



# Aromatherapy



Soothe your body & mind, and improve your health naturally using these powerful oils & techniques!



## What is Aromatherapy?

- A holistic approach to wellness
  - Traces its origins to ancient times when our ancestors recognized the effect of aromatic plants on the human body, mind and spirit
- Utilizes natural essential oils extracted from a wide variety of plants to promote health and vitality and to instill a sense of harmony with the natural world
- A safe and effective alternative for dealing with many routine, day-to-day challenges to good health and well-being

## Oils Used in Aromatherapy

### Essential Oils

- Volatile and fragrant liquid or semiliquid substances extracted from plants by distillation or cold-pressing
- Powerful healing agents that contain the highly concentrated vital energy of plants
- All-natural, complete, free of additives

### Carrier Oils

- Fatty, nonvolatile oils extracted from seeds, nuts or fruits
- Moisturize and nourish the skin
- Used to dilute essential oils for application to the body

**Examples** Sweet almond oil, grapeseed oil and olive oil



## Safety Precautions

- Keep essential oils away from babies, children and pets
- Every essential oil is different; for safe and effective use, be sure you are familiar with the specific actions and precautions for each oil (many oils have special precautions)
- Always follow recommended dilutions and application procedures; **do not exceed recommended amounts**
- **Never use** the essential oil of a plant to which you are *allergic*
- **Do not allow** essential oils to get in or near the eyes, and **do not apply** them onto the genital region, inside the nose or mouth, or onto seriously damaged skin
- **Do not massage** someone who has an infectious illness (such as the flu or measles) or cancer; **do not massage** over varicose veins, infected areas, broken bones or injuries
- **Do not take essential oils internally** except under the supervision of a qualified health-care professional
- **If essential oils accidentally get into the eyes, flush immediately** with whole milk or cream (these fats will dissolve and remove the essential oils)
- **In case of accidental ingestion** of essential oils, obtain **immediate medical assistance**

**Allergy Test** Perform 2 skin patch tests on small areas of the arm on successive days before using the oil on larger areas

## Using Essential Oils



- Essential oils should only be used externally, unless otherwise directed by a qualified health-care professional
- Do not use for self-treatment of serious medical problems without appropriate professional advice
- Always dilute prior to use on the body
- Know the specific therapeutic properties and safety precautions for each oil you use
- Use only in very small amounts

### Inhalation

**Best for** colds, flu and sinusitis

- Add 2 to 4 drops of a single essential oil (or a blend of essential oils) to a pot of steaming (*not boiling*) water that has been removed from the heat source
- Keeping your face about 10 inches from the pot, **with eyes closed**, lean over the pot and inhale

**WARNING:** Do not use this method if you have asthma

### Diffusion

**Best for** colds, emotional states, and sanitizing the air to help prevent colds/flu

- Many devices for diffusing essential oils into the air are available commercially and come with instructions for use
- Or, add 4 to 8 drops of any essential oil (or blend of essential oils) to a bowl of steaming water that has been removed from its heat source; set in a secure place where pets and children cannot drink it
- **Lightbulb ring diffusers are not recommended** because they can ruin your oils (they give off too much heat)



### Massage

**Best for** body aches, skin care, stress and other emotional states

- Add 4 to 8 drops of a single essential oil (or a blend of essential oils) to 4 teaspoons of carrier oil
- **Massage into the body**, avoiding the eyes and other delicate or sensitive areas

### Bath

**Best for** body aches, colds, skin care, stress and other emotional states

- Add 2 drops of a single essential oil (or up to 4 drops of a blend of essential oils) to a tablespoon of honey or whole milk
- **Stir into a warm bath**, being careful not to get bath water in the eyes
- Soak for 10 to 20 minutes



## Warning

Use of essential oils with babies and children requires different procedures than those covered in this guide

## Purchasing Essential Oils

- Appropriate oils are usually labeled **aromatherapy grade** or **therapeutic grade**
- **Look for essential oils labeled "100% pure"** (rose and jasmine are often available diluted in carrier oil, since the price of the pure oils is prohibitively expensive for many people)
- **Stay away from anything labeled fragrance or nature identical oils;** these are synthetic, have no therapeutic properties, and should never be used in aromatherapy

**Tip** In order to be effective, essential oils must be of the highest quality



## Storing Essential Oils

- Store in tightly closed, dark or opaque glass jars
- Keep away from heat, moisture and direct light
- Open bottles only for use and close again as soon as possible
- Do not refrigerate
- The shelf life of most essential oils is about 12 to 18 months (when properly stored)
- Citrus oils and juniper oil generally have a shelf life of about 6 months (when properly stored)

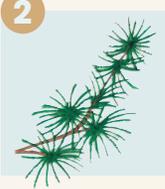
## Essential Oils

## 1 Bergamot



**Botanical Name** Citrus bergamia  
**Actions** analgesic, antiseptic, antispasmodic, calmative, carminative, diuretic, stomachic, uplifting  
**Uses** acne, anxiety, colds/flu, cold sores, cystitis, depression, flatulence, stomachache, stress  
**Cautions/Comments** phototoxic\*

## 2 Cedarwood, Atlas



**Botanical Name** Cedrus atlantica  
**Actions** antifungal, antiseptic, aphrodisiac, astringent, calmative, diuretic (mild), expectorant, mucolytic, tonic  
**Uses** acne, arthritis, bronchitis, cystitis, depression, fungal infections, oily skin, rheumatism, stress  
**Cautions/Comments** avoid during pregnancy

## 3 Chamomile, Roman



**Botanical Name** Anthemis nobilis  
**Actions** analgesic, antidepressant, anti-inflammatory, antineuralgic, antiseptic, calmative, carminative, digestive, diuretic, emmenagogue, febrifuge, hepatic, muscle relaxant, nervine, tonic, vulnerary  
**Uses** anxiety, arthritis, dry skin, flatulence, headaches, immune system, indigestion, insomnia, menstrual cramps, muscle pain, neuralgia, PMS, rheumatism, sprains, stress  
**Cautions/Comments** may cause drowsiness; can cause dermatitis in allergic individuals

## 4 Clary Sage



**Botanical Name** Salvia sclarea  
**Actions** antidepressant, anti-inflammatory, antispasmodic, aphrodisiac, astringent, calmative, diuretic, emmenagogue, hypotensive, nervine, regenerative, tonic, uterine  
**Uses** anxiety, depression, frigidity/impotence, insomnia, menopause, mental exhaustion, muscle spasms, stomach cramps, stress, wrinkles  
**Cautions/Comments** avoid during pregnancy; do not use while drinking alcohol; may cause intense dreams; larger amounts may cause headache; may impair concentration and cause drowsiness

## 5 Cypress



**Botanical Name** Cupressus sempervirens  
**Actions** antirheumatic, antiseptic, antispasmodic, astringent, calmative, deodorant, diuretic, insect repellent, tonic, vasoconstrictor  
**Uses** body aches, coughs, dysmenorrhea, edema, foot odor, mature skin, menopause, menorrhagia, oily skin, rheumatism, stress/tension  
**Cautions/Comments** avoid during pregnancy

## 6 Eucalyptus



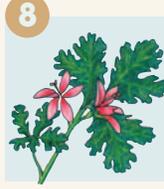
**Botanical Name** Eucalyptus globulus  
**Actions** analgesic, antifungal, antineuralgic, antirheumatic, antiseptic, antispasmodic, decongestant, depurative, expectorant, febrifuge, immune tonic, insect repellent, rubefacient, stimulant, vulnerary  
**Uses** arthritis, burns (mild), colds/flu, concentration, cuts, disinfectant, insect repellent, muscle aches, nervous exhaustion, neuralgia, rheumatism, sinus congestion  
**Cautions/Comments** avoid in cases of high blood pressure or epilepsy; avoid when taking homeopathic remedies; **avoid excessive use**; may cause wakefulness if used at night

## 7 Frankincense



**Botanical Name** Boswellia carteri  
**Actions** analgesic, antidepressant, anti-inflammatory, astringent, calmative, cicatrizant, cytophylactic, diuretic, emmenagogue, expectorant, strengthening, tonic, uterine, vulnerary  
**Uses** anxiety, bronchitis, colds/flu, coughs, depression, dysmenorrhea, laryngitis, mature skin, meditation aid, menorrhagia, nervous exhaustion, scars, slack skin, stress

## 8 Geranium



**Botanical Name** Pelargonium graveolens  
**Actions** analgesic, antidepressant, anti-inflammatory, astringent, cicatrizant, cytophylactic, diuretic, hemostatic, lymphatic stimulant, tonic, vasoconstrictor, vulnerary  
**Uses** acne, bruises, depression (mild), fluid retention, menopause, nervous tension, neuralgia, PMS, scars, skin care (all types), sore throat, stress  
**Cautions/Comments** may cause wakefulness if used at night

## 9 Grapefruit



**Botanical Name** Citrus paradisi  
**Actions** antidepressant, antiseptic, astringent, depurative, diuretic, lymphatic stimulant, tonic  
**Uses** acne, colds/flu, depression, fluid retention, muscle stiffness, nervous exhaustion, slack skin  
**Cautions/Comments** phototoxic\*; short shelf life

## 10 Juniper



**Botanical Name** Juniperus communis  
**Actions** antirheumatic, antiseptic, astringent, calmative, depurative, diuretic, emmenagogue, lymphatic stimulant, nervine, rubefacient, sudorific, tonic  
**Uses** acne, amenorrhea, anxiety, colds/flu, cystitis, detoxification, dysmenorrhea, fluid retention, gout, lower back pain, rheumatism, stress  
**Cautions/Comments** avoid during pregnancy and in cases of kidney disease; it is slightly irritating, so use in low concentrations; short shelf life

## 11 Lavender



**Botanical Name** Lavandula angustifolia  
**Actions** analgesic, antidepressant, antifungal, anti-inflammatory, antirheumatic, antiseptic, antispasmodic, calmative, cholagogue, choleric, cicatrizant, cytophylactic, deodorant, diuretic, emmenagogue, hypotensive, nervine, tonic, vulnerary  
**Uses** acne, burns (mild), coughs, cuts (minor), dermatitis, dysmenorrhea, flu, fungal infections, headaches, insomnia, irritability, muscle aches and spasms, nausea, nervous tension, rheumatism, sciatica, sore throat, sprains, stomach cramps, stress  
**Cautions/Comments** may cause drowsiness; it's one of the most versatile and widely used essential oils

## 12 Lemon



**Botanical Name** Citrus limonum  
**Actions** anti-inflammatory, antirheumatic, antisclerotic, antiseptic, astringent, carminative, cicatrizant, depurative, diuretic, febrifuge, immunostimulant, rubefacient  
**Uses** acne, arthritis, cellulite, colds/flu, coughs, dyspepsia, gout, herpes, oily skin, rheumatism  
**Cautions/Comments** short shelf life; phototoxic\*; mild skin irritant, so use in low concentrations; may cause sensitization

**Marjoram, Sweet**



**13** **Botanical Name** *Origanum marjorana*  
**Actions** analgesic, antiseptic, antispasmodic, calmative, carminative, cephalic, diuretic, emmenagogue, expectorant, hypotensive, nervine, stomachic, tonic, vasodilator  
**Uses** anxiety, arthritis, bruises, colds, coughs, exhaustion, flatulence, headache, insomnia, menstrual cramps, muscle aches and strains, nervous tension, rheumatism, sprains, stomach cramps, stress  
**Cautions/Comments** avoid during pregnancy; may cause drowsiness; **avoid excessive use**

**Myrrh**



**14** **Botanical Name** *Commiphora myrrha*  
**Actions** anticatarrhal, antifungal, anti-inflammatory, antiseptic, astringent, balsamic, calmative, carminative, cicatrizant, emmenagogue, expectorant, tonic, vulnerary  
**Uses** arthritis, athlete's foot, chapped or cracked skin, colds/flu, coughs, diarrhea, dyspepsia, laryngitis, mature skin, sore throat

**Orange, Sweet**



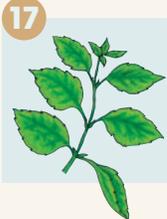
**15** **Botanical Name** *Citrus sinensis*  
**Actions** antidepressant, antiseptic, antispasmodic, calmative, carminative, cholagogue, choloretic, stomachic, tonic  
**Uses** constipation, depression, dyspepsia, insomnia, nervous tension, stress

**Palmarosa**



**16** **Botanical Name** *Cymbopogon martinii* var. *martinii*  
**Actions** anti-inflammatory, antiseptic, calmative, cicatrizant, hydrating, nervine, regenerative, tonic  
**Uses** acne, anxiety, insomnia, nervous exhaustion, restlessness, scars, skin care (all types), stress

**Patchouli**



**17** **Botanical Name** *Pogostemon cablin*  
**Actions** antidepressant, antifungal, anti-inflammatory, antiseptic, aphrodisiac, cicatrizant, cytophylactic, diuretic, insect repellent, nervine, tonic  
**Uses** acne, cracked skin, depression, frigidity, fungal infections, mature skin, nervous exhaustion, slack skin, stress  
**Cautions/Comments** although small amounts of patchouli generally have a calming effect, too much may be stimulating

**Peppermint**



**18** **Botanical Name** *Mentha piperita*  
**Actions** analgesic, antifungal, anti-inflammatory, antiseptic, antispasmodic, carminative, cephalic, cholagogue, expectorant, febrifuge, nervine, stomachic, vasoconstrictor  
**Uses** colds/flu, coughs, dyspepsia, flatulence, headaches, mental fatigue, muscular aches and pains, nausea, neuralgia, ringworm, stomach cramps  
**Cautions/Comments** avoid when taking homeopathic remedies; may cause restlessness or insomnia if used at night or to excess; **use in moderation**; may cause sensitization

**Petitgrain**



**19** **Botanical Name** *Citrus aurantium* var. *amara*  
**Actions** antidepressant, antiseptic, calmative, digestive, nervine, tonic  
**Uses** acne, anxiety (mild), dyspepsia, insomnia, nervous exhaustion, stress

**Rosemary**



**20** **Botanical Name** *Rosmarinus officinalis*  
**Actions** analgesic, anticatarrhal, antineuralgic, antirheumatic, antiseptic, antispasmodic, astringent, carminative, cephalic, cholagogue, choloretic, cytophylactic, diuretic, emmenagogue, expectorant, hepatic, hypertensive, nervine, restorative, rubefacient, stimulant, stomachic, sudorific, tonic, vulnerary  
**Uses** acne, alopecia, arthritis, colds/flu, coughs, dysmenorrhea, dyspepsia, fluid retention, gout, greasy hair, muscle pain, neuralgia, rheumatism, sciatica  
**Cautions/Comments** avoid during pregnancy and in cases of asthma, hypertension and epilepsy; may cause insomnia and restlessness; **use in moderation**; avoid during pregnancy

**Rosewood**



**21** **Botanical Name** *Aniba rosaeodora*  
**Actions** analgesic, antiseptic, aphrodisiac, cephalic, deodorant, regenerative, tonic  
**Uses** acne, colds/flu, exhaustion, frigidity, headaches, nervous tension, scars, skin care (all types), wrinkles  
**Cautions/Comments** its production contributes to deforestation in the rainforest

**Sandalwood**



**22** **Botanical Name** *Santalum album*  
**Actions** antidepressant, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, astringent, calmative, carminative, diuretic, emollient, expectorant, tonic  
**Uses** acne, coughs, cystitis, depression, dry/cracked skin, frigidity/impotence, insomnia, laryngitis, nervous exhaustion, sore throat, stress

**Tea Tree**



**23** **Botanical Name** *Melaleuca alternifolia*  
**Actions** analgesic, antifungal, anti-inflammatory, antiseptic, balsamic, cicatrizant, expectorant, immune stimulant, sudorific, vulnerary  
**Uses** acne, arthritis, athlete's foot, blisters, burns (minor), colds/flu, cold sores, coughs, cuts, insect bites, ringworm, warts  
**Cautions/Comments** may cause sensitization; tea tree put into a hot bath may cause itching

**Ylang Ylang**



**24** **Botanical Name** *Cananga odorata*  
**Actions** antidepressant, antifungal, antiseptic, antispasmodic, aphrodisiac, calmative, hypotensive, nervine, tonic  
**Uses** acne, alopecia, anger, anxiety, depression, frigidity, insomnia, irritability, nervousness, skin care (all types), stress  
**Cautions/Comments** **use in moderation**—too much can cause headache; may cause sensitization



**Remember**

Always perform skin patch tests when using an oil for the first time [see **Safety Precautions**, page 1]

\* Do not apply/use for 12 hours prior to sun/sunlamp exposure



**Glossary**

**alopecia** Hair loss  
**amenorrhea** Absence or suppression of menstrual bleeding  
**analgesic** Reduces or relieves pain  
**anaphrodisiac** Reduces sexual desire  
**antecatarrhal** Aids removal of excessive mucus or phlegm in the sinuses or other body areas  
**antifungal** Helps prevent and heal fungus infections  
**antineuralgic** Reduces or relieves nerve pain  
**antirheumatic** Helps prevent and relieve symptoms of rheumatism  
**antisclerotic** Helps prevent hardening of tissues; aids sclerosis of the arteries  
**antiseptic** Cleanses tissues of germs and microorganisms  
**antispasmodic** Reduces or relieves spasms  
**aphrodisiac** Increases sexual desire  
**astringent** Produces contraction of tissue  
**balsamic** Having a sweet aroma and soothing qualities  
**calmative** Produces soothing/calming effect  
**carminative** Soothing to the digestive system; relieves gas and stomach cramps  
**cephalic** Benefits the head or brain; helps to clear the head and improve thinking  
**chologogue** Stimulates contraction of the gallbladder, aiding in the evacuation of bile  
**choleric** Stimulates the liver to excrete bile  
**cicatrizant** Stimulates the formation of scar tissue

**cystitis** Inflammation of the bladder  
**cytophylactic** Increases the activity of leukocytes (white blood cells); stimulates regeneration of cells  
**depurative** Purifies and detoxifies the blood  
**dermatitis** Inflammation of the skin  
**digestive** Benefits the digestive system and the process of digestion  
**diuretic** Increases the production and elimination of urine; stimulates removal of fluid from tissues  
**dysmenorrhea** Painful menstruation  
**dyspepsia** Indigestion; abdominal pain and/or gas, heartburn, and sometimes nausea  
**edema** Abnormally large amounts of fluid in intercellular tissue spaces; swelling  
**emmenagogue** Stimulates menstruation  
**emollient** Softens tissue and soothes inflammation  
**expectorant** Promotes discharge of mucus and phlegm from the respiratory system  
**febrifuge** Reduces fever  
**flatulence** Intestinal gas  
**hemostatic** Reduces or stops bleeding  
**hepatic** Pertaining to the liver  
**hypertensive** Raises blood pressure; helps to counteract low blood pressure  
**hypoglycemiatic** Lowers blood sugar  
**hypotensive** Lowers blood pressure; helps to counteract high blood pressure  
**immunostimulant** Stimulates the immune system  
**lymphatic** Pertaining to or acting on the lymphatic system

**menorrhagia** Excessive menstrual bleeding  
**mucolytic** Dissolves and breaks down mucus  
**nervine** Tones and strengthens nerves/nervous system; relaxes and soothes mind and body  
**neuralgia** Recurring pain along the pathway of a nerve  
**phototoxic** Increases skin's sensitivity to ultraviolet light, possibly resulting in severe sunburn  
**regenerative** Heals; renews tissue; benefits the skin  
**restorative** Helps to strengthen the body and restore health  
**rheumatism** A chronic disorder that causes pain and aching in muscles or joints  
**rubefacient** A substance producing an increase in blood flow where applied to the skin, causing redness  
**sensitization** An immune reaction where repeated exposure to a substance results in sensitivity to it; similar to allergic response  
**stomachic** Improves appetite and aids digestion; strengthens and tones the stomach  
**styptic** Reduces external bleeding  
**sudorific** Induces sweating  
**tonic** Strengthens the body, helps preserve and restore health  
**uterine** Acts on and benefits the uterus  
**vasoconstrictor** Reduces blood flow  
**vasodilator** Increases blood flow  
**vulnerary** Aids in the healing of wounds and sores

**Therapeutic Index of Traditional Use**



**acne** atlas cedarwood, bergamot, geranium, grapefruit, juniper, lavender, lemon, palmarosa, patchouli, petitgrain, rosemary, rosewood, sandalwood, tea tree, ylang ylang  
**anxiety** bergamot, chamomile (roman), clary sage, frankincense, juniper, lavender, marjoram, palmarosa, petitgrain, ylang ylang  
**arthritis** atlas cedarwood, chamomile (German and Roman), eucalyptus, juniper, lemon, marjoram, myrrh, rosemary, tea tree  
**athlete's foot** lavender, myrrh, patchouli, tea tree  
**bites/stings** chamomile (German and Roman), geranium, lavender, tea tree  
**bruises** chamomile (German), lavender, marjoram, rosemary  
**burns (mild)** chamomile (German), lavender, tea tree  
**colds and flu** atlas cedarwood, eucalyptus, frankincense, lavender, peppermint, rosemary, tea tree  
**coughs** atlas cedarwood, eucalyptus, frankincense, lavender, marjoram, rosemary, sandalwood, tea tree

**cuts/scrapes (minor)** chamomile (German), eucalyptus, lavender, myrrh, tea tree  
**depression (temporary, mild)** bergamot, geranium, grapefruit  
**dry skin** atlas cedarwood, chamomile (Roman), frankincense, geranium, lavender, palmarosa, patchouli, sandalwood  
**fatigue/nervous exhaustion** clary sage, eucalyptus, frankincense, geranium, grapefruit, lavender, ylang ylang  
**headache** chamomile (Roman), lavender, peppermint  
**indigestion** bergamot, chamomile (Roman), marjoram, peppermint, rosemary  
**insect bites** chamomile (German), lavender, tea tree  
**jet lag** bergamot, eucalyptus, frankincense, lavender, ylang ylang  
**laryngitis** eucalyptus, frankincense, lavender, sandalwood  
**mature skin** clary sage, cypress, frankincense, geranium, lavender, myrrh, rosewood, sandalwood, ylang ylang  
**menstrual cramps** chamomile (Roman), lavender, marjoram  
**muscle pain and spasm** chamomile (German and Roman), eucalyptus, lavender, marjoram, peppermint, rosemary

**nervousness/stress** bergamot, chamomile (Roman), clary sage, frankincense, geranium, lavender, sandalwood, sweet orange, ylang ylang  
**oily skin** atlas cedarwood, bergamot, cypress, geranium, juniper, lavender, petitgrain, tea tree  
**premenstrual syndrome (PMS)** chamomile (Roman), frankincense, geranium, grapefruit, juniper, lavender, sandalwood  
**rheumatism** atlas cedarwood, chamomile (German and Roman), cypress, eucalyptus, juniper, lavender, marjoram, rosemary  
**ringworm** [see athlete's foot]  
**sleeplessness** chamomile (Roman), clary sage, lavender, marjoram, petitgrain, sandalwood  
**sprains** chamomile (German and Roman), eucalyptus, lavender, marjoram, rosemary (soak sprains or apply compresses; **do not massage**)  
**sunburn (mild)** chamomile (Roman), eucalyptus, lavender  
**wrinkles** frankincense, geranium, lavender, palmarosa, patchouli, sandalwood

(Italics indicate oils generally considered most effective)

**DISCLAIMER:** This guide is intended for informational purposes only. It is not intended for the diagnosis, treatment or cure of any medical condition or illness, and should not be used as a substitute for professional medical care. BarCharts, Inc., its writers and editors are not responsible or liable for the use or misuse of the information contained in this guide. All rights reserved. No part of this publication may be reproduced or transmitted in any form, or by any means, electronic or mechanical, including photocopy, recording, or any information storage and retrieval system, without written permission from the publisher. © 2005 BarCharts Inc. 0608

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