

**Aromatherapy Certification Program - Aromatic  
Wisdom Institute**

# **START TO TAKE CONTROL OF YOUR HEALTH WITH ESSENTIAL OILS**

**Kelly Swope**



**What do you keep in your medicine cabinet?**

**I have a bunch of “stuff” made out of synthetic chemical compounds, made by the human species, and when I read the label it makes me think, “What am I putting in or on my body?” Worse yet, I am telling my family to do the same thing. So begins my journey learning about Essential Oils. My medicine cabinet is now starting to get filled with essential oils, made out of chemical compounds coming directly from the plant species.**

**Turn the page and join me on the journey of taking control of your health with essential oils. I will explain what essential oils are, proper methods of applications, and some of the therapeutic properties of a few Essential Oils and how to use them.**

**By adding some of the most common Essential Oils; like lavender, peppermint, lemon, and tea tree to your medicine cabinet you can:**

- Heal Skin Conditions
- Alleviate Pain
- Improve Digestion
- Relax Your Body and Soothe Sore Muscles
- Fight Cold and Flu Symptoms

### **What are Essential Oils?**

The Essential Oil is a liquid extracted directly from the bark, flower, fruit, seed or root of a plant or tree and just one drop can be very powerful. There are a few ways to extract the oils from the plant, such as distillation, pressing and solvent extracting. Essential Oils are highly concentrated and have a strong aroma.

The natural oils in plants protect the plant from insects, bacteria and viruses. They also shield the plant from a harsh environment and help them adapt to their surroundings. That is the same way the oils will work with your body.

Essential Oils have been used for many years dating back to 18,000 B.C. (Sunspirit) Aromatherapy was used by the ancient civilizations of China, Egypt, and India, with the Chinese possibly being the first culture to use plant fragrances to promote well being. (Aromaweb). The healing use of Essential Oils have continued through time and are still being used as medicine by people all over the world.

## Quality of Essential Oils... What You MUST Know

Not all essential oils are created equal! Or I should say bottled, labeled, and sold equally! When buying essential oils to be used for therapeutic use, look for some of these keywords on the bottle:

- 100% Pure
- Organic
- Wild Crafted

Be sure to know the latin name of the oil. I would recommend to only buy essential oils with the common name and latin name on the label. You always want to be sure you are buying the Essential Oil you want. Below is an example:

**Lavender, *Lavandula augustifolia*** is an essential oil that is used most of the time, but there is also **Spike Lavender, *Lavandula latifolia***. While the common name of both of them are very similar each have different therapeutic benefits. (Aromatics Wisdom Institute, ACP Manual)

You do not want to purchase a synthetic or altered oil, fragrance oil or food grade oil for therapeutic use.

## Safety Guidelines

These are the general safety guidelines for the use of all Essential Oils.

1. **Always read and follow all label warning and cautions.**
2. **Keep oils tightly closed and stored in a cool dark environment.**
3. **Keep out of the reach of children.**

4. **Never consume undiluted oils. Cook only with essential oils approved as a food additive and considered generally regarded as safe (GRAS).**
5. **Don't use undiluted oils on your skin. (Dilute with carrier oil.) There are always a few exceptions, Lavender - *Lavandula angustifolia* may be safely put directly on a burn. As you get to know your oils you will learn the different properties for each oil.**
6. **Keep oils away from eyes and mucous membranes.**
7. **If redness, burning, itching, or irritation occurs, stop using oil immediately.**
8. **If pregnant consult with a professional before using essential oils.**
9. **After applying citrus oils to the skin, avoid exposure to sunlight, since the oils may burn the skin.**

**Always check safety guidelines for each Essential Oil.**

## **How To Use Essential Oils**

I recommend using essential oils two ways: topical and inhalation. Essential oils are also used in various ways in your personal care.

### **Topical Use**

It is important to dilute your essential oil with a suitable carrier oil, so that you can use it safely on the skin. There are different carrier oils; such as avocado, coconut, and jojoba; or you can use cocoa butter, jojoba wax, or shea butter. An unscented lotion works well also.

## **Dilution Guide**

<b>Weight of Carrier</b>	<b>1% dilution</b>	<b>2% dilution</b>	<b>3% dilution</b>
<b>1 ounce</b>	<b>5-6 drops</b>	<b>10-12 drops</b>	<b>15-18 drops</b>
<b>2 ounce</b>	<b>10-12 drops</b>	<b>20-24 drops</b>	<b>30-36 drops</b>
<b>4 ounce</b>	<b>20-24 drops</b>	<b>40-48 drops</b>	<b>60-72 drops</b>

**General Rules:**

**1% is used for children, elderly and pregnant women.**

**2% is used for everyday use.**

**3% is used for short term use.** (Aromatics Wisdom Institute, ACP Manual)

**Mix the essential and the carrier oils. Apply to key points or where you have discomfort.** (Heal with Essential Oil, Rebecca Park Totilo)

**Key points of application on the body are:**

- Behind Ears
- Neck
- Abdomen
- Upper Back
- Temples
- Inside of Wrist

**Inhalation**

- In a bowl combine 4 oz of hot water with 2-3 drops of Essential Oil. Place your face 6-8 inches over bowl and breath in the warm air, put a towel over your head to catch more of the warm air.
- Apply 2-3 drops on a tissue and put in front of your nose and sniff.
- Another excellent way to use essential oils is to use a diffuser, put Essential Oil drops in and enjoy the aroma and breathe in the therapeutic benefits of the essential oils. Read directions to determine the amount of Essential Oil.

## **Essential Oils**

### **Lavender**

Latin Name : *Lavandula augustifolia*

Aroma: Camphoraceous, Fresh, Sweet

Plant Part Used: Leaves

Extractions Method: Steam Distilled

### **Therapeutic Properties**

- Analgesic - provides pain relief
- Antidepressant - can help to prevent and alleviate depression
- Airborne antimicrobial - inhibits the spread of microbes
- Antifungal - inhibits the growth of candida
- Decongestant - reduces nasal mucus production and swelling

### **Benefits:**

- **Relaxes body and reduces anxiety**

- **Heals wounds and burns**
- **Relieves insomnia**

**Uses:**

- **Make a lotion of Lavender Essential Oil and lotion. Rub on the sides of neck in the evening to relax your body and improve sleep.**
- **Rub on the back of neck to ease headache pain.**
- **Relaxing bath-add Lavender Essential Oil, epsom and jojoba oil to restore your body after a long day.**
- **Put on cuts, scrapes, rashes, burns, and wounds.**
- **Diffuse in the air to relax and improve mood.**
- **To keep clothes smelling fresh, add a few drops to a cotton ball and tuck in a drawer.**

(Aromatics Wisdom Institute, ACP Manual)

(Aromatherapy for Common Ailments, Shirley Price)

(Heal with Essential Oil, Rebecca Park Totilo)

## **Peppermint**

Latin Name: *Metha x piperita*

Aroma: Fresh and Minty

Plant Part Used: Leaves

Extraction Method: Steam Distilled

Specific Safety Guideline: Menthol-rich oils are not to for use by children under five years of age, or inhaled by infants.

## **Therapeutic Properties**

- Analgesic - provides pain relief
- Anti-inflammatory - alleviates inflammation
- Antispasmodic - relieves spasms and cramps
- Antifungal - inhibits growth of viruses
- Expectorant - removes excess mucus from respiratory system

## **Benefits:**

- **Supports digestion**
- **Relieves muscle aches and pains**
- **Fights bad breath and odor**

## **Uses:**

- **Mix with coconut oil and rub on sore muscles.**
- **Diffuse in the air to improve focus and energy.**
- **Mix with coconut oil and baking soda for homemade toothpaste.**
- **Motion Sickness- Massage a mix of Peppermint Essential Oil and carrier oil on the abdomen and wrists, or inhale to soothe stomach discomfort associated with travel.**
- **Place a few drops on a tissue and place in your car's air vent to keep mentally alert while driving.**
- **For a deep facial cleanse, add a drop or two to your facial cleanser.**



(Aromatic Wisdom Institute, ACP Manual)  
(Aromatherapy for Common Ailments, Shirley Price)  
(Heal with Essential Oils, Rebecca Park Totilo)

## **Lemon**

Latin Name: *Citrus limon*

Aroma: Citrus, Fresh, Fruity, Lemony, Sweet

Plant Part Used: Fresh Fruit Rind

Extraction Method: Cold Pressed

Specific Safety Guideline: Phototoxic (when used in a blend at more than 12 drops per ounce).

### **Therapeutic Properties**

- Antibacterial - destructive to bacteria
- Antidepressant - can help to prevent and alleviate depression
- Antispasmodic - relieves spasms and cramps
- Anti-inflammatory - alleviates inflammation
- Immunostimulant - stimulates immune function

### **Benefits:**

- **Kills bacteria**
- **Improves mood and reduces anxiety**
- **Supports immunity**

## Uses:

- **Diffuse to clean the air, for a nice citrus scent and to uplift mood.**
- **Mix with lotion and rub on sore muscles.**
- **Lemon Essential Oil is a great antibacterial agent for cleaning.**
- **When combined with Peppermint Essential oil it will help with nausea.**
- **Make a lotion to put on your body to help support your immune system and help defend the body against infections.**
- **Mix with a carrier oil or lotion and massage onto legs to help reduce swelling and pain of varicose veins.**

(Aromatic Wisdom Institute, ACP Manual)

(Aromatherapy for Common Ailments, Shirley Price)

(Heal with Essential Oil, Rebecca Park Totilo)

## **Tea Tree**

Latin Name: *Melaleuca alternifolia*

Aroma: Camphoraceous, Fresh, Herbaceous

Plant Part Used: Leaves

Extraction Method: Steam Distilled

## **Therapeutic Properties**

- **Antibacterial - destructive to bacteria**

- Antiviral - inhibits growth of fungus
- Immunostimulant - stimulates immune function
- Anti-inflammatory - alleviates inflammation
- Decongestant - reduces nasal mucus production from respiratory system

### **Benefits:**

- **Kills funguses**
- **Improves acne**
- **Reduces dandruff**

### **Uses:**

- **Add 5 drops to shampoo to reduce dandruff and improve scalp health.**
- **Diffuse in the air to purify air of mold and allergens.**
- **To boost a weak immune system, massage Tea Tree Essential Oil and a carrier oil into the skin.**
- **To help prevent a cold or flu, add several drops to a bowl with warm, steaming water and inhale deeply.**
- **For athlete's foot, soak your feet every day for 10 minutes in a Tea Tree Essential Oil foot bath.**
- **For scrapes and scratches, apply Tea Tree Essential Oil and a carrier oil to promote healing.**

(Aromatic Wisdom Institute, ACP Manual)  
(Aromatherapy for Ailments, Shirley Price)  
(Heal with Essential Oil, Rebecca Park Totilo)

**Essential oils are nature's medicine. As with any medicine use caution, and always follow the safety guidelines, with Essential Oils use the dilution guide. I named just a few therapeutic uses for the Essential Oils in this paper, there are many more ways to use them. And so many more Essential Oils to explore. I hope the information provided will help you begin your own journey with essential oils.**

## Reference

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