



Module 5

Course Manual

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Instructions for Module 5

Please take some time to read through this module. This module contains the remaining essential oil profiles. So you can now complete your Essential Oil Tables.

Once you have completed the tables please email it to me for marking to:

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I recommend that you also carry out some background reading to support your learning during this module.

Main topics covered by Module 5:

- Aftercare Advice and Home Treatment following an Aromatherapy Treatment
- The Physiological and Psychological Effects of Aromatherapy on the Body Systems
- Essential Oil profiles
 - Bergamot
 - Cypress
 - Eucalyptus citriodora
 - Eucalyptus radiata
 - Eucalyptus smithii
 - Fennel
 - Grapefruit
 - Petitgrain
 - Melissa
 - Myrrh
 - Orange (bitter)
 - Rose
 - Rose damask
 - Vetivert

Aftercare Advice and Home Treatment following an Aromatherapy Treatment

Aftercare Advice

It is good practice as a qualified therapist to advise the client on what to do and what to expect after an aromatherapy massage or home treatment. But it is also important to suggest, in the light of your experience and if appropriate, ways to help balance the client's system, for example with nutrition or with an exercise regime

It is also crucial, if you believe this client's needs are beyond your skills, to feel able to recommend them to their GP or to other health care professionals. Make sure you record any such recommendations on their treatment plan.

- Immediately following a massage; allow the client time to revive, sit the client up carefully, give them water and your feedback.

Inform your client of the following aftercare to prolong the treatment benefits:

- Do not take a bath or shower for 6-8 hours following an aromatherapy massage to allow time for the absorption of the essential oils and carrier oil.
- Do not drink alcohol, tea, coffee or eat a heavy meal immediately following the treatment as this will interfere with the cleansing process.
- Advise the client to drink plenty of water to enhance the cleansing process and help with the elimination of toxins and waste. *Always offer the client a glass of water immediately after the treatment.*
- Aim to eat healthy food following a treatment.
- Take plenty of exercise.
- Do not smoke.

- Advise the client to be aware of their posture, sleep patterns, time to rest, relaxation techniques, hobbies and interests and stress levels.
- Ensure the client is aware that they may experience a possible reaction (**healing crisis**) to the treatment. This may be a headache, tiredness, muscular aches or an increase in urine or bowel movement. Reassure the client that this is perfectly normal and that it is all part of the elimination process. It will pass within 48 hours and is the result of positive healing within the body.
- Advise the client that they need to listen to their intuition about what their body wants them to do; take more rest or do some light work. Some people experience an increase in energy levels, others a decrease, but whatever they do experience it is important to take as much rest as possible to enhance the effects of the treatment.
- Encourage the client to include an aromatherapy treatment as part of their holistic lifestyle, to include their home treatment as a part of everyday life and to generally improve their lifestyle and well-being.

Ensure that you ask the client to let you know if they experience a healing crisis so that you can record this on their treatment plan. Also inform them of any observations you have made during their treatment.

It is important to advise them of the benefits of having a course of treatments; it may take time for the benefit of the treatment to be noticed, it may take time for any patterns of imbalanced energy to be altered and some people respond quicker to the treatment than others. So recommend a treatment plan with your reasons for this. It may include a course of massage as well as home treatment to enhance the effects.

Home Treatment

Home treatment is an important part of aromatherapy because:

- It reinforces and enhances the benefits of the massage treatment.
- It can replace the massage treatment if it is not appropriate for the client to have a massage.
- It ensures the client receives repeated doses of the remedial essential oils for the condition.
- Helps the client to take responsibility for their healing process.
- It might remind the client to act on any of your suggestions regarding lifestyle changes.

Home treatment can include the following:

- Using a prepared blend of essential oils in the carrier oil for self-massage application or bath use.
- Preparing the blend of essential oils in a cream, lotion, gel wash, bath salts or other.
- Preparing the blend of essential oils neat in a bottle so that they can put a drop on the pillow or in an oil burner to balance their emotional needs.

MAKE SURE YOU GIVE CLEAR INSTRUCTIONS ON HOW THE CLIENT SHOULD USE THE HOME TREATMENT.

Record this in your treatment plan.

The Physiological and Psychological Effects of Aromatherapy on the Body Systems

To understand the benefits of aromatherapy massage and an aromatherapy product, it is important to appreciate how the body responds physiologically. Two principal types of responses are involved:

1. Mechanical – where there is a response to the pressure of the stroke and manipulation of the tissue.
2. Reflex – in which the nerves respond to the stimulation.

It is important to remember, too, that all the body systems are interconnected and consequently the physical and psychological effects cannot be truly separated.

There is also a third response and that is the body's reaction to the individual essential oils used in the aromatherapy massage or product. The nature of the effects experienced will depend on which essential oils have been used. Once the essential oils have entered the blood stream they can have a physiological effect in the body, psychological effects can result from the inhalation of the different oils.

General Physiological Effects

Effects on Cells and Tissues:

1. Increased blood supply causes rapid cell renewal.
2. Helps to rid the tissues of waste thus enabling improved function.

Effects on the Skin (Integumentary System):

1. Improves skin circulation, increasing nutrition to the cells and encouraging cell regeneration.
2. It warms the skin to produce erythema. Vaso-dilation of the surface capillaries helps to improve the colour of the skin.
3. Improves desquamation (the removal of dead skin cells) thus enhancing the texture and appearance of the skin.
4. Stimulates the sweat and sebaceous glands to give a cleansing effect, helping the excretion of waste products. It will also open them if they are blocked.

5. Improves the blood supply to the sebaceous glands leading to an increased sebum production which softens the skin and makes it more supple.
6. Aromatherapy massage can soften the hard fat in the adipose tissue in the dermis and speed up its removal by dispersing it into the circulatory system.

Effects on the Muscular System:

1. Improves muscle tone and helps maintain elasticity and flexibility of muscle fibres.
2. Increases blood circulation, bringing more oxygen and nutrients to the muscle tissues.
3. Promotes rapid removal of waste products, lactic acid and toxins, reducing muscle fatigue and soreness.
4. Helps to reduce adhesions in muscle tissue that may develop after an injury. Aromatherapy massage can help to loosen and release adhesions allowing more mobility in the joints, more movement in the muscles and therefore increase the range of movement.
5. Muscles that are tense and contracted can become relaxed after an aromatherapy massage.

Effects on the Skeletal System:

Aromatherapy massage does not have any direct effect on the bones but it can:

1. Increase blood circulation thus bringing more oxygen and nutrients to the bones, and waste products and toxins are removed more quickly.
2. Helps to free adhesions, break down scar tissue and decrease inflammation, thereby reducing the physical stress placed on bones and joints.

Effects on the Circulatory/Cardiovascular System:

1. Improves venous blood flow back to the heart.
2. Causes dilation of the superficial capillaries, producing skin erythema and warming the area.
3. Produces enhanced blood flow, increasing the delivery of fresh

oxygen and nutrients to the tissues, and aiding the removal of waste products such as toxins and carbon dioxide.

4. It may decrease heart rate due to relaxation.
5. A relaxing slow aromatherapy massage may reduce high blood pressure.
6. The underlying tissue is better nourished and improves in condition with faster recovery and repair due to the increase in nutrients.

Effects on the Lymphatic and Immune System:

1. Stimulates the flow of lymph in the lymphatic capillaries and superficial vessels.
2. Reduces oedema by increasing lymphatic drainage, and increases the removal of waste (carbon dioxide and lactic acid) from the system which helps to prevent fatigue.
3. Regular aromatherapy massage may help to strengthen the immune system, due to the increase in white blood cells.

Effects on the Nervous System:

1. Aromatherapy massage stimulates sensory nerve receptors in the skin. Slow rhythmic strokes (effleurage) produce a sedative effect on nerve endings.
2. Applying aromatherapy massage to painful areas, especially around the neck and shoulders, will lead to a temporary numbing and ultimately to pain relief by stimulating the release of endorphins.
3. It stimulates the parasympathetic nervous system, helping to promote relaxation and the reduction of stress.

Effects on the Respiratory System:

1. Aromatherapy massage deepens respiration and improves lung capacity by relaxing any tightness in the respiratory muscles thus improve the elasticity of the lung tissue.
2. Improves gaseous exchange within the lungs.
3. It slows down the rate of respiration due to reduced stimulation of the sympathetic nervous system.

Effects on the Digestive System:

1. Increases peristalsis in the large intestine helping to relieve constipation and flatulence.
2. Promotes the activity of the parasympathetic nervous system thus stimulating digestion.

Effects on the Urinary System:

1. Aromatherapy massage increases urinary output due to the increased blood circulation and lymph drainage from the tissues.

Effects on the Endocrine System:

1. Speeds up the circulation of hormones and therefore maintains homeostasis within the body.

Effects on the Reproductive System:

1. Reduces depression and anxiety associated with PMS.
2. Reduces excess fluid retention.
3. Helps to prepare for the birthing process.

General Psychological Effects

A client may fall asleep during a relaxing aromatherapy massage but most tend to fall into a deep state of relaxation. Some clients can feel more refreshed afterwards than following a full night's sleep; others will say that they now slept really well at night.

An aromatherapy massage and an aromatherapy product can have the following psychological effects:

1. Reduces stress and anxiety by relaxing the mind and body.
2. Creates a feeling of 'well-being' and enhances self-esteem and confidence.
3. Promotes positive postural body awareness and improves body image.

4. Aids the release of emotions and relief of repressed feelings triggering a 'letting go' process as the client relaxes and tension is released.
5. Improves concentration and alertness due to an increased oxygen supply to the brain.
6. Increases energy levels brought about by the release of tension.
7. Can also be generally invigorating and uplifting.

Essential Oil Profiles

Module 5

Bergamot

Citrus bergamia

Bergamot oil is produced from the peel of a small green/yellow citrus orange-type fruit. The tree grows up to 15ft, and although originally native to tropical Asia, it is now grown in Southern Italy and the Ivory Coast. The oil gained its name from the town of Bergamo in northern Italy where it was first imported.

Until recently Bergamot was used in suntan products for its fast tanning properties, however, the constituent of Bergaptene has now been found to be sensitising in certain cases and can cause odd skin pigmentation. Therefore if you use this oil on your skin before direct sunlight or sun bed exposure use the Bergaptene free oil. Bergamot is also the flavouring in Earl Grey Tea.

Bergamot is very uplifting to both mind and body and is an invaluable choice for depression and stress-related conditions. Research has also highlighted that it has healing properties for the skin, mouth, respiratory and urinary conditions.

Plant source: Peel of small orange-like fruit.

Plant family: Rutaceae

Country of origin: Italy, Morocco

Method of production: Cold expression.

Aroma characteristics: Light, delicate, spicy lemon/orange aroma with slight floral overtones, very refreshing and uplifting.

Odour intensity: Medium

Note: Top

Blends well with; the Chamomiles, Cypress, Eucalyptus, Geranium, Jasmine, Lavender, Lemon, Marjoram, Neroli, Palmarosa, Patchouli, Rose and Ylang Ylang.

Main chemical constituents;

It comprises up to 300 components featuring esters, monoterpenes, alcohols, lactones and furocoumarins (Bergaptene).

Bergamot's key properties are:

Analgesic	Anti-depressant		
Antiseptic (pulmonary & genitor-urinary)		Antispasmodic	Antiviral
Astringent	Carminative	Diuretic	Laxative
Parasiticial	Rubefacient	Stomachic	Stimulant
Tonic	Vulnerary		

Aromatherapy use:

Skin: Inflammations, acne, excess oil, boils, cold sores, eczema, psoriasis, insect bites/repellents, wounds, ulcers and congested skin.

Digestive System: Flatulence, colic, indigestion, loss of appetite, anorexia, dyspepsia and sluggish bile.

Immune System: Colds, cold sores, chicken pox, shingles, sore throats, tonsillitis, fever and infectious diseases.

Respiratory System: Colds, flu, asthma, bronchitis, catarrh and coughs.

Nervous System: Anxiety, depression and stress-related problems.

Urinary System: Cystitis and thrush.

Psychological profile: Bergamot is useful for anger, anxiety, depression, despair, grief, lack of confidence, lack of courage, nervous tension, negativity and worry.

Safety Data: Due to the chemical constituent Bergapetene, Bergomot can be phototoxic. Exercise care in dermal application: do not expose skin to sunlight, use Bergapetene-free when possible. It is non-toxic and non-irritant.

Use during Pregnancy: Use in small amounts and well diluted.

Bergamot is uplifting and refreshing especially for low self-esteem.

Cypress

Cupressus sempervirens

Cypress is a tall evergreen tree with slender branches and a slender conical shape. Paul Vasseur is quoted in Valnet, 1982, as saying it is 'an exclamation point on a happy landscape'. Cypress was used by ancient Assyrians and has been part of southern European traditional medicine. As an evergreen, Egyptians, Greeks and Romans also associated it with death and rebirth and planted it in cemeteries. It is also used in Ayurvedic medicine and the Chinese eat the nuts to help with liver, respiratory and sweating disorders.

The Greek word 'sempervirens' for which the botanical name is derived means 'live forever'.

The key property of Cypress is that it is a powerful astringent, excellent for circulation and is an effective hormonal oil. It is repeatedly good for coughs and respiratory complaints.

Plant source: Needles, twigs and cones of the tree.

Plant family: Cupressaceae

Country of origin: France, Spain

Method of production: Steam distillation.

Aroma characteristics: Pleasant smoky, forest aroma, clear and refreshing.

Odour intensity: Medium

Note: Middle to Base

Blends well with; Benzoin, Bergamot, Clary Sage, Juniper, Lavender, Lemon, Orange, Pine, Rosemary, Sandalwood.

Main chemical constituents:

Features terpenes, alcohols, esters, sesquiterpenes and oxides.

Cypress's key properties are:

Antirheumatic	Antiseptic	Astringent
Antispasmodic (including respiratory muscles)		
Deodorant	Diuretic	Febrifuge
Haemostatic	Hepatic	Sedative
Tonic	Vasoconstrictor	

Aromatherapy use:

Skin: Excessive odour and sweating of feet, excessive oiliness, acne, bleeding gums, wounds, insect and flea repellent and aftershave.

Circulatory System: Poor circulation, haemorrhoids, varicose veins, cellulite and oedema.

Immune System: Coughs, flu and fever.

Endocrine System: Menstrual problems, menopausal symptoms and strengthens glandular function.

Muscular-skeletal System: Muscular aches and pains, muscle spasms, arthritis and joint pain.

Nervous System: Nervous tension, irritability and stress.

Respiratory System: Asthma, bronchitis, whooping cough and flu.

Urinary System: Bed wetting, incontinence and cystitis.

Psychological profile: Cypress is useful for bereavement, confusion, despondency, emotional instability, frustration, impatience, irritability, lack of trust, mood swings, nervous tension, feelings of regret, self-loathing, sorrow and withdrawal.

Safety data: Non-toxic, non-irritant and non-sensitising.

Use during Pregnancy: Use in small amounts and well diluted.

Cypress is a grounding oil.

Eucalyptus (Lemon)

Eucalyptus citriodora

Both Western and Eastern medicine have used Eucalyptus for its support of the respiratory system, and it is a popular ingredient for cough and throat medicine and chest ointments. It is also traditionally used to perfume linen closets and as an insect repellent.

Traditional folk medicine has used its cooling effect to ease feverish conditions. There is another historic reason why Eucalyptus is also commonly called "Fever tree": When the British colonists came to Australia, they found that planting Eucalyptus groves helped to keep insects and thereby contagious diseases at bay. Being highly water-hungry plants, the Eucalyptus trees also aided in drying out waterlogged, marshy soils, turning them into arable land, and reducing the breeding grounds for mosquitoes. Today 75% of all trees grown in Australia are of the Eucalyptus family.

Plant source: Leaves

Plant family: Myrtaceae (myrtle)

Country of origin: China, India, Australia

Method of extraction: Steam distillation

Aroma characteristics: Fresh, cooling, camphoraceous, with woody undertones. As the name suggests, this Eucalyptus has a distinct citrus-like quality that is much like citronella/lemongrass. Its aroma is fresh and strong with pleasant, soft undertones.

Odour intensity: Medium

Note: Top

Blends well with: Citrus oils, other Eucalyptus oils and Lavender.

Main chemical constituents:

Features Citronella (75-85%) and Neo-isopulegol + Isopulegol (up to 10%)

Eucalyptus citriodora's key properties are:

Antiseptic	Analgesic	Antiviral	Antibacterial
Antifungal	Expectorant	Insecticidal	

Aromatherapy Use:

Skin Care: Cold sores, inflammation, infected skin and wounds and burns.

Digestive System: Diarrhoea

Immune System: Colds, bronchitis, sore throats, fevers, chills and flu.

Respiratory System: Asthma, respiratory infections, influenza

Nervous System: Nervous tension and stress-related problems.

Muscular-skeletal System: Painful joints and muscles, sports related injuries, arthritis and rheumatic pain.

Urinary System: Vaginal infections

Other uses: Excellent insect repellent.

Psychological Profile: Warming so can help anxiety and stress-related problems.

Safety Data: Non-toxic. Never ingest Eucalyptus, very toxic orally. Keep away from children, since even small amounts are toxic. May interfere with homeopathic treatments.

Use during Pregnancy: Use in low dilutions.

Eucalyptus

Eucalyptus radiata

Eucalyptus radiata has many of the same supportive properties as Eucalyptus globulus. It is cooling, refreshing, and energizing. Lighter in smell than Eucalyptus globulus, and because it is relatively gentle and non-irritating, it is the preferred choice for using with children and the elderly as it is softer. This variety is one of the most versatile of the eucalyptus oils and is suitable for topical use, diffusing, and even direct inhalation.

It can be inhaled directly to ease chest congestion and shift mucous (it does not trigger the cough reflex like globulus can). It is a very gentle way to clear blocked sinuses and a good immuno stimulant, it is beneficial to people who are run down or prone to frequent infections.

Skin Care: it is very useful in foot creams to give the whole body a systemic application through the feet reflexes. It is anti inflammatory and good for aching joints and muscles so include in gardeners hand creams, arthritis and rheumatism creams and gels.

Safety Data: Non-toxic. Never ingest Eucalyptus, very toxic orally. Keep away from children, since even small amounts are toxic. May interfere with homeopathic treatments.

Eucalyptus

Eucalyptus smithii

There are over 700 species of Eucalyptus of which fewer than 20 have been exploited commercially, many of them outside Australia. Eucalyptus Smithii is commonly known as 'gully gum' or 'white iron bark' and also Smith's gum after H G Smith, Australia's foremost pioneer of eucalyptus essential oil.

The name comes from the Greek word 'eucalyptos' meaning 'well covered' because the flower buds are covered with a cup like membrane which is thrown off as the flower expands.

This is the mildest of Eucalyptus, safe for children and the elderly and may be used for relatively long periods of time. Some authorities recommend it as a preventative as it can affect the entire respiratory system and immune system. It is excellent in a room diffuser as a disinfectant but it can trigger a cough reflex if breathed in too close.

Plant source: Fresh or partially dried leaves

Plant family: Myrtaceae

Country of origin: Australia, South Africa

Method of extraction: Steam distillation

Aroma characteristics: Camphoraceous with woody undertones

Odour intensity: Medium

Note: Top to Middle

Blends well with: Ravensara and other Eucalyptus oils and citrus oils.

Main chemical constituents:

Features 1,8-cineole (around 80%), pinene, terpinenol and globulol.

Eucalyptus smithii's key properties are:

Antiseptic	Antifungal	Analgesic	Antispasmodic
Antibacterial	Antimalarial	Antiparasitic	Decongestant
Diaphoretic	Expectorant	Febrifuge	
Hypoglycemic agent			
Heals wounds	Insectfungal		
Stimulates blood flow		Stimulates mucous secretions	
Stimulant – morning		Relaxant - evening	

Aromatherapy Use:

Skin Care: Cold sores, inflammation, infected skin and wounds and burns.

Digestive System: Diarrhoea

Immune System: Colds, bronchitis, sore throats, fevers, chills and flu.

Respiratory System: Asthma, respiratory infections, influenza

Nervous System: Nervous tension and stress-related problems.

Muscular-skeletal System: Painful joints and muscles, arthritis and rheumatic pain.

Urinary System: Vaginal infections

Psychological Profile: Warming so can help anxiety and stress-related problems.

Safety Data: Non-toxic, non-irritant and non-sensitising. May irritate sensitive skins if used in high dilution. Toxic if taken internally.

Infants and small children should not have preparations containing the oil applied to their faces as this can lead to bronchial spasms, asthma like attacks, or even death by asphyxiation.

Eucalyptus should not be used by individuals with inflamed gastrointestinal tracts or bile ducts, or with liver disease.

Use during Pregnancy: Use in very low dilutions.

Fennel

Foeniculum vulgare

The Egyptians and Romans recognised Fennel for its stomachic and antitoxic properties. It was believed to ward off evil spirits and to protect against spells cast by witches during medieval times. Sprigs were hung over doors to fend off evil phantasms. For hundreds of years, fennel seeds have been used as a digestive aid and to balance menstrual cycles.

Fennel was also thought to be helpful for various afflictions to the eyes, especially cataracts. It was popular as a slimming aid as it gave a feeling of fullness and along with Dill was used in 'Gripewater' to help infants with colic. It was also planted near dog kennels because it was thought to ward off dog fleas. It is a digestive tonic and has excellent detoxifying effects.

Plant source: Crushed seeds of the herb

Plant family: Apiaceae or Umbelliferae (parsley)

Country of origin: Hungary

Method of extraction: Steam distillation

Aroma characteristics: Aniseed, both floral and herby, a slightly spicy aroma

Odour intensity: High

Note: Top to Middle

Blends well with: Basil, Geranium, Lavender, Lemon, Orange, Rose, Rosemary and Sandalwood.

Main chemical constituents:

Anisic, Cuminic (Aldehydes), Fenchone (Ketone), Anethole, Methylchavicol (Phenols), Camphene, Dipentene, Limonene and Phellandrene (Terpenes).

Fennel's key properties are:

Antiseptic	Antispasmodic	Aperitif	Antidiabetic
Anit-inflammatory	Antitumoral	Analgesic	Carminative
Digestive aid	Detoxicant	Diuretic	Emmenagogue
Expectorant	Galactagogue	Insecticide	Laxative
Splenetic	Stimulant	Stomachic	Sudorific
Tonic	Vermifuge		

Aromatherapy Use:

Skin Care: Boils, swellings, bruises, dull, oily and mature skins, tightens and tones the skin, wrinkles and inhibits ageing.

Circulatory System: Poor circulation, cellulite, fluid retention, obesity, angina, palpitations and Raynaud's disease.

Muscular-skeletal System: Aches, pains, joint pain and arthritis (via its alterative, blood-purifying effects and improvement of kidney function).

Respiratory System: Phlegm, congestion in the chest and sinuses, colds, asthma, bronchitis, rapid breathing and whooping cough.

Digestive System: Weak digestion, flatulence, constipation, colic, dyspepsia, colitis, nausea, diabetes, intestinal parasites, anorexia and obesity.

Immune System: Coughs and flu.

Urinary System: Fluid retention, cystitis, infections, stones, urinary tract infection, retention of urine and gout.

Endocrine System: Pre-menstrual tension, menopausal problems and menstrual problems.

Nervous System: Digestive cramps, spasm and paralysis.

Other Uses: Insect repellent.

Psychological Profile: Fennel is useful for boredom, emotional instability, emotional blockages, fear of failure, hostility, inability to adjust, lack of confidence, mental weakness and if feeling overburdened.

Safety Data:

- Non-irritating, generally non-toxic but is narcotic in large doses.
- DO NOT USE FOR CHILDREN UNDER 6 YEARS OLD.
- DO NOT USE FOR EPILEPSY.
- Avoid distilled bitter fennel as this is high in ketones.

Use during Pregnancy: DO NOT USE DURING PREGNANCY.

Fennel is a balancing oil, it is said to give strength and courage in adversity and bestows longevity.

Grapefruit

Citrus paradisi

Grapefruit was introduced to the West Indies in the 18th Century and was once known as Shaddock fruit (its smaller ancestor). Grapefruit is high in Vitamin C and is therefore valuable to the immune system. It helps protect against colds and flu, has a very positive effect on obesity and also has diuretic properties, helping to remove excess water from the body and is therefore also great for treating cellulite.

It has an uplifting effect on the mood and helps with stress and depression. It is used with great success to combat muscle fatigue and stiffness while stimulating the lymphatic system and thereby clearing the body of toxins. It helps to clear congested oily skin and also assists with acne, while toning the skin and tissues. Grapefruit is used in hair care to promote hair growth.

Plant source: Rind/peel of the fruit

Plant family: Rutaceae (citrus)

Country of origin: South Africa and California

Method of extraction: Cold pressed

Aroma characteristics: Fresh, sharp, citrus aroma

Odour intensity: Medium

Note: Top

Blends well with: Citrus oils, Cardamom, Cypress, Geranium, Lavender, Palmarosa and Lavender

Main chemical constituents:

Limonene (88-95%) – studied for its ability to combat tumour growth in over 50 clinical studies

Myrcene (1-4%)

Aldehydes, Esters, Alcohols, Ketones, Lactones and Coumarins.

Grapefruit's key properties are:

Antitumoral	Antiseptic	Aperitif	Antidepressant
Astringent	Bactericidal	Carminative	Detoxifying
Digestive tonic	Diuretic		

Cleansing for kidneys, lymphatic and vascular system
Metabolic stimulant
Tonic

Aromatherapy Use:

Skin Care: Acne, congested skin, oily skin, aged and damaged skin and promotes hair growth.

Circulatory System: Circulation, cellulite and fluid retention

Muscular-skeletal System: Fatigue, use before exercise to prepare muscles.

Digestive System: Weak digestion, poor appetite and anorexia.

Immune System: Colds, chills and flu.

Nervous System: Headaches, stress, exhaustion and depression.

Psychological Profile: Grapefruit is useful for sadness, dejection, balancing, uplifting.

Safety Data: Non-toxic, non-irritant and non-sensitising. May be phototoxic so avoid exposure to sunlight after application as it contains traces of bergapten. Avoid in pregnancy and epilepsy.

Use during Pregnancy: DO NOT USE DURING PREGNANCY

Grapefruit is also used for soaps, toiletries, cosmetics, perfumes and flavouring for food.

Petitgrain

Citrus Aurantium

Petitgrain is distilled from the leaves and young tips of the bitter orange tree (which also gives us Neroli). The oil used to be extracted from the tiny green unripe oranges, hence the name 'Petitgrains' meaning little grains but this method was too costly. It is also obtained from the leaves, twigs and fruit of the sweet orange, bergamot, mandarin and lemon trees.

Petitgrain is said to have a sedative effect although slightly less than Neroli: it is a great oil when used in the treatment of depression, and insomnia when that arises with feelings of loneliness or despair. It is also an excellent oil when used in skincare. It is a sebum regulator with antiseptic properties, helps with acne problems, and is effective with the oily type of dandruff and has excellent deodorising properties. It is a refreshing oil which has very beneficial effects on the digestive system and minor stress-related conditions.

Plant source: Leaves and twigs of the tree.

Plant family: Rutaceae

Country of origin: Paraguay

Method of production: Steam distillation.

Aroma characteristics: Fresh, invigorating, slightly floral aroma with a woody herbaceous undertone (resembles Neroli but is slightly more bitter).

Odour intensity: Medium

Note: Middle to top

Blends well with; Bergamot, Geranium, Lavender, Melissa, Neroli, Orange, Palmarosa, Rosemary, Rosewood, Sandalwood and Ylang Ylang.

Main chemical constituents:

Features esters, alcohols, terpenes, lactones and phenols.

Petitgrain's key properties:

Antidepressant	Antiseptic	Antispasmodic
Anti-inflammatory	Deodrant	Digestive
Nervine	Relaxant	Stomachic
Stimulant	Tonic	

Aromatherapy use:

Skin: Acne and oily skins, excessive perspiration and oily hair.

Digestive System: Flatulence, indigestion and dyspepsia.

Respiratory System: Bronchitis.

Nervous System: Insomnia, nervous fatigue, depression, convalescence and stress-related conditions.

Psychological profile: Petitgrain is helpful for anger, confusion, disappointment, emotional shock, rationality, mental fatigue, overactive mind and sadness.

Safety data: Non-toxic, non-irritating, non-sensitising and non-phototoxic.

Use during Pregnancy: Use in small amounts and well diluted.

Petitgrain is an oil which will cheer and uplift.

Melissa

Melissa Officinalis

Melissa is a fragrant perennial herb that has been known since ancient times and was prized by the Greeks and Romans for healing wounds. It was probably introduced to Britain by the Romans, and was also developed by Arab physicians specifically for anxiety and depression. It helps with strengthening the memory and chasing away melancholy.

Melissa is particularly associated with nervous disorders, the heart and the emotions. It aids digestive disorders and respiratory complaints from a nervous origin.

Plant source: Leaves and flowering tops of the herb.

Method of production: Steam distillation.

Aroma characteristics: Sweet, lemon-like with floral overtones.

Odour intensity: Medium to high

Note: Middle

Blends well with; The Chamomiles, Frankincense, Geranium, Ginger, Jasmine, Juniper, Lavender, Marjoram, Neroli, Rose, Rosemary and Ylang Ylang.

Main chemical constituents:

Features aldehydes, sesquiterpenes, ketones, oxides, esters, traces of lactones and coumarines.

Melissa's key properties:

Antiallergenic	Antidepressant	Antispasmodic	Carminative
Digestive	Febrifuge	Hypertensive	Insect repellent
Nervine	Sedative	Stomachic	Tonic
Uterine			

Aromatherapy use:

Skin: Good for all skin types, particularly effective on very sensitive/allergic skin types, insect bites and eczema. Use in low concentrations.

Digestive System: Flatulence, gastric spasms, nausea, dyspepsia, indigestion and colic. Especially good for children (use in low dilution).

Circulatory System: Hypertension and palpitations.

Respiratory System: Asthma, bronchitis, coughs, catarrh and hyperventilation.

Immune System: Fevers, infections, colds, flu, bronchitis, shingles, chickenpox and mumps.

Reproductive System: Pre-menstrual tension, painful menstruation, difficulties of conception, irregular periods and ovulation.

Nervous System: Migraines, headaches, anxiety, depression, stress, shock, vertigo, insomnia and paranoia.

Psychological profile: Melissa is helpful for grief, hypersensitivity, mental blocks, nervous tension, negativity, panic and shock.

Safety Data: Non-toxic, may cause sensitisation and dermal irritation in some individuals (avoid use with very sensitive skins). Use in low dilutions only especially for children.

Use during Pregnancy: *DO NOT USE DURING PREGNANCY*

Melissa is helpful for depression, anxiety, paranoia, shock, bereavement. It is soothing, calming and invigorating, uplifting to the mind and spirit.

Myrrh

Commiphora Myrrha

Myrrh is a resin exuded as a pale yellow liquid from incisions in the bark of the Commiphora myrrha tree, which is native to semi-desert regions and Africa and southwest Asia. It is available as a resinoid and as a warm, slightly spicy essential oil.

It is supposedly one of the three gifts brought to the infant Jesus but the use of myrrh actually dates much further back, to nearly 4,000 years ago. It was used by ancient Egyptians for embalming and perfumery, and by the ancient Greeks as a healing ointment. Throughout history, Myrrh has been held in high regard as an antiseptic and anti-inflammatory treatment for slow healing wounds and weepy skin conditions. It also has anti-fungal actions so it is recommended for athlete's foot and chapped/cracked skin.

Plant origin: The gum from the trunk (oleoresin).

Plant family: Burseraceae

Country of origin: Somalia

Method of extraction: Resinoid by solvent extraction and steam distillation from the crude myrrh.

Aroma characteristics: Smoky and musky.

Odour intensity: High

Note: Base

Blends well with; Benzoin, Frankincense, Lavender, Orange, Patchouli and Sandalwood.

Main chemical constituents:

Features alcohols, sesquiterpenes, ketones, phenols, aldehydes, traces of esters and monoterpenes.

Myrrh's key properties:

Antiseptic	Astringent	Antioxidant
Antitumoral	Anti-inflammatory	Antiviral
Antiparasitic	Analgesic	Carminative
Diuretic	Emmenagogue	Expectorant
Fungicidal	Rejuvenating	Stimulant
Stomachic	Uterine	Vulnerary
Tonic to mucous membranes, uterine muscle and whole system		

Aromatherapy use:

Skin: Good for mature, weak or damaged skin, cracked or chapped skin, wounds, eczema, stretch marks, ringworm, fungal infections, athlete's foot, use on wounds slow to heal and ulcers.

Digestive System: Diarrhoea, flatulence and loss of appetite.

Muscular-skeletal System: Arthritis.

Respiratory System: Coughs, catarrh, bronchitis, sore throats, flu and mucous membrane irritation.

Reproductive System: Pre-menstrual tension, pelvic inflammatory disease and thrush.

Psychological profile: Myrrh is helpful for fear and uncertainty about the future, agitation, restlessness and where there is a tendency to overreact emotionally.

Safety data: Non-irritating, non-sensitising but possibly toxic in high concentrations.

Use during Pregnancy: *DO NOT USE DURING PREGNANCY*

Myrrh calms the mind and clears confusion to reveal the way forward. It can promote spiritual awareness and is uplifting.

Orange (Bitter)

Citrus Aurantium var.armara

Orange has been a symbol of innocence and fertility. The Arabic 'Narandj' is the root word for Orange and it is possible that the Crusaders, along with many other spoils, brought the fruit to Europe. Certainly it was known in England around the 16th Century. The orange travelled to California on the boats carrying the early missionaries where an important industry now exists. The oil is used in perfume and food industries.

Plant source: The peel and leaf

Plant family: Rutaceae (citrus)

Country of origin: USA, Asia, Italy, China

Method of extraction: Cold pressed/expression

Aroma characteristics: Bitter orange aroma reminiscent of the sweetness of sweet orange and bitterness or grapefruit oil

Odour intensity: Medium

Note: Top

Blends well with: Lavender, Rosemary, Sandalwood, Jasmine, Geranium, Palmarosa and Bergamot.

Main chemical constituents:

Features limonene, myrcene, camphene, pinene, ocimene and cymene.

Bitter Orange's key properties are:

Antiseptic	Antispasmodic	Anti-inflammatory	Astringent
Blood thinning	Carminative	Digestive	Fungicidal
Relaxant	Nervine Sedative	Stomachic	Tonic

Aromatherapy Use:

Skin Care: Dull, congested and oily skins, dry skin, wrinkles and excess perspiration.

Digestive System: It has a calming effect on the stomach especially in nervous states and can help with flatulence, slow digestion and constipation.

Immune System: Colds and flu.

Nervous System: Nervous tension and stress-related problems.

Psychological Profile: Bitter orange is cheering, uplifting and stimulating.

Safety Data: Prolonged use and high dosage may irritate sensitive skin and it is phototoxic so do not expose to sunlight for 24 hours after use.

Use during Pregnancy: Use in low dilutions.

Rose

Rosa Centifolia (cabbage rose)

Rose is the queen of essential oils: it is the most prized and most valuable. Rose is produced by solvent extraction and the very high price of Rose oil is due to the huge quantity of rose petals needed to extract a tiny amount of oil, and the very high labour cost involved in this method of extraction. It used to be extracted by steam distillation but this yielded only very small amounts of essential oil as a secondary product during the extraction of rosewater. So it is now extracted by the enfleurage method or by solvent extraction. However, the 'attar' or 'otto' of roses extracted in this way is so highly concentrated that only a very small amount is needed for each treatment. The attar is solid in the bottle at room temperature and so has to be warmed before use.

Rose has been used for the skin for thousands of years. The Arab physician, Avicenna, was responsible for first distilling rose oil, eventually, writing an entire book on the attributes of rose water derived from the distillation of rose.

It is one of the most antiseptic essences and combined with its slightly tonic and soothing qualities and the action of the capillaries, it is useful for all types of skin, especially mature, dry or sensitive skin and redness or inflammation. It is also an excellent remedy for the female reproductive system. It has been traditionally used in herbal medicine for its cooling, anti-inflammatory and astringent properties.

Plant source: Fresh petals of flowers of the shrub/plant.

Plant family: Rosaceae

Country of origin: Bulgaria, Turkey

Method of extraction: Solvent extraction, water or steam distillation.

Aroma characteristics: Rose otto has a sweet and mellow aroma with a hint of vanilla, Rose absolute has a deep, rich and sweet honey-rose aroma.

Odour intensity: Very high

Note: Base

Blends well with; Bergamot, the Chamomiles, Clary Sage, Cypress, Geranium, Jasmine, Lavender, Mandarin, Neroli, Orange, Palmarosa, Patchouli and Sandalwood.

Main chemical constituents:

Features alcohols, monoterpenes, esters, phenols, sesquiterpenes and oxides.

Rose's key properties:

Antidepressant	Antiseptic	Antispasmodic
Antiviral	Aphrodisiac	Astringent
Anti-inflammatory	Bactericidal	Depurative
Emmenagogue	Haemostatic	Hepatic
Laxative	Nervine sedative	Relaxant
Sedative	Stomachic	
Tonic (heart, liver, stomach & uterus)		

Aromatherapy use:

Skin: All skin types especially dry, ageing, sensitive, chapped or cracked skin, eczema and herpes.

Circulatory System: Palpitations, Hypertension, poor circulation and Raynaud's disease.

Digestive System: Liver and bile congestion and nausea.

Endocrine System: Pre-menstrual syndrome, irregular and painful periods, uterine disorders, menopausal symptoms, low libido and impotence.

Nervous System: Depression, insomnia, nervous tension, stress-related problems, anxiety, headaches and low self-esteem.

Respiratory System: Asthma, coughs, bronchitis, tuberculosis and hay fever.

Psychological profile: Rose is helpful for bereavement and grief, emotional trauma, lack of confidence, insecurity, lack of self-worth and nervous tension.

Safety data: Non-toxic, non-irritating and non-sensitising.

Use during Pregnancy: Do not use in first 3 months, then use in small amounts and well diluted.

Rose oil uplifts and strengthens, it gives confidence and helps to harmonise the difference aspects of ourselves and inspires our highest nature.

Rose damask

Rosea damascene Mill

The Bulgarian Rosa damascene (high in citronellol) is very different from Rosa centifolia (high in phenyl ethanol). They have different colours, aromas and therapeutic actions.

Main chemical constituents: Citronellol (34-44%), Geraniol (12-28%), Nerol (6-9%) and Phenylethyl Alcohol (0-2%)

Rose damask's key properties:

Anti-inflammatory, relaxant, reduces scarring and anti-ulcer.

It is good for hypertension, anxiety, viral infections (Herpes), skin conditions (scarring and wrinkles) and ulcers.

Fragrant Influence: Its beautiful fragrance is intoxicating and aphrodisiac-like. It helps bring balance and harmony, allowing one to overcome insecurities. It is stimulating and elevating to the mind, creating a sense of well-being.

Vetivert

Vetiveria zizanioides

Vetivert has traditionally been used in Ayurvedic and Indian medicine for millennia. The rootlets are woven into mats and blinds and hung from porches to give relief from heat. Water is sprayed on them to cool and scent the air. It is used as a cooling drink for fevers, inflammations and irritability of the stomach. A paste is made of the root and applied as poultice to burns and hot skin conditions. The grass can be smoked with benzoin to relieve headaches and the distilled essence is given to help with vomiting in cholera.

It is psychologically grounding, calming and stabilising. It helps us to cope with stress and recover from emotional trauma. It has also been found, in clinical tests, to successfully treat ADD and ADHD (attention deficit disorders) in children.

Plant source: Dried roots and rootlets of the tall perennial grass

Plant family: Poaceae or Gramineae (grasses)

Country of origin: Haiti

Method of extraction: Steam distillation

Aroma characteristics: Deep, earthy and smoky aroma

Odour intensity: High

Note: Base

Blends well with: Clary Sage, Geranium, Jasmine, Lavender, Neroli, Patchouli, Rose and Ylang Ylang.

Main chemical constituents:

Features alcohols as vetiverol, ketones as vetivone, monoterpenes as vetivenes and other compounds.

Vetivert's key properties are:

Antiseptic	Anti-spasmodic	Anti-inflammatory	Aphrodisiac
Aperitif	Bactericidal	Depurative	Febrifuge
Circulatory stimulant			
Nervine	Rubifacient	Sedative	Tonic
Promotes production of red blood cells			
Hormone balancing			

Aromatherapy Use:

Skin Care: Acne, cuts, wounds, inflammation, dermatitis, eczema, ageing skin, mature and dry skin and insect bites.

Digestive System: Loss of appetite and anorexia.

Immune System: Fevers, inflammation and heat stroke.

Muscular-skeletal System: Muscular aches and pains, rheumatism and arthritis.

Reproductive System: Menopause, hormone balancing and tonic and an aphrodisiac.

Nervous System: Insomnia, anxiety and stress-related conditions.

Psychological Profile: Vetivert is helpful for an overactive mind, insecurity, over sensitivity, depression, confusion, irritation, hot emotions such as anger, jealousy and hatred.

Safety Data: Non-toxic, non-irritant and non-sensitising.

Use during Pregnancy: Use in low dilutions.

Vetivert is calming and grounding.