

# AROMATHERAPY

By The American Institute of Health Care Professionals, Inc.



Nature's Healing Scents

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Disclaimer: This is not intended to be medical advice. This publication is for informational purposes only. You should always seek the advice of a qualified physician for any medical problems you may have AND before you begin any type of treatments.

# Introduction to Aromatherapy

Everyone has heard the term Aromatherapy, but, not everyone truly understands what it means or what it does.

Exactly as its name implies, Aromatherapy is therapy that is derived from aroma. In Aromatherapy our sense of smell is used for healing. It is a fact that the sense of smell is one of human's most powerful senses.

In Aromatherapy it is the scents of essential oils derived from plants, flowers, trees and other natural ingredients that induce healing for a variety of ailments and also in general bring feelings of peace, calm, health and wellness.

Consider for a moment how it feels to smell something, be it bad or good. We have an instant body and mind reaction to scent, be it based on a positive or negative memory associated with that smell or being turned off by something that smells bad.

Perfume and cologne are powerful aphrodisiacs and can induce and create all types of different moods.

There is extensive scientific research as to the effectiveness of these essential oils to bring about healing for various maladies, not the least of which is stress.

Likely, you have been using a similar method as aromatherapy in home remedies for years without realizing it through home medication like vapor rubs and electric vaporizers.

Vicks Vapor Rub uses eucalyptus or menthol, which is the active ingredient that clears stuffy noses.



### History

While the term aromatherapy has only been in use since the 20th century, the practice of healing through scent has been in use for thousands of years.

The Chinese were the first to use it by burning incense. The Ancient Egyptians used distilled cedarwood oil mixed with clove, cinnamon, nutmeg, and myrrh in the mummification process. And, of course they used essential oils in perfume as well.

The Greek alchemist, Paracelsus, used the term "essence" and began to study plants for their healing purposes.

And, in 1928, a French chemist named Rene-Maurice Gattefosse discovered purely by accident that lavender oil can heal wounds.



### Aromatherapy In The Modern World

In today's world, where modern medicine sees its fair share of controversy and specifically in the use of prescriptions and other remedies that come with side effects Aromatherapy has become widely popular.

Many people are looking for all natural ways to gain health and wellness. And, the use of botanicals in healing plays a large role in that. And, just as herbalism has seen a rise in popularity in the last several decades, so has Aromatherapy that is being used by more and more people not just to create a nice scent at home but for the profound medicinal values that plant essential oils have.

## **Uses of Aromatherapy**

Aromatherapy can be used to simply increase wellbeing, reduce stress and facilitate.

It can also be used for medicinal purposes, such as, to heal coughs, congestion, respiration problems, reduce Asthma symptoms, Athlete's foot, stress, anxiety and for many other conditions.

It can also be used in conjunction with conventional medical treatments.

For example, you may use aromatherapy to ease pain after a surgical procedure. You still get the benefit of the surgery, but, many no necessarily have to take the powerful and often dangerous pain medications that a doctor prescribes.



## **The Best Essential Oils**

The best essential oils for use in Aromatherapy are pure and 100% natural. Synthetic oils will not provide the same results. The good stuff is expensive, but, the results are in line

## Safety And Precautions

- Before starting with Aromatherapy for healing purposes it is very important to check with your doctor if you have any medical conditions, or are pregnant as some oils can be dangerous in those cases.
- Essential oils are powerful when they are not diluted with a carrier oil. When you purchase carrier oils and want to dilute your own or make special blends it is important to follow all instructions very carefully.
- Essential oils used topically must be diluted with a carrier oil or else skin irritations can occur.
- Never alter the recipes, this means if it says two drops, use only two drops.
- People with nut allergies should not use carrier oils made from nuts.
- Any use of Aromatherapy for kids or pregnant women requires the approval of a medical professional.
- Essential oils are not meant to be ingested.
- They need to be stored in a cool dry place, and when capped tightly will last six to twelve months.

## Contraindicated Oils

Some essential oils are dangerous under certain conditions or when one has a particular medical condition. Here are a few, but, this list is not exhaustive. **These should only be used under the supervision of a qualified Aromatherapy practitioner.**

- **Those with high blood pressure should avoid:** Common sage, thyme and hyssop.
- **Epileptics should avoid:** Sweet fennel, hyssop, sage, and rosemary.
- **Diabetics should avoid:** Angelica.
- **Those with hypoglycemia should avoid:** Geranium
- **Those with kidney disorders should avoid:** Sandalwood, Coriander and juniper.
- **Pregnant women should avoid:** Juniper, lemon, hyssop, peppermint, fennel, rosemary, clary sage, lemon verbena, and wintergreen. And, pregnant women should check with their doctor before using any Aromatherapy essential oils.
- **While drinking alcohol avoid:** Clary sage as it will intensify the alcohol's effects.
- **Marjoram and chamomile** cause drowsiness.
- **Essential oils believed to cause cancer:** Calamus and sassafras.
- **While using aspirin:** Avoid sweet birch essential oil because Aspirin contains it and it can result in an overdose. This essential oil is also very dangerous for kids and should not be accessible to them.
- **Wormseed:** Toxic for liver and kidneys and can suppress heart function.
- **Dwarf Pine and Savin** are skin irritants.
- **Birch, sage and Thuja** should all be used under supervision of an

### Oils That Should NEVER Be Used

- Horseradish
- Mugwort
- Mustard
- Rue
- Sage
- Sassafras (banned by FDA as a carcinogen)
- Southernwood
- Bitter Almond
- Calamus grown in Europe is a known carcinogen
- Yellow Camphor
- Tansy (other than Annual Tansy)
- Wormwood
- Boldo Leaf - Produces convulsions even in small quantities
- Arnica - Can cause dizziness and heart irregularities

### Aromatherapy Practitioner

For those with specific medical conditions or ailments it is advised to consult with a qualified Aromatherapy practitioner. These include, holistic medical doctors, holistic nurses and others who are trained and qualified in the healing process of Aromatherapy.

### How To Do Aromatherapy

Aromatherapy can be done in several ways.

**Through A Diffuser** – These handy machines allow you to simply add the appropriate drops of essential oils and it will fill the room with the scent.

**Topically** – Aromatherapy can also be applied topically, though, not all oils are safe to use this way. And, when applying any oil topically it must be diluted with a carrier oil or else skin irritations can occur. Do your research and make sure the dilution is correct when using any oils directly on the skin.

**In Baths** - Essential oils can be added to

### Essential Oils

Pure, high quality essential oils are required for aromatherapy. First, it's important to familiarize yourself with their uses and benefits so you may choose the appropriate ones for yourself. Another option is to buy a multi pack kit that includes various flavors.

### Aromatherapy Diffuser

The essential oil can only work when it is breathed in, and so to disseminate the fragrance throughout your home or office a diffuser is a great option.

An aroma diffuser puts the essential oils into the air quickly which allows you to get the best benefit from them through inhalation.

There are many different brands and styles of diffusers. Check customer reviews before you buy to be sure and get a quality model that can last for years.

Some use an open flame, while others are electric. There are also diffusers for cars.



### Lavender

Lavender is one of the most popular oils in Aromatherapy. It is not toxic and has numerous health benefits and uses. This essential oil comes from the flower tops of lavender plants.

Lavender is very versatile because it has both the ability to soothe and to energize. The effect of which depends on the amount of essential oil used.

It is great for use in recipes that include other floral and citrus oils. It has a pleasant and calming fragrance.



### Healing Uses

- Anxiety
- Headaches and migraines
- Great for insomnia because its fragrance induces sleep
- Pain management, such as, that seen in muscles and joints
- Colds, flu and chest congestion
- Coughs
- Sinus congestion
- Mental stamina
- Heals fatigue and provides energy
- Asthma relief
- Increases blood circulation
- Helps with stomach problems because it stimulates the production for gastric fluids

## Tea Tree

Tea tree oil is extracted from the leaves and twigs of the Tea Tree. This oil blends well with spicy oils, and also lavender, clary sage, and rosemary.



## Tea Tree Healing Properties

- Anti-bacterial
- Anti-microbial
- Anti-septic
- Anti-viral

## Bergamot

Bergamot oil is derived from the bergamot fruit. It has a very fresh, fruity and lively aroma that has a sweetness to it. Bergamot is what makes regular black tea Earl Grey.

### Bergamot Healing Properties

- Deodorant
- Vulnerary
- Antibiotic
- Antiseptic
- Antispasmodic
- Sedative
- Analgesic
- Antidepressant

### Healing Uses

- **Antidepressant and stimulant** that induces feelings of energy and joy by improving the circulation of the blood and so can help with depression.
- **Increases metabolic functions** because it stimulates hormonal secretions.
- **Antibiotic and disinfectant** that inhibits the growth of germs, viruses and fungi. Can help with healing of colon, intestinal, urinary tract and kidney infections.
- **Pain reliever** for headaches, sprains, muscle pain and other ailments that typically call for pain pills.
- **Relaxant and sedative** properties in bergamot stimulate dopamine and serotonin levels in the brain and that helps with sleep, to soothe nerves and anxiety, alleviate insomnia, and high blood pressure.
- **Aids in digestion** and proper absorption of nutrients. Bergamot increases digestive acids, enzymes and stomach bile to improve digestion and help with regularity, prevent gastrointestinal complications like colorectal cancer and other related conditions.



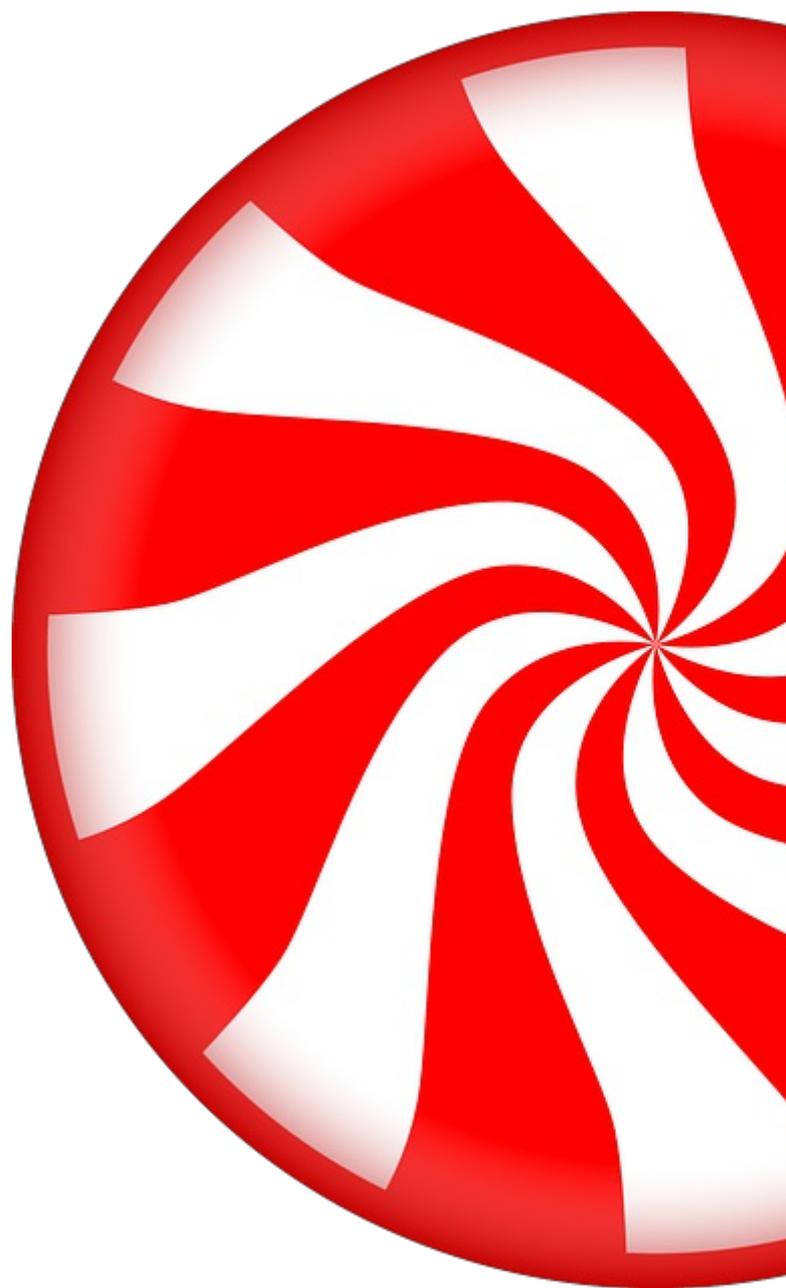
## Peppermint

Peppermint is a great oil that was once used by the Egyptians in 100 BC, as well as in Japan and China in ancient times to treat various health conditions.

Peppermint blends well with mint herbs and plants, such as, eucalyptus, rosemary and lavender.

Scientific research has proven that peppermint indeed has multiple health benefits and so it is also available in pill form.

It contains, minerals and nutrients, including Vitamins A and C, iron, calcium, magnesium, and omega-3 fatty acids.



## Healing Uses

- Expectorant that removes nasal and lung congestion
- Nausea
- Headaches
- Depression
- Stress
- It can help with irritable bowel syndrome
- In skin care products it helps remove oils and brighten dull skin
- Fresh peppermint leaf can be chewed to refresh the breath throughout the day.

### Chamomile

The essential oil created from the chamomile plant is another very popular oil used in Aromatherapy. In fact, chamomile has been a natural healer for more than 2000 years in Europe.

It has a fruity scent and mixes well with sage, jasmine, geranium and lavender.

Chamomile is very well known for its calming effects, not only in Aromatherapy, but, when drunk, such as, the case with chamomile tea as well.



#### Healing Uses

- Nervous disorders
- Anxiety
- Migraines and other headaches
- Allergies
- Asthma
- Insomnia
- Symptoms of PMS

### Clove

Clove oil, which is, derived from the clove plant has a powerful scent and many healing properties.

Use with caution as it can cause skin irritations and must be very well diluted.

Clove blends nicely with allspice, lavender, rose and sage. It has woody, spicy aroma that will remind one of holidays and Christmas around the fireplace.

Clove has been used for thousands of years in food, and in healing.



### Healing Uses

- Its germicidal properties are used in dental care to help with pain, soar gums and mouth ulcers.
- Relives sore throat
- Aphrodisiac

### Eucalyptus

Eucalyptus is one of the most wonderful essential oils with a powerful, piney, super fresh scent.

It is derived from the leaves of the evergreen eucalyptus trees that grow in Australia.

There are spas that feature Eucalyptus scented saunas that are just wonderful to sit in and breathe in the aroma.

It has anti-fungal, antibacterial, and decongestant powers so it heals related conditions.



### Healing Uses

- Treatment of respiratory problems, such as, sinusitis, nasal congestion, sore throat, runny nose, coughs, colds, and bronchitis.
- It's cool and refreshing because its scent is uplifting, so it's great for increasing energy, and for helping with depression.

## Geranium

Geranium essential oils are derived from the geranium plant. It blends well with lavender, orange lemon, jasmine and lavender.

It is not advised for those with hypoglycemia.

It has astringent properties and so it is great for use in acne treatment (diluted) and for general tightening skin muscles. It also has anti-bacterial and anti-microbial properties so it works great to prevent and treat infections. As a cytophylactic it promotes cell growth.



## Healing Uses

- Depression
- Anger
- PMS
- Anxiety

## Rosemary

Rosemary smells wonderful and its essential oils are energizing and uplifting.



### Healing Uses

- Increases brain activity and so boosts mental functions
- Depression
- Boosts memory
- Heals respiratory infections, including, symptoms of colds, sore throats, and coughs.

## Thyme

The thyme plant provides essential oils that not only smell great, but, offer useful and important healing properties. In fact, this plant was one of the first used for healing.

Its fragrance is strong and spicy. It is an anti-bacterial that works to prevent bacterial growth.



### Healing Uses

- Safely cures infections of the lungs, larynx and pharynx
- Boosts memory
- Helps with depression

### Lemon

The essential oil from lemons smells so good. It is citrusy, fresh and energizing. Lemon is used in juicing, cooking, air fresheners and Aromatherapy for its powerful healing properties.

Essential lemon oil blends great with lavender, chamomile, fennel and sandalwood.

### Healing Uses

- Energizes so it helps with fatigue
- Relieves stress
- Helps with anxiety
- Increases alertness and concentration
- Improves an overall feeling of wellbeing and positivity
- Treats coughs and colds
- Asthma
- Boosts immunity due to its high volume of Vitamin C

## Aromatherapy Recipes

Keep in mind that essential oils are strong, so you don't need much and you should not alter these or any other recipes when making your own blends. The general rule is that in essential oils, less is more.

### 16 Healing Aromatherapy Recipes

These recipes are for diffusers, baths and for inhalation over steam.

**To Get Motivated** - 4 drops of Bergamot, 1 drop of Clove, 2 drops of Basil and 2 drops of Ginger.

**To Bring About Calmness** - 3 drops of Lavender, 2 drops of Chamomile and 2 drops Marjoram.

**Concentration** - 1 drop Cypress oil, 2 drops Cedarwood oil, 2 drops Lemon oil and 1 drop of Pine.

**Energy And Vitality** - 3 drops of Lemongrass oil, 2 drops of Fennel oil, 3 drops of Juniper.

**Mental Sharpness And Alertness** - 3 drops of Rosemary, 2 drops of Eucalyptus, 3 drops of Tangerine.

**Peace and Calm** - 3 drops of Cypress, 4 drops of Bergamot and 2 drops of Clary Sage.

**For Relaxation** - 3 drops of Lavender and 1 drop of Sandalwood.

**Soothing Blend** - 3 drops of Melissa, 2 drops of Patchouli and 2 drops of Frankincense.



**Recipe For Insomnia** - 5 drops Bergamot oil, 10 drops of Roman Chamomile Oil and 5 drops of Clary Sage oil.

**Headache Remedy For Diffusers** - 15 drops of Marjoram oil, 14 drops of Thyme oil, 15 drops of Rosemary oil, 15 drops of Peppermint oil and 14 drops of Lavender oil.

**Cold and Flu Prevention For Diffusers** - 5 drops Lavender oil, 5 drops of Eucalyptus oil, 3 drops of Ravensara oil and 2 drops of Bay Laurel oil.

**Mild Depression Bath Recipe** - Note: this recipe makes enough for many uses. Put 1 teaspoon of this blend into a hot bath and soak.

50 ml of Sunflower oil

6 drops of Lemon oil

12 drops of Coriander oil

6 drops of Neroli oil

5 drops of Ylang ylang oil

**Premenstrual Syndrome Symptoms** - Directions: Blend all oils together but add only 4 to 7 drops of the recipe and 2 drops carrier oil into a hot bath and soak.

5 drops of Rose oil

12 drops of Clary Sage oil

9 drops of Bergamot oil

**Allergies In Bath Or Diffuser** - This recipe will help to open nasal passages and relieve congestion associated with allergies. Use in bath or diffuser.

4 drops of Eucalyptus oil, 4 drops of Chamomile oil, 3 drops of Anise oil, 3 drops of Lemon oil, 1 drop of Petitgrain oil and 5 ml of carrier oil.

**Inhalation Formula For Allergies And Congestion** - 12 drops of Eucalyptus oil, 6 drops of Cedarwood, 6 drops of peppermint and 3 drops of Rosemary.

Add 5 drops of this blend to 2 cups of boiling water in a stainless steel bowl.

Place your head over the bowl be careful the steam will be hot, put a towel over your head and inhale.

Be careful not to put too much of the essential oil blend.

**Congestion In Flu, Colds And Bronchitis** - Place the following blend into a diffuser:

1 drop of Lime Oil, 1 drop of Peppermint Oil, 1 drop of Lemon Oil, 1 drop of Rosemary Oil and 1 drop of Eucalyptus Oil.

Other useful essential oils for colds: Orange, Juniper berry, Pine Needle, Rosewood, Basil and Ginger.

## 5 Feel Good Recipes

These blends don't have any particular healing properties, they simply have great scents and are generally feel good blends.

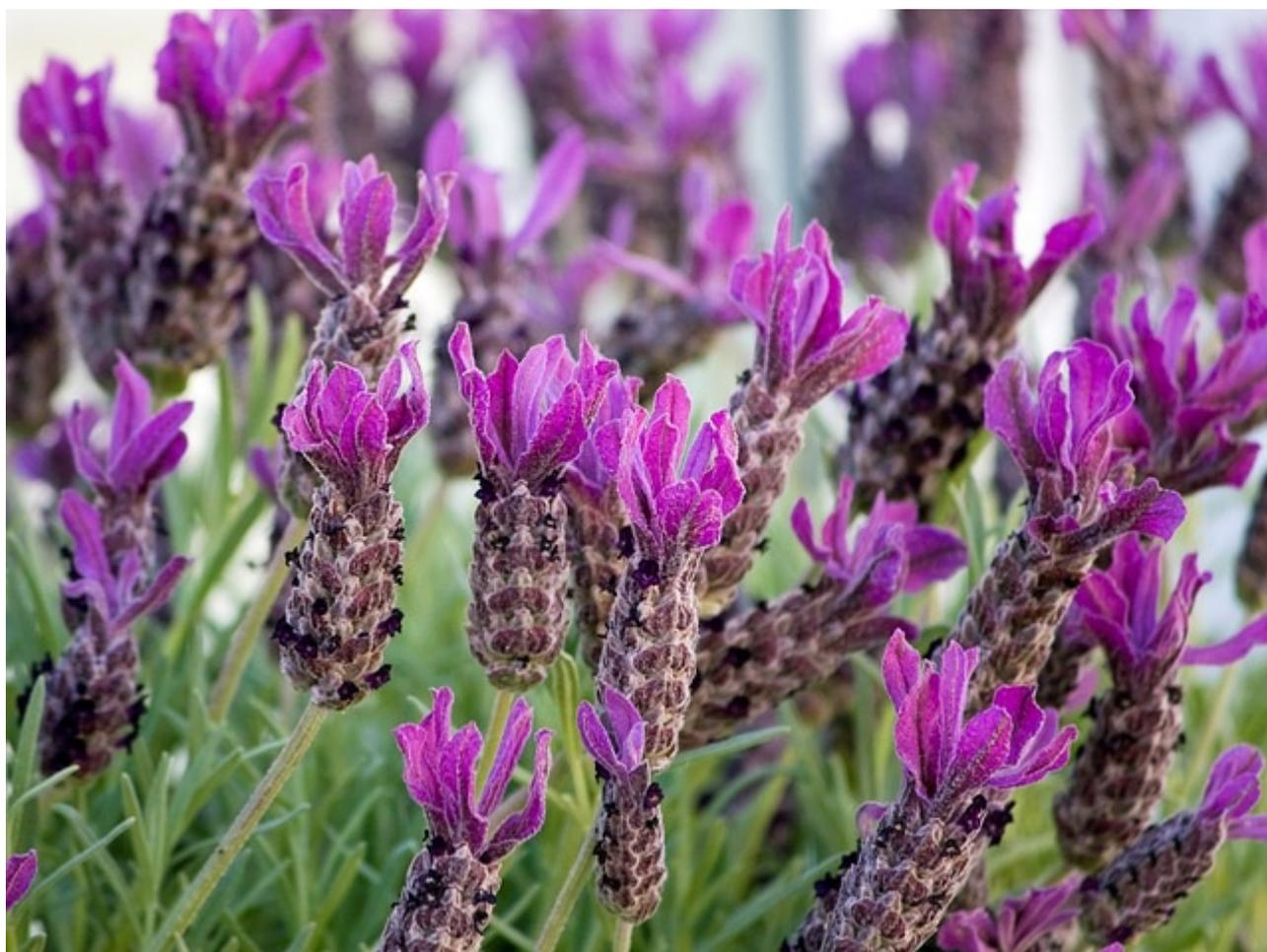
**Juicy Blend:** 3 drops of Sweet Orange oil, 1 drop of Cinnamon oil, 1 drop of Jasmine oil and 5 drops of Lime.

**Sweet Blend:** 2 drops of Linden Blossom oil, 1 drop of Neroli oil, 12 drops of Patchouli oil and 5 drops of Vanilla oil.

**Vigor Blend:** 3 drops of Sandalwood oil, 4 drops of Bergamot, 1 drop of Jasmine oil and 2 drops Grapefruit oil.

**Romantic Blend:** 2 drops of Ylang Ylang oil, 1 drop of Rose oil, 10 drops of Lime oil, and 7 drops of Bergamot oil.

**My Favorite Blend:** 2 drops of Ylang Ylang oil, 2 drops of Grapefruit oil, 4 drops of Bergamot oil and 2 drops of Lemon oil.



## Conclusion

Aromatherapy is a wonderful to not only feel good every day, but, to also heal common ailments in a 100% purely natural way. Our sense of smell allows us to enjoy wonderful scents that can relax, calm, improve sleep, energize and even alleviate depression.

There is nothing like breathing in some of the wonderful fragrances that come from essential oils made from plants and flowers.

It is good for optimal wellness, and can help prevent common ailments, improve respiratory health and prevent cold and flu.

Many times Aromatherapy can be a great alternative medicine to prescription and over the counter drugs that only mask symptoms, can actually delay healing and come with nasty side effects.

When you use nature's recipes you risk less hazardous effects commonly found in Western medicine.

If you are battling a disease or have a specific medical condition and want to use more natural therapies to complement your conventional medical care, Aromatherapy might be just what you need.

Talk to your doctor, or consult with a holistic practitioner to get professional advice on how essential oils can complement your medical treatment.

Try it!

# THANK YOU

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