

Aromatherapy



What Is Aromatherapy?

- Practice of using naturally extracted aromatic essences from plants to promote physical and psychological well-being
- Traces its origins to ancient times when our ancestors recognized the effect of aromatic plants on the human body, mind, and spirit
- A safe and effective alternative for dealing with many routine, day-to-day challenges to good health and well-being
- Holistic aromatherapy focuses on treating the physical, mental, and emotional aspects of the "whole person"
- Most effective for achieving hormonal balance and treating the nervous system, moods, and infectious illnesses, but also effective for many other varied applications
- Gaining popularity due to its aesthetic appeal to the senses of smell and touch, and as an effective alternative therapy for treating certain ailments



There are three therapeutic approaches to aromatherapy in the West:

1. **French model:** Focuses on medical applications. In France, aromatherapy is a specialized field of medicine and doctors often prescribe internal and/or undiluted use of essential oils
2. **British model:** Focuses on topical application of oils diluted in a carrier via massage to alleviate stress and promote well-being
3. **German model:** Focuses on inhalation of essential oils for healing purposes

What Are Essential Oils?

- Volatile aromatic substances extracted from certain parts of a particular plant via distillation or cold-pressing
- Powerful healing agents that contain the highly concentrated vital energy of plants
- Essential oil is a contraction of quintessential oil, derived from the Aristotelian idea that matter is composed of five elements: fire, air, earth, water, and a fifth element or "quintessence," considered the life force of the plant
- Concentrated; one drop of essential oil concentration-wise equals roughly 30 cups of herbal tea
- They play a biological role in the life of the plant by helping to attract pollinators, deterring bugs from eating the plant, and protecting the plant from fungal attacks
- Some essential oils of the same botanical species can have different chemotypes which produce essential oils of distinctly different chemical compositions in different locations. Each chemotype has different therapeutic properties

EDC: Rosemary essential oil from *Rosmarinus officinalis* produces three commonly used chemotypes: camphor, 1,8-cineole, and verbenone

- The time of year plants are harvested for essential oils, genetic variants within species, and the production method can all influence the chemical composition of the final essential oil
- Different plants produce essential oils in different parts:
 - Flowers (neroli, ylang-ylang)
 - Leaves and stems (geranium, patchouli, petitgrain, peppermint)
 - Bark (cinnamon)
 - Wood (cedarwood, sandalwood)
 - Needles and twigs (pine, cypress)
 - Roots (ginger)
 - Entire plant (geranium, lavender, rosemary)
 - Fruit peel (bergamot, grapefruit, lemon, lime, orange)



Methods of Essential Oil Extraction

- **Steam Distillation:** Steam is forced through a vat of plant material, releasing essential oils from the plant glands. The released oils are later collected. This is the most common way of obtaining essential oils.
- **Expression:** Fruit peels are machine pressed to release their essential oil
 - Used for many citrus fruits, as their oils are contained in the rind
- **Extraction with Volatile Solvents:** A solvent is used to release the soluble plant molecules
 - Produces "aromatic products" such as concentrates and absolutes that are used in the perfume and food industries
 - These "aromatic products" are not real essential oils as they are incomplete and may contain solvents. Therefore they are not recommended for therapeutic aromatherapy use

Ensure You Get Quality Essential Oils

- Buy from a reputable seller
- Make sure the botanical name, plant part used, origin country, and extraction process are readily available
- Make sure you are getting a real essential oil, and not one that has been adulterated with synthetic oil. Fragrance oils are not essential oils, but synthetically produced oils that are created in a lab to smell like natural materials
 - Check Gas Chromatography/Mass Spectrometry results to determine purity. Some companies use GC/MS instruments to ensure their essential oils' quality and will share these test results with their customers

How to Store Essential Oils

- Store in amber (or other dark colored) glass away from direct sunlight and heat; a cool, dark cabinet is ideal
- Once essential oils are below half full, rebottle into a smaller bottle to prevent oxidation
- For safety reasons, always store out of reach of children and pets

Hydrosols

- Hydrosols, or flower waters, are aromatic compounds which are created from steam distilling plant materials and contain the water-soluble fragrance molecules of the plant
- When plants are distilled, steam fills the large cooker pot, causing the glands of plants to burst and release their oils. The oil rises in a condenser and is collected, while the fragrant water that steams with the plant is the hydrosol
- Usually a by-product of essential oil production, some plants are steam distilled just to produce hydrosols
- Though hydrosols contain only small amounts of essential oil (about .02%) and may not smell as much like the plant as an essential oil would, they still contain the essence of the plant and have mild benefits
- Hydrosols can be used in synergy with essential oils
- Due to their milder form, hydrosols are suitable for skin care products, food and beverages, and baby care applications
- Refrigerating hydrosols may extend their shelf life

Safety Considerations

- Diluted Essential oils are incredibly potent, so always dilute appropriately in a carrier before using. (See **Dilution Table for Topical Applications**, p. 2)
- Use only pure essential oils
- Test for sensitivities via a patch test

How to do a patch test

Apply a diluted essential oil to the inside of your elbow and cover it with a bandage. If you feel any irritation or reaction, immediately remove bandage and wash the oil off with soap and water. If no irritation or reaction has occurred after 24 hours, the diluted oil should be safe for you to use

- Use photosensitizing essential oils with caution
 - They increase the sunburn reaction of skin
 - Many citrus oils, such as bergamot, lime, and bitter orange, are photosensitizers
 - Photosensitizers should be used in wash-off products. If using in a stay-on product, do not go out into the sun for 12 hours after application
- Keep essential oils out of reach of children and pets
- Use of essential oils with babies and children requires different procedures than those covered in this guide
- Use cautiously with those who are elderly or who have serious health issues
- Use essential oils with caution during pregnancy, especially during the first trimester
- Do not allow essential oils to get in or near the eyes, and do not apply them onto the genital region, inside the nose or mouth, or onto seriously damaged skin

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Aromatherapy Sarah Dean,2015-12-31 Essential oils can be powerfully therapeutic when used correctly and have a wide variety of uses Learn how to buy quality oils store them dilute and use oils safely to be healthier and happier In 6 laminated pages we give you the expert information you need in a very well rounded guide to better health Suggested uses o Beginners powerful tool for anyone who is interested in using aromatherapy for a holistic approach to better health in life o Holistic Health Practitioners use as reference for those you are treating with aromatherapy can be customized as a giveaway for your business o Health Markets sell these reference guides to promote aromatherapy your store and the essential oils you carry

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soothe your body mind and improve your health naturally using these powerful oils techniques This guide includes information on what is aromatherapy oils used in aromatherapy safety precautions and much more **The Complete Illustrated Guide to Aromatherapy** Julia Lawless,1997 *Quick Reference Guide for Using Essential Oils* Abundant Health,Connie Higley,Alan Higley,2001-02-01 *Health and Beauty Through Aromatherapy* Blossom Kochhar,1994 **Essential Oils & Aromatherapy** ,2014 Essential oils & essences Shirley Whitton,1995 **ART OF AROMATHERAPY** JUSTIN D. MORALES,2023 *Aromatherapy for Mental Health* Gloria C. Mathiesen,2017-10-08 This is an optional book for my continuing education class For more information go to www.mindbodycontinuinged.com Aromatherapy Pharmacist Obydulla,2017-07-29 Download today Download this book for only 0 99 TODAY ONLY Aromatherapy A complete Essential Oil and Aromatherapy Guide for Health Happiness Stress Relief Weight Loss Aromatherapy and Anti Aging This book contains details information on Aromatherapy and Essential Oil that will help you a lot to make your life healthy When it comes to grooming people all across the world make a keen effort of the same In the earlier times grooming did not involve the number of cosmetics that are used by people now These cosmetics are loaded with numerous chemicals that will make you question whether or not they actually help in making a person look prettier The answer to this question is no and this is something that has been accepted by people all across the world Though we know that these cosmetics are not good for our health we tend to purchase them every month because we are unaware of the natural products that exist Knowledge about AromatherapyWhat is Aromatherapy History Of AromatherapyModes of applicationMaterials used in AromatherapyTheory of AromatherapyEssential OilsWhat is Essential Oil Most Popular Essential Oils Extraction and applications Methods of Application Combinations of Oils to Use to Keep Yourself Happy and many more Download Now To enjoy a Healthy Life **Essential Health** Kolinka Zinovieff,1997 **The Aromatherapy Guide** Kevin Farrow,1998 **Aromatherapy** Bella Sherwood,2015-10-06 Don t you want to give your family the best possible chance to live a happy healthy life SPECIAL OFFER LIMITED TIME OFFER 40% OFF Regular Price 4 99 Are you in control of your family s health Do you rely on over the counter drugs for all of your everyday aches and pains Stop taking shortcuts that could lead to long term health issues and give yourself and your loved ones the life they deserve In this book we will show you the correct safe way to improve your lifestyle and health In the wrong hands aromatherapy can be useless or even dangerous We cover the techniques basics and background that you will require to apply essential oils via a range of methods This resource is perfect whether you are just starting to research the science of aromatherapy or whether you are already working or practicing as a natural therapist In this book you will learn the following practical information The fundamental knowledge that you will require to ensure correct usage and application of essential oils How to effectively avoid the wrong essential oils that may put your family in danger The 100% best methods to ensure that your essential oil dilution is correct An in depth tutorial on carrier oils and blending Professional advice on where and in what situation you can best use your

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The Complete Essential Oils Sourcebook: A Practical Approach to the Use of Essential Oils for Health and Well-Being Julia Lawless, 2016-01-14 Comprehensive and fully illustrated throughout The Complete Essential Oils Sourcebook is the perfect go to reference for absolutely everything about essential oils from the best extraction methods to the most effective treatments for ailments

Aromatherapy Christine Wildwood, 1999 Explains how to use essential oils safely and effectively to promote physical mental and spiritual health equilibrium discussing the history of aromatherapy how to extract buy and store oils and how to use them for specific health problems

Aromatherapy Science Maria Lis-Balchin, 2005

The Top Books of the Year Aromatherapy Quickstudy Health The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous engrossing novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have captivated audiences this year. Aromatherapy Quickstudy Health : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Aromatherapy Quickstudy Health : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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