ESSENTIAL OILS

My training of aromatherapy and essential oils started in 1992-93 with Gary Young (Young Living Essential Oils) who travelled frequently to Vancouver, B.C. where I was a student learning about anything I could possibly glean when it came to natural healing. I also had the opportunity to learn from Valerie Worwood from England when she came to Vancouver. I remember Valerie telling us that she once had a vat of burning hot fat fall on her arm and she dipped her arm in a vat of lavender oil – she said she never did have any scarring, it healed up completely. I was very lucky, these were some of the biggest leaders in the aromatherapy/ essential oil movement. I did go on to read several other books about essential oil therapy which were all appreciated and some of everyone's teachings are contained here, although I didn't make a lot of notes as to who said what!

So, what you have here are all my notes from the years of study and practice. They were all a mish-mash, but I have tried to organize them for you in hopes you will glean some valuable information about this amazing medicine.

Please don't tell anyone that essential oils or aromatherapy can 'cure' or 'fix' anything. The body has the ability to heal itself. It is always trying to achieve homeostatis, it was designed to do that. All we are doing is relieving the body of stressors that inhibit its own healing ability and giving it a helping hand to do its god-given job.

Taking Essential Oils Internally

Essential oils should not be taken internally. Ideally Essential oils should only be taken internally after receiving a detailed consultation and prescription from a trained and qualified aromatherapy practitioner. We know that lots of people self medicate and we urge everyone to do some studying about whatever they are using to help the body heal.

Jean Valnet agrees all essential oils can be used topically but he also recommends the following internal dosages. He recommends mixing 1 or 2 drops of essential oil with honey. For instance he recommends using:
Lemon oil: essence: 5-10 drops in honey water
Lemongrass: essence: 5 drops on sugar lump or alcoholic solution 2-3 X/day
Marjoram: essence: 3-4 drops 2-3X/day in honey water
Peppermint oil: Use 2-5 drops essence several times a day in honey water.
For Pine he says: Pine essential oil: 3-5 drops in honey water 3-4/X day.
For Rosemary: : 3-4 drops 2-3/X day in alcohol or honey
For Sage: 2-4 drops 3X/day in alcohol or honey water

Notice dosages vary, usually 3-5 drops in mixture, 3 times a day. Sometimes they are not good when ingested because it changes when it hits the stomach acid. It can irritate the stomach. If you really want to experiment with digestion, start by taking only 1 or 2 drops a day.

London School says no, only externally. Richard from that school also disagrees with Valnet in that he says it doesn't mix with honey, and that it needs to be mixed with alcohol.

The toxicity in 1972-75 reported 16 deaths orally, none through external application, only 22 attributed to food stuffs and poisonous plants, and none to essential oil use.

We always want to error on the side of caution. If you can get results by using the oils externally or breathing in the essence into the olfactory within the nasal structure, why take a chance on hurting yourself putting anything caustic into your body.

Gary Young says hydrochloric acids in the stomach destroy oils, so if you are doing essential oils internally, best to take in capsules.

General Information about Essential Oils:

Essential oils are flammable. Please keep them out of the way of fire hazards.

Essential oils are the blood of the plant - its immune system.

We have been told that the body needs 3500 enzymes to survive. However, we now know that the liver alone is responsible for the production of 100,000 enzymes in the body.

1 1/2% of oils distilled are for aromatherapy. 2% are for cosmetic purposes, the rest are for commercial purposes (80% of Lysol is essential oil). How the oils are distilled is important. If the temperature is not perfect, the molecule will be cracked and the properties lost. Most are made at 400 pound press and solvents are put into the water to increase extraction. Our blood is a balance of potassium on the inside of a cell, sodium on he outside and if we can maintain the correct balance, we can keep alive indefinitely. The moment it changes, it thickens, which prevents oxygen from entering and the cell starves to death. Every cell membrane contains lipids and essential oils are an oil so they are accepted. The oils work on the electrical field also. You cannot help disease without oxygen.

Even in France, the industry is cheating. In 1991 there was 2700 ton of lavender oil produced. However 5700 ton was exported! How was this accomplished? Most of it was cut with 20% Yugoslavian oil and then 30% synthetic fragrance added. Actually, most of the 2700 ton was used right in France and not exported at all. 98% of what comes in to Canada and U.S. is adulterated.

Aromatherapy and Stress: when you are healthy (mentally, emotionally, and spiritually) then stress doesn't bother you. It is when you get out of balance that you become ill. Aromatherapy alleviates stress and brings balance to the mind. Oils amplify energy. They amplify only that which is good. They know where to go and what to do.

Fragrance has the most profound effect on the emotions of anything, more than sound, or sight. The professional nose in Europe is the highest paid profession there is.

Sesqueterpines access the brain eg. Frankincense.

Synthetic fragrances are the number one cause of allergies to women today.

We can detect 10,000 smells. Aromatherapy goes to the limbic system where our concentration, memories are. It penetrates the blood brain barrier (note: the first drug to penetrate the blood brain barrier was valium).

Inhalation shows a three second physical response and one second emotional response with essential oils. The aroma moves into the nose, to the olefactory where it triggers a nerve to the mignola. The mignola is associated with all that holds emotional responses of endocrine glands in the brain - thymus, pineal, pituitary, adrenal cortex. You can't change a cell until you change the mignola. Sound doesn't cross the motor cortex. Fragrance has the most profound effect on the emotions of anything - more than sight or sound. Frankincense has a direct effect

on the Pineal Pituitary. Sandalwood also and it goes to the RNA and reverses the programming. Olefactory cells in the nose regenerate every 30-40 days.

The oils also transport oxygen and enzymes.

Industry is using Aromatherapy
Lots of interesting tests and trials are happening using aromatherapy. Lemon is being used for psycho dynamic situations in Japan – it is diffused to computer operator's work area to increase performance 50%. At the same time they are diffusing lavender out to customers to keep them calm. Casinos use fragrances near machines. Bills are chemically treated with chemical sweat and when you open an envelope you have the desire to pay.

A test was done regarding students who were typing:
54% had less errors using lemon essential oil
34% had less errors using jasmine essential oil
23% had less errors using lavender essential oil

We have been told that 10-20% of hospital admissions are reactions to drugs. Staph infections in hospital are hard to control because bacteria is carried in the noses, mouth and hair of the nurses, doctors, visitors and patients. Many of them are now using essential oils to help control the resulting infections.

When working with frequencies, it has been determined at people terminate at 25 kilohertz. At 50 kilohertz they are diseased, at 60 kilohertz they are run down and they are in good health at 70-75 kilohertz. Here are how other things test for frequencies:
Food: 0-5 kilohertz
Dry Herbs: 15-20 kilohertz
Fresh Herbs: 20-27 kilohertz
Single essential oils: 52 kilohertz
Blended essential oils: 72 kilohertz

Universal Oils:

Lavender is #1 oil (it is the most used extensively throughout the world)
Rosemary is next
Chamomile Mixta is known as the mother herb

Shelf Life of Essential Oils:

Most oils have a long shelf life. Rose oil matures nicely with age like fine wine and can last 20 years. The citrus oils are cold pressed, not steam distilled and only have a shelf life of about 6 months. They should be stored in a dark cool place (under 98 degrees Fahrenheit). Many years ago they found some stored essential oil in a cave in the old holy land which dated back to the time of Jesus – it was said to be in good order.

If you are taking medicine:

There are so many medicines on the market, it is difficult to know which will have an effect on which. If the medicine you are taking says no consumption of alcohol, then don't take the essential oils internally (which we don't recommend in any event). Also, if you are having homeopathic treatment, they will cancel out the homeopathic medicine.

By the way, essential oils are natural antibiotics. However antibiotics kill bacteria (microorganisms). The essential oils don't actually kill, they give life to the other cells and are

therefore referred to sometimes as EU-BIOTICS.

The number 1 killer on our planet is stress and essential oils are great at relieving stress.

How to use oils:

1. **Sometimes you need to apply straight on skin. This method good for cuts, wounds, varicose veins. Use Q-tip. Q-tip must be real cotton. Don't massage in.**

2. **Mix with base oil and apply to skin. Massage in. Use 3% dilution maximum strength.**

3. **Use 1/3 oz. in a bath gel. Can also put into bath water (6 drops, or 2-3 citrus) but they don't always mix well.**

4. **Breathe/Inhale in the fumes.**
   - after applying it to hands.
   - use cotton handkerchief, cotton balls (not synthetic).
   - use 4-15 drops in bowl of boiling water, bend head over and put towel over head to keep in vapor. Breath in (15 min maximum). Wait 2-3 hrs. before repeating.

5. **Apply to bottoms of feet, will be taken up throughout body. When using Garlic, within 10 minutes you can smell it on the breath.**

6. **Hot/Cold Compresses. Use couple of drops.**
   Cold: If muscle injury, use cold compress for first 3 days after the injury to take swelling down.
   Prepare bowl with essential oil on bottom, then add ice and water. Lay cloth on top, wring out, put on skin, wrap in plastic or put towel around to hold coolness in. Change when warm.
   Hot: If injury is old, rheumatism, fibrositis. Can use for arthritis, but must keep moving the area or it can make congestion worse. Good for period pains for women.. Use small hot compresses to treat boils, sore tooth, earaches. Use 3-6 drops of oil depending on the size of the area. Prepare as cold, except use hot water, changing when cooled.

7. **Many feel it is not necessary to take the chance of using the oils internally because they work well on the skin.**

8. **Some people say never take oils with just water, put in tea, or mix in alcohol (vodka) of highest proof, say 50 proof or 100% or use ethyl alcohol (eg. use 1/3 oz., or warm up honey, vodka, orange juice etc. Others however say it doesn't make, it all goes down the same hatch.**

9. **Reflexology. When used with reflexology, work the oil into the sore areas that indicate problems when pressure is applied.**

10. **Diffuse it into the air. When you diffuse oils into the room, you diffuse negative ions, ozone. You kill fungus, you add oxygen, it hits the nose, limpic system, brain, and triggers a response in 1-3 seconds. There are several methods used to**

diffuse:
a) air diffuser, electric, puts the oil into the air in a cool state. Fifteen minutes is sufficient time for diffusing.
b) ceramic warmer with candle under it. Fill up the little dish on top with water and about 8 drops of oil.
c) use in a plant sprayer. Mix about 4-8 drops in the sprayer (of 1 or more oils) with about 2 oz. alcohol eg. vodka, shake, then add about 1 cup of water.

11. **Apply a few drops to your shampoo, conditioner, the food you cook.**

12. **Use the sprayer to control fleas on animals, to spray in the air to control moulds, germs.**

13. **Put a couple of drops on a cold light bulb and then turn it on (if you do it to a hot light bulb it will burst).**

14. **For using with children, use only 1% dissolution or 1 drop and make sure it is mixed with milk or cream (having some oil quality) if using in a bath. Never use straight on child's skin.**

15. **When you rub the oils onto skin, covering it helps keep the oils from disappearing. Heat helps penetration so hands should be warm when applying.**

16. **How fat are you? The bigger you are, the longer it takes for the oils to penetrate the skin.**

17. **Note: waster molecules are too large to pass through the skin, same for vegetable oils. Essential oils do. The fatty part of the essential oil goes into the fatty part of the body. Water part goes to water.**

18. **Like antibiotics and drugs, if you overuse, eventually they are not effective. Example is red thyme – use 3 times a day for 4-5 months and just won't work any more. Use for 2 weeks if intense (6 weeks if not intense), then rest, or change formula.**

19. **If you run herbs and essential oils together you increase oxygen by 32%.**

Quantity

How much do you want to use for the whole body? What do you want to use for the whole body: that is what you will use straight or in a base oil. 10 drops is considered a heavy dose. Some oils are heavier and stronger than others.
Baths are generally 6 drops (only 2-3 of citrus).

Other facts

1. **Never blend any two oils that have the same major kenotypes in the same amounts. Make sure the proportions are quite different - at least 2 to 1 ratio or you will create an inert oil that is only good for odor.**

2. **Essential Oils take only oxygen, not free radicals.**

3. **Use only natural oils. Synthetics have a reversed energy field (counterclockwise). Natural products don't shock the system, they rebuild it.**

4. **Essential Oils are liquid herbs in concentrated form.**

5. **Essential Oils increase by 20% assimilation of oxygen.**

6. **The skin is the organ of absorption; 1/3 of the oxygen for the body is absorbed through the skin.**

7. **Storage: Direct sunlight and heat will damage the essential oil.**

8. **Don't put on synthetics eg. plastic. They melt it.**

9. **For babies use 1 drop. For children 2 drops. Most adults can take 10 drops but some oils are very strong like clove, thyme, cinnamon.**

10. **Three oils mixed is usually enough or it starts to get muddy.**

11. **Juniper berry oil is superior to just juniper because it uses only the berry.**

12. **Lavender used to be called "Spikenard" many years ago.**

13. **Cinnamon Bark is strong and can irritate skin. Cinnamon leaf can be used on the skin.**

14. **Rose oil uses the enfleurage method, not distillation.**

15. **If not sure how someone may react, use less essential oil and if inhaling, expose only for few seconds.**

16. **Essential Oils leave no toxins in the body.**

17. **Essential Oils are still being absorbed up to 6 hours after application.**

18. **Daily usage is usually 2-4 times a day.**

19. **The best alcohol to use as a carrier is ethyl alcohol. That is what is also used in perfumes.**

20. **When using citrus oils, use a little less**

21. **The oils are light sensitive, keep away from bright lights, store in coloured bottles, away from direct light.**

22. **The left nostril carries to the left brain. It doesn't cross over until the medulla to below the head.**

23. **When you breathe in, the left nostril goes to the left brain. This is because it doesn't cross over until the medulla to below head.**

24. **The orange tree produces three types of essential oils: pettigrain, neroli and orange.**

25. **Survey data informs that 25% of all prescriptions in 1972-73 contained at least one active ingredient of plant.**

26. **Ten years ago no pharmaceuticals looked at higher plants (flowers). Chemicals have gone as far as they can go. We have gone through the chemical revolution and now are back to plant medicine. Moving now to extracts. 750,000 plants are available that may be used for healing. However, you can't patent a plant or substance but you can a formula.**

27. **Water carries the vibrational pattern of anything in it.**

28. **Don't mix homeopathic medicines with Essential Oils, it wipes out the frequency of the homeopathic.**

29. **Essential oils in their bottles shouldn't touch each other.**

30. **Don's take essential oils through x-rays at airport. Say you are carrying natural perfumes, or put into luggage to be stored in the belly of the plane.**

HOW ESSENTIAL OILS ARE MADE

Methods of Extracting Essential Oils:

1. Distillation Methods:

A. Water: Good for herbs containing volatile oils primarily terpenic. Dried material put in distilling chamber and heated until all volatile matter is condensed in condensing chamber. These types of oils are not affected by heat.

B. Steam: Peppermint, spearmint, lavender. Plants taken directly to distilling chamber without maceration because plant is still green and contains considerable moisture. Steam forced through herb carrying the oil droplets to the condensing chamber.

C. Combined Water & Steam: Used when oil can be injured by boiling. Dried or fresh herb covered with layer of water and steam passed through the mixture. Steam is generated in other chambers to ensure water temperature doesn't rise to boiling point. Oil floats to surface and is separated, often undergoing further processing.

2. Effleurage (cold fat method) - Fat will absorb oil. Animal fat prepared and the cold fat is used with plants that continue to generate volatile oils after harvesting (jasmine). Herb is soaked in the fat and oils are absorbed into the fat, then new layer of herb is introduced until as much as possible is absorbed. Mixture is then agitated and mixed with alcohol with the volatile oil transferring to the alcohol, alcohol is then evaporated.

3. Maceration (hot fat method) - plant is plunged into hot fat quickly after picking. Flower parts then separated by centrifuge or straining. Repeated until saturation is obtained then same alcohol method is employed as in effleurage.

4. Expression - Oil glands of citrus family are punctured by series of sharp projections on

rollers and oil is squeezed out of rind.

5. Solvent Extraction - Petroleum, ether, benzene or acetone heated and oils are transferred to solvent, then solvent filtered leaving paste behind containing oil and wax which is agitated in alcohol causing oil to transfer to the alcohol. When alcohol evaporates the oil is left behind.

6. Hypercritical carbon dioxide - carbon dioxide can become hypercritical at 33oC when under high pressure and will act as a solvent absorbing oil in only a few minutes without changing the chemistry of the oil. To remove the solvent, just remove the pressure so no residue is left behind. Used in closed chamber

Eight Types of Essential Oils:

1. Hydrocarbon: coriander, cardamon, fennel, eucalyptus, conifers, ginger, celery, hops, cubeb, black pepper
- antiseptic, antiviral, some immune stimulating.

2. Alcohol: peppermint, lavender, rosewood, neroli, coriander, rose, geranium, palmarosa, eucalyptus, nairouli, juniper, marjoram, cardamon.
- antiseptic, energizing, antibiotic, anti-viral, carminative.

3. Aldehyde: cinnamon, melissa, lemongrass, citronella, lemon verbena, sweet orange peel, bitter orange peel, bitter almond.
- antiseptic, carminative, insect repellant, sedating

4. Ketone: pennyroyal, tansy, sage, thuja, spearmint, camphor, caraway, buchu, absinthe/wormwood, violet.
- neurotoxic internally, increase mucus flow, skin care, antiseptic, carminative, attracted to fat.

5. Phenol: thyme, also in clove, allspice, birchtar, creosote, juniper tar.
- antiseptic, fungicidal, local anesthetic, carminative, antispasmodic, antibacterial, irritating, smells strong.

6. Phenylpropane: Cloves, aniseed, sassafras, fennel, camphor, nutmeg, parsley, E. Indian dill.
- antiseptic, expectorant, skin irritant, local anesthetic

7. Oxide: Chenopodium (explosive), eucalyptus.
- anthelmintic, expectorant, antiseptic, insect repel, antirheumatic.

8. Ester: Lavender, Rosemary, Bergamot, Wintergreen, Mustard. Aging permits esterification and improves perfumes.
- carminative, mildly nervine, balancing, soothing, antiseptic.

(note: this comes from Tisserand, Art of Aromatherapy)

ODOR INTENSITY AND EVAPORATION RATE

note: 10 is intense

Oil	Odor Intensity	Evaporation Rate/Volatility	Quality	Ruling Planet
Basil	7	78	Yang	Mars
Benzoin	4	100	Yang	Sun
Bergamot	4	55	Yang	Sun
Black Pepper	7	60	Yang	Mars
Camomile	9	47	Yin	Moon
Camphor	5	?	Yin	Saturn
Cardamon	9	68	Yang	Mercury
Cedarwood	4	97	Yang	Jupiter
Clary sage	5	82	Yang	Mercury
Cypress	4	30	Yin	Saturn
Eucalyptus	8	5	Yin	Saturn
Fennel	6	85	Yang	Mercury
Frankincense	7	75	Yang	Sun
Geranium	6	87	Yin	Venus
Hyssop	6	65	Yang	Jupiter
Jasmine	7	95	Yang	Jupiter
Juniper	5	30	Yang	Jupiter
Lavender	4	17	Yang	Mercury
Marjoram	5	40	Yang	Mercury
Melissa	4	17	Yang	Jupiter
Myrrh	7	100(?)	Yang	Sun
Neroli	5	79	Yang	Sun
Patchouli	5	100	Yang	Sun
Pennyroyal	7	86	Yang	Mercury
Peppermint	7	70	Yang	Mercury
Rose	7	99	Yin	Venus
Rosemary	6	18	Yang	Sun
Sandalwood	5	100(?)	Yang	Uranus
Ylang Ylang	6	91	Yin	Venus

HOW TO TEST ESSENTIAL OILS

1. Take off all jewellery, watches, earrings.
2. Close Eyes.
3. Put a drop of oil on a small piece of paper.
4. First rotate it clockwise at naval, let the aroma driftup and breathe it in.
5. Then do the same at the sternum.
6. Next do the same at the throat/thymus.
7. Next hold it up to the left side of the nose, use finger to close the right side, breathe in. It should feel smooth.
8. Now do the right side of the nose, closing down the left side. You will notice it is a sharper smell.
9. Lastly open both nostrils and breathe in. The smell should be even, smooth. If the smell fractures, the oil has been adulterated in some way.

Here are some examples:

Rosemary - Kenote type: phenol, separate notes:
- at naval, smell Eucalol
- at sternum, smell menthol
- at Thymus, smell camphor
- left nostril smell menthol
- right nostril smell eucalol & camphor

Lavender - Kenote type: chanel
Predominant Constituent: linalol
- at naval, smell linalol (high note)
- at sternum, smell turpine
- at thymus, pick up alcohols (low/base note) and esters, so feeling more at peace
- left nostril,
- right nostril, turpines stronger

Blending of Essential Oils

In aromatherapy blending, only natural ingredients such as essential oils, absolutes, CO2s, grain alcohol, carrier oils, herbs and water are used. Because commercial fragrances typically contain synthetic isolates, you shouldn't have high expectations for perfectly duplicating your favorite commercial fragrances.

- **Florals blend well with spicy, citrusy and woodsy oils.**
- **Woody oils generally blend well with all categories.**
- **Spicy oils blend well with florals and citrus oils. Be careful not to overpower the blend with the spicy oils.**
- **Minty oils blend well with citrus, woodsy, herbaceous and earthy oils.**

Best to use 60-80% Enhancer
10-15% Equalizer
5 -10% Modifier
1 - 5% Personifier (powerful smell)

Enhancers, use to strengthen purpose.

Basil	**Frankincense**	**Marjoram**
Bergamot	**Geranium**	**Melaleuca**
Birch	**Grapefruit**	**Myrtle**
Cedarwood	**Lavender**	**Oregano**
Chamomile Mixta	**Lemon**	**Rosemary**
Eucalyptus	**Lemongrass**	**Sage**
		Tangerine
		Thyme

Equalizers, All blends need some equalizer. Don't use more than 50% blended.

Basil	**Geranium**	**Myrrh**
Bergamot	**Ginger Root**	**Myrtle**
Cedarwood	**Juniper Berry**	**Oregano**
Cypress	**Lavender**	**Rosewood**
Fennel	**Lemongrass**	**Sandalwood**
Fir	**Marjoram**	**Spruce**

Frankincense	**Melaleuca**	**Tarragon**
		Thyme

Modifiers: they go well with enhancers and are generally used 2 to 8 ratio with the enhancer being 8

Bergamot	**Myrrh**	**Fennel**
Rosewood	**Grapefruit**	**Sandalwood**
Lavender	**Lemon**	**Ylang Ylang**

Personifiers: sharp, but don't last too long. When blending, use only 5-10% in the blend:

Birch	**Blue Chamomile**	**Nutmeg**
Orange	**Cinnamon Bark**	**Patchouly**
Clary Sage	**Peppermint**	**Clove**
Spearmint	**Ginger Root**	**Ylang Ylang**
Lmmortelle		

Here's a chart fropm Gary Living regarding blending:
Blend together those from column 1 and 2 or
blend together those from column 2 and 3

1	2	3
Benzoin	**Bergamot**	**Basil**
Camphor	**Chamomile**	**Frankincense**
Cypress	**Geranium**	**Patchouly**
Marjoram	**Jasmine**	**Peppermint**
Melissa	**Lavender**	
	Neroli	
	Rose	
	Sandalwood	
	Ylang Ylang	

A fragrance smells differently after several hours than when you first apply it?. Some essential oils and their constituents evaporate more quickly than others. As the oils in a blend evaporate, the aroma will change to reflect the aroma of the aromatic molecules that remain.

NOTES

Using the analogy of a musical scale, oils that

Oils that evaporate with 2-4 hours are considered “middle notes.”

Oils that take the longest time to evaporate are referred to as “base notes.”

Some base notes can take several days to evaporate!

Edward Sagarin credits Septimus Piesse with this analogy that has been used by many perfumers: “Another contribution to the field of odor classification was made by the famous perfumer and perfume historian, Septimus Piesse. This unique figure in the history of the science created what he called an “odophone.” the odors were like sounds, he pointed out, and a scale could be created going from the first or lowest note, the heavy smell to the last or highest note, the sharp smell. In between there was an ascending ladder. Each odor note corresponded to a key on his odophone, and in the creation of a happy mixture of many

different odors, which we call a "bouquet" and which every finished perfume must be, the creator seeks not only to hit the right notes, but to strike those notes which go with one another. His perfume must not be out of tune." [Edward Sagarin, The Science and Art of Perfumery (New York, NY: McGraw-Hill, 1945), 145.]

TOP NOTES: evaporate within 1-2 hours

Anise
Basil
Basil, Holy
Bay Laurel
Bergamot
Bergamot, Mint
Black Spruce
Blood Orange
Blue Cypress
Blue Spruce
Blue Tansy
Boronia Absolute
Citronella
Cornmint
Dalmatian Sage (common sage)
Douglas Fir
Eucalyptus Globulus
Eucalyptus, Lemon
Eucalyptus, Lemon scented Ironbark
Eucalyptus Radiata
Fennel
Fir Needle
Fir, Douglas
Galbanum
Grapefruit
Helichrysum
Gynmnocephalum
Ho Leaf
Kunzea
Laurel Leaf
Lavandin
Lavender
Lavender, Spike
Ledum
Lemon
Lemon Balm, Lemon Eucalyptus, Lemon Petitgrain
Lemon-Scented Ironbark Eucalyptus
Lemon Myrtle
Lemon Tea Tree
Lime
Mandarin
Melissa
Myrtle
Myrtle, Lemon
Orange, Bitter
Orange, Blood
Orange, Sweet
Peppermint
Petitgrain
Petitgrain, Lemon
Pine, Pinyon
Pine, Scotch
Plai
Ravensara
Ravintsara
Rosalina
Saro
Silver Fir
Spearmint
Spike Lavender
Spruce, Blue
Spruce, Hemlock
Spruce, Black
Sweet Orange
Tagetes
Tansy, Blue
Tea Tree, Lemon
Tulsi
White Fir
Wintergreen
Yuzu

MIDDLE NOTES evaporate with 2-4 hours

Allspice
Ambrette Seed
Absolute
Anise, Star
Bay
Bergamot Mint
Black Pepper
Kanuka
Kunzea
Lavandin
Lavender
Lavender, Spike
Lemon Balm
Lemon Eucalyptus

Blue Cypress
Blue Tansy
Bois de Rose
Cajeput
Camphor, White
Cannabis
Caraway Seed
Cardamom
Carrot Seed
Cassia
Catnip
Chamomile, German
Chamomile, Roman
Cilantro Leaf
Coriander Seed
Cinnamon
Clary Sage
Clove Bud
Cubeb
Cumin
Cypress
Cypress, Hinoki
Damiana
Dill seed
Elemi
Eucalyptus Globulus
Eucalyptus Radiata
Fennel
Fir Needle
Geranium
Geranium Rose
Ginger
Goldenrod
Gurjum Balsam
Helichrysum
Gymnocephalum
Hemp
Himoki
Ho Wood
Hops
Hyssop
Inula
Ishpingo
Japanese Cypress
Jasmine Absolute
Juniper Berry
Linden Blossom Absolute
Manuka
Magnolia
Marjoram
May Chang
Melissa
Myrrh, Sweet
Myrtle
Neroli
Niaouli
Nutmeg
Ocotea
Opoponax
Oregano
Palmarosa
Palo Santo
Parsley Seed
Pepper, Pink
Pimento Berry/leaf
Plai
Rhododendron
Roman Chamomile
Rose Otto/ Rose Absolute
Rosemary
Rosewood
Sage, Clary
Sage, Spanish
Sage, White
Silver Fir
Spearmint
Tea Tree
Thyme
Turmeric
Violet Leaf, absolute
White Fir
Yarrow
Ylang Ylang

BASE NOTES: take the longest time to evaporate

Agarwood
Amyris
Angelica root
Jatamansi
Labdanum
Muhuhu

Atlas Cedarwood `
Balsam, Peru
Beeswax Absolute
Benzoin
Buddha Wood
Cade
Cedarwood, Atlas
Cedarwood, Himalayan
Cedarwood, Texas
Cedarwood, Virginian
Cistus
Coffee Absolute
Coffee C02
Copaiba Balsam
Cubeb
Cypress,Taiwan
Davana
Formosan Cypress
Frankincense
Ginger
Helichrysum (Immortelle)
Himalayan Cedarwood
Myrrh
Myrrh, Sweet
Nard
Oakmoss
Olibanum
Osmanthus Absolute
Oud
Patchouli
Peru Balsam
Rock Rose
Sandalwood, African
Sandalwood, Australian
Sandalwood, East Indian
Spikenard
Cumin
Taiwan Hinoki
Texas Cedarwood
Tobacco Absolute
Valerian
Vanilla
Vetiver
Yang Yang

You can see there are some oils listed on two different notes. It was subjective as to which those ones should be placed, so they show up on two lists.

ABSOLUTES

Absolutes are similar to essential oils. They are very fragrant, said to be true to the plant fragrance, very aromatic but produced differently. They are not distilled in a still, they are extracted in a more complex manner using chemical solvent to extract the precious aromatics which is then removed during the final stage of production. A trace amount of solvent can potentially remain and should not be taken internally.

CO2 EXTRACTS

CO2 Supercritical Extracts

CO2 Extracts are thought to be superior to essential oils because of the way they are extracted with carbon dioxide. Carbon dioxide that has reached the supercritical state is able to act as a superior solvent that can dissolve the natural components present in the botanical material that is exposed to the supercritical CO2 inside the specialized equipment used for this purpose. Afterwards, the CO2 is brought back to natural pressurization, and the CO2 returns to its normal gaseous state. What remains is the resulting natural CO2 Extract.
The production of essential oils requires heat in order to distill the plant material. Even for cold pressed citrus oils, some heat can be involved due to the friction involved. CO2 Extracts possess an advantage over essential oils because the botanical material and CO2 supercritical extraction process requires much less heat.

When looking for CO2 Supercritical Extracts, you may come across extracts that are described as being either a CO2 Select Extract or a CO2 Total Extract. The difference between Select and Total CO2 Supercritical Extracts can be important.

CO2 Select Extracts

To create a CO2 Select Extract, low pressure is used during the extraction process. CO2 Select Extracts generally contain the volatile (aromatic) components of the botanical that are soluble in liquefied CO2. Aromatic molecules each have their own molecular weight. Some aromatic molecules are too heavy to be present in a steam distilled essential oil. However, some of the heavier aromatic molecules are present in CO2 Select Extracts. Therefore, CO2 Select Extracts often smell closer to the aroma of the natural herb than do some steam distilled essential oils.

CO2 Total Extracts

To create a CO2 Total Extract, much greater pressure is used. CO2 Total Extracts contain all (or most all) of the molecules that are soluble in supercritical CO2. CO2 Total Extracts tend to be much thicker than CO2 Select Extracts as they typically contain both the volatile aromatic CO2 soluble constituents, and they also contain the natural lipids, waxes, and other CO2 soluble molecules present in the botanical. For information on working with thick essential oils and CO2 Extracts.

CO2 Subcritical Extracts

The process used to create CO2 subcritical extracts is similar to that of the supercritical extraction process except that the pressure and temperature used does not allow the carbon dioxide to reach the supercritical phase. CO2 Subcritical extraction typically extracts the most lightweight aromatic molecules that have carbon structures ranging between C5 to C22. Essential Oils typically consist of aromatic molecules ranging in size from C5 to C20. Of all the classifications of CO2 Extracts, CO2 Subcritical Extracts most closely resemble the consistency and aroma of essential oils. However, CO2 Subcritical Extracts tend to smell more closely to that of the fresh botanical material than do their essential oil counterparts.

FREQUENCIES OF OILS

Dr. Royal Rife said every cell, tissue and organ has its own vibratory resonance. I don't have many but gleaned these on the internet to give you in idea of why the ones at the top are so expensive and valuable.

Essential oils have been successfully measured in the early nineties by agricultural scientist Bruce Tainio, who developed a machine called the BT3 Frequency Monitoring System. The frequencies we've learned about are in Hertz – that's a measure of cycles per second. With his machine, Tainio's measurements of essential oils are in megahertz. One mergahertz is a million cycles per second. So if the very top herz for a dolphin is 500,000Hz, expressed in MHz that would be 0.0005 and if Basil's MHz is 52, expressed in Hertz would be 52,000,000 Hz.

Idaho Blue Spruce	**460-580 MHz**
Rose oil	**320 MHz**
Helichrysum	**181 MHz**
Frankincense	**147 MHz**
Ravensara	**134 MHz**
Lavender	**118 MHz**
Myrrh	**105 MHz**
Blue Chamomile	**105 MHz**
Blue Tansy	**105 MHz**
Melissa	**105 MHz**
Juniper	**98 MHz**
Sandalwood	**96 MHz**
Angelica	**85 MHz**
Peppermint	**78 MHz**
Galabanum	**56 MHz**
Basil	**52 MHz**

- **Lower frequencies support physical problems**
- **Mid frequency oil help emotional change**
- **High frequency oils address spiritual growth and realization**

To give you some perspective on how powerful these oils are:

- **processed foods and meats register about 0-7 MHz**
- **dry herbs register 12 – 22MHz**
- **green foods and fruits come in at 15-70 MHz.3 Cold-pressed, organic juices come in even higher!**

Dr. Jerry Tennant delves into a different approach. Everything alive carries a voltage. For the human body: Normal voltage is 25mV; Robust is 35mV Healing is 50mV Low is 15mV Lower voltage is 5mV. Healing takes place around -50mV. His equipment measures the voltage of various parts of the body to alert you to weak areas that need help.

CARRIER OILS FOR MASSAGE:

Almond Oil. The post popular. Little smell, rich in protein and is emollient, nourishing and slow to become rancid.

Apricot kernel and peach kernel. Both have same properties as almond oil, but they are more expensive.

Grapeseed oil. Very fine and clear. Gives a satin-smooth finish without a greasy touch. Good for the face because it is light and delicate in texture.

Hazelnut oil. Hazelnut penetrates easily and deeply.

Jojoba oil. Keeps well. Satin smooth on skin. Jojoba is a little waxy.

Olive oil. Smell can be overpowering when using the essential oils.

Sesame oil. Keeps well, odor is stronger. Penetrates well.

Corn, soy, sunflower oils. Acceptable. Soy has nice feel and doesn't become sticky with pressure.

Sunflower has the least keeping qualities but contains vitamin F.

The following oils are often added in small quantities to a massage mix:

Avocado oil. Nourishing, penetrating. Becomes sticky when massaged into a large area.

Calendula oil. From macerated calendula petals. Beneficial in any cosmetic preparation for chapped and cracked skin.

Carrot oil. Tonic and rejuvenating and particularly good for neck massage. Rich in many vitamins.

Evening primrose oil, borage oil or black currant seed oil – all omega 6. Useful for scaly skin and dandruff.

Wheatgerm oil. Nourishing, rich in Vitamin E but would be rather "oily" on its own. It is a natural antioxidant (preservative); a teaspoonful added to 2 fluid ounces massage oil will

extend its keeping time.

WHEN AROMATHERAPY MASSAGE IS INAPPROPRIATE

1. **After a very hot bath, steam bath, sauna. The skin will be eliminating excess heat, toxins and surplus moisture for up to an hour. When the body is eliminating, it is not absorbing, so except for giving a pleasant fragrance, the therapeutic benefits of the oils would be wasted.**

2. **Do not massage any area if it causes discomfort eitehr to you or to your friend.**

3. **Do not massage if the person has a temperature, fever, or viral disease, as they may spread the infection further via the lymphatic system. For the same reason, do not massage if cancer is suspected.**

4. **Do not massage someone who has recently undergone a serious operation.**

5. **Avoid areas where there are fractures, broken skin, sprains, bruises, swelling, rashes, torn muscles or ligaments, or varicose veins.**

6. **Do not massage anyone who has heart trouble. Especially if they are on blood thinners.**

7. **Do not massage anyone who has cancer.**

8. **Do not massage someone who has acute back pain.**

9. **Do not massage the abdomen straight after a meal.**

10. **If in doubt, don't massage.**

In Cinncinatti Dr. Dunbar conducted a test. He diffused oxygen into A group and peppermint oil into B group then have them both a test. The group receiving the diffused peppermint oil had 28% higher averages and this has been proven time and time again.

Air studies reveal that the essential oils will kill most fungus, molds, bacteria on contact and remove chemicals out of the air. They put oxygen into the blood and strengthen the immune system. By the way, they will do the same for pets as for us.

Inhalation shows a three second physical response and a one second emotional response.

Essential Oils were extensively used back in the bible times. The bible says the fruit of the tree shall be your meat and the leaf thereof shall be your medicine. Proverbs 27:9: Ointment & perfume rejoice the heart. Oil is mentioned over 100 times in the bible. Est. 2:12..6 months with oil of myrrh. Ex 7:22...a hundred baths of olive oil.

Sesqueterpines access the brain eg. frankincense.

Synthetic fragrances are the number 1 cause of allergies in women today.

When working with frequencies, it has been determined at people terminate at 25 kilohertz. At 50 kilohertz they are diseased, at 60 kilohertz they are run down and they are in good health at 70-75 kilohertz. Here are how other things test for frequencies:

Food: 0-5 kilohertz
Dry Herbs: 15-20 kilohertz
Fresh Herbs: 20-27 kilohertz
Single essential oils: 52 kilohertz
Blended essential oils: 72 kilohertz

When you diffuse oils into the room, you diffuse negative ions, ozone, you kill bacteria and fungus, you add oxygen, it hits the nose, limpid system, brain, and triggers a response in 1-3 seconds.

One drop of Citrus Fresh (Young Living oil) in 8 oz water, dropped nitrite level of water by 3,000 times.

If you give herbs for 90 days, the body treats it as medicine. Treat herbal formulas and essential oils as medicine unless you are cooking with it eg. dill, basil, oregano etc.

HOW ESSENTIAL OILS ARE MADE

Methods of Extracting Essential Oils:

1. Distillation:

A. Water: Good for herbs containing volatile oils primarily terpenic. Dried material put in distilling chamber and heated until all volatile matter is condensed in condensing chamber. These types of oils are not affected by heat.

B. Steam: Peppermint, spearmint, lavender. Plants taken directly to distilling chamber without maceration because plant is still green and contains considerable moisture. Steam forced through herb carrying the oil droplets to the condensing chamber.

C. Combined Water & Steam: Used when oil can be injured by boiling. Dried or fresh herb covered with layer of water and steam passed through the mixture. Steam is generated in other chambers to ensure water temperature doesn't rise to boiling point. Oil floats to surface and is separated, often undergoing further processing.

2. Effleurage (cold fat method) - Fat will absorb oil. Animal fat prepared and the cold fat is used with plants that continue to generate volatile oils after harvesting (jasmine). Herb is soaked in the fat and oils are absorbed into the fat, then new layer of herb is introduced until as much as possible is absorbed. Mixture is then agitated and mixed with alcohol with the volatile oil transferring to the alcohol, alcohol is then evaporated.

3. Maceration (hot fat method) - plant is plunged into hot fat quickly after picking. Flower parts then separated by centrifuge or straining. Repeated until saturation is obtained then same alcohol method is employed as in effleurage.

4. Expression - Oil glands of citrus family are punctured by series of sharp projections on rollers and oil is squeezed out of rind.

5. Solvent Extraction - Petroleum, ether, benzene or acaetone heated and oils are transferred to solvent, then solvent filtered leaving paste behind containing oil and wax which is agitated in alcohol causing oil to transfer to the alcohol. When alcohol evaporates the oil is left behind.

When you take 20,000-25,000 pounds of petals, or leaves, distill them down to one ounce of liquid, you have a very concentrated, powerful, healing medicine. Most of them have an indefinite shelf life (except the fruit oils) so you can store them easily in your home for future use. The number one allergy in the world is synthetic perfumes - so why not make your own perfume from essential oils.

Monoterpenes, Triterpenes, Sesquiterpenes:
This is getting the science and I don't want to bore anyone. If you really want to learn more at this level, there is lots of information out there. The science is:
Monoterpenes have 2 isoprene units (8 carbons); Triterpenes have 6 isoprene units (24 carbons); and Sesquierpenes have 15 carbon (c15) aromatic molecules in many of the essential oils. Because you have a good chance of getting sesquiterpenes in essential oils, which are very valuable and rare, here is what might make you interested:
sesquiterpenes have a higher boiling point than monoterpenes
sesquiterpenes are antibacterial
sesquiterpenes are used by insects for self-defense, or as pheromones (sexual attractants), like monoterpenes
many sesquiterpenes are unique to a specific plant species and essential oil; there are very few common sesquiterpenes that appear in more than one botanical family or species, this means that a sesquiterpene like a or b-vetivol that is found in vetiver oil may appear in other vetiveria species but rarely occurs in any other botanical family.
Essential oils high in sesquiterpenes are thicker than oils rich in monoterpenes which are lighter and more free-flowing.
Sesquiterpene Content of Selected Essential Oils:
Cedarwood 98%
Melissa 97%
Vetiver 97%
Sandalwood 90%
Black Pepper 74%
Patchouli 71%
Myrrh 62%
Ginger 59%
Vitex 50%
German Chamomile 47%
Spikenard 36%
Galbanum 11%
Frankincense 8%

b-Santalol Sesquiterpene found in Sandalwood is 90%, giving them anti-tumoral properties.
B-Caryophyllene sesquiterpene is high in Vitex, Black Pepper, Marjoram and Melissa – also anti-tumoral, antioxidant, anti-inflammatory
a-Caryophyllene, a-Huymulene found in Helichrysum and Rosmarinus helps anti-tumor, antioxidant.
Elemene sesquiterpene 62% found in Myrrh becomes anti-cancerous.
B-santalol and a-santalol sesquiterpenes found in sandalwood (90% have therapeutic effect as anti-tumoral.
Nerolidol in Neroli gives it anti-tumoral and anti-malerial properties
Himachalene found in Cedarwood (50%) gives it anti-inflammatory properties.
Chamazulene found in Blue Chamomile (6%) and Yarrow (13%) gives anti-inflammatory, antioxidant, free-radical quencher properties.

Aldehydes, alcohols, ketones, acids and esters are in various essential oils, all important, but the sesquiterpenes are the stars when it comes to healing.

Here are the more important essential oils to have on hand for various treatments:

<u>Universal Oils:</u>
Lavender is #1 oil in the world
Rosemary is next
Chamomile Mixta is known as the mother herb

Shelf Life of Essential Oils:

Most oils have a long shelf life. Rose oil matures nicely with age like fine wine and can last 20 years. The citrus oils are cold pressed, not steam distilled and only have a shelf life of about 6 months. They should be stored in a dark cool place (under 98 degrees Fahrenheit)

If you are taking medicine:

There are so many medicines on the market, it is difficult to know which will have an effect on which. Generally, because they are natural, there is no problem. They are alcoholic so if the medicine you are taking says no consumption of alcohol, then don't take the essential oils internally. Also, if you are having homeopathic treatment, they will cancel out the homeopathic.

By the way, essential oils are natural antibiotics. However antibiotics kill bacteria (microorganisms). The essential oils don't actually kill, they give life to the other cells and are therefore referred to sometimes as EU-BIOTICS.

HOW TO USE ESSENTIAL OILS:

1. **Sometimes you need to apply straight on skin. This method good for cuts, wounds, varicose veins. Use Q-tip. Q-tip must be real cotton. Don't massage in.**

2. **Mix with base oil and apply to skin. Massage in. Use 3% dilution maximum strength.**

3. **Use 1/3 oz. in a bath gel. Can also put into bath water (6 drops, or 2-3 citrus) but they don't always mix well.**

AROMATHERAPY IS REAL MEDICINE - NOT FOLKLORE, TREAT IT WITH RESPECT.

The World Health Organization that has its headquarters in Switzerland decided by the year 2000 the world won't be able to supply chemical medicine. By the year 2,000 there will be natural medicine available to everybody. The main obstacle is people's fear of natural medicine. Well 2000 has come and gone, still the same struggles. The World Health Organization lost a lot of credibility with the COVID fiasco.

Doctors are now encouraged to use local plant remedies in third world countries (this information dates back to the 1990's, might be more or less now).

10-20% of hospital admissions are reactions to drugs.
32.5 million pounds sterling is spend yearly on alternative medicine in the U.S.

The recommendation is to help your body heal itself. Seek help in acute conditions. Go to hospitals only if you absolutely have to. For years hospitals have been plagued by staff infections and have sterilized everything carefully, but still they persist. Now they have found that staph germs are carried in the hair, and nostrils of nurses.

In the 1800's Samuel Thompson developed simple effective plant remedies and sold botanical medicines through agents to people who couldn't afford doctors. By 1839 he had 3 million agents (within a 15 year period). Because of his success, legislation was passed regarding practising medicine without a diploma.

In 1832 Samuel Thompson invented "the convention" in Columbus, Ohio which was attended

by thousands who had been cured. The start of personal testimony.

Charles Whitlaw in the 1800's adopted the sweat lodge idea. Took it to Europe and used it with essential oils (the oils stopped mould etc.). He invented a vapour bar esp. Rosemary and Eucalyptus and was very successful. He treated over 60,000 patients and never gave out formulas.

Coffin concentrated on New England, the poor children working in mines. T-B. He used agents, concentrated on the poor. Many agents developed into good herbalists. He was a great believer in volatile oils, fond of wintergreen for eucalyptus, thyme, sage, rosemary.

In 1909 control of self-healing began. When the medical journals started they said "herbs are poisonous, cause cancers, abortions.

HOW EFFECTIVE ARE ESSENTIAL OILS

Just how effective are Essential Oils? In the order of strength, here are the doses rendering infertile per 1000 cc of microbial culture from strongest to weakest:

Thyme	**.7**	**Thyme oil is so strong it can eat through the skin, so dilute it.**
Oregano	**1.0**	**with a carrier oil such as almond oil, or coconut oil**
Lemongrass	**1.6**	
Rose	**1.8**	
Clove	**2.0**	
Eucalyptus	**2.25**	
Peppermint	**2.5**	
Rose Geranium	**2.5**	
Cinnamon	**4.0**	
Anise	**4.2**	
Rosemary	**4.3**	
Neroli	**4.75**	
Sweet Orange	**1.2**	
Birch	**4.8**	
Lavender	**5.0**	
Melissa	**5.2**	
Ylang-Ylang	**5.6**	
Juniper berry	**6.0**	
Garlic	**6.5**	
Lemon	**7.0**	

Thyme is the strongest antibacterial agent. A watery solution of 5% kills typhus bacillus (typhoid fever) and Shigella bacillus (dysentery). It kills colon bacillus in 2-8 minutes, streptococcus and diphtheric bacillus in 4 minutes, staphylococcus in 4-8 min and tuberculosis bacillus in 30-40 minutes. At a strength of 0.1% the peroxidised essence of thyme in a diluted solution of soapy water destroys the mouth's microbial flora within 3 minutes. Don't put undiluted on the skin, it can eat through the tissue.

Clove kills tuberculosis bacillus at a strength of one part to 6,000. In dentistry it is used as a disinfectant and cauterizing agent. It is so powerful that even if used in a 1% dilution, it is still 3-4 times more active than phenol.

Lemon is second to none for antiseptic and bactericidal properties. It can neutralize meningococcus in 15 minutes, typhus in less than an hour, pneumococcus in 1-3 hours. The essence itself neutralizes the typhus and staphylococcus in 5 minutes and diphtheric bacillus

in 20 minutes. A few drops of lemon will rid an oyster of 92% of its micro-organisms in 15 minutes.

Essence of cinnamon kills typhus in dilution of 1 part to 300.

TOXICITY and DANGERS

TOXIC, DO NOT USE. EVEN SMALL AMOUNTS CAN DAMAGE KIDNEYS:

ANISEED	**DWARF PINE**	**SAVORY (SUMMER/WINT)**
ARNICA	**ELECAMPAGNE**	**SOUTHERNWOOD**
BITTER ALMOND	**HORSERADISH**	**TANSY**
BOLDO LEAF	**JABORANDI LEAF**	**THUJA**
CALAMUS	**OREGON VULGARI**	**MUSTARD**
CAMPHOR	**MUGWORT (ARMOISE)**	**PLICATA**
CASSIA	**PENNYROYAL**	**WINTERGREEN**
CEDARLEAF	**RUE**	**WORMWOOD**
COSTS	**SAVIN**	**WORMSEED**

USE WITH GREAT CAUTION:

CEDARWOOD	**FENNEL**	**SAGE**
CINNAMON	**LEMON**	**THYME**
CLOVE	**NUTMEG**	

RISK OF CHRONIC TOXICITY IF USED OVER LONG TIME (eg. longer than 3 months):

LEMON	**EUCALYPTUS**	**ORANGE**
SASSAFRAS	**TUMERIC**	

PLUS THE ONES LISTED ABOVE

SPECIAL CARE FOR PREGNANT WOMEN: Use none of any of the above listed.

EMMENAGOGUES INDUCE MENSTRUATION, SO DO NOT USE:

Basil	**Hyssop**	**Clary Sage**	**Juniper**	**Juniper berry**
Marjoram (mimics estrogen)		**Myrrh**	**Pennyroyal**	**Sage**

AVOID IN FIRST 3-4 MONTHS:

Rose Rosemary Chamomile Fennel

Lavender (unless you need to, use in small amount. Do not use if there is any fear of miscarriage)

Peppermint (unless you need to, use in small amount. Do not use if there is any fear of miscarriage)

AFTER 6 MONTHS OF PREGNANCY: Can use Lavender and rosemary unless any there is a fear of miscarriage. If nausea in pregnancy, take fennel tea.

DO NOT USE IF YOU ARE EPILEPTIC:

Fennel Sage Hyssop Wormwood

only small amounts of Rosemary

DO NOT USE IF YOU HAVE HIGH BLOOD PRESSURE:

Hyssop Rosemary (however, it is good for low blood pressure)

Sage Thyme

DO NOT USE IF YOU HAVE BREAST CYSTS:
Clary Sage

THESE WILL IRRITATE THE SKIN IF YOU PUT IN BATH:
(better to use only 3-4 drops or dilute in oil or cream)

Basil	**Lemon**	**Lemongrass**
Melissa	**Peppermint**	**Lemon Verbena**
Thyme	**Tea Tree**	

THESE MAY IRRITATE SKIN, TEST FIRST:
(do not use more than 2% dilution in massage)

Cinnamon leaf	**Sweet fennel**
Fir Needle	**Parsley Seed**
Pimento Leaf	**Thyme**

THE FOLLOWING ARE PHOTOSENSITIVE, DO NOT GO OUT IN THE SUN AFTER USE:

Bergamot	**Angelica**	**Lemon**	
Cumin	**Verbena**	**Lime**	**Orange**

If you run herbs and essential oils together you increase oxygen by 32%.

Fasting allows the body to take on oxygen.

Essential oils is the blood of the plant. Our blood is a balance of potassium on the inside of the cell, sodium on the outside and if we can maintain the balance, we can keep alive indefinitely. The moment it changes, it thickens, which prevents oxygen from entering and the cell starves to death. Every cell membrane contains lipids and essential oils are an oil so they are accepted. It will return the PH states also.

The oils work on the electrical field also.

Hydrochloric acids in the stomach destroy oils, so best to take in capsules.

You cannot help disease without oxygen.

WHEN AROMATHERAPY MASSAGE IS INAPPROPRIATE

1. **After a very hot bath, steam bath, or sauna. The skin will be eliminating excess heat, toxins and surplus moisture for up to an hour. When the body is eliminating, it is not absorbing, so except for giving a pleasant fragrance, the therapeutic benefits of the oils would be wasted.**
2. **Do not massage any area if it causes discomfort either to you or to your friend.**
3. **Do not massage if the person has a temperature, fever, or viral disease, as they may spread the infection further via the lymphatic system. For the same reason, do not massage if cancer is suspected.**
4. **Do not massage someone who has recently undergone a serious operation.**
5. **Avoid areas where there are fractures, broken skin, sprains, bruises, swelling, rashes, torn muscles or ligaments, or varicose veins.**
6. **Do not massage anyone who has heart trouble.**

7. **Do not massage anyone who has cancer.**
8. **Do not massage someone who has acute back pain.**
9. **Do not massage the abdomen straight after a meal.**
10. **If in doubt, don't massage.**

Here is a sample of some uses of Essential Oils. If you want to see all the recipes gathered over the years, check out the Repertory.

BERGAMOT - Mostly for skin care eg. eczema, acne, psoriasis, shingles, cold sores but also often used for bronchitis, tonsilitis, Cedarwood: This is used as an antiseptic, for urinary infections (external pack), and especially for hair loss. It has also been used for bronchial problems.

EUCALYPTUS: Powerful antiseptic, Stimulant for respiratory congestion, urinary problems (cystitis), fever, pain, headaches, gallstones.

FRANKINCENSE: use directly onto skin where you have breast lumps - do one drop twice a day.

LAVENDER: can use straight onto the skin. Really excellent to rejuvenate skin cells so use it for burns or cosmetic use. Also has a sedative effect, helps relax nerves.

LEMON: purifies germs, cleanses lymphatic system, used for digestion, colds.

LEMONGRASS/CITRONELLA: purifier, deodorant, insecticide, strengthens veins and connective tissue, for lymphatic drainage.

MARJORAM: helps muscle spasms (menstrual cramps), for headaches, anti-aphrodisiac, for digestive upsets, gas.

NEEM: often used in cosmetics, shampoos. Healer of skin problems.

ORANGE: calming, good for children calming, nervousness, water retention

OREGANO: antiviral, antifungal. The wild oil of oregano is marketed as a wonderful remedy for viruses at the onset. It can be used externally on the skin for wounds. Use 5 drops in some water as a gargle for sore throats (then swallow). You can add a drop or two onto your toothbrush after brushing your teeth and brush again, working the oil gently into the gums to heal any problems and stimulate circulation.

PATCHOULY: mostly used for skin problems, eczema, dermatitis. Anti-inflammatory, anti-infectious.

PEPPERMINT: exercises, pushes other oils. Cooling, reducing inflammation. Often used for headaches. Soothes digestion, heartburn, nausea. For bad breath, respiratory and throat congestion.

ROSEMARY - stimulating, used in muscle inflammation remedies, for dandruff skin, headaches, mental fatigue.

ROSEWOOD - for eczema, acne, dry skin, infections, bacterial problems, fungal problems.

SANDALWOOD: for dry/aging skin, antiseptic, anxiousness, depression, respiratory congestion

TEA TREE: antifungal, disinfectant for external problems. You can use it undiluted on the skin or add it to an existing medium eg. shampoo.

YLANG YLANG: anti-depressant, for shock/panic, aphrodisiac, hair loss, palpitations. Antiseptic (counteracts putrefaction)

MAKE YOUR OWN FORMULAS: (check out the Repertory for more)

HERPES: 2:1 ratio eucalyptus and bergamot eg: 4 drops eucalyptus, 2 drops bergamot.

MIGRAINES: Blend 3 drops Marjoram, 3 drops peppermint, 2 drops lavender. Breathe in the essence, and rub into the temples or use in a warm or cool compress.

VIRUS: 4 drops eucalyptus, 2 drops thyme, 2 drops oregano, 1 drop lavender. Breathe in to protect respiratory system. Take 4-5 drops on back of tongue, followed by a few gulps of water to wash it down.

MUSCLE/ARTHRITIS: blend 10 drops birch, 5 drops cypress, 5 drops marjoram, 3 drops rosemary, 2 drops peppermint. Add to some base oil (eg. almond oil, vegetable oil) and massage into area.

SINUSITIS: blend 2 basil, 2 eucalyptus, 2 lavender, 2 peppermint. Breathe into nostrils, and rub onto skin where sinuses are congested.

WRINKLES: take 2 drops lavender, 2 drops patchouly with base oil, massage into wrinkles at night

PROTECTION from diseases (eg. when visiting hospitals, working with sick people)How the oils are distilled is important. If the temperature is not perfect, the molecule will be cracked and the properties lost. Most are made at 400 pound press and solvents are put into the water to increase extraction.
Blend equal parts clove, lemon, cinnamon, eucalyptus, rosemary. Breathe in to protect respiratory, use on feet to protect whole body. If you find it too strong for the skin, dilute it with oil.

SORE THROAT: 4 drops oregano with 1/8 cup water, gargle, then swallow. If giving to a child, mix 2 drops oregano in a teaspoon of honey and have them slowly eat it.

If you want to see particulars for an essential oil, check out the Materia Medica.