

**Guide To Aromatherapy & Essential Oils**

**Aromatherapy and Essential Oil Centre**

# **Guide To Aromatherapy And Essential Oils**



**[www.aromatherapyeoc.com](http://www.aromatherapyeoc.com)**

## **Guide To Aromatherapy & Essential Oils**

The Aromatherapy and Essential Oil Centre is pleased to bring to you a collection of information relating to Aromatherapy and the use of essential oils in every day life. We provide the widest array of Aromatherapy products on the market. We pride ourselves on providing the highest quality of Essential Oils and Botanical Extracts available as well as pre-blended oils, toiletries and lifestyle products that will help you bring Aromatherapy into your life. We hope that you enjoy our publication and that it can impart some additional knowledge and appreciation for the craft of Aromatherapy.

If you don't see what you're looking for, or have questions, please email us and we'll be glad to assist you.

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What is Aromatherapy?

## **Guide To Aromatherapy & Essential Oils**

Before progressing into Aromatherapy blends and practical usage of essential oils it is important to understand the basics of Aromatherapy.

Aromatherapy by definition "is the practice of using plant oils, including essential oils, for psychological and physical well-being."

Aromatherapy involves the use of essential oils distilled from the leaves, fruit, roots of plants, as well as bark from trees, moss and even, in some cases, animals, in order to create a therapeutic or emotional sense of well being.

Aromatherapy has wide ranging benefits, from its use in complimentary medicine to the ability to deliver psychological benefits such as relaxation, sensuality, the relief of nervous tension and stress relief to name a few.

Aromatherapy touches all our lives no matter where we live or what we do. A few examples of the effects of Aroma upon our daily lives can be seen in just a few examples:

A quiet walk down a path on a cool summers night, you pass a jasmine in full bloom, its scent fills the air and your mind.

On a shopping trip to the local mall you pass by a bakery selling hot cinnamon buns still hot from the oven, this drives your senses into overload!

Whenever the aroma brings upon a feeling that's Aromatherapy at work. The art of aromatherapy is to harness the power of plant fragrance, by way of one of the over 400 essential oils available, in order to achieve an emotional or therapeutic benefit.

The good news is that with the right essential oils, anyone can use basic aromatherapy methods without intensive training. It is vital that the highest quality essential oils are used. The best news is that The Aromatherapy and Essential Oil Centre carries one of the largest selection of essential oils and aromatherapy products available.

## History of Aromatherapy

Aromatherapy has been around a very long time and can be traced back to over 4000 years before the birth of Christ. Ancient civilisations used essential oils like cinnamon, ginger, myrrh and sandalwood for their medicinal use. Over 4000 years ago Indian literature listed over 700 plant-based ingredients for their medicinal value. Traditional Indian medicine known as Ayurveda incorporates aromatic massage as one of its main aspects. This form of Aromatherapy has changed little to this day and is becoming very popular in Western Aromatherapy.



Chinese civilizations also mastered the use of essential oils and herbs. In the year 2700 B.C., a Chinese practitioner, Shen Nung authored an herbal book that is the oldest surviving medical book in existence, containing information on over 400 plants. Around the same time, on the other side of the world, the Egyptians were also developing Aromatherapy. They practiced aromatherapy in much the same way the Chinese, by herbal extraction and by burning aromatic woods and incense to show respect to their gods.

When embalming the Pharaohs, the body was first filled with a blend of palm wine infused with the herbs of Chamomile and Galbanum, which cleansed the body before being filled with massive amounts of the oils of Cinnamon, Myrrh Cassia and other aromatic essences. Oils were then rubbed over the body before being wrapped in cloth saturated with the essential oils or Myrrh, Cinnamon, juniper and Cedarwood. This process preserved the mummy for its afterlife.

Besides the religious use of aromatherapy, wealthy Egyptians used essential oils in their everyday life. The Egyptians would use oils as perfume, bath oil, skin and hair care. Ancient Papyri found in The

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Pyramids of Egypt told of the practical use of essential oils in the treatment of all of illnesses as well as how they actually applied the oil. Interestingly similar to the way it is done today.

One of the earliest forms of aromatherapy used by the Egyptians was incense, created from a dried infusion of oils from aromatic plants pressed into cones. They used the incense as offerings to their many gods, a practice still used in religion today.

Along with the Egyptians, Ancient Greeks also mastered the use of essential oils, using them medicinally and cosmetically. Over 1,200 years ago, Pedacius Dioscorides, a Greek physician, authored a book on herbal medicine. Many of his remedies are still in use today in Aromatherapy.

As the Romans expanded their empire into Greece and Egypt, they learned much of their medical knowledge from these advancing societies, using and improving the science of aromatherapy. As the Roman Empire moved towards the Orient, new oils were introduced into Europe from India, China and the Arab Empire via the newly expanding trade routes.

Around 1000 A.D., Avicenna, a physician is believed to have been the first person to incorporate the process known as distillation to distil the essence of rose. Also during this period, alcohol was also first distilled by The Arabs, and then combined with essential oils, creating the first perfumes.

Spanish Conquistadors invading North and South America brought new plants and oils to Europe. The Spanish were amazed at the wealth of medicinal plants found in Incan, Mayan and Aztec botanical gardens and the knowledge they possessed concerning the use of plants in medicine. Together with the South American Indians, The Indians of North American also used aromatic oils and produced their own herbal remedies for both medicinal and religious ceremonies.

Interestingly, it was only until the early 19th century that scientists in Europe began researching the effects of essential oils on humans.

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Rene Maurice Gattefosse, a French chemist, began his research into the healing powers of essential oils after burning his hand in his laboratory and immersing it in lavender oil. It was this accident that impressed him by how quickly the burn healed when treated with an essential oil. In 1937 he published a book about the anti - microbial effects of the oils and first used the word, Aromatherapy. He later went on to set up a business producing oils for use in fragrances and cosmetics

In 1964, Dr. Jean Valnet, a French medical doctor, was impressed by Gattefosse's research and began experimenting in his clinic with essential oils as medical therapy. Impressed by Dr. Valnet's work, Margaret Maury began to apply Valnet's research into her beauty therapy, customising beauty treatments for her clients individually. She was the first person to set up Aromatherapy clinics in Switzerland, London and France would use oils to maintain healthy, youthful skin, now known as the day spa.

Today Aromatherapy is in greater demand than ever before. Besides the clinical and home use, Spas are opening throughout the world catering to people of all walks of life. Spas are opening up in urban areas to cater to the stressed out working man and woman providing them with an hour of pure escapism where they are bathed, massaged, wrapped and treated in recipes that date back to the ancient Greeks, Romans and Orientals, bringing our story full circle. Aromatherapy has also transformed resorts like Bali from budget destinations into high-class, high priced, Spa retreats for the rich providing ancient Indian Aromatherapy remedies to the stress of being wealthy!

Today the Internet is helping to spread the ancient secrets to the world through sites dedicated to educating the public on Aromatherapy as well as sites like [Aromatherapyeoc.com](http://www.aromatherapyeoc.com) that offer most of the essential oils available at a low cost. Together, these sites make it possible for everyone to practice Aromatherapy with the knowledge of professionals.

## How are Essential Oils Produced?

Most people are surprised to learn that for example that it requires 2000kg of rose petals to make 1kg of rose essential oil, 6 tonnes of orange blossom to produce 1kg of neroli, 400kg of thyme to produce 1kg of pure essential oil, and 4 million jasmine flowers to produce 1kg of jasmine absolute. For this reason, many Essential oils are very expensive to produce. This is due to the labour intensive process and the quantity of the plant required to produce the oil.

Essential oils are the pure "essence" of a plant. The oils have been found to provide both psychological and physical benefits when used correctly and safely. There are over 400 essential oils currently available on the market today. Many of these oils are very difficult to find in retail stores. The Aromatherapy and Essential Oil Centre was created to provide most of the oils available today at in order to assist our clients in finding common, as well as rare oils at costs much lower than retail shops. We have highlighted many of these oils on our website.

It is important to note that oils used in perfumery, fragrance oils or "fragrances" are **different** than essential oils. Most perfumes contain chemically based copies of essential oils. This is done to preserve the scent of the perfume and to increase its shelf life. Most fragrances contain unnatural chemicals and do not provide the therapeutic benefits of essential oils.

## More About Aromatherapy Products

As we stated before, not all aromatherapy products labelled with the word "aromatherapy" are pure and natural. Many of these products contain artificial ingredients and do not provide actual aromatherapy benefits. Always check the ingredients if you see "fragrance" or artificial chemicals stay clear. Always look on the bottle for pure essential oils and try to avoid those that have words like fragrance. All products sold by The Aromatherapy and Essential Oil Centre is made from the highest quality, pure essential oil and lists all ingredients that comprise our blends.



## What are Essential Oils?

An Essential Oil is a liquid that is generally distilled using steam or water from the flowers, bark, leaves, seeds, stems, roots, or other elements of a plant. Contrary to the use of the word oil, Essential oils are not an oil in the way most people think. As oils are derived from many different parts of a plant, they are not an oil in the true sense. They come in a variety of colours and consistency, from a clear, watery texture, to a thick, syrupy and dark.

Essential Oils contain the true essence of the plant. They are very concentrated and therefore should be used sparingly. Oils therefore represent outstanding value for money as a little oil goes a long way.

***Essential oils are not the same as perfume or fragrance oils.***

Where essential oils are derived from the true plants, perfume oils are artificially created fragrances and contain artificial substances. Fragrant oils are not to be used in Aromatherapy. Additionally, as it is unknown what chemicals are in fragrance oils, they are never to be consumed. If you see oils at an unnatural price, it is probably a fragrance rather than a true essential oil.

***For detailed profiles on our oils, see our essential oil fact sheets area.***

Essential oils can vary greatly in quality and price. Many factors affect the quality and price of an oil, such as the rarity of the plant, the country where it is distilled and grown and conditions that the plant was grown as well as quality standards of the distiller, and how much oil the plant produces.

The Aromatherapy and Essential Oil Centre offers a wide array of pre-blended, Essential oils that can save you money, as you won't have to purchase each oil individually however, we encourage you to make your own blends from the hundreds of essential oils and absolutes we sell. Be creative!

## What are Absolutes?

Absolutes are highly concentrated aromatic liquids extracted from plants. They are extracted in a complex manner. Absolute distillation requires the use of chemical solvents that are later removed during the final stages of production, thus culminating in a more concentrated essence.

There are reasons for producing absolutes. Many times steam distillation of a plant by steam does not extract as much natural oil from the plant, or in some cases, breaks down the precious natural oil in delicate flowers. The solvent extraction methods are often used in these cases.

As a rule, absolutes are more concentrated than a similar essential oil. Being more concentrated, an absolute goes much further than the essential oil counterpart.

## What are Carrier Oils?

Carrier oils are used to dilute essential oils and absolutes before applying to the skin. The carrier oil serves two purposes:

1. To carry the essential oil onto the skin
2. To dilute the potent oil before use.

The Aromatherapy and Essential Oil Centre offer many different carrier oils that feature different properties and the choice of carrier oil can depend on the therapeutic benefit being sought.

Our carrier oils are mainly cold-pressed vegetable and fruit oils derived from the fatty portions of the plant. Unlike essential oils that evaporate and have a concentrated aroma, carrier oils do not evaporate or impart their aroma as strongly as essential oils.

Our carrier oils include sweet almond, apricot kernel, grape seed, avocado, peanut, olive, pecan, macadamia nut, sesame, evening

primrose, walnut and wheat germ. These differ from supermarket bought oils in that these oils are not generally cold-pressed.

### What are CO2s?

The Aromatherapy and Essential Oil Centre also sells Oils extracted by a method using carbon dioxide, known as, CO2's. This process uses pressurised CO2 carbon dioxide until it becomes a liquid. The liquid carbon dioxide acts as a solvent on the natural plant matter dissolving the essential oil into a liquid carbon dioxide. The CO2 is evaporated back into its gaseous state leaving only essential oil.

We label CO2s as essential oils as opposed to absolutes since no trace of harmful solvents remain. Additionally, essential oil using the CO2 method has an advantage over essential oils because none of the constituents of the oil are damaged by heat.

Oils extracted by carbon dioxide are often thicker than essential oil and often smell closer to the aroma of the natural herb and have a more rounded aroma.

### What are Fragrance Oils?

The Aromatherapy and Essential Oil Centre has chosen not to sell fragrant oils as we only sell pure essential oil. What makes Fragrance oils different from Essential oils? Fragrance oils are artificially created fragrances, contain artificial substances or are diluted with carrier oils. As opposed to Fragrance oils, Essential oils are derived from the true plants, perfume and fragrance and are the only oil suitable for Aromatherapy.

### What are Resins?

Have you ever come upon a pine tree and noticed a sticky substance on the trunk? This is a resin. During the production of resin, trees will be cut in many spots to encourage the tree to produce its resin. Natural resins are extremely thick and sticky. Most liquid resins are extracted by solvent or alcohol extraction. The Aromatherapy and Essential Oil Centre sells a variety of resins.

## Storing Your Essential Oils

The Aromatherapy and Essential Oil Centre sells Essential Oils, Precious oils, Absolutes and CO2s sells oils in a variety of sizes from 5 ml. up to 1 litre. For more expensive (precious) oils we provide sizes starting at 5ml.

Although essential oils do not become rancid, some oils deteriorate with age and may lose their therapeutic benefit over time. Oils such as the citrus oils will oxidize and begin to lose their aroma and therapeutic properties. Some oils such as patchouli and sandalwood can improve with age becoming more rounded and mellow.

To avoid deterioration and protect your oils properties, keep them in amber or cobalt blue bottles. Dark glass such as amber or cobalt helps to keep out sunlight, which can hasten deterioration. Do not keep your oils in clear glass bottles. Beware of oils in plastic as many can dissolve the plastic. Essential oils should also be stored in a cool, dark place.

## Favourite Essential Oils

Here is a list of some of the most popular essential oils sold today these oils should form the foundation of your journey into the world of Aromatherapy.

- Lavender
- Jasmine
- Rose
- Ylang Ylang
- Patchouli
- Sandalwood
- Neroli
- Bergamot
- Cinnamon
- Peppermint
- Rosemary
- Juniper Berry

## Essential Oil Safety Information

Essential oils are highly concentrated liquids. Some oils may be harmful if not used carefully. That doesn't mean that there should be unfounded worry about using essential oils. Treat essential oils as medicine and follow the steps outlined below.

These safety guidelines are not a complete safety reference for the proper use of essential oils. When in doubt, consult your physician and/or a qualified and trained aromatherapy practitioner.

- **Do not use Essential Oils undiluted on your skin.** There are few exceptions to this rule such as with lavender and tea tree oils, but only once significant essential oil knowledge is gained should you ever attempt to apply undiluted oil on the skin. However, the safest rule of thumb is to never use any essential oil undiluted.
- **Some oils can cause sensitization or allergic reactions in some individuals.** Always do a skin patch test before using for the first time. The skin patch test is done by placing a small amount of the diluted essential oil on the inside of your elbow, wait 24 hours to see if there is any form of reaction. Even if an oil does not irritate you, it still can irritate someone else. It is important that you always keep that in mind.
- **If you are pregnant you should consult your doctor before using any essential oil in spite of what is stated in literature. This is also true for other conditions such as asthma, epilepsy, or other health conditions, better safe than sorry.**
- **When using essential oils, use the smallest amount of essential oils that will get the job done.** If one drop will get the job done, for example, don't use two drops.
- **Not all essential oils are suitable for use in aromatherapy.** Wormwood, Pennyroyal, Onion, Camphor, Horseradish, Wintergreen, Rue, Bitter Almond and Sassafras

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are some of the essential oils that should only be used by qualified Aromatherapy practitioners, if ever at all.

- **Like all medicines, oils should be kept out of reach of children.** Don't let the seduction of the scent distract you from the fact that oils can be hazardous in the hands of young children. Keep your essential oils away from children. Treat the oils like medicines that are poison in unknowing hands.
- **Play it safe, essential oils should not be taken internally.** Essential oils should only be taken internally after receiving a detailed consultation and prescription from a trained and qualified aromatherapy practitioner.
- **Essential oils are flammable.** Please keep them out of the way of fire hazards.

## Using Your Essential Oils

Bringing essential oils into your life can be fun and rewarding. We have listed a guide to the use of Essential Oils in everyday life. Remember this is only a guide and careful attention to the safe use of Essential Oils must be adhered to at all times.

- **Basic Inhalation** - Add 2-4 drops of essential oil on a tissue. Place the tissue under your nose and inhale. Initially, use only one drop to ensure that you do not have a sensitivity or reaction to the oil.
- **Inhalation under steam** - Boil 1 cup of water. Add 3-7 drops of oil. Lean over the bowl and breathe in deeply. If you notice any irritation, stop immediately. Steam inhalation is effective for colds and chest-related ailments. Depending upon the blend, therapeutic benefits can be used day or night.
- **Oil Burner Diffusion** - Add around 5 drops of oil or blend into the oil dish, fill the balance with warm water. Light a candle that sits below and allow the candle to warm the bowl, slowly heating the blend and thus dispersing the essence within the room. Remember if you leave the room for an extended period extinguish the candle. Also place the burner in a safe place, away from flammable material. Essential oils are highly flammable, so great care must be used.
- **Lamp ring Diffusers** are a terra-cotta ring that sets directly onto a light bulb. It has a grooved lip that goes all the way around it. This lip holds essential oil. The heat from a light bulb heats the essential oil in the Lamp Ring and the oil is then gently diffused into the room.
- **Clay pot diffusers** resemble small terra-cotta pots. They also can be found in many small shapes. A clay pot diffuser contains an opening for adding essential oils. Usually a cork is the method by which the opening is closed. The oils permeate through the pot and then diffuse out into the room. The

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intensity of the aroma depends on how much essential oil is added to the clay pot.

- **Candle Diffuser** utilizes a tea light or other candle to gently heat the essential oil to promote diffusion into a room. A candle diffuser is usually ceramic, glass or metal.
- **Electric Heat Diffusers** are similar to a fan diffuser, heat diffusers use heat and a fan to gently heat the oil and disperse the aroma into a room.
- **Scenting your room** - Use the steam method, with up to 10 drops of oil or blend to 2 cups of water and place the bowl in your room. Using of an aromatherapy diffuser or lamp scent ring available from The Aromatherapy and Essential Oil Centre will provide the most effective diffusion of your oil blend.
- **General Household Freshening** - Add a few drops of oil to your rubbish bin, laundry wash, drain, vacuum bag filter, or on a tissue for placement in your drawers.
- **Insect Repellent** - Many essential oils including citronella, lavender, and peppermint act as a natural insect repellent. Use a diluted oil and massage onto skin like suntan oil or add an essential oil blended with water in a spray bottle and spray onto skin like insect spray. You can also add a blended oil to your burner to scent the air and keep the insects away. Be sure to read all safety data on the oils you use as some oils may not be suitable for use around pets. Be careful not to apply the essential oil directly onto delicate surfaces.
- **Massage** - Add up to 20 drops of essential oil to 1-ounce carrier oil such as sweet almond oil and massage onto yourself or partner. Keep away from eyes and genital areas. Do not apply Essential Oils to the skin without first diluting.
- **Bath** - Add 5-7 drops essential oil to 1-ounce carrier oil. Add this blend to your running bath water and mix well before getting into the tub. Conversely you can add 5-7 drops directly to the running water. Close the door to the bathroom

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whilst the bath is filling so that when you enter the room is filled with essential oil steam as you soak. Be sure to read the safety data for the Essential Oils you choose to use.

### Aromatherapy Tips for Beginners

- Don't buy perfume oils thinking they are the same thing as essential oils as perfume oils do not offer the therapeutic benefits of essential oils.
- It is not wise to purchase oils from stalls at street fairs, craft shows, or other limited-time events. Some vendors know beginners have no recourse against them later. This is not to say that there are not highly reputable sellers at such events, but this is a caution for beginners who are not able to reliably judge quality.

#### **And here is a list of things to remember:**

- Read as much as you can on Aromatherapy. Which is what you are doing now! It is very easy to get started with Aromatherapy, but there are safety issues that you need to be aware of.
- Be selective of where you purchase your essential oils. The Aromatherapy and Essential Oil Centre provides the purist and finest essential oils available
- Learn to compare apples to apples when shopping for oils. *Anise, Lavender, Bay, Cedarwood, and Eucalyptus* are examples of the common names of plants used to create essential oils. There, however, are different varieties of each of these plants. To differentiate these varieties, the botanical name (also referred to as the Latin name) is used to tell them apart. For instance, two different oils are referred to as "Bay essential oil," yet they come from two different plants. The properties and aroma of oils do differ, as does the general cost between the two. It, therefore, is important to pay attention to the botanical name. In the case of Bay, the common botanical names for the two oils used in this example are *Pimenta racemosa* and *Laurus nobilis*.

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- It is also helpful to note the country of origin for the oil. The Aromatherapy and Essential Oil Centre always lists the origins, botanical name and country of origin for all oils we supply.
- The quality of the oil is vital in Aromatherapy. The oils sold by The Aromatherapy and Essential Oil Centre are of the highest grade obtainable on the market today. Many oils sold by health food shops, retail stores and the like may be of questionable quality and thus useless in Aromatherapy. Always make sure the oil you buy is of premium quality and pure.
- Always store your oils in dark glass (amber or cobalt blue) and in a cool, dark place. We store our oils in a small wooden cabinet that looks great and hold 40-50 oils. Any wooden box can be used and are especially good when transporting your oils.
- Always make sure you understand the safety precautions for each of the oils you choose to use as some oils may have some effects if used undiluted, on pregnant women or on those with sensitivity of allergic reactions to some oils. Some oils are photosensitive and should not be used before going out into the sun. We provide some safety precautions but please research more if you have any concern about the oils you use especially if you have any medical condition or are pregnant.

## The Art of Blending

Aromatic blending is like cooking, some cooks follow the recipe and never deviate from the ingredients, whilst other cooks prefer to adlib or substitute ingredients to make their meal their own. Still other cooks never open the book and create from their own imagination. Aromatherapy blending is the same. Most create blends for the sheer pleasure of the aroma as well as for creativity and science. When using a blend primarily for its fragrance, often a therapeutic benefit can also occur. The focus of the blend, however, is on the final aroma, not its therapeutic properties.

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It is important to note that most modern perfumes contain synthetic, chemically based copies of essential oil fragrance. Most modern perfumers consider it impossible to design good perfume without them. They use chemicals to impart lift, diffusion and radiance to the scent. Most perfumes can contain over 100 different chemicals and compounds to achieve the final essence.

Although it would be impossible to match the 100 ingredients contained in these fragrances, the fact is that it is not necessary to have this many ingredients. This is due to the fact that unlike chemical clones, essential oils are already a combination of constituents. An example of this is rose oil, which contains over 300 constituents. When combining Rose with, say Jasmine essential oil, your blend may constitute over 400 constituents that a chemist would be required to synthesise! This is why it is impossible to identically copy essential rose oil.

Lastly, many people may be sensitive to some of the chemicals used in the manufacture that may not exist in natural essential oil.

Safety precautions should be followed for any type of blending, including for aromatic blending. For instance, you would still want to be extremely careful when using Bergamot because of its phototoxic properties and still avoid using all hazardous oils and all oils that are contraindicated for conditions that you have.

Perfumers working for fragrance houses study all their life mastering the art and science of perfumery. Many perfumers utilise essential oils but also use synthesized chemicals that copy the natural essence of essential oils and other natural ingredients. Synthesized chemicals and chemicals extracted from essential oils are often used because they are cheaper than using pure essential oils as well as being more stable and long lasting providing a more consistent aroma.

In Aromatherapy blending, only natural ingredients are used including essential oils, absolutes, CO<sub>2</sub>s, alcohol, carrier oils, herbs and water.

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### Blending Basics

Here is a list of Fragrance families and their effects in relation to skin and hair type:

<b>Soothing (brunette)</b>		
Spicy	Warming	Nutmeg
Woody	Appeasing	Sandalwood
Earthy	Grounding	Vetiver
<b>Fresh (blonde)</b>		
Green	Reviving	Thyme
Herbaceous	Stimulating	Basil
Medicinal	Clearing	Eucalyptus
<b>Sultry (black)</b>		
Musky	Aphrodisiac	Patchouli
Oriental	Comforting	Benzoin
Honey	Heady	Ylang ylang
<b>Exalting (red)</b>		
Floral	Uplifting	Geranium
Fruity	Enlivening	Petitgrain
Citrus	Refreshing	Lemon

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Below are the basic Essential oil categories based upon the aroma bases:

- *Floral Based*  
Lavender, Neroli, Jasmine
- *Wood Based*  
Pine, Cedar
- *Earth Based*  
Oakmoss, Vetiver, Patchouli
- *Herb Based*  
Marjoram, Rosemary, Basil
- *Mint Base*  
Peppermint, Spearmint
- *Medicinal Base*  
Eucalyptus, Cajuput, Tea Tree
- *Spice Base*  
Nutmeg, Clove, Cinnamon
- *Oriental Base*  
Ginger, Patchouli
- *Citrus Base*  
Orange, Lemon, Lime

**By experiment you will find blends that work well and others that don't. Here are some examples:**

- Florals blend well with spicy, citrus and wood based oils.
- Wood based oils generally blend well with all categories.
- Spicy and oriental oils blend well with florals, oriental and citrus oils. Use your oriental oils sparingly
- Minty oils blend well with citrus, woody, herbaceous and earthy oils.

### Harmonizing Your Blend

Have you ever noticed that a perfume smells differently after several hours than when you first apply it? Some essential oils evaporate more quickly than others. As the oils in a blend evaporate, the aroma will change to reflect the aroma of the remaining oils.

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Here is a guide to the strength for blending:

Top note based oils evaporate the quickest, usually within 1-2 hours.

Middle note oils evaporate with 2-4 hours.

Base note oils take the longest time to evaporate. Some base notes can take several days to evaporate!

Below is a chart of commonly available oils based on their common classification:

### Top Note Essences

Anise	Grapefruit	Orange
Basil	Lavender	Peppermint
Bay Laurel	Lemon	Petiigrain
Bergamot	Lemongrass	Spearmint
Citronella	Lime	Tangerine
Eucalyptus		

### Middle Note Essences

Bay	Fir Needle	Rose
Bois-de-rose	Geranium	Rose Geranium
Cajeput	Hyssop	Rosemary
Carrot Seed	Jasmine	Rosewood
Chamomile, German	Juniper Berry	Spruce
Chamomile, Roman	Linden Blossom	Tea Tree, Common
Cinnamon	Marjoram	Tea Tree, NZ (Manuka)
Clary Sage	Neroli	Thyme
Clove Bud	Nutmeg	Tobacco
Cypress	Palmarosa	Yarrow
Dill	Parsley	Ylang Ylang
Elemi	Pepper, Black	
Fennel	Pine, Scotch	

### Base Notes

Angelica Root	Frankincense	Patchouli
Balsam, Peru	Ginger	Sandalwood
Beeswax	Helichrysum	Vanilla
Benzoin	(Immortelle)	Vetiver
Cedarwood, Atlas	Myrrh	
Cedarwood, Virginian	Oak moss	
	Olibanum	

There are no real rules for blending that wonderful blend that you'll love for a lifetime. The lack of limits and restrictions is what makes perfumery an art form. Here are a few tips will help get you off to a fine start:

### Tips

- When creating your new blend, begin by adding only 5, 10, 20 or 25 drops of the combined blend. If you don't like your outcome you wasted little oil.
- Use only pure essential oils, absolutes or CO2s. If you don't like the fragrance you have created you wasted no carrier oil or alcohol. If you hate the blend you created, you have then not wasted any carrier oils or alcohol.
- Record you recipe, listing each oil that you used with the number of drops used for each oil. It is easy to forget the exact recipe for your blend. Remember, one drop too much or too little of any oil can drastically change the outcome of your blend. Once discovering that perfect blend, you want to be able to duplicate it.
- To store your new fragrance use either a essential oil vial or perhaps a fancy perfume bottle are all available from The Aromatherapy and Essential Oil Centre.
- Always label your blends clearly. In most cases there may not be enough room to label all ingredients so use codes to shorten the process and to keep your blend a secret!

## **Guide To Aromatherapy & Essential Oils**

- A good rule of thumb in blending is to balance your fragrance with a 30% blend of top note essential oil, 50% of middle note oil, and 20% base note oil. Use the chart above as a guide to finding out what oils belong to each category.
- Remembering that absolutes and CO2 oils are much stronger than essential oils. Study oils you wish to use in a given blend and observe the oils that have the strongest aromas. Unless you want those oils to dominant the blend, use much less of these stronger oils in your blend.
- To learn more about the strength of oils, experiment by adding one drop of an essential oil to 5 drops carrier oil to get a 20% dilution, study the aroma, then add another 5 drops of carrier oil to get a 10% dilution, study the aroma again, then repeat as desired. This can help educate you on the characteristics and strengths of each essential oil at various dilution ratios.
- After creating your blend, allow it to sit for a few days to "blend and age" then study the essence again. Often essences develop when combined and soften.

## Recipes

### Carrier Oil Base Perfume

Base Oil Amount	Essential Oil Amount (drops)
1 tsp/5ml	5-7
1 tbs/15 ml	15-20
1 oz/25 ml	25-30
2 oz/50 ml	50-60
3.5 oz./100 ml	100-120

**Directions:** Blend all oils well and store in an airtight dark-coloured glass container. Dab sparingly onto your pulse points. Remember, check all safety data for the oils in your blend and do a skin patch test prior to using.

## Therapeutic Blending

Therapeutic blending focuses on creating a recipe that will aid with a particular emotional or physical condition. Therapeutic blending concentrates more on a result than on the aroma of the blend, but all the same, it's important to marry a therapeutic blend that is also pleasing in aroma.

There are two important points to remember when evaluating the oils to use in therapeutic blending:

1. Select oils for the therapeutic actions they deliver.
2. Make sure that none of the oils that you use have any side effects or safety issues that can affect other aspects of your health.

## **Guide To Aromatherapy & Essential Oils**

3. Consider all the therapeutic actions you are seeing and avoid oils that clash with your desired goals. An example of this may be if you wish to create a blend to assist is menstrual cramps using peppermint and cypress, and you wish to use this blend before bedtime. You would tend to avoid these as they have energising effects that may prevent sleep.

To design your blends follow the same basic instructions as the previous chapter for oil blending.

### **Substituting Oils**

With over two hundred essential oils, absolutes, resins, CO2s and carrier oils available for aromatherapy work, and taking into consideration that some oils are very expensive, it would be too costly to have every available oil. For this reason it will be necessary to find substitutions for some oils that you may not already have.

Once you have found the aromatherapy recipe where you may not have all the oils that are called for in that recipe. You can try creating the recipe with other oils that you may have. The aroma or therapeutic outcome will not be identical to your original recipe, but you can often get similar results by carefully substituting an oil that you do have on hand.

### **Aromatic Substitutions**

When substituting an essential oil in a recipe where your goal is strictly for its scent and not for a therapeutic emotional or physical purpose, select an oil from the same family of oils (i.e. citrus, floral, spicy, earthy, etc.) as the oil you are substituting for. An example of this would be substituting the Essential Oil of Mandarin for the essential oil of Sweet Orange providing a similar aroma. If you need to substitute for Rose Otto, Rose Geranium is not perfect, but it can give a suitable result at a substantial price reduction.

## Guide To Aromatherapy & Essential Oils

Here is a sample list of substitutive essential oils:

- Lemon / Lime
- Tangerine / Sweet Orange
- Neroli / Ylang Ylang
- Peppermint / Spearmint
- Cinnamon / Clove

### **Therapeutic Substitutions**

For therapeutic substitutions, the rules are quite different from those of aromatic substitutions. The aroma of the substituted oil can be quite different than the original oil as long as the aroma is still pleasing to work with.

Be sure to pay close attention to the desired therapeutic action of the original oil and substitute it for an oil that has the same action but that does not introduce any new contraindications or safety hazards.

## Aromatherapy Baths

### **Introduction**

Bathing in essential oils is a wonderfully way to take in you essential oil blend. Relaxing in a bath of hot water compliments the effects of well-chosen essential oils. Aromatic baths provide relief from stress and anxiety, assist with muscle pains, or offer a sensual introduction to a romantic evening with your partner.

### **Adding Oils to the Bath**

Using essential oils in the bath is one of the easiest ways to implement aromatherapy and its benefits. There are two methods of adding your oils to the bath. You can add 5-10 drops essential oil to 1-ounce carrier oil or just add your oils directly under the running bath water and mix well before getting into the tub. Be sure to read the safety data for the essential oils you choose to use.

## Aromatherapy Massage

Massage is one of the most fundamental forms of therapy. It is both physically and emotionally beneficial to the body and a beautiful way to express caring and help relieve the stress of a loved one. The safe addition of an essential oil blend can enhance your massage experience.

Although a qualified masseuse is always the best way to get your massage, it is easy to do at home. It can be both therapeutic and sensual. There is no better way then to sensually communicate with your partner then to have a warm bath seeped with your sensual oil blend followed by a gentle massage with your complimenting massage oil. The best way to discover the art of massage would be to find a book from your bookshop or library and study. There is so much to know! But we all can share in gentle massage between loved ones by following the below guidelines:

- Do not ever use hard or painful pressure. Hard pressure can feel good, but gentle movements are the safest and most effective in the long term.
- Don't ever directly massage on bones, and never massage a person with a serious injury such as torn ligaments or broken bones.
- Don't massage the abdominal area of anyone with stomach problems or who is pregnant.
- Don't massage over areas of skin infection, rash, sores, cuts, burns or varicose veins.
- Do not ever massage anyone who has had a serious heart attack or any serious medical condition including thrombosis (blood clots) or a recent operation.
- Never massage undiluted essential oils, absolutes or CO2s into the skin. Instead, make a diluted blend following the guidelines outlined below.

In short it is best to apply massage on healthy people and be very careful when massaging anyone with special medical or health issues. Those with special medical issues should receive massage from a qualified massage therapist.

**A few more tips:**

- Set the scene with soft music and soft lighting
- Make sure your hands are clean and your nails are short and Remove rings.
- Wear loose fitting comfortable clothes.
- Keep your massage oil warm and in a bowl.
- It is best for your massage to be unclothed down to their underwear with a towel for modesty!
- Try to keep your massage gentle until you learn more advanced massage form.
- Enjoy the aroma and go with the flow.

**Massage Oil Recipe**

**Here is the standard dilution for therapeutic massage and body oil:**

<b>Base Oil Amount</b>	<b>Essential Oil Amount (drops)</b>
<b>1 tsp/5ml</b>	<b>2-3</b>
<b>1 tbs/15 ml</b>	<b>6-7</b>
<b>1 oz/25 ml</b>	<b>12-13</b>
<b>2 oz/50 ml</b>	<b>25</b>
<b>3.5 oz./100 ml</b>	<b>50</b>

Here are a few recipes to get you started:

- Stress Blend: 15 drops Clary Sage/10 drops Sweet Orange Oil/5 drops Lavender
- Aphrodisiac Blend: 15 drops ylang ylang/5 drops Jasmine
- Help In Sleeping Blend: 15 drops Roman Chamomile 5 drops Ylang Ylang.
- Sore Muscles Blend: 3 drops Ginger, 2 drops Black Pepper, 5 drops Peppermint, 5 drops Eucalyptus.

**Directions:** Mix the oils well and store in an airtight, dark glass container. Apply only a small amount (1/2-1 teaspoon) for each massage.

## Aromatherapy for Stress

Most people turn to Aromatherapy to alleviate stress. There are many types of stress in our busy lives, there is positive stress, normal stress and distress. Positive stress is that high you get when working hard, it is the energising feeling you get when accomplishing a goal. It is this stress that gets us through a day with enjoyment. It is energising and does not require essential oils to treat. Normal stress is where the body performs its functions for survival in response to a situation. This is also a normal function and again there is no need for oils to treat this type of stress. Then there is distress. Distress is where healthy stress transforms itself into a chronic state. You lose the will to go on, energy levels are low and every day pressure becomes too much. This is where oils can be useful. Briefly, we have included a breakdown of the different types of distress and the oils that can assist in helping you through the hard times.

### **Environmental Stress**

Cedarwood	Coriander	Roman Chamomile
Geranium	Basil	Bergamot
Cypress		

### **Chemical Stress**

Lavender	Patchouli	Clay Sage
Grapefruit	Lemon	Geranium
Rosemary		

### **Physical Stress**

Rosemary	Thyme	Roman Chamomile
Geranium	Marjoram	Fennel
Lavender		

## Mental Stress

Bergamot	Sandalwood	Basil
Cardamom	Patchouli	Grapefruit
Geranium		

## Emotional Stress

Vetiver	Sandalwood	Bergamot
Geranium	Rose	Cardamom

Here is a collection of basic stress/relaxation blends. Add these to 2oz./50 ml. Of carrier oil of your choice:

### Blend 1

Lavender            10 drops  
Rosemary           5 drops  
Cypress             15 drops

### Blend 2

Lemon                10 drops  
Rom. Chamomile   5 drops  
Marjoram            15 drops

### Blend 3

Pettigraine         17 drops  
Neroli                5 drops  
Nutmeg               8 drops

These blends are for basic relaxation and mild stress. Consult your Aromatherapist for blends more suitable for a specific condition.

## Aromatherapy for Children

Like the advice for pregnancy, we recommend consulting a professional aroma therapist or doctor before using essential oils on children. Treat essential oils like medicine and use reduced potency for children.

## Measurements for Aromatherapy

As we have used a combination of drops, ounces and millilitres in this booklet, we have included an approximation chart. This is only a guide, as oils with differing viscosities will have a slightly different measurement.

<i>20 drops</i>	...	1 ml
<i>75 drops</i>	...	1 teaspoon
<i>75 drops</i>	...	1 dram
<i>450-600 drops</i>	...	1 ounce
<i>15 ml</i>	...	1/2 ounce (.5 ounce)
<i>1 dram</i>	...	1/8 ounce (.125 ounce)
<i>1 dram</i>	...	3.7 ml
<i>1 ml</i>	...	.033 ounce
<i>1 ml</i>	...	.27 dram
<i>3 teaspoons</i>	...	1 tablespoon
<i>16 tablespoons</i>	...	1 cup
<i>1 cup</i>	...	8 ounces
<i>2 cups</i>	...	1 pint
<i>4 cups</i>	...	1 quart
<i>4 quarts</i>	...	1 gallon