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miessence® essential oils



miessence®



• C E R T I F I E D O R G A N I C •



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## what is aromatherapy?

Aromatic plants have been used medicinally and therapeutically throughout history. Many common plants have medicinal properties that have been applied in folk medicine since ancient times and are still widely used today. We are now just beginning to research and document the properties of the substances contained within aromatic plants, as well as recognising their abilities to aid in the healing process.

But unlike herbalism, aromatherapy draws on the healing powers of plants that are found only in their essential oils. Depending on the plant involved, these aromatic, dynamic, healing essential oils may be found inside the roots, wood, leaves, flowers or fruit.

Essential oils are extracted from plants chiefly through steam distillation (roots, wood, leaves and flowers) or cold-pressing/expression (citrus oils from peel). You can make your own orange essential oil by squeezing the peel. Try it! It's smells fresh and delicious. Orange peel contains large quantities of oil, and is easy to extract, making it one the cheapest oils to buy. In contrast to this is the rose, which has very little oil in the flowers, making it the most expensive oil. It takes between 3,000 and 5,000 kg of flowers (more than one million flowers!) to produce a single kilogram of rose oil. A collector usually gathers 25 kg of blossoms a day. Lavender flowers have a more accessible oil; 3 kilograms of essential oil can be harvested from 100 kilograms of flowers.

Essential oils have been described as the blood of plants, or the vital energy. They are very complex compounds that may contain several hundred different natural chemicals. These are very powerful and concentrated and need only be used sparingly and in small quantities.

In many countries, essential oils are included in the national pharmacopoeia. In France aromatherapy is incorporated into mainstream medicine, and some essential oils are regulated as prescription drugs, and thus administered by a physician. There, the use of the antiseptic, antiviral, antifungal, and antibacterial properties of oils in the control of infections is emphasised.



## aromatherapy in history

We know that the Ancient Greeks, Egyptians, Chinese, Druids, Celts and many other tribes in Africa, America and Australia have made use of various aromatic plants in the ritual, medicinal, scientific and personal aspects of their lives over a long period, dating back to beyond 2000BC.

Yet it wasn't until the dawn of the twentieth century when the French perfumer and chemist Gattefosse published results of his experiments with essential oils and coined the term 'aromatherapy' that the movement as we know it today, really began.

It was taken up by the physician Jean Valnet MD and biochemist Marguerite Maury and gained momentum during World War 1 when essential oils provided ready solutions for healing burned and wounded soldiers.

Almost a century on, as the world wide web speeds information around the globe and science puts proof to old beliefs, aromatherapy as a practice is growing rapidly in reality and stature.

*'Essential oils are one of the great untapped resources of the world. Here we have a system of natural help that is far more than a system of medicine, that can prevent illness and alleviate symptoms.'*

*'These extremely complex precious liquids are extracted from very specific species of plant life and are in harmony with people and planet alike'.*

*'By taking essential oils into our lives, we find a way to provide family and home with ... protection and pleasure... without polluting ourselves or our environment with chemicals.'*

*The Fragrant Pharmacy - Valerie Ann Worwood*

## science endorses ancient wisdom

Essential oils are often so deliciously fragrant that it is hard to believe they number among the most powerful disinfectants and germicides in the world.

But, antiviral, antibacterial, antiseptic, antifungal, anti-inflammatory, antispasmodic, anti-neuralgic, anti depressant and antioxidant properties are all found in various essential oils – many in far more powerful efficacies than in chemical and synthetic versions. The essential oil of oregano for example is more than 25 times more powerful as an antiseptic than phenol.

This is no longer simply hearsay or traditional folk wisdom, but clearly documented by contemporary medical research.





## what are certified organic oils?

Organic systems work in harmony with nature, keeping harmful chemicals out of our land, water and air, creating a healthy environment rich in wildlife, woodlands and nutrients.

Organic standards place great emphasis on building and maintaining healthy soil and high vitality crops.

Simply stated, organic products are grown without the use of pesticides, synthetic fertilizers, sewage sludge, genetically modified organisms, or ionizing radiation.

*The USDA National Organic Program (NOP) defines organic as follows:*

*Organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic plants are produced without using most conventional pesticides; fertilizers made with synthetic ingredients or sewage sludge; bioengineering; or ionizing radiation. Before a product can be labelled "organic," a Government-approved certifier inspects the farm where the food is grown to make sure the farmer is following all the rules necessary to meet USDA organic standards.*

### Only certified organic products can bear the seal of approval.

The organic seal assures consumers of the quality and integrity of organic products. Organic-certified operations must have an organic system plan and records that verify compliance with that plan. Operators are inspected annually in addition there are random checks to assure standards are being met.

## Why does organic cost more?

### Consider these facts:

1. Organic farmers don't receive federal subsidies like conventional farmers do. Therefore, the price of organic food reflects the true cost of growing.
2. The price of conventional food does not reflect the cost of environmental cleanups that we pay for through our tax dollars.
3. Organic farming is more labour and management intensive.
4. Organic farms are usually smaller than conventional farms and so do not benefit from the economies of scale that larger growers get.

## how do oils work in the body?

Tiny molecules of essential oils are taken into the body in two ways – by osmosis (through the skin) and by olfaction (breathing them in).

### Essential oils and osmosis (external application)

When essential oils (dissolved in a carrier oil) are applied externally via massage, the tiny molecules are absorbed through the skin and reach small blood vessels. They are then carried to the muscle tissue and joint via the blood stream to reach all the tissues and organs. The oils are then excreted through the kidneys and bladder, skin, and exhaled through the lungs.

### Essential oils and olfaction (inhalation)

When essential oils are inhaled, the molecules are absorbed directly into the bloodstream via the lungs, which affects the entire respiratory system, and are absorbed by the olfactory nerves through the nose, where they travel directly to the limbic system that deals with integration and expression of feelings, learning, memory, emotions and physical drives. Once they reach the limbic system, they trigger the release of neuro-chemicals which may be sedative, relaxing, stimulating or euphoric in effect.

## where do I start?

Today, there are about 300 oils in professional use around the world.

Increasingly, commercial enterprises such as hospitals and medical centres, departments and retail stores, aged care facilities, airlines and other organisations are realising the many of benefits to be gained through judiciously dispersed essential oil blends like lemon (proven to reduce clerical errors) and vanilla (proven to make shoppers linger longer).

For the 'ordinary' user, essential oils open up a plethora of safer, 'green' choices in a world that's daily becoming more chemically threatening.

Most experts recommend that you start with three or four common oils, learning all you can about them, using them and noting their effects until you become completely familiar with what they can do for you. And 'for you' is an important point since the effects of essential oils must always be intensely personal and subjective.

Then, move forward in increments of – say - two new essential oils until you have command and a thorough knowledge of all the oils that you need to make your family happy and healthy.



## how to use essential oils

Essential oils are used in a number of ways that have developed over time in different areas around the world. Some oils have a recorded use of more than 4,000 years.

**The modes of application of aromatherapy include:**

**Aerial diffusion:** for environmental fragrance or disinfection.

**Direct inhalation:** for respiratory disinfection, decongestion, expectoration as well as psychological effect.

**Topical applications:** for general massage, baths, compresses, and therapeutic skin care.

### Vaporiser/Room Burners/Electric Diffusers

The most common way to create a beautiful atmosphere or disinfect a room is to add essential oils to a vaporiser which can be made from different materials - ceramic, terra-cotta, metal or glass - with two separate parts - the top one for water and essential oils and the bottom part for housing a tea-light candle to provide the gentle heat.

When purchasing a vaporiser opt for one with a large top reservoir so you don't need to constantly top it up. The general rule is about 8-15 drops of essential oil in the water in the top reservoir, depending on the size of reservoir and the size of the room. Ensure your vaporiser is placed on a heatproof stand away from draughts.

As the water heats, the essential oils will be diffused. Keep an eye on the bowl to ensure the water doesn't totally evaporate. If it evaporates before the essential oil has been vaporised, you could end up with a spatter. And never leave the house with a candle burning!

If the idea of burning candles is a worry to you, use electrically powered aromatherapy diffuser.

### Steam Inhalation

To inhale steam directly, you need a large heatproof bowl and a thick bath towel. Place your bowl onto a solid surface such as a table and fill it with boiling or almost boiling water. Begin by adding 3-6 drops of your chosen essential oil. As that dissolves, add two more drops – and then again to a total of 6 drops.

Seat yourself safely and comfortably; lean over the bowl and use the towel to seal off the vapours. Breathe in slowly and quietly for between 1-5 minutes. You may want to shut your eyes. This process of taking the essential oil directly into your nose, throat and chest has strong antibacterial, antiviral and soothing effects.

If you'd like to gain an extra benefit from this procedure, splash your face with cold water afterwards for a skin tingling mini-sauna.

### Bath

Baths are one of the easiest and most pleasurable ways of using essential oils. An aromatic bath can refresh you – body, mind and spirit. Add 10 drops in a tablespoon of carrier oil into your warm to very warm bath, swish the water around to mix the oils in. For maximum benefit soak for at least 10 minutes.

After your bath make up a lovely massage blend and massage all over your body to prolong the benefits of the bath and nourish and moisturise your skin.

### Room and Linen Freshener

Essential oil are an ideal way to disinfect or fragrance any room. Your whole house doesn't have to smell like bathroom spray. Not only will your room be fragranced beautifully but you will also benefit from the therapeutic properties of the oils. Add equal amounts of purified water and high proof vodka to a MiEnviron spray bottle, leaving enough space to shake, then add 20-40 drops of essential oils and shake vigorously before each use. Can be used to spray on bedsheets and pillows but make sure not to spray on polished furniture, as some essential oils can damage the polished surface.

### Household

There are lots of ways to germ proof and fragrance your home with essential oils. A few drops of something you love in the bag (or on the filter) of your vacuum cleaner will diffuse fragrance as you clean. Similarly, you can add a trace of scent to dusting cloths, clothes washers, carpet deodorisers, potpourri and the list goes on. To find out more [CLICK HERE](#).

### Compress

Fill a bowl with warm water and add 2-6 drops of the required essential oil. Stir well. Then take a soft, clean cloth, soak it thoroughly, wring and place gently but firmly on the affected body part. Repeat the procedure until the discomfort is relieved. Be very careful not to allow the fluid into the eyes, nose or mouth.

### Skin Care

Many essential oils have lots of uses when applied directly to the body. But oils are very highly concentrated, so it's never wise to put them on the skin without first mixing into a moisturiser or oil. This is one case where a heavier oil will come into its own. If you're caught short, explore your pantry for olive, grapeseed or safflower oils. Use 6-8 drops of your selected essential oil into two teaspoons of your carrier oil.



## how to use essential oils (CONTINUED)

There are two exceptions to the rule of 'don't apply direct.' These are lavender which can be used for cuts and minor burns and tea tree oil which can be applied topically to insect bites, cuts and scrapes.

### Bath Salts

Add 15 drops to a cup of epsom salts or any other mixed salts (sea salt, himalayan salt, bicarb soda).

### Hair Treatment

Add 8-10 drops of essential oil per shampoo for a therapeutic treatment. Add only 2 drops per shampoo or rinse to simply perfume the hair.

### Massage

Massage with the use of essential oils is deeply relaxing, invigorating and improves your well being.

Add 10-15 drops of essential oil to about 30ml (~2 tablespoons) of carrier oil for a full body massage. You can use a single essential oil or mix two or more together, to suit your condition. It's recommended to blend massage oils at half strength for children and, pregnant women and the elderly. And only 2-4 drops in 20ml for babies.

### Do NOT massage if ...

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- The person is suffering cancer, a serious heart complaint, epilepsy, a fever or an acute infection.
- He/she has just eaten a big meal.
- You're tired and tense. Massage is a gift you make to another person and to do that you need to be in top spirits and full of energy.
- The area you are intending to massage covers varicose veins or a deep vein thrombosis. This would be potentially very dangerous.
- You are intending an intimate massage but have not checked that the diluted oils you are using are safe for the genital area.

For more information on massages and massage blends, [CLICK HERE](#)

## cautions

### General aromatherapy cautions

The Miessence certified organic essential oils have been carefully selected for maximum therapeutic benefit, and are all certified organic, which means you don't have to worry about chemical contaminants such as pesticide residues. They present no risk to you, provided you adhere closely to the dosage instructions and follow any cautionary advice and stated contra-indications.

Because of their concentrated nature, essential oils generally should not be applied directly to the skin in their undiluted or "neat" form. Used to excess and/or inappropriately, these may cause severe irritation or provoke an allergic reaction. Instead, essential oils should be blended with a vegetable-based "carrier" oil (a.k.a., a base, or "fixed" oil) before being applied. The exceptions are lavender and tea tree oils. Common carrier oils include olive, almond, hazelnut and grapeseed. A common ratio of essential oil disbursed in a carrier oil is 0.5-3%, depending on its purpose. Some essential oils, including many of the citrus peel oils, are photosensitisers, increasing the skin's vulnerability to sunlight.

You should not take essential oils internally unless specifically directed by a qualified health care professional.

### Existing health conditions

If you suffer from epilepsy, high blood pressure, alcoholism or a progressive neural disorder, please consult a qualified natural health provider before using any essential or essential oil product.

### The following are important safety warnings:

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**Epilepsy:** Avoid fennel, hyssop and sage.

**High blood pressure:** Avoid hyssop, rosemary, sage (all types) and thyme.

**Alcoholics or anyone who is drinking alcohol:** do not use Clary Sage.

### Allergies?

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People who are allergy-prone should try this test before using a new oil.

**Step 1:** Put one drop of carrier oil onto your breastbone or behind your ear and leave for 12 hours. If you have no adverse reaction to this, continue on to Step 2.

**Step 2:** Dilute one drop of the essential oil you want to test in half a teaspoon (5ml.) of that same carrier oil you've tested and put that blend behind your ear or on your breastbone. If you have no reaction after 12 hours, you can assume it's safe to use that essential oil.



## cautions (CONTINUED)

### Pregnancy

Opinions vary. Some experts believe you should not use oils at all when you're carrying; others say there are a few problems. But the consensus from the majority of experts is that you should use your essential oils only at half strength during pregnancy and completely avoid the emmenagogues (medicines that can increase menstrual flow and therefore may prompt contractions).

These emmenagogic oils are best avoided during the first five months.

- Clary Sage
- Rosemary
- Juniper
- Melissa

**Note:** Although lavender and Roman chamomile are very gentle emmenagogues and lavender is a mild diuretic, you can actually use these two throughout your pregnancy UNLESS you have had a previous miscarriage. If in doubt, don't!

### Photosensitisation

Sometimes you'll read a direction on an essential oil (generally a citrus) that says something like; 'This oil can cause skin photosensitization when exposed to the sun'. What that actually means is that this oil can/will make the area of skin on which it's applied become very sensitive to sunlight for up to 12 hours.

If left exposed that spot will be prone to sunburn and it can become red and itchy. Cover it and you should have no problem. Those with extremely sensitive skins should also beware and do an allergy test as a matter of course.

Photo sensitising oils include:

- Bergamot
- Lemon
- Lime
- Mandarin
- Sweet Orange



### Oils to avoid

Not all essential oils are beneficial to humans. Here are some which you should definitely avoid:

- Bitter almond • Boldo leaf • Calamus • Camphor (yellow) • Horseradish
- Jaborandi leaf • Mugwort • Mustard • Pennyroyal • Rue • Sassafras • Savin •
- Southernwood • Tansy • Thuju • Wintergreen • Wormseed • Wormwood

## caring for your oils

### Storage instructions and shelf life

Essential oils are precious gifts from nature, and can be a substantial financial investment. To ensure their therapeutic properties are maintained for the life of the oils, please treat them with care and thoughtful handling. Proper storage is the key.

Sunlight, heat and oxygen are the main culprits of oxidation and degradation of essential oils. Essential oils are best kept tightly sealed, in amber glass bottles, in a dark, cool place where temperature fluctuations are kept to a minimum. Always keep them safely locked away from children.

When stored under proper conditions essential oils will last from 6 months (citrus oils) to several years. The shortest shelf life oils are the citrus oils, which are the most prone to oxidation. To avoid the damage caused by temperature variations citrus oils can be stored in the refrigerator. Once citrus oils start to turn cloudy or smell rancid they should be disposed of.

Most essential oils will keep for approximately 1-2 years, if stored correctly. When stored at low temperatures, some oils, like rose, will solidify. They will liquefy again once they reach room temperature, which you can do quickly by holding them in your palm to melt the waxes gently. Some oils like myrrh, sandalwood, frankincense and patchouli improve or "mature" with age.

Ideally, you should store your oils upright, tightly sealed, away from direct light and protected from damp and humidity. The beautiful Miessence aromatherapy storage chest is ideal for this purpose. Sustainably harvested and hand-made by local craftsmen (by friends of Julie in the R&D department :-), each storage chest features wooden dividers to hold the bottles in place, and is finished with brass fittings.

If you don't have a storage chest, a cool, dark, dry place out of reach of children is best. The high shelf in a pantry or closet is a good start.

Ideal storage conditions are more difficult to achieve when travelling in the car with our oils. That's when they can be inadvertently exposed to sunlight and high temperatures and become very tempting to small children who discover those delicious smelling little bottles.

The best method is to transport them in your storage chest, inside an insulated bag aided by a fridge pack in hot weather. It's easy enough to seal the zip from against small exploratory fingers and your oils will stay cool and out of sight.

Being volatile, essential oils will evaporate if the bottle is left open for long periods. Be sure to replace the cap tightly when you have finished with them. When using essential oils from the bottle, to avoid contaminating the oil, don't touch the top of the bottle or the inside of the lid.

Essential oils are flammable. Never leave open bottles near sources of ignition such as cookers, fires, candles or any naked flame.





## what to do if things go wrong

### Keep essential oils away from the eyes.

If you do get some essential oil in the eyes, rinse immediately and for a long time with clean, cool water.

Put a couple of drops of Sweet Almond Oil into the eye to soothe. This same remedy should also be applied if incorrect oils used in an intimate massage cause extreme discomfort to the genital areas.

### Never take essential oils internally.

Do not swallow them. If they are accidentally swallowed, drink plenty of milk and consult your doctor.

## weights & measures

### Drops

1ml of essential oil is 40 drops from our dripolators.

A 2% concentration of essential oil in carrier oil is a commonly used rule to apply when you're mixing your own oils.

Essential oils	Carrier oils
8 drops	10ml (2 teaspoons) or 1/3 fl.oz
12 drops	15ml (3 teaspoons) or 1/2 fl.oz
24 drops	30ml (6 teaspoons) or 1 fl.oz
48 drops	60 ml (10 teaspoons) or 2 fl.oz

If you're making a mixture for repeated use, you should use the 60ml or 30ml bottle. Measure your carrier oil into the bottle then add the oil, drop by drop. Don't be tempted to think 'a little more would be better'. Oils are very strong and should only be used in these minute, recommended portions. Fasten securely, shake and label clearly. Store out of reach of children.

### For a bath blend

It's tempting to use more, but do not add more than 10-15 drops of essential oil to a well-filled bath. If you want more fragrance, you can burn a candle or vaporiser as well.

## children

### Massage

Because baby's skin is so delicate and protective mantle not yet fully formed, it's essential you use oils that are known to be safe and gentle.

Those recommended are: **rose, orange, Roman chamomile and clary sage**. Most aromatherapists suggest that no oil at all should be used on an infant for the first 24 hours.

After that, it's a rule of thumb that you should halve the amounts of essential oils used in any blend that is going to be used to massage children and use just quarter the recommended number of drops of essential oil until the baby is 2-3 months of age.

Good base oils to use with children are Jojoba and Sweet Almond Oils or a mixture of 80% hazelnut + wheat germ and light virgin olive oil.

For day-to-day blends for use with babies and children, [CLICK HERE](#).

## vaporisers

Many experts suggest that vaporisers should not be used in the same room with babies under two months.

It's suggested instead that you give your little one all the fragrant benefits of gentle essential oils by adding 1 drop of essential oil to 1 pint of steaming water (2 drops to a litre). Place this on the floor so that the steam can rise and waft gently towards the baby. Lavender is a lovely oil often used for this purpose since it gently cleanses the room as it fragrances.

## disclaimer

The information contained in this booklet is for educational purposes only, and as such is not intended to be used to diagnose, prescribe or administer in any manner to any physical ailments. In any matter relating to health, please always contact a qualified health practitioner. Essential oils are not a replacement for orthodox medicine.

## references & suggested reading

**Aromatherapy and Common Ailments**, Shirley Price

**The Aromatherapy Book**, Jeanne Rose





## Bergamot *Citrus aurantium var. Bergamia*

Country of origin:	Italy
Part of plant:	Peel of fruit
Method of extraction:	Cold expression
Fragrance:	Sweet and warm; sharp and citrusy. A slightly floral blend of orange and lemon.
Principal constituents:	Monoterpenes: Dipentene, Limonene Esters: Linalyl acetate Alcohols: Linalool, Nerol, Terpinol Lactones: Bergaptene

### History and Traditional uses:

Bergamot is named after a small town in Italy, Bergamot in Lombardy, where the tree was originally cultivated and used in folk medicine for the treatment of fever and worms. Bergamot is perhaps best known today for the delicate fragrance and taste it contributes to the popular Earl Grey tea blend. According to legend, Christopher Columbus brought the tree to the Caribbean, where it was popularly used in voodoo practices as a protection against misfortune. Columbus may have had his own reasons for travelling with bergamot. Carrying the dried fruit in your pocket was thought to keep travellers safe on their journeys and soothe the stress of travelling. Modern aromatherapists suggest placing a few drops of bergamot on a cloth and carrying it in your pocket or travel bag. Sniff the scented cloth while travelling to reduce stress, depression, anxiety, or insomnia.

### Energetic:

Affinity with the heart chakra, use when feeling grief, fear or rage.

### Therapeutic properties:

Antiseptic, anti-inflammatory, antidepressant, antiviral, antibiotic.

### Mind

Reportedly, helps vanquish negative thoughts and depression. Its sedative yet uplifting character is said to be excellent for anxiety, depression and nervous tension. Almost everyone likes bergamot's fresh, and lively but gentle, flowery fragrance. Bergamot is second only to lavender in its ability to relax brain waves when sniffed. Use in the bath for stress, depression, grief, anxiety and PMT.

### Body:

Has wide applications in common use countering infections and skin complaints such as acne and psoriasis. Bergamot fights several viruses, including those that cause flu, herpes, shingles, and chicken pox. Due to its versatile antibiotic properties, it also treats bacterial infections of the urinary system, mouth, and throat plus a variety of skin conditions, including eczema. The best way to use it is diluted in a salve or massage oil that is applied externally over the afflicted area.

### Home

Use in vapouriser for a pleasing, uplifting fragrance and to prevent the spread of germs.

### Safety precautions:

Since this is the certified, organic, non-photo-toxic oil, it can be used diluted to 8% in sunlight.



## Cedarwood (Atlas) *Cedrus Atlantica*

Country of origin:	France
Part of plant:	Wood, stumps or sawdust
Method of extraction:	Steam-distilled
Fragrance:	Strongly and uniquely aromatic – a memorable rich woody, smoky-sweet fragrance that's especially appealing to men.
Principal constituents:	Sesquiterpenes: Himachalenes, Bisabolene Ketones: Atlantones Oxides: Himachalene oxide

### History and Traditional uses:

This majestic tree was used to build King Solomon's temple: it was thought its fragrance would lead worshipers to prayer and thus closer to God. The tree grows to 100 feet (around 30 metres) in height, lives more than 1,000 years, and resists insect damage. Cedar comes from the Semitic word signifying 'power' or 'strength.' A clay tablet from 1800 B.C. Babylon mentions the trade of cedarwood essential oil. The Egyptians believed that cedarwood extended the life. The ancient Egyptians used cedar as a preservative and for embalming, in cosmetics, and as incense. A Byzantine legend is of cedarwood being one of the three symbolic trees that grow at the gates of the 'Symbolic garden', alongside the cypress and the pine. All are said to teach us moderation.

### Energetic:

Instils courage, fortifies and strengthens the mind.

### Therapeutic properties:

Antiseptic, astringent; brings on menstruation, clears mucus, sedates nerves, and stimulates circulation.

### Mind

With its strengthening and opening effect on the mind and psyche, the strong life-essence in Cedarwood is said to help defeat negativity and promote courage. Users report that by mitigating anger and alleviating anxiety, it can help establish a receptive, sensual mood. Its soothing, grounding and centering effect may help with anxiety and stress, making it an ideal oil for meditation. Use in the bath for nervous tension, exhaustion, anger and stress related complaints. Use in massage

blends for stress. Vaporise as incense for meditation, yoga or prayer. Clears the head and deepens breathing.

### Body

Indications for acne, arthritis, bronchitis, coughing, cystitis, dandruff, dermatitis, stress. Helps balance the body, eases respiratory complaints. Inhale the steam of cedarwood essential oil to treat respiratory infections and clear congestion. Add a few drops to a bath to help ease the pain and irritation of urinary infections. Applied to oily skin, cedarwood essential oil is an astringent that dries and helps clear acne. Incorporate it into a facial wash, spritzer, or other cosmetic (10 drops of essential oil per 30ml (1 ounce) of preparation.

Added to a moisturiser (15 drops of essential oil per 30 ml (1 ounce), it may relieve dermatitis and, in some cases, eczema and psoriasis. For bites and itching, mix cedarwood and an equal part of or vegetable oil, and dab directly on the area. Add two drops of essential oil to every ounce of shampoo or hair conditioner to ease dandruff and possibly slow hair loss.

### Home

The aroma repels ants, moths and insects. Use in linen closet to protect against moths.

### Safety precautions:

Preferably not while pregnant



## Chamomile German *Matricaria chamomilla*

Country of origin	Egypt
Part of plant	Flowering tops
Method of extraction	Steam-distilled
Fragrance	A delicious aromatic fragrance that is rich, warm and slightly fruity - although somewhat sharp in contrast with Roman Chamomile which is reminiscent of apples.
Principal constituents	Terpenes: Chamazulene, Farnesene Alcohols: Bisabolol, Farnesol, Thujanol

### History and Traditional uses:

Held sacred by the Ancient Egyptians who dedicated it to the Sun God Ra. Named 'Maythen' by the Saxons, it was later dedicated to St Anne, mother of the Virgin Mary. The herb has long been grown for its healing properties. Its smell was thought to relieve depression and to encourage relaxation. Medieval monks planted raised garden beds of chamomile, and those who were sad or depressed lay on them as therapy. Chamomile also was once a strewing herb, spread on bare floors so that the scent was released when people walked on it. The genus name, *Matricaria*, given to the German chamomile species means 'matrix' (womb), and this was the nature that the herb was used by the ancients; as a woman's herb for relieving female conditions and aiding childbirth.

### Energetic:

Counteracts agitation and anger.

### Therapeutic properties:

Anti-inflammatory, antiseptic; promotes digestion, relieves gas and nausea, encourages menstruation, soothes nervous tension, and promotes sleep.

### Mind

Soothing, comforting and balancing, German Chamomile is a gentle sedative that is believed to calm the emotions. It may be exceptionally helpful to people who end to be over-anxious or drive themselves too hard. It eases the emotional ups and downs of PMS, menopause, and hyperactivity in children. Use in the bath for nervous afflictions, irritability, insomnia and anxiety.

### Body

Indications for abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, stress, wounds. Relaxing and warming, German Chamomile may help promote a calm mood in children and adults without being unduly depressive.

Renowned as an analgesic and restorative, it is recognized as an aid to sweet sleep and may offer comfort from menstrual pain. It also helps control the pain of bruises, stiff joints, headaches, sore muscles, menstrual and digestive system cramping, as well as the pain and swelling of sprains and some allergic reactions. Chamomile is mild enough to ease a baby's colic and calm the child for sleep. It is especially soothing in a massage oil, as a compress, or in a bath. Chamomile is suitable for most complexion types or skin problems, from burns and eczema to varicose veins. It is especially useful for sensitive, puffy, or inflamed conditions. Use in massage blends as an anti-allergenic and anti-inflammatory, and to help ease menstrual pain.

### Home

Make a chamomile room spray by diluting 12 drops of the essential oil per ounce of distilled water.

### Safety precautions:

none





## Chamomile Roman *Chamaemelum anthemic nobile*

Country of origin	England
Part of plant	Flowering tops
Method of extraction	Steam-distilled
Fragrance	Imparts an attractive, sweet and fruity aroma that is reminiscent of the evocative fragrance of ripe, sun-warmed apples.
Principal constituents	Monoterpenes: Pinene Esters: Pinocarvone, Bisabolol, Farnesol, Pinocarveol, Cineole, Azulene, Beta-caryophyllene, Camphene, Myrcene, nerolidol, chamazulene, pinocarvone, and cineol

### History and Traditional uses:

One of the Saxons' 'nine sacred herbs', Roman Chamomile was also used widely by the Egyptians and Moors and is still a favourite in the Mediterranean regions some 2,000 years on. The Romans also dedicated chamomile to their gods. Chamomile was also used by India's ancient Ayurvedic physicians. The Vikings added chamomile to hair shampoos to aid the lightening of blond hair. Chamomile was taken to the Americas by the Pilgrim Fathers of both British and German descent. The herb is so popular to the Germans that they have given it the exaggerated label of herb 'alles zutraut', meaning 'capable of anything.'

### Energetic:

Affinity with the throat chakra – helps express highest truth

### Therapeutic properties:

Anti-inflammatory, antiseptic; promotes digestion, relieves gas and nausea, encourages menstruation, soothes nervous tension, and promotes sleep

### Mind

Inhaling chamomile's aroma relaxes both mind and body. Profoundly soothing and helpful in overcoming all forms of tension and weariness, it may be of special use to soothe upsets in pregnant women and to help pacify distressed children. Research studies show that chamomile relaxes emotions, muscles, and even brain waves.

### Body

Indications for abscesses, allergies, arthritis, boils, colic, cuts, cystitis, dermatitis, dysmenorrhea, earache, flatulence, hair, headache, inflamed skin, insect bites, insomnia, nausea, neuralgia, PMS, rheumatism, sores, sprains, strains, stress, wounds. May ease headaches, migraine and insomnia, PMT, restlessness, anxiety and in fact most manifestations of a troubled spirit. Good for nervous exhaustion, weariness, anxiety and over excitement in both adults and children.

Use as steam inhalation for headaches. Put a few drops on a hanky to combat anxiety and tension associated with asthma, hayfever and allergies. Chamomile is mild enough to ease a baby's colic and calm the child for sleep. It is especially soothing in a massage oil, as a compress, or in a bath. Chamomile is suitable for most complexion types or skin problems, from burns and eczema to varicose veins. It is especially useful for sensitive, puffy, or inflamed conditions. Add it to shampoos to lighten and brighten hair.

### Home

Use in vaporiser to calm, relax and sweeten the atmosphere. Sprinkle on pillows for a deep slumber. Make a chamomile room spray by diluting 12 drops of the essential oil per ounce (30 ml) of distilled water.

### Safety precautions:

none



## Eucalyptus *Eucalyptus radiata*

Country of origin	Australia
Part of plant	Leaves & branches
Method of extraction	Steam-distilled
Fragrance	Fresh, sharp and hauntingly sweet, this 'spirit of the Australian bush'.
Principal constituents	Monoterpenes: Pinene, Limonene Oxides: Cineol (Eucalyptol)

### History and Traditional uses:

Highly antiseptic, eucalyptus has long been a household remedy in Australia for treating everything from flu, fever, and sore throat to skin and muscle pain. Sydney's Blue Mountains are named for the haze produced by the tree's essential oil. When you walk through the groves, the blue mist that mutes the surrounding scenery can be almost intoxicating. One can't help but take deep breaths of its refreshing scent, which is perhaps why aromatherapists use it to 'clear the air,' and help resolve disagreements in interpersonal conflicts. Eucalyptus Oil has now been scientifically proven to have such extraordinary strength as an antiseptic oil that it is used in hospitals and first aid care worldwide.

### Energetic:

Use to cleanse a space where there has been conflict or negativity.

### Therapeutic properties:

Antibacterial, antiviral, deodorant; clears mucous from the lungs; as a liniment, relieves rheumatic, arthritic, and other types of pain

### Mind

The powerful and refreshing fragrance of this essential oil is a surefire pick-up for both physical and nervous exhaustion. Strong and refreshing, it revitalises and stimulates while bringing the essence of sunshine to a sad or weary spirit. The scent increases brain wave activity and counters physical and mental fatigue. Carry eucalyptus with you on long car trips, or smell it to help you study. International Flavors and Fragrances, Inc., a research and development corporation in New Jersey, found that sniffing eucalyptus increases your energy.

### Body

Indications for arthritis, bronchitis, catarrh, cold sores, colds, coughing, fever, flu, poor circulation, sinusitis. One of the most robust of the antiseptic oils, eucalyptus also has been proven to have a cooling effect on the body which can help lower temperature. It is said to aid concentration and to be valuable in treating fevers, wounds and sores, head lice and sore muscles.

It is the most popular essential oil steam for relieving sinus and lung congestion such as asthma. Inhale the steam, add one or two drops of oil to a compress, or put three or four drops in your bath. Especially appropriate for skin eruptions and oily complexions, it is also used for acne, herpes, and chicken pox.

For a homemade preparation, mix eucalyptus essential oil with an equal amount of apple cider vinegar and dab on problem areas. This mix can also be used as an antiseptic on wounds, boils, and insect bites. Use in the bath for convalescence, and congestion headaches. Apply a few drops to a hanky to use throughout the day to ease congestion.

### Home

Use in a vaporiser to prevent spread of infection and clear the energy.

### Safety precautions:

Do not use if you suffer from high blood pressure or epilepsy. Do not store near homeopathic remedies. Poisonous if ingested. Do not use in an asthma attack.



## Frankincense *Boswellia carteri*

Country of origin	Somalia
Part of plant	Gum
Method of extraction	Steam-distilled
Fragrance	Fresh, woody, balsamic, slightly spicy and fruity.
Principal constituents	Monoterpenes: Limonene, Pinene, Borneol, Phellandrene, Myrcene Sesquiterpenes: Farnesol Esters: Octyl Acetate, Incensyl Acetate Alcohols: Octanol

### History and Traditional uses:

The earliest known use of frankincense dates back over 5000 years when it was used as incense. The fragrance of frankincense is thought to ascend and perfume the heavens. Frankincense is also known as 'Olibanum', which was its original name before it was renamed frankincense in the 10th century. The name olibanum derives from 'oil of Lebanon' as frankincense is native to the Middle East. The frankincense burned as church incense today is the same as that used by ancient peoples who inhabited the Middle East and North Africa. In Christian lore, it features in the Bible some 22 times! The name frankincense is derived from the old French word, franc, meaning free, pure or abundant, and Latin incensum, meaning to smoke. Charred and powdered, frankincense was the major ingredient in the traditional black kohl that Egyptian women still wear as eyeliner. It was believed to help women see a more spiritual aspect of the world, to avoid ill-fate, and to prevent eye infection. Of course, it has been, and still is, used in expensive perfume.

### Energetic

Cuts ties to the past, that are blocking personal growth. Stills the mind.

### Therapeutic properties

Antiseptic, anti-inflammatory, antifungal, astringent, sedative; clears lung congestion, decreases gas and indigestion, brings on menstruation

### Mind

Burned, frankincense reportedly releases a psycho-active substance that expands consciousness. Soothing, elevating, protective and restorative, its beautiful fragrance helps calm down body, mind and spirit to create a perfect ambience for

meditation, ritual, yoga or prayer.

Valued for its tonic effect on the nervous system, frankincense is used by people to counter depression and aid memory. Users report that as it brings clarity to the mind, the breath deepens, the body relaxes and the spirit soars.

### Body

Historically, it has been utilized for treating syphilis, infections, and all kinds of skin disorders. Ayurvedic medicine from India has long suggested its use on inflamed skin conditions. Its antiseptic and skin-healing properties fight bacterial and fungal skin infections and boils. Since it's quite expensive, however, it is usually reserved for the most difficult cases, such as unsightly scars that remain after an infection has healed, and hard-to-heal wounds. For problem skin areas, use a couple drops of frankincense in an equal amount of vegetable oil. Frankincense is excellent on mature skin and acne. It is especially good when middle-aged women experience those conditions and also want to prevent wrinkles.

Make a compress or massage oil with frankincense for breast cysts or for infection of the lungs, reproductive organs, or urinary tract. It also increases menstrual flow. Use in the bath for anxiety and depression.

Use in a vaporiser for meditation, yoga or prayer.

Use in massage blend with orange and neroli for the deep relaxation.

Add to pot-pourris for its rich, long lasting scent.

### Safety precautions

none





## Geranium *Pelargonium graveolens*

Country of origin	Egypt
Part of plant	Flowering plant
Method of extraction	Steam-distilled
Fragrance	Floral, fresh, sweet, with a fruity note.
Principal constituents	Alcohols: Citronellol, Geraniol, Linalool Esters: Citronellyl formate

### History and Traditional uses

Geranium is a small, tender, South African perennial whose essential oil was not distilled until the nineteenth century. Since it is a veritable medicine cabinet with a lovely scent, it became an instant hit. It is also an insect repellent, and one that is certainly more aromatically pleasing than the commonly used citronella. It was once known as 'a herb of Venus the god of love' and used in sweetheart sachets and potions. Geranium was also seen as a protective herb by many ancient races and used as a talisman to ward off evil snakes and spirits. Its main medicinal use in the past was the treatment of diarrhoea and dysentery.

### Energetic

Ideal for the workaholic perfectionist. Helps inspire imagination and intuition.

### Therapeutic properties:

Antidepressant, antiseptic, astringent; stops bleeding, possibly gently stimulates the adrenals and normalizes hormones

### Mind

Calms the mind, relaxes the body, and eases frustration and irritability. Users report that this is a lovely oil that seems to boost the psyche and cheer the spirit. Geranium essential oil is also said to have strong regenerative themes and gently helps to balance, uplift, refresh and restore the harmony of the soul. Inhale this pleasant scent to treat PMS, menopause, fluid retention, and other hormone-related problems, or include it in body rubs and baths. Use in the bath for PMT, stress, moodiness and hangover. Use in massage blend with rose and lavender for restorative relaxation.

### Body

Used as an anti depressant, that's useful in bringing relief from PMT, menopausal problems, moodiness, hangover, anxiety and tension, geranium is also welcomed for the benefits it can bring to ageing skin.

A popular skin therapy, the essential oil treats a host of problems including inflammation, eczema, acne, burns, infected wounds, fungus (like ringworm), lice, shingles, and herpes. It also decreases scarring and stretch marks. Use it in the form of a salve, cream, lotion, or massage/body oil, whichever is most appropriate. It balances all complexion types and is said to delay wrinkling. It is beneficial for treating cellulite, fluid retention and oedema of the ankles.

### Home

Use in pot-pourri for a sweet, fresh aroma. Use in vapouriser for an uplifting, refreshing fragrance.

### Safety precautions

none



## Helichrysum *Helichrysum angustifolia*

Country of origin	Corsica
Part of plant	Flowering plant
Method of extraction	Steam-distilled
Fragrance	Sweet-fruity tea-like odour.
Principal constituents	Esters: Neryl Acetate Sesquiterpenes: Curcumene Monoterpenes: Limonene

### History and Traditional uses

Also called Immortelle and Everlasting. The name comes from the Greek word helios (sun) and chrysos (gold) because the flowers look like little golden suns. Teas made from the flowering tops of Italian helichrysum were traditionally used for skin complaints, asthma, coughs, arthritis, poor digestion and headaches. They were also taken to dispel worms. Most trials on various species have confirmed the antiseptic, anti-inflammatory, anti-haematomic and antibacterial properties of helichrysums in general.

### Energetic

Said to increase dream activity and stimulate the right-brain. Aromatherapists use it for those considered too cerebral and ungrounded.

### Therapeutic properties

Anti-inflammatory, antimicrobial, antiseptic, expectorant, cicatrisant.

### Mind

Helps alleviate anxiety, stress and nervous exhaustion. It is used to soothe and fortify a depleted nervous system. Also helpful for mild depression and the emotional symptoms associated with PMS. Helichrysum oil is valued in aromatherapy for its psychological effects. If the aroma is liked, its warming sensation can be helpful for people who feel cold or who may have received too little warmth and affection in their lives. Added to the bath water or made into a massage oil, it relaxes yet also fortifies an overwrought system. Opening and inspirational, relaxing and elevating, helichrysum is thought to increase dream activity and awareness and to stimulate the right (intuitive) side of the brain.

### Body

The oil is effective in physical trauma. Helichrysum can be used as an emergency first aid treatment of injuries. It can be applied drop by drop to bleeding wounds, even large ones, if medical help is not available. It is said to reduce and even stop hemorrhage until medical treatment is available. It has been found to be extremely useful in severe burns and in the regeneration of tissue during wound healing.

When applied regularly on a closed wound, it has been found that almost any wound will heal without a visible scar. It is therefore strongly recommended as a treatment after surgery. The oil has been found to increase the body's ability to ward off infectious illness such as coughs, colds and flu. For such purposes, it may be used in the bath, in steam inhalations or diluted in a carrier oil and applied as a chest rub.

The ketone content may provide anti-inflammatory properties that rival the effectiveness of German chamomile for treating inflammation. Not only can musculoskeletal inflammation be addressed with helichrysum, but couperose, rosacea and sensitive skin can be greatly improved and hematomas virtually eliminated. Used to stimulate the endocrine system, it's understood to cleanse the blood and purify the body. Stimulates liver, gall bladder, kidney, spleen and pancreas – the detoxification organs.

Use steam inhalation for sinus infections, bronchitis and coughs. It's analgesic and anti-inflammatory properties make it good for massage blends for rheumatoid arthritis. Recommended for eczema and allergies. Its anticoagulant properties make it useful in the treatment of severe bruising.

### Home

Vaporise to induce compassion and creativity.

### Safety precautions:

none



## Jasmine *Jasminum grandiflorum*

Country of origin	Egypt
Part of plant	Flowers
Method of extraction	Steam-distilled
Fragrance	Sweet, floral and heady
Principal constituents	Esters: Benzyl Acetate, Methyl Jasmonate, Phytol Acetate Alcohols: Benzyl Alcohol, Phytol, Linalool

### History and Traditional uses:

Native to the Himalayas and Asia, jasmine is considered to be a sacred flower to the people of these areas. The Hindus strung jasmine flowers together to form garlands and presented them to their most honoured guests. Jasmine is the sacred flower of the Hindu love god, Kama. A fragrant emblem of love, jasmine flowers are often entwined into bridal flowers at Indian weddings. This custom is said to promise the bridal couple a deep and lasting affection for eternity. An ancient Indian myth of a princess who fell in love with the sun god Surya-Deva attempts to explain why the jasmine flower will only open its petals at night. According to the myth, the sun god rejected the princess's love and she was so heartbroken that she killed herself. Her ashes were scattered to the ground, and from the ashes the beautiful jasmine grew. Since the sun god was responsible for her death, the jasmine flower would only open and release her perfume at night. Throughout history, jasmine has been revered for its aphrodisiac qualities, and known as a plant of love with a great influence on both males and females.

### Energetic

Releases inhibition, liberates imagination, develops playfulness. Transcends physical love, releasing male and female sexual energy.

### Therapeutic properties

Antidepressant; relaxes nerves, relieves muscle spasms and cramping

### Mind

Jasmine is known as a romantic and powerfully relaxing oil that will uplift and soothe. Users swear that it floats away any worries or anger, nervousness or irritability. Jasmine sedates the nervous system, so it is good for jangled nerves, headaches, insomnia, depression and for taking the emotional edge off PMS and menopause - although keep in mind its age-old reputation as an aphrodisiac! Studies at Toho University School of Medicine in Tokyo show that jasmine also enhances mental alertness and stimulates brain waves. In another study, it was able to help computer operators reduce by one-third the number of mistakes they made.

### Body

Used as an aid to calm the mind, jasmine has high value in skin care where it is used for the treatment of dry or sensitive skin and to reduce wrinkling and rejuvenate an ageing complexion. It also eases muscle cramping, such as menstrual cramps. Cosmetically, the oil is wonderful for sensitive or mature skin. In its native India, jasmine flowers infused into sesame oil are applied to abscesses and sores that are difficult to heal. A similar preparation can be made by adding 2 drops of jasmine essential oil to 1 ounce vegetable oil.

### Safety precautions

Due to its emmenagogue properties it should not be used in pregnancy. Using too much of this oil could impede concentration, as it is a deeply relaxing oil.





## Lavender *Lavandula angustifolia*

Country of origin	France
Part of plant	Flower
Method of extraction	Steam-distilled
Fragrance	Fresh, herbal, sweet and floral
Principal constituents	Esters: Linalyl Acetate Alcohols: Linalool Oxides: Cineole Sequiterpenes: Caryophyllene

### History and Traditional uses:

Native to the Mediterranean, Lavender is responsible for the birth of aromatherapy in our modern culture. Lavender has been used for centuries to freshen the air of sick rooms and used as a carminative, disinfectant, sedative, tonic and a healing agent. Cultivated since early times, lavender was one of the herbs dedicated to Hecate – god of witches and sorcerers – and was thought to avert ‘the evil eye’.

Its name means ‘to wash’ and refers to the Roman custom of washing with water infused with aromatic flowers. The Egyptian pharaohs used lavender as a perfume and fragrance. The Greeks used lavender to scent their bathwater. The name lavender was possibly derived from the Latin word ‘lavare’, which means ‘to wash.’ During the middle Ages, lavender gained a reputation as an aphrodisiac that attracted a lover. Sprinkling lavender water onto your lover’s head was said to keep your lover faithful. This belief fuelled a great demand for lavender.

Lavender was also one of the ingredients of the Middle Age’s ‘Vinegar of Four Thieves’, which was used by grave robbers to ward off the plague. It was also burned to keep the evil spirits away. Lavender was used right up until World War I as an infusion to treat and disinfect wounds.

### Energetic

Used to integrate spirituality into everyday life. Brings together higher and lower chakras.

### Therapeutic properties:

Antiseptic, analgesic, anti-convulsant, anti-depressant, anti-rheumatic, anti-spasmodic, anti-inflammatory, antiviral, bactericide, carminative, cholagogue, cicatrisant (tissue healing), cordial, cytophylactic, decongestant, deodorant, diuretic, emmenagogue, hypotensive, nervine, rubefacient, sedative, sudorific and vulnerary.

### Mind

Ideal for soothing people affected by PMT, menopausal issues, palpitations, grief, mood swings and depression. Strengthening yet calming, the self-nurturing properties of lavender are said to help soothe away anxieties, induce sweet sleep and still an overactive mind. Of several fragrances tested by aromatherapy researchers, lavender was most effective at relaxing brain waves and reducing stress. It also reduced computer errors by almost one-fourth when used to scent the office.

### Body

Lavender is among the safest and most widely used of all aromatherapy oils. It relieves muscle pain, migraines and other headaches, and inflammation. It is also one of the most antiseptic essential oils, treating many types of infection, including lung, sinus, vaginal, and especially candida infections. Lavender is suitable for all skin types.

Cosmetically, it appears to be a cell regenerator. It prevents scarring and stretch marks and reputedly slows the development of wrinkles. It is used on burns, sun-damaged skin, wounds, rashes, and, of course, skin infections.

Home Vaporise lavender to lift depression, help in crisis situations, sooth irritability and relieve stress thereby helping with tense muscles and muscle spasms.

### Safety precautions

none



## Lemon *Citrus limonium*

Country of origin	Italy
Part of plant	Peel
Method of extraction	Cold pressed
Fragrance	Uniquely clean-smelling, fresh, light and citrus-sharp.
Principal constituents	Monoterpenes: Limonene

### History and Traditional uses

The lemon tree hails from Asia, but has been cultivated in Italy since at least the fourth century. It is now grown throughout the Mediterranean, Australia, Central and South America, California, and Florida.

In Japan the essential oil is diffused through the air systems of offices and factories because it increases concentration and the ability to memorize and noticeably reduces mistakes. Research confirms that the aroma of lemon is relaxing to brain waves, which improves concentration. It was the most effective essential oil tested in reducing computer errors; those working in a lemon-scented room made less than half the mistakes of those working in unscented rooms. Because it seems to stimulate the mind while calming emotions, sniffing lemon can be helpful when making decisions.

### Energetic

Opens the heart by alleviating fears of emotional involvement.

### Therapeutic properties

Antiseptic, antidepressant, antiviral; decreases indigestion, stops bleeding

### Mind

Lemon conjures up images of freshness and cleanliness: its tangy, bright fragrance is refreshing and uplifting to the spirit. Recent research suggests that it actually enhances concentration, revives the spirits and brings alertness and mental clarity. Lemon oil soothes and relieves headaches and migraines.

### Body

Known to stimulate the body's defences and boost the immune system – lemon has long been used to alleviate cold symptoms. Proven as an effective sickroom disinfectant that can also be beneficial in countering listlessness and mental fatigue.

Lemon oil can be very beneficial to the circulatory system and aids with blood flow, reducing blood pressure and helping with nosebleeds. It can help bring down fever, relieve throat infections, bronchitis, asthma and flu. It boosts the immune system and cleanses the body, improves the functions of the digestive system, and it is helpful with constipation, dyspepsia and cellulite. It is also used for clearing acne, cleaning greasy skin and hair, as well as removing dead skin cells, easing painful cold sores, mouth ulcers, herpes and insect bites.

Lemon oil can be used in blended massage oils or diluted in the bath to assist with digestive problems, lack of energy, fatigue, infections, flu, obesity, overweight, rheumatism, depression, stress and as a general tonic.

### Home

Frequently vaporised for colds, voice loss, flu, depression, stress, lack of energy and fatigue, lemon is also reputed to relieve irritation, improve concentration, lift the spirits, clear the mind and help in decision making.

### Safety precautions

Do not use directly on skin exposed to sunlight



## Lime *Citrus aurantifolia*

Country of origin	West Indies
Part of plant	Peel
Method of extraction	Steam-distilled
Fragrance	Clean, fresh, light, sharp and bitter-sweet floral
Principal constituents	Monoterpenes: Limonene, Pinene, Terpinene

### History and Traditional uses:

Lime Essential Oil is well known in folklore for its ability to cleanse, purify and renew the spirit and the mind. It is also said to be effective in cleansing the aura. Known back as far as Roman times, the lime (or linden) tree - cherished for its attraction to honey bees - was the ancient emblem of German villages and still grows in profusion today.

Originally from Asia, it is now cultivated in most warm countries, especially Italy, the West Indies and the Americas. It was introduced into Europe by the Moors and from there it migrated to the Americas. Ships transporting it were called 'lime juicers' and ship crews depended on it to prevent scurvy, because of the high vitamin C content.

### Energetic

Clears any heated emotions and returns you to a place of calm and ease.

### Therapeutic properties

Antiseptic, antiviral, astringent, aperitif, bactericidal, disinfectant, febrifuge, haemostatic, restorative and tonic.

### Mind

A gentle astringent oil, the sharp fragrance of lime may help to calm and soothe but it is claimed to also bring the dual benefits of refreshing the mind and uplifting and warming jaded spirits. Lime oil can stimulate and refresh a tired mind and is said to help with depression.

### Body

This oil is used in calming teas and to ease headaches, palpitations and hypertension. Sheets scented with lime are said to induce the sweetest sleep. Lime oil is useful to cool fevers associated with colds, sore throats and flu and aids the immune system while easing coughs, bronchitis and sinusitis, as well as helping asthma.

It can be helpful for arthritis, rheumatism and poor circulation, as well as for obesity and cellulite and has an astringent and toning action to clear oily skin and acne, and also helps with herpes, insect bites and cuts.

### Home

When diffused, it may help with mental fatigue, depression and apathy.

### Safety precautions:

Spoils easily when exposed to light. Store carefully. Can cause photosensitivity in strong sunshine and can irritate the skin.





## Mandarin *Citrus reticulata*

Country of origin	Italy
Part of plant	Peel
Method of extraction	Cold pressed
Fragrance	Fresh, warm, tangy and intensely sweet citrus fragrance
Principal constituents	Monoterpenes: Limonene, Terpeneolene, Pinene

### History and Traditional uses:

This sweet, fresh oil is cold-pressed from the peel of the mandarin orange. Mandarin is a member of the orange family, smelling like tangerines. Native to China, precious, sunny mandarin fruits were feted for generations as a traditional gift to the ruling class Mandarins of China.

### Energetic

Breathe happiness. Helps us get in touch with our inner child.

### Therapeutic properties

Antiseptic, antispasmodic, cytophylactic, depurative, sedative, stomachic and tonic.

### Mind

Long believed to be calming, soothing and gentle enough for children and the elderly, mandarin is a good-hearted oil that people swear will comfort, refresh and uplift then - body, mind and spirit. This oil is gentle and mild, making it very useful for children and the elderly. It is soothing, calming, refreshing and uplifting.

### Body

With its safe, sedative effect, this is a lovely massage oil for pregnancy and developing girls. It may also bring many benefits to people who suffer digestive problems, depression and lack of energy and is also good for colic, gas, indigestion and hiccups.

It is also useful for the skin and is used to help with stretch marks, increasing circulation and reducing fluid retention. As a blended massage oil or diluted in the bath, mandarin oil can assist the nervous system, reduce flatulence, diarrhoea, constipation, and other digestive complaints, but also increase circulation to the skin, reduce fluid retention and help prevent stretch marks.

### Home

Vaporise to create a happy atmosphere in the home or classroom. Use in the car to relieve travel fatigue and calm down restless children.

### Safety precautions

Photosensitising – do not apply to skin before going out in the sun



## Myrrh *Commiphora myrrha*

Country of origin	Africa
Part of plant	Resin
Method of extraction	Steam-distilled
Fragrance	Spicy, pungent, warm, sweet and long-lasting.
Principal constituents	Monoterpenes: Limonene, Pinene Sequiterpenes: cadinene Aldehydes: cuminaldehyde, cinnamaldehyde Phenols: eugenol

### History and Traditional uses:

Myrrh has long been valued both in religious ceremonies and medicinally. This warm, rich, spicy, camphoraceous scent is distilled from the resin of a Middle Eastern shrub. The Egyptians used Myrrh for embalming. They also used it to make healing unguents and burned it as incense. The ancient Hebrews drank it with their wine to raise consciousness. The Romans and Greeks put it in healing salves and ointments. Myrrh is a native of Africa and Asia.

The use of myrrh is discussed in the world's oldest surviving text- the Ebers Papyrus (1500 B.C.) The name myrrh was derived from an Arabic word for 'murr', which means 'bitter.' First mentioned almost 4,000 years ago, in eastern and western medicine and mythology, myrrh was a luxury commodity and one of the three precious gifts carried by the Magi.

### Energetic

Unites the physical with the spiritual. Promotes inner stillness and peace.

### Therapeutic properties

Antiseptic, anti-inflammatory, antibacterial and anti-fungal, decongestant, astringent; heals wounds, brings on menstruation

### Mind

Stimulates the mind and fortifies the nerves. With its opening character, the fragrance of myrrh may be useful for people who want to move forward spiritually. In helping to soothe nerves and cool emotions, this joyous oil may restore, uplift and mollify. It is often used to set a tranquil and peaceful mood, conducive to meditation, prayer and yoga. It is also great for enhancing spirituality and is most useful when meditating.

### Body

With a significant history in wound care and respiratory problems, today Myrrh is more likely to be used cosmetically to revitalize ageing skin. Myrrh is an expensive but effective treatment for chapped, cracked, or aged skin, eczema, bruises, infection, varicose veins, ringworm, and athlete's foot. It is very helpful applied on herpes sores and blisters.

Myrrh oil is effective against excessive mucus in the lungs and helps to clear ailments such as colds, catarrh, coughs, sore throats and bronchitis. It is used for diarrhoea, dyspepsia, flatulence and haemorrhoids. It is very good for mouth and gum disorders, such as mouth ulcers, pyorrhea, gingivitis, spongy gums and sore throats.

It is of great help to promote menstruation and for relieving painful periods and to ease difficult labour in childbirth. Bedsores, deeply chapped and cracked skin, boils, carbuncles, acne and all other skin ailments show dramatic results when myrrh oil is used to treat them, and it can also be applied with a cotton bud directly on sores, wounds and other skin infections.

### Safety precautions

Not during pregnancy. Due to a possible increase of thyroid activity, do not use myrrh if you have an overactive thyroid.



## Neroli *Citrus aurantium ssp amara*

Country of origin	Italy
Part of plant	Flowering tops
Method of extraction	Steam-distilled
Fragrance	Warm, rich, bittersweet, intensely floral
Principal constituents	Alcohols: Linalol, Nerolidol, Geraniol Monoterpenes: Limonene, Pinenes, Camphene, Terpinene Esters: Linalyl Acetate, Geranyl Acetate, Neryl Acetate

### History and Traditional uses

Named after Anna Maria de la Tremoille, Princess of Neroli (Italy) who loved the exquisite orange blossom fragrance so much she used it to perfume everything in her life. Neroli is derived from the orange blossom. Orange blossoms were woven into a bride's bouquet for 100's of years to ensure good luck, happiness and fertility to the bridal couple. A bride who wore orange blossoms in her hair was proclaiming her virginity. Orange blossoms were also placed on the bridal bed to calm nervous apprehension before the bridal couple retired to the marriage bed.

On the other hand, Madrid's 'women of the night' wore neroli as a perfume to seduce and lure clients. For these reasons, neroli symbolises both seduction and sexual purity.

### Energetic

Fosters empowered choices from a quiet contemplation

### Therapeutic properties

Sedative; can help relieve muscle spasms and cramping and stimulate circulation. A proven anti-depressant, antiseptic, aphrodisiac, bactericidal, cicatrisant.

### Mind

Soothing, tranquillising and slightly hypnotic, neroli has earned a reputation as an exquisite aphrodisiac. It is extremely valuable for soothing a troubled spirit and easing away anxiety. It brings joyful calmness and the quiet confidence to trust your choices.

For the ultimate luxury, add it to your bath to ease tension from PMS, menopause, or life in general. Neroli oil is very relaxing. It also helps insomnia. As one of the essential oils with the most sedative effects, neroli is useful for treating depression, anxiety and shock and is also effective in calming heart palpitations, treating headaches, neuralgia and vertigo. Useful when a patient is convalescing, neroli is a good general tonic.

### Body

A very safe oil that is often used in pregnancy and labour to ease tensions and soothe the body. With a purifying and uplifting fragrance, it has been proven an effective aid to meditation, prayer and the search for inner truth.

Neroli's favoured use is for circulation problems, especially hemorrhoids and high blood pressure. It makes a wonderfully fragrant and effective cosmetic for mature, dry, and sensitive skin and is also one of the best essential oils to add to a vaginal cream during menopause. It reputedly regenerates skin cells and has anti-aging properties. When used in a cream or lotion is not only fights stretch marks and broken capillaries on the skin, but also prevents ugly scarring. Its action of stimulating cell growth and cellular activity helps it to rejuvenate and regenerate the skin.

### Safety precautions

Not suitable when a clear head is essential.



## Orange Sweet *Citrus sinensis*

Country of origin	Italy
Part of plant	Peel
Method of extraction	Cold pressed
Fragrance	Radiant, tangy and zesty; sensual, sweet and warm
Principal constituents	Monoterpenes: Limonene

### History and Traditional uses:

Mysteriously, although oranges were cultivated by the Chinese since 2500 BC, they don't actually feature in written history until they arrived in Rome in the first century AD after an arduous shipboard journey from India.

The orange, like the orange blossom, is a symbol of innocence and fertility. Both the orange and neroli share their common history, neroli being the flower and orange being the fruit of the same tree. According to folklore, the exchange of an orange between unmarried men and women was a simple charm to invite love to blossom between the two. In European courts they were stuck with cloves and carried as a pomander to dispel disagreeable odours and emotions such as depression and nervousness, as well as to bring more cheer into dreary winter days.

### Energetic

For those that are too serious. Lighten up and laugh with joy.

### Therapeutic properties

Sedative reputed to relieve muscle spasms, cramping, and indigestion

### Mind

The aroma of orange essential oil is comforting and refreshing, joyful, tangy, sunny and soothing. Orange is always a favourite with children and adults. It is a happy scent, promoting ease in the family by soothing irritability, moodiness and frustration and increasing joy, harmony and creativity. Orange's greatest claim to aromatherapy fame is its ability to affect moods and to lower high blood pressure. In fact, just sniffing it can lower blood pressure by a couple of points. It is also a good adjunct

treatment for irregular heartbeat.

Research at International Flavors and Fragrances, Inc., in New Jersey found that orange also reduces anxiety. You don't even need to buy the essential oil; simply peel an orange and inhale its aroma. It is a sunny and radiant oil, bringing happiness and warmth to the mind, it helps people to relax and helps children to sleep at night.

### Body

Although not as antibiotic as lemon, orange essential oil still has some value in fighting flu, colds, and breaking up congested lymph, especially when added to massage oil. The aroma of oranges is a favourite of children, and they will usually be more enthusiastic about an aromatherapy treatment when it is included. Using it as a massage oil can ease a bout of indigestion or overcome a light case of insomnia or depression.

Cosmetically, orange is good for oily complexions, although essential oils with more sophisticated fragrances are preferred. Orange oil can be used effectively on the immune system, as well as for colds and flu and to eliminate toxins from the body. It is a good diuretic and is most useful in balancing water retention and obesity. Its lymphatic stimulant action may help to balance water processes, detoxification, aiding the immune system and general well-being.

### Home

Vaporise to help with colds and flu, nervous tension and stress and to create a feeling of happiness and warmth. Orange may assist children to fall asleep at night.

### Safety precautions

Orange essential oil may cause allergic reactions in some individuals.





## Oregano *Origanum vulgare*

Country of origin	USA
Part of plant	Leaves
Method of extraction	Steam-distilled
Fragrance	Strong and spicy, camphor-like aroma.
Principal constituents	Alcohols: Linalool Sesquiterpenes: Caryophyllene, Bisabolene Phenols: Carvacrol, Thymol

### History and Traditional uses:

Oregano essential oil is steam distilled from the dried flowers of a plant growing in the Mediterranean area. The Ancient Greeks gave oregano its name – a word that translates approximately as ‘delight of the mountains’. They recognised the disinfectant and anti bacterial properties of this oil and they used oregano for treating bacterial infections on skin, wounds and otherwise and also to protect food stuff from bacteria. It is on record that Hippocrates, now known as ‘The Father of Medicine’ used oregano widely in his cures for respiratory and digestive troubles.

### Therapeutic properties:

Antiviral, anti-bacterial, anti-fungal, anti-parasitic, antioxidant, anti-inflammatory, digestive, emenagogue and anti-allergenic.

### Body

Research has confirmed what Hippocrates obviously intuited all those years ago. Oregano is a powerful germ killer. In fact it's a powerhouse – anti-bacterial, anti-inflammatory, antiviral, anti-fungal, anti-parasitic and antiseptic. It's also valued as a strong analgesic and anti rheumatic. It is a very strong oil and can irritate the skin, but when diluted it can be used to heal skin conditions and massage painful joints.

### Home

Vaporise to help ease conditions of the upper and lower respiratory tract, as well as influenza.

### Safety precautions

People with allergies, illness and women who are pregnant or nursing should consult with a medical professional prior to using oregano. Skin irritant, mucous membrane irritant, can cause skin irritation.





## Patchouli *Pogostemon cablin*

Country of origin	Indonesia
Part of plant	Dried leaves
Method of extraction	Steam-distilled
Fragrance	Sweet, rich, exotic and earthy
Principal constituents	Alcohol: patchoulol Aldehydes: benzoic, cinnamic Phenol: eugenol Sequiterpenes: cadinene, patchoulene

### History and Traditional uses

The plant is native to Malaysia and India. It was placed between Indian cashmere shawls en route to Victorian England, to protect the merchandise from moths, and without this signature smell of dried patchouli leaves the shawls could not be sold in England.

In the East, it is used in potpourri and sachets and placed between linen, to keep bedbugs away. It is the smell of patchouli oil, mixed with that of camphor, that gives Indian ink its characteristic smell. In the 1960's, patchouli became the evocative signature perfume for the flower children of the hippy generation.

To some people the scent of patchouli is exotic, sensual, and luxurious, but to others it's too forceful and repellent. Patchouli also has a reputation as an aphrodisiac, a notion that probably originated in India, where it is used as an anointing oil in Tantric sexual practices. Perfumers must think that it works since minute quantities of high quality oil scent such famous perfumes as Tabu and Shocking.

### Energetic

For the spiritually focussed who get out of touch with their body and sensuality

### Therapeutic properties

Antidepressant, anti-inflammatory, antiseptic, antiviral, and antifungal; reduces fluid retention.

### Mind

A grounding oil, patchouli is used widely to soothe anxiety, refresh the spirit, increase objectivity and is thought to create a sensual and peaceful mood, ideal for meditation or prayer. The aroma reduces appetite and helps to relieve headaches - unless the patient doesn't like it!

### Body

Patchouli is most often used in a sensual body massage blend or diffusion that is believed to ease mental and emotional tension and help create an aphrodisiacal, seductive mood.

Cosmetically, the essential oil is a cell rejuvenator and antiseptic that treats a number of skin problems, including eczema and inflamed, cracked, and mature skin. Add 4 drops to hair conditioner to help eliminate dandruff. It is effective for fungal and bacterial infection and is of great help for insect bites. As an anti-fungal, it counters athlete's foot.

With its excellent diuretic properties, it is effective in fighting water retention and to break up cellulite, easing constipation and helping to reduce overweight. Patchouli oil is a superb tissue regenerator, which helps to stimulate the growth of new skin cells. In wound healing, it promotes faster healing, and helps prevent ugly scarring when the wound heals. Patchouli is effective for acne, eczema, weeping sores, ulcers, slow healing wounds, scalp disorders, as well as other fungal infections, such as athlete's foot.

### Home

The oil of patchouli is widely used in Asia for incense, body and garment perfumes and insect repellents. It is also sprinkled in temples. Arabs used it to perfume carpets.

### Safety precautions

Be careful of overuse: Patchouli can become a sedative and result in loss of appetite, insomnia and nervous attacks.



## Peppermint *Mentha piperita*

Country of origin	South Africa
Part of plant	Flowering herb
Method of extraction	Steam-distilled
Fragrance	Bright, fresh, clean, sharp and quite penetrating.
Principal constituents	Alcohols: Menthol Ketones: Menthone Oxides: Cineol Monoterpenes: Limonene

### History and Traditional uses

Peppermint is a native of the Mediterranean region. The world's oldest surviving text the 'Ebers Papyrus,' mentions the use of peppermint as a stomach soother. Peppermint was one of the plants mentioned in recipes for liturgical perfumes found on the walls of the Temple of Horus at Edfou in Egypt.

Mint spread from Egypt to Palestine, where it was accepted as payment for taxes. This particular use for mint is recorded in the Bible in Luke (11.39), which says: 'you pay tithes of mint and rue... but you have no care for justice and love of God.' Cultivated by the ancient Egyptians, dried peppermint leaves have been found in a tomb dated at 370BC. Greek and Roman housewives added mint to milk to prevent it from spoiling. They served mint after meals as an aid to digestion. Both the Chinese and the Ayurvedic physicians of India used mint as a digestive aid, as a tonic and as a treatment for coughs, colds and fevers. In both ancient Greece and Rome, peppermint adorned the tables of feasts and people crowned themselves with peppermint.

Peppermint was also used to flavour wine and was added to bathwater for its restorative properties. In Victorian times, peppermint was added to hot water for mopping floors in order to remove negativity.

### Energetic

Become sharper, clearer, more focused. Reconnect to your purpose.

### Therapeutic properties

Anti-inflammatory; relieves pain, muscle spasms, and cramping; relaxes the nerves; kills viral infections; decreases gas and indigestion; clears lung congestion; reduces fever.

### Mind

A delightful, multi-purpose oil, it can help restore the spirit, revive a tired body, calm hysteria, stimulate the mind and encourage clear thinking.

### Body

Used throughout history as an aphrodisiac by men and women, peppermint is said to stimulate virility and be helpful for impotence and sexual frigidity.

Peppermint helps the digestion of heavy foods and relieves flatulence and intestinal cramping, actually relaxing the digestive muscles so they operate more efficiently. A massage over the abdomen with an oil containing peppermint can greatly aid intestinal spasms, indigestion, nausea, and irritable bowel syndrome.

Peppermint essential oil is included in most liniments, where it warms by increasing blood flow, relieving muscle spasms and arthritis. Peppermint relieves the itching of ringworm, herpes simplex, scabies, and poison oak. It also clears sinus and lung congestion when inhaled directly or when a vapour balm is rubbed on the chest. It also destroys many bacteria and viruses.

### Home

Peppermint oil is vaporised for sinus congestion and infections and at the onset of a cold. Considered great for helping with mental fatigue and concentration.

### Safety precautions

Do not use in combination with homeopathy. Can inhibit sleep in strong doses. Too much topically can burn the skin.



## Rose *Rosa damascena*

Country of origin	Bulgaria
Part of plant	Flower
Method of extraction	Steam-distilled
Fragrance	Floral, rich, sweet, tender and warm
Principal constituents	Alcohols: Geraniol, Citronellol, Nerol, Phenyl Ethanol Monoterpenes: Linalool Sesquiterpenes: Farnesol Phenols: Eugenol, Methyl Eugenol Ketones: Damascenone Oxides: Rose Oxide

### History and traditional uses

In ancient art and literature, the rose was the predominant flower symbol. The 'Queen of the Flowers' and its fragrance have been associated with love and feminine beauty in many cultures since time immemorial. The rose is native to central Asia and is an ancient flower. Fossils from the Tertiary era (dating back forty million years) confirm that the rose was flourishing in that time.

The word 'rosa' is derived from the Greek word 'rodon', meaning 'red.' The word 'centifolia' means '100 petals.' In Roman mythology, it is said that the goddess Venus gave the rose its colour with the blood of Adonis, after he was killed by a boar. The rose is also a symbol of Venus, the goddess of love, and it is thought that the planet Venus governs the rose. No love potion was considered potent unless it contained a few drops of rose oil or rosewater. Rose petals were scattered at ancient Roman and Egyptian weddings to ensure a happy marriage.

It is said that the first century A.D. Egyptian Queen Cleopatra first made love to Mark Anthony on a carpet buried under 1 inch of rose petals. As a further reminder of her love to Mark Anthony, Cleopatra had the sails of her ships soaked in rosewater so that the scent of the rose on the breeze alerted her lover of her impending arrival well before she could be seen.

### Energetic

The oil of the heart chakra – open ones heart and know that when even alone we are all one.

### Therapeutic properties

Antidepressant, antiseptic, anti-inflammatory, astringent, antibacterial, and antiviral; increases menstruation, calms nervous tension.

### Mind

Loved through the ages as a calming, releasing and restorative, soothing and uplifting essence, people believe that the rose soothes tension, brings comfort, wellbeing, happiness and sensuality. The aroma of rose essential oil restores and refreshes the spirit and is a gentle aphrodisiac for women. As a massage oil, rose can help various types of female problems, including menstrual cramps, PMS symptoms, and moodiness during menopause. Sniffing the oil or using a massage oil containing rose has even been suggested to help reverse impotency.

Rose oil soothes and harmonizes the mind to help with depression, anger, grief, fear, nervous tension and stress and at the same time addresses sexuality, self-nurturing, self esteem and dealing with emotional problems.

### Body

A cell rejuvenator and powerful antiseptic, rose essential oil soothes and heals skin conditions, including cuts and burns. For the respiratory system rose oil assists in cases of asthma, coughs and hay fever, and in the digestive system for liver congestion and nausea.

Rose oil has a balancing, cleansing, regulating and purifying effect on the female sex organs. On the skin it is most effective for moisturizing and hydrating the skin, while having a general stimulant and antiseptic action, which is good for all skin types, but especially so for dry, mature and irritated skin. It is used to repair broken capillaries, inflammation as well as skin redness and is useful in eczema and herpes.

### Safety precautions

Best avoided in during first trimester of pregnancy.





## Rosemary *Rosemarinus officinalis*

Country of origin	Spain
Part of plant	Flowering tops
Method of extraction	Steam-distilled
Fragrance	Fresh, herbaceous, camphorous.
Principal constituents	Monoterpenes: Pinenes, Camphene, Limonene Oxides: Cineole Ketones: Camphor

### History and traditional uses:

Regarded as sacred in many civilizations rosemary has variously been used for driving away evil spirits, as a fumigant, as protection against plague, at weddings, feasts and funerals - and as both a remembrance and an aid to joyful memories.

The word 'rosmarinus' comes from the Latin word 'rosmaris' which means 'dew of the sea', in reference to its refreshing effects and its natural habitat. The ancients also used rosemary as a respiratory ailment treatment and as sacred incense in some religious ceremonies. Sprigs of rosemary have been found in Egyptian Tombs (3000 BC.)

Rosemary is one of the ingredients in the 'Vinegar of Four Thieves' which was a potion used by grave robbers for protection against the plague. It was believed that placing a sprig of rosemary under a pillow before sleep would repel nightmares, and if placed outside the home it would repel witches.

The folklore developed from this practice says the woman rules the household in homes and gardens where rosemary grows abundantly. By the 16th century this became a bone of contention and men were known to rip up rosemary bushes to show that they ruled the roost.

### Energetic

Associated with the third eye (brow chakra), rosemary is a psychic protector

### Therapeutic properties

An antiseptic, astringent and antioxidant, rosemary is said to relieve rheumatic and muscle pain, relax nerves, improve digestion and appetite and increase sweating.

### Mind

Rosemary's invigorating fragrance stimulates alertness and strength in the senses. It encourages clarity and creativity, rekindles energies and nourishes intuition through

a heightened sensitivity to situations and surroundings. Rosemary helps prepare the body and mind for meditation and prayer.

Rosemary oil has a pronounced action on the brain and the central nervous system. It is thought wonderful for clearing the mind, fostering mental awareness and improving the memory.

### Body

The benefits of rosemary essential oil in treating respiratory problems are unmatched. The oil is used in treating respiratory allergies, cold, sore throat and flu. Since rosemary oil is antiseptic it is effective for respiratory infections as well.

The oil is antispasmodic and is used in bronchial asthma.

As an ingredient in a massage oil, compress or bath, rosemary essential oil is considered excellent for increasing poor circulation and easing muscle and rheumatic pain. It is especially penetrating when used in a liniment.

Added to shampoos, rosemary has a pronounced positive effect on the health of the hair and scalp. It increases the circulation to the scalp and is therefore also effective for promoting hair growth. The diuretic properties of rosemary oil are useful with reducing water retention during menstruation, and also with obesity and cellulite.

### Safety precautions

Not to be used when pregnant nor by epileptics or people with a history of heart problems.

### Home use

The oil is used in room fresheners, candles and perfumes due to its aroma. The oil, when inhaled brings mental energy and also clears the respiratory tract. Spray a mixture of rosemary essential oil and water to remove bad odour from a room.



## Sandalwood *Santalum spicata*

Country of origin	Australia
Part of plant	Heartwood
Method of extraction	Steam-distilled
Fragrance	A deep, soft, sweet-woody aroma
Principal constituents	Sequiterpene Alcohols: Santalols, Farnesol, Alpha-Bisabolol

### History and traditional uses:

Recorded in the oldest Vedic works from the 5th century BC, mythical sandalwood has featured in ancient eastern and western religious observances and in medicine for the past 3,000 years. Sandalwood (*S.album*) originates from India. *S.spicatum* is native to Australia.

Sandalwood has been used in India as a temple incense to worship the gods since antiquity. Disciples of the Tantra tradition smear sandalwood onto their bodies while celebrating the divinity of sexual ecstasy. Sandalwood is mentioned in the Hindu love scripture the 'Kama Sutra.'

Sandalwood is used in Ayurveda for treating skin conditions such as acne, poisonous stings and external bleeding; in massage oils and as a blood purifier. The indigenous people of Australia used sandalwood (*Santalum spicatum*) for centuries as a medicine. They boiled the bark for a cough syrup and used the seed kernels in a liniment for muscular stiffness. Western Australian sandalwood oil is included in the pharmacopoeias of several countries, including Britain, France, Japan and Belgium.

Australian sandalwood oil was used as an internal antiseptic in the 1920's and determined to be 'of equal therapeutic value to the oil of *Santalum album*'. In the early 1920's clinical trials were undertaken on the Australian oil at several public hospitals. These trials were very successful, and Australian sandalwood oil was used continuously from this time until being superseded by antibiotics.

### Energetic

Links the root and crown chakra – the oil of choice for meditation.

### Therapeutic properties:

Antidepressant, anti-inflammatory, anti-fungal, astringent, sedative, insecticide, urinary and lung antiseptic therefore helpful in relieving lung congestion and nausea.

### Mind

With its mystical and euphoric fragrance, sandalwood, is renowned as an aphrodisiac and said to have elevating, grounding and opening properties. Soothing and warming, sandalwood creates an exotic ambience for sensuality, transcendental meditation and contemplative reflection.

Sandalwood oil is inhaled to relieve nervous tension, calm the mind and help slow down breathing and heart rate. It is connected with the ancient spirit of Australia. Deep inhalation of sandalwood oil vapour creates a series of positive physiological changes to the body. Most promising is its positive effect on the health of our nervous system. A remarkable aspect of this relaxant ability is that our mind remains clear and focussed, allowing the oil to be used without fear of drowsiness or when high levels of concentration are important.

### Body

Suitable for all complexion types, it is especially useful on rashes, inflammation, acne, and dry, dehydrated, or chapped skin. Chronic chest infections, sore throats and dry coughs as well as bronchitis and asthma can benefit greatly from this oil, as well as cystitis and bladder infections. It may also be helpful with sexual problems such as frigidity and impotence. Sandalwood oil also counters inflammation, so it can be used on hemorrhoids. A syrup or chest balm containing sandalwood may help relieve persistent coughs and sore throat.

### Home

A long lasting fragrance that attracts humans as strongly as it repels insects.

### Safety precautions

none



## Spearmint *Mentha spicata*

Country of origin	South Africa
Part of plant	Flowers and leaves
Method of extraction	Steam-distilled
Fragrance	Warm, spicy-herbaceous, clean, penetrating
Principal constituents	Monoterpenes: Carvone, Pinenes, Oxides: Cineole

### History and traditional uses

According to Greek mythology, mint is named after Mintha, a lover of Pluto who was ground into the ground by a jealous Persephone. The ancient Greeks used it to scent their bath water and it had a reputation for curing sexually transmitted diseases like gonorrhea.

During the medieval times it was used to heal sore gums and also to whiten teeth. The Romans introduced it to Britain, where it was used to stop milk curdling. Unlike peppermint, spearmint does not contain high amounts of menthol.

The spearmint plant is native to Europe but is now common in North America and Asia. The U.S. is the major producer of spearmint essential oil, which is steam distilled from the fresh flowering tops. Spearmint has traditionally been used as an aromatic, stomachic, stimulant, antiseptic and local anaesthetic. It has an uplifting effect on the nervous system and is used to treat acne and congested skin. Its most common use at this time is as a flavouring in toothpastes, chewing gum, candy and mouthwashes.

### Energetic

Aligns your energy and your intentions – invigorates the weary.

### Therapeutic properties

Antiseptic, antispasmodic, carminative, cephalic, emmenagogue, insecticide, restorative and stimulant.

### Mind

The zingy, penetrating, light hearted fragrance of spearmint is said to encourage you to think happily and simply as you revisit the precious memories of your childhood. A helpful oil to use when the mind is tired and in need of stimulating and uplifting. Spearmint contains only small amounts of menthol. This means it is far less harsh on the skin and is better to use for children than peppermint.

### Body

Spearmint is prized as a energizer for virility – in men and animals - and has long been a popular aid to cure frigidity in women. It can help to stem the flow of heavy periods and releases urine retention. A restorative massage oil that may be beneficial for impotence, fatigue, exhaustion and shock.

Spearmint is very useful to deal with digestive problems including flatulence, constipation, diarrhoea and nausea, as it relaxes the stomach muscles and also relieves hiccups. It can help with headaches, migraines, fatigue and stress. It is also useful with asthma, bronchitis, catarrh and sinusitis. On the skin it can relieve the itching of pruritus and helps with acne, dermatitis, congested skin and sore gums.

### Safety precautions

none



## Tea Tree *Melaleuca alternifolia*

Country of origin	Australia
Part of plant	Whole plant
Method of extraction	Steam-distilled
Fragrance	Strong, clean, powerful, fresh
Principal constituents	Monoterpenes: Terpinen-4-ol, Terpinene, Cymene, Terpinolene Alcohols: Terpineol

### History and traditional uses

Known since the dawn of time by indigenous Australians, today this oil has been scientifically proven to be resistant to bacteria, fungi and viruses at a rate five times better than normal household antiseptics. No medicine cabinet should be without this essential oil, as it is one of the most powerful immune system stimulants.

It is a small tree from New South Wales in Australia, with needle-like leaves and heads of sessile yellow or purplish flowers. Even when this tree is cut down, it flourishes and is ready for cutting again in two years. In World War II, the producers and the cutters were exempt from military service until enough essential oil had been accumulated. Each soldier and sailor was issued with some as part of his kit, to treat tropical infections and infected wounds.

It's only recently, however, that essential oil companies have begun touting tea tree's healing properties. Medical journal articles support reports of its ability to heal mouth infections, and its primary use is in products for gum infection and canker sores, germicidal soaps, and deodorants.

### Energetic

For delicate individuals who struggle with feelings of victimisation. Increases tolerance, physically and emotionally.

### Therapeutic properties

Anti-inflammatory, antiviral, antibacterial, antifungal; destroys parasitic infections, encourages the healing of wounds, clears lung and sinus congestion, stimulates immune system.

### Mind

Tea tree revives the mind and the spirits. Builds confidence, patience and understanding.

### Body

Called a 'medicine cabinet in a bottle', tea tree is effective against bacteria, fungi, and viruses and stimulates the immune system. It is used in compresses, salves, massage oil, and washes to fight all sorts of infections, including herpes, shingles, chicken pox, candida, thrush, flu, cold, and those of the urinary tract. Studies show that the presence of blood and pus from infection only increase tea tree's antiseptic powers.

It heals wounds, protects skin from radiation burns from cancer therapy, and encourages scar tissue to regenerate. Tea tree also treats nappy rash, acne, wounds, and insect bites. Adding just one drop to dish and nappy washing rinses gets rid of bacteria. Tea tree may be used without dilution topically to treat bacteria, viruses and fungi, as well as to wash wounds, ulcers and burns.

Massage with tea tree oil before an operation to fortify the body and reduce post-operative shock. It also helps clear bronchial congestion, asthma, coughs, sinusitis, whooping cough and tuberculosis. Tea tree can be used to help clear vaginal thrush, cystitis and genital infections in general.

On the skin, it clears abscesses, acne, burns, herpes, oily skin, athlete's foot, cold sores, blemishes, diaper rash, warts, sunburn and infected wounds, while fighting dandruff on the scalp.

### Home

It helps purify the environment, prevent the spread of infection and bring the clear, clean smell of the Australian bush to your home.

### Safety precautions

Possibly sensitising to some individuals.





## Ylang Ylang *Cananga odorata*

Country of origin	Madagascar
Part of plant	Flower
Method of extraction	Steam-distilled
Fragrance	Intoxicating, heady, and floral
Principal constituents	Alcohols: Linalool Esters: Benzyl Acetate, Geranyl Acetate

### History and traditional uses

With a venerable reputation as a potent aphrodisiac, sweet, floral ylang ylang embellishes the wedding rituals of cultures across the world. Originating in the Philippines, ylang ylang means 'flower of flowers'

This fragrance is traditionally used in aromatherapy to sharpen the senses and to temper depression, fear, anger, and jealousy. For these reasons, and also because of its reputation as an aphrodisiac, the flowers are spread on the beds of the newly married in Indonesia. People throughout the tropics mix coconut oil with ylang ylang to use as a cosmetic and to protect their hair from salt water damage.

Today, as one of the most abundant and least expensive of the true floral-smelling essential oils, it is a favourite in perfumes and cosmetics and is even added to some beverages and desserts.

### Energetic

Dispels anger and creates a feeling of peace

### Therapeutic properties

Known to be an antidepressant that can stimulate circulation, relieve muscle spasms, lower blood pressure and relax nerves.

### Mind

The powerfully exotic, yet soothing scent of ylang ylang may help overcome fear, anxiety and impatience and usher in a more balanced state of soft mindfulness. The euphoric qualities of this exquisite scent may make it valuable in overcoming depression, apathy, anxiety, tension, PMT, menopausal problems, shock, fear and panic while the aphrodisiac qualities make it useful for impotence and frigidity.

### Body

Ylang ylang is also believed to be an excellent aid for those suffering high blood pressure and insomnia. Of all the essential oils, ylang ylang is one of the best at relaxing the mind and the body. Simply sniffing it can slightly lower blood pressure, although taking a bath with the oil or using it in a massage oil greatly enhances the relaxation experience. It can be helpful in cases of stress, shock, or anxiety.

When used as a hair tonic, it balances oil production. Add about 3 drops in hair conditioner.

It is particularly useful with rapid breathing and rapid heartbeat and may also help with reducing high blood pressure and useful for intestinal infections.

On the skin, ylang-ylang oil has a soothing effect and its balancing action sorts out over-dry as well as overly-oily skin by balancing the secretion of sebum, and has a stimulating effect on the scalp which promotes more luxurious hair growth.

### Safety precautions

Excessive use can cause headaches and nausea



## vaporiser/diffuser blends

### Environmental Purifier – coughs and colds

4 drops eucalyptus  
4 drops sandalwood  
3 drops lemon

### Insomnia

3 drops lavender  
3 drops Roman chamomile  
2 drops ylang ylang

### Invigorating

17 drops rosemary  
8 drops peppermint

### Relaxing

7 drops lavender  
3 drops ylang ylang  
5 drops frankincense  
5 drops sandalwood  
5 drops myrrh

### Sensual

7 drops orange  
8 drops sandalwood  
5 drops ylang ylang  
5 drops cedarwood

### Studying for exams memory retention

2 drops basil  
2 drops rosemary  
2 drops lemon

### Studying for exams – de-stress

3 drops bergamot  
2 drops geranium  
1 drop lavender



## steam inhalation blends

To inhale steam directly, you need a large heatproof bowl and a thick bath towel. Place your bowl onto a solid surface such as a table and fill it with boiling or almost boiling water. Begin by adding 3-6 drops of your chosen essential oil. As that dissolves, add two more drops – and then again to a total of 6 drops.

Seat yourself safely and comfortably; lean over the bowl and use the towel to seal off the vapours. Breathe in slowly and quietly for between 1-5 minutes. You may want to shut your eyes.

This process of taking the essential oil directly into your nose, throat and chest has strong antibacterial, antiviral and soothing effects. If you'd like to gain an extra benefit from this procedure, splash your face with cold water afterwards for a skin tingling mini-sauna.



### Cold and flu ease

4 drops eucalyptus  
4 drops sandalwood  
3 drops lemon

### Cough ease

2 drops eucalyptus  
2 drops lavender

### Headache remedy

2 drops oregano  
2 drops lavender  
2 drops peppermint

### Sinus congestion ease

4 drops eucalyptus  
3 drops peppermint  
2 drops teatree



## bath blends

### Beat the winter blues bath

3 drops bergamot  
3 drops sandalwood  
2 drops lemon oil

### Bedtime sleepy bath

10 drops lavender  
5 drops oregano

### Bedtime sexy bath for women

3 drops jasmine  
3 drops sandalwood  
3 drops ylang ylang

### Bedtime sexy bath for men

3 drops cedarwood  
2 drops frankincense  
2 drops lime

### Calming bath

2 drops lavender  
2 drops bergamot  
2 drops cedarwood

Use half the number of drops for children under 12.

### Concentration and memory bath

6 drops peppermint  
9 drops lemon

### Cold/flu relief bath

5 drops eucalyptus  
5 drops peppermint  
4 drops lavender

### Cough and colds relief

5 drops lavender  
5 drops rosemary  
5 drops eucalyptus

### Cystitis relief

3 drops lavender  
3 drops sandalwood  
2 drops cedarwood  
Sip on cranberry juice while in the bath.

### Daydream bath

2 drops bergamot  
4 drops patchouli  
6 drops frankincense

### Detoxifying bath

2 drops geranium  
2 drops rosemary  
2 drops juniper  
2 drops lavender

### Hangover bath

3 drops rose essential oil  
8 drops lavender  
2 drops peppermint

Also try an ice pillow on your forehead or the Hangover compress blend.

And sip on an iced Berry Radical. Blend up Berry Radical, ice, honey, and milk.

### Insomnia help

6 drops Roman chamomile  
3 drops lavender  
6 drops neroli

### Jetlag bath

3 drops rosemary  
2 drops lemon  
2 drops frankincense

### Men's favourite bath

5 drops geranium  
5 drops cedarwood  
5 drops lemon

### Pick-me-up bath

4 drops orange  
4 drops frankincense  
4 drops geranium

### Shock and upset alleviator

7 drops geranium  
4 drops cedarwood  
4 drops sandalwood

### Summer cool-down bath

4 drops lemon  
4 drops rosemary  
4 drops peppermint

Halve the number of drops for children under 12.

### Urinary Tract Infection bath

10 drops eucalyptus  
10 drops sandalwood

### Varicose Vein relief

10 drops cedarwood  
10 drops geranium

### Tension breaker

4 drops myrrh  
4 drops geranium  
4 drops lavender





## room freshener blends

Essential oil are an ideal way to disinfect or fragrance any room. Your whole house doesn't have to smell like bathroom spray. Not only will your room be fragranced beautifully but you will also benefit from the therapeutic properties of the oils.

Simply add 20 drops of your favourite essential oils into a MiEnviron spray bottle half-filled with water, shake vigorously and you're away!

Can be used to spray on bedsheets and pillows but make sure not to spray on polished furniture, as some essential oils can damage the polished surface.

Store the bottle in the fridge.

### No more cigarette smells

5 drops rosemary  
5 drops cedarwood  
5 drops tea tree  
5 drops eucalyptus.

### No more cooking smells

5 drops peppermint  
5 drops lavender  
5 drops lemon  
5 drops orange.

### Calming bedtime spray for children

5 drops Roman chamomile  
7 drops lavender  
8 drops orange

### Sensuality blend

10 drops lime  
15 drops bergamot  
5 drops ylang ylang

### Energy blend

16 drops mandarin  
8 drops peppermint  
4 drops spearmint

### Calming blend

8 drops lavender  
8 drops bergamot  
8 drops mandarin

### Luxurious blend

10 drops sandalwood  
10 drops bergamot  
1 drops rose  
1 drops jasmine



## household use blends

### Clothes-eating moths

Sandalwood has been used since time immemorial to repel the clothes eating type of moth. A couple of drops on a cotton ball, in an open plastic bag means no stains but no moths!

Cedarwood oil can also be soaked into a small piece of timber that's is attached to the drawer – under the lining paper. Refresh each month for an effective deterrent.

### Laundry – washing machine blend

3 drops lavender  
3 drops geranium  
For a germ-free wash, add these neat to your final rinse or mix with the softener in the special compartment in your washing machine.

### Carpet deodoriser

Box of bicarb soda  
10 drops eucalyptus  
10 drops lemon  
20 drops lavender  
Add the baking soda and essential oils to a bowl and mix well. It is essential the oils are blended well into the baking soda so that no undiluted oils stains your carpet. Store in a glass jar or airtight container. Sprinkle onto carpet. Leave on carpet for 20 minutes and then vacuum as usual.

### If you use cloth nappies:

Disinfect by soaking in a bucket of cold water to which you've added 8 drops of tea tree oil.

Lavender oil can also help heal nappy rash if you add 2 drops to your final rinse or 6 drops to the softening agent.

### Dryer sheets

Scatter 5 drops of essential oil of choice onto natural fabric scraps (even an old t-shirt cut into pieces). Place the sheet into the dryer with your laundry and dry your clothes as usual. Make sure you use clear or pale coloured essential oils.

### Fabric softener

combine 1 cup white vinegar with a few drops of essential oil of choice. Mix and pour into final rinse of washing machine cycle.

### Scented greeting cards

Put a few drops of the blend onto a cotton ball. Place cards and cotton ball in a ziplock bag, close and let sit for at least 24 hours. Don't let the oil come in contact with cards or envelopes as the oil could stain.





## household use blends (CONTINUED)

### Potpourri

Purchase or dry your own unscented plant materials such as whole flowers, petals, leaves, pine cones, and wood chips. Choose a bowl for the display (glass or glazed ceramic bowls work best as the essential oils can absorb into porous surfaces).

Sprinkle 5-8 drops of your blend onto your potpourri. When the aroma weakens, add more drops of the blend to refreshen the aroma.

Your blends should include fixative essential oils that increase the longevity of the aroma. Such oils are cedarwood, frankincense, myrrh, patchouli, and sandalwood.

#### Woody citrus blend

10 drops sandalwood  
10 drops cedarwood  
10 drops bergamot  
10 drops lemon  
10 drops mandarin

#### Citrus floral blend

10 drops bergamot  
10 drops lemon  
10 drops lime  
10 drops ylang ylang  
10 drops cedarwood

#### Christmas blend

10 drops orange  
10 drops lime  
5 drops patchouli  
10 drops geranium  
5 drop myrrh  
5 drops frankincense

### Fleas blend

4 drops geranium  
2 drops lavender  
2 drops tea tree  
2 drops eucalyptus  
30 ml (1 fl.oz.) water

Put water into a spray bottle and then add the essential oils. Shake well and label. Rub well into the animals skin below the fur and be careful to avoid the eyes!

### Flea collar

1 drop lavender  
1 drop cedarwood  
1 drop citronella  
1 drop oregano  
1 drop garlic oil\*

Soak a soft fabric collar in the mixture.

\*Garlic oil you can squeeze out of a clove of garlic - mixed into half a teaspoon of vegetable oil. It should last about one month. To make it more effective, get into the habit of adding garlic to your pet's dinner in flea season. Fleas hate garlic: dogs are often quite partial to it.

## household use blends (CONTINUED)

### Winter celebrations - fragrance your fire

4 drops frankincense      Sprinkle mixture onto logs 15 minutes before starting fire.  
4 drops sandalwood  
4 drops orange

### Pest control

Mice hate peppermint oil. Put a few drops into some water and spray or smear it sparingly around entry to your pantry or wherever the problem is and presto – the mice will vanish. You can use the same mixture to get rid of unwanted ants as well.

Flies and moths particularly dislike lavender oil.

Mozzies and midges hate tea tree and eucalyptus.

They all hate lemon oil. Here are two blends that are harmless to humans and very off-putting to pests. These can be sprayed around the room.

### Anti-pest spray- for the air

10 drops lemon      Put this into 60 ml. water and shake well. Spray with a pump action mister.  
3 drops peppermint

### Anti-pest spray – for the surfaces

5 drops lavender      Put this into 60 ml. water and shake well. Spray with a pump action mister.  
5 drops tea tree

### Vet's special spray

5 drops lavender      Spray the room or area the distressed animal is in – not the pet itself. Good for spraying a bathroom or laundry where you've shut away the cat after moving house.  
5 drops chamomile  
2 drops mandarin oil



## compress blends

Disperse the oils into a small amount (100ml) of warm water. Wet a cloth, wring and use to bathe the affected area several times a day until relieved.

### Abscesses

2 drops Roman chamomile  
2 drops tea tree  
2 drops lavender

### Boils

3 drops lavender  
2 drops tea tree  
2 drops oregano

### Burns (minor household - run cold water over a burn for at least 10 minutes)

5 drops lavender  
1 drop peppermint  
Soak clean gauze or similar in this mixture, wrap the burn, cover it with cling wrap and chill the site with an icepack. Repeat the application every 2 hours for 24 hours (12 times) without removing the gauze.

### Cuts and scrapes

5 drops lavender  
2 drops tea tree

### Fevers

3 drops tea tree  
2 drops bergamot  
Add oils to iced water wet a cloth, wring and apply to forehead or back of neck. Re-apply each time the cloth warms up to body temperature.

### Hangover

1 drop peppermint  
1 drop lavender  
1 drop Roman chamomile  
Apply cloth to forehead for 10 minutes.

### Headache remedy

1 drop peppermint  
3 drops lavender  
Place the compress over the forehead and temples and lie flat in a darkened room for 30 minutes.

### Sprained ankle

2 drops Roman chamomile  
2 drops peppermint  
2 drops helichrysum  
Use this blend as a cold compress and hold that onto the damaged ankle with the help of an ice pack.

## topical blends

### Boils

2 drops lavender  
2 drops tea tree  
1 drop German chamomile  
Disperse these into a small amount of water that is as hot as your skin will bear. Use this to gently bathe the affected area at least twice per day.

### Headache remedy

1 drop peppermint  
Mix into 0.5 teaspoon of carrier oil. Using fingertip massage, dot this blend onto both temples and to the central forehead. Rub in gently using a circular motion. Good for stopping the onset of a headache.

### Insect bites

You can rub in neat tea tree oil or lavender oil to take the sting out of most bites from flying insects – including mosquitoes. It's a good idea to wash the site first to remove the poison if you can.

## foot baths

### Athlete's Foot

12 drops lavender  
8 drops tea tree  
Shake vigorously to disperse into 1 pint (0.5 litre) of hot water. Soak foot in water for at least 15 minutes. Eucalyptus oil may be substituted for tea tree oil.

### Sweaty feet soaker

3 drops lemon  
3 drops lavender  
2 drops eucalyptus





## hair treatment blends

### Head Lice 1

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8 drops eucalyptus 8 drops tea tree 4 drops lavender 4 drops geranium	Add to 20ml. (4 teaspoons) of carrier oil. Massage into the head and cover with a shower cap or clingwrap for approx 30 mins. Wash with organic shampoo. Fine comb then dry. Wash - then rinse with the following Antiseptic Rinse blend. Repeat after 3 days and again after 5 days to remove all lice and eggs.
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### Antiseptic Rinse

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2 drops eucalyptus 2 drops tea tree 2 drops lavender 2 drops geranium 15ml vinegar (0.5 fl.oz.)	Blend the oils with the vinegar and shake vigorously. Add to the water and shake again. Soak the child's hair with this rinse. Watch the eyes! Pat dry – don't rub. Sunshine dry if possible. Repeat this double wash until all lice and eggs are gone.
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### Dandruff hair care

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2 drops cedarwood 2 drops lavender 2 drops patchouli 2 drops rosemary 2 drops tea tree oil	Add to each shampoo. Massage scalp as long as possible. Follow with Miessence Clarifying Hair Rinse
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### Dark hair rinse

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2 drops rosemary 1 drop geranium	Add the oils to 1 litre (2 pints) of water. Shake very vigorously to dissolve the mixture. Shake again before pouring the lotion onto your hair as a final rinse. Watch your eyes! Leave in.
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### Fair hair rinse

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2 drops Roman chamomile 1 drop lemon	Add the oils to 1 litre (2 pints) of water. Shake very vigorously to dissolve the mixture. Shake again before pouring the lotion onto your hair as a final rinse. Watch your eyes! Leave in.
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## massage blends

The following blends are for 30ml (1 fl.oz.) of carrier oil. You should be adding 20 – 25 drops of essential oils to this base.

### Aching muscles

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10 drops lavender  
10 drops rosemary

### Aches and pains, general

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4 drops cedarwood  
4 drops lavender  
6 drops oregano  
8 drops peppermint

### Asthma - Massage formula for children aged 2-12

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5 drops lavender  
3 drops geranium  
3 drops frankincense

### Asthma - Massage formula for teenagers to adults

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10 drops lavender  
10 drops cedarwood  
5 drops frankincense

### Arthritis relief

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10 drops Roman chamomile 10 drops helichrysum	Ask permission from your medical advisor to massage directly into the joint area. He/she may suggest you work around it. Massage legs towards the heart.
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### Back pain

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10 drops lavender  
6 drops rosemary  
6 drops sandalwood  
3 drops geranium



## massage blends (CONTINUED)

### Cellulite

20 drops geranium  
20 drops lemon  
20 drops cedarwood  
20 drops rosemary

Dry skin brush before shower for 5 minutes. Massage blend into affected areas after shower. Massage again into affected areas before bed. Do this for 30 days.

### Chest congestion

8 drops eucalyptus  
4 drops rosemary  
4 drops lavender  
4 drops tea tree

Use as a massage for upper chest and back. You can also place a couple of drops of this blend onto a tissue and inhale. Do this a couple of time each hour but don't overdo it.

### Children – growing pains/achey legs

15 drops lavender  
10 drops rosemary

### Constipation

10 drops rosemary  
10 drops lemon  
5 drops peppermint

Massage the abdomen and gut in a clockwise circular motion.

### Eczema

3 drops neroli  
3 drop geranium  
6 drops German chamomile  
3 drops lavender

### Feet aching

8 drops lavender  
8 drops eucalyptus  
4 drop peppermint

### Immune boosting

5 drops geranium  
5 drops tea tree  
4 drops lemon  
4 drops thyme  
3 drops myrrh

## massage blends (CONTINUED)

### Menopause - hot flushes

5 drops mandarin  
5 drops lime  
3 drops sweet orange  
2 drops oregano

### Menstrual cramps

15 drops peppermint  
10 drops cedarwood  
5 drops lavender

### PMS

10 drops rose  
8 drops ylang ylang  
5 drops bergamot  
5 drops geranium

Rub gently onto abdomen, using clockwise strokes.







## relaxation blends

**1**

12 drops lavender  
3 drop bergamot  
3 drop frankincense

**3**

14 drops sweet orange  
7 drops lemon  
4 drops patchouli

**2**

7 drops bergamot  
5 drops frankincense  
8 drops rose  
5 drops myrrh

**4**

8 drops lavender  
5 drop ylang ylang  
8 drops lemon

### Romance

7 drops bergamot  
5 drops jasmine  
5 drops rose  
8 drops sandalwood

### Seduction

7 drops geranium  
4 drops ylang ylang  
7 drops orange  
5 drops patchouli

### Sport: Pre and/or Post

8 drops rosemary  
4 drops lavender  
4 drops eucalyptus  
4 drops cedarwood

Massage to the body before and after exercising.

### Study – tension reliever

3 drops bergamot  
2 drops geranium oil  
1 drop Roman chamomile

Blend into 2 teaspoons (10ml.) carrier oil and use to massage the back of the neck and the shoulders. Do this each morning.

### Study - memory aid

2 drops cedarwood  
1 drop peppermint  
3 drops rosemary

Blend into 2 teaspoons (10ml.) carrier oil and use to massage the back of the neck and the shoulders. Do this each morning.





## health care

### Abdominal pain – lower abdomen

2 drops patchouli 2 drops eucalyptus	Add to 1 teaspoon (5mls) carrier oil and rub the affected area, working clockwise.  Refer to other solutions listed under menstruation. See your health care provider if pain persists.
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### Black eye

1 drop Roman chamomile 1 drop German chamomile	Mix the oils and add the blend to 15ml. of witch hazel. Mix all of this into 15ml. of icy cold water and soak a couple of cotton balls in it. Close your eye and apply these mini-compresses to the eyelid and bruised areas.
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### Blood nose

3 drops lemon 1 drop lavender	Mix these oils onto a tissue or similar. Put your head back (or lie down) and inhale the fragrance from the tissue.
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### Blisters

1 drop tea tree 1 drop lemon	Blend and apply gently.
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### Breasts – tender nipples

Mix 1 drop of lavender into 1 teaspoon (5ml) of blending oil, preferably apricot kernel or calendula and massage into nipples immediately after feeding. Wash carefully and thoroughly before next feed. Also useful for young developing girls.

### Bruises

2 drops helichrysum 2 drops mandarin	Blend into 1 teaspoon (5ml) and rub gently into the affected area.
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### Chilblains – fingers and toes

2 drops rosemary 1 drop lavender 5 drops geranium	Blend into 1 teaspoon (5ml) and rub vigorously into the affected area.
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### Insomnia

2 drops lavender 2 drops Roman chamomile	Put these two oils onto a hanky or tissue and breathe deeply at least 3 times. Lie on your back, relax and inhale.
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### Jetlag

1 drops peppermint 1 drops rosemary 1 drops lemon	Drop oils onto a hanky or tissue and breathe deeply whilst travelling.
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### Nausea relief

1 drop lavender 1 drop peppermint	For speedy relief put onto a hanky or tissue and breathe deeply several times.
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