With

Bergamot, Chamomile,
Black Pepper, Grapefruit,
Jasmine, Lavender,
Lemon, Lime, Sweet
Marjoram, Neroli, Orange,
Palmarosa, Petitgrain,
Rose, Sandalwood, Ylang
Ylang

Main Chemical Components

1. Limonene - Terpene
2. Methyl Methylantranilate - Ester

Main chemical makeup is **Terpenes**

Contraindications

Mildly phototoxic if used before exposure to sunlight or a sunbed.

Therapeutic Actions:

- Antiviral
- Carminative,
- Relaxing
- Stimulating
- Tonic
- Uplifting

Additional Information

It is the only oil considered safe for use after the first trimester of pregnancy.

Which Conditions/Systems Benefit From Its Use?

Skin – Helps cell growth for scar tissue and stretch marks; astringent for oily skin.

Nervous – The refreshing aroma lifts anxiety and the symptoms of depression as well as helping with insomnia.

Lymphatic – Mild diuretic qualities assist with cellulite.

Reproductive – Helps with PMT

Digestive – Tonifies digestion, expels wind, calms the stomach and stimulates appetite.

Additional Information

Mandarin is refreshing, happy, soothing, relaxing and eases all aspects of nervous exhaustion and anxiety. Good for treating children and the frail or elderly.

MARJORAM (SWEET) - *Origanum majorana*

History

Sweet and Pot marjoram have been widely used since ancient times for culinary and medicinal purposes. The Egyptians used it as a perfume, the Greeks thought of it as a funeral herb which and the wild marjoram was planted on graves to bring spiritual peace to the departed.

Plant Description

It is an aromatic her, growing to 30-80 centimetres in height, with dark green oval leaves and spiky clusters of small white or pink flowers.

Botanical Family: Labiatae (Lamiaceae)

Country Origin: Primarily Spain, France and Egypt; also other parts of North Africa.

Extraction Method: Steam distillation.

Parts of plant used: Dried flowers and leaves.

Odour Profile: Sweet herbaceous, slightly woody, spicy

Note: Middle

Blends Well With

Bergamot, Chamomile,
Cypress, Lavender,
Mandarin, Orange,
Rosemary, Rosewood,
Ylang Ylang,
peppermint,
eucalyptus,
lemongrass, black
pepper

Main Chemical Components

1. Terpineol - Alcohol
2. Linalol – Alcohol

Main chemical makeup is **Alcohol**

Contraindications

Pregnancy.

Therapeutic Actions:

- Analgesic
- Antispasmodic
- Emmanagogue
- Relaxing
- Sedative
- Tonic
- Vasoconstrictive
- Warming
- An-aphrodisiac

Additional Information

Marjoram is a comforting and soothing oil which can calm the mind, warm the body and relieve anxiety and distress.

Which Conditions/Systems Benefit From Its Use?

Skin – Helps heal bruises

Nervous – Calms and soothes the emotions especially during periods of stress, loneliness and grief. Also good for headaches, migraine and insomnia.

Digestive – Eases stomach cramps, constipation and indigestion.

Respiratory – Eases congestion of nose and sinuses, can relieve asthma and bronchitis.

Skeletal – Eases joint problems.

Muscular – Eases pain, especially after exercise, also helps with period pain.

Circulatory – Lowers blood pressure, improves circulation and prevents chilblains.

MYRRH - *Commiphora myrrh*

History

This is an ancient scent being used by ancient Egyptians, particularly in healing and for funerals, where it was burnt as an incense to honour the dead. It was also used in embalming to make 'kyphi'. It was highly valued by the Greeks and Romans for its vulnerary and anticatarrhal properties. It is still used in India today as a remedy for gum and teeth infections. The English name myrrh is derived from the Arabic 'murr' meaning 'bitter'.

Plant Description

The tree is a thorny, stunted shrub, reaching a height of 3 metres. Through fissures in its bark, it exudes a pale-yellow resin, which hardens to a semi transparent, reddish-brown tears on exposure to air.

Botanical Family: Burseraceae

Country Origin: Ethiopia, Sudan, the Red Sea area and Southwest Asia.

Extraction Method: Essential oil – steam distillation
Resinoid - solvent extraction.

Parts of plant used: The resin of the shrub or tree.

Odour Profile: Rich, Spicy, Sweet, musky, smoky

Note: Base

Blends Well With

Frankincense, Lavender, Palmarosa, Patchouli, Rose, Rosewood, Sandalwood, Tea Tree, eucalyptus

Additional Information

Myrrh is a healer, particularly good for healing wounds, mouth and gum problems and infections of the respiratory system.

Main Chemical Components

1. Heerabolene - Terpene
2. Limonene - Terpene

Main chemical makeup is **Terpenes**

Contraindications

Pregnancy, large doses. Should not be used on regular or prolonged basis as it takes 24+ hrs to eliminate from the body.

Therapeutic Actions:

- Anticatarrhal
- Anti-inflammatory
- Antiseptic
- Carminative
- Cicatrisant
- Cooling
- Emmenagogue
- Expectorant
- Fungicidal
- Sedative
- Stimulant
- Tonic

Which Conditions/Systems Benefit From Its Use?

Skin – Fungal infections, i.e. athlete's foot and ringworm, chapped skin, wounds; good for mature skins.

Nervous – Stimulates and revives, relieving apathy and lethargy.

Reproductive – Regulates menstrual cycle, relieves thrush.

Digestive – Mouth and gum ulcers, gingivitis, aids diarrhoea and flatulence, stimulates appetite

Respiratory – Good for all respiratory problems, removes mucus from lungs; anti-inflammatory and antiseptic thus good for all infections, colds, bronchitis and glandular fever.

NEROLI (ORANGE BLOSSOM)

Citrus aurantium var. amara and Neroli bigarade

History

Neroli is thought to have been named after Anna Maria de la Tremoille, Princess of Neroli, near Rome, who introduced the oil into Italian society in the 17th century. It was also a key constituent of the classic toilet water Eau de Cologne along with Lavender, Bergamot, Lemon and Rosemary oils.

Plant Description

An evergreen tree, growing up to 10 metres in height, with dark green oval leaves, with white flowers.

Botanical Family: Rutaceae

Country Origin: Italy, France, Spain, parts of North Africa and China.

Extraction Method: Solvent extraction or steam distillation.

Parts of plant used: Orange blossom flowers from the Bitter Orange

Odour Profile: Delicate, Sweet, floral, warm

Note: Base - Middle

Blends Well With

Bergamot, Clary Sage, Chamomile, Frankincense, Geranium, Jasmine, Lavender, Lemon, Lime, Mandarin, Orange, Palmarosa, Rose, Rosemary, Rosewood, Sandalwood, Ylang Ylang

Main Chemical Components

1. Linalol – Alcohol
2. Limonene - Terpene

Main chemical makeup is **Alcohol**

Contraindications

None known.

Therapeutic Actions:

- Antidepressant
- Antispasmodic
- Antiviral
- Detoxifying
- Relaxing
- Sedative
- Tonic
- Uplifting

Additional Information

Neroli can be described as the 'Rescue remedy' of Essential oils, because of its calming and smoothing qualities.

Which Conditions/Systems Benefit From Its Use?

Skin – Cell regeneration benefiting dry mature skins, stretch marks and scars, thread veins, psoriasis and eczema.

Nervous – Eases depression, relieves stress-related conditions including insomnia and anxiety; eases neuralgia, calms and soothes the nervous system.

Circulatory – Good for circulation and varicose veins and calms palpitations.

Reproductive – Eases PMT.

Additional Information

Neroli aids positive thinking, helping to increase positive thinking and self-confidence, reducing negative feelings.

ORANGE BITTER – *Citrus aurantium. Var amara*

Plant Description

The bitter orange tree (*Citrus aurantium* var. *amara*) is a disease-resistant hardy tree with aromatic white flowers. Bitter Orange essential oil is derived from the outer peel of the orange fruit and the same tree also produces Petitgrain from the leaves and twigs and Neroli from the fragrant white blossom..

Botanical Family: Rutaceae

Country Origin: Native to the Far East but is now commonly found in the Mediterranean region

Extraction Method: Expression or steam distillation

Parts of plant used: Rind and peel

Odour Profile: Zesty, refreshing, sharp, citrus aroma

Note: Top

Blends Well With

Neroli,
Sandalwood,
Geranium,
Frankincense

Main Chemical Components

1. Limonene 95% – Terpene
- 2.

Main chemical makeup is **Alcohol**

Contraindications

Can be phototoxic

Therapeutic Actions:

- Antidepressant
- Antiinflammatory
- Anti-septic
- Hypotensive
- Stimulant
- Uplifting

Additional Information

Bitter Orange essential oil is widely used in men's toiletry products.

Which Conditions/Systems Benefit From Its Use?

Skin – Promotes the production of collagen, increases blood flow to the skin. Helpful at soothing dry, irritated skin as well as acne-prone skin.

Circulatory – Hypotensive thus lowers blood pressure.

Lymphatic – Relieves oedema and fluid retention

Nervous – Provokes positive outlook, refreshes the mind, lifts and relieves depression, tension and stress.

Digestive – Calms the stomach, aids peristalsis, helps relieve digestive problems such as diarrhoea and constipation.

Immune – Helps protect against infections, colds and flu.

ORANGE SWEET – *Citrus sinensis*

History

The Orange has a long history in Chinese Medicine as a cooling agent for coughs, colds and to increase the appetite. It was considered a delicacy at King Henry VIII court.

Plant Description

An evergreen tree up to 8m high, dark green glossy leaves with fragrant flowers.

Botanical Family: Rutaceae

Country Origin: Native to China, now cultivated in California, Florida, Italy, Spain and France

Extraction Method: Expression or steam distillation

Parts of plant used: Rind and peel

Odour Profile: Sweet, fresh, fruity, rich

Note: Top

Blends Well With

Lavender, neroli, lemon, clary sage, myrrh, marjoram, black pepper, frankincense, patchouli, vetiver, sandalwood

Main Chemical Components

1. Limonene –Terpene
2. Bergapten - Terpene

Main chemical make up is **Terpene**

Contraindications

Distilled oil is phototoxic

Expressed oil is not phototoxic

If in doubt treat as phototoxic

Therapeutic Actions:

- Antidepressant
- Antispasmodic
- Antiviral
- Hypotensive
- Sedative
- Stimulant
- Stomachic
- Uplifting
- Warming

Which Conditions/Systems Benefit From Its Use?

Skin – Skin tonic for dull, oily skins; refreshes and detoxifies.

Circulatory – Hypotensive thus lowers blood pressure.

Lymphatic – Relieves oedema and fluid retention.

Nervous – Provokes positive outlook, refreshes the mind, lifts and relieves depression, tension and stress.

Digestive – Calms the stomach, aids peristalsis, helps relieve digestive problems such as diarrhoea and constipation.

Immune – Helps protect against infections, colds and flu.

Additional Information

The sweet orange when eaten in excess can increase phlegm, the sour variety promotes expectoration.

PATCHOULI - *Pogestemon cablin* (*Posgostemon patchouly*)

History

The popular name of the oil is derived from the Hindustan 'pacholi', as it was used in the 19th century to scent Indian fabrics and shawls. It is one of the few oils that actually improve with age.

Plant Description

Patchouli is a perennial bush, growing up to 1 metre in height. It has hairy oval leaves and the flowers are on spikes tinted mauve and white.

Botanical Family: Labiatae (Lamiaceae)

Country Origin: Indonesia, Philippines, Malaysia, India, and China.

Extraction Method: Steam distillation.

Parts of plant used: The dried leaves of grass.

Odour Profile: Strong, Earthy, Musky, Spicy

Note: Base

Blends Well With

Bergamot, Black Pepper, Clary Sage, Frankincense, Geranium, Ginger, Lavender, Lemongrass, Myrrh, Neroli, Rose, Rosewood, Sandalwood, Ylang Ylang

Main Chemical Components

1. Patchouli alcohol - Alcohol
2. Patchoulol - Alcohol

Main chemical makeup is **Alcohols**

Contraindications

May cause phototoxicity so should be used in low concentrations.

Therapeutic Actions:

- Antidepressant
- Anti inflammatory,
- Cytophylactic
- Diuretic
- Fungicidal
- Sedative
- Stimulant
- Tonic
- Uplifting

Additional Information

Patchouli is one of the only oils that matures with age.

Which Conditions/Systems Benefit From Its Use?

Skin – Helps cell growth, scarred and chapped skin, repels insects.

Nervous – Relieves stress-related conditions such as lethargy and anxiety.

Digestive – Aids weight loss, stimulant, assists peristalsis.

Respiratory –relieves symptoms of colds, flu and bronchitis as well as reducing inflammation and infections such as tonsillitis and sore throats

Additional Information

Patchouli can have varied effects dependent on usage – small quantities stimulate the nervous and digestive systems; large volume is sedative and soothing.

PEPPERMINT – *Mentha peperita*

History

Mints of all varieties have been cultivated in ancient China, Japan and Egypt as a digestive and analgesic medicinal herb.

Plant Description

A perennial herb up to 1m high, underground runners, green to dark green serrated leaves. The whole plant is aromatic.

Botanical Family: Lamiaceae (Labiatae)

Country Origin: England, Europe, America, Russia, Bulgaria and China

Extraction Method: Steam distillation.

Parts of plant used: Leaves and flowers

Odour Profile: Greenish, minty, camphoraceous, menthol

Note: Top

Blends Well With

Benzoin,
rosemary,
lavender,
marjoram, lemon
eucalyptus,
juniper, cypress,
palmarosa,
eucalyptus

Main Chemical Components

1. Menthol 29-48% - Alcohol
2. Menthone 20-31% - Ketone

Main chemical makeup is **Alcohol**

Contraindications

Do not use late in the day, as it will stimulate the mind, especially if you are an insomniac.

Therapeutic Actions:

- Analgesic
- Antiseptic
- Antispasmodic
- Antiviral
- Carminative
- Cephalic
- Cooling
- Expectorant
- Febrifuge
- Stimulant
- Stomachic
- Tonic
- Uplifting
- Vasoconstrictive

Which Conditions/Systems Benefit From Its Use?

Skin – Vasoconstrictor thus reduces inflammations, itching; cooling effect on sunburn, hot flushes

Nervous – Wakes up and refreshes the mind, improves concentration, helps mental fatigue, jet-lag, headaches and depression; cools and calms anger, hysteria, nervous trembling.

Digestive – Effective for flatulence, indigestion, nausea, travel sickness.

Respiratory – Decongests blocked sinuses, relieves asthma, cold and flu symptoms; encourages perspiration thus reducing fever.

General – Relieves pain and cools – headaches, migraines, toothache, aching feet.

PETITGRAIN

Citrus aurantium var. amara (C. bigaradia, C. vulgaris)

History

A classic component of Eau de Cologne and is widely used in the perfume industry today.

Plant Description

It is an evergreen shrub, growing to a height of 10 metres, with dark green oblong leaves and white flowers, with dark fruit.

Botanical Family: Rutaceae

Country Origin: France, North Africa, Paraguay.

Extraction Method: Steam distillation

Parts of plant used: Leaves and twigs.

Odour Profile: Fresh, Floral, Citrus, Woody

Note: Middle - Top

Blends Well With

Bergamot, Clary Sage,
Geranium, Jasmine,
Lavender, Lime, Neroli,
Orange, Palmarosa,
Patchouli, Rosemary,
Rosewood,
Sandalwood, Ylang
Ylang

Main Chemical Components

1. Linalyl acetate - Ester
2. Geranyl acetate -Ester

Main chemical makeup is **Esters**

Contraindications

None known

Therapeutic Actions:

- Antidepressant
- Antiseptic
- Antispasmodic
- Digestive
- Relaxing
- Stimulant
- Tonic
- Uplifting

Which Conditions/Systems Benefit From Its Use?

Skin – Good for greasy hair and skin.

Nervous – Relieves tension, anxiety, hyper-activity; calms nervous spasms such as racing heartbeat and breathing; insomnia and fatigue.

Digestive – Relieves indigestion; eases stomach cramps and other stomach disorders.

Immune – Mild stimulant and recuperative.

Additional Information

Very useful for stress relief and as an anti-depressant.

ROSE (CABBAGE) - *Rosa centifolia*

History

The word 'Rosa' comes from the Greek word 'rodon' meaning red. The Greek poetess Sappho called the Rose the Queen of the flowers. It was widely used in perfumes by the ancient Persians, Egyptians, Indians, Greeks and Roman civilisations. It is still used today.

Plant Description

The rose used in the production of this oil is a hybrid called rose de mai which grows to 2.5m tall and produces large amounts of pinky-purple flowers.

Botanical Family: Rosaceae

Country Origin: Mediterranean area including Morocco, France Italy and Tunisia, also in China.

Extraction Method: The highest quality oil is extracted by steam distillation (Otto) although the majority is produced by solvent extraction (Absolute).

Parts of plant used: The petals.

Odour Profile: Deep, Sweet, Floral, Spicy

Note: Base

Blends Well With

Bergamot,
Chamomile, Clary
Sage, Frankincense,
Geranium, Jasmine,
Lavender, Melissa,
Neroli, Patchouli,
Palmarosa,
Rosewood,
Sandalwood, Ylang
Ylang

Main Chemical Components

1. Citronellol - Alcohol
2. Geraniol - Alcohol

Main chemical makeup is **Alcohol**

Contraindications

None known

Therapeutic Actions:

- Antidepressant
- Antiseptic
- Antispasmodic
- Antiviral
- Aphrodisiac
- Bactericidal
- Depurative
- Emennagogue
- Haemostatic
- Relaxing
- Sedative
- Tonic
- Vasoconstrictor

Which Conditions/Systems Benefit From Its Use?

Skin – Reduces inflammations through vasoconstriction; broken capillaries and thread veins, dry skin and eczema.

Nervous – Antidepressant and relieves tension, stress and insomnia; increases positive emotions to overcome low feelings.

Reproductive – Regulates menstrual and uterine problems, eases PMT; increases semen production; relaxing improving impotence/frigidity.

Additional Information

Cabbage rose is sometimes known as French rose. Cabbage and damask rose have very similar properties but cabbage rose is considered to be more aphrodisiac and more relaxing than damask.

ROSE (DAMASK) - *Rosa damascena*

History

The word 'Rosa' comes from the Greek word 'rodon' meaning red. The Greek poetess Sappho called the Rose the Queen of the flowers. It was widely used in perfumes by the ancient Persians, Egyptians, Indians, Greeks and Roman civilisations. It is still used today.

Plant Description

The is a hardy, deciduous, bushy shrub with a height of 2 metres. It has greeny grey leaves and the flowers have double fragrant flowers that are pink in bud and fade to almost white.

Botanical Family: Rosaceae

Country Origin: Native to Asia but cultivated in Bulgaria, Turkey and France.

Extraction Method: The highest quality oil is extracted by steam distillation (Otto) although the majority is produced by solvent extraction (Absolute).

Parts of plant used: The flower petals.

Odour Profile Deep, Sweet, Floral, Spicy

Note: Base

Blends Well With

Bergamot,
Chamomile, Clary
Sage, Frankincense,
Geranium, Jasmine,
Lavender, Melissa,
Neroli, Patchouli,
Palmarosa,
Rosewood,
Sandalwood, Ylang
Ylang

Main Chemical Components

1. Citronellol - Alcohol
2. Geraniol - Alcohol

Main chemical makeup is **Alcohol**

Contraindications

None known

Therapeutic Actions:

- Antidepressant
- Antiseptic
- Antispasmodic
- Antiviral
- Bactericidal
- Depurative
- Emmenagogue
- Haemostatic
- Relaxing
- Sedative
- Tonic
- Vasoconstrictor

Which Conditions/Systems Benefit From Its Use?

Skin – Reduces inflammations through vasoconstriction; broken capillaries and thread veins, dry skin and eczema.

Nervous – Antidepressant and relieves tension, stress and insomnia; increases positive emotions to overcome low feelings esp. grief and loss.

Reproductive – Regulates menstrual and uterine problems, eases PMT; increases semen production; relaxing improving impotence/frigidity.

Additional Information

Damask rose is considered to be very effective for reproductive and emotional problems and is also considered to be an aphrodisiac.

ROSEMARY - *Rosmarinus officinalis*

History

The plants name is derived from the Latin 'ros marinus' meaning 'rose of the sea'. It was one of the most widely used aromatic plants in ancient times. Being burnt in rituals by the Egyptians, the Greeks and Romans used it as plant woven in wedding crowns and bouquets associating it with love and constancy. It was also valued for its powers of remembrance and concentration.

Plant Description

A woody evergreen perennial shrub growing up to 2 metres in height. The leaves are needle like, silver green in colour and the flowers are small, pale blue, purple in colour.

Botanical Family: Labiatae (Lamiaceae)

Country Origin: Worldwide, although mainly Mediterranean countries.

Extraction Method: Steam distillation.

Parts of plant used: The leaves and flowers of the herb.

Odour Profile: Herbaceous, Menthol-like, Woody

Note: Middle

Blends Well With

Basil, Bergamot,
Black Pepper,
Frankincense,
Geranium, Ginger,
Grapefruit, Lavender,
Lemon, Lime,
Mandarin, Orange,
Peppermint,
Petitgrain, Tea tree,

Main Chemical Components

1. Pinene - Terpene
2. Camphene - Terpene

Main chemical makeup is **Terpene**

Contraindications

Not to be used during pregnancy, high blood pressure, epilepsy, ADD, ADHD

Therapeutic Actions:

- Analgesic
- Antidepressant
- Antispasmodic
- Antiviral
- Astringent
- Diuretic
- Emmenagogue
- Hypertensive
- Rubifacient
- Stimulant
- Tonic
- Uplifting

Additional Information

Rosemary stimulates mind and body, being especially useful for circulatory problems, PMT and infections.

Which Conditions/Systems Benefit From Its Use?

Skin – Astringent, eases puffiness and clears complexion.

Skeletal – Joint problems, i.e. arthritis, bursitis, rheumatism.

Muscular – Sport / exercise injuries and pain relief.

Circulatory – Stimulates circulation; tonifies heart, assists with low blood pressure.

Nervous – Clears and refreshes the mind; improves memory; stimulates the brain and nerve endings; relieves migraine and headaches.

Respiratory – Colds, flu, chest infections.

General – Diuretic, aiding fluid retention and obesity.

SANDALWOOD - *Santalum album*

History

Sandalwood had long been used in Ayurvedic medicine and Hindu cultures. It has been used as incense for religious rituals, embalming the dead and it is thought to help carry the soul into the next life. Sandalwood had been used in furniture making and smaller items.

Plant Description

Sandalwood is a parasitic evergreen tree growing to a height of 9 metres. It has leathery leaves and small purple flowers.

Botanical Family: Santalaceae

Country Origin: East India, Sri Lanka, and Australia.

Extraction Method: Steam distillation

Parts of plant used: The wood of the tree.

Odour Profile: Slightly musty, woody, Sweet

Note: Base

Blends Well With

Basil, Bergamot, Black Pepper, Cypress, , Frankincense, Geranium, Jasmine, Lavender, Lemon, Myrrh, Neroli, Orange, Palmarosa, Rose, Vetiver, Ylang Ylang, patchouli, ginger, lemongrass

Main Chemical Components

1. Santalol - Alcohol
2. Santene - Terpene

Main chemical makeup is **Alcohol**

Contraindications

None known.

Therapeutic Actions:

- Antidepressant
- Antispasmodic
- Bactericidal
- Expectorant
- Relaxing
- Sedative
- Tonic

Which Conditions/Systems Benefit From Its Use?

Skin – Soothes irritated, dry or chapped skins, eczema, sensitive skins; reduces flushed blood vessels.

Nervous – Eases tension, relieves stress, anxiety and insomnia.

Respiratory – chest and throat infections; dry coughs, bronchitis.

Urinary – Cystitis, other infections, cleans the kidneys.

Additional Information

Sandalwood has been used for therapeutic and medicinal purposes for thousands of years and is commonly used in perfumes. It is a relaxing, soothing for calming irritations of the skin and chest.

TEA/TI TREE – *Melaleuca alternifolia*

History

Tea Tree has a long history of use by the Australian Aboriginal peoples. All Australian soldiers are issued with a bottle of Tea Tree for their 1st Aid kits.

Plant Description

A small tree/shrub, with needle like leaves with heads of yellow or purplish flower heads similar to a bottlebrush.

Botanical Family: Myrtaceae

Country Origin: Native to Australia (New South Wales)

Extraction Method: Steam distillation

Parts of plant used: Leaves and stems

Odour Profile: Warm, fresh, spicy, camphoraceous

Note: Top

Blends Well With
Eucalyptus, lavender,
clary sage, rosemary,
pine, geranium,
marjoram, black
pepper, lemongrass,
juniper, cypress

Main Chemical Components

1. Terpinene – Terpene
2. Cineol – Oxide

Main chemical makeup is **Terpene**

Contraindications

Generally, safe but may irritate the skin.

Therapeutic Actions:

- Anti-inflammatory
- Antiseptic
- Antiviral
- Bactericidal
- Cooling
- Fungicidal
- Immuno-stimulant
- Sudorific
- Tonic

Additional Information

Never travel without it!
Great for damp feet,
grazes, spots, stings,
toothbrush wash, etc.

Which Conditions/Systems Benefit From Its Use?

Skin – Any fungal or viral infection; cold sores and spots (neat), acne, athlete's foot, warts, verrucas; infected wounds, boils, blisters, burns, sunburn, dandruff, general itching.

Lymphatic – Glandular fever.

Nervous – Revitalises the mind

Respiratory – Flu, colds, catarrh, promotes sweating so can reduce fever.

Urinary – Thrush, cystitis, urinary tract infections.

Immune – Boosts the immune system, thus can help shorten time of illness by helping the body's defences to fight back.

General – Useful to prepare the body for an operation and to help it recover.

Thyme – *Thymus vulgaris*

Plant Description

A perennial green shrub with small grey green, oval, aromatic leaves and pale purple or white flowers.

Botanical Family: Lamiaceae

Country Origin: Native to the Mediterranean region especially Spain, France and Morocco)

Extraction Method: Steam distillation

Parts of plant used: Leaves and flowering tops

Odour Profile: Warm, green-fresh with mildly medicinal

Note: Top

Blends Well With

Bergamot, Chamomile, Juniperberry, Lemon, Niaouli, Mandarin, Melissa, Rosemary

Main Chemical Components

1. Linalyl acetate
2. Linalol

Main chemical makeup is **Esters**

Contraindications

Avoid during pregnancy
High Blood Pressure.

Therapeutic Actions:

- Antiseptic
- Antiviral
- Antispasmodic
- Bactericidal
- Diuretic
- Emmenagogue
- Stimulant
- Tonic

Additional Information

For use in aromatherapy it is safer to use Thyme, sweet (Thyme, linalol) than Thyme white. Thyme, red should never be used

Which Conditions/Systems Benefit From Its Use?

Circulatory – stimulates circulation and increases blood pressure

Muscular – diuretic & stimulating effects help to reduce build-up of uric acid, helps with gout, rheumatism, arthritis

Nervous – nerve tonic, stimulates memory and concentration

Respiratory – tonsillitis, laryngitis, colds, flu, bronchitis, asthma

Urinary – cystitis, urethritis.

Immune – stimulates production of protective white blood cells

VETIVER - *Vetiveria zizanoides*

History

Used in the East for making baskets, fans, mats and curtains as an insect repellent. In Ayurvedic medicine used for fever, headaches, heatstroke, and inflammatory conditions. Used in perfumes as a fixative.

Plant Description

A tall perennial grass with long narrow leaves and fine spongy rootlets

Botanical Family: Poaceae (Gramineae)

Country Origin: Native to Southern India, Sri Lanka and Indonesia, but cultivated widely through South America and Haiti.

Extraction Method: Steam distillation.

Parts of plant used: The roots of the grass.

Odour Profile: Warm, Strong, Earthy, Smokey, woody

Note: Base

Blends Well With

Frankincense,
Geranium,
Grapefruit, Jasmine,
Lavender, Lemon,
Patchouli, rose,
Rosewood,
Sandalwood, Ylang
Ylang, neroli,
orange

Main Chemical Components

1. Vetiverol - Alcohol
2. Vitivone - Ketone

Main chemical makeup is **Alcohol**

Contraindications

None known.

Therapeutic Actions:

- Relaxing
- Rubifacient
- Sedative
- Stimulant
- Tonic

Which Conditions/Systems Benefit From Its Use?

Skin – Heals acne scars.

Muscular – Eases stiffness and aches.

Circulatory – Improves blood flow and red blood cell performance, calms palpitations.

Nervous – Effective for many conditions, reduces tension, anxiety, worry, stress and insomnia.

Reproductive – Tonic

Additional Information

Just 1 drop of Vetiver will ground and anchor any blend.

Additional Information

Vetiver is calming, grounding, promotes relaxation and re-energising of the mind, spirit and body.

YLANG YLANG - *Cananga odorata*

History

The common name comes from the Philippine 'alang ilang' which means 'flowers that hang or flutter in the breeze'. Used in Victorian times as 'macassar oil' which was a hair treatment to stimulate the scalp and encourage hair growth. Widely used in the perfumery industry

Plant Description

A tall tropical tree (20 metres) with large shiny oval leaves and yellow flowers

Botanical Family: Annonaceae

Country Origin: Philippines, Indonesia, Madagascar.

Extraction Method: Steam distillation

Parts of plant used: The flower petals.

Odour Profile: Sweet, heady, slightly spicy, floral, exotic

Note: Base

Blends Well With
Bergamot, Grapefruit,
Geranium, Jasmine,
Lavender, Lemon,
Neroli, Orange,
Patchouli, Rose,
Rosewood,
Sandalwood, Vetiver

Main Chemical Components

1. Methyl benzoate - Ester
2. Methyl salicylate - Ester

Main chemical makeup is **Ester**

Contraindications

Use in moderation as its strong perfume can cause headaches and nausea.

Therapeutic Actions:

- Antidepressant
- Aphrodisiac
- Hypotensive
- Relaxing
- Sedative
- Tonic

Additional Information

Uplifting and promotes positive emotions including sensations of euphoria, but also calming and relaxing in times of stress.

Which Conditions/Systems Benefit From Its Use?

Skin – Balances sebum production both for oily and dry skins; draws out infections and spots.

Nervous – Antidepressant, producing feeling of well-being and calm.

Circulatory – Slows over-rapid breathing and heartbeat, reduces high blood pressure.

Endocrine – Regulates flow of adrenaline, thus reducing its effects, including anger and nervousness; balances hormones.

Reproductive – Womb tonic; impotence, frigidity.