

## The Shirley Price Every Day Aromatherapy Guide



by Matt

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# Welcome to Sp

## Introduction by Ian Brealey

Welcome to the Shirley Price Aromatherapy Everyday Guide. In this little introduction you will find, I hope, the answer to many of your questions regarding Aroma products.

In a world of confusing 'standards' the Sp leaf has grown to be recognised worldwide as a sign of ethically obtained and sold aroma products containing 100% organic 100% natural ingredients. Sp is now a worldwide 'brand' but any brand is only as good as the care that goes into the products it decorates. The Sp brand owes its standing to a worldwide team of suppliers, staff, trainers, distributors and aromatherapists.. This guide is not just about Sp's activities though we would be delighted if the reader were sufficiently interested to train with our training college or purchase their supplies from Sp. This guide is about aromatherapy itself.

This guide introduces Shirley Price Aromatherapy training in the use of plant oils and how they help us. We describe how aroma products occur in nature and are harvested for human use as essential oils. We describe how to use essential oils with success in everyday use in the home for pleasure, to maintain health and emotional equilibrium. We describe some of the applied science and evidence behind their clinical use in professional aromatherapy and reflexology to diagnose and treat common ailments. For more detailed information kindly see the Shirley Price Aromatherapy Workbook by Shirley Price.

Much of the action happens at a microscopic scale. Animals and plants share the world with microbes which at times mutate to threaten whole species. The most highly evolved plants have evolved their own solution – the organic chemicals which make up essential oils. Throughout history essential oils and the burning of aromatic plant material have been particularly of value at times of this pestilence which the medical science of the day cannot contain. The word 'perfume' in latin means through fire. Its not hard to imagine Neanderthal man collecting aromatic plant matter to burn pleasantly on the fire. The development of modern man may owe more to aromatic plants than some may like to think! Nowadays we have only to acquire a bottle of essential oil to gain the benefits of their use. Use of essential oils for antiseptics and clinical results is again on the increase in hospitals.

England has been at the centre of the informed production and use of aroma products in the last 100 years with names like Treatt, Yardley and Bromley and many others still prominent. From our factory in Hinckley, England Sp produces a range of true aroma products to our distributors and therapists orders. Some 10,000 items per month are sent to Sp distributors and some 1300 therapists many of who are members of the International Federation of Professional Aromatherapists and trained with Sp.

Sp was founded in 1974 by Shirley Price. At Sp we have over 35 years experience in training professional aromatherapists in clinical aromatherapy as practised by the medical profession in France. Many of the students the Shirley Price International College of Aromatherapy have become master practitioners in their own right and today return to the college to share their experience.

Why the interest in natural products? Plants contain a dispensary of life giving constituents used by the plant for repair, regeneration, growth and as antiseptics and insecticides many of which are now synthesised. The public are tempering use of synthetic substances for health and beauty and looking again to the empirically tried and tested uses of naturally derived products whether for fragrance, skin care or clinical results. It is not hard to see why.

One of the earliest depictions apparently of doctor and patient contains Egyptian hieroglyphs which translate to say "do not hurt me". A fundamental principal of worldwide healthcare that it should be delivered with the minimum of side effects. At the least natural products can cut down on synthetics use and dosages and preserve the effectiveness of synthetics for future generations as well as enhancing our everyday lives. Aromatherapy colleges and courses ensure our choices are informed ones. Aromatherapy has come to be recognised as a core discipline and sure starting point for those seeking a career in complimentary therapies and holistic care.

Severe allergic reactions to synthetics are on the increase. Synthetics which are chemically identical to natural ones contain differences of arrangement to which the body adapted as it is to the natural world can be sensitive.

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## ***The Top Ten Essential Oils and their uses***

### ***The National Association of Holistic Aromatherapists list them as follows***

Peppermint, *Mentha piperita*: Useful in treating headaches, muscle aches, digestive disorders such as slow digestion, indigestion, and flatulence.

Eucalyptus, *Eucalyptus globulus* or *Eucalyptus radiata* : Helpful in treating respiratory problems, such as coughs, colds, and asthma. Also helps to boost the immune system, and relieve muscle tension.

Ylang Ylang, *Cananga odorata* : Helps one to relax, and can reduce muscle tension. Good antidepressant.

Geranium *Pelargonium graveolens* : Helps to balance hormones in women, good for balancing the skin. Can be both relaxing and uplifting, as well as antidepressant.

Lavender, *Lavandula angustifolia*: Relaxing, and also useful in treating wounds, burns, and skin care.

Lemon, *Citrus limon* : Very uplifting, yet relaxing. Helpful in treating wounds, infections, and house cleaning and deodorizing.

Clary Sage, *Salvia sclarea*: Natural pain killer, helpful in treating muscular aches and pains. Very relaxing, and can help with insomnia. Also very helpful in balancing hormones.

Tea Tree, *Melaleuca alternifolia* : A natural anti fungal oil, good for treating all sorts of fungal infections including vaginal yeast infections, athlete's foot, and ringworm. Also helps to boost the immune system.

Roman Chamomile, *Anthemus nobilis* : Very relaxing, and can help with sleeplessness and anxiety. Also good for muscle aches and tension. Useful in treating wounds and infection.

Rosemary, *Rosmarinus officinalis*: Very stimulating and uplifting, good to help mental stimulation as well as to stimulate the immune system. Very good for muscle aches and tension. Stimulating to the digestive system.

Many synthetics have no equivalent in nature. Even the most humble pharmaceutical label lists a long list of observable potential side effects to say nothing of the unobservable ones. Consequently interest in aromatherapy training and use of the naturally derived chemicals in essential oils to get clinical results is enjoying something of a worldwide revival. This is sustained through education.

The empirical evidence of millennia of use of certain natural products is that used as directed they are clinically effective and largely free of side effects. There exists an impressive bibliography and body of research evidence which is ongoing and too compelling to be ignored. Because they are derived from natural matter essential oils abound in the carbon compounds which form the building blocks of life. Carbon has an ability to bond carbon atom to carbon atom in chains (aliphatic) and most wonderful of all rings (aromatic). Aroma products contain chemicals just as pharmaceuticals do and are powerful instruments. An abundance of care should be exercised in their use. They contain chemicals like ketones and terpenes which are not to be found as a normal part of plant metabolism.

Aroma products include Essential oils derived from plant matter with familiar names like Lavender and Frankincense and Myrrh; like Lemon which is used for antiseptic and against viral warts and less well known oils like Ravensara and Niaouli which are used to protect against flu infections. Many essential oils have easily demonstrable anti bacterial, anti fungal and anti viral properties as well as other useful properties. Essential oils appear to block the receptors bacteria and virus rely on. These properties do not appear to rely on the headline constituents of the oils but rely on bio-active constituents which may be present in tiny proportions or work in tandem.

In many plants the essential oils become trapped in glands in seeds, leaves, wood, flowers and fruits. Not all plants are safe in use. Aromatherapy derives many its principal essential oils from just two of the most highly evolved plant families.

In part the essential oils reflect the processes by which they are derived from the plant matter. Many are obtained by water and steam distillation being washed out of the plant matter and then heated to become volatile ('fly') and then cool in another vessel 'the florentine' as a condensate; the water soluble and water insoluble parts separating. Resins of Benzoin, Frankincense and Myrrh are exuded by plants from incisions in their stems as part of the healing process, Jasmine flowers continue to exude perfume for 24 hours after picking and this is trapped by solvents. Citrus rinds are expressed to press out the essential oils they contain. There are vegetable carrier oils in which essential oils are diluted like Jojoba which themselves have anti inflammatory properties which are soothing to the skin, the natural waters derived as a by product of essential oil production like Rose and Neroli Waters.

Natural Skin Care creams and lotions with essential oils added according to the remedial properties required for remedies to reduction in the appearance of scars or to normalise and sooth the skin affected by eczema or acne. The products of companies noted for their quality and effectiveness are in evident demand.

Even essential oils available on the wholesale market have synthetics added to create a standardised product rather than reflect the natural variability of nature from one season to another. As little as 50% of the

ingredients can be naturally derived. This is because essential oils are used in a multitude of applications for example adhesives, foodstuffs, alcoholic beverages and soft drinks, confectionary, chewing gum, mouth washes and tooth pastes, insecticides, household products, ice creams, paint, perfumes and toiletries, chemicals, pharmaceuticals, preserves, soap, textiles, tobacco, veterinary supplies. Few companies provide true aroma products with nothing added and nothing taken away and the minimum of synthetics but empirical evidence indicates that this is necessary if the results described in the textbooks are to be achieved..

We recognise from an early age the beauty and attraction of plant life. Self help therapy for health and beauty using the most highly evolved aromatic plants is as old as civilisation, a tradition which is also part of the present and the future. Neanderthal man has been found buried with flowers of yarrow. I personally have a vivid mental image of early man discovering how flowers might be put in a pool of water with hot stones to produce the first floral water and how delighted early woman was with his efforts! Creams and waters derived from plants have always found use in military camps, to stem bleeding, heal wounds, relieve pain without addiction, as antiseptics and insect repellants and to flavour uninspiring military cuisine! Today astronauts travel space with selected plant aromas to assure them of home. We have increasingly come to understand the science and practicality behind that beauty and how plants help themselves and can help us.



The Aroma trade has its critics. Get rich quick merchants will trade on the credulity of the public and offer potions at prices which bear no relation to the reasonable costs of production and with inflated claims.. However there is a well regulated structure including organic certification for producing aroma products and training professional aromatherapists and maintaining their competence through professional contacts which Shirley and Len Price did much to put in place and maintain. However the best of systems rely on the truthfulness and integrity of the individuals who operate in it. There is no substitute for that!

Equal attention is now paid to the causes of illness to combat infection and maintain health and vitality by nutrition, exercise and using plant oils and waters. Traditionally this has been the way since early times. Poor people couldn't afford doctors and kept themselves healthy this way with only past experience as a guide rather than scientific theory. It was observed that in the East people went to their doctors when they were healthy not when they were sick. Prevention is as they say better than a cure and early diagnosis of the signs of illness is vital in successful treatment.



Essential oils also have a role in beauty and the home, combating stress and promoting relaxation and sleep. Everyone and everything faces the stress of the day. Great cities have sprung up all over the world. With them comes a stressful and unnatural lifestyle for the people living and working within them. Of course there are many advantages to urban living as well. However man evolved surrounded by plant life. It concerns us that so many people are isolated from the important messages of nature and the simple human senses of speech and touch in their environment. Everyone should have a place they call home from which they venture into the world and return and plant oils are an important part of home. Synthetic fragrance is not the answer and can so affect people as to cause allergy like any synthetic product. Help is at hand for individual care and vitality in the convenient form of Essential oils which can be used in the bath, diffused in the air, inhaled in a steam inhalation or inhaled stick or in massage from a partner or professional aromatherapist.

We should also say is that less is more where essential oils are concerned. Fewer than 20 molecules are necessary to stimulate our sense of smell. Though essential oils are largely free of side effects if used in an informed manner any substance is capable of harm in a high enough dose. Essential oils must in particular be kept out of the reach of young children. We believe essential oils to be of great value but an abundance of caution must be exercised in their use. This is one reason why it is so valuable to consult a trained aromatherapist who has passed the demanding examinations of the International Federation of Professional Aromatherapists. We describe some of the aromatherapy training available from our college and others.

Our guide to everyday aromatherapy begins with details about the production, composition and value of essential oils. Then onto the carriers used to dilute the oils, hydrolats and blending the oils. Next we examine the important areas of skin care, mums, babies and children and sports and male use. We then move into the use of aromatherapy for the treatment of common ailments. The techniques ideas and suggestions in this guide are not intended as a substitute for proper medical advice. Any application of the techniques ideas and suggestions in this guide is at the readers sole discretion and risk. If you have symptoms of illness you should see a doctor.

Finally we describe what to expect from a session with an aromatherapist. This can be likened to the regular check up. Aromatherapists use the oils but they have other skills in their toolchest too like massage and reflexology and will advise on nutrition, exercise and lifestyle. Do check the qualifications of the local aromatherapists as they range from a short course to a full diploma in aromatherapy. We hope you will enjoy our Shirley Price Aromatherapy Everyday Guide and the Shirley price Aromatherapy Workbook by Shirley Price. Our aim is to inform based on our experience and our company and our college's practical experience.

P.I Brealey

Hinckley, June 2009

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## What is Aromatherapy?

Aromatherapy is the use of plant oils derived from plants not only through massage but in the bath, in compresses and diffused in the air.

Bathing and Massage with plant oils has a long history in the west dating back to the Ancient Greeks who used 'rubbing' to achieve a peak of muscular health and performance. In classical times just one essential oil is recorded that of turpentine though much use was made of floral waters like Rose water and resinoids like Frankincense and Myrrh.

By the sixteenth century Juniper, Lavender and Turpentine oils were in common use by pharmacists. There followed an explosion in the production and use of essential oils in the seventeenth century.

Today Aromatherapy using plant oils is practised in the home and by professional aromatherapists in clinics, hospices and hospitals. Professional aromatherapists are holistic therapists trained in aromatherapy, reflexology and massage therapy. Before practising as professional aromatherapists students of the art and science of aromatherapy complete rigorous courses of study and pass the examinations of accredited colleges and maintain and expand their skills through professional contacts.

Shirley Price was herself a student of Marguerite Maury who with her husband revived a tradition of holistic care and massage with plant oils for health which had been academically dormant in the west for hundreds of years though remaining part of daily life and medical principle in the east for 5000 years. Shirley Price and her husband Len's particular contribution was to establish aromatherapy as a profession providing care with minimal side effects to minimise the use of synthetic treatments where side effects, some serious, are a matter of course.

Shirley Price did this through teaching, lecturing and as author of authoritative evidence based aromatherapy textbooks from introductory volumes to weighty academic tomes, many of which remain international bestsellers long after her retirement in 1998. Her attention to detail remains legendary and I welcomed an email in 2007 pointing out an error on our website. Today her Shirley Price books along with those of Franchomme and Penoel remain the mainstay of bibliographical review of the use of essential oils for common ailments.

Essential oils steam distilled from plant matter are called essential because they are thought to contain the very essence of the plant not just a collection of chemicals to be found in plants. Certainly when a plant stops living and stops producing these life giving chemicals the plant is rapidly consumed by insects, bacteria and fungi. Carrier oils are oils derived from plants such as Almond, Grapeseed, Sunflower and Jojoba. Hydrolats of Rose and Neroli are highly prized. There is almost no limit to the skin care creams and lotions using essential oils.

Overuse of pharmaceuticals comes at a cost. Health, Education and Social Security managers responsible for budgets once viewed aromatherapy as an alternative therapy. Managers argued patients would want both the conventional therapy and the alternative therapy stretching budgets. It is now realized use of plant oils is a complimentary therapy cutting down on conventional drug use so making health, education and social security budgets go further as well as delivering gentler patient care with fewer side effects. Unlike synthetic chemicals plant oils are largely familiar to the body through nutrition. We eat plants and our bodies are used to dealing with the chemicals they contain. Correctly used they do not provoke unwanted reactions like severe allergy and cancer. Western medical practice has evolved rapidly to efficiently to treat the symptoms of illness. Symptom – pill, Symptom –pill, Symptom – pill.

What makes one person the patient ill while the doctor who tends the patient remains healthy? Is there something we can do to maintain our health and prevent illness taking hold? Marguerite Maury's contribution was to guide students to an individual prescription of plant oils for patients use which would help restore vitality to the person as a whole whether the underlying affliction was physical, mental or spiritual.

The Shirley Price International College of Aromatherapy trains students for IFPA membership in Aromatherapy, Anatomy and Physiology and Massage therapy. Good Health, an introductory DVD with aromatherapist Victoria Sprigg features the Products and Training of Shirley Price. The college has a range of DVDs supporting its learning.

Aromatherapists find the properties of essential oils and resinoids described in this Guide can be used in many ways without harm subject to the cautions which we include. You could say no home should be without at least some of the oils to cleanse the air of microbes and use day to day. The oils should stored in a case or box safely out of reach of young children.

The 44 essential oils that aromatherapists commonly use and which are examined along the way to IFPA membership are called Aniseed, Basil, Bergamot, Black Pepper, Cajuput, Chamomile, Caraway, Cedarwood, Clary Sage, Clove, Coriander, Cypress, Eucalyptus, Fennel, Geranium, Ginger, Grapefruit, Hyssop, Jasmine, Juniper, Lavender, Lemon, Lemongrass, Marjoram, Melissa, Myrrh, Neroli, Niaouli, Nutmeg, Orange, Origanum, Patchouli, Peppermint, Pettigrain, Pine Needle, Rose Otto, Rosemary, Sage, Sandalwood, Savory, Tea Tree, Thyme, Vetiver and Ylang Ylang and the resinoids of Benzoin, Frankincense and Jasmine Absolute.

Aromatherapists have other essential oils and resinoids in their toolchest of use in particular circumstances.

The particular properties of extracts of parts of many of the plants named above and many other plants have been used to promote health and well-being since records in China, India and the Mediterranean. The father of modern medicine Hippocrates considered a massage with aromatic oils essential for maintaining good health. Egypt is ideally suited to the production of aromatic plants with reliable water from the Nile River used for irrigation and abundant sunshine. Once collected by boiling plant matter and passing the steam through sheep

fleeces the process of steam distillation of plant matter to produce essential oils used as flavourings, perfumes and therapeutically has been progressively perfected causing use of plant oils to become more widespread.

In the 20<sup>th</sup> Century Gattefosse coined the term Aromatherapy to describe the use of essential oils for their therapeutic value and his book is still in print. Gattefosse, upon suffering burns in a laboratory accident, found by using lavender oil that the burns healed very rapidly with surprisingly little scarring and pain relief. This led him to begin investigating scientifically the therapeutic value and uses of lavender and many other essential oils. At the same time others around the world and Miller in England was doing extensive work on the medicinal properties of plants, part of a long tradition of English herbalism. Culpeppers famous 'Herbal' of 1692 documents the many uses of plants and plant oils grown in English gardens. By the 1930s Lavender, Chamomile and Peppermint grown in England was considered the finest in the world.

As the science of chemistry advances the civilised world learns how to synthesise medicines which again allow more widespread use of the chemicals contained in plants and synthesis of those chemicals which are not found in nature but have therapeutic effect. When the lights of civilisation burned low in the second world war and medicine was hard to come by a French doctor Valnet with other french doctors turned again to the qualities of traditional herbal medicine to treat the wounded and infirm. Valnets book 'the practice of aromatherapy' remains in print and is another core college text.

One thing you learn about essential oils is how much has been forgotten! For example extensive trials of the anti microbial properties of essential oils were made in France in the 1960s leading to their routine vaporisation in hospitals and the home. The work of Jane Buckle in the USA has seen over 30 hospitals take advantage of the antimicrobial properties of the essential oils. Nowadays we read of successful trials of essential in hospitals in the UK in combating MRSA and other microbes increasingly resistant to synthetic medicines. The work of Bob Harris of Essential Oil Consultants in preserving a database of clinical trials and research using essential oils should ensure much less is forgotten and is an invaluable resource for our College students.

Since the 1960's, we have learned that synthesised drugs and antiseptics are not all conquering and that nature provides a solution that is often more suited to the task even if we do not as yet appreciate the science by which all essential oils work.

Work has continued and has been led by Keller in Germany, Marguerite Maury and her husband in London, Paris and Switzerland. Two leading students of Marguerite Maury's were Eve Taylor and Shirley Price. With Tisserand, the companies of Eve Taylor and Shirley Price are leading aromatherapy laboratories and colleges in England today.

The science of essential oils has been considerably advanced by the painstaking work of Dr Katja Savboda and colleagues have thrown much light on the anti microbial and preservative qualities of essential oils..

## About Essential Oils and Resinoids

Plant families. There are hundreds of plant families. The most highly evolved produce aromatic substances. All plants utilise the constituents of what is distilled from them as essential oil to maintain health and combat in particular infection from fungi, bacteria and viruses. Essential oil can be seen as the constituents of the plants immune systems. Plants which contain essential oils are among the most long lived on the planet. Rootstock of Eucalyptus has been found to be 10,000 years old.

The safe six. Not all essential oils however can be used safely in aromatherapy. The most useful essential oils and those to which the human body is most adapted belong to just six plant families in particular: Pinaceae , Umbelliferae Lauraceae , Lamiaceae, Mytaceae, Rutaceae (PULLMR). The bitter orange tree alone yields Neroli from the flowers, Bitter Orange from the leaves and Pettigrain from the fruit.

Research. Ever since the potential of the most highly evolved aromatic plants was first realised not just for home use but for medical use the challenge to researchers has been to better understand how to utilise essential oils safely which are derived beyond this narrow group. Every year the research boundaries advance. Most

Essential oils have important antiseptic properties; they were first used in the fight against infectious disease like typhoid and yellow fever. Many also fight fungal infections such as athlete's foot or candida. Others even combat viruses such as warts and flu.

Essential oils are extracted from plants by various processes; normally by steam distilling the plant matter extracting all the volatile constituents. Some plants generate more essential oils than others. Eucalyptus leaves contain 10% by weight of essential oils while 10,000 kg of Rose petals are required to generate just one kg of Rose Otto.

Essential oils can be extracted from many types of plants and from different parts of the plant. One oil may come from the leaves, for example eucalyptus, and another from the roots, for example ginger, another from the flowers, the rose. Each essential oil has a unique chemical makeup and so has unique properties which can be utilised very effectively by the human body to maintain health.

The properties of essential oils are many and varied; they can help many skin conditions and aid the renewal of cells, which is one of the ways in which frankincense helps to prevent scarring; they can be anti-spasmodic, which means they will help to prevent the spasms that cause sickness and vomiting. Some essential oils are known for their menstruation-regulating properties, others for detoxifying the system, thus being helpful in treating cellulite and other toxic conditions. Other oils are renowned as nervous tonics for example for soldiers prior to battle, for expressing emotions and assisting mental and spiritual clarity.

Of particular importance in this list of useful properties is the fact that all essential oils are normalising. An essential oil takes the body back to its 'normal' state; it never takes it past this point to cause an opposite condition.

True essential oils are complete in themselves - no part of them has been extracted and nothing has been added. Aromatherapists believe that this untouched wholeness is of paramount importance. It may be that constituents present in only tiny proportions play a crucial role rather than the one or two 'headline' constituents like Linalool. It is the 'wholeness' of the oil which gives it its normalising properties

Essential oil used in the food and perfume industries are usually 'standardised' by removing some parts of the oil and sometimes adding other ingredients (even synthetics) in order to achieve a uniform standard.

Such oils should never be used in aromatherapy since only the COMPLETE, TRUE oil, taken straight from the still, has been found to be of therapeutic value.

## The Essential Oils

Some oils need care in use and should never be sold over the counter except by an aromatherapist or trained pharmacist who can advise on their use. The therapeutic effect of these and other oils is explained in The Shirley Price Aromatherapy Workbook and in greater depth in Shirley Price's Aromatherapy for Health Professionals both international bestsellers.

Most of the oils listed below are harmless in normal aromatherapy use. The general effect and perfumery classification is given below. Higher notes are more volatile and shortlived. They are generally more energetic as research in the USA shows. More detailed oil monographs can be found in textbooks and on our website [www.shirleyprice.com](http://www.shirleyprice.com).

ANISEED, warming and stimulating, appetite suppressing, middle note

BASIL, (*Octimum basilicum*)/Lamiatae, strengthening, clearing and liberating, top note,

Basil is found in many of the warm, temperate climates of the world. This annual herb grows up to 60cm in height, has dark leaves and whorls of pink flowers which give off a powerful aroma. The European sweet basil is produced mainly in France and Italy. Egypt is an important source of Basil. The essential oil, which is distilled from the whole plant, is virtually colourless and has a refreshing aroma reminiscent of aniseed.

Used in inhalation, baths and massage, basil is particularly effective for depression, nervous insomnia and mental strain. In baths and massage, basil can relieve cramps and digestive disorders emanating from nervous tension; it can also be helpful in regulating scanty periods.

Inhalation of basil essential oil stimulates the brain and is most beneficial during long periods of study. Helpful in emotions such as fear, despair and lethargy.

**CAUTION:** Best avoided during pregnancy as basil can be a powerful oil depending on the variety of plant.

**BENZOIN**, soothing, warming, comforting, base note

Our benzoin resinoid comes from Northern Thailand/Laos. The resin (diluted in 50% benzyl alcohol) is derived from the bark of the tree which grows to 20 metres high. Vanillin gives this oil a pleasant aroma similar to vanilla. Harvested also in Sumatra the aroma of Sumatran Benzoin is not as refined. Blends well with Cypress, Orange and Rose.

**BERGAMOT** (Citrus bergamia - per)/Rutaceae, refreshing, uplifting and antiseptic, top note

Bergamots are bitter citrus fruits. The trees were first discovered on the Canary Islands by Christopher Columbus, who introduced them to Italy, which is still the chief area of production. The oil, obtained by expressing the fruit rinds, is a yellow-green colour and has a refreshing aroma. Bergamot from the Ivory Coast has a higher percentage of limonene.

Bergamot oil is extremely useful in the treatment of digestive problems such as colic, gastric spasms and sluggish digestion. Emotionally, bergamot calms agitation, lifts despondency and balances mood swings. Available Berg free. Blends well with frankincense, geranium and lemongrass.

**CAUTION:** Because bergamot is a photosensitiser it should never be used on the skin before going into strong sunlight, since pigmentation can occur.

**BLACK PEPPER** (Piper nigrum)/Piperaceae, stimulating, toning, warming, middle note



Extracted from the peppercorn grown in India black pepper is a fortifying, warming, penetrating oil. Ideal in the bath or massage to stimulate the mind and rejuvenate tired muscles. The pepper plant is a creeping vine which is found mainly in Indonesia, south east Asia, India and Brazil. The essential oil is distilled from unripe berries which have been picked and left to dry in the sun (where they turn black). It has a warm, spicy odour with a characteristic undertone.

A very important stimulant in the treatment of certain digestive disorders, such as painful defaecation, constipation, loss of appetite, black pepper essential oil is also effective against colic, food poisoning and indigestion. Its analgesic qualities make it effective against toothache, and muscular complaints. It helps colds and can be used as a sexual tonic. Blends well with Bergamot, Frankincense and Rose.

#### BLACK SEED, (*nigella sativa*)

Despite being one of the most highly regarded of natural products in the Islamic world Black Seed is rarely seen in western aromatherapy and skin care. Black seed is included in the SP Chamomile and Black Seed Hand and Body Cream for its skin care properties. A noted aid to digestion Black Seed is attracting increasing research for its anti cancer properties.

#### CEDARWOOD (*Cedrus atlantica*)/Pinaceae, astringent, anti-septic, relaxing, base note

The trees from which cedarwood essential oil is extracted are found across the globe - depending on which particular species is used. *Cedrus atlantica* grows abundantly in Northern Africa and particularly in Morocco. The oil, which has a delicate, spicy, woody odour is obtained by steam distillation. Cedarwood was used as a preservative in the process of mummification. Cedar oil has a reputation for maintaining healthy vibrant skin. It also aids respiration and encourages normal digestion.

It has a variety of uses, especially in the treatment of skin-related complaints such as acne, dandruff, alopecia and over-production of oil from sebaceous glands. Respiratory problems like bronchitis, catarrh and coughs can all be helped by the use of cedarwood essential oil in preparations. It is said to help prevent nightmares.

Caution: Although *Cedrus atlantica* contains a ketone, research does not show it to be toxic (as is cedar LEAF oil, derived from *Thuja occidentalis*). Nevertheless, it may be prudent to use it with care.

#### CHAMOMILE GERMAN (*Chamomilla recutita*)/Asteraceae, soothing and relaxing, middle note

True chamomile, is a hardy, self-seeding annual herb indigenous to Europe and Western Asia. The plant more commonly referred to by the name 'chamomile' is Roman chamomile (*Chamaemelum nobile*).

The flower heads of *Chamomilla recutita* render a dark blue essential oil under steam distillation. It has a fatty, sweet smell and contains, among other things, an important component known as azulene.

German chamomile is principally anti-inflammatory. It is helpful in the treatment of digestive ailments such as indigestion and gastric ulcers, as well as being indicated for premenstrual syndrome on account of its hormonal properties. Acne, broken veins, inflammation and wounds can all be helped by the careful use of this oil and a compress will work wonders on irritated or broken skin.

**CHAMOMILE ROMAN** (*Chamaemelum nobile*)/Asteraceae, soothing and relaxing, middle note

Used with Thyme in military camps and Hospitals as an antiseptic to counter lice and disease until 1914 being seven times more effective than carbolic acid. Extracted from the flowers grown in England this pale yellow oil when freshly distilled has a sharp herbaceous fruity odour. This is known as the 'still odour'. Allow this odour to 'blow off' leaving a milder scent before use in skin care. Chamomile is used in the SP calming skin cream ideal for sensitive baby and older dry skin. Distilled from double headed flowers it has a light, refreshing aroma. Roman chamomile is both soothing and calming and, with its low toxicity, is very suitable to use on children and babies.

Good for sensitive, dry skin, its anti-inflammatory action soothes irritated skin, eczema, acne, nappy rash and burns. In compresses, baths, application or massage, it helps stomach disorders and restores appetites. Also beneficial for muscular cramps and the inflammation in rheumatism and arthritis. It helps relieve menstrual problems, premenstrual stress and menopausal symptoms.

Roman chamomile is beneficial to frustration, panic, grief and forgetfulness. Blends well with lavender, orange blossom (neroli) and rosewood-tomar.

**CITRONELLA** (*Cymbopogon nardus*), stimulating, antiseptic and fungicidal

Extracted from the grass grown in Sri Lanka, citronella is a fresh, antibacterial and deodorising oil with a fresh green aroma. Ideal for vaporisation to freshen a room and soothe the senses. Also an effective insect repellent. Blends well with frankincense, orange and lime.

**CLARY SAGE** (*Salvia sclarea*)/Labiatae, relaxing, warming, euphoric, top to middle note

Salvia means health. Sclarea means clear. Clary is short for clear eye. This beautiful plant is to be found growing high up in the French Alps. The oil, which has a strong, distinct aroma, is distilled from the whole of the impressive flowering stem which grows up to 1.5 metres in height. It is an excellent nerve tonic and powerful relaxant.

Clary is helpful for haemorrhoids and varicose veins when used in a carrier. Soothing and regenerative for the skin, it helps to combat cellular ageing and preserve moisture in dry, mature skin by compresses or application.

When used in inhalations, vaporisers, compresses, baths or massage clary sage essential oil has a calming effect, and can help reduce high blood pressure. Uplifting for depression and excellent for regulating hormones it is consequently most useful for women's problems such as premenstrual syndrome, irregular periods, infertility and associated irregularities. Emotionally, clary sage soothes excitability, fear and grief. It lifts despair and helps to prevent nightmares.

Essential oil of Clary Sage has over 250 individual chemicals within it. Some very tiny indeed.

**CAUTION:** Continuous inhalation may cause sleepiness and its use is recommended at the end of the day. Do not take alcohol after a treatment as the effects of the alcohol will be enhanced. NB This plant should never be confused with sage (*Salvia officinalis*) which has different constituents and properties.

**CLOVE** antiseptic and warming, base to middle note



Clove harvested high in the trees

**CYPRESS** (*Cupressus sempervirens*)/Cupressaceae, astringent, toning, restoring, middle to base

Cypress oil is distilled from the leaves, twigs and cones of the Cyprus tree and has a woody, clear and dry fragrance.

In application to the skin, it is astringent and soothing, helping to regulate production of sebum and reduce perspiration, including the feet. Effective in the treatment of varicose veins and haemorrhoids, it can help relieve menopausal spotting and can help staunch excessive blood losses, especially after childbirth.

Cypress essential oil is calming as well as being helpful to nervous debility, soothing attacks of diarrhoea when used in baths or application. Its antispasmodic properties are helpful against cramp.

Cypress is helpful against frustration, irritability and indecision. It is reputed to clear the mind of grief and it certainly induces sleep. Blends well with juniper, lemon, tea tree and frankincense.

**EUCALYPTUS - Blue Gum** (*Eucalyptus globulus*)/Myrtaceae, head clearing, top note

Extracted from the blue gum tree, originally a native of Australia and Tasmania, it is now grown in many subtropical climates including Spain, Portugal and China. Although occurring throughout the whole tree, the essential oil is mainly distilled from the leaves.

*E. globus* is a strong, natural antiseptic and is effective against a wide range of bacterial infections. Its decongestant qualities make it ideal for relieving congestive headaches. Excellent for clearing the head, it is universally used for colds, sinusitis and bronchial problems in gargles, inhalations, vaporisers, baths and massage.

In baths, application or massage, relief can also be obtained in many circulatory disorders by cleansing, stimulating and strengthening the kidneys and it is warming to arthritic pain, for which relief can also be achieved by the use of a compress. It is a good insect repellent. Blends well with juniper, lemon tea tree and frankincense.

**CAUTION:** Due to the strength of its cineole content it should not be inhaled on its own by small children.

EUCALYPTUS - Gully Gum (*Eucalyptus smithii*)/Myrtaceae, head clearing, top note

Also a native of Australia, this variety of eucalyptus is much gentler than *E.globulus*, yet most beneficial in action. Some of its effects are similar to those of *E.globulus*, being analgesic to muscular pain and effective against coughs, colds, asthma and bronchitis because of its decongestant qualities. Unlike *E.globulus*, it can be used very safely on children.

Students also study the properties of *Eucalyptus citriodora* Hook and *Eucalyptus dives* Schauer.

FENNEL (*Foeniculum vulgare*)/Umbelliferae, toning, cleansing, appetite suppressing, middle note, carminative (as is Dill water for young babies) eases trapped wind and stomach pains,

FRANKINCENSE (*Boswellia thurifera*, *B. carteri*)/Burseraceae, calming, relaxing and rejuvenating, base note

This small tree has grown wild in the red sea area and north east Africa since Biblical times. The essential oil, which is sometimes called *olibanum*, is obtained by the distillation of the resin; its sweet, slightly spicy aroma has a calming effect conducive to concentration and meditation.

When used in baths or massage it helps dry skin and mature complexions and is extremely effective in the treatment of wounds and subsequent scars. It is helpful against coughs, laryngitis, asthma and bronchitis and is an immunostimulant, also relieving depression. A most useful oil emotionally, frankincense soothes anger, irritability and frustration, and relieves grief and confusion. Blends well with bergamot, black pepper and sandalwood.

GERANIUM (*Pelargonium graveolens*)/Geranaceae, balancing, stabilising, nurturing, base note

Geraniums are grown commercially in France, Egypt, Morocco, China and the Reunion Islands - the latter being known as geranium Bourbon. Distilled from the leaves the oil has a rich, sweet fragrance.

Geranium oil reduces inflammation in arthritis and is an excellent antiseptic for acne and dry eczema. Its astringent properties are effective in the control of herpes, mouth ulcers, diarrhoea and gastroenteritis, as well as varicose veins and haemorrhoids. Circulation of the lymph is improved by the use of geranium oil, assisting in the elimination of waste products, therefore it also helps in the relief of fluid retention and cellulite.

Its antispasmodic action is helpful for cramp and its healing action on burns and wounds is well known. It has been found to calm overaggressive sporting teenagers. Used in inhalations, vaporisers, baths, application and massage it alleviates stress and anxiety, and emotionally, it lifts the spirits from despair and lethargy. Blends well with bergamot, lavender and lemongrass.

GINGER (*Zingiber officinale*)/Zingiberaceae, warming and digestive, base note

The ginger plant is indigenous to the West Indies and the essential oil is won by steam distilling the dried and crushed rhizomes. It has a clear, neutral colour and an aroma similar to that of the spice but without the 'hotness'.

The main therapeutic use of ginger essential oil is with respect to the digestive tract and its attendant problems and conditions. It is stomachic, carminative, antiseptic and stimulating, and acts as a tonic in the treatment of fatigue and impotence. Its analgesic and warming properties are also effective in cases of muscular pain, sciatica and rheumatism. Blends well with orange, geranium and rosemary.

GRAPEFRUIT (*Citrus paradise* -per)/Rutaceae, uplifting, stimulating, refreshing

Originating in tropical Asia and the West Indies, the grapefruit tree is now cultivated mainly in Northern and South America. The yellow oil is obtained by cold expression of the peel and has a sweet, citrus aroma.

Grapefruit is a perfectly safe oil due to its non-toxic and non-irritating properties. It is effective in caring for oily skin and acne and helpful in the relief of anxiety, stress, tension and associated headaches, due to its uplifting

properties. Circulatory problems such as muscle fatigue, obesity, cellulite and water retention can be helped by regular use of this oil in baths or massages. Grapefruit oils can be contaminated with pesticides and it is best to use organic oils. Blends well with frankincense, rosemary and lemon tea tree.

JUNIPER, refreshing, stimulating and relaxing, middle note

JUNIPERBERRY (*Juniperis communis*)/Cupressaceae, astringent, cleansing, fortifying.

The juniper is an evergreen tree grown throughout the Mediterranean. The oil is distilled from the ripe berries which are dried immediately after picking (juniperberry oil). Lesser quality oil is produced by adding berries used during the making of gin or by adding the twigs or leaves (juniper oil). The essential oil has a sweet fresh aroma, similar to cypress but sharper. Sp's supplier employs 25 harvesters who together gather more than 500 tonnes of material for sale as dried berries and distillation to our essential oil.

Juniper oil is neurotonic, helpful in overcoming debility and mental fatigue. It is a very beneficial oil for the urinary system, being a stimulant to the kidneys and therefore an excellent diuretic, helping the excretion of uric acid in gout and rheumatism. High blood pressure problems can also be alleviated, due in part to diuretic properties of the oil and in part its calming effect. Juniperberry oil is helpful for period pains and invaluable when breasts are swollen during menstruation. Emotionally, it helps to reduce feelings of frustration, guilt and jealousy. Blends well with cypress, clary sage and sandalwood.

**CAUTION:** Infrequent use at low concentration (2 drops in 20ml) is advised during the first five months of pregnancy and in cases of severe kidney disease, to ensure that the kidneys do not become over stimulated.

LAVANDER (*Lavandula officinalis*)/Labiatae, antiseptic, rejuvenating, relaxing, soothing, middle note



Above is a lavender crop pictured in Oxfordshire, England. This plant is a native of southern Europe and the Mediterranean countries, though it's a hybrid relation, lavandin, is more extensively grown, yielding more oil per acre and being cheaper to produce. Much lavender available on the market is in fact adulterated lavandin, which has slightly different therapeutic properties.



True lavender oil, which is obtained by steam distillation of the flowering tops of the plant, is non-toxic and has a full flowery aroma. The aroma or lavandin is usually more camphoraceous. Known for its soothing and uplifting properties, lavender alleviates stress and depression and is helpful for easing headaches and insomnia as well as lowering blood pressure. As an antiseptic, it is effective in the treatment of colds, flu, sinusitis and respiratory problems in general.

Used in masks, compresses, baths or application, lavender promotes healthy skin, heals wounds and is effective in the treatment of acne, eczema, dandruff, nappy rash and athlete's foot. It soothes the pain of burns and insect bites and helps prevent scarring. Can be used safely on young children.



Used in baths, application or massage it gives relief from muscular aches and pains and rheumatism. Essential oil of lavender has a calming and balancing effect, promotes menstrual regularity, helps pre-menstrual and menopausal symptoms and alleviates thrush. Students also study the properties of Lavandin (*Lavandula x intermedia* Emeric ex Loisel) and Lavender Spike (*Lavandula latifolia* Medik). Blends well with bergamot, clary sage and geranium.



LEMON (*Citrus limon* L. Burm)/Rutaceae, antiseptic, revitalising, uplifting, top note

The lemon tree is a native of the East but is now cultivated extensively in Mediterranean countries and the Americas. The essential oil, extracted by cold expression of the peel, is pale yellow in colour.

One of the most useful essential oils, it is most effective in the treatment of digestive disorders as it regulates stomach acidity. Regular use of lemon in baths or massage helps to control acne, greasy skin and herpes. It is also effective in the treatment of verrucas, corns and warts.

Lemon oil is a strong, non-toxic antiseptic for colds, coughs, flu and sore throats when used in baths, gargles or massage. It can bring relief to those suffering with arthritis or rheumatism on account of its anti-inflammatory properties. It helps to lower high blood pressure and stimulate poor circulation. Emotionally, lemon oil relieves unwanted feelings of guilt and resentment. Blends well with ginger, lavender and lemon tea tree.

**CAUTION:** May cause dermal irritation on very sensitive skins, especially if exposed to sunlight, as it is a weak photosensitiser. Test by applying a small amount to the sensitive skin on the inside of the elbow.

LEMON TEA TREE (*Leptospermum petersonii*), refreshing, uplifting, antiseptic

Extracted from the leaves of the herb grown in South Africa, lemon tea tree is a fresh, boosting and antibacterial oil with a vigorous fruity aroma. Ideal in skin care preparations to deep cleanse and purify the skin. Blends well with cypress, juniper and rosemary.

LEMONGRASS (*Cymbopogon citrates*)/Poaceae, toning, stimulating, refreshing, top note



Distilled from the grass grown in Sri Lanka, lemongrass is a sharp zesty lively oil with a sweet fruity aroma. Ideal for vaporisation to freshen a room and invigorate the senses. Blends well with grapefruit, geranium and rosemary.

LIME (*Citrus x aurantifolia*), refreshing, reviving, energising

Extracted from the rind of the fruit grown in South Africa, lime is a lively, stimulating uplifting oil with a bittersweet, citrus aroma. Ideal for vaporisation to freshen a room and restore a tired mind. Blends well with Clary sage, lavender and sandalwood.

MANDARIN (*Citrus reticulata*)/Rutaceae,

Originating in China, this evergreen tree grows up to six metres high, bearing shiny, waxy leaves, fragrant flowers and fleshy fruit. Extracted from the rind and the fruit grown in Italy. Mandarin oil is obtained by cold expression of the peel; it is pale orange in colour with a very sweet, citrus aroma. Ideal in massage or the bath to soothe the mind and comfort the emotions.

Mandarin has excellent calming properties, being particularly good for insomnia and excitability, when used in application, baths or massage. It is also a good digestive oil for stomach pains, indigestion and constipation and has a stimulating effect on the stomach and liver. Due to its gentle action it is ideal for use on children and pregnant women. Fluid retention, obesity and fatigue can all benefit from the use of mandarin oil, and like lemon oil can relieve guilt and resentment. Blends well with orange blossom (neroli), lemon and sandalwood.

MARJORAM, SPANISH (*Thymus mastichina*),

Extracted from the herb grown in Spain, Marjoram (Spanish) is a stimulating, fortifying and warming oil with a rich herbal aroma. Ideal in massage or the bath to strengthen the mind and relieve tired muscles. Blends well with Eucalyptus, Juniper and Rosemary.

MARJORAM, SWEET (*Origanum majorana*)/Labiatae, soothing, warming, comforting, middle note

A native of Europe and central Asia, this plant yields a sweet smelling essential oil under distillation of the leaves and flowering heads. The oil's warm and soothing properties were well known to the ancient Egyptians, who used it for healing and overcoming grief.

Sweet marjoram is calming and comforting to the mind, helpful in the treatment of tension, anxiety, irritability and hysteria. It is effective in alleviating headaches, reducing insomnia and lowering blood pressure. The warming, analgesic and antispasmodic properties of sweet marjoram are effective in reducing menstrual pains, and alleviating arthritis and rheumatism. It also regularises thyroid activity.

CAUTION: *Origanum majorana* contains different chemical components from *Thymus mastichina* and if the Latin name is not given when purchasing, it will almost certainly be Spanish marjoram (see above), whose effects are not the same as those of sweet marjoram.

MELISSA (*Melissa officinalis*)/Labiatae, fortifying, strengthening, stabilising, middle note

Originating in southern Europe, but quite common in Britain and easily grown in the damp UK climate, Melissa (known also as lemon balm) is a small perennial herb. The oil is distilled from the leaves before the plant flowers and has a fresh, sweet, lemon fragrance. Pure Melissa oil is rare and costly. It is available in a mix of cheaper oils, giving the effects attributed to the lemon-smelling oils from which the mix is made, not of true Melissa.

True Melissa eases digestive disorders such as indigestion and nausea, it is used in compresses or inhalation. It helps relieve anxiety, headaches, tension and insomnia; it also lowers high blood pressure and relieves palpitations.

An excellent oil for women, baths, application and massage will ease painful periods and PMS and by its hormonal action it regulates the menstrual cycle, which can assist conception. True Melissa can also relieve eczema and other skin problems by its anti-inflammatory action.

It is soothing and uplifting to the mind, only low concentrations being needed to reduce irritability or despair.



Englands oldest man swore attributed his longevity to a daily cup of tea made from fresh Melissa leaves picked freshly from his garden. I follow his example at breakfast with leaves of Melissa grown in my conservatory. I hope to be around to bring you the best of essential oils for many years to come! Rosemary is also easy to grow, and the flowers are as tasty as the leaves in cooking.

Katja Svoboda has worked on aromatic and medicinal plants with the Scottish Agricultural College (where they hold a world database of herbs and provide GC MS testing). She says that both rosemary and sage have antioxidant, neurological and anti-ageing properties. She recommends regular consumption of fresh leaves, in salads ideally. This way you are unlikely to consume too much of their potent chemicals.

Essential oils are highly concentrated and should never be taken internally except with qualified advice. Besides anything else many oils irritate the mucous membranes of the throat.

MYRRH (*Commiphora myrrha*)/Burseraeae, cooling and toning, base note

Myrrh essential oil, obtained by steam distillation of the crude resin, is pale yellow and has a warm, musky balsamic aroma. Soothing, healing and anti-inflammatory, it helps mature complexions and numerous skin problems such as athlete's foot, eczema, ringworm and nappy rash, to name but a few.

When used in inhalation, baths or massage, myrrh is effective for respiratory disorders, giving relief to asthma, bronchitis and colds. In gargles it soothes mouth ulcers and sore throats.

NEROLI (Orange blossom from the Bitter Orange tree), (*Citrus aurantium v. amara*)/Rutaeae, strengthening, stimulating, enlivening and ultra relaxing, base to middle note

The bitter orange tree is grown mainly in Northern Africa and Spain. It bears small, white, star-shaped flowers at the leaf axils. Neroli is the name given to the essential oil of the bitter orange flowers, which are hand picked just as they are beginning to open. It is obtained by steam distillation and has a unique bitter/sweet odour with a spicy undertone ('Orange blossom' oil is an absolute, obtained in the same way as rose absolute).

Neroli is extremely helpful in the treatment of many types of skin problems such as varicose veins, broken capillaries and irritated patches. The essential oil has particular therapeutic benefit in nerve related disorders such as anxiety, depression, fatigue, insomnia and excitability. Outside aromatherapy, neroli is used extensively in the manufacture of colognes and toilet waters. Blends well with bergamot, geranium and lavender.

NIAOULI (*Melaleuca viridiflora*)/Myrtaceae, antiseptic and analgesic, top note

The trees from which niaouli essential oil is won are to be found growing in profusion throughout New Caledonia and Madagascar. The oil is obtained by steam distillation of the leaves and is a clear liquid with a sharp, eucalyptus-like aroma.

Because it is a strong antiseptic the essential oil is particularly effective against infections of the respiratory tract, including sore throats, sinusitis and bronchitis. It is also beneficial in the treatment of irregular menstruation.

Insect bites and minor flesh wounds can be helped by applying a compress directly to the affected area or by rubbing on niaouli in a carrier oil.

ORANGE SWEET (*Citrus sinensis*)/Rutaceae, uplifting, reviving, stimulating

Extracted from the rind of the fruit grown in Italy, orange is a zesty, refreshing and sunny oil with a rounded citrus aroma. Ideal for vaporisation to uplift the mind and revitalise the senses. Blends well with frankincense, citronella and ginger.

ORANGE BITTER (*Citrus aurantium – amara*)/Rutacea, enlivening, stimulating, strengthening, top note

Both the sweet orange tree and the taller, bitter orange tree originate in China. The former is grown extensively in America and also many Mediterranean countries. From the Bitter Orange tree three essential oils are produced Neroli (water distilled from the flowers), Pettigrain (steam distilled from the leaves), Bitter orange is obtained by cold expression of the ripe outer peel. The sweet oil has a fresh, fruity aroma while the bitter oil has a more delicate, dry and floral characteristics. Both oils are non-toxic.

Used in gargles, mouthwashes, compresses and massage, these oils are excellent digestive stimulants, improving the appetite, helping constipation, dyspepsia, flatulence and mouth ulcers.

Bronchitis, asthma and hay fever can be helped by inhalation, baths or application, as can dull and oily skins. Both are good oils to combat insomnia and relieve nervous tension be regular use in inhalations and baths and by massage on tense muscles. Bitter orange oil is useful in relieving frustration, irritability and nightmares.

CAUTION: Neither orange oil should be used on very sensitive skins immediately before being exposed to strong sunlight, as they are weak photosensitisers.

PATCHOULI (*Pogostemon patchouli*)/Labiatae, antiseptic, deodorant, sensual, base note

Patchouli is a small, leafy shrub which grows mainly in the Far East – Indonesia, China – and on the island of Madagascar. The essential oil is obtained by steam distillation of the young leaves, which are first dried. It is a dark, viscous oil with a strong balsamic odour and spicy undertones. Patchouli oil is particularly helpful as an immunostimulant, when it is a valuable tonic used in massage, inhalation and baths. It is also effective in the treatment of damaged skin, especially cracks, sores, wounds and scars.

It is also helpful against haemorrhoids and varicose veins and its anti-inflammatory action calms inflamed skin and eczema. Emotionally, patchouli balances mood swings, reduces irritability and lifts despair and dependency. A 'base note' in perfumery, mixed with Almond oil it makes an attractive perfume. Blends well with bergamot, geranium and lavender.

PEPPERMINT (*Mentha piperita*)/Labiatae, cooling, clearing, reviving, middle to top note



A product of northern temperate climates, the best peppermint plants grown elsewhere in the world originated in Mitcham, England, and are known as Mitcham peppermint. The essential oil is distilled from the whole plant and its sharp, refreshing aroma is easily recognised. Sp's menthol rich peppermint comes from France and is grown at the foot of the pyrenees.

Used in gargles, compresses or application, it is highly effective for treating sickness and nausea; it also relieves acidity, heartburn, diarrhoea, indigestion and flatulence. Respiratory problems such as coughs and colds, sinusitis, throat infection, asthma and bronchitis can be relieved effectively by the use of peppermint in inhalations, baths or application as can congestive headaches.

Its cooling and cleansing properties help soothe itchy skin and inflammation when well diluted, which makes it helpful in the treatment of varicose veins and haemorrhoids. Essential oil of peppermint used in baths, application or massage, encourages menstrual regularity; and during the menopause, relief can be obtained from hot flushes. Blends well with eucalyptus, lavender and rosemary.

**CAUTION:** Because of its powerful aroma and effects, the recommended dilution must be kept to, especially during pregnancy (see paragraph 5, page 39). Keep eyes closed when inhaling (not recommended for small children). De-terpenated oil is often sold as whole peppermint oil; this is not suitable for aromatherapy.

PETITGRAIN (*Citrus aurantium amara*)/Rutaceae, uplifting, reviving, stimulating and relaxing, top note

Petitgrain is the name given to the essential oil won by steam distillation of the leaves of the bitter orange tree. Such trees are cultivated on a large scale in Italy, Paraguay, Brazil and Northern Africa. When the leaves are distilled with flowers, the oil is named 'Petitgrain over flowers', whose wonderful aroma can approach that of neroli oil.

Therapeutically, petitgrain is a particularly good relaxant, being calming to the nervous system. Its anti-inflammatory properties make it useful against acne and oedema and it is also antispasmodic. Emotionally, it is indicated for panic, irritability and resentment and is helpful against forgetfulness.

PINE NEEDLE (*Pinus sylvestris*)/Pinaceae, refreshing, antiseptic, clearing, middle to base note

Also known as Scots Pine, this hardy tree can be found growing all over Europe and Russia, especially in the colder upland regions such as Scandinavia and the Baltic States. The essential oil is distilled from the needles, twigs and cones. It has a fresh, resin-like odour and is pale yellow in colour.

Because of its inherent antiseptic qualities, pine needle essential oil is an excellent air antiseptic and can be used with good effect in cases of infection, particularly those of the respiratory tract such as bronchitis, asthma and sinusitis. It is also helpful against influenza. Urinary tract infections like cystitis and renal infections can be relieved by the use of pine needle oil and it is also indicated for general debility and fatigue. Its anti-inflammatory action makes it a useful oil for arthritis, gout and rheumatism. Blends well with juniper, lavender and cypress.

ROSE OTTO (*Rosa damascena*, *Rosa centifolia*)/Rosaceae, rejuvenating, relaxing and balancing, base to middle note



Some of the most beautiful roses in the world are developed in England and can be seen in gardens all over country. Commercial production is concentrated in warmer climates.

Sp's Rose Otto comes from eastern Europe. Rose otto is obtained from the petals of the rose by steam distillation, requiring several kilos of petals to yield a few ml of oil. It is the essential oil of rose, also known as 'attar of roses', which should be used in aromatherapy, rather than the absolute, which is not true a true essential oil. Therapeutically, rose otto is a safe all-rounder. Because of its antiseptic properties, it is effective in healing skin disorders such as cuts, wounds and other skin problems.

Rose otto is valuable against debility and depression. It is especially indicated in woman's problems, including irregular periods, PMS, womb impurities and sterility. Emotionally, rose otto is helpful against where anger, jealousy or guilt are affecting the health. Because of its low toxicity and strong antiseptic qualities, rose otto is ideal to use on children. (see also rose absolute). Idela in luxury skin care preparations. Blends well with jasmine, geranium and sandalwood.

We also supply *Rosa Centifolia*.

ROSEMARY (*Rosmarinus officinalis*)/Labiatae, stimulating, reviving, clearing, middle note

Distilled from the herb grown in morocco, tunisia and france. Rosemary is a bright refreshing and penetrating oil with a bracing herbal aroma. Ideal in massage or the bath to stimulate the mind (rosemary for remembrance) and relieve tired muscles. A native of the Mediterranean region, this romantic herb yields its oil from the flowering tops under steam distillation. Stimulating and decongesting, rosemary oil promotes blood circulation, particularly to the brain, so clearing the mind, relieving tension and giving a feeling of well being. Its antiseptic properties relieve coughs, colds and flu. These qualities make it beneficial to the skin and help to prevent dandruff and hair loss.

Its use in compresses, application or massage is particularly effective for indigestion, flatulence and constipation. Rosemary can be effective in regulating the menstrual cycle; its hormonal effects are conducive to conception and helpful before the menopause. Its gentle analgesic properties relieve general aches and pains, sprains and arthritis when used in baths, application or massage.

**CAUTION:** Rosemary oils with a high camphor content are best not used regularly or at concentrations exceeding 2 drops in 20ml during the first five months of pregnancy or by people who suffer from high blood pressure.

ROSEWOOD-TOMAR (*Zanthoxylum armatum*), uplifting, enlivening

Extracted from the seed of a bush grown in Nepal rosewood-tomar is a supportive, soothing and uplifting oil with a fresh floral aroma. Blends well with ylang-ylang, lavender and rose absolute.

SAGE (*salvia officinalis*) decongestant (circulatory), top note, clearing and stimulating

Origin is France. Sage also grows well in England and has been associated with wisdom and ancient remedies. A perennial herb that normally grows up to 60cm high with a wood base and lovely soft almost sparkling blue/grey/green oval leaves. The flowers are blue to violet. The Romans believed it to be a cure for virtually everything. *Salvia* means 'save'.

Herbal, sharp smell. Sage is very penetrating in odour. Sage is a very powerful oil and has some wonderful uses in Aromatherapy, however it is best used with caution and with a good knowledge to use effectively and safely. We recommend you do not use Sage when pregnant.

SANDALWOOD (*Santalum album*)/Santalaceae, relaxing, sensual, soothing, base note

The sandalwood tree is a native of India; the name *Santalum* is of Latin origin and later used in Sanskrit, the ancient Hindu language which flourished in India well into the 19<sup>th</sup> century. Sandalwood essential oil is distilled from the wood, mainly from the heartwood and roots but also from off cuts and chips, after the best wood is used for furniture making. Its sweet, woody aroma is most pleasant and therapeutic.

Being antiseptic, calming and soothing, it relieves sore throats, dry coughs and chronic bronchitis. Used in compresses, application or massage, sandalwood is beneficial for dry, mature or wrinkled skin. It therefore helps in the treatment of dandruff and eczema, relieving many allergenic skin conditions. Important in the treatment of genitor-urinary systems, essential oil of sandalwood helps in the treatment of infections, including cystitis.

Sandalwood is effective for digestive disorders such as heartburn and nausea, especially morning sickness. It is cardiogenic, assisting in circulatory problems such as haemorrhoids and varicose veins, which are soothed by compresses or application in a carrier. It is also a sexual tonic. An emotionally balancing oil, sandalwood calms agitation and panic, lifts despair and controls mood swings. It offers New Caledonian grown sandalwood as an alternative to Indian sandalwood. Blends well with Patchouli, bergamot and geranium.

TEA TREE (*Melaleuca alternifolia*)/Myrtaceae, excellent antiseptic, antifungal, cleansing, top note

Originating in Australia, the tea tree has been used for its oil for centuries by the aborigines – the early settlers are reputed to have used the leaves to make 'tea'. The essential oil is extracted by steam distillation. The Tree is a powerful antiseptic, with the advantage of being non-toxic, and its aroma is an effective insect repellent. Early uses identified were in a lotion for clearing wounds from street accidents.

When used in gargles, mouthwashes, inhalations or vaporisers, it is a most effective bactericide, alleviating intestinal infections and bronchitis. Tea tree also gives relief to mouth ulcers, calms diarrhoea and relieves gastroenteritis. It is cooling and antifungal properties are effective against athlete's foot and nail bed infections. Relieves boils and rashes, soothes sunburn and encourages healing of open wounds. Used in sitz baths, douches, baths or application, essential oil of tea tree helps to clear vaginal thrush. Blends well with eucalyptus, lemon and rosemary.

THYME, SWEET (*Thymus vulgaris* ct Linalool)/Labiatae, antiseptic, top to middle note

This herb, cultivated throughout Europe, is a small, creeping plant with delicate flowers and leaves which yield essential oil under steam distillation. Unlike red thyme, sweet thyme essential oil contains a high percentage of alcohols and is very pale in colour with a sweet aroma.

Sweet thyme is a good general stimulant, lifting depression, and is a powerful antiseptic with a long list of indications, among them asthma, rheumatism, insomnia, flatulence, hypotension, colds and flu and hair loss. It is gentle in action, making it safe to use on children. Sweet thyme is of great importance in balancing emotions,

from anger to grief and jealousy; very powerful for coping with mood swings.

Thyme Red (*Thymus vulgaris* ct Thymol) is very stimulating to the circulatory system, and strengthening to the nerves and mind. Before they went into battle, Roman soldiers would take a bath containing Thyme herb to promote bravery. Antiseptic, strengthening and stimulating. An energising and powerful antiseptic oil which should be used in moderation since it can cause skin irritation if used in too high a concentration (see Thyme c.t.linalool as an alternative). Like Sage this oil type should be avoided if you are not trained and experienced in aromatherapy.

VETIVER (*Vetiveria zizanioides*)/Poaceae, relaxing, soothing, grounding

This perennial grass is native to tropical Asia. It is now cultivated in Indonesia, Brazil, Angola and the Far East. The clear, yellow essential oil is extracted from the dried root by steam distillation.

Vetiver has excellent antiseptic and tonic properties, being useful as an immunostimulant and in the treatment of acne and other skin infections. It is also helpful for irregular periods and is a tonic to both the liver and pancreas.

YLANG YLANG (*Cananga odorata*)/Annonaceae, sensual, relaxing, balancing, base note

Ylang ylang trees are natives of the Far East, Madagascar and the Comoro Islands. The essential oil, won by steam distillation of the yellow flowers, is a pale, watery colour with an aroma which is a perfume in itself. It is divided into several qualities for perfumery purposes; the best for aromatherapy is the complete oil, when available.

Ylang ylang essential oil is an effective sedative, indicated for high blood pressure, restoring equilibrium to hyperpnoea and tranquilizing to tachycardia. Because it is antiseptic, ylang ylang essential oil is helpful against intestinal infections, and also acne. Interestingly, ylang ylang has been cited as an aphrodisiac capable of countering impotence and frigidity. Emotionally, ylang ylang is helpful against irritability, despair and forgetfulness. Blends well with bergamot, lavender and clary sage.

## Sp Resins and Absolutes

**BENZOIN** (*Styrax benzoin* or *S. tonkinensis*)/Styraceae

Benzoin resinoid is produced from a thick, red-brown resin which exudes from the wounded bark of trees native to Thailand (formerly Siam) and Sumatra; the best qualities have a soft, vanilla-like aroma.

Benzoin is primarily an antiseptic and a stimulant, but is also used as an expectorant, clearing the respiratory tract of surplus mucus and so improves breathing. Helpful against urinary infections like cystitis, benzoin also relieves nervous tension and stress. It is excellent, when used in a carrier lotion, at relieving chapped, cracked skin.

**JASMIN ABSOLUTE** (*Jasminum grandiflorum*)/Oleaceae



The jasmine bush is widely cultivated in Spain, Northern Africa, India and Southern France. Production is most significant in Egypt. Jasmine oil is not an essential oil, but an absolute, extracted from the small, white flowers by using a solvent. The genuine oil has a rich, sweet, floral odour with a delightful herbaceous undertone.

Jasmin is valuable in the treatment of nervous disorders such as apathy, depression and nerve debility as it is both sedative and uplifting.

Use only high quality jasmin; poor qualities can affect sensitive skin due to the chemicals added during production.

**ROSE ABSOLUTE** (*Rosa damascena*), rejuvenating, relaxing and balancing

Extracted from the flowers rose absolute is a deep sweet, euphoric oil with an intense uplifting floral aroma. Ideal in luxury massage preparations to nurture and balance the emotions. Blends well with jasmine, lavender and orange blossom (neroli).

Like jasmine absolute, rose absolute is not an essential oil, since it is derived by solvent extraction. It is a deep yellowy orange colour and has a typical rose odour with sweet undertones.

Its therapeutic are similar to, although not as concentrated as, those of Rose Otto but caution is needed on sensitive skin because of the way it is produced.

## Oil Quality and storage

These days fraudulent adulteration of oils is rare. There is too much knowledge in the minds of consumers for this to thrive. Regulations too bind manufacturers while certification such as organic certification must be sustained through inspections.

The fundamental issue I have referred to is the standardisation of oils with synthetic ingredients to meet the needs of industry rather than produced specifically for health and beauty. As little as 50% of an essential oil can be naturally derived.

MS and GLC testing provides a chemical footprint of the sample of oil tested which can be compared to reference compositions to provide assurance of the oils purity. We trust the GC MS and GLC traces our suppliers provide but we verify too! GC

The better quality growers/distillers supply GLC traces of the principal chemotypes of their oils and with their physical properties. It is possible to be assured as to the oils quality.

Oils should be stored at less than 25 degrees, ideally in a fridge. The greatest cause of degeneration of oil quality is not light but oxidation. It is therefore important to keep oils in dark well sealed glass containers as well filled as possible. It is for this reason that oils come in small bottles as well as cost and convenience.

## About Carriers



Anything that 'carries' an essential oil into the body is known in aromatherapy as a carrier. The carrier in inhalation is air; in the bath it is the water; in massage it is the vegetable oil. If essential oils are added to a lotion or cream for self-application, then each of these is acting as a carrier. Vegetable oils, macerated oil and white lotion are the most common carriers for application to the body.

Aromatherapy carrier oils, unlike those used in cooking, have not been heated, refined, bleached or re-coloured, all of which destroy the natural properties. These cold pressed, unrefined oils are best, as they retain all their natural, vital and beneficial properties which, although not as powerful as those of the essential oils, are still desirable in a treatment. A whole body massage will require about 10-15ml of carrier oil and only 4-6 drops of essential oil.

A non-greasy lotion is invaluable for self-application, where an oil may be unnecessarily greasy. A lotion is absorbed immediately, leaving grease-free, smooth skin.

It is vital that the carrier is of an equally high quality as the essential oils which you use, as it makes up at least 95% of the mix and can dramatically affect the quality of the blend.

The Carrier Oils

## SWEET ALMOND

Sweet almond oil is one of the most useful carrier oils and is excellent for the protection of the skin, being emollient, nourishing and softening.

## APRICOT KERNEL/PEACH

These oils are similar to each other and are rich in vitamins. Natural moisturisers, they are excellent for feeding the skin, and are immediately absorbed.

## AVOCADO

A rich oil, invaluable to add to a base vegetable oil at 10-25%. It has healing properties, and is rich in lecithin and vitamins A, B and D. Avocado oil is expressed from the dried fruits, which gives it its natural deep green colour. In cold weather, it may sometimes appear cloudy, indicating that the oil has not been refined and is therefore of good quality.

## EVENING PRIMROSE

A highly beneficial oil, pressed from the seeds, evening primrose is useful for dry, scaly skin. Rich in vitamins E and F and in GLA (gamma linoleic acid), this excellent natural moisturiser has a regenerative effect, helping to maintain the natural softness and suppleness of youthful skin.

## SUNFLOWER SEED

The oil has a lovely light texture leaving the skin satin smooth. It is a good base for bruises and skin problems.

## GRAPSEED

Mostly available as a refined oil, grapeseed is very fine, light, odourless and colourless. It penetrates the skin, leaving a smooth satiny finish.

## WHEATGERM

A very rich oil, good for dry skin. It contains proteins, vitamins and minerals and is often added to other carrier oils (from 10-25%) because of the natural preservative powers due to its vitamin E content.

## CARRIER OIL MIX

A synergistic blend of grapeseed, avocado and wheatgerm, which penetrates the skin easily. The added wheatgerm helps the keeping qualities whilst the avocado enriches the mix.

## CALENDULA (Macerated in sunflower oil)

A vegetable oil, usually sunflower oil, is used to absorb the healing properties from flowers. The resulting oil has a very beneficial effect on the skin, relieving eczema and protecting against chapping and cracking.

## HYPERICUM (Macerated in olive oil)

(Also known as St Johns Wort)

The flowering tops from the plant are macerated in olive oil, producing a highly beneficial deep red oil. The colour comes from the buds which stain the fingers red if pressed between them. Hypericum oil is excellent for use on the skin as it is soothing and antiseptic, and healing to burns and bruises.

## JOJOBA (Liquid wax)

Jojoba is obtained from the jojoba nut and is a very beneficial oil for all types of skin conditions, especially oily and problem skins. It lubricates and protects without blocking pores. Being a wax, it has an extremely long shelf life.

#### LIME BLOSSOM OIL (Macerated in sunflower oil)

The flowers of the lime blossom are used to make relaxing tea. The oil is also relaxing, aiding sleep. It is effective in fighting mature skin and wrinkles.

#### MELISSA (Macerated in sunflower oil)

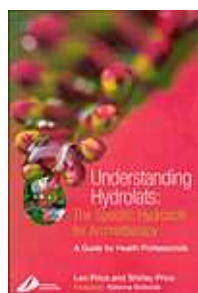
The second cutting of Melissa is used to make this oil which is useful in the treatment of headaches and dry, mature skin. With the addition of the appropriate essential oils its benefits are increased, especially for 'heavy legs' and cellulite.



#### NATURAL WHITE LOTION

A unique product based entirely on natural vegetable products, this lotion has been especially formulated for aromatherapy as a perfect carrier for essential oils. Easily absorbed, this fine light lotion is ideal when a carrier oil is thought to be too greasy or inconvenient. It is absorbed readily into the skin, leaving a completely non-greasy, smooth feeling. The lotion has excellent keeping qualities and can be enriched by the addition of up to 25% of calendula or another carrier oil thought to be beneficial

## Hydrolats and flower waters



Derived from the distillation process hydrolats have been found to be of use in skin care. Rose Hydrolat in particular serves as a gentle natural toner for facial care.

Also known as herbal distillates they are aqueous solutions obtained by steam distillation from aromatic plants. These herbal distillates have uses as flavorings, medicine and in skin care. Herbal distillates go by many other names including floral water, hydrosol, hydrolate, herbal water and essential water.

Herbal distillates are produced in the same manner as essential oils. However, the essential oil will float to the top of the distillate where it is removed, leaving behind the watery distillate.

The science of distillation is based on the fact that different substances vaporize at different temperature. Unlike other extraction techniques based on solubility of a compound in either water or oil, distillation will separate components regardless of their solubility. The distillate will contain compounds that vaporize at or below the temperature that water boils. The distillate will contain essential oil compounds as well as organic acids. Compounds with a higher vaporization point will remain behind.

Herbal waters contain the beneficial products of essential oils plus more and in a less concentrated, safer form. Besides aromatic chemicals, these distillates also contain many of the plant acids making them skin friendly. With a pH between 5-6 they are great to use as facial toners. They can be used alone as toners or room sprays.

Because hydrolats are produced at high temperatures and are somewhat acidic, they tend to inhibit bacterial growth. They are not however sterile. They are a fresh product, like milk, and should be kept refrigerated.

## Essentia Skin Care and skin care solutions



The properties of essential oils can be used to create natural cosmetics.

Cleansing cream, cleansing milk, toning lotion, moisture cream, moisture lotion, night cream, hand and body lotion, pretty serum, honey masque, minute gel masque, superlight eye cream and lip balm

In addition essential oil creams have been shown to be of benefit for eczema and problem skin care.

Cleansing Cream, cleansing for normal to dry skin. This light fluffy cream will cleanse without drying. It maintains the natural pH balance of the skin and leaves the skin feeling clean and smooth. Apply to the face, neck and eye area. Rinse with clean water or remove with damp cotton wool. Follow with toning lotion.

Cleansing Milk, cleansing for normal or oily skin. A natural plant based product blended with essential oils of rosemary and geranium to gently lift impurities and make-up. Cleansing milk will thoroughly cleanse the skin while maintaining its correct pH balance. It will help normalise oily skin.

Toning Lotion, toning for all skin types. A highly effective natural toner with essential oils of geranium and lavender to freshen tone and revitalise the skin. Completes the cleaning process without drying. Apply to neck face and eye area with damp cotton wool – wiping the skin with gentle upwards and outwards movements.

Moisture cream. Normal to dry skin. A beautiful blend of natural moisturising ingredients including carrot oil to maintain the skins natural moisture balance and elasticity. Contains specially selected oils of frankincense, lavender and Rose Otto to normalise a dry skin. After a thorough cleansing and toning, apply to the neck, face and around the eyes, blending until completely absorbed.

Moisture lotion. Normal to oily skin. This fine light lotion blended with essential oils of geranium and juniper will help keep the skin supple and moist and preserve its natural elasticity. Protects the skin from harmful environmental conditions. Will normalise an oily skin. After thorough cleansing and toning, apply the lotion with fingertips to the neck face and around the eyes, blending until completely absorbed.

Superlight eye cream

Lip balm

Face off masque. All skin types. This masque with its soothing, regenerating and invigorating actions will activate blood circulation, revitalise and protect a healthy glowing skin. With regular use it will brighten the skin. Includes essential oils of grapefruit, Lavandin and rosemary. Soothing, regenerating and invigorating. Gently massage onto the face, leave a few minutes and rinse with tepid water.

Detox mud masque. Normal to oily/problem skin. This masque includes essential oils of cypress, grapefruit and juniper. It is cleansing, oxygenating and soothing and leaves the skin feeling smooth and purified. Helps to normalise an oily dull or problem skin. Tones and stimulates. Leave for 15 minutes and then remove with a damp face cloth and tepid water.

Honey masque,

Minute gel masque

Clear and pure make up eminating fluid. All skin types. A natural plant based product blended with essential oils of clary sage, lavender and lemon to gently lift impurities and make up. For use with cotton wool. Gently wipe the face in circular movements in an upward direction.

Sleeping Beauty Cream. All skin types. Containing essential oils of jasmine, lavender and rose otto, this regenerating cream softens soothes and tones the skin. With a nourishing and anti oxidant action this cream helps prevent the signs of aging and wrinkles. If used every night it restores suppleness and rejuvenates the appearance of the skin. Emollient, soothing and toning with a moisturising and antioxidant action. Apply to face and neck at bedtime.

Pretty Serum. All skin types. Contains essential oils of frankincense, neroli and rose otto. This easily absorbed serum contains essential oils that give the skin a silky smooth feel increasing softness and elasticity. Normal and revitalising. Gently massage into the skin as often as required between routine moisturising. Convenient for the handbag.

Day cream moisturiser.

Night cream moisturiser.

Cypress exfoliating cream. Normal to dry skin. This creamy mask containing bergamot, cypress and lavender cleanses smooths and invigorates. Its exfoliating action eliminates impurities, refines pores and helps to maintain a clear healthy complexion. Gently massage for about 5 minutes and then rinse with tepid water.

## Helping with common ailments

There are many common ailments which are not medical conditions but which depress the immune system making the individual more prone to illness and poor performance. It would be possible to fill a book with traditional uses of essential oils and many such books exist. See Care For Blends above.

Four important uses of essential oils are for post operative recovery (scar care and eye drops), cancer side effects, candida, expressing blocked emotions, mental stress and muscular stress.

**Cancer:** Cancer treatment involves exposing the body to chemicals and radiation and disturbing side effects. Clove, frankincense (diffuse), rose, sage, tarragon (anti-cancerous). Since it is very important to maintain a positive attitude while healing, it may be helpful to use essential oils to address the emotions.

**Candida:** Candida cannot resist essential oils. Effective against vaginal thrush as well as respiratory tract disorders. Candida can get seriously out of balance in people suffering from ME delaying recovery. Cinnamon bark, clove, eucalyptus, melaleuca, Melaleuca quinquenervia, Mountain savory, oregano, palmarosa (skin), peppermint (aromatic), rosemary, rosewood, spearmint, spruce, tarragon (prevents fermentation). Rub on stomach area and feet or over abdomen with a hot compress.

**Emotions:** cypress, geranium (women), German chamomile (stability), fir (balancing), lavender (men), melissa (supports mind and body), rose (brings balance and harmony to the body),

- Anger and Hate: helichrysum (with deep-seated anger for strength to forgive).
- Balance: Frankincense, geranium, juniper, lavender, orange, Roman chamomile, sandalwood, vetiver.
- Blocks: Cypress, frankincense, helichrysum, sandalwood, spearmint, spikenard, spruce.
- Clearing: Juniper.
- Coldness (Emotional): Myrrh, ylang ylang.
- Confidence: Jasmine (euphoria).
- Defeated: cypress, fir, juniper.
- Depression: Most of the single oils and blends help with depression as they tend to lift by raising individual frequency. Lavender.
- Emotional Trauma: Sandalwood.
- Father: Lavender, helichrysum (layer on top of lavender when deep seated anger is present).
- Excessive Grief: Bergamot, Melissa.
- Mind: Frankincense, sandalwood.
- Mother: Geranium.
- Protection from Negative Emotions: Grapefruit.
- Release: Roman chamomile.
- Stress: Clary sage.
- Uplifting: Lemon, orange.

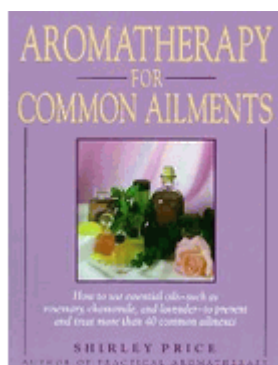
**Mental Stress:** Basil, bergamot, Clary sage, cypress, elemi, frankincense, geranium, grapefruit, lavender (aromatic), marjoram, neroli, onycha (benzoin), pine, Roman chamomile (relieves stress), rosewood, spruce, tangerine, and ylang ylang.

**Muscular stress:** Basil, birch, cypress, fir, lavender, lemongrass, marjoram, peppermint (cooling).

- Aches and Pains: Clove, Fir, ginger, helichrysum, lavender, lemongrass (especially good for ligaments), marjoram, nutmeg, oregano, peppermint, Roman chamomile, rosemary, spearmint, thyme, vetiver.
- Anti-Inflammatory: Basil, peppermint, fir.
- Cardiac Muscle: lavender, marjoram, neroli, peppermint, rose, rosemary.
- Cramps: Basil, Clary sage, coriander, cypress, grapefruit, jasmine, lavender, marjoram, pine, Roman chamomile, rosemary, thyme, vetiver.
- Fatigue: Cypress, fir, eucalyptus, grapefruit, marjoram, peppermint, ravensara, rosemary thyme.
- Over-Exercised: fir, eucalyptus, ginger, lavender, thyme, white fir.
- Rheumatism (Muscular): Rosemary, thyme.
- Sprains: Black pepper, clove, eucalyptus, ginger, helichrysum, jasmine, lavender, lemongrass, marjoram, nutmeg, pine, rosemary, thyme, vetiver.
- Spasms: Basil, Clary sage, cypress, lavender, jasmine, marjoram, peppermint, Roman chamomile.
- Smooth Muscle: Bergamot, black pepper, Clary sage, cypress, fennel, juniper, lavender, marjoram, Roman chamomile.
- Tone: Basil, black pepper, cypress, ginger, grapefruit, juniper, lavender, lime, marjoram, orange, peppermint, petitgrain, pine, rosemary, thyme. Apply before exercise.
- Torn Muscles: Helichrysum takes pain away (use hot packs), ginger (circulation), lemongrass.

Blending. Using two or three oils together usually increases the benefits received.

## Care For Blending



In her book *Aromatherapy for Common Ailments* Shirley Price describes how to use essential oils - such as Clary Sage, Eucalyptus, Rosemary, Geranium, Peppermint, Cypress, Juniper Berry, Sweet Marjoram, Roman Chamomile, Tea Tree, Sandalwood, Lavender, Lemon, Ylang Ylang - to prevent and treat more than 40 common ailments.

Acne, Arthritis, Asthma, Athletes Foot, Blood pressure, Bronchitis, Bruises, Burns, Candida Albicans, Cellulite, Childrens problems, Circulatory Problems, Colds, Constipation, Cramp, Cystitis, Dandruff, Depression, Diarrhoea, Digestive problems, Eczema, Emotional Problems, Flatulence, Fluid retention, Mouthwashing, Gynaecological problems, Haemorrhoids, Hair loss, Hair disorders, Head Aches, Headlice, Heartburn, Herpes simplex, Indigestion, Infantile colic, Influenza, Insect bites, Insomnia, Laryngitis, Menopausal problems, Menstrual pain, Mental fatigue, Migraine, Morning sickness, Mouth ulcers, Muscular problems and tiredness, Nappy rash, Nausea, Palpitations, Irregular periods, Pets flea treatment, Premenstrual Tension, Respiratory Problems, Rheumatism, Sex drive problems, Sinusitis, Skin disorders, Sprains, Stings, Stress, Stress related anxiety, Stretch Marks, Throat infections, Thrush, Varicose veins.

The following is a description of Shirley Price Aromatherapy Ltd's Care For Blends

**Care For: After flight.** Essential oils of Juniper, Eucalyptus and Lemongrass  
Oils noted for their invigorating actions. Ideal in a morning bath.

**Care For: Airways** Inhale this cleansing blend of essential oils or add a few drops to you bath  
Daily. Use in a lotion on the face, particularly on the nose and cheek bones for continuous relief of congestion and pain. Inhale this cleansing blend of oils or add a few drops to your bath daily.  
Use in a carrier lotion on the face, particularly on the nose and cheek bones, to free your nasal passages.  
Helps relieve the symptoms of sinusitis.

**Care For: Cellulite** Essential oils of Fennel, Juniper, Patchouli, Rosemary and Sage.  
A blend of oils specially selected for their cleansing properties. Used regularly, this blend can reduce the unsightly dimples associated with cellulite.

**Care For: Circulation** A stimulating blend of oils to help maintain a healthy circulation and bring tone to the body and skin. Available as a pure essential oil mix to add to the bath or ready mixed oil to be applied daily for best results.

**Care For: Clear head** Essential oils of Eucalyptus, Lavender, Peppermint and Marjoram.  
This blend combines oils known for their clarifying properties. This natural preparation revives, refreshes and soothes the mind. Available as a pure essential oil mix, add directly to the bath.  
Also available as a carrier oil or lotion to massage appropriate areas twice daily

**Care For Digestive.** This natural preparation eases digestive difficulties.

**Care For Joints:** Essential oils of Eucalyptus, Juniper, Marjoram and Rosemary  
This oil is one of our best sellers in this range! Excellent for soothing discomfort, and

bringing relief to tired, aching joints.

Care For: Fatigue Essential oils of Bergamot, Eucalyptus, Lemongrass and Black Pepper.

This blend will keep the mind alert and responsive even at the end of the day.

Especially appropriate for use in the car with the Sp car diffuser. Use in a vaporizer or inhale directly by placing a few drops of oil on a tissue.



Care For: Muscles This blend is ideal for tired and stiff muscles if used in the bath or in a ready mixed oil/lotion. It is effective for use before and after sport, helping to prevent cramp and induce relaxation as well as for everyday aches and pains.

Care For: Easy Breathe Care For: Easy Breathe – Winter Chills .Help to combat those colds and chills associated with this time of year. Particularly useful to help clear the head, nose and throat.

Care For: Rest essential oils of Basil, Juniper, Lavender and Marjoram.

Known for their soothing and relaxing characteristics, these oils have been blended to help you rest naturally and deeply during the night. A few drops on a tissue and placed either within your pillowcase or in the pocket of your pyjamas is the most effective, or use 4-6 drops of the mix in a warm bath.

Care For: Stresses and strains Essential oils of Basil, juniper, lavender and sandalwood.

This popular blend is an invaluable aid to relaxation during a busy or stressful day.

It eases feelings of tiredness, leaves you more relaxed, lessens tensions and restores calmness.

Care For: Anti Stretch marks . Essential oils of Frankincense, Lavender, Lemongrass and Neroli.

This carefully selected blend of essential oils, when used in the bath, will help keep skin supple and elastic.

Use 4-5 drops in a warm bath from the 4th month of pregnancy. It can also be applied, in a carrier oil, twice daily from the 4th month of pregnancy or during weight loss to maintain skin tone.

Care For: Visible Veins To care for your legs, we have prepared a blend of especially selected essential oils. Especially useful where veins are visible in the calves and thighs.

Care For: Women. Essential oils of Roman Chamomile, Clary Sage, Lavender, Sage and Melissa

This special blend is formulated with oils noted for its balancing and normalizing effects on the mind and body.

Care For also comes in ready mixed massage oils and white lotion

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### 5 ways to use essential oils in pregnancy

First 12 weeks – avoid essential oils

From 12 weeks – two drops of a citrus oil such as lemon or orange on a handkerchief can help boost energy levels – just inhale when you are feeling tired

From 24 weeks – two drops of chamomile oil on your pillow may help you to sleep

From 28 weeks – Four drops of lavender oil in the bath before bed is effective at helping you to relax if you are feeling tense.

From 34 weeks – You might suffer with swollen ankles. It helps to rest your feet in a bowl of water that contains four drops of geranium or juniper berry oil

After Birth – Four drops of lavender oil to your bath help heal stitches and relieve pain.

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Mums to be can make use of aromatherapy but great care should be taken because of the hormone mimicking effects of the oils. Take only as directed by your Doctor or Midwife.

Chamomile Cream eases the irritation which leads to dry skin. Similarly Chamomile Eyedrops are good for tired or irritated eyes. With all the worries of pregnancy a facial treat like Essentia Pretty Serum can be of value. Mandarin Oil is excellent for stretch marks. Essential oils should always be diluted for example in Sweet Almond Oil.

Jojoba Oil. The most natural carrier oil of oil whose chemistry is very similar to the natural body oil Sebum produced by the body is jojoba oil. Shirley Price Aromatherapy Ltd is a distributor for Eco Oils of Argentina the worlds largest producers of Jojoba assuring you of a fresh and true supply.

## Mums to be, Babies and Children

When using essential oils on babies and children, it is always best to dilute 1-2 drops of pure essential oils with 1/2-1 tsp. vegetable oil. If the oils are used in a bath, always use a bath gel base as a dispersing agent for the oils or mix them with a little milk. This is a good idea as putting essential oil under the hot tap can dissipate much of the fragrance that makes bath and bed time an eagerly anticipated delight.

Keep essential oils out of children's reach. If an oil is ever ingested, give the child an oil-soluble liquid such as milk, cream, or half & half. Then call your local poison control center or seek emergency medical attention. A few drops of pure essential oil shouldn't be life-threatening, but for your protection, it is best to take these precautions. The droppers in essential oil bottles means accidents are rare but every precaution must be taken. Its best to store essential oils in a box or fabric bag well out of the reach of children.

In Shirley Price's book, *Aromatherapy for Babies and Children*, she mentions 19 oils that are safe for children. These oils are:

- Bergamot (Citrus bergamia)\*
- Cedarwood (Cedrus atlantica)\*\*
- Chamomile, Roman (Chamaemelum nobile)
- Cypress (Cupressus sempervirens)
- Frankincense (Boswellia carteri)
- Geranium (Pelargonium graveolens)
- Ginger (Zingiber officinale)
- Lavender (Lavandula angustifolia)
- Lemon (Citrus limon)\*
- Mandarin (Citrus reticulata)\*
- Marjoram (Origanum majorana)
- Melaleuca-Tea Tree (Melaleuca alternifolia)
- Orange (Citrus aurantium)\*
- Rose Otto (Rosa damascena)
- Rosemary (Rosmarinus officinalis)\*\*
- Rosewood (Aniba rosaeodora)
- Sandalwood (Santalum album)
- Thyme (Thymus vulgaris CT linalol)
- Ylang Ylang (Cananga odorata)

*\*These oils are photosensitive; always dilute. To prevent a rash or pigmentation of the skin, do not use citrus oils when exposed to direct sunlight.*

*\*\*These oils should never be used undiluted on babies and children.*

**Caution:** Do not use synthetic or adulterated oils. Do not use oils with different botanical names until the safety data has been thoroughly reviewed.

## Sports and male use



A Chinese emperor Huangdi (literally yellow emperor) thousands of years ago noticed that the men of his generation appeared worn out at fifty while previous generations who had used traditional herbs had shown much more vitality and longevity. His book is one of the classic texts and among his many accomplishments he is considered the father of traditional Chinese medicine.

Traditional Chinese medicine includes a range of traditional medical practices originating in China. Although well accepted in the mainstream of medical care throughout East Asia, it is considered a complementary system supportive of western chemotherapy in the west. Practices include such treatments as herbal medicine, acupuncture, dietary therapy, and both Tui na and Shiatsu massage.

Certainly in both East and West plants and the essential oils and waters derived from them have traditionally been used to help men maintain a decisive positive attitude. For thousands of years plant extracts and massage therapy have been found to aid vitality and mental performance. Taken with a reduction in stimulants, good nutrition and exercise aromatherapists are able to support male and female clients achieve better health.



POLO DREAMS vs PYTCHLEY  
JULY CUP, RLS Polo Club

Shirley Price Aromatherapy Ltd have developed a range of natural care products for men called Polo Dreams and many Sp essential oils find their way into veterinary and animal care products.

Every year Sp holds an annual meeting and sponsors a charity match at RLS Polo Club at Southam Warwickshire in aid of the Royal National Institute for the Blind. Why Polo? Well Australian athletes at the recent Olympic games quipped that the English do well in sports in which they are sitting down like sailing, rowing, cycling and the equestrian events! But seriously the Sport of Polo has always been associated with

international competition of the highest quality particularly in the countries where essential oils are grown – Argentina, France, England, South Africa, Nigeria, Chile, Argentina. Polo ponies are the ultimate equestrian athletes displaying a perfect mix of intelligence, power, balance and control as should any modern Gentleman.

Aftershave. Men find sandalwood in particular refreshing and relaxing as an aftershave lotion.

Moisturise. Men do moisturise but research by the Gattefosse company shows 65% of men prefer to buy their moisturiser on their own.

Middle eastern brides traditionally burn sandalwood on their honeymoons to reassure and relax their new husbands.

Sports massage with our Care For Muscles before and after sport is excellent for preventing injury. Care For Joints assists maintain joint mobility. Prevention is always preferable to cure.

A hard working man may be prone to emotional coldness which can lead to marital and family difficulties. Essential oils can help men express emotions and maintain a positive mind to be inspired by women and not threatened. It is for this reason that lavender is a very useful oil for home use.

## **How does aromatherapy work?**

Aromatherapy mobilises the sense of smell and touch. Its highest practitioners are able to assist their clients maintain their health (the traditional role of the health practitioner) and also carry out therapeutic 'cures' for common ailments, maintain the health of the skin.

Aromatherapy works in two ways:

### **Inhalation**

Using air as a carrier. Essential oils vaporise readily and can therefore enter the body via the air through the nose and bronchial passages. Adding a few drops of essential oil to a tissue, a bowl of hot water, or to a warm bath, releases the vapour, which is then inhaled. During massage there is also a degree of inhalation as the oils vaporise due to body heat.

An aroma can have an immediate effect on the mind and the body. It requires as little as 20 molecules to affect the emotions. Tiny hair-like extensions of the brain at the top of the nose detect all aromas, which are rapidly interpreted by the brain. The faster the stimuli can reach the brain, the faster the effect will take place.

### **Absorption**

Essential oils are absorbed through the skin directly to the bloodstream via carriers such as water (baths, compresses), vegetable oils, lotions and creams (application and massage).

Traditionally essential oils have been used hand-in-hand with massage, which utilises another important sense – that of touch. People who are not well, or are stressed, benefit simply by the touch of another human being. Old people and people suffering from diseases such as cancer can benefit enormously from the power of touch; in fact we all can. Touch in itself brings us closer to others and immediately helps us to de-stress, making an aromatherapy treatment a double benefit to a person's health.

Although the effects of using a single essential oil are beneficial to the health, the synergistic effect of using 2-4 essential oils adds considerably to the improvement shown; it also ensures that an oil needing care in use is not over used, as its proportion will automatically be substantially reduced.

Every sale of a copy of this guide 50p is donated to the RNIB. Massage is a profession reserved to the blind in much of Asia and that was also the position in the UK with an association dedicated to the training of blind masseurs which became part of the RNIB in 1914.

All pure essential oils are ready for use in the following ways:

#### Inhalation

A few drops (6-8) on a paper tissue or in a basin of warm water (not asthmatics).

#### Bath

6-8 drops in a bath prepared to a comfortable temperature; soak in the bath for 10 minutes.

#### Gargle or Mouthwash

Use 2-3 drops in half a cupful of warm water; stir well before each gargle.

#### Foot and Hand Baths

4-5 drops in half a cupful of warm water; steep for 10 minutes. Follow with application (below).

#### Massage or Application

15 drops in 50ml carrier oil or lotion to be massaged into the affected area. (For single applications use 2-3 drops in one teaspoon carrier oil or lotion.)

#### Compress

Pour just enough hot water (or cold, depending on the problem) into a bowl to be soaked up in the size of cotton compress chosen (experience and practice will soon make it easy to determine the quantity necessary) and add 4-8 drops of essential oil. Squeeze slightly, apply and cover with clingfilm, then a warm scarf (or ice pack). Leave for two hours.

#### Neat Application

For coldsores, burns and wounds use from fingertips once or twice only, followed by application (above) at regular intervals.

#### Tea

1 teabag. 1½ pints boiling water. 2-3 drops essential oils, stir well. Remove teabag. Drink 1 cup 3 times daily and/or at bedtime.

#### Room Freshener

Put 10-12 drops (with water) onto a small bowl in a warm place, i.e. radiator shelf or on a paper kitchen towel on the radiator itself. As an attractive alternative and for use in the summer months, use an efficient oil burner.

#### Perfume

Mix your own perfume in a little bottle and put 6 drops:

- a) onto a small cotton wool ball attached to your underclothes,
- b) in a teaspoonful of carrier lotion to apply to the skin.

Cautions:

1. Essential oils should never be used neat on the skin (unless in an emergency for such things as burns, bruises, wounds etc.).
2. Do not take essential oils internally unless under the supervision of a suitably qualified person.
3. Keep essential oils away from children and out of eyes.
4. Check for contra-indications to any oils for specific conditions such as pregnancy, sun-bathing or any major health problem you may have, and if your choice is contra indicated; do not use it on a regular basis or in a concentration of more than 5%.

NB: Most contra-indications are based on the over use of concentrated oils on a regular basis on the skin or by ingestion. When used as recommended in most aromatherapy books (i.e. in a controlled manner) the amounts used do not constitute a hazard. Aspirins, carrots and vitamins, if consumed in large quantities, are also contra-indicated for good health!

## Training

We provide training courses in the appropriate use of essential oils and training makes all the difference. If you want to achieve the results in the Shirley Price textbooks it is necessary to use true whole oils grown for aromatherapy and put the time into training in their use. Our courses range from a long weekend introductory course to a four module diploma course which prepares you for the final examination and IFPA membership. Taking the first module of this course entitles you to student membership of IFPA and access to professional indemnity insurance.

The Shirley Price International College of Aromatherapy (“SPICA”) is under the supervision of Dr Manjit Jaspal MB BS, who is Sp Director Training. The college principal and training manager is Louise Carta MIFPA. In this guide I refer to publications by Shirley Price, college tutors and online resources supplied by the leading therapist organisations and the leading aromatherapists of the day. Every year we bring together leading speakers in an Sp Group UK CPD training congress in August in Warwickshire, England and international training congress in September, in the year of writing this guide in Beijing and Shanghai.

Over 35 years SPICA in the UK and through satellite colleges in Norway, Malta, Cyprus, Taiwan and Beijing has trained over 5000 students in Aromatherapy. Interest in aromatherapy as a core complementary therapy continues to grow and our college in the UK continues to attract students from all around the world to its beautiful venue Odstone Hall, Warwickshire for the most thorough training in the world leading to membership of IFPA. More information can be found on the Sp website [www.ShirleyPrice.com](http://www.ShirleyPrice.com)

## An Aromatherapy Treatment

The ultimate experience of the combined effects of smell and touch is the professional aromatherapy treatment, which is unsurpassed in the field of complementary medicine for relieving stress. What more could you ask of a health giving treatment than one which releases the most wonderful aromas, at the same time relaxing and healing the body!

The first half hour of treatment is taken up with a thorough consultation, taking into account factors such as lifestyle, nutrition, skin and mental well-being.

The aromatherapist will select two or more essential oils to help you emotional and physical state as well as your symptoms, and will offer appropriate advice for home treatment.

A specialised massage technique which relieves tension, drains lymph fluid and improves circulation, will help to rejuvenate the body, removing aches and pains and generally promoting balanced, good health. Most aromatherapists then carry out a facial treatment to help general congestion and problems such as acne, blackheads, or excessive dryness.

Regular 4-6 weekly treatments (together with self-help home treatment using oils mixed specially for you by you or your aromatherapist) will keep your mind relaxed and your body healthy and in good condition.

Aromatherapy treatments are effective against stress, depression, arthritis, asthma, period problems, cellulite and many more conditions.

Localised and chronic conditions like sinusitis, bronchitis, leg cramps etc., can be alleviated by local massage from an aromatherapist, and/or advised home treatment using specially selected oils. Minor problems respond well to aromatherapy used at home together with a reliable book.



The 4 module SPICA qualification is intended to equip you step by step with the hands on practical experience and tools to practice as a Holistic Therapist with a firm grounding in Aromatherapy, Reflexology, and Massage Therapy.

The Midlands venue is [Odstone Hall](#), Nuneaton, Warwickshire

Evidence required for full membership of IFPA includes

Logged Massage practice of 50 hours

Aromatherapy Case Studies of 60 hours (at least 10 clients a minimum of 4 times each)

Evidence of the detailed study of 50 essential oils and 13 base oils.

Evidence of 50 hours study of Anatomy and Physiology

Obtain A&P competence in weeks with this VTCT Level 3 UK and International Diploma [online course](#) from our partners Essential Training Solutions

Evidence of 60 hours study of massage

Evidence of 120 hours of study of Aromatherapy to include

History, Current status of the profession, Botany, Biochemistry, Chemistry of essential oils, Safety requirements, Research methodology, Literature search, analyse a research paper, setting up in business, CPD, use with particular client groups, devising treatment plans, Blending, effective consultation, red flag conditions and referral, extraction and analysis of essential oils, methods of application.

IFPA membership costs just £80 per annum. IFPA operate a highly cost effective professional insurance arrangement. IFPA publish the magazine In Essence to members.

HOWEVER, if you have an acute or serious problem, SEE YOUR DOCTOR.

## Useful sources and information

Good Health, an introductory DVD with Victoria Sprigg featuring the Products and Training of Shirley Price Aromatherapy Ltd available from WH Smith. Shirley Price's Aromatherapy and Massage Video, This gives introductory visual help in all aspects of aromatherapy.

Complete Guide to Aromatherapy. Salvatore Battaglia, 2004. The students favourite guide.

How to succeed as a therapist. 2008, Celia Johnson

Aromatherapy Workbook by Shirley Price. This excellent book extends the knowledge gained from the most basic aromatherapy guides. It includes information on plant families and explains what effect the natural chemical constituents have on the body and mind. Safety in use is also discussed.

Aromatherapy for Health Professionals by Shirley Price and Len Price. This textbook of aromatherapy is aimed specifically at the health professional working in the community or hospital. It covers both theoretical and practical aspects of aromatherapy – examining research, chemical components of essential oils, massage and other techniques, effects on the body systems, and the use of aromatherapy in health care.

Understanding Hydrolats by Shirley Price and Len Price, Katje Svoboda, Excellent as skin toners Hydrolats find many other uses.

