

Essential Oils – Aromatherapy – 2015 presentation by Noreen Watson (noreenwatson@windstream.net)

Essential oils are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants and have the characteristic fragrance of the plant. They have been used for thousands of years and have many applications such as medical, beauty, food, fragrance, spiritual, garden and household uses. The plant oils are extracted by a variety of methods with steam distillation being the most common. Distillers cost \$100-400.

Essential oils: are very concentrated and flammable so there are important considerations to keep in mind. The website <http://www.aromaweb.com/articles/safety.asp> has many details and lists oils for each of these items:

1. Do not use undiluted (neat) essential oils directly on the skin as sensitivity can develop. Use carrier oils.
2. Allergic reactions are possible, so when using for the first time, test on a small area of skin.
3. Some oils should be avoided with certain health conditions such as pregnancy, asthma, epilepsy, etc
4. Use small amounts of oil.
5. Some oils are phototoxic meaning they cause problems when exposed to UVA rays.
6. Some oils are hazardous.
7. Keep your oils away from children.
8. Do not take essential oils internally without a practitioner or advanced knowledge of safe usage.

Carrier Oils: (note: other carriers can be used such as lotions, liquid soaps, water, etc)

Essential oils evaporate and have a concentrated aroma. Carrier oils, are pressed from fatty seeds, nuts, etc, generally are odorless and do not evaporate. Carrier oils can go rancid over time, but essential oils do not, but rather they “oxidize” and lose their therapeutic benefits. This is the reason that small dark bottles are used to package essential oils. Only buy carrier oils that have been “cold pressed” and the ones that contain tocopherols (Vitamin E) generally have an extended shelf life. Some common carrier oils are: sweet almond, apricot kernel, avocado, grapeseed, jojoba, olive, sesame, sunflower and others. Some absorb into the skin faster than others. NEAT means to “apply an essential oil to your skin undiluted.” meaning that you would not add a carrier oil.

Table of safe dilutions for essential oils

| | Pregnant | Under 1 yr | 1-4 years | 5-6 years | 7-12 years | 13-65 yrs | Over 65 |
|--------------------------------|----------|------------|-----------|-----------|------------|-----------|----------|
| Massage (30 ml carrier oil) | 2 drops | 1 drop | 2 drops | 5 drops | 8 drops | 10 drops | 5 drops |
| In full bath | 2 drops | 1 drop | 2 drops | 3 drops | 5 drops | 10 drops | 4 drops |
| Lotions 50 ml | 5 drops | 3 drops | 6 drops | 8 drops | 12 drops | 25 drops | 10 drops |
| Shampoo 100 ml | 8 drops | 2 drops | 3 drops | 10 drops | 15 drops | 25 drops | 15 drops |
| Compresses 500 ml=2 cups water | 5 drops | 3 drops | 3 drops | 5 drops | 5 drops | 5 drops | 5 drops |
| Burner | 8 drops | 4 drops | 6 drops | 8 drops | 8 drops | 8 drops | 6 drops |

Blending:

Blending involves combining oils that all work well together and promote something specific like relaxation, energy, keeping bugs away, etc. Blending oils can be used for aromatherapy purposes and sometimes for medicinal purposes. Thin oils, less viscous, have smaller molecules and are more volatile and absorb faster. Thicker oils have heavy or larger molecules and absorb more slowly. When blending the two different types, this allows the lighter molecules to last longer. There are several books and articles that describe the myriad ways to combine the large variety of oils. Many companies sell specialized blends that they have tested and sometimes this is the best way to determine a preference or what works best.

There are many websites with details on essential oils. Here are a few of my favorites:

<http://www.aromaweb.com/plaza/essentialoilssuppliers.asp> lists many essential oil suppliers

<https://www.pinterest.com/> on this site search “essential oils” “aromatherapy” “aromatherapy charts”

<https://www.bulkapothecary.com/> for the most part the least costly oils but watch for extraction source

<https://www.mountainroseherbs.com/> excellent quality oils with lots of information – use aromatherapy tab

<https://www.naha.org/> this is the website for the National Association for Holistic Aromatherapy

General table of uses for the most common essential oils (this list is by no means complete - check out the web)

| Essential Oil | Uses |
|----------------------|--|
| Angelica | Relieves anxiety, antispasmodic, strengthens immune system, circulation, digestion |
| Bergamot | Phototoxic, antidepressant, |
| Cedarwood | Astringent, relaxing, stimulates limbic system of brain, mental clarity |
| Cinnamon | Antibacterial, antidepressant, antifungal, anti-inflammatory, antiparasitic, antiviral, astringent, immune Stimulant, purifier, sexual stimulant |
| Clary Sage | Antispasmodic, PMS, cramps, mood swings, relaxing, aphrodisiac |
| Clove | Analgesic, antibacterial, antifungal, anti-inflammatory, antiparasitic, antiseptic (strong), Antitumor, antiviral, disinfectant, immune stimulant |
| Eucalyptus | Expectorant, decongestant, beneficial for flu/cold season, clearing to the mind, energizing, bronchitis, antimicrobial |
| Fennel | Detox, PMS, antiseptic, antispasmodic, reduce gas, stimulant, tonic |
| Frankincense | Strengthens the immune system (CO2 extract), soothes inflamed skin conditions, cell regenerative, anti-inflammatory, hormone regulation, comforting |
| Geranium | Astringent, moods sings, balancing, PMS, balances hormones, antimicrobial, nerve pain |
| German Chamomile | Antispasmodic, menstrual cramps, sedative, relieves anxiety/stress, insomnia, great for children (comforting, soothing), anti-inflammatory |
| Ginger | Digestive, useful to eliminate gas, constipation, relieves nausea, warming emotionally and physically, anti-inflammatory, relieves pain, immune modulator |
| Helichrysum | Cell regenerative, wound healing, anti-inflammatory, indicated for bruises and swelling |
| Juniper Berry | Invigorating, edema, detoxifier |
| Lavender | Calming, reduces anxiety, wound healing, relieves burns, cell regenerative, insect bites. reduces itchiness, general skin care, great for children, antispasmodic |
| Lemon | Antiviral, great for cleaning home, cleansing to environments (room spray), uplifting, detoxing |
| Lemongrass | Antimicrobial, analgesic, antifungal, great to clean with, insect repellent |
| Mandarin | Calming, great for children (can mix with lavender), slightly more warming citrus aroma |
| Neroli | Relieves and reduces anxiety, antispasmodic, PMS, antidepressant, nourishing, postpartum depression, aerosolized neroli reduces nausea during pregnancy |
| Patchouli | Antidepressant, anti-inflammatory, soothes the nervous system |
| Peppermint | Cooling, relieves nausea, analgesic for muscular aches and pains, relieves/reduces migraines, energizing, antispasmodic, (do not use on children under 2) |
| Rose | Cell regenerative, nourishes emotions, aphrodisiac, relieves/reduces stress/anxiety, PMS |
| Rosemary | indicated for respiratory congestion, bronchitis, colds/flu, expectorant, expands and deepens the breath, energizing, clears the mind, sinus congestion, circulatory stimulant |
| Tea Tree (Melaleuca) | Antimicrobial, supports/enhances immune system, antibacterial, antifungal, antiviral |
| Vetiver | Cooling, grounding, astringent, useful for varicose veins, calming |
| Ylang ylang | Aphrodisiac, antispasmodic, antidepressant, nourishing |

For natural bug sprays: <http://wellnessmama.com/2565/homemade-bug-spray/>

Uses for Peppermint Oil:

- Mix with a carrier oil and rub on chest for colds/cough, massage pain area for headache. Because peppermint oil has analgesic, anti-inflammatory and anti-spasmodic properties, it not only can relieve pain and inflammation but can also calm the spasms that cause muscle cramps.
- Mix with water in a nasal spray bottle (2 drops per ounce) and use as sinus nasal spray, or mouth freshener, or air freshener or spray on feet to cool them, or spray in mouth and on stomach for nausea, spray under arm to freshen, spray in a room to lift the spirits. Make a spray of 8 drops to ½ cup water to repel flies and spiders.
- Peppermint oil powerfully affects and improves mental clarity and raises energy levels. Add one drop to 16 oz water bottle and sip all day. It also helps to curb appetite. Peppermint is able to provide relief from stress, depression and mental exhaustion due to its refreshing nature.