

# Introduction to Aromatherapy

Welcome to Beaumont College of Natural Medicine Introduction to Aromatherapy e-Course. This course will enable you to explore the fascinating art of aromatherapy. It will equip you with the knowledge and skill necessary to treat yourself and your friends and family safely and effectively.

## **Course Contents:**

**Unit 1:** What is Aromatherapy?

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Training to be an Aromatherapist

Click on any + signs on the Bookmarks to easily locate sub sections

Instant marking with the automated quiz with over 200 questions covering the first 6 units. See how you compare with others who have also taken the tests!

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This course may be completed in your own time although we recommend that the course be completed within 1 month from commencement and would not normally expect students to take longer than 2 months.

We are sure that you will enjoy this course and that you will be inspired to learn more about this ancient therapeutic art either from Denise Brown's popular books or by studying with Denise at [Beaumont College of Natural Medicine](#)

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I agree that I will not prescribe essential oils, accept remuneration as, or hold myself out to the public as an aromatherapist.

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No information here is intended as a substitute for professional medical advice. If pregnant, epileptic or suffering from high blood pressure consult a qualified aromatherapist before using essential oils. A qualified aromatherapy practitioner will take a full consultation and offer a treatment based on specific requirements. It is advisable that before commencing any aromatherapy treatment, either at home or with a qualified practitioner, that you consult your medical doctor regarding suitability for treatment.

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## WHAT IS AROMATHERAPY?

**A**romatherapy is the use of essential oils to maintain and strive for the health of the body, mind and spirit. It gently stimulates the body's natural powers to heal itself.

As these forces are awakened the body is encouraged to return from a state of 'dis-ease' to a state of balance or health.

Aromatherapy differs from orthodox/conventional/allopathic medicine in that the WHOLE person is treated rather than a disease. Aromatherapy approaches the treatment of disease in a different way to conventional medicine.

Imagine that you are suffering from headaches and you visit your GP. You would expect your doctor to identify your condition and then based upon this diagnosis to recommend treatment such as painkillers to get rid of your symptoms. Thus a doctor looks for ways of counteracting the symptoms of disease.

Now imagine that you visit an aromatherapist suffering from headaches. He/she would look at you as a WHOLE person and would try to determine the cause(s) of your headaches.

Are they stress related?

Hormone related?

Due to a misalignment of the neck?

Are they due to dietary concerns?

Are they due to eyestrain?

Are the sinuses involved?

Therefore two people who go to see an aromatherapist with headaches would be probably be prescribed totally different remedies.

For example a patient suffering with headaches due to hormone problems may be prescribed the essential oils **cypress**, **rose** and **chamomile**.

On the other hand a patient with headaches due to sinus congestion may need essential oils of **basil**, **cajeput** and **rosemary**.

A very stressed up patient may require essential oils of **neroli**, **lavender** and **clary sage**.

Therefore a health problem would require quite different remedies according to the individual being treated. This is NOT to say, however, that aromatherapy should be considered as an alternative to orthodox medicine. It is a complementary therapy which works extremely well alongside conventional medicine. Indeed aromatherapy is used in many hospitals nowadays in all areas of care including maternity, rheumatology, intensive care, the elderly, psychiatric, coronary, pain clinics, hospices, HIV/Aids and paediatrics. Over the years many medical personnel have studied at Beaumont College of Natural Medicine in order to incorporate complementary therapies into their work.

Essential oils when they are used correctly in the appropriate dilutions are extremely safe and without side effects. They are gentle and natural. On the other hand conventional drugs are often very powerful and they can have side effects. For instance anti-inflammatory drugs can have an adverse effect on the stomach, painkillers may lead to constipation and antibiotics can cause thrush.

Aromatherapy has a whole host of benefits. It can be used very successfully in the home to relieve or eliminate many common illnesses such as muscular aches and pain, headaches, sore throats, coughs and colds, digestive upsets, P.M.T. and so on. However, I must emphasise the necessity to consult your doctor if problems are persistent or serious. You should NEVER try to diagnose -- this is the prerogative of the doctor.

Aromatherapy can prevent disease by raising our levels of resistance and our immunity to disease. Once essential oils became part of your life you will find that you are far less susceptible to minor problems such as coughs and colds. If problems do occur then they can be nipped in the bud so that serious health problems are not given the opportunity to develop. Regular use of essential oils stimulates the body's own defence systems.

Aromatherapy is one of the most effective ways of counteracting the effects of stress. It is widely accepted that many ailments can be attributed to stress. Emotional upsets will often precede an episode of irritable bowel syndrome, induce a headache, create or worsen a skin disorder such as eczema or result in another stress related disorder. Essential oils are capable of inducing a deep state of relaxation and tranquillity so that such problems need never occur.

There has been a tremendous surge in interest in complementary medicine particularly over the last ten years or so. Research indicates that most people have tried some form of complementary medicine and are very satisfied with the results. Many chemists and health food shops now stock a wide range of complementary medicines. Most people have a natural remedy such as tea tree oil or lavender oil in their bathroom cabinet. Newspapers and magazines are full of articles extolling the virtues of natural remedies.

### **Summary**

By the end of this first unit you should know: -

1. What aromatherapy is
2. How it differs from conventional medicine
3. The benefits of aromatherapy

### **Course Work Unit 1**

1. How does aromatherapy differ from orthodox medicine?
2. Outline the main benefits of aromatherapy
3. Describe how you, a member of your family, or a friend has used aromatherapy.

## A BRIEF HISTORY of AROMATHERAPY

*In this unit we will explore how the healing powers of aromatic oils have been harnessed for thousands of years.*

### Lascaux 18000 BC

There are paintings in the caves of Lascaux in the Dordogne region of France which indicate the medicinal use of plants as far back as 18000 BC.

Early man relied very much on his instincts to keep him alive. His sense of smell was highly acute and a whole range of plants and aromatics were used to heal ailments as well as to aid digestion and preserve food.

### Egypt 4500 BC

There is much evidence that the Egyptians employed aromatics for a multitude of purposes.

The POPYRUS OF EBERS (1550 BC), which is one of the few surviving medical texts, reveals the widespread and frequent use of aromatics. From the papyrus it is evident that they were used internally and externally for all sorts of conditions -- respiratory problems, gynaecological disorders, skin diseases and mouth and gum problems to mention just a few.

The Egyptian perfumers formulated the famous 'Kyphi' which was used not only as a perfume but also as an incense and medicine. It was burnt during meditations as it was thought to heighten and increase spiritual awareness.

Perfumery was closely connected with religion. The statues of gods and goddesses were anointed with scented oils. Frankincense was burnt at sunrise as an offering to the sun god, Ra, and myrrh was dedicated to the moon.

The Egyptians were experts at embalming and they went to tremendous lengths to preserve the flesh with their special formulations of aromatics. Mummies have been discovered in a remarkable state of preservation. In 1922 when the tomb of Tutankhamun (1361 - 1392 BC) was discovered alabaster vases were found which were still fragrant with aromatics.

### India 3000 BC

The traditional form of Indian medicine is known as 'Ayurveda' and it uses massage, pressure points and essential oils to heal the body and to promote health and vitality. Sandalwood was particularly important.

### China 3000 BC

The Emperor Shen Nung's herbal book is the oldest surviving medical text in China and dates back to 2,700 BC. It contains information on over 300 plants. "The Yellow Emperors Classic of Internal Medicine" written by Emperor Huang Ti, which forms the basis of acupuncture, refers to aromatic medicine and massage.

### *Greece 400-500 BC*

Hippocrates (460 -- 370 BC), the 'father of medicine', advocated the use of daily aromatic baths and medicine. He described the effects of 300 plants. Other famous Greeks, who advocated the use of massage, perfumes and aromatic preparations for medicinal purposes include Asclepiades, Theophrastus and Megallus.

### *Rome 50 AD*

The Romans took much of their knowledge from the Egyptians and Greeks and refined it. They are famous for their practice and enjoyment of massage and bathing with aromatic oils. Public bath houses were set up in many towns. Dioscorides wrote 'De Materia Medica' in the first century AD which contains a wealth of information about the 500 plants he describes. He advocates 'Susinon' for treating fluid retention, 'Amarakinon' for haemorrhoids and menstrual problems and 'Nardinon muron' for colds and coughs.

### *Arabia 900 AD*

The physician and scholar Avicenna (AD 980 -- 1037) wrote many books concerned with the healing properties of plants. His most renowned text is the 'Canon of Medicine'. He is credited with refining the process of distillation by his improvements to the cooling system which made the process much more efficient. Rose water became extremely popular and it was employed for both culinary and medicinal purposes. During the Crusades a great deal of knowledge was spread throughout Europe.

### *Middle Ages*

Lavender and other herbs were used as protection to fight epidemics and infection. Frankincense and pine were burned in the streets during the Bubonic Plague in the fourteenth century. William Turner wrote one of our earliest books on herbal medicine.

### *Seventeenth Century*

Many English herbalists came to the fore. In 1653 Nicolas Culpepper wrote his famous 'Complete Herbal'.

### *Eighteenth Century*

In the 18th-century many herbalists and even some doctors were using essential oils. Apothecaries had their own stills.

### *Nineteenth Century*

Scientists began to identify the chemical constituents of essential oils and unfortunately began to develop the oils synthetically. This led to the decline of natural medicines. The synthetic copies not only did not impart the same therapeutic value but they also often resulted in very unpleasant side effects.

## Twentieth Century

Fortunately the French chemist René Maurice Gattefossé rediscovered essential oils. He coined the word 'aromatherapy' and published his book 'Aromathérapie' in 1937.

After severely burning his hand one day in a laboratory experiment he plunged it into the nearest container of liquid which was lavender oil. He was amazed when the pain was relieved and the burns rapidly healed with no trace of a scar. This led him to experiment with essential oils and he used them on the wounds of soldiers during the first world war.

The Frenchman Dr Jean Valnet developed his important work. His famous book the 'Practice of Aromatherapy' published in 1964 is considered by many to be the 'Bible of Aromatherapy'!

Aromatherapy arrived in Britain in the late 1950s administered by Madame Marguerite Maury (1895 -- 1965) who taught her techniques to beauty therapists.

Nowadays essential oils are used not just in beauty therapy but as a means of alleviating many health disorders. People are increasingly turning to natural therapies such as aromatherapy to relieve their physical and emotional problems.

Personally I have been teaching and lecturing to students from all over the world since 1979. I have trained thousands of students in the clinical and holistic use of essential oils and I have written nine books on aromatherapy, massage and reflexology.

### Course Work Unit 2

1. Describe some of the ways that aromatics were used by the Ancient Egyptians
2. What is Avicenna famous for?
3. Who is credited with the revival of aromatherapy and how did he discover the healing powers of essential oils?
4. Make a list of the most important individuals in the history of aromatherapy
5. Why are people turning to aromatherapy to alleviate their health problems?

# THE EXTRACTION OF ESSENTIAL OILS

## *What is an essential oil?*

An essential oil can be defined as a natural non-oily highly fragrant essence extracted from different parts of an aromatic plant. Essential oils are volatile and are soluble in oils, fats and pure alcohol but they are slightly soluble in water. They are flammable and can be damaged by light, temperature, air and moisture.

Essential oils are not just used for the purposes of aromatherapy. They are used primarily by the pharmaceutical industry (e.g. eucalyptus in cough preparations) and in the food industry (e.g. peppermint in sweets)

## *Where are they found?*

Essential oils can be obtained from different parts of plants. Some of the parts that they are produced in include: -

Flower -- e.g. rose, chamomile, ylang ylang.

Leaf -- e.g. peppermint, eucalyptus, cajeput.

Fruits -- e.g. citrus oils such as lemon, bergamot and mandarin.

Seeds -- e.g. caraway, fennel

Wood -- e.g. sandalwood, cedarwood

Twigs -- e.g. petitgrain

Root -- e.g. ginger

Berry -- e.g. juniper, black pepper

Gum -- e.g. frankincense, myrrh

Plants usually produce an essential oil from just one part of the plant although a plant may produce an essential oil in more than one of its parts. For instance the bitter or Seville orange tree produces three essential oils which are very different in odour, chemical composition and in their therapeutic effects! :-

1. Orange from the peel of the fruit
2. Petitgrain from the leaves and twigs
3. Neroli from its blossom.

Oils are produced in highly specialised cells in certain organs of a plant.

Plants such as thyme, marjoram and rosemary store essential oils on the surface of the plant's epidermis in glandular cells, hairs and scales.

Oils such as lemon and orange are stored in oil reservoirs.

Fennel, celery and coriander are found in oil canals.

The amount of essential oil present is very variable, as is the yield of the essential oil. A 1% yield means that 100 kilos of plant are necessary to produce approximately one litre of essential oil. *Rosa damascena* (Rose) yields just 0.01 -- 0.03% of essential oil -- a very low yield! In fact it is said that it takes 30 roses to make just one drop of essential oil! It is estimated that 12,000 blossoms are required to produce one kilo of jasmine. *Rosmarinus officinalis* (rosemary) has a much higher yield than rose or jasmine (1% -- 2%). The yield will obviously affect the cost of an essential oil. Rose and jasmine are far more expensive than rosemary.



## ***Why do plants produce essential oils?***

The role of essential oils is the subject of much discussion. However it is generally agreed that they perform following functions: -

### **Attraction**

1) Flower and fruit scents attract insects and animals for pollination and seed dispersal. This ensures the survival and distribution of a plant. Flower fragrances may be perceptible either from a distance, at short range or even only when the pollinator has already landed on the flower. The nature of the flower odour is variable according to the group of pollinators that find it attractive. Flowers with sweet fragrances often attract butterflies and bees. Bats are attracted often to musky or fruit odours. Moths find heavy, cloying aromas irresistible.

### **2) Defence**

The aroma and taste of essential oils from leaves, roots and barks may defend plants against being chewed by unwanted insects and animals. These oils make the plants most unappetising to unwanted predators. Oils also protect the plant from fungi and bacteria. Other functions essential oils perform include: -

- a) They act as a buffer in weather conditions -- e.g. they may evaporate on hot days to cool the surfaces of the leaves.
- b) They may increase the resistance of the plant
- c) They may trigger ripening processes within the plant
- d) They may act as chemical messages between plants

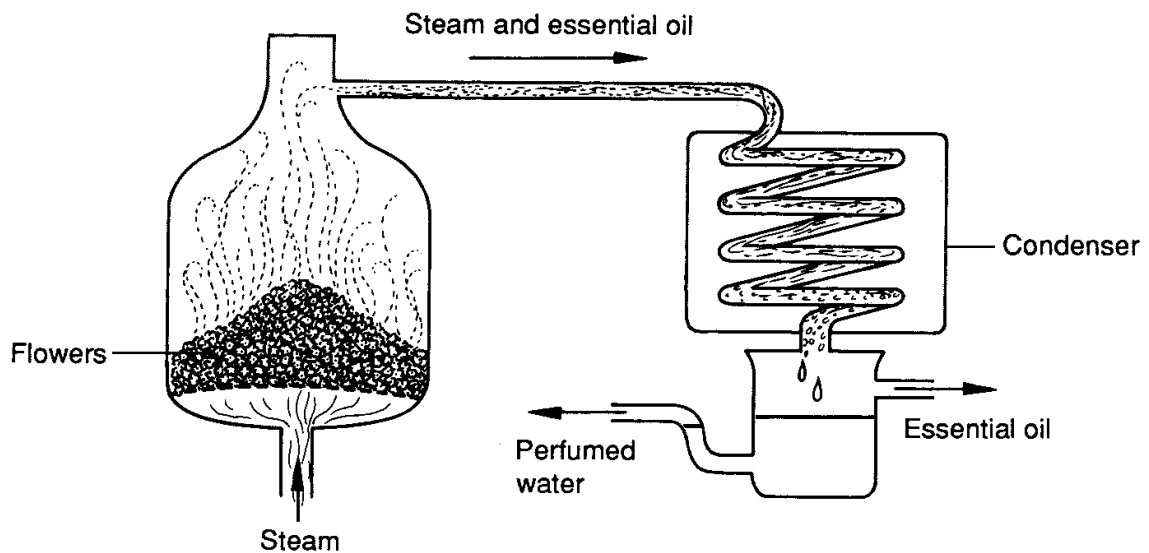
## ***How Are Essential Oils Extracted?***

They are extracted in a variety of ways. The process of distillation is the most important method of extraction and gives pure essential oil as its end product. Expressed oils are also regarded as pure as no chemicals are added during the process of extraction.

### **Distillation**

This is the most widely used and the most economical method. First the plants have to be harvested. Some plants such as melissa must be distilled immediately after they are harvested to prevent loss of precious essential oil. Other plants such as lavender are distilled after a few days to dry out the surplus water in the plant. Black pepper seeds and clary sage, on the other hand, can be totally dried prior to distillation.

The plant material (e.g. flowers, leaves) is placed in a still and heated with water or by steam. The heat and steam cause the cell structure of the plant material to burst freeing the essential oil. The essential oil and steam are then channelled into a cooling tank. The emerging liquid is a mixture of oil and water. Since essential oils are not water soluble they can easily be separated from the water. The density of essential oils is variable and therefore a light oil floats on the surface whereas a heavy oil sinks to the bottom. The essential oil can then be drawn off.



The whole process of distillation requires an enormous amount of expertise -- it is a real art. The temperature must be strictly controlled as if the temperature is too high then this will damage the essential oils. Distillation time is variable but it normally takes approximately 45 minutes to a few hours.

A by-product of the distillation process are aromatic waters such as rose, lavender and orange flower water.

### Expression

This process is employed for the extraction of oil from the citrus fruits such as orange, bergamot, lemon, lime, grapefruit and mandarin. At one time this method was performed by hand. The citrus essence was extracted by squeezing the peel, collecting in a sponge which, once saturated, was squeezed into a container and then filtered.

Nowadays, unfortunately, this process is usually carried out in a factory using mechanical presses. Crops which have been treated with pesticides and chemical fertilisers are best avoided since they are contaminated. Organic fruits yield the best oils for therapeutic purposes.

### Solvent extraction

Some plants such as jasmine are adversely affected by hot water and steam and therefore cannot be extracted via steam distillation. Therefore solvent extraction is used as an alternative. This method does NOT yield a TRUE essential oil -- the end product is known as an ABSOLUTE. Examples are jasmine absolute and rose absolute. (Although rose can also be distilled in which case it is known as rose otto).

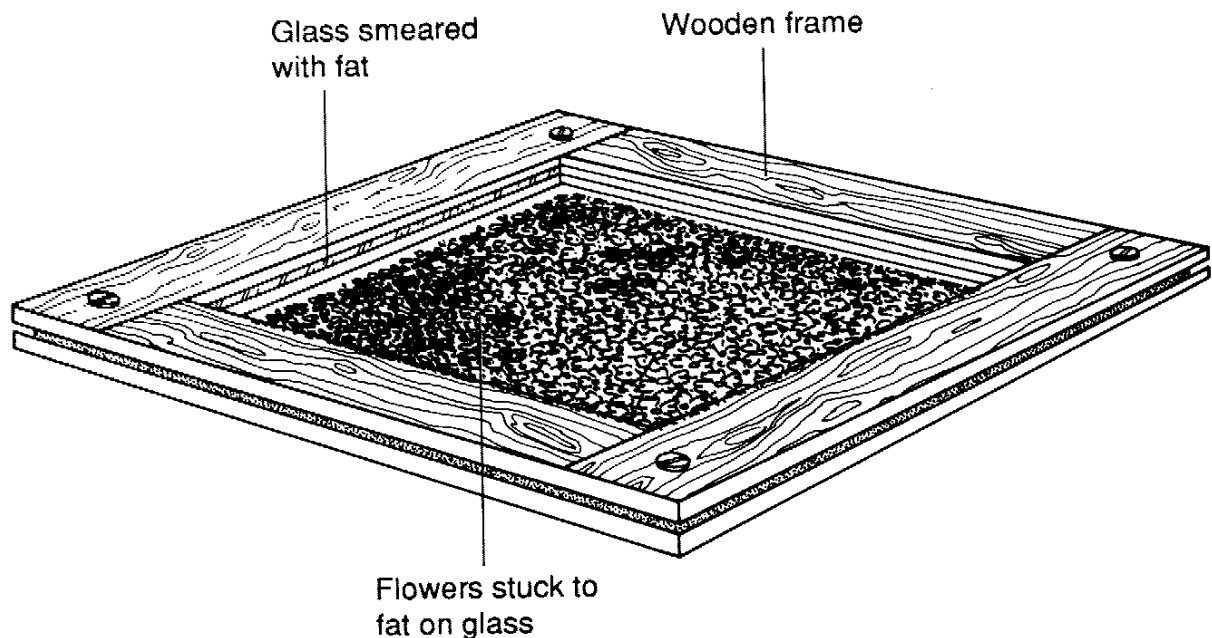
The aromatic material (flowers) is covered with a solvent such as petroleum, ether or hexane which extracts the aromatic substance. The solvent is distilled off at low temperature to produce a CONCRETE which is approximately 50% wax and 50% volatile oil. This concrete is shaken up with alcohol, chilled and filtered. The alcohol is evaporated off very gently under vacuum leaving behind the thick and viscous absolute.

Distilled oils are always used in preference to solvent extracted oils. This is because unwanted residues of solvent will always be present in a solvent extracted oil. An absolute can never have the purity of an essential oil.

## Less frequent methods of extraction

### Enfleurage

This method is now almost completely obsolete but is included, as it was the traditional way of extracting oil from delicate flowers. This was an extremely laborious, time consuming and therefore very expensive process. Sheets of glass mounted in large rectangular wooden frames were covered with purified cold fat and then sprinkled with flowers. After approximately a day the flowers were removed and replaced with fresh ones. The process was repeated many times until the fat was totally saturated with the plant oil. This perfumed saturated fat was known as a 'pomade'. It was washed in alcohol and then treated to produce an absolute.



### Carbon dioxide extraction

This relatively new method using liquid carbon dioxide is a very expensive procedure at present. This process produces oils free of unwanted solvent residues. However, the oils produced have not yet been evaluated by aromatherapists.

### Course Work Unit 3

1. Write down at least five facts to describe the nature of an essential oil
2. Name and give examples of at least five parts of plants which yield essential oils
3. How much essential oil is present in the plant?
4. Give two reasons why essential oils are produced by plants
5. Describe briefly the main method of extraction
6. How are oils extracted from citrus fruits?
7. What are the methods of extraction of rose absolute and rose otto?

# CARE, STORAGE and METHODS of APPLICATION

## Care and storage

Essential oils need to be stored in the right conditions if they are to retain their optimum therapeutic value. They are sensitive to:

- Light
- Temperature
- Air
- Age

### Light

Essential oils are damaged by ultraviolet light and deteriorate more rapidly at the blue end of the spectrum than the red. Therefore it is important to store your essential oils in amber glass bottles. If your oils are in blue bottles then it is vital to store them in a dark place. They should never be decanted into clear glass or plastic bottles.

Never place your essential oils in direct sunlight (e.g. on windowsills) no matter how attractive they look.

### Temperature

Essential oils do not like extremes of temperature. High temperatures can affect the components of the oil and low temperatures can cause cloudiness and an increase in the viscosity of oils.

Therefore, keep your oils at an even temperature.

### Air

Essential oils are volatile -- therefore it is vital to always replace the cap promptly and tightly after use.

Oxidation will occur upon contact with the air resulting in a different aroma and a diminished therapeutic effect.

Remember to ensure that tops are tightly closed when not in use!

### Age

Pure essential oils should last at least three years from the bottling date.

Citrus oils have a shorter shelf life of approximately two years.

As absolutes age they tend to thicken and the aroma of the solvent is evident.

Some essential oils are thought to improve with age such as patchouli but not all authorities are in agreement.

Once essential oils have been diluted into oil or lotion carriers their shelf life is reduced to about six months. We will study blending further on in the course.

## Other care and storage factors

1. Essential oils are highly flammable. Therefore working areas should contain no naked flame and smoking should not be permitted.
2. Keep out of the reach of children. If they are accidentally swallowed then medical attention should always be sought.
3. Never place a bottle of pure essential oil on a polished or plastic surface to avoid damage to the area.
4. Store essential oils away from any homoeopathic medications. Certain oils such as peppermint have an adverse effect on homoeopathic prescriptions.
5. Avoid the eye area as essential oils can irritate their eyes.

## Purity

It is unfortunate that essential oils are often adulterated or are of a poor quality. Ingredients may be added such as synthetic constituents, alcohols, vegetable oil or low cost essential oils. Obviously adulterated oils will produce at best very inferior results and in the worst cases will have no effect or even an unpleasant effect such as a skin rash.

## Top ten tips

1. Always buy from a reputable supplier whom you can trust
2. Try to seek out an aromatherapy specialist. Are there qualified aromatherapists dispensing the blends?
3. Has the supplier being recommended to you?
4. Are the oils sold in amber coloured bottles?
5. Look for a batch number on the bottle. When were they bottled?
6. Study the prices of the oils. If they are all the same price they are definitely not pure essential oils for example jasmine and neroli are far more expensive and lavender or peppermint.
7. Check that the essential oil have not been blended with a carrier oil.
8. How long has the aromatherapy company been established?
9. Never be afraid to ask questions. Does your supplier know about his/her oils?
10. Trust your nose and your intuition!

## Methods of application

There are many ways in which essential oils may be employed. In this unit we will outline some of the main methods.

### Inhalation

This is the fastest method whereby essential oils can affect the body. Inhalations are particularly effective for respiratory problems such as colds, coughs, catarrh, sinusitis etc. They also have a profound effect on the emotions alleviating anxiety and stress and lifting depression and tiredness.

Try the following methods: -

1. Place 1 -- 2 drops on a tissue or handkerchief and inhale when required. This method is ideal for nasal congestion.
  2. Place one drop of lavender on your palm. Rub your hands together, cup them over your nose and inhale deeply. Excellent for anxiety states.
  3. Steam inhalation. Add 2 -- 4 drops on essential oil to a large bowl of boiling water. Cover the head with a towel and inhale deeply for a few minutes. Keep your eyes closed to avoid irritating the eyes.
  4. Vapouriser. A clay vapouriser with a night light underneath is ideal. Put a few teaspoons of water into the bowl on top and sprinkle a few drops of essential oil into it.
- Use essential oils such as a lavender, chamomile or sandalwood to make the atmosphere relaxed and calming
  - Citrus oils can be used to enliven the atmosphere
  - Tea tree and rosemary will help to keep infections at bay

### Baths

Aromatic baths have been employed for pleasure and therapeutic purposes throughout history. Bathing is one of the easiest and most popular methods of deriving benefit from essential oils.

Run the water and add 6 drops of pure essential oil to the bath and agitate thoroughly. Soak for at least 10 to 15 minutes to allow the molecules to be absorbed by the skin.

If you wish you may blend your essential oil in a carrier oil. This is advisable for dry skin and when using essential oils on babies and young children who have a tendency to rub their eyes. (Add one drop for a baby and 2 drops for a toddler).

- Lavender, Roman chamomile, mandarin or sandalwood will ensure a restful nights sleep
- Black pepper, lemon, rosemary or peppermint will enliven and invigorate you
- Lavender, marjoram, frankincense and chamomile will help to soothe aches and pains
- Cypress, juniper, fennel and lemon are all excellent for alleviating fluid retention
- Tea tree, thyme and lavender are all effective for boosting the immune system
- Jasmine, rose and ylang ylang will set the scene for a night of passion!
- Cajeput, eucalyptus and thyme will help to get rid of coughs and colds.

## Footbaths and Handbaths

These are invaluable in situations where it is impractical to enjoy a bath. Add 6 drops to a handbath or footbath and soak for approximately 10 - 15 minutes. Lavender and peppermint are excellent for athlete's foot, tiredness, swelling and pain in the feet. Chamomile is marvellous for arthritis in the hands.

## Sitz baths and Bidets

These are a simple method of counteracting haemorrhoids, cystitis, vaginal discharges, anal itching and stitches after childbirth. Sprinkle 6 drops into a bowl of hand hot water or bidet and sit in it for approximately 10 minutes. Suitable oils include bergamot, chamomile, juniper, lavender, sandalwood or tea tree.

## Compresses

These can be used for a variety of disorders including muscular aches, arthritic pain, headaches, fevers, period pains, swellings, throat problems, varicose veins etc.

Compresses may be applied hot or cold. If there is heat and inflammation a cold compress would be the most appropriate. For chronic, dull pain a hot compress could be applied.

Fill a small bowl with water, add 6 drops of essential oil and agitate thoroughly. Soak a flannel, a piece of a cotton tea towel or any absorbent cloth made of natural fibres in the solution. Squeeze out and place it on the affected area.

For a fever replace the compress with a new one whenever necessary. Lavender, chamomile or peppermint is ideal.

If you wish to leave the compress in place for 15 minutes to an hour you may wrap some cling film around it.

## Gargles and Mouthwashes

Gargles are very effective for sore throats, colds and loss of voice. A mouthwash may help to prevent and treat problems such as mouth ulcers and gum disorders.

Put 2 drops of essential oil into half a glass of water. Stir well, gargle and spit it out. Repeat this procedure until all the water is used up.

Try sandalwood, geranium, sage, myrrh or lemon to soothe a sore throat.

Myrrh and tea tree make an excellent combination for mouth ulcers and oral thrush.

Gargle after dental surgery with lemon and geranium to accelerate healing and to prevent infections from occurring.

## Massage

Essential oils are NOT usually applied neat to the skin except for emergencies such as burns, wasp stings or cuts when tea tree or lavender are often used. They are far too concentrated.

They must be blended with a suitable carrier oil (*see unit 5 for details of carrier oils*). Mineral oil (baby oil) is NOT a suitable carrier oil. They may also be blended with a lanolin-free, perfume-free carrier cream (see Denise Brown's price list for suitable products).

Use the following guidelines :-

Add 3 drops of essential oils to 10mls (i.e. 2 teaspoons) of carrier oil

Add 6 drops of essential oil to 20mls of carrier oil.

Add 15 drops of essential oil to 50mls of carrier oil.

Add 30 drops of essential oil to 100mls of carrier oil.

Do NOT be tempted to use excessive amounts of essential oil to your carrier oil. More is not better! In fact too much essential oil can cause unpleasant side effects. I hope that by now you have realised the versatility of essential oils and that you feel inspired and confident to experiment with some of the methods that I have suggested.

## Course Work Unit 4

1. Which factors influence the storage of essential oils?
2. Make a list of questions that you would ask a supplier prior to purchasing essential oils
3. When would an inhalant be indicated?
4. Describe how to use essential oils in the bath.
5. Which conditions may be treated by using essential oil sitz baths?
6. List at least 6 disorders which would benefit from an aromatherapy compress.
7. Describe the treatment for mouth ulcers.
8. How many drops of essential oil would you use to 2 teaspoons (10mls) of carrier oil?
9. Use essential oils in at least 3 different ways over the next few days. Describe how you have used them.



## CARRIER OILS

Carrier oils are also known as BASE oils or FIXED oils.

The chosen carrier oil should be cold pressed. Oils produced via hot extraction are less expensive since a higher yield of oil is produced but it is of an inferior quality unsuitable for aromatherapy. The base oil should be untreated by chemicals, unrefined and free from additives and colourings. To summarise, always use cold-pressed, unrefined additive-free carrier oils. You will not find these on the shelves of the supermarket!

Vegetable oils are the most commonly used carrier oils. They are greasy and will leave an oily mark on absorbent paper unlike essential oils.

Mineral oil (purified light petroleum oil/such as baby oil) is not a suitable carrier oil. Mineral oils lack the nutritional constituents (vitamins, fatty acids etc) of vegetable oils. They also do not penetrate the skin readily and may even act as a barrier. Vegetable oils, on the other hand, nourish and moisturise the skin and have many health benefits.

## **CARRIER OILS USED IN AROMATHERAPY AND THEIR USES**

The choice of carrier oil is really a matter of personal preference. When choosing a base oil some points to look out for are: -

- Quality (cold pressed is advisable)
- Texture (a thick, sticky oil does not make a particularly good massage medium)
- Absorbability (an easily absorbed carrier oil is desirable)
- Fragrance (a strong aroma is undesirable as it can be unpleasant and can mask the aroma of the essential oils)

### **Almond oil (sweet)**

Probably the most common carrier oil used in aromatherapy. It is pale yellow in colour and is extracted by cold pressing.

Uses

All skin types. Particularly indicated for dry, sensitive, prematurely aged skin. It also calms and relieves itching. Highly recommended -- it may be used as a base oil 100 percent.

### **Apricot kernel oil**

Very similar to sweet almond oil yet more expensive as small quantities are produced. It is extracted by cold pressing and is a pale yellow colour.

Uses

All skin types. It is highly penetrative. Particularly beneficial for dry, sensitive, inflamed and mature skins. It may be used as a base oil 100 percent although a small amount is often added to the main carrier oil (e.g. sweet almond) due to its nourishing properties.

### **Avocado oil**

A dark, rich green viscous carrier oil cold pressed from the dried flesh of avocado pears. True avocado oil is quite hard to obtain.

Uses

Extremely beneficial for dry and dehydrated skin -- e.g. after too much exposure to the sun or where the skin is damaged. It can be added to a blend in up to a 20 percent dilution. It is too thick to be used 100 percent.

### **Coconut oil**

A sweet smelling viscous oil which is subjected to heat and refined to be a workable oil. In my opinion not to be used in aromatherapy although it does aid tanning!

## Evening Primrose oil

Cold pressed from the seeds evening primrose oil is regarded as a miracle plant of modern times.

### Uses

In capsule form it is taken internally for problems such as P.M S., high blood pressure, arthritis, eczema, psoriasis, cystic fibrosis, diabetes, MS and for hyperactive children. Used externally it is good for eczema, psoriasis, skin conditions aggravated by hormones (e.g. acne) and prematurely aged skin. It is usually added to the main carrier oil in a 10 percent dilution.

## Grapeseed oil

A pale green base oil produced by hot extraction. It is not sticky and is easily absorbed.

### Uses

All skin types but especially oily skin. Not one of my personal favourites -- I only like cold pressed base oils!!

## Jojoba oil

A cold pressed oil which is very stable and has excellent keeping qualities.

### Uses

A very balancing oil for the skin just as useful for oily skin as for dry skin. It also has anti-inflammatory properties. Good for hair care -- it helps damaged brittle hair. My favourite facial oil! Jojoba is usually added in up to a 20 percent dilution.

## Wheatgerm oil

A rich orangy colour extracted by cold pressing. Its vitamin E content makes it an ideal preservative.

### Uses

A rich, nourishing oil useful for dry, cracked and mature skin. It can help to prevent stretch marks. It is too thick and heavy to be used on its own as a base oil 100 percent. It also has a very strong odour. Always add it (up to 10 percent) to a blend in to preserve its life.

Other carrier oils which you may encounter are carrot, macademia nut, olive, rosehip, sesame, hazelnut, soya bean, sunflower, safflower, hypericum, peanut and corn oils.

I have experimented with many different carrier oils over the years. My experience has led me to formulate my special blend which consists of sweet almond oil together with apricot kernel, avocado, calendula, jojoba, peach kernel and wheatgerm. I have found that this is suitable for all skin conditions. You may find that you wish to formulate your own particular blend of carrier oils!

## **Course Work Unit 5**

1. What are the two other terms for carrier oil?
2. Why is mineral oil unsuitable for aromatherapy?
3. Why are vegetable oils suitable as base oils?
4. Which factors may determine your choice of carrier oil?
5. Describe two carrier oils that may be used 100 percent.
6. Why is wheatgerm oil usually added to a blend?
7. Outline the advantages of jojoba oil

## ESSENTIAL OILS

**A** professional aromatherapist will probably use up to about 60 essential oils. However, since this is an introductory course I have selected 16 of the most useful essential oils. These oils will enable you to treat most health problems. You will be amazed at the success you can achieve with practice and experience! These oils will enable you to treat most health problems. You will be success you can achieve with practice and experience!



For simplification I have included my **KEYWORDS** which indicate at a glance, the main effects of each oil.

Any special precautions are listed at the end of each oil under **CONTRAINDICATIONS**. Why not begin your collection with just six essential oils and then gradually add to your repertoire. Be guided by your aroma preference amazed at the for you will instinctively know what you need. If you like the smell of it then it is good for you!

## BERGAMOT

<b>Latin name</b>	Citrus bergamia
<b>Family</b>	Rutaceae
<b>Essence from</b>	Peel of fruit
<b>Fragrance</b>	Sweet, citrus, floral



### *Principal properties and indications*

#### **Keywords**

- Antidepressant
- Antiseptic
- Balancing
- Uplifting

#### **Genito-Urinary**

- Cystitis (relieves physical causes and emotional tension and depression)
  - Discharges
  - Urinary infections
  - Vaginal pruritis (itching)
- Use in bath, massage, sitz bath

#### **Neurological/Emotional**

- Anxiety states - uplifting yet sedative
  - Depression
- Use in bath, diffuser, inhalation, massage

#### **Skincare**

- Acne, oily skin
  - Boils, carbuncles
  - Chicken pox
  - Eczema
  - Greasy scalp
  - Herpes
  - Psoriasis
  - Any stress-related skin problems
- Use in bath, compress, massage

#### **Contraindications**

Do not apply before sunbathing as BERGAMOT increases the photosensitivity of the skin. (Hence its inclusion in the sun-tan preparations)

# CHAMOMILE

	Anthemis nobilis (Roman Chamomile)
<b>Latin name</b>	Matricaria chamomilla (German Camomile)
<b>Family</b>	Compositae
<b>Essence from</b>	Flowers of the plant
<b>Fragrance</b>	Apple-like, light, aromatic, sharp



## *Principal properties and indications*

### **Keywords**

- Balancing
- Calming
- Soothing
- Children

Roman Chamomile is an excellent remedy for use with infants - very similar to lavender. It is low in toxicity and can be used for all children's complaints - colic, ear and throat infections, irritability, temper tantrums, skin infections, allergies and asthma. It contains azulene which is an excellent anti-inflammatory agent which, although not present in the fresh flower, is formed when the plant is distilled.

### **Circulatory**

- Anaemia
- Stimulates the white blood cells (leucocytes) and therefore boosts the immune system
- Fevers (encourages sweating and combats the fever)  
Use in bath, compress, diffuser, inhalation, massage

### **Digestive**

- All digestive problems and in particular children's digestive problems (colic, stomach pains, diarrhoea)
- Colitis
- Difficult and painful digestion
- Flatulence
- Liver and spleen congestion
- Vomiting  
Use in bath, compress, diffuser, inhalation, massage

## **Chamomile**

### **Genito-Urinary**

- All female disorders, especially when associated with nervous tension
  - GERMAN CHAMOMILE is particularly indicated
  - Menopause
  - P.M.T.
  - Painful periods
  - Irregular periods
  - Scanty or absent menstruation
  - Excessive blood loss
  - Diuretic
  - Vulvar itching
- Use in bath, compress, massage, sitz bath

### **Head**

- Earache
  - Headaches/Migraine
  - Neuralgia
  - Teething pains/toothache/gingivitis
- Use in bath, compress, diffuser, inhalation, massage

### **Muscular / Joints**

- All aches and pains whether in the muscles, joints or organs
  - Cramp and stitch
  - Dull aches
  - Muscular aches
  - Rheumatism
- Use in bath, compress, massage

### **Neurological / Emotional**

- Depression
  - Hysteria
  - Insomnia
  - Irritability, restlessness, impatience, states of anger, oversensitivity
- Use in bath, compress, diffuser, inhalation, massage

### **Skin care**

- Acne
  - Allergies (eruptions due to allergies e.g. urticaria)
  - Burns
  - Dry, inflamed skin
  - Sensitive skin
- Use in bath, compress, massage



# CYPRESS

**Latin name** Cupressus sempervirens

**Family** Cupressaceae

**Essence from** Twigs and branches

**Fragrance** Woody, balsamic



## *Principal properties and indications*

### **Keywords**

- Astringent
- Fluid reducing
- Warming and reviving
- Tonic

### **Circulatory**

- Haemorrhoids
  - Poor circulation
  - Varicose veins
- Use in bath, compress, massage, sitz bath

### **Genito-Urinary**

- Fluid retention
  - Heavy and painful periods
  - Incontinence of urine (enuresis)
  - Menopause
  - P.M.T.
- Use in bath, compress, massage

### **Neurological/Emotional**

- Irritability and nervous tension
  - Strengthening and comforting - eases grief and is useful in times of change
- Use in bath, diffuser, inhalation, massage

### **Respiratory**

- Asthma
  - Cough
  - Whooping cough
- Use in compress, diffuser, inhalation, massage

### **Skin Care**

- Broken capillaries
- Cellulite
- Excessive perspiration (especially of the feet)
- Varicose veins

## EUCALYPTUS

<b>Latin name</b>	Eucalyptus globulus
<b>Family</b>	Myrtaceae
<b>Essence from</b>	Leaves of tree
<b>Fragrance</b>	Fresh, camphor-like



### *Principal properties and indications*

#### **Keywords**

- Antiseptic
- Expectorant
- Pain relieving
- Stimulant

#### **Circulatory**

- Fever - cooling effect
- Infectious diseases - will prevent from spreading  
Use in bath, compress, diffuser, inhalation, massage

#### **Digestive**

- Diabetes - balances the blood sugar level
- Worms  
Use in bath, inhalation, massage

#### **Genito-Urinary**

- Cystitis
- Fluid retention
- Urinary infections  
Use in bath, compress, massage, sitz bath

#### **Muscular**

- Arthritis
- Fibrositis
- Muscular and rheumatic pains
- Rheumatism  
Use in bath, compress, massage

#### **Neurological / Emotional**

- Energy imbalance
- Exhaustion  
Use in bath, diffuser, inhalation, massage

## ***Eucalyptus***

### **Respiratory**

- All respiratory disorders
  - Asthma
  - Bronchitis
  - Catarrh, colds, cough
  - Flu
  - Sinusitis
  - Throat infection
- Use in bath, compress, diffuser, inhalation, massage

### **Skin**

- Antiseptic - cuts
  - Burns and scalds
  - Herpes
  - Measles and other infectious diseases
- Use in bath, massage

### **Miscellaneous**

- Insect repellent
- Use in diffuser

### **Contraindication**

1. Do not massage into babies and young children
2. Store away from homeopathic medicines

## Course Work Unit 6a

*Read thoroughly through the first 4 essential oils*

- Bergamot
  - Chamomile
  - Cypress
  - Eucalyptus
- 
- 1) You are treating a child with stomach pains. Select the most appropriate essential oil and state which methods of application you could use
  - 2) A week ago you developed a cold which has resulted in a cough and sinusitis. Which of the four oils would you choose and how would you use them

## **FENNEL (sweet)**

<b>Latin name</b>	Foeniculum vulgare
<b>Family</b>	Umbelliferae
<b>Essence from</b>	Seeds
<b>Fragrance</b>	Aniseed-like, camphor-like, strong



### **Principal properties and indications**

#### **Keywords**

- Detoxifying
- Digestive
- Eliminating
- Fluid reducing
- Highly prized by the Greeks and Romans
- Greek athletes ate fennel to give them strength without putting on weight.
- Roman ladies ate it to prevent weight gain and their warrior husbands ate it to give energy and health.

#### **Digestive**

- All digestive and intestinal problems
  - Appetite suppressant
  - Colic
  - Colitis
  - Constipation
  - Flatulence
  - Food poisoning
  - Hiccoughs
  - Nausea
  - Obesity
  - Stomach pains
- Use in bath, compress, inhalation, massage

#### **Genito-Urinary**

- Fluid retention
  - Insufficiency of milk in nursing mothers
  - Kidney stones
  - Menopausal irregularities
  - Stimulates the body to produce its own oestrogen
  - Scanty menstruation
  - Toxic elimination
- Use in bath, compress, massage

## **Fennel**

### **Neurological**

- Alcoholism (reduces the effects of alcohol on the body)
  - Anorexia
  - Courage
- Use in bath, compress, massage

### **Respiratory**

- Bronchitis
  - Flu
  - Shortness of breath
- Use in bath, compress, massage

### **Skin**

- Cellulite
  - Orange peel skin
  - Toxic skin
- Use in bath, compress, massage

### **Contraindications**

1. Fennel is not advisable for young children
2. Avoid during pregnancy
3. Excessively high doses can disturb the nervous system avoid if epileptic.

# FRANKINCENSE

<b>Latin name</b>	Boswellia thurifera / carterii
<b>Family</b>	Burseraceae
<b>Essence from</b>	Gum of the bark of tree
<b>Fragrance</b>	Balsamic, camphor-like, spicy, woody, lingering



## Principal properties and indications

### Keywords

- Cooling
  - Comforting
  - Drying
  - Healing
  - Elevating
  - Expectorant
  - Rejuvenating
- One of my favourite oils!

### Neurological / Emotional

- Elevating yet soothing effects on the emotions
  - Enables those stuck in the past to move on
  - Fears
  - Grief
  - Obsessions
- Use in bath, diffuser, Inhalation, massage

### Respiratory

- All respiratory complaints - both physical and emotional benefits
  - Asthma
  - Bronchitis
  - Catarrh
  - Cough
  - Lung disorders
  - Slows down and deepens the breath
- Use in bath, compress, diffuser, inhalation, massage

### Skin

- All skin care
- Prevents ageing - mature skin will rejuvenate
- Tonic effect - may help wrinkles
- Ulcers and wounds Use in baths, compress, massage

# GERANIUM

<b>Latin name</b>	Pelargonium graveolens
<b>Family</b>	Geraniaceae
<b>Essence from</b>	Flowers, leaves and stalks
<b>Fragrance</b>	Sweet, strong, rose-like



## *Principal properties and indications*

### **Keywords**

- Antidepressant
- Balancing
- Fluid reducing
- Healing
- Uplifting

### **Digestive**

- Diabetes
  - Diarrhoea
  - Liver/Gall bladder problems
- Use in baths and massage

### **Genito Urinary**

- Fluid retention
  - Kidney stones
  - Menopause - it balances the hormones
  - P.M.T.
  - Sterility
- Use in bath, compress, massage

### **Neurological**

- Anxiety states
  - Depression
  - Neuralgia
- Use in bath, compress, diffuser, inhalation, massage

### **Respiratory**

- Sore throat
  - Tonsillitis
- Use in bath, diffuser, inhalation, massage



## **Geranium**

### **Skin**

- All skin types - balancing
  - Astringent
  - Bleeding
  - Bruises
  - Burns, wounds, ulcers - very healing
  - Dry eczema
  - Inflamed, oily and combination skin
  - Varicose veins
- Use in bath, compress, massage

### **Miscellaneous**

- Insect and mosquito repellent

## *JUNIPER BERRY*

<b>Latin name</b>	Juniperus communis
<b>Family</b>	Cupressaceae
<b>Essence from</b>	Berries
<b>Fragrance</b>	Balsamic, hot, sharp



### *Principal properties and indications*

#### **Keywords**

- Antiseptic
- Cleansing
- Detoxifying
- Fluid reducing
- Purifying
- Tonic

#### **Circulatory**

- Arteriosclerosis
  - Fever
  - Haemorrhoids
- Use in bath, compress, massage, sitz bath

#### **Digestive**

- Diabetes
  - Difficult digestion
  - Flatulence
  - Food poisoning
  - Loss of appetite
  - Sluggish digestion
  - Tonic
  - Worms
- Use in bath, compress, massage

### Genito-Urinary

- Cystitis
  - Difficulty in passing urine
  - Discharges
  - Enlarged prostate
  - Fluid retention
  - Low output of urine
  - Kidney stones
  - Painful menstruation
  - Scanty menstruation
  - Urinary infections
- Use in bath, compress, massage

### Muscular / Joints

- Arthritis
  - Gout
  - Rheumatism
- Use in bath, compress, massage

### Neurological / Emotional

- Anxiety
  - Depression
  - Loss of memory
  - Nervous exhaustion
  - It is an excellent oil for times when you feel emotionally depleted. It clears waste from the mind just as it does from the body
- Use in bath, diffuser, inhalation, massage

### Skin care

All skin disorders

Acne and oily skin

Cellulite

Dermatitis

Eczema

Ulcers and wounds

Skin conditions may get worse before they improve since JUNIPER stimulates the body to throw off toxins

Use in bath, compress, massage

### Contraindications

1. Take care during pregnancy (some say).
2. Juniperus communis is safe whereas juniperus sabina is NOT safe

## Course Work Unit 6b

*Read thoroughly through the essential oils 5 - 8*

- Fennel
- Frankincense
- Geranium
- Juniper

- 1) A friend of is searching for an essential oil to help with weight loss and cellulite. Which essential oil would you suggest, which methods of application would you advise? State any contraindications
- 2) Miss A. feels quite depressed and stressed. She also suffers from P.M.T. that results in anxiety, fluid retention and diarrhoea. Which oil might you select and how could she use it?

# LAVENDER

**Latin name** Lavandula officinalis/vera

**Family** Labiatae

**Essence from** Flowering tops

**Fragrance** Clean, flowery



## *Principal properties and indications*

### **Keywords**

- Antidepressant
- Antiseptic
- Balancing
- Calming
- Healing
- Rejuvenating

LAVENDER is probably the most precious of all the essential oils. It is so versatile that its properties are too numerous to mention

### **Circulatory**

- Fevers - reduces fever and prevents the spread of infection
  - Heart tonic
  - High blood pressure
  - Palpitations
  - Stimulates the white blood cells and thus the immune system
- Use in bath, compress, diffuser, inhalation, massage

### **Digestive**

- All digestive disorders - especially children
  - Colic
  - Diarrhoea
  - Difficult/painful digestion
  - Flatulence
  - Nausea and vomiting
  - Worms
- Use in bath, compress, massage

## Lavender

### Genito Urinary

- Childbirth - speeds up the delivery, calms the mother and purifies the air
  - Cystitis
  - Discharges
  - Fluid retention
  - Low output of urine
  - P.M.T.
  - Menopause
  - Menstrual pain
  - Scanty menstruation
- Use in bath, compress, diffuser, inhalation, massage, sitz bath

### Head

- Alopecia and all types of baldness of nervous origin
  - Bad breath
  - Earache
  - Fainting
  - Headache and migraine
  - Throat infections and laryngitis
  - Vertigo
- Use in bath, compress, diffuser, inhalation, massage

### Muscular / Joints

- All muscular aches and pains. It reduces pain, inflammation and tones
  - Arthritis
  - Rheumatism
  - Sprains
- Use in bath, compress, massage

### Neurological / Emotional

- Anxiety
  - Depression
  - Insomnia
  - Irritability
  - Mental and physical debility
  - Mood swings
  - Panic/Hysteria
- Use in bath, compress, diffuser, inhalation, massage

### Respiratory

- Asthma
  - Bronchitis
  - Catarrh
  - Colds
  - Coughs
  - Flu
  - Sinusitis
  - Throat infection
  - Whooping cough
- Use in bath, compress, diffuser, inhalation, massage

## Lavender

### Skin care

- All skin care - oily, dry, sensitive etc. It is anti-inflammatory, antiseptic, soothing and regenerates and rejuvenates the skin
- Acne
- Athletes foot
- Boils
- Burns
- Carbuncles
- Dermatitis
- Eczema
- Mature, ageing skin
- Psoriasis
- Sensitive skin
- Sunstroke
- Ulcers
- Wounds and sores of all descriptions  
Use in bath, compress, massage

### Miscellaneous

- Insect bites and stings  
Use in bath, compress, diffuser, massage

# LEMON

<b>Latin name</b>	Citrus Limonum
<b>Family</b>	Rutaceae
<b>Essence from</b>	Rind of fruit
<b>Fragrance</b>	Clean, crisp, fruity, refreshing, sharp



## *Principal properties and indications*

### **Keywords**

- Alkaline
- Antiseptic
- Detoxifying
- Fluid reducing
- Purifying
- Stimulant
- Tonic

### **Circulatory**

- Anaemia
  - Arteriosclerosis (hardening of the arteries)
  - Chilblains
  - High blood pressure
  - Poor circulation
  - Stimulates white blood cells boosting the immune system
  - Varicose veins
- Use in bath, compress, diffuser, inhalation, massage

### **Digestive**

- Lemon is an alkalising agent and a gastric antacid. To relieve hyperacidity drink a glass of water daily into which you have squeezed the juice of half a lemon
  - Diarrhoea
  - Flatulence
  - Heartburn
  - Hyperacidity of the stomach
  - Liver congestion
  - Obesity
  - Stomach ulcers
- Use in bath, compress, massage

### **Genito-Urinary**

- Fluid retention
  - Kidney stones
  - Thrush
- Use in bath, compress, massage



## Lemon

### Head

- Gingivitis
  - Laryngitis
  - Mouth ulcers
  - Tongue and mouth inflammation
- Use as a gargle (one or two drops to a glass of water)

### Muscular / Joints

- Arthritis
  - Gout
  - Rheumatism
- Use in bath, compress, massage

### Respiratory

- Asthma
  - Bronchitis
  - Catarrh
  - Colds
  - Flu
  - Laryngitis/Sore throats
  - Lung infections
  - Sinusitis
- Use in bath, compress, diffuser, inhalation, massage

### Skin care

- Cellulite - it stimulates the lymphatic system
  - Eruptions and diseases of all kinds
  - Boils
  - Cuts and infected wounds
  - Greasy skin
  - Herpes
  - Scabies
  - Varicose veins
  - Warts and verrucae (apply neat)
- Use in bath, compress, massage

### Miscellaneous

- Prevents the spread of diseases
- Use in diffuser

### Contraindications

Avoid strong sunlight and sunbeds immediately after treatment

## MYRRH

<b>Latin name</b>	Commiphora myrrha
<b>Family</b>	Burseraceae
<b>Essence from</b>	Gum of the bark
<b>Fragrance</b>	Balsamic, musty



### *Principal properties and indications*

#### **Keywords**

- Antiseptic
- Anticatarrhal
- Healing
- Rejuvenating
- Soothing

#### **Genito-Urinary**

- Absence of menstruation
  - Discharges
  - Thrush
  - Uterine disorders
- Use in bath, compress, massage, sitz bath

#### **Head**

- Gingivitis
  - Mouth infections
  - Mouth ulcers and inflammations
  - Pyorrhoea
  - Sore throats
- Use as a gargle (two drops to a glass of water)

#### **Respiratory**

- Asthma
  - Bronchitis
  - Catarrh
  - Cough
  - Hoarseness and loss of voice
- Use in bath, compress, diffuser, inhalation, massage

## Myrrh

### Skin

- Antiseptic, healing, anti-inflammatory and cooling
  - Athletes foot
  - Cracked and chapped skin
  - Inflamed skin - rejuvenating - ageing, mature, wrinkled skin
  - Ulcers and wounds
  - Weeping eczema
- Use in bath, compress, massage

### Contraindications

Avoid during pregnancy

## PEPPERMINT

<b>Latin name</b>	Mentha piperita
<b>Family</b>	Labiatae
<b>Essence from</b>	Leaves and flowering tops
<b>Fragrance</b>	Refreshing, reviving, sharp



### *Principal properties and indications*

#### **Keywords**

- Cooling
- Digestive
- Pain relieving
- Stimulating
- Tonic

#### **Circulatory**

- Anaemia
  - Fevers - induces sweating and cools down
- Use in bath, compress, massage

#### **Digestive**

- All digestive problems
  - Colic
  - Diarrhoea
  - Flatulence
  - Indigestion
  - Liver conditions
  - Loss of appetite
  - Nausea + vomiting - sea-sickness and travel-sickness
  - Sluggish digestion
  - Stomach pains
- Use in bath, compress, massage

#### **Genito-Urinary**

- Painful periods
  - Scanty menstruation
- Use in bath, compress, massage

#### **Head**

- Headaches and migraine - especially food related works well with LAVENDER
  - Sinus congestion and headache
  - Toothache (1 drop neat on the affected tooth)
- Use in bath, compress, massage

## Peppermint

### Muscular / Joints

- All muscular and joint problems where pain relief is required
- Peppermint is one of the most effective essential oils for pain relief  
Use in bath, compress, massage

### Neurological

- Clears the mind Impotence
- Mental and general fatigue
- Neuralgia
- Shock and hysteria  
Use in bath, compress, diffuser, inhalation, massage

### Respiratory

- Asthma - especially food related
- Bronchitis
- Colds
- Coughs
- Flu  
Use in bath, compress, diffuser, inhalation, massage

### Skin care

- It is cooling and anti-inflammatory and decongestive
- Acne
- Dermatitis
- Redness and irritation
- Scabies - good for infectious diseases
- Sunburn  
Use in bath, massage, compress

### Contraindications

1. Take care with sensitive skins
2. Store away from homoeopathic medicine
3. Do not use on babies and young children
4. Do not use excessively when breast-feeding

## Course Work Unit 6c

*Read thoroughly through the essential oils 9--12*

- Lavender
- Lemon
- Myrrh
- Peppermint

- 1) Mr B suffers a great deal from heartburn. When he is stressed and he's immune system is low he is very prone to mouth ulcers. Which oil would be most beneficial and how would you advise him to use it.
- 2) Mrs T suffers from migraine headaches that are very painful and make her feel extremely nauseous. She is not taking any homoeopathic medications. Select one of the oils above and describe how she could use it.

## ROSE - 'QUEEN OF ESSENTIAL OILS'

<b>Latin name</b>	Rosa damascena/centifolia
<b>Family</b>	Rosaceae
<b>Essence from</b>	Flowers, petals
<b>Fragrance</b>	Exquisite, heady, lingering, loving



### Principal properties and indications

#### Keywords

- Antidepressant
  - Aphrodisiac
  - Balancing
  - Female problems
  - Rejuvenating
  - Uplifting
- Possibly my favourite oil!

#### Circulatory

- Cleanses the blood
  - Tonic for the heart
- Use in bath, massage

#### Digestive

- Constipation
  - Liver conditions
- Use in bath, compress, massage

#### Genito-Urinary

- Rose is excellent for all female problems in preference to all other oils.
  - Although expensive it is well worth the investment. It is cleansing, purifying, regulating and tonic
  - Frigidity
  - Heavy period
  - Impotence - increases the sperm count
  - Irregular menstruation
  - Menopause
  - Sterility
  - Vaginal discharges
  - Women with a tendency to miscarriage
- Use in bath, compress, diffuser, inhalation, sitz bath

## Rose

### Neurological

- Depression - especially post-natal
  - Frigidity and impotence
  - Insomnia
  - Nervous system
  - Sadness
  - Shock and grief
- Use in bath, compress, diffuser, inhalation, massage

### Skin care

- All skin care
  - Dry skin
  - Mature skin
  - Redness or inflammation
  - Sensitive skin
  - Thread veins
  - Wrinkles
- Use in bath, compress, massage



## ROSEMARY

<b>Latin name</b>	Rosmarinus officinalis
<b>Family</b>	Labiatae
<b>Essence from</b>	Leaves and flowering tops
<b>Fragrance</b>	Clean, eucalyptus-like, fiery, invigorating



### *Principal properties and indications*

#### **Keywords**

- Diuretic
  - Healing
  - Pain-relieving
  - Restorative
  - Stimulating
- An important oil with a multitude of uses.

#### **Circulatory**

- Anaemia
  - Arteriosclerosis (hardening of the arteries)
  - Helps to normalise a high cholesterol level
  - Lymphatic congestion
  - Palpitations
  - Regulates blood pressure
  - Tonic for the heart - mildly stimulating
- Use in bath, diffuser, inhalation, massage

#### **Digestive**

- Colitis
  - Diarrhoea
  - Flatulence
  - Hangover
  - Indigestion
  - Liver/Gall bladder conditions
  - Stomach pains
- Use in bath, compress, diffuser, inhalation, massage

#### **Genito-Urinary**

- Fluid retention
  - Painful periods
  - Vaginal discharge
- Use in bath, compress, massage, sitz bath

## **Rosemary**

### **Head**

- Dandruff and hair loss
  - Fainting
  - Headache/Migraine
  - Loss of smell
  - Oily hair
- Use in bath, compress, diffuser, inhalation, massage

### **Muscular / Joints**

- Arthritis
  - Gout
  - Muscular aches and pains
  - Rheumatism
  - Stiff, overworked muscles
- Use in bath, compress, massage

### **Neurological / Emotional**

- All conditions where there is a reduction or loss of function - e.g. loss of memory, stroke
  - Clears the mind
  - Hysteria
  - Lack of energy/Lethargy
  - Sadness
  - Tonic
  - Uplifting
- Use in bath, diffuser, inhalation, massage

### **Respiratory**

- Asthma
  - Bronchitis
  - Catarrh
  - Colds
  - Flu
  - Whooping cough
- Use in bath, compress, diffuser, inhalation, massage

### **Skin Care**

- Abscess
  - Acne
  - Dermatitis
  - Dry and ageing skin
  - Eczema
  - Rejuvenating
  - Scabies and lice
  - Wounds and burns
  - Wrinkles
- Use in bath, compress, massage

### **Contraindications**

1. Do not use EXCESSIVELY in cases of epilepsy
2. Do not use EXCESSIVELY for stages of pregnancy

## SANDALWOOD (*mysore*)

<b>Latin name</b>	Santalum album
<b>Family</b>	Santalaceae
<b>Essence from</b>	Wood of tree
<b>Fragrance</b>	Heady, heavy, oriental, sweet, warm, woody



### *Principal properties and indications*

#### **Keywords**

- Antiseptic
- Aphrodisiac
- Fluid reducing
- Healing
- Soothing
- Uplifting

#### **Genito-Urinary**

- SANDALWOOD is one of the best oils to use for genito-urinary infections
- Cystitis
- Fluid retention
- Vaginal discharges of all description  
Use in bath, massage, sitz bath

#### **Neurological / Emotional**

- Anxiety
- Depression
- Frigidity and impotence
- Insomnia
- Nervous tension  
Use in bath, diffuser, inhalation, massage

#### **Respiratory**

- Bronchitis
- Catarrh
- Coughs (especially dry)
- Laryngitis and other throat disorders (gargle with two drops in a glass of water)
- Respiratory tract infections

Use in bath, diffuser, inhalation, massage

## **Sandalwood**

### **Skin care**

- All skin care
  - Acne and oily skin
  - Broken veins
  - Cracked and chapped skin
  - Dry, dehydrated skin
- Use in bath, compress massage

## TEA TREE

<b>Latin name</b>	Melaleuca alterniflora
<b>Family</b>	Myrtaceae
<b>Essence from</b>	Leaves
<b>Fragrance</b>	Antiseptic, camphor-like, sharp, strong



### *Principal properties and indications*

#### **Keywords**

- Antiseptic
- Anti-fungal
- Anti-infectious
- Stimulating

Its vast range of uses and low toxicity makes it a must for a first-aid kit

#### **Circulatory**

- Aids
  - Glandular fever
  - M.E. Tea-tree boosts the immune system
- Use in bath, diffuser, inhalation, massage

#### **Digestive**

- Candida
  - Indigestion
  - Infections of the digestive tract
  - Intestinal parasites
- Use in bath, compress, massage

#### **Genito-Urinary**

- Cystitis
  - Itching
  - Thrush
  - Vaginal discharge and infection
- Use in bath, massage, sitz bath

#### **Head**

- Cold sores (apply neat)
- Dandruff
- Gum infections
- Mouth ulcers
- Throat infections use a gargle (2 drops in a glass of water) and as a final hair rinse (2 drops)

### Respiratory

- Bronchitis
- Catarrh
- Colds
- Flu
- Sinusitis

Use in bath, compress, diffuser, inhalation, massage

### Skin care

- Abscess
- Acne
- Chicken pox
- All cuts and wounds
- Foot problems - athlete's foot, corns, cracked skin, smelly feet
- Herpes (anal and genital)
- Infected wounds and ulcers
- Psoriasis
- Rashes
- Shingles, blisters

Use in bath, compress, massage

## Course Work Unit 6d

*Read thoroughly through the last 4 essential oils*

- Rose
  - Rosemary
  - Sandalwood
  - Tea tree
- 
- 1) Mr A is an elderly gentleman. He wants oil to help him with his loss of memory, hair loss and his loss of smell. He feels very lethargic and suffers from muscular aches and pains. Which oil would you recommend to stimulate and restore him? Which methods of application would be appropriate?
  - 2) Mrs S as a suffered from menstrual difficulties throughout her life. Her periods are now irregular but heavy and she feels that she may be going through the menopause. She has also lost her libido. Mrs S also suffers with very dry skin. Select the most appropriate essential oil and outline the most suitable methods of application.

# TRAINING TO BE AN AROMATHERAPIST

**I**f your interest has been stimulated by this introductory course you may wish to take a professional aromatherapy course. This will involve a great deal of study -- although there are numerous weekend courses available which will enable you to work on your friends and family. Such courses will not enable you to practice professionally on the general public. If you do decide to proceed I can assure you that the rewards are great -- I have certainly never looked back! Over the years I have found that students enjoy their period of studying and establish many close and long-lasting friendships with their fellow students.

## Training at Beaumont College of Natural Medicine

Training takes place over the period of at least nine months. Initially you will study anatomy physiology and massage and at the end of this part of the course will be able to take a professional qualification which will enable you to practise massage professionally. Then you will study the art of aromatherapy. On completion of the course and success in the theory and practical examinations you would become a fully qualified aromatherapist.

If you decide to enrol on a course with another school or College please check that your chosen aromatherapy establishment is accredited to a reputable aromatherapy association. The principal of the school should be a qualified teacher recognised by the Department of Education and Science. It is vital that he/she has AT LEAST five years clinical experience. It is unfortunate that some individuals set up a school and that some begin teaching immediately after gaining their aromatherapy qualification. Obviously they have no experience.

It is a good idea to go to a college which has been recommended to you. Always check how long the aromatherapy school has been established. Colleges can come and go.

Why not look around your chosen College! When you visit you should be able to see a lecture in action, talk to current students and examine student's former case histories and course work.

Please take great care when deciding where to go. I have unfortunately seen many students with certificates which are just worthless pieces of paper!



## USEFUL ADDRESSES

### **Aromatherapy Suppliers**

Denise Brown Essential Oils

Unit 1, Heritage Courtyard, Sadler Street

Wells BA5 2RR

Tel: +44 (0)1749 675090

<http://www.denisebrown.co.uk>

*A wide selection of high quality pure unadulterated essential oils, base oils, creams and lotions, Bach Flower Remedies, relaxation music, etc. are available from Denise Brown*

### **Aromatherapy Training**

Beaumont College of Natural Medicine

Wells, Somerset

Tel: +44 (0)1749 675090

<http://www.beaumontcollege.co.uk>

*Training courses under the direction of Denise Whichello Brown*

Aromatherapy Council

[www.aromatherapycouncil.co.uk](http://www.aromatherapycouncil.co.uk)

*Training advice and tips for choosing an aromatherapy training course*

International Federation of Professional Aromatherapists (IFPA)

Tel: +44 (0)1455 637987

[www.ifparoma.org](http://www.ifparoma.org)

*Accredited courses and practitioners*

International Federation of Aromatherapists (IFA)

Tel: +44 (0)20 8992 9605

[www.ifaroma.org](http://www.ifaroma.org)

*Accredited courses and practitioners*

International Therapy Examination Council (ITEC)

Tel: +44 (0)20 8994 4141

[www.itecworld.co.uk](http://www.itecworld.co.uk)

*Accredited courses*

The General Regulatory Council for Complementary Therapies

Tel: +44 (0)870 3144031

[www.grcct.org](http://www.grcct.org)

*The UK Federal Regulator for Complementary Therapies*

Beaumont College has used its best endeavours to ensure that the URLs for external websites referred to in this course are correct and active at the time of going online. However, the college has no responsibility for the websites and can make no guarantee that a site will remain live or that the content is or will remain appropriate.