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AROMATHERAPY

Course notes

Chemistry of essential oils

– the relaxing oils for practical  
use in midwifery

First steps

How matter is organised

Compounds

Types of chemical bonding

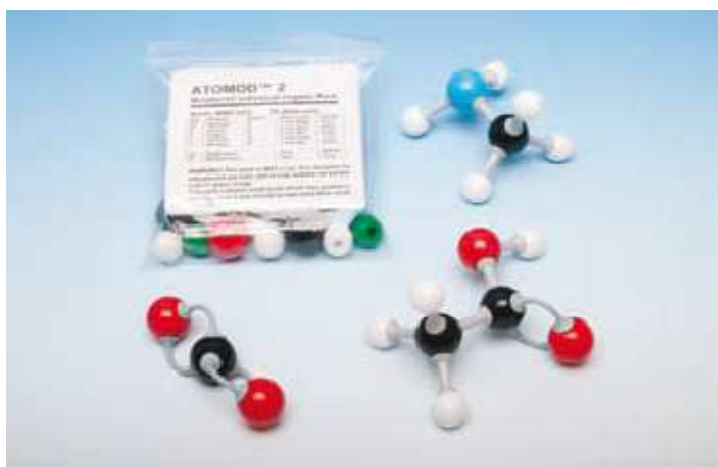
Mixtures

Organic chemistry

Concepts

How organic molecules look

Functional groups



Physical and therapeutic properties of families of compounds

Terpenes

Isoprene

Monoterpenes

Sesquiterpenes

Diterpenes

Oxygenated compounds

Alcohols – linalool, geraniol

Phenols - thymol

Aldehydes - geranial

Ketones - menthone

Esters – geranyl acetate

Lactones and Coumarins

Oxides - Eucalyptol

Other compounds - acids

How essential oils are obtained

Steam distillation

Other extraction methods

Processing essential oils

Purity

Analytical techniques

Health, Common ailments, professional therapy

Composition of common essential oils

Composition of the carrier oils

Clays

Cosmetics and cosmetic bases

Composition of hydrolats

Storage, legislation, safety and first aid

How essential oils are administered

Putting it all together – the relaxing oils in midwifery to alleviate stress during birth. They use of seven basic oils, bergamot, clary sage, jasmine, lavender, peppermint, frankincense and grapefruit, which are mixed with a base oil.