

# Practical Aromatherapy Outline

## **Class Description:**

*This class is on the practical application of aromatherapy in our daily lives. Learn to use herbal essential oils and blends to make your own massage oil, body lotion, scented talc, sachets, and more. You will receive a number of simple easy-to-make herbal formulas for practical use in your home and with your family, friends, and loved ones.*

<http://nursehealer.com/classes>

## **I) Introduction to Aromatherapy by Elite Learning Media Ltd**

Description: Aromatherapy is the use of essential oils as an effective remedy for stress related conditions, insomnia and emotional problems. This course has been designed to impart knowledge understanding & information in relation to aromatherapy. In this course you will learn: What is aromatherapy, Types of aromatherapy oils, Categories of aromatherapy oils, Methods of use, Understanding toxicity, Aromatherapy safety tips, Plus more. Why not check our free sample download, to see for yourself. *Multimedia ZIP file (26.3 MB)*

<http://www.lulu.com/content/3798921>

## **II) Categories of Oils:**

### • TOP NOTES

- Evaporate very fast
- Anti-viral
- Light, fresh, uplifting
- Inexpensive
- Volatile, fast acting
- Give the first impression of the blend; but don't last very long
  - Examples of Top Notes:
    - *Bergamot, Cajuput, Clary Sage, Citrus (Grapefruit, Lemon, Lime), Eucalyptus, Niaoli, Petitgrain, Tea Tree*

### • MIDDLE NOTES

- Most essential oils are in this category
- Give body to the blend
- Have a balancing effect
- The aroma is not immediately evident (Takes a couple of minutes to establish the scent)
- Warm, soft fragrance
  - Examples of Middle Notes:
    - *Black Pepper, Chamomile, Geranium, Juniper Berry, Lavender, Marjoram, Rosemary*

### • BASE NOTES

- Heavy, solid fragrance
- Fragrance lasts a long time
- Slow down evaporation of other oils
- Intense and heady
- Rich and relaxing
- These are the most expensive essential oils
  - Examples of Base Notes:
    - *Frankincense, Myrrh, Neroli, Rose, Sandalwood, Ylang Ylang*

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### III) Aromatherapy and Essential Oil Diffusers

Diffusion is the process of dispersing essential oils so that their aroma fills a room or an area with the natural fragrance. From the simple to the elaborate, many different methods exist for diffusing essential oils into a room. Three easy methods exist which can be done with things you probably already have in your household. In addition, there are numerous diffusers and diffusing devices available for purchase from aromatherapy vendors.

- **Simple Tissue Diffusion**

- Place 3-4 drops of essential oil on a tissue. Place the tissue near you. As movement occurs in the room (i.e. as you move or as someone walks by), you will notice the aroma.
- **Advantages:**  
This method can be used anywhere and is quickly transportable.
- **Disadvantages:**  
This method does not emit much aroma into a room.

- **Steam Diffusion**

- Boil 2 cups of water. Pour the water into a bowl and add up to 10 drops of oil to the water. Use fewer drops if you are using an oil that may cause irritation to your mucous membranes (i.e. cinnamon, eucalyptus, rosemary, pine, thyme, cajuput, etc.). Use of energizing or relaxing oils can make this method useful any time of day or night. The steam will heat the oils and cause them to evaporate quickly into the room.
- **Advantages:** This method will quickly diffuse the oils into a room.
- **Disadvantages:** The aroma is not exceptionally long-lasting. Additionally, the heat may alter or destroy certain constituents of the oils and thus the therapeutic benefit may not be as optimal as using cold-air diffusion methods.

- **Candle Diffusion**

- Light a candle and allow it to burn for about 5 minutes. Extinguish the candle, place 1 drop of essential oil in the melted wax (not on the wick!) and then relight the candle. Essential oils are highly flammable, so great care must be used.
- **Advantages:** This method can be used most anywhere that a candle may be used.
- **Disadvantages:** Essential oils are flammable, so great care must be used. The aroma is not long-lasting. The heat may alter or destroy certain constituents of the oils and thus the therapeutic benefit may not be as optimal as using cold-air diffusion methods.

<http://www.aromaweb.com/articles/diffu.asp>

### IV) Units of Measure and Equivalents for Practical Aromatherapy

*(Approximate United States Measurements)*

Examples:

10 drops (gtt) = 0.5 ml = 1/8 tsp (.125 tsp)

1 ml = 20 drops = 1/5 tsp

1 tsp = 60 drops = 5 ml = 1/3 Tbs = 1/6 oz = 1/5 cup

1 Tbs = 300 drops = 15 ml = 3 tsp = 1/2 oz = 1/16 cup

1 oz = 600 drops = 30 ml = 6 tsp = 2 Tbs = 1/8 c

1 cup = 250 ml = 48 tsp = 16 Tbs = 8 oz

<http://nursehealer.com/Measure.doc>

# Practical Aromatherapy Outline

## V) Herbal Essential Oil Recipes

### Examples:

#### Healing Recipes:

##### Congestion Chest Rub

- 2 drops Peppermint
- 4 drops Eucalyptus
- 4 drops Lavender
- 10 drops olive oil

#### Cleaning Recipes:

##### Rosemary Disinfectant Spray

- 6 drops Rosemary
- 6 drops Grapefruit
- 4 drops Lemon
- 2 oz purified water

#### Blends:

##### Lifting Spirit

- 4 drops Ylang Ylang
- 4 drops Clary Sage
- 2 drops Bergamot

<http://nursehealer.com/HerbalRecipes.pdf>

## VI) Index of Essential Oils (Specific Essential Oil Information)

Each essential oil has very specific properties and qualities, and this site has each on its own page, to give you all the relevant information.

### • Peppermint Essential Oil Information

- This cooling and refreshing essential oil is used in aromatherapy to stimulate the mind, increase mental agility and to increase focus, while cooling the skin, reducing redness and calming irritation and itchiness. It furthermore helps to ease spastic colon, migraine, headaches, sinus and chest congestion and boosts the digestive system.
- Oil properties - Peppermint oil has a fresh, sharp, menthol smell, is clear to pale yellow in color and watery in viscosity.
- Origin of peppermint oil - It is a native of the Mediterranean, but is now also cultivated in Italy, USA, Japan and Great Britain.
- Therapeutic properties - The therapeutic properties of peppermint oil are analgesic, anesthetic, antiseptic, antilactagogue, antiphlogistic, antispasmodic, astringent, carminative, cephalic, cholagogue, cordial, decongestant, emmenagogue, expectorant, febrifuge, hepatic, nervine, stimulant, stomachic, sudorific, vasoconstrictor and vermifuge.
- Uses - Peppermint oil is excellent for mental fatigue and depression, refreshing the spirit and stimulating mental agility and improving concentration. It helps for apathy, shock, headache, migraine, nervous stress, vertigo and faintness and in general respiratory disorders, as well as dry coughs, sinus congestion, asthma, bronchitis, pneumonia, tuberculosis and cholera.
- Peppermint oil blends particularly well with benzoin, eucalyptus, lavender, marjoram, lemon and rosemary.

### • Frankincense Essential Oil Information

- It is one of the firm favorites in aromatherapy. This essential oil has a wonderfully calming effect on the mind and helps to create inner peace, while helping to sooth the respiratory and urinary tract and relieve pain associated with rheumatism and muscular aches, while having a rejuvenating, balancing and healing action on the skin.
- Oil properties - Frankincense has a woody, spicy, haunting smell, a little bit camphoric, but very pleasant. It is pale yellow-green in color.
- Origin of frankincense oil - It originates from the Middle East.
- Therapeutic properties - The therapeutic properties of frankincense oil are antiseptic, astringent, carminative, cicatrisant, cytophylactic, digestive, diuretic, emmenagogue, expectorant, sedative, tonic, uterine, vulnerary and expectorant.
- Uses - Frankincense oil soothes and calms the mind, slowing down and deepening breathing and is excellent for use when meditating. It also helps to calm anxiety and obsessive states linked to the past.
- Frankincense oil blends well with other oils, such as benzoin, sandalwood, lavender, myrrh, pine, orange, bergamot and lemon.

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- Lavender Essential Oil Information
  - Lavender oil is one of the most favorite essential oils. It has wonderful qualities and also smells great. It is a calming, relaxing oil, which combats stress and crisis, while the antiseptic properties helps with cold, flu and other ailments. It is excellent for asthma and migraines. Apart from that it supports female health and on the skin it has a healing effect, while preventing scarring and balancing the skin.
  - Oil properties - Lavender oil has a light fresh aroma, is clear in color and watery in viscosity.
  - Origin of lavender oil - A few varieties of it grow wild in the Mediterranean region, but the main producer is France.
  - Lavender oil blends particularly well with cedarwood, clary sage, geranium, pine, nutmeg and all the citrus oils.
- Eucalyptus Essential Oil Information
  - In aromatherapy, this essential oil helps to clear the mind and focus concentration, while reducing swelling in the mucus membranes. It is very valuable in fighting respiratory problems, fighting inflammation and sore muscles, rheumatism, headaches and nervous exhaustion, while boosting wound and ulcer healing and soothing skin eruptions.
  - Oil properties - Eucalyptus has a clear, sharp, fresh and very distinctive smell, is pale yellow in color and watery in viscosity.
  - Origin of eucalyptus oil - The Australian Aborigines calls it 'kino' and they use the leaves to cover serious wounds. The first oil exported to England was called 'Sydney peppermint'.
  - Eucalyptus oil blends particularly well with benzoin, thyme, lavender, lemongrass, lemon and pine.
- Orange (Sweet) Essential Oil Information
  - This essential oil is used in aromatherapy to create the feeling of happiness and warmth, while calming nervous digestive problems. It deals very well with colds and flu, eliminates toxins and stimulates the lymphatic system, while supporting collagen formation in the skin.
  - Oil properties - Sweet orange oil has a sweet, fresh and tangy smell, is yellow to orange in color and watery in viscosity.
  - Origin of Sweet orange oil - This evergreen tree is native to China, but is now cultivated extensively in America.
  - Orange oil is used in many Curacao type liqueurs and for the flavoring of food, drink and confectionery and when added to furniture polish, helps to protect against damage from insects.
  - Orange oil blends particularly well with black pepper, cinnamon, cloves, ginger, frankincense, sandalwood and vetiver.
- Lemon Essential Oil Information
  - This clean smelling citrus essential oil is not only good for helping you make decisions and to improve your concentration, but cuts down on acidity in the body - thereby assisting the digestion, as well as with rheumatism, arthritis and gout, while also sorting out cellulite, abscesses, boils, carbuncles and acne.
  - Oil properties - Lemon oil has a sharp, fresh smell, is pale greenish-yellow in color and is watery in viscosity.
  - The shelf life of lemon oil is only 8-10 months, if it is to be used in aromatherapy, but can still be used in fragrance therapies after this time, such as vapor therapy.
  - Origin of lemon oil - This evergreen tree is a native of India.
  - Lemon oil blends particularly well with lavender, rose, sandalwood, benzoin, eucalyptus, geranium, fennel, juniper, neroli and elemi.
- Rosemary Essential Oil Information
  - This crisp and clean smelling essential oil is great for stimulating the brain, improving memory and mental clarity, while helping with a variety of congested respiratory tract problems, stiff muscles, coldness as well as boosting the liver and gall bladder. It is also used for improving hair and scalp health.
  - Oil properties - Rosemary oil has a clear, powerful refreshing herbal smell, is clear in color and watery in viscosity.
  - Origin of rosemary oil - It is a shrubby evergreen bush originally from Asia, but is now cultivated in France, Tunisia and Yugoslavia. The Egyptians, Hebrews, Greeks and Romans considered the herb as sacred and even in the Middle Ages it was used to ward off evils spirits and used as a protection against the plague.
  - Rosemary oil blends particularly well with Cedarwood, Citronella, Geranium, Lavender, Lemongrass and Peppermint.

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### More Practical Aromatherapy Class Resources:

[http://nursehealer.com/Practical\\_Aromatherapy\\_Resources.htm](http://nursehealer.com/Practical_Aromatherapy_Resources.htm)

### BlogTalk Radio

NurseHealer – Mary Catherine Miller

[blogtalkradio.com/nursehealer](http://blogtalkradio.com/nursehealer)

**Listener dial-in number: (646) 478-0740 ~ Host ID: 57526**

### **Practical Aromatherapy Show Archive Link:**

<http://www.blogtalkradio.com/nursehealer/2010/10/03/practical-aromatherapy>

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