

Aromatherapy



What Is Aromatherapy?

- Practice of using naturally extracted aromatic essences from plants to promote physical and psychological well-being
- Traces its origins to ancient times when our ancestors recognized the effect of aromatic plants on the human body, mind, and spirit
- A safe and effective alternative for dealing with many routine, day-to-day challenges to good health and well-being
- Holistic aromatherapy focuses on treating the physical, mental, and emotional aspects of the "whole person"
- Most effective for achieving hormonal balance and treating the nervous system, moods, and infectious illnesses, but also effective for many other varied applications
- Gaining popularity due to its aesthetic appeal to the senses of smell and touch, and as an effective alternative therapy for treating certain ailments



There are three therapeutic approaches to aromatherapy in the West:

1. **French model:** Focuses on medical applications. In France, aromatherapy is a specialized field of medicine and doctors often prescribe internal and/or undiluted use of essential oils
2. **British model:** Focuses on topical application of oils diluted in a carrier via massage to alleviate stress and promote well-being
3. **German model:** Focuses on inhalation of essential oils for healing purposes

What Are Essential Oils?

- Volatile aromatic substances extracted from certain parts of a particular plant via distillation or cold-pressing
- Powerful healing agents that contain the highly concentrated vital energy of plants
- Essential oil is a contraction of quintessential oil, derived from the Aristotelian idea that matter is composed of five elements: fire, air, earth, water, and a fifth element or "quintessence," considered the life force of the plant
- Concentrated; one drop of essential oil concentration-wise equals roughly 30 cups of herbal tea
- They play a biological role in the life of the plant by helping to attract pollinators, deterring bugs from eating the plant, and protecting the plant from fungal attacks
- Some essential oils of the same botanical species can have different chemotypes which produce essential oils of distinctly different chemical compositions in different locations. Each chemotype has different therapeutic properties

EDC: Rosemary essential oil from *Rosmarinus officinalis* produces three commonly used chemotypes: camphor, 1,8-cineole, and verbenone

- The time of year plants are harvested for essential oils, genetic variants within species, and the production method can all influence the chemical composition of the final essential oil
- Different plants produce essential oils in different parts:
 - Flowers (neroli, ylang-ylang)
 - Leaves and stems (geranium, patchouli, petitgrain, peppermint)
 - Bark (cinnamon)
 - Wood (cedarwood, sandalwood)
 - Needles and twigs (pine, cypress)
 - Roots (ginger)
 - Entire plant (geranium, lavender, rosemary)
 - Fruit peel (bergamot, grapefruit, lemon, lime, orange)



Methods of Essential Oil Extraction

- **Steam Distillation:** Steam is forced through a vat of plant material, releasing essential oils from the plant glands. The released oils are later collected. This is the most common way of obtaining essential oils
- **Expression:** Fruit peels are machine pressed to release their essential oil
 - Used for many citrus fruits, as their oils are contained in the rind
- **Extraction with Volatile Solvents:** A solvent is used to release the soluble plant molecules
 - Produces "aromatic products" such as concentrates and absolutes that are used in the perfume and food industries
 - These "aromatic products" are not real essential oils as they are incomplete and may contain solvents. Therefore they are not recommended for therapeutic aromatherapy use

Ensure You Get Quality Essential Oils

- Buy from a reputable seller
- Make sure the botanical name, plant part used, origin country, and extraction process are readily available
- Make sure you are getting a real essential oil, and not one that has been adulterated with synthetic oil. Fragrance oils are not essential oils, but synthetically produced oils that are created in a lab to smell like natural materials
 - Check Gas Chromatography/Mass Spectrometry results to determine purity. Some companies use GC/MS instruments to ensure their essential oils' quality and will share these test results with their customers

How to Store Essential Oils

- Store in amber (or other dark colored) glass away from direct sunlight and heat; a cool, dark cabinet is ideal
- Once essential oils are below half full, rebottle into a smaller bottle to prevent oxidation
- For safety reasons, always store out of reach of children and pets

Hydrosols

- Hydrosols, or flower waters, are aromatic compounds which are created from steam distilling plant materials and contain the water-soluble fragrance molecules of the plant
- When plants are distilled, steam fills the large cooker pot, causing the glands of plants to burst and release their oils. The oil rises in a condenser and is collected, while the fragrant water that steams with the plant is the hydrosol
- Usually a by-product of essential oil production, some plants are steam distilled just to produce hydrosols
- Though hydrosols contain only small amounts of essential oil (about .02%) and may not smell as much like the plant as an essential oil would, they still contain the essence of the plant and have mild benefits
- Hydrosols can be used in synergy with essential oils
- Due to their milder form, hydrosols are suitable for skin care products, food and beverages, and baby care applications
- Refrigerating hydrosols may extend their shelf life

Safety Considerations

- Diluted Essential oils are incredibly potent, so always dilute appropriately in a carrier before using. (See **Dilution Table for Topical Applications**, p. 2)
- Use only pure essential oils
- Test for sensitivities via a patch test

How to do a patch test

Apply a diluted essential oil to the inside of your elbow and cover it with a bandage. If you feel any irritation or reaction, immediately remove bandage and wash the oil off with soap and water. If no irritation or reaction has occurred after 24 hours, the diluted oil should be safe for you to use

- Use photosensitizing essential oils with caution
 - They increase the sunburn reaction of skin
 - Many citrus oils, such as bergamot, lime, and bitter orange, are photosensitizers
 - Photosensitizers should be used in wash-off products. If using in a stay-on product, do not go out into the sun for 12 hours after application
- Keep essential oils out of reach of children and pets
- Use of essential oils with babies and children requires different procedures than those covered in this guide
- Use cautiously with those who are elderly or who have serious health issues
- Use essential oils with caution during pregnancy, especially during the first trimester
- 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

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Table of Contents Aromatherapy Quickstudy Health

1. Understanding the eBook Aromatherapy Quickstudy Health
 - The Rise of Digital Reading Aromatherapy Quickstudy Health
 - Advantages of eBooks Over Traditional Books
2. Identifying Aromatherapy Quickstudy Health
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aromatherapy Quickstudy Health
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aromatherapy Quickstudy Health
 - Personalized Recommendations
 - Aromatherapy Quickstudy Health User Reviews and Ratings
 - Aromatherapy Quickstudy Health and Bestseller Lists
5. Accessing Aromatherapy Quickstudy Health Free and Paid eBooks
 - Aromatherapy Quickstudy Health Public Domain eBooks
 - Aromatherapy Quickstudy Health eBook Subscription Services
 - Aromatherapy Quickstudy Health Budget-Friendly Options
6. Navigating Aromatherapy Quickstudy Health eBook Formats
 - ePub, PDF, MOBI, and More
 - Aromatherapy Quickstudy Health Compatibility with Devices
 - Aromatherapy Quickstudy Health Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aromatherapy Quickstudy Health
 - Highlighting and Note-Taking Aromatherapy Quickstudy Health
 - Interactive Elements Aromatherapy Quickstudy Health
8. Staying Engaged with Aromatherapy Quickstudy Health

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Aromatherapy Quickstudy Health
- 9. Balancing eBooks and Physical Books Aromatherapy Quickstudy Health
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aromatherapy Quickstudy Health
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Aromatherapy Quickstudy Health
 - Setting Reading Goals Aromatherapy Quickstudy Health
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Aromatherapy Quickstudy Health
 - Fact-Checking eBook Content of Aromatherapy Quickstudy Health
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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