



# AROMATHERAPY



# Aromatherapy

What is aromatherapy?

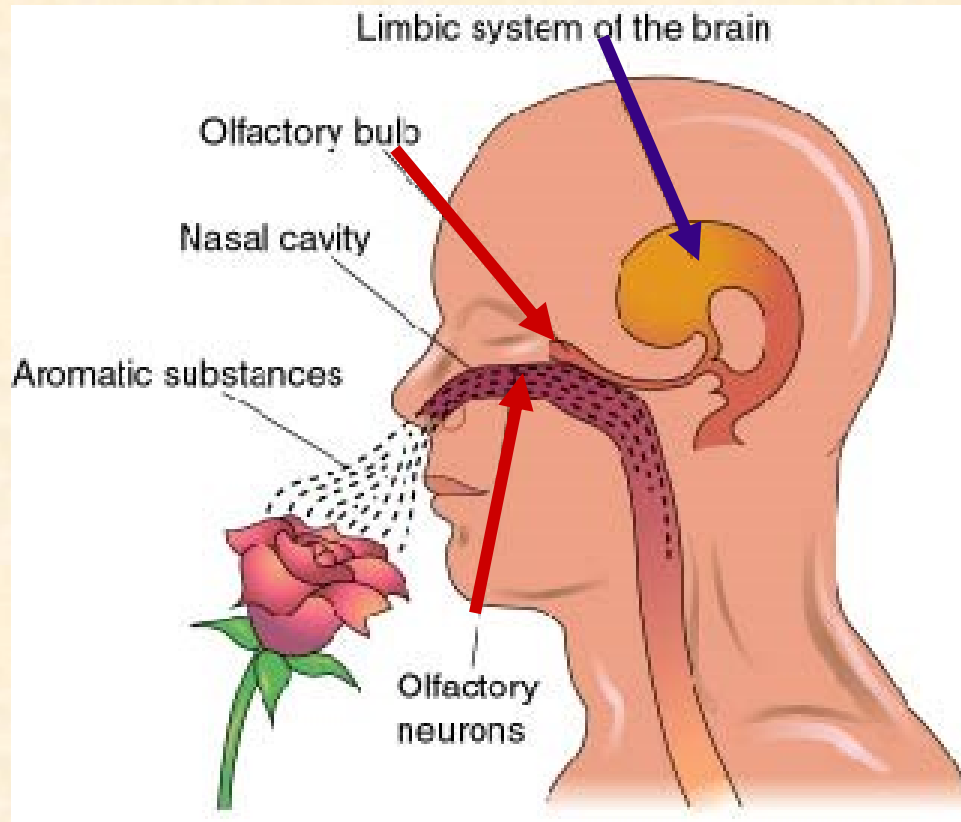
**Aromatherapy**, is using a plant's aroma-producing oils (essential oils) to treat disease.

- ❑ Essential oils are taken from a plant's flowers, leaves, stalks, bark, rind, or roots.
- ❑ You can also massage the oils into the skin (**absorbed into the blood stream.**) or pour them into bath water.

# Aromatherapy

☼ Practitioners of aromatherapy believe that fragrances in the oils stimulate nerves in the nose. Those nerves send impulses to the part of the brain that controls memory and emotion. Depending on the type of oil, the result on the body may be calming or stimulating.





- Here, the aromatic substances from a flower stimulate the olfactory bulb and neurons. The desired emotional response (such as relaxation) is activated from the limbic system of the brain.

# *Aromatherapy*

The oils are thought to interact with the body's **hormones and enzymes** to cause changes in blood pressure, pulse, and other body functions. Another theory suggests that the fragrance of certain oils may **stimulate** the body to produce **pain-fighting substances**.



# The Benefit of an Aroma-Inhaling Essential Oils

Not only does the aroma of the natural essential oil stimulate the brain to trigger a reaction,



but when **inhaled into the lungs**, the natural constituents can supply therapeutic benefit.

☀ex: Diffusing **eucalyptus** essential oil to help ease congestion.



# History of Aromatherapy

6000 years ago, the Egyptians recommended the application of aromatic oils as fragrances for baths, massages and calming.

Egyptians used waters, oils, incense, scented with botanicals for their **religious ceremonies.**



# The following summarizes the ten most useful oils and their supposed effects (Thomas, 1997):

## **Chamomile**

Calming

## **Jasmine**

Antidepressant

## **Lavender**

Mildly analgesic

## **Marjoram** مردقوش

Mildly analgesic

## **Neroli** زهر البرتقال

Mildly sedative

## **Rose**

Antiseptic

## **Sandalwood**

Antiseptic

## **Eucalyptus**

Antiseptic

## **Tea tree**

**Antimicrobial**

## **Geranium** ( إِبْرَةُ الرَّاعِي ( نبات )

Mildly astringent



# Selected examples

## Aromatherapy Chest Rub for Coughs and Chest Congestion

### ☼ Ingredients

- ☼ 2 tablespoons (30g) **virgin coconut oil** / 1/3 cup (75ml) **jojoba or olive oil** / 15 drops **Eucalyptus** essential oil / 7 drops **Peppermint** essential oil / 2 drops **Cedarwood** essential oil / 1 drop **Thyme** essential oil



# Aromatherapy Chest Rub for Coughs and Chest Congestion

## ☼ Directions

- ☼ Put about (2.5cm) of water in the bottom of a medium-sized pot and **heat**.
- ☼ Place the coconut oil in a medium sized heat-proof glass measuring cup (such as Pyrex.) Place the measuring cup in the water and **warm slowly over a low heat** until the butter is melted.
- ☼ Remove from the heat and stir in the jojoba or olive oil.
- ☼ Pour the oil mixture into a dark glass. Drop in the essential oils.
- ☼ It's best to wait at **least 24 hours after blending** to let the chest rub 'cure' if you can. Remember to keep the bottle in a cool, dark place.

# Aromatherapy Chest Rub for Coughs and Chest Congestion

- ☼ **Caution: Thyme** essential oil may irritate sensitive skin, which is why it's at a low concentration. If your skin is exceptionally sensitive, leave it out. Also, do not use eucalyptus if you have high blood pressure or epilepsy.
- ☼ You can replace the coconut oil with jojoba or any other carrier oil of your choice. Graepseed oil absorbs fairly quickly.

# Selected examples

- ☀ **Addictions Withdrawal:** grapefruit, lavender, orange.
- ☀ **Alzheimer's** ☐ lavender, rosemary, sandalwood, vetiver, ylang ylang
- ☀ ☐ Diffuse. Dilute 3 drops in a teaspoon of carrier oil or unscented lotion and apply to brain stem area at back of neck.
- ☀ **Arthritis** ☐ Camphor, German & Roman chamomile, marjoram, peppermint, rosemary, wintergreen.  
Blends. ☐ Add 1 to 3 drops of essential oil to 1 teaspoon of carrier oil or unscented lotion. Massage into affected areas as required.

# Selected examples

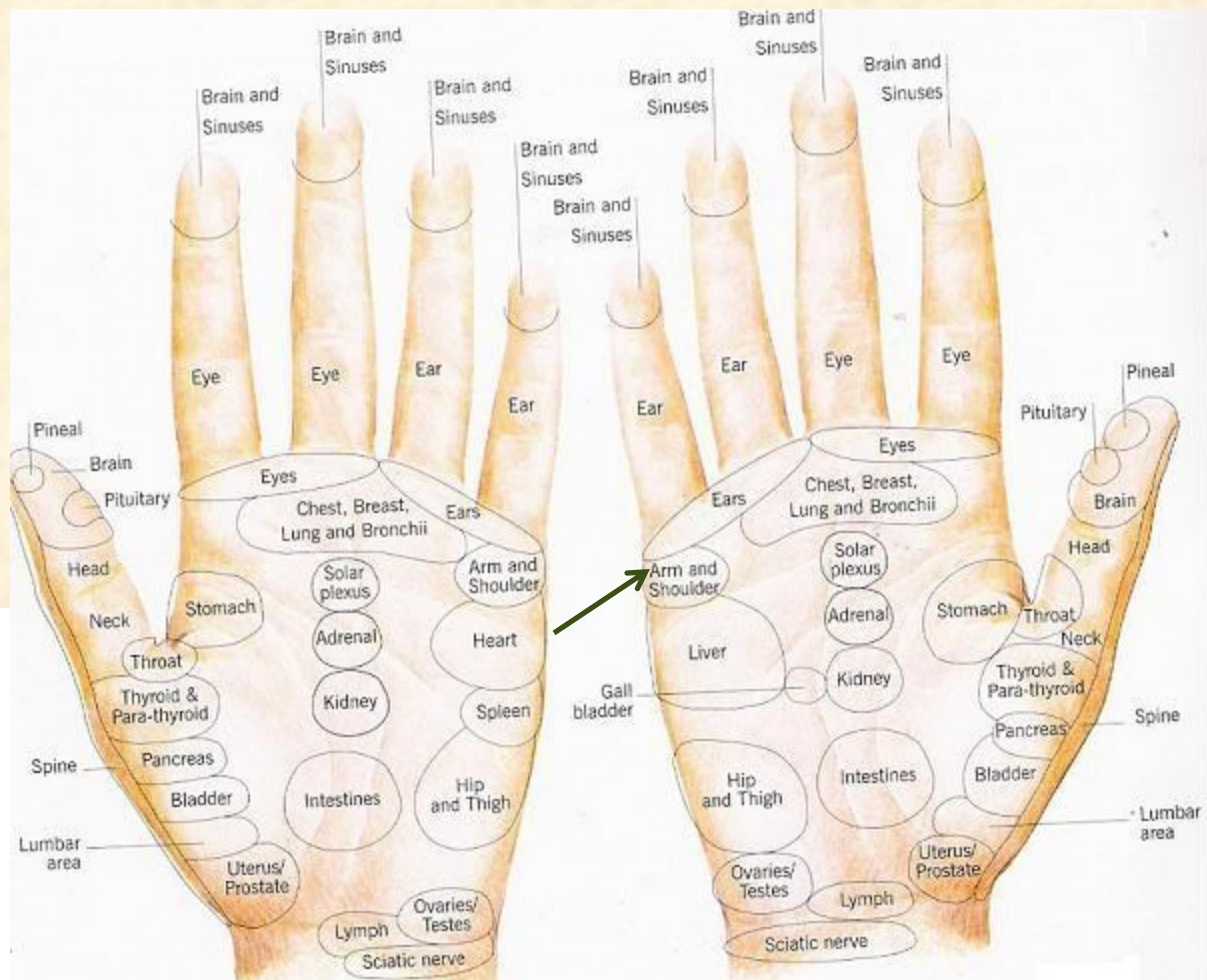
☀ **Back Pain** ☐ Blend 5 drops each **lavender**, **peppermint & rosemary** in 1/2 cup carrier oil and massage into affected area.

## ☀ **Blood Pressure**

☀ ☐ High: **Lavender**, lemon marjoram, **ylang ylang** (avoid rosemary & thyme; use peppermint with caution).

Low: **Rosemary - (alopecia, circulatory stimulant)**

☀ Dilute 3 drops in a teaspoon of carrier oil and apply to reflex points on feet and hands.



☀ **Bronchitis** ☐ **Basil**, cypress شجر السرو ,  
**eucalyptus**, marjoram, peppermint, rosemary,  
**thyme**, Blends: Brea

☀ Dilute 3 drops in 2 te  
apply to back, chest,  
eyes), neck or reflex p

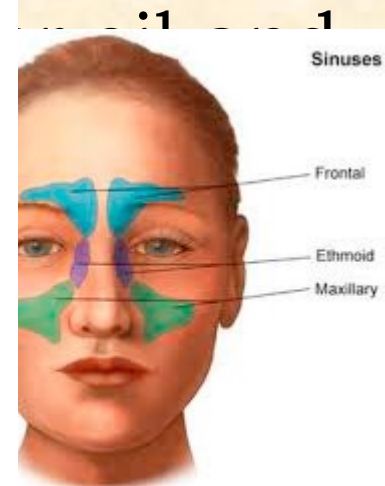
☀ **Stress/relaxation bl**

- Add to 50 ml. of carri

☀ Lavender 10 drops

☀ Rosemary 5 drops

☀ Cypress 15 drops



ICE:



# What are Fragrance Oils?

- ☀ **Essential oils are not the same as fragrance oils, perfume oils** .Essential oils contain only the distilled essence of a **plant**, while perfume (fragrance oils) are **artificially created** fragrances, contain artificial substances and do not offer the therapeutic benefits that essential oils offer
- ☀ **Common carrier oils include sweet almond oil, apricot kernel oil, coconut oil, and grapeseed oil** .



# Some Techniques used in Aromatherapy

## 1- Inhalation

Place 3-4 drops of essential oil on

**a tissue.** Place the tissue near your nose and inhale. When trying an oil for the first time, use only one drop to ensure that

you do not have a sensitivity or reaction to the oil.



# Some Techniques used in Aromatherapy

## 2-Steam Inhalation



Boil 2 cups of water. Pour the water into a **bowl** and add 3-7 drops of oil to the water. Use fewer drops if you are using an oil that may cause irritation to your mucous membranes (i.e. **cinnamon, eucalyptus,, pine, etc.**).

# Some Techniques used in Aromatherapy

Steam inhalation can

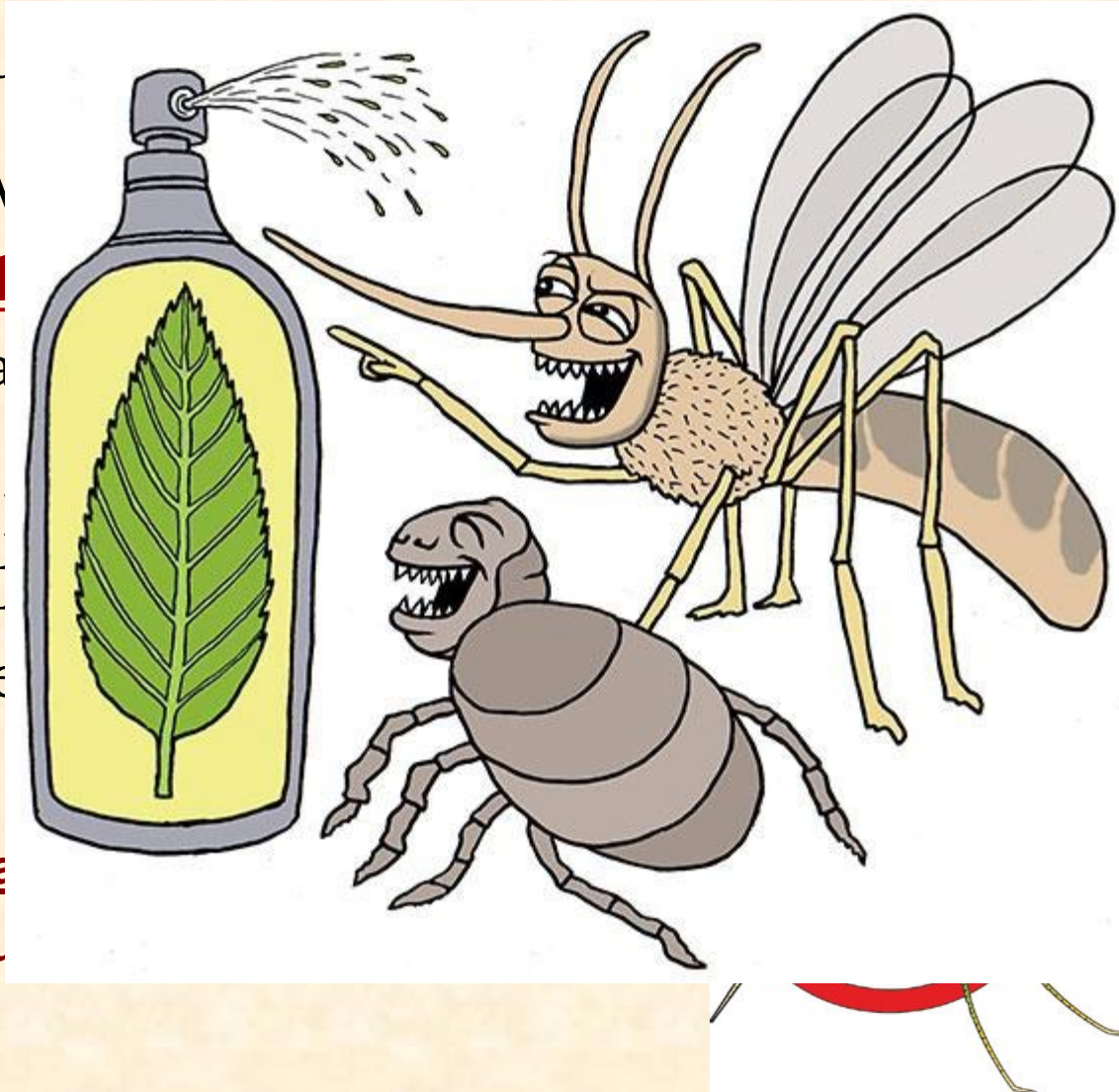
## 3- Bug Repellent - M

**citronella, lavender**

natural repellent a

- ☼ Sprinkle a few dro
- cotton balls and p
- windows to help re

➤ **Be sure to read all safety data**  
oils may not be suitable for u



# Some Techniques used in Aromatherapy

- 4- Massage** - Add up to 20 drops of essential oil to 1 ounce carrier oil such as sweet almond oil and massage onto skin.
- ⚠ Keep away from eyes and genital areas. Do not apply essential oils to the skin without **first diluting** them.
  - ⚠ Be sure to also read the safety data for the essential oils you choose to use.



# Some Techniques used in Aromatherapy

5- **Aroma Therapy Candle** Ideal for Reducing **Stress**, Improving Concentration by Masking Distractions, Improving Stamina and Alertness

☼ Citrus, Sage Scented

☼ Contains Wax, Essential Oils

☼ Made of Glass



# Aroma Therapy Candles



# Safety

- ⚠ Do not **swallow** the oils used in aromatherapy. Many of the oils are potent and can be dangerous if taken internally (swallowed).
- ⚠ Children younger than **age 5** should not use aromatherapy, because they can be very sensitive to the oil
- ⚠ Nor should anyone use oils near the **eyes or mouth**, because irritation of the skin and membranes may occur.
- ⚠ They should never be applied to the skin in their undiluted form

# Essential Oil Safety Information

- Some essential oils should be avoided during pregnancy or by those with asthma, epilepsy.
- ☀ **Not all essential oils are suitable for use in aromatherapy.** onion, camphor, horseradish, wintergreen, bitter almond are some of the essential oils that should only be used by qualified aromatherapy practitioners.

**Aromatherapy should always be performed under the guidance of an aromatherapist, herbalist, massage therapist, or physician.**





**GOOD LUCK**