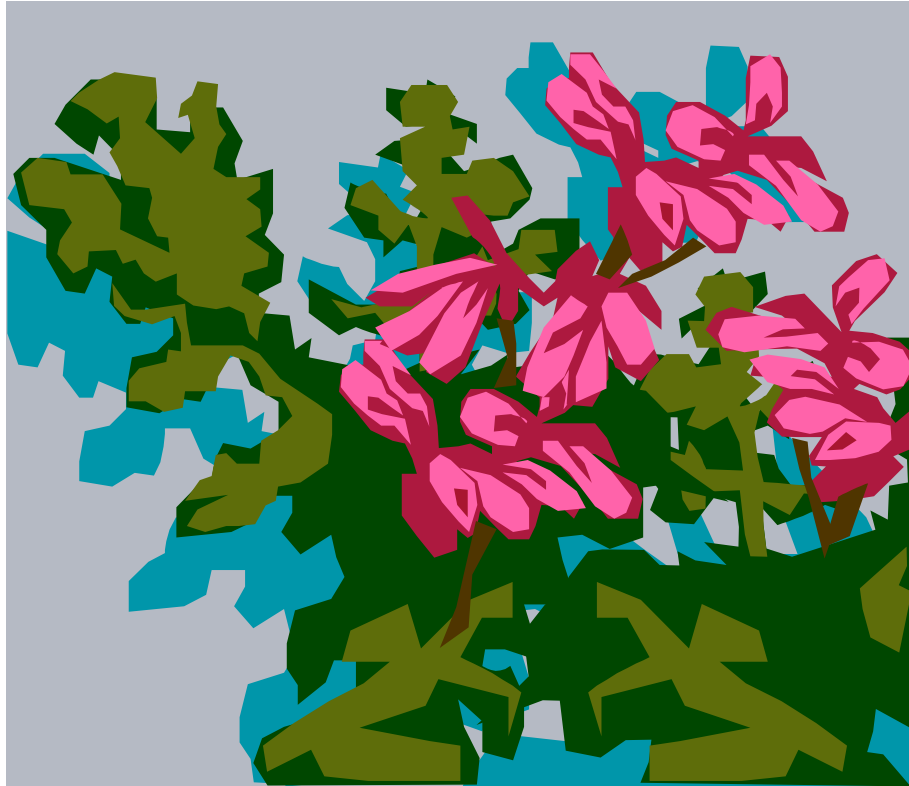


AROMATHERAPY



JENNIFER PETERSON, HHP
School of Healing Hands

AROMATHERAPY COURSE OUTLINE

- 1. INTRODUCTION**, instructor and course.
- 2. SOURCES – BOOKS, WEBSITES, ETC...**
- 3. WHAT IS AROMATHERAPY?** Definitions, education, certification, NAHA, publications etc...
- 4. AROMATHERAPY HISTORY**
- 5. BRANCHES OF AROMATHERAPY AND PHYTOTHERAPY**
- 6. WHAT ARE ESSENTIAL OILS?**
- 7. WHERE ARE THE OILS EXTRACTED FROM** Part of the plant. Gumbel.
- 8. HOW DO THE ESSENTIAL OILS AFFECT US?** General, body, mind, spirit etc..
- 9. PROPERTIES OF ESSENTIAL OILS.** Specific. Psycho aromatherapy, environmental fragrancing
- 10. OLFACTION** Application : absorbtion, excretion. Dermal, oral, inhalation.
- 11. HOW ARE ESSENTIAL OILS USED?**
- 12. METHODS OF EXTRACTION – YIELDS**
- 13. CARRIER OILS.**

- 14. PLANT FAMILIES/SCIENTIFIC NAMES/
CHEMOTYPES**
- 15. BLENDING.** Hands on. Notes, factors, ratios etc... Make one blend for self in 10 ml glass bottle.
- 16. CONSULTATION AND ASSESSMENT**
- 17. MAKING AROMATHERAPY PRODUCTS.**
Hands on. Make 2 8 oz products of blend from consultation of classmate. Salts, shower gel, body cream.
- 18. CHEMISTRY**
- 19. QUALITY/SAFETY/PRECAUTIONS/DRUG
INTERACTIONS/ETHICS**
- 20. OILS FOR SPECIFIC CONDITIONS/
BODY SYSTEMS**
- 21. Aroma infusion body wrap or Dry Brush Massage
with aromatherapy.** Hands-on.
- 22. Throughout the course we will be passing around
many different essential oils for the experience of
the students. In depth discussion will take place
on many aspects of each of the oils.**

AROMATHERAPY SOURCES

BOOKS :

The Complete Guide to Aromatherapy , Salvatore Battaglia
Aromatherapy for Dummies, Kathi Keville
500 Formulas for Aromatherapy , Carol and David Schiller
Complete Aromatherapy Handbook , Susanne Fischer-Rizzi
The Art of Aromatherapy , Robert Tisserand
A consumer's Dictionary of Cosmetic Ingredients , Ruth Winter M.S.
Aromatherapy for Health Professionals, Shirley and Len Price
Scents & Scentuality , Valerie Ann Worwood
The Fragrant Heavens The Spiritual Dimension of Fragrance and Aromatherapy Valerie Ann Worwood
The Complete Book of Essential Oils & Aromatherapy V. A. Worwood
The Fragrant Mind , Valerie Ann Worwood
Aromatherapy, Essential Oils in Color , Rosemary Caddy
Portraits in Oils , Philippe Mailhebiau
Aromatherapy for Healing the Spirit , Gabriel Mojoy
Subtle Aromatherapy , Patricia Davis
Carrier Oils , Len Price
Aromatherapy Workbook , Marcel Lavabre
Aromatherapy Scent Psyche , Peter Kale Damien
Life Tree , John Steele
The Encyclopedia of Aromatherapy Chrissie Wildwood
Aromatherapy – A Complete Guide to the Healing Art Kathi Keville , Mindy Green
Healing Oils of the Bible Sewart, David, PhD.
Essential Oils Pocket Reference Life Science Publishing (ORAC)

OILS/SOURCES AND OTHER PRODUCTS :

Oshadhi USA www.oshadhiusa.com
Aromaland www.aromaland.com
Tisserand www.tisserandshop.com
Meadows – www.meadowsaroma.com
Elizabeth Van Buren www.elizabethvanburen.com
E.D. Luce Packaging www.essentialsupplies.com
Universal Companies www.universalcompanies.com ESS oils
Absolute Aromas www.absolute-aromas.com
The Essential Oil Company www.essentialoil.com
Simplers www.simplers.com
Mountain Rose Herbs www.mountainroseherbs.com

Aura Cacia www.auracacia.com Sprouts, Mothers, Whole Foods (see
Chakra section of site)

New Directions Aromatics www.newdirectionsaromatics.com

Lotus Touch – New Life Systems.com

NOW Aromatherapy – Sprouts/Mothers

WEBSITES For Topics

Stress-free-mama.com/ways-to-use-essential-oils/ *Internal use of oils*

East-West school for Herbal and Aromatic Studies – “Internal Use of
Essential Oils, an Exploration” *Internal use of oils*

Everything Essential – me. Applying oils- Ingestion *Internal use of oils*

Eoconnect.com/oils/ORACSCALE.aspx *ORAC scores for oils*

www.therapeutic-grade.com/refs/orac.html *ORAC scores for oils*

www.yleo-oils.com/orac.html *ORAC Scores for oils.*



BEAUTY KLINIEK

Aromatherapy Day Spa

3268 Governor Drive, San Diego, CA 92122 · (619) 457-0191

Aromatherapy

What is Aromatherapy?

Aromatherapy is a holistic therapeutic treatment, utilizing essential oils extracted from aromatic plants to create balance and harmony to the body, mind and spirit.

Aromatherapy is the skilled use of essential oils, which have been extracted from flowers, spices, fruits, woods and leaves for their esthetic, psychological and medicinal applications.

What are essential oils?

Essential oils are the life force of the plant. They are present in tiny sacs in the plant and are released when the plant is attacked by fungus, mold, insects or other forms of nature.

They are likened unto hormones of the plant.

They are dynamic and create a vital energy.

They are 70 times more powerful than the plants they are extracted from.

How do the oils affect us?

Essential oils are absorbed through the skin, into the system helping to balance our systems. The aroma of the oils is absorbed through the nose to the olfactory system, the emotional center of the brain, where thoughts, feelings, emotions and memories are evoked. The essential oils work in harmony with the body, helping to regulate its delicate balance and stimulate the healing process.

How do we apply the oils?

The oils may be blended or massaged onto the skin, used in a bath tub, diffused into the air, or applied in a poultice to specific areas of the body that are out of balance.

Our trained aromatherapists will custom blend an oil for your personal use, for body, skin, bath, diffuser or perfume.

What are the benefits of an Aromatherapy Body Treatment & Massage?

Essential oils are readily absorbed through the skin. There is an immediate psychological effect from the presence of the aroma, as well as the more lasting effects of the oils on the body through skin absorption.

Custom blended oils can individualize the your needs and help on a physical and/or psychological level.

Physical massage relaxes tight muscles, improving muscle tone, circulation and lymph flow.

The flow of "Chi" or vital energy in the body can be balanced and enhanced.

Manual lymphatic drainage (MLD) calms the body by lowering parasympathetic activity.

Manual lymphatic drainage (MLD) cleanses the connective tissue of wastes.

There is a healing benefit to the body, mind and spirit.

A gentle relaxation is experienced during and after the massage which revitalizes the whole system.

Renewed energy and vigor are experienced.

Imagery and visualization using color and breathing helps to reprogram negative thoughts or emotions.

A total aromatherapy treatment creates balance and harmony.

WHAT IS AROMATHERAPY???

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Aromatherapy is the skilled use of essential oils, which have been extracted from flowers, spices, fruits, woods and leaves for their esthetic, psychological and medicinal applications.

Aromatherapy treatments are to create balance and harmony taking into consideration your client's state of well-being, occupation, stress, nutrition, state of mind and all aspects of the client's life.

Fragrance is all around, everywhere everyday. We take it for granted. Scent may be commonplace, but it greatly enhances life. It also does a lot more!

Aromatherapy is a *therapy*, that uses aroma for *healing*. It works on many levels. It can treat emotional as well as physical problems and can help you think better and improve your athletic performance. It can even improve your love life!!!

Aromatherapy may conjure up the idea of a mystic art or hocus pocus, but you will discover in this course that aromatherapy is a concrete science with a scientific basis.

AROMATHERAPY EDUCATION

There is no licensing for aromatherapy. Certifications are done through the schools.

NAHA National Association for Holistic Aromatherapy

A non-profit educational organization out of Boulder, Colorado.

They have a certification courses that they approve at different schools and an exam that is a certification as well, not a license. Special requirements. *Page 42 NAHA Journal.*

NAHA publishes the Aromatherapy Journal www.naha.com a quarterly publication.

Other Publications :

**CFA Aromatherapy Journal
www.aromascentjournal.com.**

**Aromatherapy Today Journal
www.aromatherapytoday.com.**

**International Journal of Clinical Aromatherapy
www.ijca.net.**

The Herb Quarterly www.herbquarterly.com

NAHA'S TOP TEN ESSENTIAL OILS

Different aromas have a variety of effects on a client – from relaxation to stimulation to euphoria. Here are the top 10 essential oils used in aromatherapy and their unique healing benefits, according to the National Association of Holistic Aromatherapy:

Clary Sage – (*salvia sclarea*) A natural pain killer that's calming, soothing and can help with insomnia. It also balances hormones.

Eucalyptus (*eucalyptus glubulus or radiata*) Treats respiratory problems such as coughs, colds and asthma. It boosts the immune system and relieves muscle tension.

Geranium (*pelargonium graveolens*) Balances hormones, skin tone and texture – particularly in women. Its scent is relaxing, uplifting and antidepressant.

Lavender (*lavandula augustifolia*) Calming, relieves tension, and can be used to treat wounds, burns and imbalanced skin. *Lavandula vera* (from a different plant) balances hormones in women and is anti-inflammatory, relaxing, uplifting and antidepressant.

Lemon (*citrus limon*) The scent is energizing, but also relaxing. Antiseptic and antibacterial, it's used topically to treat wounds, infections, and as a cleaning and deodorizing agent.

Peppermint (*menthe piperita*) Used to treat head and muscle aches, and digestive disorders.

Rosemary (*rosmarinus officinalis*) Stimulates the mind and immune system, relieves muscle aches and tension, and aids the digestive system.

Tea Tree (*melaleuca alternifolia*) Naturally antifungal, it can topically treat conditions such as vaginal yeast infections, jock itch, athlete's foot and ringworm. Its scents also boost the immune system.

Ylang-Ylang (*cananga odorata*) Induces relaxation, relieves muscle tension and serves as an antidepressant.

Aromatherapy Through the Ages



ABOVE Avicenna left valuable records of the plants he used in healing.

IT WAS NOT UNTIL 1928 that the term *aromatherapie* was coined by a French pharmacist but the growth of aromatherapy as we know it can be traced from the works of Avicenna in Arabia to the present day. Folklore and medical practice have gradually converged to give us a science that resides in respecting the healing properties of the essence of naturally grown plant matter.

AVICENNA 980-1037

The greatest Arab physician of early times was Abu Ali Ibn Sina, known in the West as Avicenna. He was physician-in-chief to the hospital in Baghdad and personal physician to a succession of caliphs. Avicenna described more than 800 medicinal species of plant, but it is not possible to identify them all since he used their Indian, Tibetan, and Chinese vernacular names. They included lavender, chamomile, and rose.

Avicenna invented traction for broken limbs and used manipulation for structural abnormalities. He also wrote instructions on massage, including techniques for sports massage that would be acceptable today. His importance for aromatherapy is his discovery of the steam-distillation process. Arab manuscripts have drawings of distillation equipment that, albeit less sophisticated than that used today, differs little in its basic principle.

Avicenna was also an alchemist, placing great significance on red and white roses in his experiments, and attar of roses was produced in Persia during his lifetime.



ABOVE This 16th century engraving shows the distillation of herbs.

NICHOLAS CULPEPER 1616-1654

The astrologer and physician Nicholas Culpeper incurred the wrath of the Royal College of Physicians by translating the *Pharmacopoeia* from Latin into

English. This meant that the information contained in it was no longer the exclusive property of physicians, and other Latin scholars. The book, known generally as "Culpeper's herbal," gave clear descriptions of medicinal plants and the places they could be found. Culpeper intended the book to be used by ordinary people. He gave precise information on how to prepare the plant material, and suggested that infused herbs should be used to anoint, or massage, an afflicted person.



ABOVE Culpeper's Complete Herbal was first published in 1653.

The Origins of Aromatherapy



ABOVE *Incense has traditionally been used in the church or temple as a spiritual tool.*

THE HEALING power of plants has been acknowledged by many cultures for thousands of years, and aromatherapy can be said to stem from the various systems of traditional medicine developed by ancient civilizations. Primitive peoples used plants in both their healing traditions as well as in their religious rituals. As an example, pollen traces of therapeutic plants have been found by archeologists in burial sites and dwellings of primitive humans.

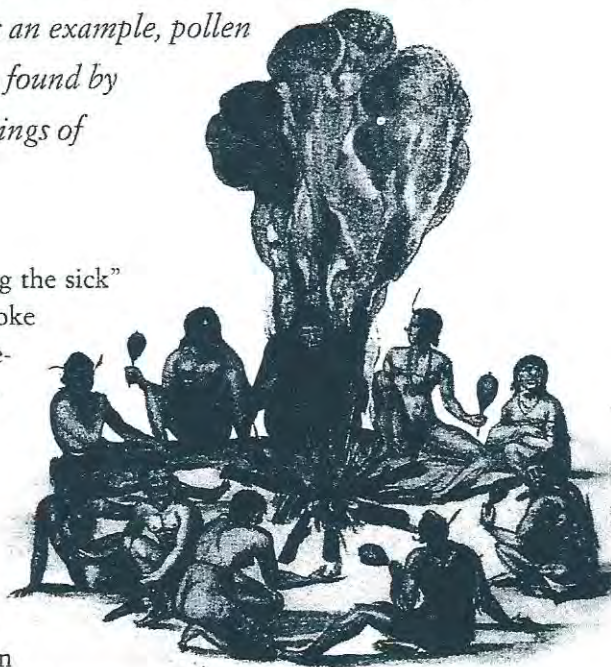
Plants are the most natural and easily obtainable form of nourishment and our ancestors must have noticed that edible roots, berries, or leaves of certain plants had a physical effect over and above that of starving off hunger pangs, or that certain extracted plant juices helped wounds to heal faster. They would also have noticed which plants the animals ate and the effects of these plants. Knowledge of this kind was considered precious and was handed down within a tribe from one generation to the next.

Primitive people recognized that smoke, created by burning different woods, also had a variety of effects – perhaps the tribal people became drowsy, or happy, or maudlin; or perhaps someone had a spiritual experience.

LEFT *Plant lore developed over the centuries as our ancestors noticed the physical effects of various berries, roots, and leaves.*

The process of “smoking the sick” (wafting aromatic smoke over patients) subsequently developed into one of the earliest forms of healing. In some parts of the world aromatic smoke continues to be used for its healing powers, indeed it was used in French hospitals until relatively recently. Modern scientific research has verified the antiseptic and bactericidal properties of many of the woods traditionally used. Special or magical smoke also inspired (literally) the origins of early religious beliefs and incense is still used today as a spiritual and meditative tool.

The idea of a relationship between humankind and a divinity or spirit was one of the earliest forms of human thought. All indigenous cultures also share a common acceptance of the belief that the growth and continued existence of humanity is dependent on a healthy relationship between the body and



ABOVE *Tribal people found that the smoke from various plants or woods had varying effects on their mood or health.*

the mind and between the gods and humankind. When a person falls ill it reflects a state of disharmony between that person, their environment, and the spirit world, however that world may be envisioned. Consequently the earliest acts of healing endeavored to appease the gods or spirits, as well as to heal the body. In many cultures, fragrant odors were thought to please the gods and healing herbs were even thought to have magical qualities.



ABOVE *Tablets from Babylon record the preparations used by the physicians in their remedies and treatments.*

BABYLON

Babylonian doctors recorded their prescriptions on clay tablets but, unlike the Egyptians, they did not record what quantities to use. Presumably this was general knowledge. What they did record was what time of day the preparations should be prepared and used – usually at sunrise.



ABOVE *Essential oils were used by physicians in the kingdom of Babylonia, situated between the Tigris and Euphrates rivers.*

RIGHT *The works of the great Graeco-Roman physicians were translated into Arabic.*

GREECE

The ancient Greeks gained much of their knowledge of essential oils from the Egyptians, but they also acknowledged that the aroma of certain flowers could be either uplifting or relaxing. They used olive oil in their enfleurage processes. The Greek physician Hippocrates (c. 469–399 B.C.E.), who was revered as the father of medicine, refers to a vast number of medicinal plants in his writings.



ABOVE *The Emperor Nero used rose oil as a remedy for headaches.*

ROME

Many Greek physicians were employed by the Romans, and through them the use of medicinal plants gradually spread around the ancient world. The Romans used essential oils for pleasure – to perfume their hair, bodies, and clothes – as well as for pain relief. They also used oils in massage, especially after bathing. Rose oil was the Emperor Nero's favorite: it cured his headaches and relieved his indigestion. The Romans also used chamomile to treat skin complaints and to help in the healing of wounds. It is now known to contain azulene, which is a natural anti-inflammatory agent.

After the fall of Rome many physicians fled to Constantinople, taking their knowledge with them. Here the works of the great Graeco-Roman physicians, such as Galen and Hippocrates, were painstakingly translated into Arabic and their knowledge spread throughout the Arab world.





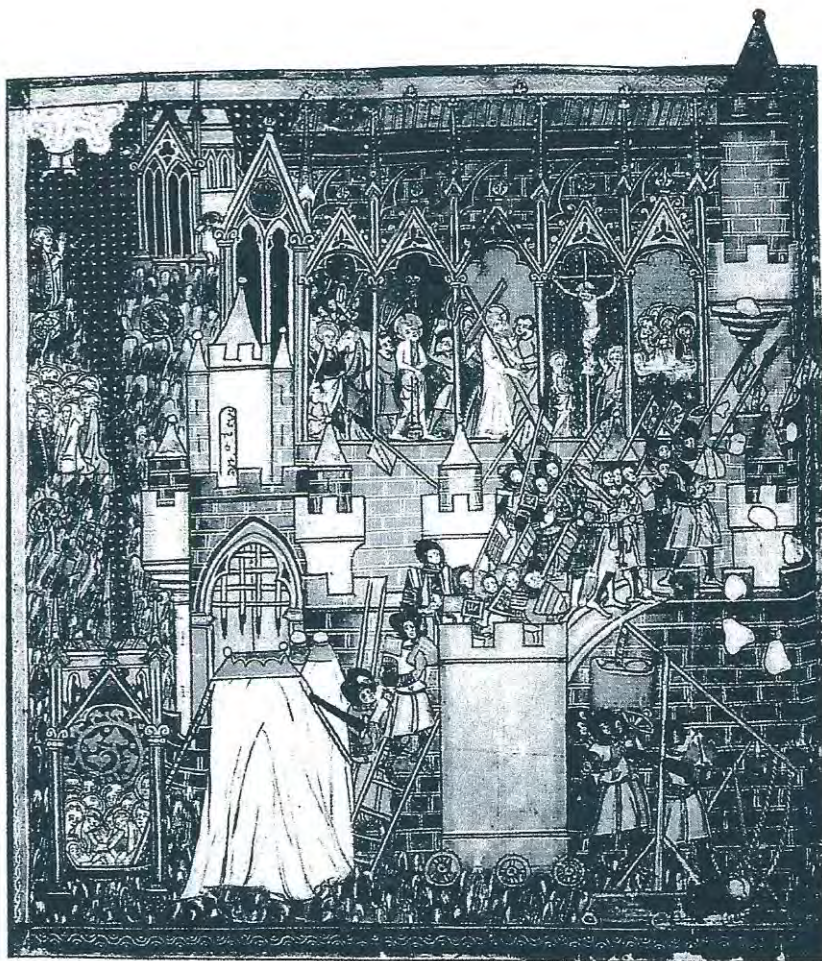
ABOVE *The use of herbal oils spread to Europe from the Middle East in the 11th and 12th centuries.*

EUROPE

What happened in Europe during the Dark Ages, after the fall of Rome, is unclear, although the widespread persecution of “witches” for their “magical” healing powers indicates that there must have been a strong folk healing tradition at that time, one that would have included the use of aromatic plants.

By the 12th century the concept of aromatherapy had definitely arrived in Europe. During the Crusades, European barber surgeons worked alongside Arab physicians, learning from them the importance of hygiene and the uses of oils. Knights returning from the Crusades brought the herbs and oils back to Europe, along with an understanding of the steam-distillation process. European perfumers, such as the famous French perfume house at Grasse, then began to experiment with local plants.

The invention of the printing press in the 15th century led to the rapid spread of knowledge, and recipes and methods were frequently gathered together and published as “herbals.” During this time floors were often strewn with



ABOVE *The Crusaders learned about oils while fighting in the East.*

herbs that gave off their volatile oils when walked on, and little bouquets of herbs, known as “tussie-mussies,” were carried in public places to ward off infection. In 1665, the year of the Great Plague in Britain, people in London burned lavender, cedarwood, and cypress in the streets. These practices have often been dismissed by historians as little more than superstition, but many of the preparations that were used are now known to be disinfectants, bactericides, and antiviral agents, or insecticides and insect repellents.

LEFT *Protective bouquets of herbs were placed in the sick room as an aid against the Plague during the 17th Century.*

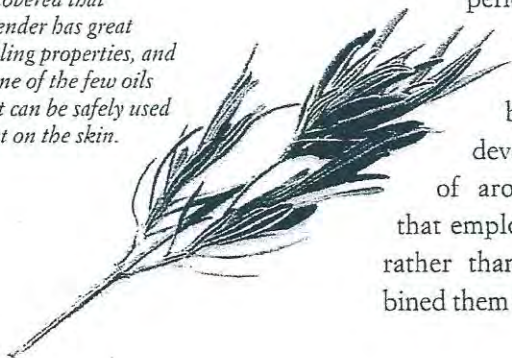
RENÉ GATTEFOSSÉ

1881-1950



It was in 1928 that the French chemist René Gattefossé coined the term *aromathérapie*. His research work was the result of an accident suffered while working in the laboratory of a perfumery. He badly burned his hand and plunged it into the nearest bowl of liquid, which happened to be neat lavender oil. The hand healed very quickly and with virtually no scarring. Gattefossé realized that the healing properties of the lavender oil were much greater than those of the synthetic preparations that he had been working on. He then began researching the healing properties of other essential oils, taking into consideration their chemical properties as well as their smells.

BELOW *Gattefossé discovered that lavender has great healing properties, and is one of the few oils that can be safely used neat on the skin.*

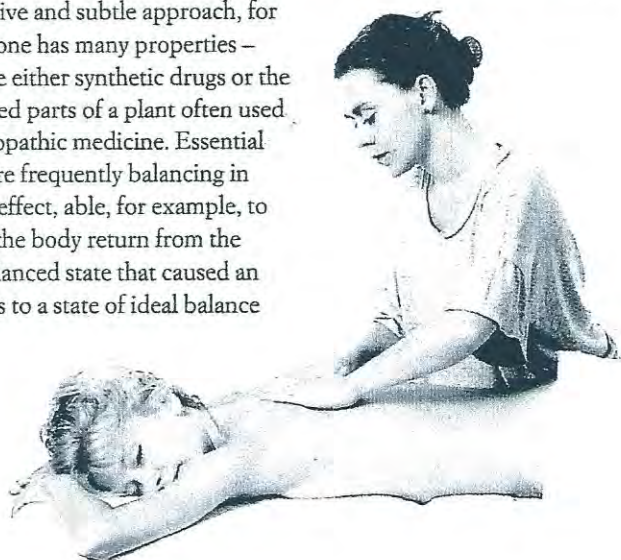


AROMATHERAPY TODAY

In France aromatherapists are exclusively either physicians or beauty therapists. However, in the rest of Europe, the U.S., Australia, and Canada a strand of aromatherapy has developed that is based on a holistic approach, seeking to treat the body as a whole and promote health on all levels. These aromatherapists choose oils that work on several levels: mental, physical, and psychological. Essential oils lend themselves to a sensitive and subtle approach, for each one has many properties – unlike either synthetic drugs or the isolated parts of a plant often used in allopathic medicine. Essential oils are frequently balancing in their effect, able, for example, to help the body return from the imbalanced state that caused an illness to a state of ideal balance

that represents health and well-being. The same principle of balance applies on the mental and emotional planes. An experienced professional aromatherapist can look beyond the physical application of the oils to help the whole person balance mind, body, and spirit to attain holistic health.

BELOW *Massage is an ideal therapy in the holistic treatment of the body.*



MARGUERITE MAURY

1895-1968

Marguerite Maury, a French biochemist, became interested in aromatherapy in the World War II period, using it in combination with other natural health remedies and beauty products. She developed a separate strand of aromatherapy in France, that employed the oils externally, rather than internally, and combined them with massage.

JEAN VALNET

Contemporary

This French physician added to Gattefossé's research while working as a surgeon in World War II. Medical supplies were short and Dr. Valnet found that essential oils frequently proved a very effective substitute. The work of Valnet, Gattefossé, and several other researchers greatly helped to further the scientific validation of aromatherapy, especially as part of the French medical tradition.

-Aromatherapy-

Ancient art effects body/mind on deepest levels

by Dawna Nolan

Remember the last time you lingered outside after a heavy rain just to enjoy the smells of the wet earth? Or caught a whiff of perfume and suddenly remembered someone you hadn't thought of in years? These simple experiences that almost everyone has shared hint at the power of aromatherapy, the revival of the ancient art and science that may have begun over 5,000 years ago in Egypt.

We know that natural aromatics were used as adornments for the body, for healing, for purifying the air, and were burned during religious ceremonies. When the tomb of Tutankhamen was opened in 1922, a number of scent pots and vases were discovered. They had been placed in the tomb over 3,000 years ago and their odor was still distinguishable.

The word aromatherapy can be somewhat confusing. It refers to the fact that the essential oils, the central part of aromatherapy, are extracted from aromatic plants, herbs, barks and flowers. It is most commonly associated, however, with the sense of smell. Modern aromatherapy makes use of both the essential oils and their aromas.

Aromatherapy works by using essential oils in a variety of ways to take advantage of their biological effects, via the sense of smell and their physiological effects, in which the actual chemical properties of the oils act directly on the body. Essential oils are usually distilled by passing steam through the plant material. The essences evaporate along with water, but essences are not water-soluble and are easily separated from the distillate when it is cooled.

The method normally used for citrus fruits is done entirely by hand. The peel is cut off and then squeezed to collect oil and juice. Another common method used for flowers is extraction by volatile solvent (usually alcohol) until the essence is dissolved. It is then separated by being distilled to the exact temperature that will condense the oil but not the solvent.

The amount of essential oil in a plant varies greatly. For instance, it can take up to 2,000 pounds of rose petals to make one pound of oil. Essential oils are about 70 times more concentrated than the plants they are extracted from and have a completely different chemical makeup. Some oils which are especially concentrated, such as roses and jasmine, are known as *absolutes*. According to Robert Tisserand, author of several books on aromatherapy and the editor of the International Journal of Aromatherapy, the essence of the plant is like its personality. In *The Art of Aromatherapy*, Tisserand says: "Just as we each have our own individual personality, so does each species of plant have its own personality or set of properties". He believes that extracting a plant's essence is a way of isolating this personality, or life force.

Essential oils are usually given by massage, although they can be taken internally, inhaled through a diffuser or dabbed on the body. With massage, the oils are absorbed into the bloodstream via the skin. At the same time, their aroma is inhaled and goes directly to the limbic system of the brain, which plays a major role in emotions (it regulate motor activities and primitive drives). This explains why smells can have such an immediate and pronounced effect on memory.

In *To Heal and Tend the Body*, Tisserand discusses three main schools of thought concerning aromatherapy. First is wholistic aromatherapy which is a "hands-on approach employing oils and massage for a wide range of disorders

which may involve mind and body." Things like nutrition and balance of energy are taken into consideration.

The second type is clinical, or medical aromatherapy, a prescription therapy where oils are usually given by mouth. In France many doctors are trained in medical school with this method and use it to treat infectious disease. Third is aesthetic therapy, used by beauty therapists for relaxation or to treat skin problems.

Perhaps the most valuable use of aromatherapy is to restore balance in the mind and body in treating stress. According to David Hoffman, M.A., in *Successful Stress Control, the Natural Way*, "The oils may be used for the whole spectrum of human ills, including the physical and mental problems that can result from stress." Some oils have a normalizing effect on the body. For example, Hyssop oil can be used to normalize either high or low blood pressure.

There are not many aromatherapists currently practicing in the U.S., partly because allopathic doctors and science professionals are not ready to accept the idea that any health benefits could result from using essential oils. Also, training is not yet readily available here. An exciting development is an attempt by the American Aromatherapy Association (AATA) to create a prescribed course and certification program.

The aromatherapy movement is especially strong in France, due in part to the work of Dr. Jean Valnet, author of *The Practice of Aromatherapy*. Valnet currently uses essences in his medical practice and used the extensively on the battlefield during World War II. Marcel Lavabre, co-founder of AATA and owner of Aroma Vera in Los Angeles and native of France, says that he sees the future of aromatherapy in America beginning to flourish as more people are introduced to it through cosmetics, massage therapy and word of mouth (*East West Journal*, October 1988).



Linda-Anne Kahn, owner of Beauty Klinik, combines the healing properties of essential oils with therapeutic benefits of massage for an aromatherapy treatment. This way the essence of the oils is absorbed into the skin, while the aroma is inhaled and directly effects the limbic system of the brain. Aromatherapy is widely accepted in France where it is used by many medical doctors.

Aromatherapist Linda-Anne Kahn, owner of Beauty Klinik in University City, offers many variations of aromatherapy that help introduce people to the art. Kahn says Beauty Klinik is a full service institute offering a broad spectrum of services which incorporate aromatherapy, both for its own benefits and to enhance other types of treatments.

Trained as a beauty therapist in South Africa, Kahn has been studying different aspects of aromatherapy for the past 12 years. She combines the principles of Chinese Medicine and Five Element Theory with aromatherapy to aid in analyzing clients' needs.

Kahn uses lymphatic massage to apply the oils which, she says, aids in absorption. Her technique, which "restores harmony and balance to the mind and body," consists of lymphatic massage, accupressure/shiatzu, reflexology and relaxation visualization exercises.

She can blend oils that energize (such as bergamot), relax (such as sandalwood), or calm (like rosewood). The field of aromatherapy is expanding and, along with other wholistic approaches, finding a wide acceptance among people who believe that use of drugs to treat health problems does not work in harmony with the body. According to these practitioners, the oils work with the body and mind, restoring balance and strength rather than only treating symptoms.

AROMATHERAPY:

Fragrances can bring powerful healing to mind and body

By Linda-Anne Kahn

Does the aroma of apple pie baking in the oven or fresh brewed coffee evoke certain feelings for you? Close your eyes and remember the first time you went to the seaside and experienced the smell of the salt air and seaweed. Conjure up the smell of the country, of farms, chickens and the smell of pine trees. You are experiencing the power of aroma on the mind and the emotions.

Estimated at 10,000 times more sensitive than taste, our sense of smell evokes memories as well as emotions of past events and places. Smell has a profound effect on behavior, mood and functioning of the body on a subconscious level.

Thus, scents and aromas can have a powerful influence on mind/body healing and balancing.

Aromatherapy is a holistic therapy, the art of using essential oils from plants in the pursuit of well being, whether mental, emotional, physical or aesthetic. The word "aroma" means a fragrance or sweet smell and "therapy" means a treatment designed to cure. The fragrance in a plant is stored in its essential oil. Thus, in using essential oils, aromatherapy recreates for us the environment we miss by living in towns and cities with fragrances of trees and flowers which would naturally surround us in the country.

Essential oils are the life force or the energy of the plant. They are likened to the hormone of the plant and contain its healing powers. They are quite different from fatty oils and have a consistency more like water than oil. The essential oil is what gives fragrance to a rose blossom or a sprig of rosemary.

The oils are present in tiny droplets in many plants — in the roots (vetiver), in the leaves (rosemary), in the flowers (lavender), barks (cinnamon) and in resins (frankincense and myrrh). They are also present in some fruits (lime, grapefruit).

The scent of flowers and herbs is also due to their essential oil content. The essential oils are extracted by a steam distillation process, maceration or cold pressing.

The oils can relax or stimulate, sedate or uplift.

Aromatic oils are used in natural flavorings, in cosmetics and perfumes. Medicinally, clove oil is commonly used for toothaches; eucalyptus for respiratory problems; and peppermint as a digestive aid.

It takes a great deal of effort to produce a tiny amount of essential oil. Sixty thousand rose petals are needed to produce one ounce of rose oil, whereas in the lavender plant, the essential oil is more abundant. One hundred kilos will provide three kilos of oil.

Therapeutically, essential oils are readily absorbed through the



Aromatherapist Linda-Anne Kahn pours essential oils into a diffuser, which will send a healing vapor into the air. (Photo by Eric T. Richter.)

skin during a massage, in a bath, in skin preparations and compresses. They have balancing effects in helping the body restore itself to health and well being.

Essential oils are 60 times more powerful than the plants they are extracted from. In practical use, the strength of the oil must be taken into account. Some of them applied or taken in excess can have the reverse effect of the one desired. For example, a low concentration of peppermint oil on itchy skin will relieve irritation, whereas a strong dose will aggravate the condition. A minute proportion of oils can effect a cure.

For effective therapeutic use, it is crucial that only pure essential oils are used. Unscrupulous suppliers will dilute the oils in a carrier base or adulterate them and pass them off as pure, natural essences. Chemical copies of natural essences do not work for medicinal purposes. Pure essential oils, when dropped on blotting paper, will impregnate, then evaporate, leaving no oily patch.

The oils should be stored in dark bottles, away from light, heat and dampness. They need no

preservatives, as they have natural preservative and antibiotic properties. They have a shelf life of several years if stored correctly.

Aromatherapy does not remove stress, it helps us by balancing the disturbance and strengthening the weaknesses. It is an alternative treatment for stress, anxiety and depression.

When aromatherapy is used holistically it is a total treatment which balances the mind, body and spirit, while taking into account lifestyle, eating habits and relationships. There is more to an aromatherapy treatment

than essential oils and a massage. It is an interactive healing process in which both the therapist and client play an important role.

A trained aromatherapist looks far beyond mere application of essential oils and seeks to help the whole person in maintaining balance. Many aromatherapists embrace Eastern medicine's concepts of yin and yang, opposing forces, and use the oils on the acupuncture meridians. Lymphatic drainage massage offers an excellent method of penetrating the oils, while reflexology with the oils will help specific problems. The oils are usually mixed with a base oil and are not applied full strength on the body.

The next time you feel depressed, reach for some rose oil. It is a well known antidepressant and aphrodisiac. Inhale the essential oil of neroli (from the orange blossom) for an uplifting effect, and massage onto a scar for healing and tissue regeneration. Birch, rosemary and marjoram will help relieve tense muscles and pain.

If you are studying and can't concentrate, basil is the oil of choice. Juniper is excellent for water retention, and geranium has a balancing effect on the psyche, as well as astringent properties when used on the skin.

Feeling tired? Massage some essential oil of lemongrass on the soles of the feet. End your day with a delightfully relaxing bath of lavender and chamomile.

The oils can relax or stimulate, sedate or uplift. Lower concentrations work best for emotional problems, higher concentrations for physical problems.

Consulting a trained aromatherapist is advised before using these oils. Small amounts can build up to a toxic level over a period of time. Oils of sage, penny royal, thuya and cinnamon are toxic and should not be used.

When diffused in the air, the aroma particles are inhaled through the nostrils and transmit messages via the olfactory nerve directly to the limbic system of the brain. This triggers memory, emotion and feelings and can affect our conscious thought and

reaction. Thus, aromatherapy has a definitive effect on our body through our sense of smell.

The use of aromatic oils dates back some 5000 years. In Egypt, the high priests, doctors and embalmers were recognized as experts in aromatherapy. The embalmers knew the power of plants with antibiotic and antiseptic properties to preserve human bodies. Traces of resins, and spices of cloves, myrrh and nutmeg have been found on bandages of the mummies. Cedarwood was smeared on papyrus leaves to preserve them. Aromatic plants and gums were made into oils and

vedic medicine is the oldest form of medicine practiced in India 3000 years ago. One of the principal aspects of Ayurveda is aromatic massage.

In more modern times, studies in Paris in 1887 showed microorganisms of yellow fever were killed by cinnamon, thyme, lavender, juniper, sandalwood and cedarwood. This proved their antifungal and antibacterial effects.

Until the 19th century there was continual use of essential oils in the treatment of disease. The scientific study of the therapeutic use of essential oils was started by a French cosmetic chemist, Renée-Maurice Gattefosc in the 1920s. During experimentation in his laboratory, Dr. Gattefosc badly burned his hand, but immediately plunged it into a container of lavender essence. The result was that within a few hours the burn had disappeared and left no scar.

Similar results are confirmed by the famous French physician Dr. Jean Valnet in his book, *The Practice of Aromatherapy*, which was the first book on aromatherapy to be written and has become a classic textbook of serious aromatherapy practice.

Dr. Valnet used essential oils as antiseptic treatments in the healing of war wounds during World War II. Today, French physicians treat many serious illnesses, nervous diseases, cancer and infections with essential oils. Studies in France on tea tree oil demonstrate it to be non-toxic, antiseptic and it effectively kills candida, trichinosis, and all kinds of fungal infections. The oils are considered to be alternatives to antibiotics by many French doctors.

Smell has a profound effect on behavior, mood and functioning of the body.

ointments by infusing them.

From the Bible, the holy anointing oil which God directed Moses to make from myrrh, sweet cinnamon, calamus, cassia and olive oil would have been a powerful antiviral and antibiotic substance. Cinnamon is a powerful antiviral and antibacterial agent with antifungal properties as well. Myrrh is an effective antiseptic and also stimulates cellular growth.

Hippocrates, the father of medicine, said the way to health is to have an aromatic bath and scented massage each day. He recognized that burning certain aromatic substances could protect against contagious diseases.

In India temples were built with sandalwood, ensuring an aromatic atmosphere at all times. The ancient Greeks and Romans used aromatic oils extensively. It was believed that essential oils could temper the effects of alcohol. Myrrh and rose oil were used at feasts and orgies.

In 3000 B.C. the Chinese used calamus roots and mugwort leaves as hygiene aids, and burned aromatic woods and herbs. Ayur-

In England the aromas of essential oils spread by vaporizers are being used in several hospitals against airborne infections. To assist sleep, Oxford nursing unit patients often receive aromatherapy massage with lavender and geranium. Oils of geranium, lavender, lemongrass and tea tree are being used instead of chemical disinfectants and antiseptics.

In 1986 Danish psychologist Arnie Meander wrote an account of the damaging effect of tranquilizers. Instead he used lavender, melissa, marjoram and others to wean the patients off tranquilizers. The patients were also administered megavitamin therapy of calcium, magnesium and vitamin B complex.

As with many natural therapies, aromatherapy is encountering a resurgence of popularity in the 1990s. As its historical uses are being proven by science, aromatherapy may indeed become a treatment of choice in the future!

Linda-Anne Kahn, owner of Beauty Klinik in San Diego, is a beauty therapist and aromatherapist. For more information, call (619) 457-0191.

Phytotherapy

Plants from Land and Sea

There are 4 Branches of Phytotherapy

Herbs

Plants - dried and preserved for use in various therapies.

Uses

Infusions (tea), capsule form, added to baths
Poultice for transcutaneous penetration

Herbal Extracts

Solvents such as alcohols and propylene glycols in which plants roots or barks can be immersed for a period of time.

Once the active properties are dissolved in the solvent, the herbal extracts are separated to be incorporated into phytotherapy

Uses

Internally - homeopathic tinctures

Externally - base of vegetal oils, gels or creams

This is a highly concentrated form of the herb

Vitex - menopause.

Aromatherapy *70x more powerful than plant from which they came.*

Fresh plants or trees are distilled using vapor to extract the essential oils.

Most active ingredients of the plant

Uses

Externally for skin care, massage, detoxification, baths

Internally in a tincture or gel capsule

French doctors do this

Algotherapy

Algae, plankton

Plants from the Ocean - powerhouse of energy and nutrients

Grow in constant balanced environment

Uses

Externally - as masks and body packs for body and skin care

Internally - as a food supplement for remineralization

Branches of aromatherapy

- Medical Aromatherapy France – suppositories, inhalations, capsules
- Psycho-Aromatherapy
- Environmental - diffusers - candles Hospitals, homes, sick rooms, workplace
- Esthetic/Spa therapies
- Holistic/Clinical Aromatherapy

Aromatherapy is a holistic therapy utilizing essential oils from plants, in the pursuit of well being, spiritual, mental and physical.

Aromatherapy can help on a physical and mental as well as an emotional level to balance the body, mind and soul. Aromatherapy when combined with massage reduces heart rate as well as blood pressure.

- Essential oils are highly volatile plant essences, produced primarily by steam distillation, sometimes by cold pressing or by CO2 extraction or solvent extraction.
- They contain the aromatic molecules of the plant.
- The plant produces them for various reasons
 - reproductive such as to lure bees for pollinization
 - for protection as in the antifungal properties of the leaves of the melaleuca trees -Tea Tree oil,
- Flowers, jasmine, rose, Neroli
 - Fruits, juniperberry
 - Leaves, eucalyptus, tea tree, Eucalyptus,
 - Wood, sandalwood, cedar, sandalwood
 - Seeds, coriander, cumin, cardamom, carrotseed
 - Needles, pine
 - Peels, orange, lemon, grapefruit, bergamot, lemon
 - Roots, vetivier, ginger
 - Berries, juniper
 - Resins, benzoin myrr. Frankincense
 - Rhizome, ginger
 - Bark, cinnamon

Essential oils: Branches - marjoram, Thyme

- They are regarded as the "life force" of the plants.
- The essential oils are the "plant hormones" and
- The essential oils are **volatile and oxidize** easily
- They are present in **tiny sacs** in the plant and are released when the plant is attacked by fungus, mold, insects or any other form of nature.
- They are **dynamic** and create a **vital energy**
- They are **70 X more powerful** than plant extracts
- Protect plant from parasites and disease
- Protect plant from fungus
- Stress situations carry information between cells

Properties of essential oils:

Cell regenerating, Immune boosting

Mucolytic – dissolving mucous

Antimicrobial, Sedative Antiseptic Antiviral

Diuretic

YOUR GUIDE TO ESSENTIAL OIL GROUPS

Each essential oil has unique qualities, but most fall into one of eight broad categories. If you cannot find the oil you want, another from the same group may do just as well.

ANTISEPTIC

These oils have a camphorous smell, and have strong antiviral, antiseptic and cleansing properties. They can be used to disinfect the atmosphere, as well as cuts and scrapes.

- ❖ **Cajeput**
- ❖ **Eucalyptus**
- ❖ **Tea tree**



FRESH

These oils have a stimulating effect on the mind and body. They are natural disinfectants and are good for easing digestive and urinary complaints.

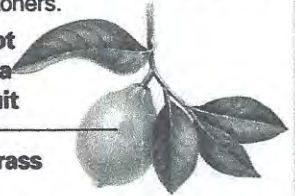
- ❖ **Cypress**
- ❖ **Niaouli**
- ❖ **Peppermint**
- ❖ **Pine**
- ❖ **Spearmint**



CITRUS

These oils all have a stimulating effect on the mind and body, especially the immune system. They can perk up tired minds and muscles, and are also good natural skin toners.

- ❖ **Bergamot**
- ❖ **Citronella**
- ❖ **Grapefruit**
- ❖ **Lemon**
- ❖ **Lemongrass**
- ❖ **Melissa**



Warm citrus

Some citrus oils have a warmer, more floral scent. These often share properties with the floral oils (listed left) as well as with sharper citrus scents.

- ❖ **Mandarin**
- ❖ **Neroli**
- ❖ **Orange**



HERBY

These oils have a refreshing, uplifting effect on the emotions and the body. They can stimulate your circulation, helping to warm tired and aching muscles. They are also good natural antiseptics.

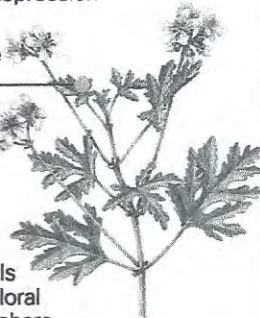
- ❖ **Aniseed**
- ❖ **Basil**
- ❖ **Bay**
- ❖ **Clary sage**
- ❖ **Fennel**
- ❖ **Marjoram**
- ❖ **Oregano**
- ❖ **Parsley**
- ❖ **Rosemary**
- ❖ **Sage**
- ❖ **Thyme**



FLORAL

These oils have a relaxing, calming effect on the mind and body, helping to release stress and tension in the muscles and balancing the emotions. Their uplifting aromas relieve mood swings, depression and headaches.

- ❖ **Chamomile**
- ❖ **Geranium**
- ❖ **Juniper**
- ❖ **Lavender**
- ❖ **Niaouli**
- ❖ **Palmarosa**



Heady scents

The following oils have a heavier floral scent, and also share characteristics with the woody/earthy oils (listed right). They tend to be more expensive than other oils, but as their aromas are intense, they need be applied only in small quantities to be beneficial. Their aromas can last for hours or even days.

- ❖ **Jasmine**
- ❖ **Neroli**
- ❖ **Petitgrain**
- ❖ **Rose**
- ❖ **Rose otto**
- ❖ **Rosewood**



SPICY

These oils have warming properties that are good for treating respiratory infections, tired muscles, arthritis and rheumatic aches. Their relaxing aromas lift the mood and banish stress.

- ❖ **Black pepper**
- ❖ **Cardamom**
- ❖ **Cinnamon**
- ❖ **Clove**
- ❖ **Ginger**
- ❖ **Nutmeg**



WOODY/EARTHY

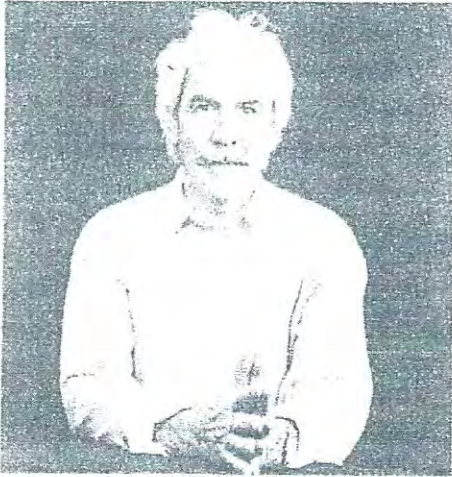
The heady scent of these oils has an extremely calming effect on the mind and emotions, promoting feelings of peace and well-being. These soothing and relaxing qualities are useful for when you feel stressed or anxious, and some of these oils even help to reduce high blood pressure and alleviate palpitations. In addition, many are considered to be aphrodisiacs, helping to calm nervous tension and heighten sensual pleasure. They are also good for treating skin conditions – especially mature or dry skin – due to their nourishing and moisturizing properties.

- ❖ **Benzoin**
- ❖ **Cedarwood**
- ❖ **Frankincense**
- ❖ **Myrrh**
- ❖ **Patchouli**
- ❖ **Sandalwood**
- ❖ **Vertivert**
- ❖ **Ylang ylang**



PRINCIPLES OF HOLISTIC SKIN THERAPY WITH HERBAL ESSENCES ©

TRANSLATED FROM THE GERMAN BY RITVA ABAO
Edited by Veronica M. Sauter, Ph.D.



Dr. Dietrich Gumbel

Essential oil therapy can be used successfully not only in skin treatment, but also offers a great deal of knowledge which can be applied to cosmetics. Since founding Bio-Kosmetik® Dr. Gumbel in 1980, he and his wife, Barbara, have taught in their school for estheticians in Germany and around the world their understanding of cosmetics as "cosmic ethics". The following is a summary of the holistic foundation and philosophy upon which Herbal Essence and Cosmo-Therapy are based.

The human being is a fusion of three worlds which are reflected anatomically in the head, upper body and lower body:

1. The **head** with the sense organs (eyes, ears, nose, mouth, pituitary body and skin) and the brain, is the center of our awareness. It is the seat of our identity, our self-awareness, our **self**. Here, we receive ideas; here we think, and here we look at each other. Here we hear, speak, smell and taste. Here, everything that consciously connects us with the outer world happens. From the

head we consciously direct our body through the central nervous system.

2. The **lower body**, which begins beneath the waist, houses the digestive system, small intestines, large intestines and the rectum, as well as the reproductive organs, which lie outside the body cavity in the man, and inside in the woman.

The lower body is the physical center of the human being, whether we think of the development of a new human body through procreation, conception and embryology, or digestion and nutrition building up and maintaining our biological body by supplying energy.

3. The **upper body** in the middle connects the head and lower body through the blood and circulatory organs (heart, liver, lung, spleen and kidneys) and through its own nervous system the center of which is the solar plexus behind the stomach), functioning as the vegetative or autonomic nervous system. The entire circulatory function is directed by the soul—the psyche, the emotions—so that one could call the heart the steering center of the soul. Heartbeat, blood pressure and circulation are determined by the actual awareness of life.

So we have the **head** as the center of our mind, the **upper body** as the center of our soul, and the **lower body** as the center our physicality. These three worlds intersect in the human body: peripheral nerves from the brain are rooted throughout the body; blood circulates via the vessels through all tissues; ultimately, the cellular and fluid body is the embodiment of these processes.

However, this total integration of body, soul and mind in a spiritual or conscious sense is yet to be fulfilled. We are just now reaching the stage in human evolution—the Aquarian Age—at which the integration and fusion of body, soul and mind will be demanded in life.

Comparing the human being to a plant, we realize that it also has a clear tri-partite organization whose components could be called "organs" because of their different biological functions:

1. There is the flower as the "individuality" center of the plant. The flower represents the essence of the idea of its species through the formation of the seed.

2. In the leaves we find the metabolic and circulatory organs of the plant. The leaf, with its capillary sap stream, can be compared to the capillary circulation of man; the formation of sugar and starch through photosynthesis to the liver function; or the gaseous exchange via the air to the lung function.

Leaves also have an excretive function like the kidneys and a resistance function like the spleen.

3. The root is the nutritive organ of the plant, comparable to our intestines, where nutrition is absorbed. The plant can also be propagated through division of the root. Thus, if we compare the plant to the human being in an anatomical or physiological manner, we find the following correspondences:

- Head — Flower
- Upper body — Leaf (aerial part)
- Lower body — Root

This means that the overall head function can generally be strengthened by the flower; the overall function of the upper body by the leaf; and that of the lower body by the root.

The skin is the largest human sense organ, which means that the human being as a whole is outwardly a sense organ, and the type of sensory function is decisive for health and life. The care of this sensory function is connected with consciousness—

the mind, attitude, and philosophy or "sense of life" because all sense organs are at the same time "awareness organs". They make us aware of the world, our outer world, whether in the form of light, color, sounds, smells or tastes, or even the sense of touch via our skin. From this perspective, every kind of "care" of the sense organs is a "care" of awareness, a mind "care", which is intimately involved with the body.

Accordingly, the organization and structure of the skin corresponds to the total organization and structure of man:

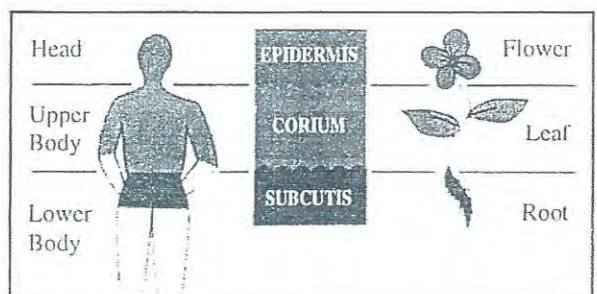
1. The upper layer of the skin, the epidermis, through cerebral synapses, becomes the sense-epithelium of the skin and, thus, an awareness organ because it makes us body- and self-aware.

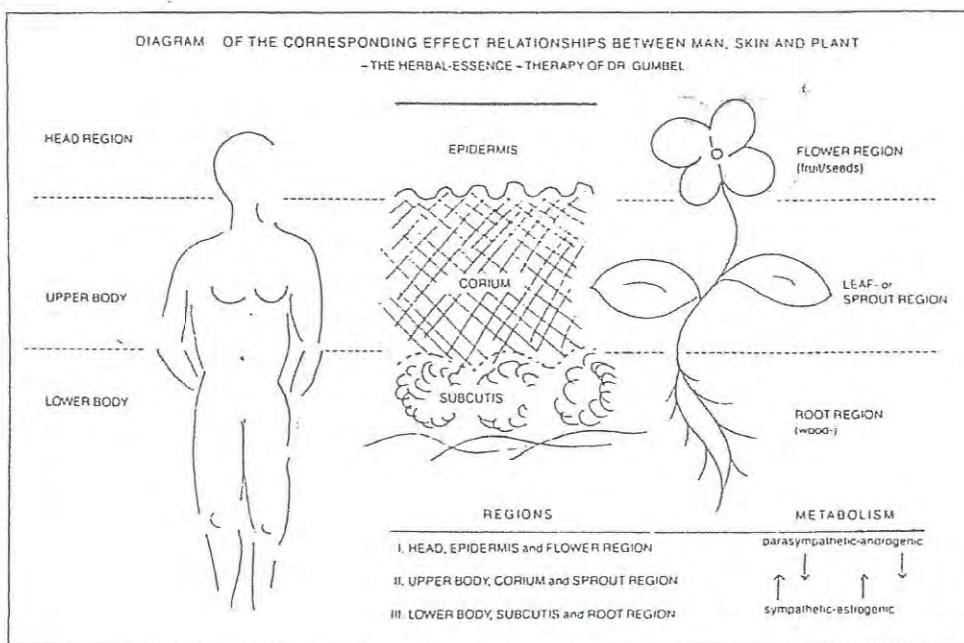
2. The middle layer, the corium, is driven by the function of the coronary-circulatory system (by the quality of blood supply), through the blood organs (liver, lung, spleen and kidneys) and, consequently, by the overall emotional health of an individual.

3. The subdermis develops depending upon the metabolism and nutrition of each person. Too much fat is deposited either because of overeating or too little energy being burnt, and too little fat is deposited through eating too little or burning too much energy.

The main functions of the skin's three layers are closely related to the functions of the three parts of the body and correspond to each other as follows:

- Head — Epidermis
- Upper body — Corium
- Lower body — Subdermis





If we compare the relationship between the skin, an herbal plant and the human being, we readily see a correspondence between:

- Head Epidermis Flower
- Upper body Corium Leaf
- Lower body Subdermis Root

In Herbal Essence Therapy we use essential oils which are divided into three groups according to the place of origin in the plant organ.

1. Flower (fruit-seed) oils, which stimulate the epidermis and the general head function: e.g. orange and lemon.
2. Leaf oils, which stimulate the corium and the general upper body functions: e.g. rosemary or eucalyptus.
3. Root and wood oils, which strengthen the subdermis and the general lower body functions: e.g. sandalwood and vetiver.

We strengthen the epidermis and the pigmentation of the skin through fruit-skin oils like lemon oil: at the same time we activate the central nervous system in the head

as well as the sense organs. We stimulate circulation in the corium through a leaf oil like rosemary, and also the function of all of the blood and circulatory organs, the heart itself, and coronary vessels included.

We strengthen the subdermis through root oils like vetiver and activate the digestive and genital functions.

Herbal Essence Therapy unites the polarities of mind and body, up and down, even masculine and feminine, through an integrative therapy. Each one of us, whether man or woman, has both groups of sex hormones: the male androgens, and the female estrogens (the amount in proportion to gender). These determine secondary sex characteristics as well as metabolism. It is possible to influence or stimulate metabolism by using two groups of essences.

It has been well established already that essential oils function in the same way as hormones in the human body and are, therefore, called "ecto-hormones" (hormones affecting from out-side), the opposite of the "endo-hormones" which affect from inside.

Herbal Essence Therapy distinguishes two groups of essences, the group of female and male essences. The first is called estrogen-sympathetic, the second androgen-parasympathetic. The female oil has a relaxing and expansive effect on the smooth musculature of the viscera, skin and blood vessels, while the male oil has a strengthening and contractive effect. Thus, the male oil, like lemon, exerts a parasympathetic effect on the smooth iris musculature, and the female oil, e.g. orange, has a sympathetic, expansive and relaxing effect on the smooth musculature of the eye and blood vessels of the head.

There is always an "oil couple" for every skin or organ therapy: a pair with a male (androgen-parasympathetic) and female (estrogen-sympathetic) effect. This kind of specification and classification corresponds to the age-old idea of YIN and YANG.

Moreover, the male sex hormones, the androgens, as well as the androgenic oils supporting them, increase catabolism, and the female sex hormones—the estrogenic oils—increase anabolism. This is especially applicable to the metabolism of the cells because hormones act intracellularly. In other words, they orchestrate cell metabol-

For more information on Holistic Skin Therapy, Herbal Essence and Cosmo-Therapy Training Seminars contact:

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November 1998

ism. So we see that male and female are not at all opposites; rather, they are complementary functions which, in harmony, promote health. In Chinese medicine we read: "YIN (feminine) nourishes and YANG (masculine) activates".

Herbal Essence Therapy has as the goal of its application no exclusive "either-or", but is based on the inclusive "as well as". We fortify the mind **as well as** the body, the female **as well as** the male-function in order to make the human body a physical temple of the divine—perfectly balanced in its many facets and functions. Herbal Essence Therapy reharmonizes all of the parts in order to allow our inner light to shine and radiate back out through the skin. Herein lies the essence of beauty—resonance of mind, soul and body emanating from deep within.

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Aromatherapy and your body

Some essential oils work better on certain areas of your body than others. Use our quick checklist to find out where each oil is best applied.

The active ingredients of essential oils can ease muscle tension, improve your mood, boost your circulation and clear respiratory problems such as hay fever, stuffy noses and sore throats. By rubbing your oils over or onto the affected area, you will begin to feel their healing effects almost immediately.

TO EASE HAY FEVER

- ❖ Chamomile
- ❖ Eucalyptus

TO RELAX SORE AND ACHING MUSCLES

- ❖ Frankincense
- ❖ Ginger
- ❖ Sweet marjoram
- ❖ Rosemary

TO EASE STOMACH/PERIOD PAINS

- ❖ Aniseed
- ❖ Clary sage
- ❖ Juniper berry
- ❖ Lavender
- ❖ Marjoram

TO EASE STOMACH UPSETS

- ❖ Ginger
- ❖ Mandarin
- ❖ Peppermint

TO HELP OILY SKIN

- ❖ Cypress
- ❖ Lemon
- ❖ Mandarin
- ❖ Tea tree (also good for acne)

FOR HAIR

- ❖ Cedarwood
- ❖ Cypress (for oily hair)
- ❖ Rosemary (for dry hair)
- ❖ Tea tree (for dandruff)

TO EASE HEADACHES

- ❖ Eucalyptus
- ❖ Lavender
- ❖ Peppermint
- ❖ Rosemary

TO CLEAR A BLOCKED NOSE

- ❖ Bergamot
- ❖ Eucalyptus
- ❖ Ginger
- ❖ Rosemary

TO EASE A SORE THROAT

- ❖ Frankincense
- ❖ Jasmine
- ❖ Sandalwood
- ❖ Tea tree

TO EASE ECZEMA

- ❖ Chamomile
- ❖ Geranium
- ❖ Juniper berry
- ❖ Lavender

TO MOISTURIZE DRY SKIN

- ❖ Bergamot
- ❖ Chamomile
- ❖ Jasmine
- ❖ Rose
- ❖ Sandalwood
- ❖ Ylang ylang

TO IMPROVE CELLULITE

- ❖ Juniper berry
- ❖ Geranium
- ❖ Rosemary



A quick and easy way to get the benefits of essential oils is to add a few drops to your usual body lotion or moisturizer and then rub it into the affected area.

Aromatherapy massage

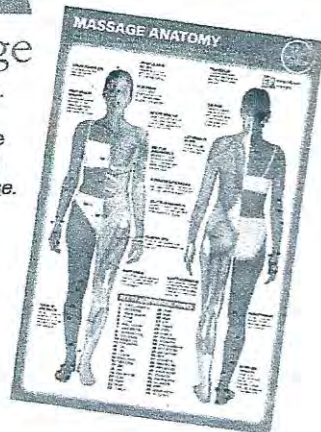
Combine aromatherapy with massage to get the best out of both natural techniques.

Rubbing healing oils into your skin allows their active ingredients to pass directly into the tissues of the affected area, while healing massage strokes also work to alleviate pain and stiffness, as well as

improving circulation.

You can find out more about massage on the cards entitled *Your Massage Course*.

Refer to your **Massage Anatomy fold-out poster** for more ideas on how to combine massage with aromatherapy.



ESSENTIAL OIL PROPERTIES

Kill micro-organisms
Relieve pain
Tone digestion
Repair cells & stimulate immunity

PLUS:

Increase blood circulation
Eliminate lung & sinus congestion
Alter hormones

(*especially potent according to studies)

ANTIBACTERIAL OILS

most powerful, but also skin irritants

- Cinnamon
- Clove Bud {caution}
- Garlic *
- Oregano * {caution}
- Savory
- Thyme * {caution}

ANTIBACTERIAL: NEXT IN LINE

- Bay Laurel
- Bay Rum (pimento)
- Benzoin
- Cardamom
- Eucalyptus *
- Frankincense
- Geranium
- Helichrysum *
- Lavender *
- Lemon *
- Lemon Grass
- Marjoram *
- Myrrh *
- Myrtle *
- Pine *
- Rose
- Sage
- Sandalwood
- Tea tree * (& Niaouli)
- Vetivert

ANTI-VIRAL OILS

- Bay Laurel *
- Bergamot *
- Black Pepper {caution}
- Cardamom
- Cinnamon Bk {caution}
- Clove Bud {caution}
- Eucalyptus*
- Garlic *
- Geranium *
- Holy Basil
- Hyssop (decumbens)*
- Juniper*
- Lavender *
- Melissa *
- Lemon Grass
- Lemon *
- Marjoram
- Myrrh
- Oregano * {caution}
- Rose
- Rosemary *
- Sage *
- Tea Tree *
- Thyme * (linalol is safest)

ANTIFUNGAL OILS

- Basil (esp. "holy basil")
- Bergamot
- Black Pepper {caution}
- Caraway
- Cinnamon * {caution}
- Clove Bud * {caution}
- Coriander
- Cumin
- Garlic *
- Geranium *
- Lavender
- Lemon
- Melissa
- Lemon Eucalyptus *
- Lemon Grass *
- Marjoram
- Myrrh
- Oregano * {caution}
- Peppermint *
- Sandalwood
- Tea Tree *
- Thyme * {caution}

PAIN RELIEF

NUMB NERVE ENDINGS

- Cayenne {caution}
- Clove Bud• {caution}
- Frankincense
- Chamomile, German
- Helichrysum
- Lavender
- Lemon Grass

REDUCE SWELLING

- Chamomile, German•
- Geranium•
- Helichrysum•
- Juniper
- Lavender•
- Marjoram•
- Myrrh
- Rose•
- Tea Tee

WARMING

- Bay Laurel
- Bay Rum (pimento)
- Black Pepper
- Cinnamon
- Clove Bud
- Ginger
- Juniper
- Peppermint
- Thyme

PENETRATING

- Rosemary
- Sage

STOP PAIN VIA THE BRAIN

- Frankincense
- Ginger
- Lemon grass
- Birch {caution}
- Ginger

RELAX & SEDATE

- Chamomile * (Roman)
- Clary Sage
- Helichrysum
- Lavender*
- Lemon
- Lemon Eucalyptus
- Lemon Verbena
- Marjoram *
- Melissa *
- Myrtle
- Petitgrain

IMMUNE SYSTEM

WHITE BLOOD STIMULANTS

- Bergamot
- Chamomile
- Lavender
- Lemon
- Myrrh
- Pine
- Sandalwood
- Tea Tree
- Thyme {caution}
- Vetivert

LYMPHATIC

Eliminate metabolic waste

- Bay laurel
- Grapefruit
- Juniper
- Lemon

HASTEN HEALING

Repair skin damage, regenerate new cell growth& protect tissue

- Carrot
- Helichrysum
- Frankincense
- Lavender
- Rose
- Rose Geranium
- Sandalwood

HORMONAL: Estrogenic

- Angelica
- Anise
- Basil
- Coriander
- Clary Sage
- Cypress
- Fennel
- Rose
- Sage
- Niaouli

HORMONAL BALANCERS

- Geranium
- Lavender
- Neroli
- Lemon Verbena
- Pinus Sylvestris
- Picea Mariana

MORE ESSENTIAL OILS

ANTISEPTICS

GALANGA (*Alpina officinarium*) Related to ginger, both are digestive aids & diminish inflammation and resulting pain by reducing prostagandins. An aphrodisiac in India.

INULA (*Inula graveolens* or *I. odorata*) Root. Relieves muscle tension, inflammation, sinus congestion, bronchitis, high blood pressure. It also treats skin rashes, herpes, itching. Prevents chemo-induced nausea. Avoid essential elecampane (*I. helenium*) oil that can cause skin allergies (one study: in 23 of 25 people).

LITSEA (*Litsea cubeba*) May Chang aka Tropical Verbena aka Cubeb. SE Asian fruit tree leaves. Flowers flavor tea) Treats indigestion, inflammation, excess perspiration, acne. Bronchial dilator for asthma/bronchitis/anaphylactic shock. Antiseptic for bacterial & fungal skin infection, although potential irritant. Don't use if glaucoma (increases eye pressure in animals). Chinese research: regulates heartbeat, lowers blood pressure. They also use it to relieve pain, hernia, turbid urine infection (esp. in children), abdominal pain, appetite loss and consider it calming/stimulant. Opens spleen/kidney/bladder channels. Contains relaxing geraniol, neral, limonene to 75% antiviral citral, & sedative citronellal. NZ hardwood (*L. calicaris*).

MANUKA (*Leptospermum scoparium*) aka New Zealand Tea Tree. Leaves. Very antiseptic (kills 39 microbes, but varies with type), antifungal, expectorant. Treats skin, lung, urinary problems. Antioxidant, antihistamine, antiinflammatory, nervine, sedative. In Maori, maukanuka means "anxiety." May work on benzodiazepine receptors to relax. Counters fear, low libido. Geraniol, linalol, pinene, etc vs staph, ringworm.

KANUKA (*Kunzea ericoides*) Monoterpene vs sesquiterpenes of manuka. Both: colds, inflammation, diarrhea

RAVENSARE (*Cinnamomum camphora*) Cineol chemotype of camphor leaf. Usually sold as *Ravensara aromatica*, means "good leaf" in Madagascar. Antibiotic for flu, bronchitis, sinus congestion. Treats viral infections (shingles, acne, viral hepatitis). Often massage oil for muscle fatigue. (Seeds are popular spice.) No toxicity.

HO
Oil
Hazozo bark (*Ravensara anisata*) (contains methylchaviol/anethol so use with caution).

Camphor (*C. camphora*) is safrol type. Ho oil is linalol type (from Vietnam).

R. anisata Said to treat female hormonal regulation. All in Lauraceae family.

SEDATIVES

HOPS (*Humulus lupulus*) Calming, produces sleep. Treats nervous indigestion.

SPIKENARD (*Nardostachys jatamansi*) In Roman *nardinu* ointment & Bible's Song of Solomon. Treats nervous indigestion, insomnia, tension, headache, hemorrhoids, heart palpitations. For inflammation, dry or mature complexion, rashes, psoriasis, liver tonic. Increases neurite growth (nerve length).

Indian more fragrant, less expensive than Nepal, but fragrance added. Liver protective.

VALERIAN (*Valeriana officinalis*) Isovaleric acid is pungent, sedating. Indian valerian (*V. wallichii*). Seems to enhance GABA receptors.

INDIGESTION

- Anise
- Basil
- Cardamom
- Chamomile
- Cinnamon {caution}
- Clove Bud {caution}
- Coriander
- Dill
- Fennel
- Ginger
- Juniper Berry
- Melissa
- Lemon Grass
- Lemon
- Oregano
- Peppermint
- Rosemary
- Sandalwood
- Thyme
- Bay Laurel
- Cinnamon {caution}
- Eucalyptus
- Frankincense
- Oregano {caution}
- Sage

STIMULANT

BLACK PEPPER (*Piper nigrum*) Fruits (seeds). Treats food poisoning, indigestion, cold/flu/fever, poor circulation, urinary infection, congested lungs, toothache, chronic bronchitis, rheumatism. Non-toxic, warm liniment but can irritate skin. Aphrodisiac that helps sexual debility. Compounds causing digestive disturbances not distilled to EO.

SPIRITUALITY

ELEMI (*Canarium luzonicum*) Gum. Tropical Philippine tree distantly related to frankincense. Scents soaps, cosmetics, & sometimes flavors food. Treats congested lungs, inflammation, infection, stress, nervousness. For mature complexions. Inhaled for thymus (JR). Darkens w/ age due to beign mostly d-a Phellandrene.

GALBANUM (*Ferula galbaniflua*) Oleoresin. Middle East/W. Asia. "Poor man's angelica" From Iran, so limited by politics and wild so ecology restrictions. Food flavoring & perfume fixative. Soothes hands, feet, muscles, joint aches. Treats indigestion, menstrual problems, respiratory disorders, asthma, poor circulation, abscessed wounds, emotional tension. Promotes cell regeneration, tones mature or irritated skin. *Luban*. Docs previously used as inhalent. Egyptian incense and embalming, cosmetic. Use similar to asfetida. Resolves old emotional, spiritual problems (JR).

ZALOU ROOT (*F. hermonia*) Beirut aphrodisiac.

MUSK ROOT (*F. sumbul* and *F. gummosa*) Caucasus region of SE Europe.

SILHION (*F. sp.*) Ancient Greece, but extinct!

OLIBANUM (*Boswellia papyrifera*) Gum. "Punt Frankincense" vs. real stuff (*B. carteri*). Antiseptic & antiinflammatory to lung, genito-urinary, ulcers, chronic diarrhea. Treats mature skin, acne, bacterial/fungal skin infections, boils, hard-to-heal wounds, scars. Increases spirituality, mental perception, meditation, prayer, consciousness. Slows & deepens breathing, relaxing. Soot from Arabic *B. scara* makes *kohl* to line eyes. Pregnant women chew gum. Treats psychological problems and to improve memory. In Saudi Arabica, added to coffee.

INDIAN FRANKINCENSE (*B. serrata*) From India, N Africa, Middle East. Ayurvedic & Chinese use to treat inflammation, hemorrhoids, liver problems, chronic degenerative diseases, and various lung problems, esp. asthma. Fixative, and in soaps, cosmetics, detergents. Paste w/lemon juice on skin problems (boils, ulcerations, ringworm). Excellent NSAID to relieve inflammatory pain. Better than drug to teat colitis, Crohn's disease. Being studied because destroys liver & colon cancer cells.

OPOPANAX (*Commiphora erythraea*) Gum. Low-grade, antiseptic myrrh (*C. myrrha*) from Somalia and Ethiopia with similar properties. Often confused with Arabian *Opopanax chironium*, which is Antiinflammatory, antiparasitic, and treats dystentary, skin ulcers.

GUGGAL (*C. mukal*) "Arabian" myrrh, less expensive so sometimes adulterates true myrrh. Smoke between legs after labor. Antiseptic, antiinflammatory, and resin sold in herb formulas to lower cholesterol (Smudge).

DIGESTION

BLACK PEPPER (*Piper nigrum*) Fruits (seeds). Treats food poisoning, indigestion, cold/flu/fever, poor circulation, urinary infection, congested lungs, toothache, chronic bronchitis, rheumatism. Non-toxic, warm liniment but can irritate skin. Aphrodisiac that helps sexual debility. Compounds causing digestive disturbances not distilled to EO.

GALANGA (*Alpina galanga*) Indigestion remedy and antiseptic. Don't confuse with Malaysian (*Kaempferia galanga*).

TURMERIC (*Curcuma longa*) Anti-oxidant, liver, bacterial, arthritic, inflammatory. Chinese use for toothache, chest pains, etc. Cured in pits before distilling.

Zedoary (*C. zedoaria*) French use as carminative and digestive stimulant.

C. domestica Indonesian use for liver, gall bladder, but no EO. Has high ketone (tumerone), but nontoxic, although some say limit use.

SEDATIVES

SPIKENARD (*Nardostachys jatamansi*) In Roman *nardinu* ointment & Bible's Song of Solomon. Treats nervous indigestion, insomnia, tension, headache, hemorrhoids, heart palpitations. For inflammation, dry or mature complexion, rashes, psoriasis, liver tonic. Increases neurite growth (nerve length).

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VALERIAN (*Valeriana officinalis*) Isovaleric acid is pungent, sedating. Seems to enhance GABA receptors. **Indian valerian** (*V. wallichii*).

SKIN HEALERS

CALENDULA (*Calendula officinalis*) aka. Pot Marigold. Reduces inflammation, varicose veins, enlarged lymph, sebaceous cysts, many types of skin irritations, probably irregular cells. Encourages skin healing. Don't confuse with semi-toxic Mexican marigold (*Tagetes minuta*) (contains tagetone and is phototoxic). Used on calluses, bunions, scars, etc. Antiparasitic, respiratory infection. French marigold (*T. patula*) used in India to make "attar genda" for perfume.

ST. JOHN'S WORT (*Hypericum perforatum*) Anti-inflammatory, skin, nerve healer. Ancients used for protection and blessings.

YARROW (*Achillea millefolium*) Antiseptic. Reduces inflammation, spasms, lung congestion, blood pressure and indigestion. Moves fluids. In cosmetics and vermouth/bitters flavoring.

THERAPEUTIC TERMS

| | |
|-------------------|--|
| Analgesic | Deadens or relieves pain. |
| Antidepressant | Helps alleviate depression. |
| Anti-inflammatory | Reducing inflammation |
| Antineuralgic | Relieves and reduces nerve pain. |
| Antiseptic | Inhibits growth of local bacterial infection |
| Anti rheumatic | Helps prevent and relieve rheumatism |
| Antispasmodic | Prevents and relieves smooth muscle spasm |
| Anti viral | Inhibits development of virus |
| Aperitif | Stimulates the appetite |
| Aphrodisiac | Stimulates sexual desire |
| Astringent | Tightens tissues |
| Bactericide | Destroys bacteria |
| Carminative | Settles digestive system, relieves flatulence. |
| Cephalic | Stimulating mental activity |
| Chologogue | Stimulates flow of bile |
| Cicatrisant | Healing by formation of scar tissue |
| Cytophylactic | Cell regenerating |
| Decongestant | Relieves and reduces congestion e.g.mucous |
| Depurative | Purifying the blood |
| Detoxifying | Cleansing waste matter, impurities |
| Digestive | Promotes or aids digestion of food |
| Diuretic | Increasing production and flow of urine |
| Emmenagogue | Encourages or assists menstruation |
| Euphoric | Promoting a state of elation and well-being |
| Expectorant | Helping expulsion of phlegm |
| Febrifuge | Reducing fever |
| Fungicide | Prevents and destroys fungal infections, yeasts. |
| Hepatic | Tones and assists liver function |
| Hypertensive | Raising blood pressure |
| Hypnotic | Inducing sleep |
| Hypotensive | Lowering blood pressure |
| Immuno-stimulant | Strengthening body's defence to infection |
| Insecticide | Repels insects |
| Laxative | Encourages bowel movement |
| Lipolytic | Causing disintegration of fat |

THERAPEUTIC TERMS (Cont.)

| | |
|-----------------|---|
| Mucolytic | Breaking down mucous |
| Nervine | Strengthens nervous system |
| Rubefacient | Warms, reddens & may cause local skin irritation |
| Sedative | Calming to the nervous system |
| Stimulant | Quickens activity of body functions |
| Stomachic | Improves appetite, aids digestion |
| Sudorific | Stimulates sweating |
| Tonic | Strengthening action of specific organ or body |
| Uterine | Tonic action on uterus |
| Vasoconstrictor | Contracts smaller blood vessels |
| Vasodilator | Expands smaller blood vessels |
| Vulnerary | Encouraging healing of wounds by external application |

Properties of Essential Oils

ABORTIFACIENT Can cause a miscarriage.

ANALGESIC Pain relieving.

ANAPHRODISIAC Diminishing sexual desire.

ANESTHETIC Loss of sensation; pain relieving.

ANODYNE Stills pains and quietsens disturbed feelings.

ANTACID Combats acid imbalance.

ANTIALLERGENIC Reduces symptoms of allergy.

ANTIANEMIC Combats anemia.

ANTIARTHRITIC Combats arthritis.

ANTIBILIOUS Helps to remove excess bile from the body.

ANTIBIOTIC Destroys or prevents the growth of bacteria.

ANTICATARRAL Helps remove excess catarrh from the body.

ANTICOAGULANT Prevents blood from clotting.

ANTICONVULSIVE Helps control convulsions.

ANTIDEPRESSANT Uplifting; counteracts melancholy.

ANTI-DIARRHEAL Combats diarrhea.

ANTIDONTALGIC Relieves toothache.

ANTIEMETIC Reduces vomiting.

ANTIGALACTAGOGUE Impedes the flow of milk.

ANTHEMORRHAGIC Helps to combat hemorrhage or bleeding.

ANTIHISTAMINE Treats allergies.

ANTI-INFECTIOUS Helps to counteract infection.

ANTI-INFLAMMATORY Prevents inflammation.

ANTILITHIC Prevents the formation of a calculus or stone.

ANTIMICROBAL Reduces microbes.

ANTINEURALGIC Reduces nerve pain.

ANTIOXIDANT Prevents or delays deterioration.

ANTIPHYLOGISTIC Reduces inflammation.

ANTIPRURITIC Prevents itching.

ANTIPUTREFACTIVE Delays the decomposition of animal and vegetable material.

ANTI-PYRETIC Prevents fever.



ANTIRHEUMATIC Helps to alleviate the symptoms of rheumatism.

ANTISCLEROTIC Prevents hardening of the tissues through chronic inflammation.

ANTISCORBUTIC Helps to prevent scurvy.

ANTISEBORRHEIC Helps control the production of sebum.

ANTISEPTIC Restricts growth of bacteria.

ANTISPASMODIC Relieves smooth muscle spasms, including cramp.

ANTISUDORIFIC Counteracts perspiration.

ANTITOXIC Counteracts the effects of toxicity.

ANTITUSSIVE Relieves coughs.

ANTIVENOMOUS Counteracts poison, particularly of snakes, scorpions, or insects.

ANTIVIRAL Controls viruses.

APERITIF Stimulates appetite.

APHRODISIAC Stimulates sexual desire.

ASTRINGENT Contracts body tissues.

BACTERICIDAL Combats bacteria.

BALSAMIC Soothes and softens phlegm.

BECHIC Eases coughs.

CARDIAC Has a stimulating effect on the heart.

CARDIOTONIC Stimulates and has an affinity with the heart.

CARMINATIVE Eases griping pain and relieves flatulence.

CEPHALIC Deals with disorders of the head.

CHOLAGOGUE Stimulates the flow of bile into the duodenum.

CHOLERETIC Stimulates bile production.

CICATRISANT Promotes the formation of scar tissue.

CORDIAL A heart tonic; has an affinity with the heart.

CYTOPHYLACTIC Encourages cell regeneration.

CYTOTOXIC Poisonous to all cells.

DECONGESTANT Eases nasal mucus.

DEODORANT Prevents body odor.

DEPURATIVE Purifies the blood.

DETOXICANT Neutralizes toxic substances.

DIGESTIVE Aids digestion.

DISINFECTANT Destroys germs.

DIURETIC Stimulates the secretion of urine.

EMETIC Induces vomiting.

EMMENAGOGUE Induces or regulates menstrual flow.

EMOLLIENT Soothes and softens the skin.

ESCHAROTIC Treats warts.

EUPHORIC Induces a feeling of euphoria or well-being.

EXPECTORANT Aids the removal of catarrh.

FEBRIFUGE Reduces fever.

FIXATIVE Slows down the rate of evaporation of the more volatile ingredients of a perfume.

FUNGICIDAL Destroys fungal infections.

GALACTAGOGUE Brings on the flow of milk.

GERMICIDAL Destroys germs and micro-organisms such as bacteria.

HALLUCINOGENIC Causes visions or delusions.

HEMOSTATIC Encourages the coagulation of blood.

HEPATIC Tonic to the liver; has an affinity with the liver.

HEPATOTOXIC Toxic to the liver.

HYPERTENSIVE Raises the blood pressure.

HYPNOTIC Trance inducing; sleep promoting.

HYPOGLYCEMIANT Lowers blood sugar level.

HYPOTENSIVE Lowers the blood pressure.

IMMUNOSTIMULANT Stimulates the body's natural defense system.

INSECTICIDAL Kills insects.

LARVICIDAL Prevents or kills larvae.

LAXATIVE Promotes bowel evacuation.

LIPOLITIC Breaks down fat.

MUCOLYTIC Breaks down mucus.

NARCOTIC Sleep inducing; In large doses intoxicating or poisonous.

NERVINE Having a specific action on the nervous system.

NEUROTOXIC Poisonous to the nervous system.

PARASITICIDAL Discourages and eliminates parasites.

PARTURIENT Promotes and eases labor.

PEDICULICIDAL Destroys lice.

PROPHYLACTIC Helps to prevent disease.

PURGATIVE Causes evacuation of the bowels.

REGULATOR Helps to balance the functions of the body.

RELAXANT Soothes and relieves strain or tension.

RESOLVENT Dissolves boils and swellings.

RESTORATIVE Restores and revives health.

RUBEFACIENT Increases local circulation, causing the skin to redden.

SEDATIVE A nerve with a calming effect.

SIALOGOGUE Stimulates the secretion of saliva.

SOPORIFIC Induces sleep.

SPASMOLYTIC Relieves muscle cramp or spasm.

SPLENETIC A tonic to the spleen; has an affinity with the spleen.

STIMULANT Has uplifting effect on the body or mind.

STOMACHIC Relieves gastric disorders; has an affinity with the stomach.

STYPTIC Arrests external bleeding.

SUDORIFIC Induces perspiration.

TONIC Invigorates and tones the body.

UTERINE A tonic of the uterus; has an affinity with the uterus.

VASOCONSTRICTOR Local application causes contraction of the blood vessels.

VASODILATOR Local application causes dilation of the blood vessels.

VERMIFUGE Works to expel or eliminate intestinal worms.

VULNERARY Heals cuts, wounds, and sores.

Chart for Essential Oils

Effects of Essential oils

| | |
|-------------------------------|--|
| Calming | Lavender, Marjoram |
| Aphrodisiac | Ylang, Jasmine |
| Sedative | Lavender, Neroli |
| Nerveine | Melissa, Lavender |
| Energizing | Pine, Thyme, Peppermint |
| Balancing | Geranium, Eucalyptus Polybractae (energy) |
| Antiseptic | Lemon, Oregano |
| Mucolytic | Eucalyptus globulus, Inula Graveolens |
| Expectorant | Eucalyptus Radiata |
| Cytophilactic | (Ketones) Lavender, Geranium, Helichrysum, Thuja |
| Cell Regenerator | Rosewood, Neroli, Rose |
| For Infections | Thyme, Savory, Tea tree, Sage |
| Astringent | Geranium, Cypress, Sandalwood |
| Antiviral | Tea tree, Thyme, Oregano |
| Fungicidal | Tea tree, Geranium |
| Antibiotic | Savory |
| Hormonal | Clary Sage (eases disorder) Fennel, Sage, Cypress Geranium (harmonizing, balancing) Roman Chamomile (menstrual) |
| Anti Bruise | Parsley Seed, Blue Chamomile, Helichrysum |
| Stimulant (circulation) | Rosemary, Cinnamon Leaf, Cypress |
| Stimulant (nervous system) | Rosemary, Spearmint, Peppermint |
| Stimulant (metabolism) | Oregano, Melissa |

| | |
|--|---|
| Stimulant (digestion) | Nutmeg, Ginger Root, Fennel, Coriander Seeds |
| Tonic | Rosemary, Basil, Thyme |
| Strengthening | Angelica, Fir, Pine, Spruce, Juniper |
| Diuretic | Juniper, Cypress |
| Antispasmodic | Marjoram, Cypress, Camomile, Lavender |
| Antidepressant | Clary Sage, Jasmine, Neroli, Ylang, Rose |
| Analgesic Pain | Birch, Clove |

Psycho-Aromatherapy
Tisserand

Sedatives

Raphe-nucleus

Serotonin

Bitter Almond
Carrot
Chamomile
Chamomile R
Clary sage
Elemi
Immortelle
Lavender
Linden Blossom
Marjoram
Melissa
Myrhh
Neroli
Nutmeg
Petigrain
Rose Absolute
Sandalwood
Spikenaard
Taget
Valerian
Vetivier
Violet leaf
Yarrow

Regulators

Hypothalamus

Various

Bergamot
Frankinsense
Geranium
Rose Otto
Rosewood
Spikenaard
Verbena

Stimulants

Locus Ceruleus

Noradrenaline

Angelica
Basil
Black Pepper
Cardamon
Cinnamon
Clove
Eucalyptus
Fennel
Garlic
Ginger
Grapefruit
Jasmine
Juniper
Lemon
Lemongrass
Patchouli
Peppermint
Rosemary
Tea tree
Thyme
Ylang Ylang

Euphorics

Thalamus

Enkephalins

Bitter almond
Atlas Cedar
Clary Sage
Damiana

Grapefruit
Jasmine
Melissa
Myrhh
Neroli
Nutmeg
Rose Otto
Vetivier
Ylang Ylang

Mental Stimulants

Amygdala & Hippocampus

Angelica
Basil
Cardamon
Peppermint
Rosemary

Aphrodisiacs

Pituitary

Endorphins

Black Pepper
Atlas Cedar
Clary Sage
Damiana
Ginger
Jasmine
Patchouli
Rose Otto
Ylang Ylang

How Aromatherapy Works



ABOVE Oils can enter the body through the skin.

ESSENTIAL OILS *enter the body in several different ways. They are absorbed through the skin, passing into the circulatory system. They can also be inhaled, passing into the blood stream through the lungs or, by causing signals to be transmitted through the nervous system directly into the limbic system of the brain.*

Molecules of smell dissolve in the nasal mucus, which is produced by the outer tissue in the nose (olfactory epithelium). This tissue has an area of less than 1sq. in. (6sq. cm.) but is packed with millions of receptors. Each chemoreceptor cell has two extensions: one that leads to the surface of the skin on the inside of the nose and one that reaches back to connect with the nerve fibers at the base of the epithelium. Nerve impulses travel along the fibers through the ethmoid bone in the roof of the mouth and into the cranial cavity. Here, the nerve fibers combine to form the olfactory bulbs and pathways that lead directly back into the limbic system.

The limbic system was one of the earliest parts of the human brain to develop in evolutionary terms. It is where our memories, instincts, and vital functions are controlled. This is why an aroma can be so evocative and so fundamental, whether it is the aroma of fresh bread, coffee, roses, or disinfectant. Every other

sensory experience – even touch – has much further to travel through the nervous system before it is registered, and that registration takes place in a more sophisticated part of the brain. The sense of smell is a very basic instinct. The limbic system registers the existence of a specific oil molecule, and in response the brain releases chemicals that communicate with the

nervous system to relax or stimulate it. These chemicals can also affect the body physically, which is why essential oils can be so effective in the relief of pain.

The olfactory bulb sorts out nerve signals before sending them to the brain.

Nostrils inhale scented air.

Direction of scent.

The nose contains 10 million of these receptor cells.

Nerves send signals to olfactory lobe.

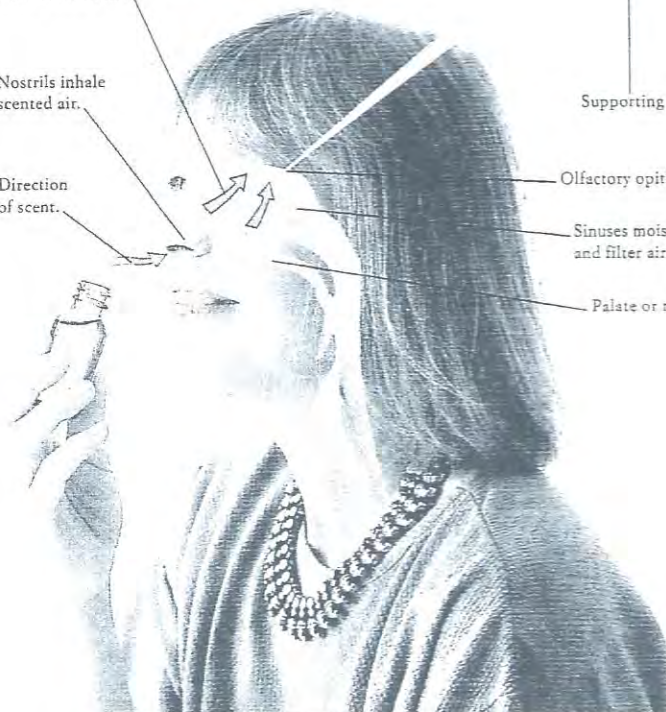


Supporting cells.

Olfactory epithelium.

Sinuses moisten and filter air.

Palate or roof of mouth.



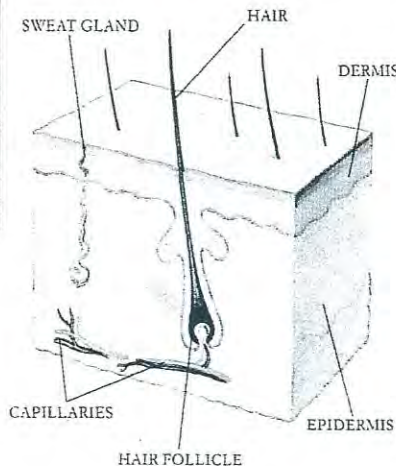
RIGHT Aromas enter the limbic system of the brain via the nasal cavity.

A very small quantity of essential oil molecules can, as air is inhaled, become part of the gaseous-exchange between the alveoli, or small air sacs, of the lungs and the thin-walled capillaries. Incoming oxygen is exchanged for outgoing carbon dioxide and the therapeutic essential oil molecules can pass into the body's circulatory system at the same time.

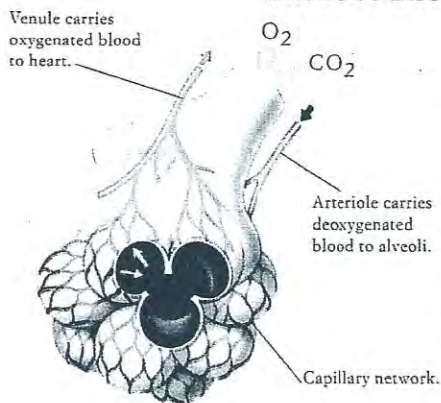
If you put oils on the skin during a massage in a cream or lotion, or in the bath water, they can act on the epidermis (outer layer of the skin) locally. The molecules in the oil are extremely small and can pass through the epidermis to the dermis; the layer of the skin that gives it its pliability. As the dermis is well supplied with capillaries, the oil molecules can pass from the dermis into the capillaries and into the rest of the circulatory system.

RIGHT Oil molecules can easily enter the circulatory system through the layers of the skin.

Unlike chemical drugs, essential oils do not appear to remain in the body's systems. They are expelled from the body in a variety of ways – through urine, feces, sweat, and exhalation. In a healthy body essential oils remain for no longer than 3–6 hours, and in an unhealthy body they are expelled after approximately 14 hours. The methods of bodily excretion differ according to the particular essential oil used in the preparation. For example, the aromas of sandalwood and juniper oils can be detected in urine, while geranium oil is eliminated in perspiration.



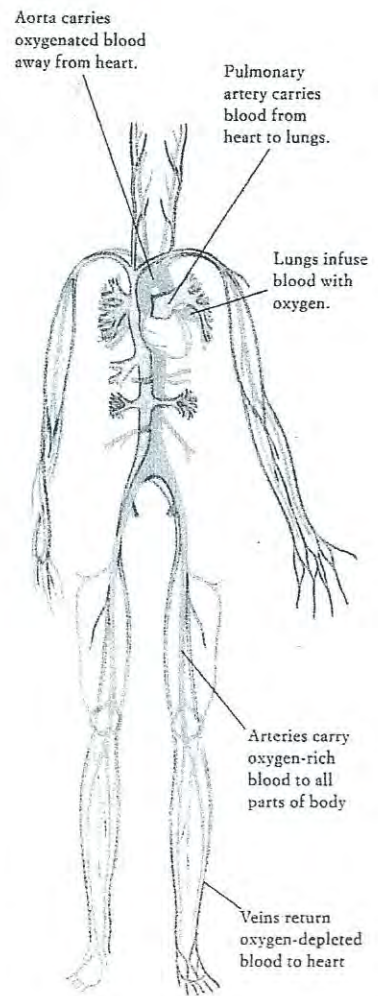
GASEOUS EXCHANGE



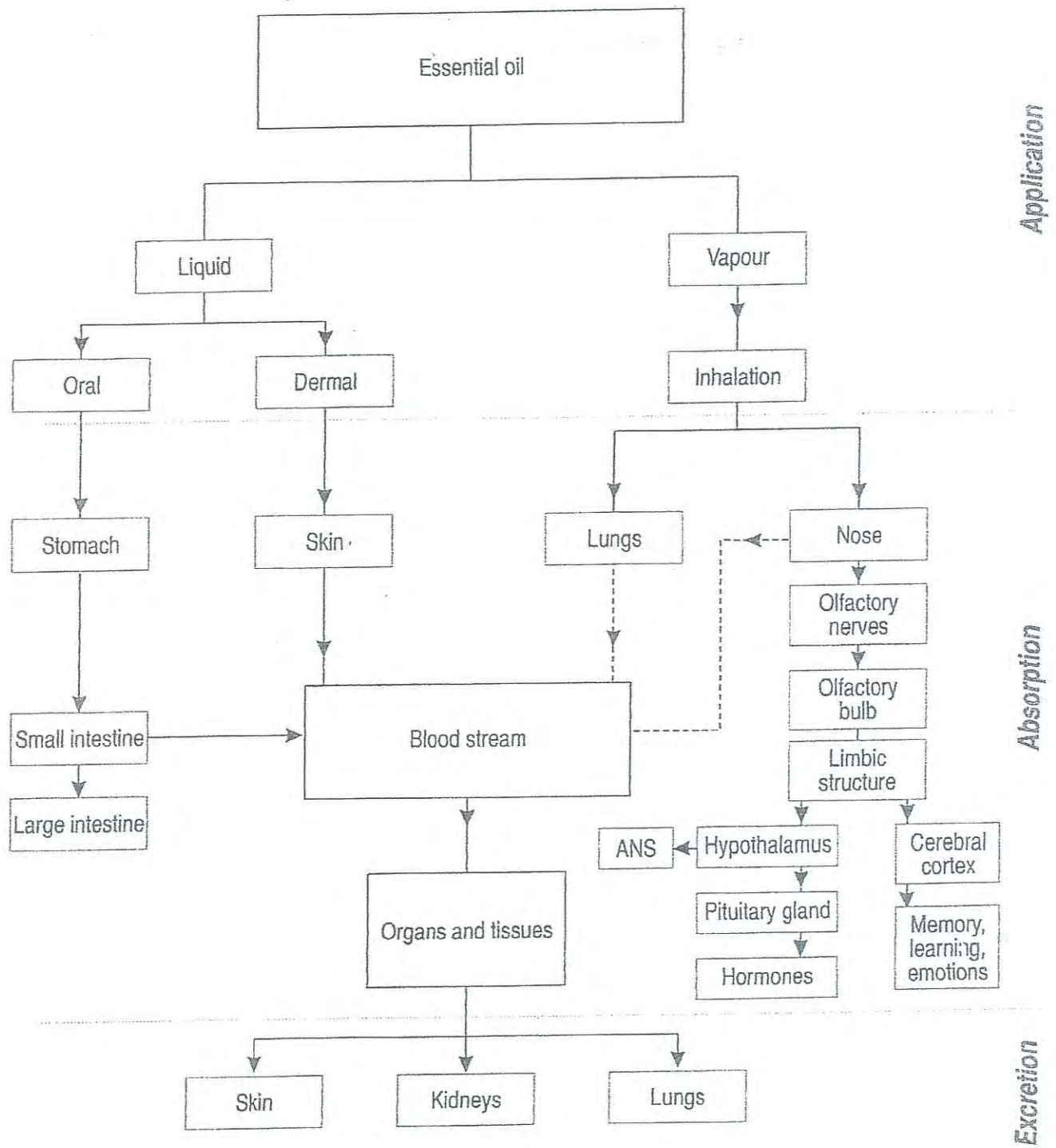
As the air passages in the lungs subdivide to become smaller, their walls become thinner until the muscles and connective tissue that make up the cell walls are replaced by a single layer of cells. The exchange of gases between air in the alveoli and blood in the capillaries takes place across these two fine membranes.

THE CIRCULATORY SYSTEM

The circulatory system is the main transport system of the body. Essential oils are absorbed into the body's circulatory system via the skin or the mucosa. Once in the bloodstream the oil molecules can travel through it to the areas where they are most needed or can do most good.



ABOVE Essential oils enter the circulatory system by absorption through the skin, or by nasal inhalation.



Pathway to illustrate how essential oils are absorbed into the body. The dotted lines indicate only trace amounts of essential oils being absorbed.

THE OLFACTORY SYSTEM

