



# AROMANCE

NATURAL ESSENTIAL OILS



An Aromatherapy Hand Book

## **Welcome to the amazing world of Aromatherapy**

Aromatherapy is the use of natural essential oils in healing, relaxation and stress. Aromatherapy, simply put is therapy using SMELL. It is an extremely pleasant and holistic way to promote positive health and beauty, which has been around for thousands of years. Aromatherapy has a direct and profound effect on the mind and emotions of an individual as the sense of smell has a direct access to the human brain and emotions and works at a subconscious level to modify emotional behavior.

### **How Aromatherapy Works ?**

Aromatherapy works by matching a specific essential oil (s) to a specific ailment. The essential oils can be inhaled, applied to skin (through dilution with base oil ) or used in bath. The oils activate the neural pathways between the nose and the brain's limbic system (which controls emotion), causing an array of responses, including muscle relaxation. The oils also act as a powerful foe to bacterial, viral and fungal infections. So powerful in fact that “essential oils may be used to boost the power of antibiotics in the future, ..” says Jane Buckle, R.N., the author of Clinical Aromatherapy in Nursing.

### **Essential Oils - An Introduction**

Essential oils are liquids, which are extracted (usually steam distilled or squeezed) from leaves, stems, flowers, barks, roots and other elements of plants. Ironically essential oils are not actually oils, they are clear form of liquid and contain true essence of plant form, from which it is derived. They are highly concentrated in form. On an average, they are seventy times more concentrated than the botanical material from which the oil has been extracted.

There are more than 200 Essential Oils used in Aromatherapy, each with vastly different therapeutic properties. Following are some of the most commonly used among them:

<b>COMMON NAME</b>	<b>BOTONICAL NAME</b>
<b><i>Basil (Tulasi)</i></b>	<i>Ocimum basilicum</i>
<b><i>Bergamot</i></b>	<i>Citrus bergamia</i>
<b><i>Black Pepper</i></b>	<i>Piper nigrum</i>
<b><i>Cardamom</i></b>	<i>Elettaria Cardamomum</i>
<b><i>Carrot Seed</i></b>	<i>Daucus carota - Umbelliferae</i>
<b><i>Cedarwood</i></b>	<i>Cedrus deodora</i>
<b><i>Cinnamon</i></b>	<i>Cinnamomum zeylanicum</i>
<b><i>Citronella</i></b>	<i>Cymbopogon nardus</i>
<b><i>Clove</i></b>	<i>Eugenia caryopjullata</i>
<b><i>Eucalyptus</i></b>	<i>Eucalyptus globulus</i>
<b><i>Fennel</i></b>	<i>Foeniculum vulgare</i>
<b><i>Frankincense</i></b>	<i>Boswellia carteri</i>
<b><i>Geranium</i></b>	<i>Pelargonium graveolens</i>
<b><i>Ginger</i></b>	<i>Zingiber officinalis</i>
<b><i>Jojoba Oil</i></b>	<i>Simmondsia chinensis</i>
<b><i>Juniper Berry</i></b>	<i>Juniperus communis</i>
<b><i>Lavender</i></b>	<i>Lavendula officinalis</i>
<b><i>Lemon</i></b>	<i>Citrus Limon</i>
<b><i>Lemon Grass</i></b>	<i>Cymbopogon citratus</i>
<b><i>Neem</i></b>	<i>Azadirachta indica</i>
<b><i>Neroli</i></b>	<i>Citrus bigaradia</i>

<b>COMMON NAME</b>	<b>BOTONICAL NAME</b>
<b><i>Orange</i></b>	<i>Citrus aurantium</i>
<b><i>Palmarosa</i></b>	<i>Cymbopogon martini</i>
<b><i>Patchouli</i></b>	<i>Pogostemon cablin</i>
<b><i>Pepper Mint</i></b>	<i>Mentha piperita</i>
<b><i>Rosemary</i></b>	<i>Rosmarinus officinalis</i>
<b><i>Turmeric</i></b>	<i>Curcuma longa</i>
<b><i>Tea Tree</i></b>	<i>Melaleuca alternifolia</i>
<b><i>Vetiver</i></b>	<i>Vetiveria zizanioides</i>
<b><i>Ylang Ylang</i></b>	<i>Cananga odorata</i>

### **ABSOLUTE**

Some flowers despite their strong fragrance actually possess essential oils in low percentages. Steam distillation does not produce optimum results. To improve the yield, a solvent (viz alcohol or hezene) is used to extract the essential oil. This type of extraction produces a waxy mass which is called Concrete (which contains the floral wax plus the essential oil). Steam distillation of Concrete produces ‘**Absolute**’. Some popular Absolutes are:

<b><i>Chamomile</i></b>	<i>Matricaria grandiflorum</i>
<b><i>Champa</i></b>	<i>Michelia champaka</i>
<b><i>Jasmine</i></b>	<i>Jasmine grandiflorum</i>
<b><i>Rose</i></b>	<i>Rosa centifolia</i>
<b><i>Vanilla</i></b>	<i>Vanilla planifolia</i>

## **Storing of Essential Oils**

Essential Oils must be stored in dark glass bottles. Make sure the cap is closed tightly and store upright in a cool dark place. Make sure the essential oils at all times are kept away from children since some oils if swallowed neat can be toxic.

## **Skin Test**

Everybody should carry out a skin test before using an essential oil, put one drop of oil on a cotton bud and use it to just touch the inside of the elbow, the back of the wrist or under the arm. Leave unwashed for some time, if there is itching, redness or any other type of reaction, don't use.

## **Base or Carrier Oils**

Vegetable oils like Wheatgerm, Almond oil, Jojoba oil, Fractionated Coconut oil are called as base or carrier oils. These are used to dilute essential oils. Unlike essential oil that evaporate quickly and have a strong aroma, carrier oils do not evaporate or impart their aroma as strongly as essential oil. These base or carrier oils contain certain benefits themselves. They also act as balancing and stabilizing agents. Generally 2-3 drops of essential oils are added to 5ml (1 tsp) of base or carrier oils.

Essential oils can also be added to lotion, cold cream or Aloe Vera gel and used.

## **Methods of Use**

### ***Scent your bath :***

The aromatic oil bath has existed as a ritual for more than thousand years now. Add 6-8 drops of any essential oil to make an invigorating bath. Your body absorbs the oils through the skin and the hot water intensifies the vapours as you breathe in the benefits.

### ***Massage on pulse points :***

The aroma message is a classic Aromatherapy treatment, which triggers the body's natural process by stimulating circulation. Here the oils penetrate the body via the skin helping detoxification and relaxation of muscles. Add 4-5 drops of essential oil (s) to carrier oil (10 ml) and gently massage for a soft supple glowing skin and relaxed muscle. The aroma massage can be refreshing or relaxing depending on the oils used.

### ***Rub :***

A more concentrated form of massage oil. Add 6-8 drops of essential oil (s) to 10 ml carrier oil and gently rub a little quantity on the desired area. Ideal usage method for headaches, muscle ache/stiffness, indigestion, sprains.

### ***Fragrant your clothes :***

A few drops to the last rinse of the washing machine has your clothes exquisitely fragrant.

### ***Refresh your rooms :***

A few drops onto a Pot-pourri, cotton ball or blotting paper, placed in drawers, closets and cupboards leaves them fragrantly fresh.

***Pot - pourri :*** Pot - pourri is a blend of dried flowers, herbs, and leaves, some chosen for fragrances, others for colour and contrast to which are added essential oil(s), which capture and enhance the original fragrance.

### ***Vapourise for inhalation :***

Add a few drops of essential oil(s) to the water in the diffuser pot or to a bowl of steaming water and let the fragrances lend the right mood to any environment.

***Diffuser :*** Diffuser pots have been used since Roman times for their therapeutic benefits or simply to create a pleasant fragrant atmosphere in homes.

Pour water on glazed top, add a few drops of essential oil(s) and light the cup candle for a pure natural Aromatherapy experience.

***Compress :*** Add a blend of 6-8 drops of essential oil(s) to a bowl of warm or cool water. Agitate the water vigorously. Immerse a clean hand towel in water, squeeze out excess water and apply to desired area. Compress is good for youthful looking skin and glowing complexion or for easing aches and pains, swellings.

### ***Facial Saunas :***

For deep-cleansing the skin, have a facial sauna once or twice a week. Add few drops of desired essential oil(s) in a bowl of moderate hot water (about 38°C). Cover your head with a towel and lean over the bowl so that the towel encloses both the head and the bowl. Always close your eyes and maintain a safe distance. The essential oils in the steam will get to work on the skin. The effect is twofold as the essences in vapour form are absorbed through the delicate membranes of the nasal passages as well. Their action is thus both internal and external.

### ***Efficacy:***

It is important to note that Aromatherapy works best only if natural essential oils are used. Ensure that the range of essential oils and absolutes you buy are always pure and natural

### **Safety tips:**

**Essential oils are very concentrated, so it's important to handle them with care.**

- Essential oils are volatile and evaporate very fast. Hence Close the Cap tightly after each use.
- Store in a Cool and dry place, away from direct sunlight.
- Don't use undiluted oils on your skin. (Always dilute with a carrier oil).
- Do a Skin test before using. Dilute a small amount and apply to the skin on your inner arm. Do not use if redness or irritation occurs.
- Avoid contact with eyes and mucous membranes.
- If redness, burning, itching, or irritation occur, stop using oil immediately.





**Introduction to Individual  
Essential Oils  
And  
Their Uses**

## ***BASIL*** (*Ocimum basilicum*)

There are more than 100 varieties of the herb Basil (*Tulsi*). The common variety has dark green leaves, which if bruised yield a very aromatic scent. The plant is often known as the royal herb. Basil originates from India. Basil was recommended by Pliny, (23 - 79 AD) the Roman writer in the Encyclopedic Natural History, against jaundice and epilepsy and as a diuretic. In the middle ages it was prescribed for melancholy and depression.

*The essential oil:* The oil is yellow and it is very aromatic. The principal constituents include camphor, cineol, eugenol, linalool and pinene, but all vary in proportion according to the plant.

*Uses:* Dilute 3 drops of Basil oil in a 20 ml carrier oil and rub on the tummy during menopause. Add 5 drops to warm water for a rejuvenative bath. Basil is also a good fortifier of the nervous systems and is valuable for nervous fatigue, nervous insomnia, mental and physical tiredness. Add 2 drops to 5ml of carrier oil and rub all over the body.

Basil is effective as a migraine remedy too. Mix 1 drop to 5 ml of carrier oil and massage into the temples, nape of the neck and solar plexus in a clockwise direction and relax for a few minutes. Repeat this a few times till symptom eases.

*Caution:* Avoid during pregnancy. Use in low doses.

## ***BERGAMOT*** (*Citrus bergamia*)

Bergamot is the oil produced from the rind of bitter orange. Essence of Bergamot has been used since the sixteenth century.

*The essential oil* :The oil is extracted by squeezing the peel or grating the rind. The oil is emerald green in colour, with a subtle, spicy lemon scent. The principle constituents are linalyl acetate (upto 50 %), bergamotone, bergaptene and linalool.

*Uses:* Bergamot is mainly used in Aromatherapy because of its antiseptic properties and research by many therapist has proved it to be as effective as Lavender. Its antiseptic properties and its wonderful smell can be used as a room freshener. Add a few drops of the essential oil to a bowl of hot water. Replace every few hours.

*Caution:* Use only after diluting with carrier oil, avoid sunlight after use.

## ***BLACK PEPPER*** (*Piper nigrum*)

Black pepper corns are the fruits of a creeping perennial vine indigenous to India. Black, white and green peppercorns are the fruit of the same plant. Black pepper has long been used in cooking and medicine. It was mentioned in ancient Sanskrit and Chinese texts.

*The essential oil* : The oil is steam distilled from crushed berries. It is greenish yellow with a characteristic smell of phellandrene, a soft, spicy, hot aromatic and piquant odour. The principle constituents are mainly terpenes and a stimulant alkaloid, piperine which is identical to morphia. It also contains starch and cellulose.

*Uses*: It is very useful in nervous conditions. It is classified as a stimulant of the digestive system, stimulates the flow of saliva and gastric systems, thereby aiding digestion. It is a remarkable remedy for sciatica. Useful in inhalations to treat catarrh, colds and even hayfever. Use 1-2 drops in a tumbler of water and gargle for sore throats. It is also useful in massage blends to relieve stiffness and pain.

*Caution*: Avoid direct use, mix with carrier oil.

## **CARDAMOM** (*Elettaria cardamomum*):

Cardamom is a tall herbaceous perennial native to India. The tree produces the small seed pods that are most commonly exported. Two popular varieties are Mysore & Malabar. Cardamom has been used in India as a spice & medicament. Ayurveda, the Hindu system of medicine mentions it under the name of “Ela”.

### *The essential oil:*

The oil is obtained by steam distillation of aromatic seeds. The essence is liquid & colourless, with a tinge of yellowish green colour. The principal constituents are Cineol & Terpeneol. There are very few fragrances to compare with that of Cardamom.

### *Uses:*

It is used in cooking as it is a natural diuretic for fluid retention. It is also very much helpful around the time of periods or during the menopause when rubbed clockwise on the stomach, solar plexus & thighs, preferably in the morning. In India they are served in *paan* to help digestion & as a breath freshener.

## ***CARROT SEED*** (*Daucus carota - Umbelliferae*) :

Carrots are one of the world's most important root vegetables & are rich in nutritive & curative properties. The flesh is crisp, and has a sweet, pleasing aroma & taste.

*The essential oil* : It is the small hairy seeds that are crushed for the essential oil. The oils main use are for therapy & perfumery. The principal constituents are acetic acids, carotal, beta carotene & formic acid. The fluid is yellowish orange in color & smells like a peppery carrot. It has a soft earthy smell.

*Uses* : Carrots are prescribed as a remedy because of their carminative, stomachic & hepatic properties. It not only helps to relieve stress and exhaustion, but is a powerful detoxifier and liver booster, while stimulating and rejuvenating the skin in general, thereby adding elasticity to any skin. At the same time it fights any skin problems, such as psoriasis, eczema, weeping sores, ulcers, boils.

Carrot seed is a premier skin healing oil it can be added to nearly any skin care blend to enhance it's effectiveness.

## **CEDARWOOD** (*Cedrus deodora*)

Cedrus, or true Cedar, is a genus of four species of evergreen coniferous, hardy and long - lived trees. The needles of the true Cedars form in bunches. Cedars are the trees most mentioned in the Bible, and symbolises all things that are fertile and abundant. In 1698 AD, Nicolas Lemery mentioned its therapeutic properties, describing it as a urinary and pulmonary antiseptic.

*The essential oil:* The oil is steam distilled from the wood itself. It is like a syrup, yellowish and very balsamic. It has a turpentine scent, but one which is sweeter, some what similar to Sandalwood. The principal constituents are terpenic hydrocarbons, little cedrol, sesquiterpenes.

*Uses :* Cedarwood oil is highly valued in dermatology. It has been beneficial for eczema, skin eruptions. For eczema and rashes, add 8 drops of the oil to 20 ml of carrier oil. Apply 3 to 4 times daily. As a stimulant, Cedarwood can be added to your body oil or to men's products. Add 4 drops to a cold cream and apply after shaving.

Cedarwood has a very high therapeutic action on the scalp in cases of alopecia (falling hair) and dandruff. The oil has a tendency to darken the hair colour.

*Caution :* Avoid during pregnancy.



## **CITRONELLA** (*Cymbopogon nardus*)

Citronella belongs to the same family of aromatic oil rich tropical grasses as Lemongrass and Palmarosa.

*The essential oil:* This is distilled from the leaves, and is yellow to dark brown with a very strong aromatic lemony smell. The principal constituents are citronellol (30 - 50 %) and geraniol, with traces of citral and various terpenes.

*Uses :* For bites and to use as an insecticide, keep a bottle of Citronella oil handy with you while on tour.

Put a few drops on your bedding and next to your pillow to keep mosquitoes away. Apply to mosquito and other insect bites a few times a day. This will stop the itching and will act as an antiseptic. For children under 8 years dilute with carrier oils.

For rheumatic problems mix 20 drops with carrier oil. Rub on the affected area. It also has deodorizing properties.



## **CINNAMON** (*Cinnamomum zeylanicum*)

These are evergreen trees which grow to a height of 60 feet. The whole tree - flowers, leaves, roots and bark - exudes a spicy aroma. Cinnamon is a native of Sri Lanka (Ceylon).

*The essential Oil* :When the trees are six to eight years old, the bark is removed in long strips and left to dry in the hot sun. The essential oil is obtained from the bark. The principle constituents are cinnamic aldehyde (60%) eugenol, methylamine ketone which gives the characteristic aroma.

*Uses:* The oil is antiseptic, digestive and anti rheumatic. It is one of the strongest antiseptic and antiviral. It is said that a drop of essential oil destroys a culture of typhoid bacillus (*Salmonella*) within an hour. In sickrooms it can be used in diffuser pots .

*Caution:* Dilute with carrier oil or other essential oil. Direct use can cause blisters. Cinnamon can corrode metals.

## ***CLOVE Bud*** (*Eugenia caryopjullata*):

Clove is evergreen tree growing tall up to 30 feet. Clove buds are the unopened, long, yellow green flower buds. They are harvested by beating the tree, a white cotton cloth is used to collect the harvest. They are sun dried for a few days till a dark brown colour is achieved.

*The essential oil:* Clove bud oil is steamed distilled from buds, freshly distilled the oil is colourless with a slight tinge of yellow, overtimes as it matures it turns to dark brown. It has a spicy peppery scent. The main constituent is eugenol, which is the best antiseptic.

*Uses:* Clove bud essential oil is strongly antimicrobial, antiseptic and anti-inflammatory. The dental values of Clove bud is well know. For toothaches, apply a drop of the essential oil on cotton and place it on the tooth for relief. It is very effective in mouth and tooth infections. Clove bud oil is also useful in rheumatic pains.



## ***EUCALYPTUS*** (*Eucalyptus globulus*)

The Eucalyptus tree has more than 600 species, all originating from Australia. Of these *Eucalyptus globulus* is used for therapy while *Eucalyptus citriodora* is commonly used in perfumery. The first works on the antiseptic and anti-bactericidal properties of the oil, which were published in Germany by Dr. Cloez (1870) Faust & Homeyer (1874)

*The essential oil:* The twigs and leaves of the mature trees are distilled for oil. The oil has a very fluid consistency, and it is pale clear yellow. Its aroma is fresh, balsamic and agreeable. The principal constituents are eucalyptol (70 - 80 %), aldehydes, ketones, terpenes.

*Uses :* Eucalyptus oil is highly antiseptic, it is a favorable remedy for colds and flu, coughs, bronchitis, catarrh and viral infections. There are many ways in which it can be used - add 3 drops to a bowl of hot water and inhale for 5 minutes. Repeat 3 or 4 times a day. Put few drops to a handkerchief and inhale from time to time. Add few drops to a warm bath.

It also helps in nervous disorders and fatigue. Massage on lower part of the back, solar plexus and top of hands a few times a day. It acts as a stimulant of the nervous system. For rheumatic conditions, mix 8 drops to 20 ml carrier oil and massage.

## **FRANKINCENSE** (*Boswellia Carteri*)

Frankincense, often known as Olibanum, is an aromatic gum resin obtained from trees of the genus *Boswellia*. Frankincense has been used since ancient times in religious rituals. Soldiers were treated with Frankincense. A sixteenth century surgeon, Ambroise Pare, noted that it stopped the blood flowing out of wounds, and helped scar tissue to form quickly. Modern research has recorded its effectiveness in treating skin cancer.

*The essential oil:* The oil is steam distilled from the gum. It is colourless or pale yellow. It has a balsamic fragrance, subtly lemony and some times with a note of camphor. The principal constituents are ketonic alcohol (olibanol), resinous matters (30 - 60%) and terpenes.

*Uses :* It is said to be bechic (cough relief), a sedative, pectoral and a good antiseptic. It's inhalation is effective for catarrhal discharge and respiratory congestion. Add 2 drops of oil into a bowl of hot water and inhale for 7 minutes, head covered with a towel.

Frankincense can help in meditation. Place a few drops on a piece of cotton wool near a light bulb or in a bowl of hot water. Concentrate on your exercises, yoga, meditation by closing your eyes and breathing deeply.

It is said to be good for maintaining supple skin, toning, rejuvenating, especially good for ageing skin & wrinkles, scars, preserving youthful complexion.

## **GERANIUM** (*Pelargonium Graveolens*)

Although there are more than 200 species of this shrub, only a few are cultivated for the production of essential oils. *Pelargonium graveolens* being one of the most common, is exclusively cultivated for its oil. Geranium originated from South Africa, and is one of the most important oil in Aromatherapy.

*The essential oil:* The oil is steam distilled from the aromatic green parts, especially the leaves. The oil is fairly colourless, although there is tinge of green. The principal constituents are Geraniol (75 %) borneol, citronellol, linalool, terpenes.

*Uses :* It is vulnerary, an antiseptic and a haemostatic, and is good for tiredness, general fatigue. It is particularly useful for many skin disorders, and can help heal cuts and bruises, burns, frost bite, fungus infections, athlete's foot and eczema. Apply neatly on cuts and bruises just like you use any antiseptic and repeat few times a day, change the dressing.

For hemorrhoids, add 1 drop Geranium oil to a small jar of cold cream or 5 ml Wheatgerm oil and apply. Repeat several times a day or whenever painful.

It is valuable in the treatment of cellulite. It is said to normalise skin imbalances.

## **GINGER** (*Zingiber Officinalis*)

Ginger is a tropical herbaceous perennial, the underground rhizomes or tubers provide the spice. The plant originated in India. Ginger has been used for centuries in India, China, and Japan for its medicinal properties. Ginger is said to have aphrodisiac properties, it promotes sweating.

*The essential Oil:* The oil is distilled from the rhizomes. It is more or less fluid and yellow, sometimes pale, sometimes dark. It is very aromatic, camphory with a lemony note. The Principal constituents are Sesquiterpenes, Citrol and resins.

*Uses:* Ginger is well know as a warming stimulant and as an aid for digestion and digestion problems., It is good for colds, coughs and sore throats. Provides relief from cramps, flatulence. Ginger is helpful in travel sickness and nausea. A little oil mixed in carrier oil makes an effective warming rub for swellings caused by water retention or for rheumatism.

*Caution :* Dilute with carrier oil and use.

## **JUNIPER BERRY** (*Juniperus communis*)

Of the 60 spices of Juniper, the one which yields berries, *Juniper communis* is used for culinary and medical purpose. The trees are unisexual, the flower 'cones' of the female trees develop into berries. All GINS have Juniper flavorings.

**The essential oil:** The oil is distilled from fresh black ripe berries. The oil is transparent, fluid and colourless, some times with a tinge of greenish yellow. The aroma is similar to that of pine, but more peppery, hot and balsamic, with a burning, some what bitter taste. The principal constituents are alpha-pinene, borneol, juniperine, terpineol.

**Uses :** The principal properties of the oil are antirheumatic, antiseptic, depurative, stomachic and sudorific.

For rheumatism or aching joints, mix 10 drops to 15 drops with carrier oil, massage on the stiff joints, the back of neck, solar plexus and spine, twice a day and message until the oil is completely absorbed.

Juniper is also good for some skin conditions. For acne, add 5 drops to 10 ml carrier oil. Apply few times a day. For large acne boils with pus, dip cotton bud in neat oil and apply morning and night. This acts as a very strong antiseptic and will help reduce inflammation. Repeat 2 -4 times a day.

Juniper is also good for greasy skins - a few drops in a bowl of warm water makes a good facial sauna.



## **LAVENDER** (*Lavendula Officinalis*)

Lavender is an evergreen and fragrant shrub native to Europe. Lavender has been used since ancient times as much for its delicate perfume as for its medicinal properties. It is one of the most commonly used, valued and prescribed oils.

*The essential oil:* The oil is steam distilled from the flowers. The oil varies in colour from dark yellow to dark greenish yellow, and smells very highly scented. The primary constituents of the oil are borneol, geraniol and linalool. Lavender also contains a high proportion of phenol, and is a strong antiseptic and antibiotic.

*Uses:* Lavender is the oil most associated with burns and healing of the skin. Apply directly to minor burns and scalds.

It is also useful for circulatory problems such as varicose veins. A massage of legs with the oil is recommended.

For bruises, frostbites, acne, dermatitis and swelling, add 3 drops to 10 ml carrier oil and apply. The oil is also useful as a facial sauna for acne. Add some drops of oil to a warm bath to help cellulite. Lavender can deter dog and cat fleas and moths.

## **LEMON** (*Citrus Lemon*)

The lemon tree is a member of the citrus family, originated in South East Asia.

*The essential oil* : The oil is obtained from the oily rind of the fruit. The oil is pale yellow, some times even green, with a nice fresh smell. The principal constituents are Limonene (upto 90 %) and citral.

*Uses:* Lemon essential oil is also called polyvalent (Cure all) by French Therapists, is classified as a tonic, stimulant, stomachic, carminative, diuretic, antiseptic and antiviral. Till World War I, it was used as an antiseptic and disinfectant in hospitals. Lemon oil is useful for all vein problems, varicose or broken capillaries.

Lemon oil also helps in PMT and insomnia. For menstrual pain, massage a blend made from 8 drops of oil with 20 ml of carrier oil on the stomach clockwise.

It is also useful for greasy skin or blackheads. It is also useful in dandruff and psoriasis. For dark or hard skinned elbow, apply oil at night. It is also a wonderful hand cleanser. Rub well with few drops and rinse in cold water, this will keep hands clean and young looking, with white healthy nails.

*Caution:* Limit exposure to sunlight after use.

## **LEMON GRASS** (*Cymbopogon Citratus*)

Lemon grass is a fragrant tropical grass, closely related to Palmarosa and Citronella. It is also known as melissa grass, fever grass, geranium grass.

*The essential oil:* The oil is yellowish brown with a light tinge of red and has very pronounced lemon odour and flavors. The principal constituents are citral (75 %), citronellol, geraniol, linalool, nerol.

*Uses:* Lemon grass has long been used in Ayurveda. It is recorded as an antidote to infectious virus or high fever, especially in the treatment of cholera. The oil is a remarkable antiseptic and does wonders for certain skin problems and athlete's foot. It is used to deodorize room in which people have been ill, to protect against air borne infections. Add 5 ml (1 tsp.) oil to 250 ml of warm water, shake well and spray the room several times a day. It is also an insect repellent.

A good foot bath for athlete's foot or excessive perspiration can be made by adding a few drops of the oil to a bowl of warm water.

## ***NEROLI*** (*Citrus bigaradia*)

Neroli is an essential oil extracted from the fragrant flowers of the bitter orange tree also know as bigarade orange. The oil gets its name from the princess of Neroli (near Rome). One tonne of flowers is needed to produce 1kg of oil thus neroli is an expensive oil.

*The essential Oil:* This is obtained by steam distillation of the flowers. The fresh essence is yellowish, the smell is wonderful, very sweet and orangey with a bitter undertone. The principle constituents are acetic esters, terpineol, farnesol, geraniol and nerol.

*Uses:* Neroli is soothing, eases shock trauma and grief, anti toxic and slightly hypnotic. Anxiety and nervous depression can be banished instantly. For insomniacs, the oil induces sleep, acting as a natural tranquilizer. Neroli also improves blood circulation, when the oil is massaged every day.

## **NEEM** (*Azadirachta indica*) :

Neem is a fast-growing evergreen tree that can reach a height of 15-20 feet. The branches are wide spread. The fairly dense crown is roundish or oval. The Neem is a tree noted for its *drought resistance*. Neem is a life giving tree in South India, especially for the dry coastal southern districts. It is one of the very few shade giving trees that thrive in the drought prone areas. In India, the tree is variously known as "Divine Tree", "Heal All", "Nature's Drugstore", "Village Pharmacy" and "Panacea for all diseases"

*The Essential oil* :Neem oil is cold pressed from the fruits and seeds using an expeller. Neem oil is generally light to dark brown, bitter and has a rather strong odour that is said to combine the odours of peanut and garlic. The main content of Neem oil is Azadirachtin.

*Uses* : Neem oil is well known in the Indian System of medicine as a disinfectant, anti-bacterial, anti-fungal, repellent to keep surroundings free from mosquitoes and flies, treatment of skin diseases and inflammations. Apply few drops of Neem oil to cure pimples, black spots on the face. Mix few drops of Neem oil with Coconut oil to stop falling hair and to enhance growth. It prevents premature greying of hairs. To get rid of lice and dandruff massage Neem oil mixed in coconut oil on the scalp at night and wash hair in the morning.

## ***PALMAROSA*** (*Cymbopogan Martini*)

Palmarosa belongs to a family of tropical grasses rich in aromatic, volatile oils, originally from India. The grass is slender, bearing particles of a white colour, which mature to a dark red.

*The essential oil* : Also known as Indian Geranium, it is distilled from the leaves and flowers of the grass. The principal constituents are geraniol, citronellol and farnesol.

*Uses* : Palmarosa is a natural antiseptic and bactericide. It is also stomachic. To relieve the discomforts of the flu and a high temperature, a mixture of 5 drops of oil to 5 ml of carrier oil and massaging into the shoulders, temple, sinus area and behind the ears, can induce an almost instant feeling of well being. The oil can be gently applied to cuts and wounds to quicken the healing process.

Palmarosa oil is a wonderful remedy for skin conditions like acne. Add 3 drops to 5 ml carrier oil and massage twice a day. This will work wonders for old acne scars, for wrinkles and broken veins.

It also stimulates cell regeneration, reduces scar tissues and maintains supple skin.

## **PATCHOULI** (*Pogostemon Cablin*)

Patchouli is an herbaceous shrub. Patchouli has always played a large part in traditional Indian, Chinese and Japanese medicines.

It was the remedy against venomous snake. In India it is believed the scent of Patchouli brings money and wealth.

*The essential Oil:* The oil is steam distilled from the young leaves and shoots. It is a transparent liquid and is yellow - brown or greenish brown. The principal constituents are Patchoulol (upto 50 %), Sesquiterpenes, Patchouli camphor.

*Uses.* The antiseptic properties of Patchouli were studied in 1927 by Gatti and Cayola, and by many other well known scientists. It is recommended for many skin conditions, allergies, herpes, impetigo, bed sores, burns, cracked skin, hemorrhoids, acne and eczema. It acts as a bactericide and helps rejuvenate the skin.

For bad acne, mix 10 ml of carrier oil and 5 drops of Patchouli. Rub gently all over a clean face, morning and night and leave. Continue the usage for six months. Apply Patchouli oil neat on white heads and abscesses.

## **PEPPER MINT** (*Mentha piperita*)

There are numerous varieties and hybrids of mint but *Mentha Piperita* is the one used in therapy. Peppermint was discovered in Britain in 1696.

*The essential oil* : Pepper Mint oil is steam distilled from the leaves and flowers that are picked just before maturity. The oil is colourless or of a very pale yellow. The smell has an agreeable freshness, strong, penetrating. The Principal constituents are menthol (upto 70 %), Cineol, Limonene, Menthone.

*Uses* : It is good for the nervous system, acting as a regulator and sedative. Menthol is known as a cardiac tonic in pharmaceutical preparations. In case of nauseous condition, inhale repeatedly. For bruises and swelling mix 15 drops of oil with 20 ml carrier oil and apply immediately. Repeat a few times over the next few hours.

For swollen gums, mouth thrush or mouth ulcers, mix 5 drops of Pepper Mint oil to 300 ml hot water, gargle several times throughout the day until finished. For tooth aches put few drops of neat oil in a cotton ball and place on tooth. It acts as a analgesic and anaesthetic. When inhaled it is a good decongestant, useful for temporary relief of symptoms of cold, flu, fever, headaches.

*Caution* : Never use Pepper Mint oils undiluted. Also, never use Pepper Mint oil alone in a hot bath. Avoid using oil in conjunction with Homeopathic remedies it acts as an antidote.



## **ROSEMARY** (*Rosmarinus Officinalis*)

Rosmarinus (meaning 'dew of the sea') is a genus of 3 species of hardy evergreen flowering shrub. Rosemary is one of the best known and most used of aromatic herbs. Rosemary has been used medicinally for centuries.

*The essential oil* : The flowering tops are distilled to produce the best oil. The oil is basically colourless, slightly pale yellow - green. The smell of the oil is camphory. The principal constituents are borneol ( upto 15 % ), camphene, camphors, cineol lineol and a bitter principle, saponin.

*Uses* : Rosemary oil is highly antiseptic, stimulant, cholagogue (beneficial for liver) and diuretic. It is useful in rheumatic and respiratory conditions.

To combat tiredness and depression, add 10 drops to hot bath, this will be stimulant and tonic. This method can also be used for itchy skin. It provides relief to muscular aches and pains.

Rosemary is best known for its effectiveness in hair treatment. It is tonic and conditioning for dark hair and helps retain its colour. A little oil added to shampoos or rinses can help hair problems such as dandruff and alopecia (partial loss of hair), and itchy scalp.

*Caution* : Avoid during pregnancy, or if suffering from high blood pressure.

## **TURMERIC** or **INDIAN SAFFRON** (*Curcuma longa*)

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Turmeric is also called 'Indian saffron' because of its brilliant yellow color. India alone produces the whole crop of turmeric. It is a very common spice in India. Turmeric is part of almost all Indian curry powders. Turmeric root is very similar in appearance to gingerroot. Indian cuisine lays emphasis on turmeric's therapeutic effect against gastric disorders. In India, turmeric has long been known for its cosmetic and wound healing properties. Eating Turmeric is an insurance against Alzheimer's.

*The essential oil:* The oil is steam distilled from the rhizomes & it is bright yellow brown in colour. The odour is fresh, spicy-woody, oriental aroma. The chief constituents of the essential oil are turmerone (60%) and related compounds, and zingiberene (25%).

*Uses:* The essential oil has been used as a perfume component and studies have shown that it has antibacterial / antifungal, anti-inflammatory and insect-repellant properties, and is effective in the treatment of scabies. Helpful in relieving arthritis, muscle aches & pains as well as rheumatism pains.



## **TEA TREE** (*Melaleuca alternifolia*)

It was captain Cook who was responsible for calling melaleuca "Tea Tree". In 1770 when he and his men landed in Australia. Cook observed the Aborigines brewing the leaves of a dark green bush into a medicinal tea. Tea tree oil became a part both of Aboriginal folk medicine and white Australian culture.

It is said to be most powerful antiseptic oil in nature.

*The essential oil:* The oil is steam distilled from the leaves and terminal branchlets of the tree. It is colourless to pale yellow, clear and smells firm and spicy, a masculine sort of smell. The principal constituents are terpenes (50 - 60%) , cineol, sesquiterpenes and sesquiterpenic alcohol.

*Uses:* In 1993 the British Medical Journal reported that the oil was a powerful disinfectant, non-poisonous and non irritant.

In 1955 the United States Dispensary reported that Tea Tree oil was actively germicidal with an antiseptic action eleven times that of carbolic acid.

In 1983, Associated food stuff Laboratories of Australia reported, the bacteria count on the unwashed hand which was over 3000 per 50 square cms. becomes less than 3 per 50 square cms. after washing in Tea Tree oil.

A single drop simply added to dish washing water will be effective.

The oil also has an application in burn treatment, skin ailment and acne, nose, throat and mouth infections.

It is very effective for treating acnes - dabbing oil for a month will dramatically reduce acne. It is very effective for head lice.

It can be used to degrease computer keyboards, remove ball point pen marks, and clean electric switches. It acts as a disinfectant too, one which fights MRSA the antibiotic - resistant hospital "super bug".



## **VETIVER** (*Vetiveria zizanioides*)

Vetiver oil comes from the grass, cultivated in tropical climates. The grass is a close relative of other aromatic grasses such as lemongrass. In India it is known as *kebus-kebus*.

*The essential Oil* : Roots from grass which are at least two years old are cut finely and distilled. The Oil is very dark brown with a warm, peppery, spicy, woody, earthy smell. The principal constituent is an alcohol called vetiverol.

*Uses* : Vetiver is mainly used in perfumery and as a fixative. It is used in many aftershaves, colognes and high class soaps. Vetiver is a useful insect and moth repellent. To make insect repellent for furs, wool; impregnate pieces of blotting paper with Vetiver oil and leave them in wardrobes and drawers. It is more effective and sweet smelling than moth balls.

## **YLANG YLANG** (*Cariango odorata*)

The tree known as perfume tree, originated in the Philippines. The natives mixed the flowers with coconut oil to protect their hair from sea salt when they swam.

*The essential oil* : It is produced by the distillation of the fresh flowers. The oil is very liquid, clear and has extraordinary fragrance. The Principal constituents are alpha- pinene, benzoic acid, cardinene, linalool, and geraniol.

*Uses* : Because of its wonderful scent, Ylang Ylang is particularly useful as a stimulant, soother and relaxer. Nervous or emotional people who tend to get palpitation or suffer from low blood pressure, must inhale deeply from a handkerchief for a few minutes, to which a few drops of oil is previously added.

Ylang Ylang oil also helps the skin to tan. Add 10 drops to 50 ml coconut oil, rub into skin.

Ylang Ylang is also an excellent sexual stimulant. Adding 10 drops to a warm bath, will alleviate the symptoms like depression, stress and anxiety, factors contributing to lack of sexual drive. Ensure you relax a while after taking the Ylang Ylang bath.

## Glossary

- Antirheumatic** : Preventing inflammation and aching of the joints.
- Athlete's Foot** : This is a fungal infection of the feet. The flesh between the toes becomes soggy and flaky. It is very itchy.
- Cellulite** : The body tissue retains water, due to hormonal changes, the skin appears as a “orange peel”.
- Depurative** : Purifying the blood and other fluids.
- Dermatitis** : Inflammation of the skin.
- Diuretic** : Increasing the urine flow.
- Eczema** : The skin develops inflammation, swelling, rashes and itchiness, caused by an irritant substance.
- Haemostatic** : Retarding or stopping bleeding.
- Hayfever** : It is a reaction to wind borne pollens from plants. The symptoms are similar to common cold.
- Impetigo** : Highly infectious skin disease, which mainly effects children.
- Insomnia** : Unable to sleep well, caused mostly due to stress or anxiety.
- Melancholy** : Sad, depressed and dejected mental state
- Pectoral** : Good for diseases of the chest / lung.
- Psoriasis** : It is a skin condition characterised by circular patches of red or pink, dry and flaky skin.
- Sciatica** : A condition of intense pain in the lower back, also accompanied by pain in the buttocks and the outside of the legs.
- Sedative** : A substance that reduces excitement or functional activity.
- Sudorific** : Promoting or causing perspiration
- Varicose Vein** : Veins may become varicose, usually in the leg, if there is an interruption in the flow of blood, the blood stagnates in the veins and causes swelling and discomfort.
- Vulnerary** : Useful in healing wounds.

## NATURAL ESSENTIAL OILS FOR MOOD SWINGS

<b>Relaxing</b>	Lavender, Frankincense, Vetiver, Geranium, Carrot Seed
<b>Sensual / Romantic</b>	Ylang Ylang Orange, Patchouli
<b>Energising / Refreshing</b>	Basil, Lemon, Juniper Berry Rosemary, Ginger, Bergamot
<b>Positivity</b>	Lemon, Palmarosa, Pepper Mint
<b>Clarity / Concentration</b>	Juniper Berry, Basil, Lavender, Eucalyptus

## OTHER USES

<b>Fly Repellant</b>	Citronella, Eucalyptus, Basil, Neem Turmeric, Lavender, Lemon Grass
<b>Moth Repellant</b>	Cedarwood, Vetiver Black Pepper
<b>Floor Cleaner</b>	Lemon Grass (especially in a sickroom), Citronella



## NATURAL ESSENTIAL OILS FOR COMMON AILMENTS

<b>Cold / Flu</b>	Basil, Eucalyptus, Ginger, Lemon-grass, Pepper Mint, Black Pepper
<b>Pre-Menstrual Syndrome (PMS) &amp; Menstrual Syndrome</b>	Geranium, Lavender, Bergamot, Neroli, Lemon, Cardamom
<b>Cellulite</b>	Cedarwood, Patchouli, Juniper Berry, Lemon
<b>Dandruff</b>	Lemon, Tea Tree, Cedarwood, E-Citriodora
<b>Insomnia / Natural Sleep</b>	Vetiver, Ylang Ylang, Lavender, Neroli
<b>Stress care</b>	Geranium, Lavender, Frankincense
<b>Acne</b>	Tea Tree, Patchouli, Juniper Berry, Neem, Lavender, Lemon Grass
<b>Common Skin Problems/</b>	Carrot Seed, Neem, Lemon Grass, Frankincense, Geranium, Juniper B
<b>Muscular / Rheumatic Pains</b>	Rosemary, Turmeric, Eucalyptus, Ginger
<b>Dental / Oral</b>	Clove

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*April 2014*

