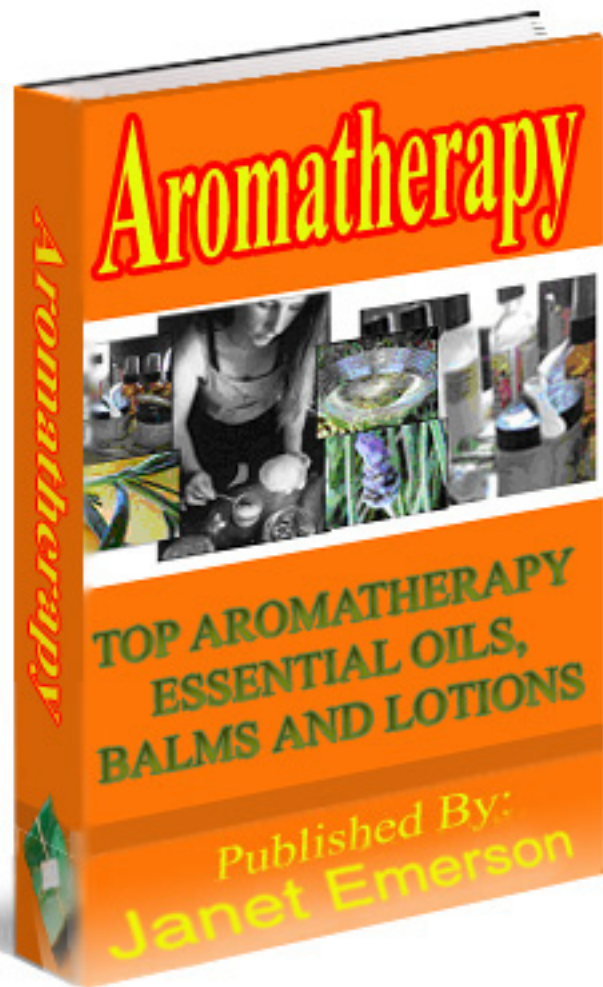
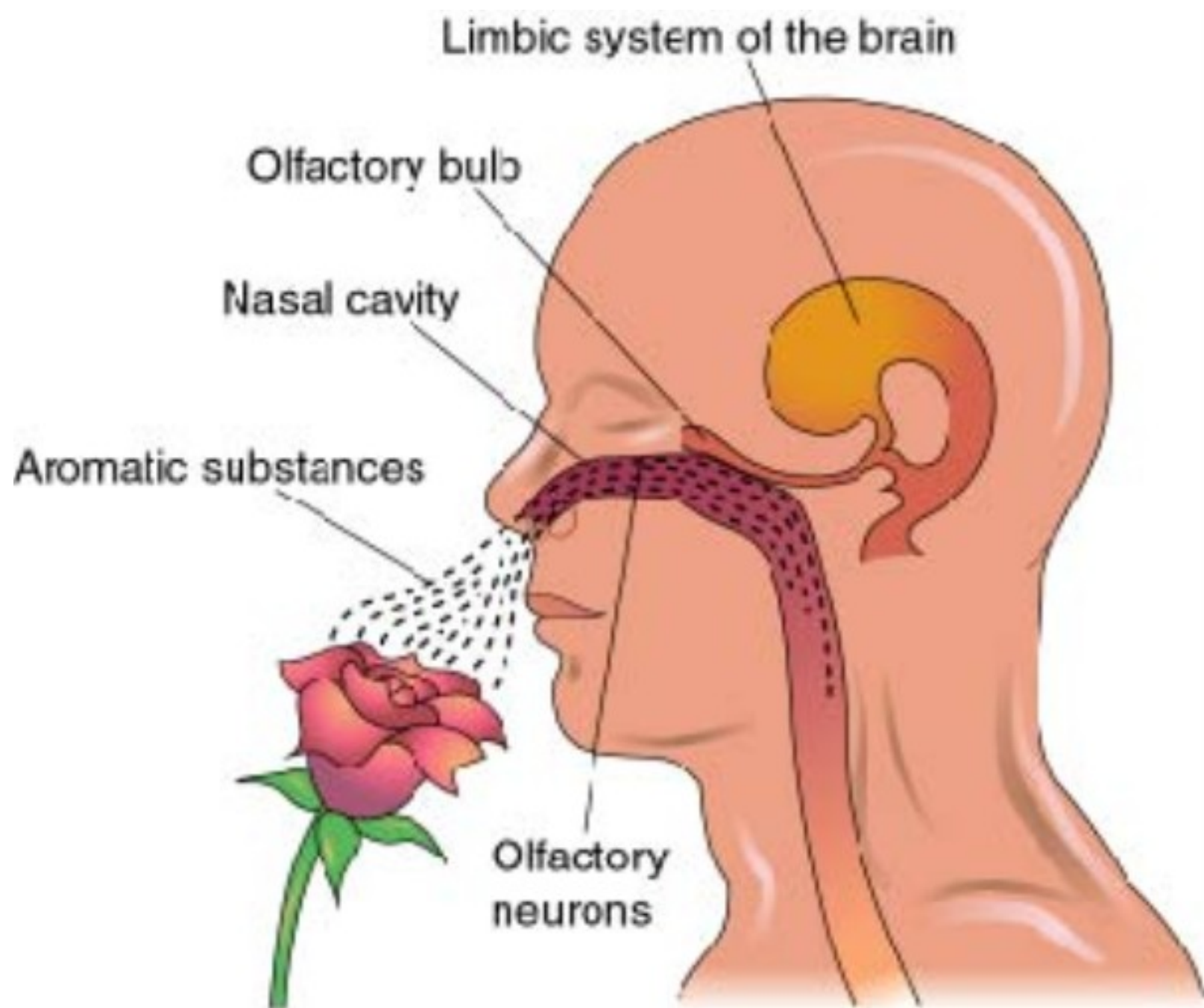




LOUCHUCK









The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease.

AROMATHERAPY



TOP AROMATHERAPY ESSENTIAL OILS,
BALMS AND LOTIONS

Published By Janet Emerson

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Aromatherapy Top Essential Oils (Pages: 5 to 52)

Chamomile **calming**

Useful for premenstrual pain/tension, indigestion, mildly antiallergenic, rhinitis, acne, eczema, and other sensitive skin conditions.

Eucalyptus **antiseptic**

Useful for coughs and colds, bronchitis, viral infections, muscular aches, rheumatic conditions.

Geranium **mildly astringent**

Useful for cuts, sores, fungal infections, as an insect repellent, soothing skin problems, eczema, bruises, mildly diuretic, anti-depressant.

Jasmine **antidepressant**

Useful for depression, postnatal depression, strengthening contractions during labor, aphrodisiac

Lavender **mildly analgesic**

Useful for headaches, wounds, bruises, antiseptic, insect bites, oily skin, acne, swelling, calming insomnia, mild depression.

Marjoram **Mildly analgesic**

Useful for menstrual pain, headache, sore throat, mildly sedative, insomnia, warming, improving circulation, acne.

Neroli **Mildly sedative**

Useful for insomnia, anxiety, nervous depression, mildly warming, improving circulation, acne, premenstrual tension/pain, backache.

Rose **mildly analgesic**

Useful for sore throat and sinus, congestion, puffiness, mildly sedative, insomnia, premenstrual tension/pain, menopause, reduced libido.

Rose Mary **Mild Stimulant**

Useful for physical and mental fatigue, forgetfulness, respiratory problems, asthma, rheumatic aches and pains.

Sandal Wood

Mildly Antiseptic

Useful for dry, cracked, or chapped skin, acne, calming relaxation during meditation, aphrodisiac



TABLE OF CONTENTS (CONTD)

Angelica	Invigorating
Useful for premenstrual pain/tension, indigestion, blood purification and reducing inflammation	
Bay	Anti inflammatory
Useful for Dandruff, hair care, neuralgia, oily skin, poor circulation, sprains.	
Bergamot	Mildly antidepressant
Acne, abscesses, anxiety, boils, cold sores, cystitis, depression, halitosis, itching, loss of appetite	
Lemon Verbena	Mildly digestive
An excellent digestive, tonic, bath perfume and sedative	
Mint	Mild Digestive and antiseptic
Digestive, anti-spasmodic and antiseptic properties, mouth rinsing.	
Myrrh	antiseptic, anti-microbial
It helps to clear ailments such as colds, catarrh, coughs, sore throats and bronchitis	
Pepper Mint	Antiseptic and ant flatulent
Useful for Asthma, colic, exhaustion, fever, flatulence, headache, nausea, scabies	
Sage	Anti oxidant and anti microbial
Useful for fever, headache, sore throat, mildly sedative, insomnia, warming, improving circulation.	
Vanilla	Aphrodisiac
Useful for food industries and as an aphrodisiac.	
Ylang Ylang	Mildly sedative and Calming
Useful for insomnia, anxiety, nervous depression, mildly warming, reducing heart beat	

Aromatherapy Top Lotions (Pages: 53 to 58)

Lavender After Sun Lotion

Sun Screen Lotion

Useful for protecting your skin from harsh Sun and It also acts as a mild antiseptic

Basic Body Lotion

Antiseptic and Cleaning

Useful for application on hands, smoothens skin and acts a mild antiseptic

Smoothing Skin Lotion
Smoother

Useful for cuts, sores. Acts as an antiseptic and a moisturizer

Autumn Delight Lotion
Mildly Antiseptic and Moisturizer

Useful application on skin. Acts as a topical cream and antiseptic

Gardener's Lotion
Mildly Antiseptic and Moisturizer

Useful for application on foot and hannds. Acts as a moisturizer and healer

Vanilla Body Lotion
Mild Antiseptic and Moisturizer

Useful for application on body. A mild antiseptic, It also works as an antiseptic

Anti Cellulite Skin Lotion
Mild Antiseptic and Moisturizer

Useful for dry, cracked, or chapped skin and acts as a mild antiseptic

Coconut Lotion
Mildly Antiseptic and Moisturizer

Useful for dry skin. A moisturizerMANY MORE

Aromatherapy Top Balms (Pages: 59 to 65)

Diaper Rash Salve
Antiseptic

Useful for cleaning diapers and acts as a mild antiseptic

Hand Balm
Antiseptic and Cleaning

Useful for application on hands, smoothens skin and acts a mild antiseptic

Dry Skin Balm
Smoother

Useful for cuts, sores. Acts as an antiseptic and a moisturizer

Lavender Ointment

Mildly Antiseptic

Useful application on skin. Acts as a topical cream and antiseptic

Foot Balm

Mildly Antiseptic

Useful for application on foot. Acts as a moisturizer and healer

Shea Butter Foot Balm

Mild Antiseptic

Useful for application on foot. A mild antiseptic, It also fills up foot cracks

Healing Salve

Mild Antiseptic and Moisturizer

Useful for dry, cracked, or chapped skin and acts as a mild antiseptic

Cooling Foot Salve

Mildly Antiseptic and Moisturizer

Useful for dry, cracked foot. A moisturizer

Tiger Balm

Moisturizer and Pain Reliever

Useful for pain relief, moisturizing your skin and as an antiseptic

Healing Salve

Mild Antiseptic and Analgesic

Useful for skin infections, wounds and cuts. Acts as a mild antiseptic.....MANY MORE



“Aromatherapy is the art and science of utilizing naturally extracted aromatic essences from plants to balance harmonies and promote the health of body, mind and spirit. It is an art and science which seeks to explore the physiological and psychological and spiritual realm of the individual’s response to aromatic extracts to reduce stress and enhance the individuals healing process. As a holistic medicine, Aromatherapy is both a preventative and an active treatment during illness or disease”.

This little manual helps you to learn about essential oils, lotions and balms. It also educates you to know different types of oils, lotions and balms, their methods of preparation and applications.

Chamomile

Botanical Name: *Matricaria chamomilla*

Common Method of Extraction: Steam Distilled

Color: Deep Blue

Consistency: Thin

Perfumery Note: Middle

Strength of Initial Aroma: Medium

Aromatic Description: Sweet, fruity, herbaceous.



Possible Uses: Abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, stress, wounds.

This perennial plant is also known as Roman chamomile. It can be used as a groundcover, since it grows only 4 to 12 inches in height. The foliage is feathery, with an apple scent, and it is accented by white, daisy-like flowers with down-turned

petals.

The annual form of chamomile is also called German chamomile. It grows to 20 inches and has feathery foliage with daisy-like flowers like its cousin. The flowers are scented, but the foliage is not.

Cultivation

Roman chamomile is usually reproduced by root division, while German chamomile seeds are sown directly in early spring. The soil should be sandy and slightly acid. Full sun is preferred except in hot, dry climates where midday shade is necessary. Chamomile can also be used around the edges of containers with other herbs. After flowering, cut back to the main growth.



Harvesting and Drying

Cut the flowers from the stems with scissors and spread them out on muslin covered racks to dry.

Culinary Uses

Roman chamomile foliage can be chopped and stirred into butter or sour cream that is used to top baked potatoes.

Medicinal Uses

German Chamomile is most often used for medicinal purposes, and is usually administered as a tea. It can also be administered as a compress for external healing and as a bath for babies. Here are a few uses:

- Soothes and relaxes at bedtime.
- Relieves restlessness, teething problems, and colic in children.
- Relieves allergies, much as an antihistamine would.
- Aids digestion when taken as a tea after meals.
- Relieves morning sickness during pregnancy.
- Speeds healing of skin ulcers, wounds, or burns.
- Treats gastritis and ulcerative colitis.

Other Uses

- Makes a relaxing bath or footbath.
- Lightens fair hair and conditions complexion. Make a rinse by simmering 2 teaspoons dried flowers in 8 ounces of water for 15 minutes.
- Potpourri (dry flowers face down).

Eucalyptus

Botanical Name: Eucalyptus globulus

Method of Farming: Conventional

Country of Origin: Spain



Extraction: Steam distillation of the fresh or partially dried leaves and mature branches.

Characteristics: Colorless to pale yellow with a strong, fresh, camphorous odor and woody undertone.

Oil properties: Eucalyptus has a clear, sharp, fresh and very distinctive smell. It is pale yellow in color and watery in viscosity.

Origin of eucalyptus oil: The Australian Blue-gum can sometimes reach a height of 100 meters (300 feet), making it one of the highest trees in the world. There are over 500 species of Eucalyptus trees and they have blue-green long, narrow, tough leaves, creamy white flowers and smooth pale bark.

The 'eu' and 'kalypto' means 'well' and 'covered' in Greek, referring to the cup-like membrane that covers the flower bud and is thrown off as the flower expands. The Australian Aborigines call the Eucalyptus 'kino'. One of their uses for it was to cover serious wounds with the leaves.

Eucalyptus was introduced to Europe in 1788, and the first oil exported to England was called 'Sydney peppermint'. It was extracted from Eucalyptus peperita which is a more industrial type of oil.

The Eucalyptus uses a lot of water while growing, thus it drains land where usually malaria was found, making it a healthier climate for living.

Extraction: Eucalyptus oil is extracted from the fresh or partially dried leaves and young twigs.

Chemical composition: The main chemical components of Eucalyptus are: Camphene, Citronellal, Fenchene, Phellandrene and Cineole.

Precautions: Eucalyptus oil should be used with care and people with high blood pressure and epilepsy should avoid it. Excessive use of the oil may cause headaches.

Therapeutic properties: The therapeutic properties of Eucalyptus oil include: analgesic, anti-rheumatic, anti-neuralgic, anti-spasmodic, antiseptic, balsamic, decongestant, deodorant, diuretic, expectorant, insecticide, rubefacient and stimulant.



Uses: Eucalyptus has a cooling and deodorizing effect on the body, helping with fevers, migraine and malaria. For the respiratory tract, it helps with coughs, asthma, throat infections, sinusitis and catarrhal conditions. It soothes inflammation and eases mucus, clearing the head from the stuffiness of colds and hay fever.

Eucalyptus oil is useful as warming oil when used for muscular aches and pains, rheumatoid arthritis, sprains and poor circulation. In skin care it can be used for burns, blisters, herpes, cuts, wounds, skin infections and insect bites.

Eucalyptus oil can boost the immune system, and is helpful especially in cases of chicken pox, colds, flu and measles.

Summary: Eucalyptus oil is very helpful when used for headaches, fevers, on the respiratory tract, muscular aches and pains and in skin care. It has a soothing and calming effect on the whole body and helps with the immune system. The oil is also effective against bacteria - especially staphylococci.

Burners and vaporizers: In vapor therapy Eucalyptus oil be used for: frequent sneezing, hay fever, flu, respiratory problems and as insect repellent.

Blended massage or in the bath: Eucalyptus oil can be used in blended massage oil, or diluted in the bath to assist with: arthritis, asthma, bronchitis, mucous congestion, colds, headaches, rheumatism, sinusitis, catarrh, fatigue and muscular aches and pains.

Used neat or dab on with a bud: Eucalyptus oil can be used neat on the skin for insect bites or wounds, but care should be taken when doing so.

Gargle: Diluted Eucalyptus can be used as a gargle for a sore throat

Geranium

Oil properties: The oil is mostly colorless but can have a slight light green color to it, and has a watery viscosity.

The geranium oil we sell is extracted from the plant *Pelargonium odorantissimum*.



Origin of geranium oil: The plants originated from South Africa as well as Reunion, Madagascar, Egypt and Morocco and were introduced to European countries such as Italy, Spain and France in the 17th century.

There are about 700 different varieties of the plant, yet only 10 supply essential oil in viable quantities, since like the normal garden geranium produce far too little oil for extraction.

It is a hairy perennial shrub, often used in hedgerows, and stand up to about one meter high (3 feet) with pointed leaves, serrated at the edges and has pinkish-white flowers. In early times geraniums were planted around the house to help keep evil spirits at bay.

Extraction: The leaves and stalks are used for extraction, and the oil is obtained through

steam distillation.

Chemical composition: The essential oil is composed of various chemical constituents and includes the following: Geraniol, Geranic, Citronellol, Citronellyl Formate, Linalol (Linalool), Euganol, Myrtenol, Terpeneol, Citral, Methone and Sabinene.

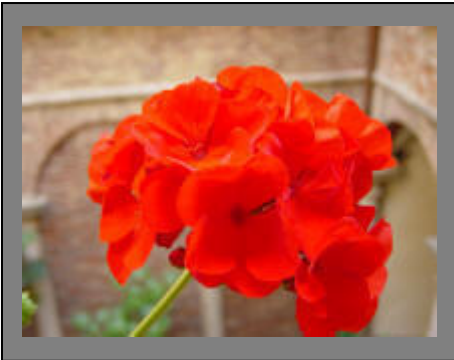
Precautions: Geranium oil is not indicated to cause any side effects, since it is non-toxic, non-irritant and generally non-sensitizing, yet can cause sensitivity in some people and due to the fact that it balances the hormonal system, it might not be a good idea to use in pregnancy.

Therapeutic properties: The therapeutic properties of geranium oil include the following: as an astringent, haemostatic, diuretic, antiseptic, anti-depressant, tonic, antibiotic, anti-spasmodic and anti-infectious.

Uses: Geranium oil can be used to help in the treatment of the following: acne, bruises, burns, cuts, dermatitis, eczema, hemorrhoids, lice, mosquito repellent, ringworm, ulcers, breast engorgement, edema, poor circulation, sore throat, tonsillitis, PMS, menopausal problems, stress and neuralgia.

Summary: This uplifting oil has a great all-over balancing effect and this extends to the skin - where it helps to create balance between oily and dry

skin, emotions - where it helps to relieve feelings of stress and anxiety, and the hormone system. The strong smell is particularly good to ward off mosquitoes and head lice and is good to relieve fluid retention and help fight cellulite.



Burners and vaporizers: In vapor therapy geranium oil can be used to help relieve stress, mild depression, PMS, anxiety and tension, menopausal problems and for general energizing.

Blended oil or in the bath: Geranium oil can be used in blended massage oil, or diluted in a bath to assist with PMS, depression, stress, anxiety and tension, fluid retention, edema, eczema, shingles, cellulite, bruises, insect repellent, ringworm, hemorrhoids and menstrual irregularities.

Blended in base cream: As a constituent in a blended base cream, geranium essential oil can be used for eczema, repelling insects, shingles, burns and scalds, cellulite, ringworm, bruises and engorgement of the breasts.

Diluted in base shampoo: Geranium oil can also be diluted in shampoo to help with head lice.

Jasmine

Jasmine essential oil is extracted from either *Jasminum officinale*, both from the Oleaceae family and is also known as jasmin, jessamine and common jasmine.



Uses: It is a valuable remedy in Oil properties: Jasmine essential oil has a sweet, exotic and rich floral smell and the oil is deep orange-brown in color. The species *Jasminum grandiflorum* (royal jasmine, Spanish or Catalonian jasmine or jati) is also used for essential oil extraction, but our 20% blend is made from *Jasminum officinale*.

Origin of jasmine oil: Jasmine is an evergreen fragile climbing shrub that can grow up to 10 meters (33 feet) high. It has dark green leaves and small white star-shaped flowers, which are picked at night when the aroma is most intense.

An experienced picker can pick 10,000-15,000 blossoms per day. Originally from China and Northern India, brought to Spain by the Moors and the Mediterranean with France, Italy, Morocco, Egypt, China, Japan and Turkey producing the best essential oil now.

The name Jasmine is derived from the Persia 'yasmin'. The Chinese, Arabians and Indians used Jasmine medicinally, as an aphrodisiac and for ceremonial purposes.

In Turkey the wood is used for making rope stems. Jasmine tea is a Chinese favorite (but *Jasminum sambac* - Arabian jasmine - is normally used for this) and in Indonesia it is a popular garnish.

Extraction: In manufacturing, Jasmine oil is produced as a 'concrete' by solvent extraction, and an absolute is obtained from the concrete by separation with alcohol, and an essential oil is produced off the absolute by steam distillation.

1,000 lbs of flowers yield approximately one pound of liquid concrete, which yields 0.2% aromatic molecules.

Chemical composition: The main chemical components of Jasmine oil are: Benzyl, Nerol, Terpineol, Linalyl acetate, Methyl anthranilate, Jasmone and Farnesol.

Precautions: Jasmine oil is non-toxic, non-irritant and generally non-sensitizing, although some people do have an allergic reaction to the oil. As Jasmine oil is used to ease labor as well as an emmenagogue, it should not be used during pregnancy. It can impede concentration, so should be used with care.

Therapeutic properties: The therapeutic properties of Jasmine oil include: anti-depressant, aphrodisiac, anti-spasmodic, antiseptic, stimulant and emollient.

It soothes the nerves and produces a feeling of confidence, optimism and euphoria. It revitalizes and restores energy. Jasmine oil facilitates delivery in childbirth: it hastens the birth by strengthening the contractions and at the same time relieves the pain.



It is effective in post-natal depression and promotes the flow of breast milk. Because of its soothing and calming nature, Jasmine oil helps with sexual problems such as impotence, premature ejaculation and frigidity.

In the respiratory system it also soothes irritating coughs and helps with hoarseness and laryngitis. It helps with muscle pain, sprains, and stiff limbs. Jasmine tones dry, greasy, irritated and sensitive skin, increases elasticity and is often used to assist with stretch marks and scarring.

Summary: Jasmine is very valuable oil and is used for severe depression, for childbirth, sexual problems, on the respiratory tract, for muscle pain and for toning the skin.

Burners and vaporizers: In vapor therapy Jasmine oil can be useful for: addiction, depression, nervousness, coughs, relaxation and tension.

Blended oil or in the bath: Jasmine oil can be used as blended massage oil or diluted in the bath for: addiction, postnatal depression, relaxation, muscle pain, coughs, tension, stress and nervousness.

Lotion and creams: Jasmine oil can be used in a base cream or lotion for dry or greasy and sensitive skin, as well as assisting with stretch marks and scars.

Lavender

Scientific Name: *Lavandula officinalis*, *lavanda*

Family: Labiate



Description: This small, straight rustic evergreen shrub may reach over a meter in height, needing support. It is not only grown for the delicate perfume of its flowers but also for its thick silvery leaves. It grows spontaneously in hilly areas. *Lavandula* spice is found up to 500 meters above sea-level but suffers cold.

Trunk: Elegantly curved, lavender stems become woody after the 2nd year, the branches tending to peel when old.

Foliage: Opposite, linear and covered by fine silvery hairs on the mature leaves but white on those younger. More or less intensely perfumed depending on the variety.

Flowers: These summer blossoms consist of numerous small thick tubular classically lavender in color flowers, sometimes pale or intense

blue, white or pink. Each spike develops at the end of a thin straight stem of about 50 cms in length.

Habitat: Lavender likes a temperate climate and is present in most Mediterranean countries, the dry, light, calceous and non-compact earth being ideal for its cultivation.

Cultivation: This presents no difficulty but drainage is essential to protect the roots. Planting on slopes is recommended due not only to the drainage of rain water but also to stop land sliding. Can also be grown in pots if kept outside.

Exposition: All varieties love the sun and fresh air which help prevent the growth of fungus.

Reproduction: The easiest and most common method is to cut 15 cms. talea from the semi-woody branches of young plants when the temperature is mild, preferably during the second year of its growth.

Growth: Plants should be well-pruned at the end of flowering and more

lightly in spring, in order to eliminate branches ruined by snow or frost and to encourage new budding.

Harvest: Pick according to variety of plant, exposition and altitude, remembering that once cut, the essence should be extracted immediately. It is important to harvest during the central part of dry days when the flowers are completely closed.

Storage: Shade-dried lavender leaves can be stored in air-tight tins. Fine linen bags can be placed in wardrobes and drawers to perfume clothes.

Usage

Beauty: To obtain home-made lavender water place 30 gms of fresh flowers in half a liter of 32o proof alcohol and leave for a month, filtering thoroughly.

Health: Lavender attracts bees which produce an excellent aromatic honey and also keeps mosquitoes at bay. It is therefore advisable to rub lavender water on the body to avoid insect bites. An infusion of 10 gms of lavender flowers placed in 200 mls of hot water for 3 minutes will alleviate headaches caused by slow digestion as well as relaxing and relieving laryngitis, bad breath and flatulence.

Myth and Legends: The Latin origins of this name leave no doubt as to the use that the Romans made of it for perfuming bath water and as a detergent.

Marjoram

Marjoram oil is extracted from *Origanum marjorana* (*Origanum hortensis*) from the Labiatae family and is also known as knotted marjoram.

Oil properties: Marjoram has a warm, slightly spicy smell and is colorless to pale yellow/amber in color. It is medium in viscosity.



Origin of marjoram oil: This tender bushy perennial herb, about 60cm (24 in) high, has a hairy stem, dark green oval leaves and small white or pink flowers. Originally from the Mediterranean region, the word oregano is from the Greek word 'orosganos' meaning 'joy of the mountain'. It was given to newlyweds as token of good fortune.

It was a very popular herb amongst the Greeks and widely used in medicine and perfumes. The women used oil infused with Marjoram on their heads

as a relaxant. In 16th century Europe Marjoram was strewn on the floor of rooms to mask unpleasant smells.

Extraction: Marjoram oil is extracted from the fresh and dried leaves and flowering tops of the plant by steam distillation. The yield is 0.5-3%.

Chemical composition: The main chemical composition of Sweet Marjoram oil is: Borneol, Terpinene, Pinene, Sabinene and Terpeneol.

Precautions: Marjoram oil is non-toxic, non-irritant and non-sensitizing but should not be used during pregnancy.

Therapeutic properties: The therapeutic properties of Marjoram oil are: analgesic, anti-spasmodic, anaphrodisiac, antiseptic, carminative, cordial, digestive, and expectorant, emmenagogue, laxative, nervine, tonic and vulnerary.

Uses: Marjoram is a warming oil and very good for the emotions. It comforts and relaxes the nervous system and relieves anxiety and stress and helps to calm hyperactive people. Marjoram is a muscle relaxant and helps with rheumatic aches and pains, swollen joints and painful muscles.

It soothes the digestive system and helps with cramps, indigestion, constipation and flatulence. It has a beneficial action on colds, sinusitis, bronchitis and asthma. As a general relaxant Marjoram oil is used for headaches, migraines and insomnia. Although it is said to quell sexual

desires, it is useful in regulating the menstrual cycle and relieving painful periods.



Summary: Marjoram oil can be beneficial in cases of nervous tension, respiratory congestion, painful muscles and joints, digestive problems and menstrual disorders.

Burners and vaporizers: In vapor therapy Marjoram oil can be useful for: asthma, bronchitis, poor circulation, coughs, physical exhaustion, headaches, tension, insomnia, sinusitis, anxiety, nervous tension, stress and to calm.

Blended oil or in the bath: As a blended oil or diluted in the bath Marjoram oil can be used for: asthma, arthritis, back pain, bronchitis, poor circulation, colds, coughs, detoxification, physical exhaustion, fatigue, headaches, tension, heartburn, insomnia, painful periods, migraine, muscular pains and spasms, rheumatism, sinusitis, anxiety, stress and to calm.

Neroli

Oil properties: Neroli oil has a sweet, floral and slightly haunting aroma, the color is pale yellow and the viscosity is watery. Most neroli oil that is sold worldwide is really not pure neroli oil, since the cost of this oil is high. Our neroli oil is sold as a 20% blend, which is a higher concentration than what is normally sold as "pure neroli oil" by some companies.



Origin of neroli oil: This essential oil is also known as 'orange blossom' and it takes about 1000 lbs. of orange blossoms to make 1 lb. of Neroli oil. The name Neroli is said to originate from the Italian princess, Anne-Marie de la Tremoille, Countess of Nerola, who used the oil as a perfume and to scent her bathwater and gloves.

The orange petals were used in China in the making of cosmetics and are still an ingredient for making traditional smelling Eau-de-cologne. Orange petals are often associated with marriage, purity and brides who traditionally wore it in their hair.

Extraction: Neroli oil is extracted from the small, white, waxy flowers of the bitter-orange tree by steam distillation. The yield is 0.8-1%.

Chemical composition: The main chemical components are: Pinenes, limonene, Linalyl acetate, Linalol, Nerolidol, Nerol, Geraniol and Citral.

Precautions: Neroli oil is non-toxic, non-sensitizing, non-irritant and non-phototoxic yet must be used sparingly when a sharp clear head is needed, as it can be very relaxing.

Therapeutic properties: The therapeutic properties of Neroli oil are: antidepressant, antiseptic, anti-infectious, carminative, digestive, sedative and tonic.

Uses: Neroli oil is very relaxing and can relieve chronic anxiety, depression, fear, shock and stress and its calming effect can also be beneficial to the digestive tract for intestinal spasms, colitis and diarrhea.

It can be useful in cases of insomnia, headaches, neuralgia and vertigo and can help when a patient is convalescing and is generally a good tonic. Neroli oil can help with the regenerating of skin cells and is useful for scar tissue, skin care and stretch marks.

Summary: Neroli oil not only smells exquisite, but can also relax and calm the nervous system, the digestive tract and is helpful in skin care.

Burners and vaporizers: As vapor therapy Neroli oil can be useful for insomnia, nervous tension, headaches, vertigo and depression.



Blended oil or in the bath: As a blended oil or diluted in the bath Neroli oil can assist with: insomnia, headaches, neuralgia, nervous tension, anxiety, depression, colitis and diarrhea.

Rose

Damask Rose oil is extracted from *Rosa damascena* from the Rosaceae family and is also known as Bulgarian and Turkish rose, Otto of rose and attar of rose.



Oil properties: Damask Rose has a deep, rosy, fresh aroma, the color ranges from clear to a pale yellow or greenish tint and the viscosity is watery to crystalline, when warm or cold respectively.

Origin of rose oil: 'Rosa' comes from the Greek 'roden' meaning 'red', as the ancient rose was thought to have been crimson. Anicenna, the 10th century Persian physician, used the rose as his first plant to distill and a rose distillery existed in 1612 in Shiraz, Persia.

Rose petals were scattered at weddings to ensure a happy marriage and are still a symbol of love and purity and is also used to aid meditation and prayer. It takes about 60,000 roses (about 180 lb) to make one ounce of rose oil.

Extraction: Rose otto oil is extracted from the fresh flowers, picked before 8 am in the morning, by steam distillation and the yield is 0.02-0.05%. The aroma can be damaged if the heat is too high at distillation.

Chemical composition: The main chemical components of Rose otto oil are: Citronellol, Geraniol, Nerol, Farnesol, Geranic and Eugenol.

Precautions: Damask rose oil is non-toxic, non-irritant and non-sensitizing but should not be used during pregnancy.

Therapeutic properties: The therapeutic properties of Damask rose oil are: anti-infectious, anti-depressant, antiseptic, anti-spasmodic, aphrodisiac, astringent, bactericidal, diuretic, emmenagogue, hepatic, laxative, sedative, splenetic and general tonic.

Uses: Damask rose oil soothes the mind and helps with depression, grief, nervous tension and stress and is helpful for poor circulation and heart palpitations.

For the respiratory system Damask rose oil can assist in cases of asthma, coughs and hay fever, and on the digestive system for liver congestion and nausea.

Rose otto oil can be used for irregular menstruation, leucorrhoea, menorrhagia and uterine disorders. On the skin it can be used for broken capillaries, dry skin, eczema, herpes, mature and sensitive skin, wrinkles, and rose water can be used for conjunctivitis.



Summary: Damask rose oil gives a feeling of wellbeing and happiness, it helps a nervous mind, can be helpful on the respiratory tract, for digestive problems, for menstrual problems and as skin care.

Burners and vaporizers: In vapor therapy Rose otto oil can be helpful with: allergies, asthma, baby blues, headaches, migraine, nervous tension and as a relaxant.

Blended oil or in the bath: As a blended massage oil or diluted in the bath Rose damask oil can assist with: allergies, baby blues, asthma, hay fever, headaches, depression, migraine, scar tissue, nervous tension, stress, poor circulation and as a relaxant.

Rosemary



Botanical Name: *Rosmarinus officinalis*

Common Method of Extraction:
Steam Distilled

Color: Clear

Consistency: Thin

Perfumery Note: Middle

Strength of Initial Aroma: Medium - Strong

Aromatic Description: Fresh, herbaceous, sweet, slightly medicinal.

Possible Uses: Aching muscles, arthritis, dandruff, dull skin, exhaustion, gout, hair care, muscle cramping, neuralgia, poor circulation, rheumatism.

Description



Rosemary is the dried leaves of the evergreen *Rosmarinus officinalis*. The slender, slightly curved leaves resemble miniature curved pine needles. Normally hand harvested, the Rosemary plant grows about 2 to 3 feet tall and is very hardy as it grows under harsh mountainous conditions.

Uses



Rosemary is found in bouquet garni, herbes de Provence, and seasoning blends for lamb and Mediterranean cuisines.

Origins

The major producers of Rosemary are France, Spain/Portugal, and the "former Yugoslavia."

Folklore

In ancient Greece, Rosemary was recognized for its alleged ability to strengthen the brain and memory. Greek students would braid Rosemary into their hair to help them with their exams. Also known as the herb of remembrance, it was placed on the graves of English heroes.

Sandalwood

Sandalwood oil is extracted from *Santalum album* from the Santalaceae family and also known as East Indian sandalwood, santal, saunders and sandalwood Mysore.

Oil properties: The oil has a woody, exotic smell, subtle and lingering. The color of the oil is pale yellow to pale gold.



Origin of sandalwood oil: Sandalwood is an evergreen, parasitic tree that burrows its roots into other trees and it can grow up to 9 meters (30 feet) high and has a brown-gray trunk, many smooth slender branches, leathery leaves and small pink-purple flowers.

It can take thirty to sixty years for a tree to reach full maturity, when it is cut and distilled. The yellowish wood is sold in thin scrapings.

It is commonly agreed that the best essential oils are from Mysore in India.

The documented use of Sandalwood goes back 4000 years and caravans from India to Egypt, Greece and Rome were a familiar sight. Many temples were built from Sandalwood and the Egyptians used it in embalming.

Sandalwood was much in demand as incense; it had a calming effect during meditation.

Once Sandalwood was used for making furniture and caskets, but as it is nearly extinct, it is only used for the distillation of oil.

Extraction: Sandalwood oil is extracted from the chipped heartwood and roots by steam distillation and yields 4-6.5%.

Chemical composition: The main chemical components are: Santalol, Furfurol and Santalene.

Precautions: Generally Sandalwood oil is non-toxic, non-irritant and non-sensitizing.

Therapeutic properties: The therapeutic properties of Sandalwood oil are: antiseptic, diuretic, aphrodisiac, astringent, carminative, emollient, expectorant, sedative and tonic.

Uses: This relaxing oil could be useful for tension, depression, nervous exhaustion, chronic illness and anxiety.

Sandalwood oil could be useful for chest infections, sore throats and dry coughs that accompany bronchitis and lung infections.

It could alleviate cystitis and bladder infections, also helpful with sexual problems such as frigidity and impotence.

Sandalwood oil relieves itching and inflammation of the skin, is good for scarring, dry eczema, ageing and dehydrated skin.

Summary: Sandalwood oil can be helpful for the nervous system, for chest infections, for sexual problems and for skin care.

Burners and vaporizers: In vapor therapy Sandalwood oil can be used for: aphrodisiac, bronchitis, coughs, insomnia, irritability, nervous tension, stress, tension, for relaxing and as an insect repellent.

Blended oil or in the bath: As a blended massage oil or diluted in the bath, Sandalwood oil can assist with: bladder infections, bronchitis, coughs, cystitis, eczema, insomnia, scar tissue, irritability, nervous tension, stress, tension, as an aphrodisiac and for relaxing.

Gargle: Sandalwood oil can be effective when diluted and used as a gargle for a sore or dry throat.

Lotions or creams: When used in a lotion or cream Sandalwood oil can assist with: chapped, dry or inflamed skin.

Angelica

Angelica essential oil is extracted from the plant *Angelica archangelica* (*A. officinalis*) from the Umbelliferae family and it is sweet herbal smelling oil that has a spicy undertone and is also known as European Angelica.



Oil properties: The oil is of medium viscosity, and is extracted from the rhizome, the seeds and the herb itself.

Origin of angelica oil: The plant is said to originate from Africa and was introduced to Europe in the 16th century. It is considered a native plant of northern and eastern Europe as well as parts of Asia and the Soviet Union. It is found in Scotland, Holland, Lapland and Germany.

It is called Angelica, since it normally flowers on the 8th May, which is St Michael the Archangel's Day, and for this reason it is often planted in monasteries and is referred to as "Angel Grass".

This herb is included in the famous Chartreuse and Benedictine liqueur and when the Black Plague swept Europe it was considered an antidote for it, and "Angelica Water" was taken up in a Royal Prescription and published by the College of Physicians when the plague swept London in 1665. It is also used to flavor gin, perfumes, and traditionally candied for cake decoration and confectionery.

It is a rather large, water-loving herb with broad pointed leaves dividing into smaller leaflets and has small white-green flowers. It has a strong aromatic scent and a large rhizome.

Extraction: The oil is extracted from the roots, rhizome and seeds and steam distillation is employed to achieve this.

Chemical composition: The essential oil is composed of various chemical constituents and includes the following: Borneol, Linalool, Bergaptene, Limonene, Phellandrene, Pinene, Sesquiterpenes, Angelic acid, Sitosterol, Phenolic acids, Coumarins and Angelicin.

Precautions: Angelica oil may over stimulate the nervous system and the essential oil extracted from the root can cause photo-toxicity which in turn could cause irritation should the skin be exposed to the sun.

Safety during pregnancy has not been determined and it should also not be used by diabetics.

Therapeutic properties: The therapeutic properties of Angelica oil include the following: an antispasmodic, aphrodisiac, carminative, diuretic, expectorant, hepatic, stimulant, stomachic, and a general tonic.

Uses: Angelica oil can be used to help in the treatment of the following problems: dull congested skin, irritation, psoriasis, accumulation of toxins,

arthritis, gout, rheumatism, water retention, bronchitis, coughs, anemia, anorexia, flatulence, indigestion, fatigue, migraine, nervous tension and stress related disorders.



Summary: This oil is great for giving your constitution a boost by invigorating the lymphatic system and general detoxification of the body. It can also be used to great effect on respiratory ailments and is a great help in stomach related problems including flatulence, dyspepsia, nausea, discomfort and indigestion.

Burners and vaporizers: In vapor therapy Angelica oil can be used to help clear lungs, bronchitis, and pleurisy and ease shortness of

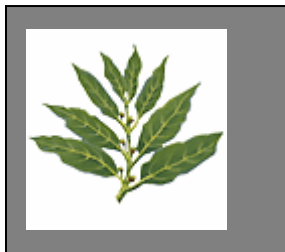
breath.

Blended oil and in the bath: Angelica oil can be used in blended massage oil, or in the bath to assist in aiding the lymphatic system, detoxification, digestive problems, helps with colds and flu as well as fighting fungal growths.

Blended in base cream: As a constituent of a blended base cream, Angelica oil can be used to assist with circulation, arthritis, gout, sciatica, migraines, colds and flu as well as helping to encourage the natural production of estrogen and this aids in regulating and easing painful monthly periods.

Bay

West Indian Bay essential oil is extracted from the *Pimenta racemosa* (*P. Acris*, *Myrcia Acris*) tree, from the Myrtaceae family and is also known as bay rum, wild cinnamon and bay berry



Oil properties: The scent of Bay oil is sweet, fresh and spicy. The oil is deep yellow in color and is of medium to watery viscosity.

Origin of bay oil: This sturdy evergreen tree is a native of West Indies, Venezuela and the Guianas. Nowadays the oil is obtained mostly from Morocco and Spain. The Bay tree grows to about 10 meters (30 feet), has long

aromatic lance-shaped leaves and small white-yellow flowers and black berries.

Bay oil was very popular with the Romans, who thought the Bay a symbol of wisdom, peace and protection. The Latin 'Laudis' means 'to praise', which is why the victors at the Olympic games were presented with a Laurel (Bay) Wreath.

In the past Bay leaves were distilled with rum. The Bay rum so obtained was a famous hair tonic and body rub for colds and muscle pains.

Extraction: The leaves collected from a tree at least 5 years old, are subjected to steam distillation (salt is often added or seawater used in the still) and it yields about 0.5-1.5%.



Chemical composition: The chemical composition of Bay Oil includes Eugenol, Chavicol, Myrcene, Cineol, and Methyl Eugenol.

Precautions: Bay oil has high eugenol content and may irritate the skin and mucus membranes, so use with caution.

Therapeutic properties: The therapeutic properties of Bay oil include the following: antiseptic, antibiotic, analgesic, anti-neuralgic, aperitif, astringent, emmenagogue, febrifuge, insecticide, sedative and a tonic.

Uses: Bay oil can be used in the treatment of rheumatism, neuralgia, muscular pain, circulation problems, colds, flu, dental infection, and diarrhea and skin infections.

Summary: The benefit of Bay oil lies in its calming and warming effect on emotions and general aches and pains, including rheumatic pains. It also settles the digestive system and acts as a tonic on the liver and kidneys. Bay essential oil is also helpful with hair and scalp conditions.

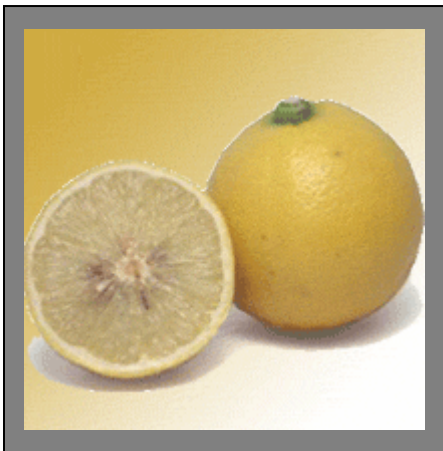
Burners and vaporizers: In vapor therapy Bay oil can be used for an infection, for fever and general aches and pains.

Blended in the bath: As a blended massage oil or diluted in the bath, Bay oil can assist with calming emotions and relieving aches and pains, especially when combined with Rose and Juniper.

Bay oil blends well with Bay oil blends well with other oils including: Cedar wood, Coriander, Eucalyptus, Geranium, Ginger, Juniper, Lavender, Lemon, Orange, Rose, Rosemary, Thyme and Ylang Ylang.

Bergamot

Bergamot essential oil is extracted from the tree *Citrus bergamia* (*Citrus aurantium* subsp. *bergamia*) of the Rutaceae family and is also known as Bergamot orange.



Oil properties: The scent of the oil is basically citrus, yet fruity and sweet with a warm spicy floral quality, and is reminiscent of Neroli and Lavender oil. The color ranges from green to greenish-yellow and has a watery viscosity.

Origin of bergamot oil: This tree is native to South East Asia but was introduced to Europe, and particularly Italy, but is also found in the Ivory Coast, Morocco, Tunisia and Algeria.

Bergamot oil is made from a tree that can grow up to four meters high, with star-shaped flowers, and smooth leaves, bearing citrus fruit resembling a cross between an orange and a grapefruit but in a pear-shape. The fruit ripens from green to yellow.

The oil is one of the most widely used in the perfumery and toiletry industry and forms, together with Neroli and Lavender, the main ingredient for the classical 4711 Eau-de-cologne fragrance and is used to flavor Earl Grey tea. The name Bergamot is derived from the city Bergamo in Lombardy where the oil was first sold.

Extraction: The rind of both ripe and unripe fruit is used to extract the oil by expression, which yields about 0.5%.

Chemical composition: The essential oil is composed of various chemical constituents and includes the following: Limonene, Linalyl Acetate, Linalol, Gamma Terpenene, Bergaptene and Dipentene.

Precautions: Bergamot oil can cause severe burns when used on a sensitive skin exposed to sunlight, since the high content of bergaptene can cause photo-toxicity and it is advisable to keep out of the sun if used on the skin.

Even when the ingredient Bergaptene (Furocoumarin) is removed from the oil and photo toxicity is therefore minimized, it is still advisable to keep treated skin out of the sun.

Therapeutic properties: The therapeutic properties of Bergamot oil include: antiseptic, antibiotic, anti-spasmodic, stomachic, calmative, and a febrifuge.

Uses: Bergamot oil can be used in the treatment of depression, stress, tension, fear, hysteria, infection (all types including skin), anorexia, psoriasis, eczema and general convalescence.

Summary: When you are looking for an oil to help with depression, SAD (Seasonal Affective Disorder) or generally feeling just a bit off, lacking in

self-confidence or feel shy, then consider Bergamot. It also has antiseptic qualities that are useful for skin complaints such as acne, eczema and psoriasis.



Burners and vaporizers: In vapor therapy Bergamot oil can be used for depression, feeling fed-up, colds and flu, PMS and SAD.

Blended oil or in the bath: Bergamot oil can be used in blended massage oil, or diluted in a bath to assist with stress, tension, SAD, PMS, skin problems, compulsive eating, postnatal depression, colds and flu, anxiety, depression, feeling fed-up and anorexia nervosa.

Bendable in base cream: It is used as a constituent in blended base cream, Bergamot oil. It can also be used for wounds and cuts, psoriasis, oily skin, scabies, eczema, acne and cold sores.

Lemon Verbena

Scientific Name: Lippia citriodora or Aloysiatriphille

Family: Verbenaceae



Description:

Perennial appreciated for its citrus perfumed leaves. Plant size varies according to climate. Reaches 50 cms in mild zones. Planted near the house for easy access, leaves should be rubbed between fingers for maximum perfume.

Trunk: Expert pruning needed to control this straight but somewhat disorderly plant

Foliage: Leaves grow in groups of 2/3. They are long, lance shaped with a deep central vein, sometimes rough to touch.

Flowers: Tiny, weightless white or violet flowers in spikes at the end of stem, flowering at the end of summer.

Habitat: Imported into Europe from South America by the

Spanish in the 17th century.

Cultivation

Exposition: Favors sunny spots, sheltered from the wind. Light pruning of branches in autumn, cover roots and the lower part of the plant with leaves or mats where winter temperatures are below zero. Plants will regenerate in spring despite leaf loss due to deep roots. Vases should be brought into the warm in late autumn.

Reproduction: Sowing or branch layering in late spring.

Growth: Do not lose hope if, after a rigid winter, budding is late. Foliage may be damaged by frost but continue watering and fertilizing because roots have probably survived.

Harvest: Pluck the highly-scented leaves throughout the year. Maximum aroma when flowering.

Storage: Dried leaves maintain their aroma.

Usage:

Culinary Usage: an excellent digestive, tonic and sedative is obtained from fresh or dried leaves. A pleasant tea is made when mint is added to this herb.

Beauty: An infusion perfumes bathwater. Tired or irritated eyes benefit from a 15 minute compress.

Myths and Legends: Recipe for a famous liqueur containing not only alcohol, syrup and green lemons but also lemon-scented verbena leaves. 500g pure alcohol 90o 300g water 250g sugar Peel of 2 green lemons about 80 fresh lemon-scented verbena leaves, best picked towards the end of August when plant is flowering. Leave well cleaned leaves and lemon peel in alcohol for 8 days. Melt icing sugar in water and occasionally shake both mixtures. Mix both liquids and leave to settle for one week before serving well-iced.

Mint

Scientific Name: Mentha species

Family: Labiate



Description: There are more than 600 varieties of this rigorous perennial herb which cross-reproduces spontaneously producing new species. It also considered a weed. If space is limited plant in vases or confine roots with deep rocks. Height may vary from 10 cms to almost 1 meter Can grow horizontally. Pruning is essential to maintain compactness and renew growth. Other species form a type of perfumed carpet.

Foliage: Oval or round green, deeply grooved leaves with an occasional violet or white border.

Flowers: Small violet or lilac summer-flowering spikes

Habitat: Preference for fresh, well-drained, rich soil.

Cultivation:

Exposition: Grows well both in shade and full sun.

Reproduction: The simplest method is to divide clumps in spring or autumn. Scion also gives good results. Particular species should be sown in spring.

Usage: Digestive, anti-spasmodic and antiseptic properties.

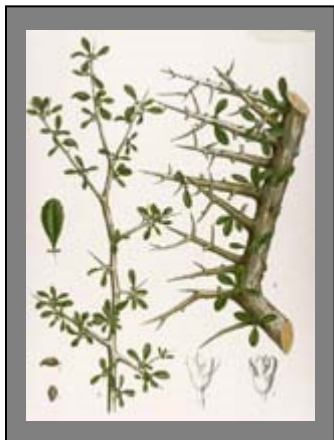
Culinary Usage: This unmistakable strong aroma is particularly appreciated in summer being the main ingredient of syrups and refreshing teas. Leaves can be added to vegetables and chocolate desserts.

Health: An infusion obtained with a few grams of dry or fresh leaves or mixed with lemon, lime, and camomile as a digestive. Headache sufferers benefit from a compress of boiled leaves. Mint mouthwashes also relieve sore throats.

Myths and Legends: This highly perfumed herb is the symbol of hospitality. Homer wrote of laborers who rubbed their kitchen tables with mint before serving guests their food. Always popular, it was scattered in rooms and wardrobes, much as deodorant is used today.

Myrrh

Myrrh oil is extracted from *Commiphora myrrha* (*Commiphora molmol* and *Balsamodendron myrrha*) from the Burseraceae family and is also known as bola, myrrh and gum, common and hirabol myrrh.



Oil properties: Myrrh oil has a warm, slightly musty smell and is pale yellow to amber in color. It is viscous in viscosity.

Origin of myrrh oil: Myrrh is a small tree that can grow up to 5 meters (16 feet) with light bark and knotted branches, few leaves and small white flowers and native to Somalia, Arabia and Yemen.

When the bark is cut, the gum resin exudes as a pale yellow liquid, which dries into reddish-brown lumps the size of a walnut from which the oil is distilled.

Myrrh was very popular in the ancient world as medicine by the Chinese and Egyptians, and as part of the Egyptian sun-worshipping ritual, mummification and was used in cosmetics.

The Greek soldiers took a phial of Myrrh with them into battle, it helped stop bleeding wounds.

Extraction: Myrrh oil is extracted by steam distillation of the oleoresin-gum (crude myrrh) and yields 3-5%.

Chemical composition: The main chemical components of Myrrh oil are: Myrrholic, Cinnamaldehyde, Cumenic, Eugenol, Cadinene, Pinene and Limonene.

Precautions: Myrrh oil is non-irritant and non-sensitizing but could be toxic in high dosage and should not be used in pregnancy as it can act as a uterine stimulant.

Therapeutic properties: The therapeutic properties of Myrrh oil are: antiseptic, anti-microbial, anti-phlogistic, anti-inflammatory, astringent, balsamic, carminative, cicatrizing, diuretic, expectorant, fungicidal, stimulant, stomachic and tonic.

Uses: Myrrh oil is effective against excessive mucus in the lungs; it helps to clear ailments such as colds, catarrh, coughs, sore throats and bronchitis. It is helpful for diarrhea, dyspepsia, flatulence and hemorrhoids (hemorrhoids).

Myrrh oil is very good for mouth and gum disorders such as mouth ulcers, pyorrhea (pyorrhea), gingivitis, spongy gums and sore throats.

For the skin Myrrh oil could be useful for the treatment of boils, skin ulcers, bedsores, chapped and cracked skin, and ringworm, weeping wounds,

eczema and athlete's foot. Myrrh oil could be of great help in cases of scanty periods, leucorrhoea, thrush and amenorrhoea.

Summary: Myrrh oil is of great benefit to the respiratory tract, the digestive system, to gum and mouth disorders, in skin care and for gynecological problems.



Burners and vaporizers: In vapor therapy Myrrh oil can be useful with: bronchitis, catarrh, colds and coughs.

Blended oil or in the bath: Myrrh oil can be used as blended massage oil or diluted in the bath for: bronchitis, catarrh, colds, coughs and infections.

Mouthwash: Myrrh oil can be used in a mouthwash for all dental infections.

Cold compress and cotton

bud: Myrrh oil can be used diluted on a cold compress for sores, skin care and wounds. It can also be used on a cotton bud directly on sores, wounds and for skin infections.

Peppermint

Botanical Name: *Mentha piperita*

Common Method of Extraction: Steam Distilled

Color: Clear with a Yellow Tinge

Consistency: Thin

Perfumery Note: Top

Strength of Initial Aroma: Strong

Aromatic Description: Minty, reminiscent of peppermint candies, but more concentrated. More fragrant than spearmint.

Possible Uses: Asthma, colic, exhaustion, fever, flatulence, headache, nausea, scabies, sinusitis, vertigo.



Description: Mint leaves are dried spearmint leaves of the species *Mentha spicata*. The dark green leaves have a pleasant warm, fresh, aromatic, sweet flavor with a cool aftertaste.

Uses: Use in teas, beverages, jellies, syrups, ice creams, confections, and lamb dishes. Mint is used in Afghanistan, Egyptian, Indian, and Mid-Eastern cuisines and spice blends such as chat Mazola, mint sauce, and green Thai curry.

Origins



Mint is native to Europe and Asia and was previously grown in convent gardens. Today, Mint is commercially cultivated in the United States and Egypt.

Folklore: Mint was used by the ancient Assyrians in rituals to their fire god. The ancient Hebrews scattered mint leaves on the synagogue floor so that each footstep would produce a fragrant whiff. Spearmint was used by the ancient Greeks and Romans as a flavoring herb, culinary condiment, and in perfumes and bath scents. Mint was named by the Greeks after the mythical character, Menthe. During the middle Ages, besides culinary use, powdered mint leaves were used to whiten the teeth.

Sage



Description



Sage is the dried leaves of the herb *Salvia officinalis*. The aromatic leaves are silvery gray in color. Cut Sage refers to leaves which have been cut rather than ground into smaller pieces. Cut Sage is preferred when the user wants the Sage to be apparent in the end product. Rubbed Sage is put through minimum grinding and a coarse sieve. The result is a fluffy, almost cotton-like product, unique among ground herbs. More Sage is sold in the rubbed form than any other.

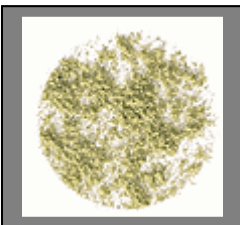
Uses

Sage is used in Greek, Italian, and European cuisines. It is used to season sausages, poultry, and fish. Sage has been traditionally used for its antioxidant and antimicrobial properties.

Origins

Historically, Southeastern Europe has been the principal producer of Sage. Dalmatian Sage, as it is commonly called, has been recognized as superior in the United States. It is highly aromatic, noted for its mellowness and is smoother tasting due to differing essential oil components.

Folklore



Sage was used during the middle Ages to treat many maladies including fevers, liver disease, and epilepsy. The herb was used in England to make a tea that was considered a pleasant and healthful beverage. One common belief was that sage strengthened the memory; hence a sage, or a wise man, always had a long memory. In the 9th century, Charlemagne had sage included among the herbs grown on the imperial farms in Germany. During the 17th century, the Chinese exchanged three or four pounds of their tea with Dutch traders for one pound of European sage leaves.

Vanilla

Botanical Name: *Vanilla planifolia*

Common Method of Extraction: Solvent Extracted

Color: Deep Brown

Consistency: Thick

Perfumery Note: Base

Strength of Initial Aroma: Strong

Aromatic Description: Rich, warm, sweet vanilla aroma.

Possible Uses: Perfumery

Constituents: Vanillin, hydroxybenzaldehyde, acetic acid, isobutyric acid, caproic acid, eugenol, furfural.

Description



Vanilla is derived from the dried, cured beans or fruit pods of the large, green-stemmed climbing perennial, *Vanilla planifolia*, which is a member of the orchid family. Although Vanilla beans are sometimes used in their whole form, they are most commonly used for producing extracts and flavors.

Uses: Vanilla is used principally for ice cream, soft drinks, eggnogs, chocolate confectionery, candy, tobacco, baked goods, puddings, cakes, cookies, liqueurs, and as a fragrantly tenacious ingredient in perfumery.

Origins: Vanilla originated in Mexico, but today the United States buys Vanilla beans from Madagascar, Indonesia, Uganda and Tonga. Most of the world's high-quality beans come from Madagascar, an island off the coast of Africa.

Folklore: Vanilla was enjoyed by the Aztecs in a drink called Xoco-lall, which was made from cocoa and Vanilla beans. Cortéz sampled this drink and returned to Spain with reports it contained magical powers. Europeans mixed Vanilla beans with their tobacco for smoking and chewing, and considered it a miracle drug.

Ylang Ylang

Ylang ylang oil is extracted from *Cananga odorata* var. *genuina* (*Unona odorantissimum*) from the Anonaceae family and also known as "flower of flowers".

Oil properties: Ylang ylang oil has an exotic, sweet smell and is slightly yellow in color.



Origin of ylang ylang oil: Ylang ylang is a tall tropical tree about 20 meters (60 feet) high with large, tender, fragrant pink, mauve or yellow flowers.

The tree is cultivated in Java, Sumatra, Reunion, Madagascar and the Comores and the name means 'flower of flowers'. In Indonesia Ylang ylang flower petals are strewn upon the bed on wedding nights.

Once Ylang ylang was a popular ingredient of hair preparations in Europe and was known as Macassar oil. The word "anti-macassar" originated from this, since an anti-macassar was used to keep hair oil from staining upholstered furniture.

Extraction: Ylang ylang oil is extracted from the freshly picked flowers by water or steam distillation. The first distillation is called Ylang

ylang extra, which is the top grade. An absolute and concrete are also produced by solvent extraction.

Chemical composition: The main chemical components are: Benzoic, Geraniol, Linalool, Eugenol, Safrole, Benzyl acetate, Farnesol and Pinene.

Precautions: Ylang ylang oil is non-toxic, non-irritant, yet could cause sensitivity on some people and excessive use of it may lead to headaches and nausea.

Therapeutic properties: The therapeutic properties of Ylang ylang oil are: aphrodisiac, antidepressant, antiseptic, hypotensive and sedative.

Uses: Ylang ylang oil has a euphoric and sedative effect on the nervous system; it can help with anxiety, tension, shock, fear and panic.

Its aphrodisiac qualities may be of use in impotence and frigidity. Ylang ylang oil can be particularly useful with rapid breathing and rapid heartbeat, it can also help with reducing high blood pressure.

It can be useful for intestinal infections. Ylang ylang oil could have a soothing effect on the skin and its stimulating effect on the scalp could promote more luxurious hair growth.

Summary: Ylang ylang oil can assist with problems such as high blood pressure, rapid breathing and heartbeat, nervous conditions, as well as impotence and frigidity.



Burners and vaporizers: In vapor therapy Ylang ylang oil can be helpful with: anxiety, tension, shock, fear, panic, rapid breathing, rapid heartbeat, aphrodisiac, physical exhaustion, frigidity, impotence, insomnia, depression, stress and as a relaxant and aphrodisiac.

Blended oil or in the bath: As a blended massage oil or diluted in the bath Ylang ylang oil can assist with: physical exhaustion, insomnia, frigidity, impotence, depression, anxiety, nervous tension and stress. It can also be calming and an aphrodisiac.



The Practical Uses of Essential Oils

Bath Preparations Using Essential Oils

Taking a bath can be all things to all people. Depending on your choice of herbs, a bath or shower can help you face the rigors of the day or relax afterwards. Not only that, a bath can help soften the skin and replenish the body's natural oils.

Frothy Bath Oil

2 eggs
1 cup olive oil
1/2 cup corn oil
1/2 cup almond oil
1 cup milk
2 Tbsp clear honey
1 cup milk
1/2 cup vodka
1 Tbsp mild soap flakes
3 drops essential oil of your choice

Beat together the eggs, vegetable oils, and honey. Add the milk, vodka, soap flakes, and essential oil, still beating. Pour into bottles, cover, label and store in the refrigerator.

Add about one tablespoon under the faucet when running the water for a warm bath.

Makes about 4 1/2 cups

Floral Bath Gel

3 Tbsp fresh or dried flowers, picked from the stalks
1/2 cup spring water
12 Tbsp grated castile soap
3-4 drops essential oil of choice

Pound the flowers with a mortar and pestle until they form a paste or powder. Put the water into a small pan and bring to a boil. Beat in the grated soap until it has dissolved, then remove pan from heat. Stir in the flowers and essential oil.

Leave to cool, then pour into bottles, cover, label and store in the refrigerator. Use as a soft soap.

Makes about 1 cup

Skin Care Preparations Using Essential Oils

Making your own skin preparations is itself a pleasurable pastime. Just to stir a handful of pot marigold petals into a bowl of steaming water is both invigorating and calming, an indirect form of Aromatherapy. The following recipes offers therapeutic and cosmetic blends to help you care for your skin or just to allow a little self indulgence.

Lavender-flower Lotion

Splash on this gentle toning lotion to tighten and refresh the skin

5 Tbsp Lavender water
5 Tbsp Witch Hazel
5 Tbsp Lemon Juice, strained
2-3 drops lavender essential oil

Pour all the ingredients into a bottle, close it with a cap or cork, and shake it vigorously. Shake well before each use.

Makes about 3/4 cup

Purifying Masks

this is a purifying, toning, soothing, and rejuvenating mask. The basic ingredients are: Green Clay - 2 ounces; Corn flour - 3 teaspoons. Mix together and keep in a jar, ready for combining in one of the formulas below.

Blend the ingredients together to form a smooth paste. Apply in a thin layer to face, avoiding eye area. Leave on the skin for fifteen minutes. Rinse off and apply a moisturizer or facial oil. Dab the face with a tissue.

Normal Skin

1 Tbsp Basic Mask Mix
1 Egg Yolk
1 tsp water
{combine and use 1 drop of:
2 drops Geranium essential oil and
1 drop Bois de rose}

Dry Skin

**1 Tbsp Basic Mask Mix
1 Egg Yolk
1 tsp Almond or Evening Primrose Oil
2 drops Carrot Oil
2 tsp water
{Combine and use 1 drop of:
1 drop Chamomile essential oil and
1 drop Rose essential oil}**

Oily Skin

**1 Tbsp Basic Mask Mix
1 Tbsp Brewer's Yeast
1 Tbsp Water
{Combine and use 1 drop of:
1 drop of Rosemary essential oil and
1 drop of Lavender essential oil}**

Revitalizing Mask for Dehydrated Skin

**1 Tbsp Basic Mask Mix
1 Egg Yolk
1 tsp Brewer's Yeast
1 tsp Jojoba Oil
1 Tbsp Water
{Combine and use one drop of:
1 drop Chamomile essential oil and
2 drops Carrot Oil}**

ACNE

**1 tbsp Basic Mask Mix
1 tsp Water
{Combine and use 1 drop of:
1 drop of Chamomile essential oil
1 drop of Lavender essential oil
1 drop Juniper essential oil and
1 drop Patchouli essential oil}**

Hair Care Preparations using Essential Oils

The following recipes are based on 1/2 ounce of base oil (jojoba or sweet almond). You may increase the proportions as needed. (I.e. double the amount of essential oils used for 1 ounce of base oil.) To make an undiluted hair oil blend from any of these recipes, combine 10 drops of each oil in a 4 ml amber bottle.

Basic Hair Oil: This blend is soothing and refreshing to the scalp. Add 2 drops rosemary, 2 drops lavender, 2 drops clary sage, and 2 drops jasmine absolute to 1/2 ounce base oil.

Ylang-ylang blend: Add 2 drops lavender, 2 drops rose geranium, 2 drops ylang-ylang, and 2 drops patchouli to 1/2 ounce base oil.

Relaxing, Conditioning Blend: Add 2 drops Roman chamomile, 2 drops lavender, 2 drops sandal wood, and 1 drop jasmine absolute to 1/2 ounce base oil.

Earth Rose blend: Add 2 drops Roman chamomile, 2 drops lavender, 2 drops sandalwood and 2 drops lavender to 1/2 ounce base oil.

Scaly scalp and dandruff-prevention blend: Add 2 drops Atlas cedar wood, 2 drops lavender, 2 drops rosemary, and 2 drops tea tree to 1/2 ounce base oil.

Hair Oil Treatment

6 to 8 drops undiluted hair care oil blend
1/2 ounce sweet almond or jojoba base oil (or 1/4 ounce of each)

Combine base oil and essential oils and mix well. Double recipe is needed for long hair so oil will cover all of the hair. Apply oil gently throughout hair. Wear a shirt that you don't mind getting a little oily, or cover your shoulders until oil is absorbed into the hair well. Cover your head with a plastic cap or your pillow with a few bath towels if you plan to sleep with the hair oiled.

Leave oil on hair for at least 1 hour.

To rinse, add shampoo directly to the oiled hair before you rinse or wet it. The shampoo emulsifies the oils, resulting in a much more thorough rinse.

For scenting a brush or a comb: Add 2 to 3 drops of hair care oils directly to a hair brush or comb before using. If you have a wooden comb, the oil can be rubbed directly into the comb.

Hair absorbs scent quite readily. The oil also conditions hair as you brush or comb. This is a good treatment for both men and women.

To massage scalp: Place 3 to 5 drops of oils on your fingertips and lightly massage into scalp. In summer, try this while your hair is still damp; sit in sun and enjoy being surrounded by aromatic oils as your hair dries. In winter you can get the same effect with a blast or two from the blow drier.

Nail Care Preparations Using Essential Oils

Nail Massage Oil

4 ml pure jojoba and sweet almond oil base
2 drops each lemon, sandalwood, lavender, tea tree, and benzoin absolute resin
1 vitamin E capsule punctured and squeezed into the bottle

Combine all the ingredients and mix well. (unscented hand lotion or cream may be substituted for the oil base.) Apply 2 drops of this oil to each nail and 4 droops to each hand and massage in. The massage is as important as the blend. It stimulates circulation and relaxes hands that have been busy all day. This blends works equally well on toenails.

Hand Care Preparations Using Essential Oils

Aromatic Hand Soap

One 4-ounce bottle of high quality liquid castile soap
40 drops of up to four essential oils of your choice (see suggestions below)

Combine soap and essential oils in an old lotion or hand soap pump bottle. Add a pump or two of soap to a moistened nail brush and work up a good lather, then rinse thoroughly. Push the cuticle back gently with a hand towel. This is a high concentration of oils, but it is necessary to disinfect and much of it is actually washed down the drain with the dirt and grime.

Suggested Oils: Lemon, Lavender, Juniper, Rosemary, Eucalyptus, Pine, Bergamot, Sweet Orange, Grapefruit, Tea Tree, and Clary Sage.

Foot Care Preparations Using Essential Oils

FOOT BATH AND POWDER RECIPES

Foot baths are especially helpful in treating tired, aching feet, cases of ingrown toe nails, foot fungus problems such as athlete's foot or ringworm, injuries or sprains.

Foot bath blends usually contain 8 to 10 drops of essential oils to 2 gallons of warm water. One cup of Epsom or sea salts can be added as well.

Aromatic Foot Powder

1/2 cup arrowroot (or an equal part blend of baking soda, cornstarch and clay)

8 drops essential oils of your choice (see suggestions below)

Combine the arrowroot and essential oil, crushing the small clumps of oil between your fingers to evenly distribute them. This is made only with pure essential oils, no base oil is added. Be sure to wash your hands after handling pure essential oils to avoid any contact with the eyes or delicate mucous membranes.

Find an airtight container, preferably with a closable shaker top (like a baby powder bottle. Pry off the top, add the powder, and then replace the top. Aromatic foot powder is nice sprinkled in socks, tennis shoes, and boots to keep the feet dry and cozy.

Suggested Oils: Any of the foot bath recipe blends or; cypress (especially useful for sweaty feet), pine, juniper, ylang-ylang, grapefruit, rosewood, and frankincense are all suitable.

Tired Feet Bath

**3 drops lavender
3 drops rosemary
4 drops lemon**

Add oils to 2 gallons of warm water and mix well. This blend comes in handy when you've been on your feet all day. The lavender soothes the feet and the rosemary and lemon refresh, revive, and stimulate circulation.

Athlete's Foot Bath

**4 drops tea tree
4 drops lavender
2 drops sandalwood**

Add oils to 2 gallons warm water and mix well. This combination of pure essential oils works wonders for people plagued with chronic athlete's foot problems. Tea tree is anti-fungal, as is lavender. The sandalwood conditions, softens and soothes sore, cracked feet and toes. Its antiseptic and soothing properties help keep feet safe from secondary problems that can arise from the open cracked skin. Patchouli could be substituted for the sandalwood as a skin regenerator. Patchouli also has fungicidal properties.

Burning Foot Bath

**3 drops peppermint
4 drops lavender
3 drops Roman chamomile**

Add oils to 2 gallons of warm water and mix well. This blend is great for hot, weary feet that have been on the move all day. The peppermint cools and the lavender and chamomile soothe both feet and spirit.

Bath Recipes

A warm, relaxing soak in a fragrant bath can ease the cares of the day and soothe tense muscles. Use one of the recipes below (or make your own blend) by adding drops of Essential Oils to your bath water while it is filling.

Before Bed Bath	Energizing Bath	Jogger's Foot Bath
2 drops Ylang Ylang 5 drops Lavender	3 drops Peppermint 2 drops Lemongrass	5 drops Rosemary 3 drops Peppermint 4 drops Lavender

Inhalation Recipes

A quick and easy way to enjoy a special fragrance is to place a few drops of Essential Oil on a handkerchief, cotton ball or corner of a pillowcase before bed.

Steam Inhalation	Traveller's Oils
Boil 2 to 4 cups of water, cool for 1 minute and add 8 drops of Sandalwood or 4 drops of Eucalyptus. Tent your head with a towel and, keeping eyes closed, inhale for 1 to 3 minutes.	Add 2 drops of your favorite Essential Oil to some cotton balls, and then place them in a resealable plastic bag. Use Lavender to keep cool and calm in traffic jams, Basil to stay alert, or Peppermint to calm a troubled tummy.

Room Sprays

Make your own air fresheners by adding 8 to 10 drops of Essential Oil to a cup of water in a spray mist bottle. Shake well and spray fragrance in the air or in a specific area such as a bathroom or pet area.

Deodorizing Spray	Kids Party Blend	Pet Blend
6 drops Bergamot 1 drop Eucalyptus 2 drops Lemon or Lemongrass	4 drops Sweet Orange 2 drops Bergamot	6 drops Cedar wood 2 drops Tea Tree

Diffusion

You can add Essential Oils to a room quickly and conveniently by using heat to evaporate the oil. Add a few drops of oil to boiling water or use with an Aromatherapy lamp or an electric diffuser'

Meditation Blend	Mental Fatigue	Office Freshener
8 drops Sandalwood 2 drops Rosewood	8 drops Ylang Ylang 4 drops Basil 8 drops Rosemary	6 drops Bergamot 8 drops Lavender 1 drop Tea Tree
Stress Reduction	Refreshing	Romance
10 drops Sandalwood 5 drops Lavender 5 drops Spruce	8 drops Peppermint 8 drops Eucalyptus 4 drops Lemongrass	7 drops Ylang Ylang 7 drops Palmarose 6 drops Bergamot

Potpourri

Create your own potpourri scents! Simply mix the ingredients in each recipe below in a covered glass jar. Keep the jar covered for 3 weeks, then display in a decorative container. It's fun and easy!

Exotic Island Potpourri
<p>1 cup dried orange or lemon peel 1 cup bay leaves 1 cup whole allspice 1 cup cinnamon sticks 15 drops Ylang Ylang oil 15 drops Mandarin Orange oil 10 drops Cinnamon oil 4 drops Vetiver oil</p>

Perfume

Create your own customized fragrance. Choose base oil and at least one other oil. A well-rounded fragrance will include top, middle and base notes (the strength of the scents). Add Essential Oils to 100 proofs Vodka for perfumes and colognes. Oils can also be diluted in vegetable oil. Use 3% Essential Oil up to 25% depending on strength desired.

Eau De Cologne	Exotic Perfume
<p>1 drop Rosemary 4 drops Neroli 15 drops Lemon 1 drop Lavender 40 drops Bergamot 1/4 cup 100 proof Vodka</p>	<p>12 drops Patchouli 2 drops Ylang Ylang 3 drops Geranium 1 drop Cinnamon</p>

Hair & Skin Care

It's fun and easy to make body care products scented with Essential Oils.
Select favorite oils which match your skin and hair type.

Face Oil for Mature Skin	Hair Rinse	
4 drops Chamomile 5 drops Carrot Seed 8 drops Geranium 5 drops Lavender 1 drop Patchouli 2 drops Sandalwood 1/4 cup Apricot Kernal Oil	Add Essential Oils to 4 cups water and shake vigorously. Pour over clean hair as a final rinse. For short hair, use half the amounts.	
	Dark Hair 3 drops Rosemary 1 drop Geranium	Fair Hair 2 drops Chamomile 1 drop Lemon

Massage

you can make your own massage oils by adding 2 to 3% Essential Oil to a vegetable oil (known as carrier oil) base such as Sweet Almond Oil, Avocado Oil or Grapeseed Oil (preferable). Percentage should equal about 2 to 3 drops of Essential Oil per teaspoon of vegetable oil.

Chest Rub	Lovers Blend	After Sports Blend
1 drop Basil 2 drops Lemon 2 drops Eucalyptus	4 drops Rose 6 drops Sandalwood 1 drop Ylang Ylang	4 drops Juniper 3 drops Lavender 4 drops Rosemary
Stress Relief	Uplifting	Calming
5 drops Bergamot 4 drops Mandarim 4 drops Lavender 3 drops Lemongrass *Mix with 4 oz. carrier oil.	5 drops Lemongrass 5 drops Geranium 3 drops Sweet Basil 2 drops Lime	5 drops Ylang Ylang 5 drops Orange 5 drops Petitgrain



Aromatherapy- Your Solution is Perfectly Clear

Master Aromatherapy Lotions

Lavender after Sun Lotion

This easy to make lotion eases the pain associated with sunburn and helps to promote healing.

Ingredients:

**1/4 Cup Shea Butter
1/2 Cup Aloe Vera Gel
1 Tablespoon Vitamin E Oil
1/2 Tablespoon Lavender 40-42 Essential Oil**

Instructions:

Melt shea butter over low heat on the stove. Once melted, remove from heat and stir in remaining ingredients. Mix well. Allow to cool slightly. Once the mixture begins to set up, and then stir with a hand blender to help avoid any separation. Once whipped with the blender, it should look like whipped icing. Pour into a wide mouthed 8oz. plastic container, allow cooling and replacing lid.

Basic Body Lotion

Ingredients:

**1 1/2 cups Distilled Water
2 oz. Sweet Almond Oil
1/2 oz. Liquid Vegetable Glycerin
2 Tablespoons Emulsifying Wax
2 Tablespoons Stearic Acid
1 1/2 teaspoons Germaben II
1/2 teaspoon Fragrance Oil of Choice**

Instructions:

Over low heat, combine distilled water Sweet Almond Oil, Liquid Vegetable Glycerin, Emulsifying Wax, and Stearic Acid. Heat this just until emulsifying wax has melted. Stir mixture well, and remove from heat. Allow to cool for a few minutes. Then, with a hand held beater mix the lotion mixture. Continue to mix until it begins to thicken, and then add the Germaben II and fragrance oil. Stir well, and then pour the lotion into bottles. Allow to cool completely before closing containers.

Smoothing Skin Lotion

Ingredients:

**1 teaspoon honey
1 teaspoon vegetable oil
1/4 teaspoon lemon juice**

Instructions:

Mix 1 teaspoon honey with 1 teaspoon vegetable oil and 1/4 teaspoon lemon juice. Rub into hands, elbows, heels and anywhere that feels dry. Leave on 10 minutes. Rinse off with water.

Lavender Lotion Bar

Ingredients:

**100g coconut oil
100g sweet almond oil
100g beeswax
5ml (1tsp) lavender essential oil**

Instructions:

Gently melt the coconut oil and beeswax together over a low heat. As soon as they have melted, stir in the sweet almond oil and mix thoroughly. Remove from heat and leave to cool slightly. Stir in the lavender essential oil once cooled and mix well. Pour into molds of your choice and allow solidifying at room temperature for several hours.

Lavender Flower Lotion

Ingredients:

**5 Tbsp Lavender water
5 Tbsp Witch Hazel
5 Tbsp Lemon Juice, strained 2-3 drops lavender essential oil**

Instructions:

Pour all the ingredients into a bottle, close it with a cap or cork, and shake it vigorously. Shake well before each use.

Makes about 3/4 cup.

Use as a toning lotion.

Lemon Meringue Pie Lotion

Ingredients:

2 tablespoons grated beeswax
1/4 cup coconut oil
2 tablespoons apricot kernel oil
1/4 teaspoon lemon oil
2 tablespoons liquid glycerin
2 tablespoons distilled water
1 teaspoon borax powder

Instructions:

Melt the beeswax and all oils in a heavy saucepan over low heat and stir until the wax dissolves. Stir in the glycerin and continue to simmer while doing the next step. In a separate, small pan, boil the water and add the borax powder, stirring until dissolved. Slowly pour the hot water and borax mixture into the oil and beeswax mixture, stirring constantly with a wire whisk. Continue to stir until the mixture forms a thick, white cream and has cooled to room temperature.

Usage:

This lotion can be used on both the body and the face.

Gardener's Lotion

This lotion helps people over time in gardens; the soothing action of this lotion is very cool on the hands and feet of any over worked gardener.

Ingredients:

3 Tablespoons Almond Oil
3 Tablespoons Apricot Oil
2 Tablespoons Beeswax
4 Tablespoons liquid Glycerin
1/8 Teaspoon Lavender Fragrance Oil
10 drops Rosemary Fragrance Oil

Instructions:

Melt oils and beeswax. Remove from heat. Drizzle glycerin into the hot oil mixture, stirring all the time. Stir (or mix slowly) until it reaches room temperature. It should appear creamy. Add fragrance oils, stir and bottle.

Vanilla Body Lotion

Vanilla is probably the most enduring fragrance ever; its aroma fills up your room very slowly and gradually. It is also a fragrance that is well recognized by many people all over the world.

Ingredients:

1/4 cup mineral oil
1/4 cup distilled water
1/2 teaspoon borax powder
1/4 cup sweet almond oil
3 teaspoons grated beeswax
20 drops vanilla fragrance oil
1 teaspoon pure vanilla extract

Instructions:

Bring the water and vanilla extract to a boil in a saucepan and add the borax, stirring until dissolved. In a separate, heavy saucepan, combine the beeswax, mineral oil, and almond oil and stir until the beeswax has melted. Remove from heat. Slowly pour the heated water and borax mixture into the oil and beeswax mixture, with constant stirring. Continue to stir until the mixture becomes a thick cream and has cooled to room temperature. Stir in the vanilla fragrance oil.

Usage:

With a light, subtle scent it is ideal for all your skin's moisturizing needs.

Super Light Honeydew Moisturizer

Ingredients:

1/2 cup orange flower water
1/2 cup distilled water
1 teaspoon borax powder
1/4 cup apricot kernel oil
2 teaspoons grated beeswax
15 drops honeydew fragrance oil

Ingredients:

Bring the orange flower water and distilled water to a boil in a saucepan and add the borax powder, stirring until dissolved. In a separate saucepan, heat the apricot oil and add the beeswax, stirring until the wax has melted. Remove from heat. Slowly pour the heated water and borax mixture into the oil and beeswax mixture with constant stirring. Continue stirring until a light, white cream forms and the mixture has cooled to room temperature. Add the fragrance oil and stir well. Pour the cream into a squeeze bottle or spray-pump bottle and cap tightly.

Anti Cellulite Skin Lotion

Ingredients:

**125 ml Unscented natural lotion base (no mineral or petroleum products)
20 ml Witch Hazel
20 drops Lemon Essential Oil
20 drops Cypress Essential Oil
8 drops Juniper Essential Oil
8 drops Lavender Essential Oil**

Instructions:

Combine in measuring cup mixing well & pour into clean bottle.

Apply and massage in a firm, circular, upward motion until completely absorbed. It is best to apply after showering in the morning.

Basic Hand Lotion

Ingredients:

**5g citric acid
18g glycerin
18g stearic acid
35g emulsifying wax
20g apricot kernel oil
20g Grapeseed Oil
14g shea butter or mango butter
250g distilled water
70g rose water**

Instructions:

Weigh out all of the above ingredients. Heat butter and oils in a double boiler until completely melted. Heat water almost to a boil, and then add the warmed oils to the heated water. Melt the wax and stearic acid, and add to water and oils. Mix with a stick blender for 1 full minute. Allow to cool slightly. Once the temperature of the lotion reaches 120 degrees

Add:

**1 tsp preservative/Germall Plus
6g Fragrance oil OR 4 to 6 drops EO of choice
1.5 TBSP witch hazel
a few drops mica colorant if desired**

Instructions:

Stir with the stick blender for a few seconds to mix well. Pour into bottles while the lotion is still warm, and seal. Shake occasionally until the lotion has completely cooled and thickened.



Lift Your Spirits

Master Aromatherapy Balms

Diaper Rash Salve

Ingredients:

4 oz Olive Oil
1 - 2 oz Beeswax or wax of choice
1 oz Calendula Petals

Instructions:

Infuse the calendula petals into the olive oil or heat over low until the properties from the calendula have steeped into the oil. Strain the petals from the oil. Mix the oil and beeswax together, stirring while melting the beeswax on low heat. Pour mixture into a container, and let cool. For a softer balm, use less wax. For a harder balm, use more.

Hand Balm

Ingredients:

1 cup White Petroleum Jelly
1/4 cup Mineral Oil
1/8 cup Shea Nut Butter
10 Vitamin E capsules
20 drops Lemon Grass Essential Oil

Instructions:

In a large glass measuring cup put the jelly, oil and butter together and melts at 30 second intervals at high power until melted. Keep track of this time for future batches. Remove and stir. Pierce Vitamin E capsules with a pin a squeeze into mixture. Add lemon grass oil to desired strength. What you smell is what you get. It does not lose its strength when cooled. I pour this right back into the original petroleum jelly container and add my own label. Use on hands and feet after a bath and at bedtime. Use sparingly. The Vitamin E aids healing.

Comfrey Balm

Ingredients:

1 oz Unbleached Organic Beeswax
1 oz Comfrey-infused Carrier Oil (Choose Sunflower oil, Extra Virgin Olive Oil, Grapeseed Oil or Sweet Almond Oil)
1 oz Coconut Oil
4 drops Yarrow Essential Oil
4 drops Lavender Essential Oil
4 drops Carrot Seed Oil

Instructions:

Infuse the carrier oil by steeping comfrey in it in a covered jar on a warm windowsill for three to four days. Strain, discard leaves and reserve the oil. Filter oil again through cheesecloth before use.

Over low heat melt together beeswax, coconut oil and comfrey-infused alternate carrier oil. Add essential oils and warm the mixture until it is well mixed. Pour into a small jar and let cool.

Dry Skin Balm

Ingredients:

2 parts cocoa butter
1 part shea butter
1 part mango butter
2 parts virgin coconut oil
Essential or fragrance oil of choice

Instructions:

Melt the butters and oil in a double boiler. Remove from heat, and add the essential oil or fragrance oil. Pour into deodorant containers or jars.

Lavender Ointment

Ingredients:

4 tablespoons olive oil
3 to 4 tablespoons beeswax
3 tablespoons cocoa butter
3 teaspoons calendula oil
15 drops lavender oil

Instructions:

Combine the olive oil, beeswax, cocoa butter and calendula oil and heat thoroughly in the top of a double boiler. Remove from the heat. Add the

vitamin e capsule (poke a hole in it and squeeze into the oils) lavender oil and beat well. Pour into little jars and allow the mixture to cool before covering.

Foot Balm

Ingredients:

1/2oz. beeswax
1/2oz. cocoa butter
2 fluid oz. sweet almond oil
2 fluid oz. apricot kernel oil
1/2 fluid oz. avocado oil or jojoba oil
1/2 fluid oz. rose water
5 drops lavender essential oil
5 drops peppermint essential oil
5 drops tea tree oil

Instructions:

Heat beeswax and cocoa butter on stove, just until melted. Stir in oils and rosewater. Mix well. Remove from heat, and allow cooling slightly. Stir in essential oils. Pour into a container. Allow to cool before closing container.

Shea Butter Foot Balm

Ingredients:

1.8 ounces shea butter
1 ounce sweet almond oil
1 ounce coconut oil
1.5 ounces emulsifying wax
.5 ounces stearic acid
4.2 ounces distilled water

Instructions:

1. Combine the shea butter, sweet almond oil, coconut oil, emulsifying wax and stearic acid in a large heat proof glass measuring cup with a pour spout. Place the mixture in a hot water bath until the waxes are completely melted. Remove from heat.
2. Place the water in a separate Pyrex cup and warm for about 15 minutes in a hot water bath.
3. After stirring the oils/waxes together to make sure they are evenly combined, begin stirring the oil/wax mixture with an electric mixer on medium speed and add the water mixture as you stir. You will see the mixture begin to thicken as you blend it. Continue mixing until Shea Butter Foot Balm is thick and rich. This should take about 5-10 minutes at most.
4. Pour balm into clean jars and allow cooling before capping.

Yield: 10 ounces

Healing Salve for Cracked Hands & Feet

Ingredients:

**1 oz Beeswax
1 oz Calendula infused olive oil
1 oz Plantain infused olive oil
1 oz St. Johnswort infused olive oil
6 drops Vit E
5 drops Pine needle essential oil
5 drops Chamomile (german) essential oil
5 drops Lavendar essential oil
5 drops Tea tree essential oil**

Instructions:

Melt beeswax and olive oils together over low heat. Once melted, remove from heat. Then stir in the Vitamin E and essential oils. Pour into containers and allow cooling completely before sealing.

Cooling Foot Salve

Ingredients:

**10 oz. coconut oil, solid
2 oz. jojoba oil
3 oz. olive oil
3 Tbs. candelilla wax
1/2 oz. beeswax
1 oz. cocoa butter
.5 oz. menthol crystals
10 drops peppermint essential oil
10 drops eucalyptus essential oil
10 drops naouli essential oil**

Instructions:

Combine the coconut, jojoba, and olive oils with the waxes and cocoa butter. Melt over low. Stir to blend. Once melted, remove from heat. Stir in menthol crystals. If crystals don't melt, add heat until fully melted, and then remove from heat. Allow to cool slightly then stir in the essential oils. Pour into your containers, and allow cooling completely before sealing.

Scrapes and Scratches Healing Balm

Ingredients:

**1 ounce Beeswax
4 ounces Sweet Almond Oil
5 drops Tea Tree Essential Oil
15 drops Lavender Essential Oil**

**8 drops Tagetes Essential Oil
5 drops Rosemary Essential Oil**

Instructions:

- 1. Place the beeswax and sweet almond oil in a small, heavy-bottomed pan**
- 2. Heat very gently until the beeswax is just melted and no more than that.**
- 3. Add the essential oils and swirl the mixture around in the pan to combine everything together.**
- 4. Pour the mixture into sterilized jars and seal immediately, allowing the balm to cool completely before use.**
- 5. Beeswax can be difficult to remove from pans so be sure to pour all of the balm mixture into your jars. Then, quickly (before the wax hardens) run a paper towel around the pan to get the excess out so it does not go down your drain. Then, place the pan under very hot running water and douse it with plenty of dish washing liquid as soon as you have finished with it.**

Tiger Balm

Ingredients:

**4 tsp shea butter
3 tbs of vegetable oil
2 tbs of jojoba oil
1 cake (1 tbs) camphor gum
15 ml peppermint oil
15 ml eucalyptus oil
10ml of lavender oil
1 tsp beeswax pellets**

Instructions:

Melt shea butter, oil and jojoba and crumble camphor gum into the mix. (Use rubber gloves it's really stinky) When it is liquid add essential oils and pour into a 4 oz container and let set. It will be a thin ointment that will relieve tired muscles.

Healing Herbal Salve

Ingredients:

**1 oz dried comfrey leaves
1 oz dried calendula flowers
2 cups olive oil
1 oz pure beeswax
4 drops tea tree
4 drops lavender essential oils
1 400 vitamin E**

Instructions:

Slow Fry in olive oil for 5 hours. Do not let the oil boil or bubble. A Crock-Pot or the lowest temperature setting on a range should be suitable for heating this mixture. (If the lowest setting is too hot, turn off the heat once it has warmed the oil...it should keep warm for at least an hour....then repeat the process twice.) After cooking, strain out the herbs while oil is still warm. Place 1 1/4 cups of the herb oil in a pan, add beeswax and heat just enough to melt the wax. Add essential oil and stir. Finally, pour the salve into wide mouthed jars. Use for minor scrapes and cuts, to protect and promote healing.



Guidelines for Using Essential Oils

Safety Guidelines

Essential oils are distilled from plant leaves, flowers, roots, seeds, bark and resins, or are expressed from the rinds of citrus fruits. It generally takes at least 50 pounds of plant material to make one pound of essential oil (for example, a pound of rosemary oil requires sixty-six pounds of herb), but the ratio is sometimes astonishing - it takes 2,300 pounds of rose flowers to make a single pound of oil!

Because they contain no fatty acids, essential oils are not susceptible to rancidity like vegetable oils - but protect them from the degenerative effects of heat, light and air, store them in tightly sealed, dark glass bottles away from any heat source. Properly stored oils can maintain their quality for years. (citrus oils are less stable and should not be stored longer than six months after opening.

ESSENTIAL OIL TIPS

- 1. Always read and follow all label warnings and cautions.**
- 2. Keep oils tightly closed and out of the reach of children.**
- 3. Never consume undiluted oils. Cook only with those oils approved for food use.**
- 4. Don't use undiluted oils on your skin. (Dilute with carrier oil).**
- 5. Skin test oils before using. Dilute a small amount and apply to the skin on your inner arm. Do not use if redness or irritation occurs.**
- 6. Keep oils away from eyes and mucous membranes.**
- 7. If redness, burning, itching, or irritation occurs, stop using oil immediately.**
- 8. Avoid use of these oils during pregnancy: bitter almond; basil; clary sage; clove bud; hyssop; sweet fennel; juniper berry; marjoram; myrrh; peppermint; rose; rosemary; sage; thyme; and wintergreen.**
- 9. These oils can be especially irritating to the skin: allspice; bitter almond; basil; cinnamon leaf; cinnamon bark; clove bud; sweet fennel; fir needle; lemon; lemongrass; Melissa; peppermint; tea tree; wintergreen. In addition, angelica and all citrus oils make the skin more sensitive to ultraviolet light. Do not go out into the sun with these oils on your skin.**
- 10. Sweet Fennel, hyssop, sage and rosemary should not be used by anyone with epilepsy. People with high blood pressure should avoid hyssop, rosemary, sage and thyme.**
- 11. For someone who tends to be highly allergic, here is a simple test to use to help determine if he/she is sensitive to particular oil. First,**

rub a drop of carrier oil onto the upper chest. In 12 hours, check for redness or other skin irritation. If the skin remains clear, place 1 drop of selected essential oil in 15 drops of the same carrier oil, and again rub into the upper chest. If no skin reaction appears after 12 hours, it's probably safe to use the carriers and the essential oil.

12. After applying citrus oils to the skin, avoid exposure to sunlight, since the oils may burn the skin.
13. When spilled on furniture, many essential oils will remove the finish. It's best to be careful when handling the bottles.
14. Don't buy perfume oils thinking they are the same thing as essential oils. Perfume oils do not offer the therapeutic benefits of essential oils. Even if you only intend on using aromatherapy in your lifestyle for the sheer enjoyment of the aroma, essential oils that are breathed in can offer therapeutic benefits. These benefits do not occur with the use of perfume oils.
15. Don't buy essential oils with rubber glass dropper tops. Essential oils are very concentrated and will turn the rubber to a gum thus ruining the oil.
16. It is also helpful to note the country of origin for the oil. Most good essential oil sellers will readily supply the botanical names and country of origin for the oils that they sell. When comparing one company's oils with another's, also pay attention to if either company's oils are organic, wild-crafted or ethically farmed.
17. It is wise not to purchase oils from vendors at street fairs, craft shows, or other limited-time events. Some vendors know beginners have no recourse against them later. This is not to say that there are not highly reputable sellers at such events, but this is a caution for beginners who are not able to reliably judge quality.
18. Be selective of where you purchase your essential oils. The quality of essential oils varies widely from company to company. Additionally, some companies may falsely claim that their oils are undiluted or pure when they aren't.
19. If essential oil is ingested, rinse mouth out with milk, and then drink a large glass of milk. Seek medical advice immediately. If essential oil gets into eyes, flush with large quantity of water immediately. Seek medical advice immediately. If essential oils are splashed onto skin and irritation results, apply carrier oil to the area to dilute.

Smaller Droppers

Most Essential Oils are thin and require a smaller dropper where percentage dosing is as follows:

0.1%	= 2 drops / 100ml
0.2%	= 4 drops / 100ml
0.25%	= 6 drops / 100ml
0.5%	= 12 drops / 100ml

0.75%	= 18 drops / 100ml
1%	= 25 drops / 100ml
1.5%	= 32 drops / 100ml
2%	= 50 drops / 100ml
2.5%	= 62 drops / 100ml
3%	= 75 drops / 100ml
4%	= 100 drops / 100ml

Larger Droppers

Vetivert, Sandalwood and Benzoin are thicker Oils and require a larger dropper, which releases larger drops. Percentage dosing for these Oils will be:

1%	= 20 drops / 100ml
2%	= 40 drops / 100ml
2.5%	= 50 drops / 100ml
3%	= 60 drops / 100ml
4%	= 80 drops / 100ml

Using Essential Oils to freshen up rooms is an excellent and pleasant way of enhancing everyday life as well as creating atmosphere for festive or special occasions. Fragrances and blends of fragrances can be used to create a special effect—Romantic, for that sacred time with your partner, or Festive, to make that party of yours unforgettable. Or use the Essential Oil you feel intuitively drawn to use at that particular time—e.g. Lavender for serenity and Bergamot for self-confidence. To freshen up your home or room, you can use an Essential Oil Fragrance Burner, a Spraying Flask or an Aroma Stone.

Essential Oil Fragrance Burner

Used for larger spaces where the effect needs to last for a while. The bigger the space, the more Oil will be required. Because Essential Oils evaporate spreading their aroma around the room, you may want to add more Oil after a time to maintain the effect. Top Note Oils such as Citrus and Peppermint evaporate more quickly than the Middle and Base Note Oils.

Spraying Flask

Used to create a short-term, immediate effect in a room or other space. Can be used in the car to invigorate you or to tone down the smell inside the car. When there are colds around you can spray with e.g. lemon or after vacuuming you can use your favorite oil or blend of Oils. Another tip is to spray covers, mattresses and pillows during airing with e.g. Lemon and Lavender to give them a clean, fresh smell.

Aroma Stones (Sand Stones)

Used to emit fragrance over a longer period of time in smaller spaces such as cupboards, toilets, halls or chests of drawers. In the car, use Peppermint to help you concentrate and at the same time counteract car-sickness. In the home or at work, an Aroma Stone can be displayed as part of the decor.

Drops Used Directly

In your rubbish bin or compost bucket to counteract bad odors, or put a few drops on your vacuum cleaner filter so the air being blown out is filled with the cleansing, antiseptic smell of Lemon, or apply something uplifting and stabilizing like Geranium. If you don't want to blend the oils yourself you can purchase our ready made blends.

Fragrance Notes

Essential Oils can also be classified according to how they smell. This method of classification has nothing to do with which part of the plant the Oil comes from but rather with how the Oil smells. Sometimes the difference between Woody and Herbaceous or Spicy and Herbaceous smells can be hard to define. You may also have your own ideas which differ from what we are suggesting here. It is naturally up to you and what you think, as the creator of your own perfume, is what is most important.

Observe these points and you will get a lot of enjoyment out of your essential oils.

Additional Website Resources

The resources page below will be updated as I find related topics that may be of interest. Please check back when you get a chance and thanks for reading!

<http://www.AromatherapyInfusion.com/home>

<http://www.aromatherapyinfusion.com/resources>

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