



EXPLORE AROMATHERAPY



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WHAT IS AROMATHERAPY?

Aromatherapy, also be referred to as Essential Oil Therapy, encompasses the holistic practice of utilizing essential oils to support the health and well-being of the individual. Although aromatic plants have been utilized by humans for thousands of years, aromatherapy as we know it today is a relatively young profession.



It was the French perfumer and chemist, Rene-Maurice Gattefosse, who coined the term “aromatherapie” in 1937 with his publication of a book by that name. His book “*Gattefosse’s Aromatherapy*” contains early clinical findings for utilizing essential oils for a range of physiological ailments. It seems vital to understand what Gattefosse’s intention for coining the word was, as he clearly meant to distinguish the medicinal application of essential oils from their perfumery applications. Gattefosse was already a perfumer and as such had a love and passion for the aromas they imparted. However, by 1918 he had become deeply involved with the study and application of the essential oils for medicinal purposes. He was to remain active throughout the 1930’s, writing articles and working with hospitals and others to test the medicinal actions of essential oils.

So we can interpret his coining of the word “Aromatherapie” to mean the therapeutic application or the medicinal use of aromatic substances (essential oils). As aromatherapy developed over the past thirty plus years it has adopted a more holistic approach encompassing the body, the mind and the spirit (energy).

WHAT ARE ESSENTIAL OILS?

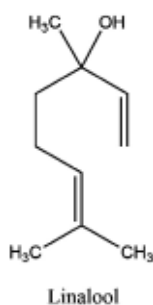
Essential oils are distilled or expressed aromatic extracts from a wide range of aromatic/medicinal plants. Each essential oil can consists of 200+ individual chemical components all working in synergy to provide a range of therapeutic properties and each essential oils unique aroma. Within the plant, essential oils serve to protect/defend, attract and heal.

CHEMISTRY OF ESSENTIAL OILS

Plants have the ability to produce an almost endless number of chemical variations on a single chemical structure. - David Hoffman

Monoterpenes: Antiseptic, antiviral, stimulating/energizing, mild expectorants/decongestants, drying/dehydrating effect on skin. Angelica root and seed, All citrus oils, Juniper berry, Balsam fir, Frankincense, Scotch pine, Elemi

Sesquiterpenes: Powerful anti-inflammatory, antispasmodic, calming and soothing to the nervous system. German chamomile, Ginger, Myrrh, Patchouli



Monoterpenes Alcohols (monoterpenols): Strong antimicrobial, gentle to the skin, antibacterial, antiviral, immune system support. Geranium, Peppermint, Lavander, Lavandin, Neroli, Palmarosa, Rose

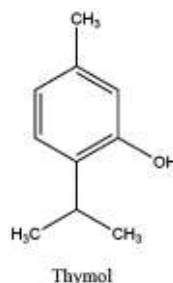
Sesquiterpenes Alcohols (sesquiterpenols): Anti-inflammatory, Calming and soothing (nervous system, endocrine system and emotions), Most have strong affinity with the skin. Cedarwood, Patchouli, Sandalwood, Vetiver

Aldehydes: Strong antiviral, calming and sedative to nervous system, anti-inflammatory, skin irritants. Melissa, May chang (*Litsea cubeba*), Lemongrass, *Eucalyptus citriodora*

Esters: Relaxing to nervous system, balancing, antispasmodic, soothing to dermal inflammations. Roman chamomile, Lavender, Petitgrain, Clary sage.

Ketones: Strong mucolytics, promotes tissue regeneration, wound healing. Peppermint, Rosemary ct. camphor, Sage

Phenols: Strong antibacterial activity, antiseptic, warming, immune enhancing, strengthening yet stimulating to the nervous system. Basil, Thyme, Oregano, Cinnamon leaf, Clove bud



Oxides: Antiviral, expectorant, respiratory stimulant. Eucalyptus species, Cajeput, Niaouli, Rosemary ct. cineole, Cardamom

Furanocoumarins: Phototoxic, antimicrobial. Angelica root, Bergamot, Expressed citrus oils

COMMON ESSENTIAL OILS USED IN AROMATHERAPY

Angelica root (*Angelica archangelica*):
grounding, relieves stress

Basil ct. linalol (*Ocimum basilicum*)*:
antispasmodic, useful for menstrual cramps

Bay Laurel (*Laurus nobilis*): relieves muscular
aches and pains and lymphatic congestion

Bergamot (*Citrus bergamia*): uplifting yet
calming, antidepressant

Black pepper (*Piper nigrum*): warming, useful
during smoking cessation, stimulating to
circulation, digestive

Carrot seed (*Daucus carota*): useful for
regenerative skin care

Cardamom (*Elettaria cardamomum*): antispasmodic, digestive, emotionally
warming

Cedarwood (*Cedrus atlantica*): calming, useful during stressful times, relieves
anxiety, mucolytic (helps dissolve mucus congestion)

Cinnamon leaf (*Cinnamomum zeylanicum*)*: antibacterial, antifungal, antiviral,
dermacaustic (Always dilute highly prior to use.)

Chamomile, Roman (*Chamaemelum nobile*): antispasmodic, menstrual cramps,
sedative, relieves anxiety/stress, insomnia, great for children (comforting,
soothing)

Chamomile, German (*Matricaria chamomilla* syn. *recutita*): anti-inflammatory,
sedative, relieves dermal inflammation

Clary sage (*Salvia sclarea*): antispasmodic, relieves menstrual cramps,
aphrodisiac, relaxing, relieves anxiety/stress, manages labor pain

Clove (*Eugenia caryophyllata*)*: antiviral, antibacterial, heating/warming,
dermacaustic (Always dilute highly prior to use.)

Cypress (*Cupressus sempervirens*): astringent, antispasmodic, treats respiratory
complaints, asthma, coughing, hemorrhoids, poor circulation, edema, cellulitis,
menstrual and muscle pain, contractive, indicated for varicose veins to prevent
them from getting worse, excess sweating



Clary Sage (*Salvia Sclarea*)

Elemi (*Canarium luzonicum*): balancing to emotions, astringent on the skin

Eucalyptus (*E. globulus*, *E. radiata*)*: expectorant, decongestant, beneficial for flu/cold season, clearing to the mind, energizing, and bronchitis.

E. radiata is especially indicated for children with respiratory complaints due to its lower cineole content (Do not apply Eucalyptus to or near the face of infants or children under 10 years of age; dilute to 1% or less for children's topical preparations such as chest rubs.)

Fennel (*Foeniculum vulgare* var. dulce)*: digestive, menstrual irregularities

Fir (*Abies alba*): Uplifting, expands the breath, gentle expectorant, relieves congestion, great room spray for cleansing the air

Frankincense (*Boswellia carterii* ** or *B. frereana*): strengthens the immune system (CO2 extract), soothes inflamed skin conditions, cell regenerative

Geranium (*Pelargonium x asperum* syn. *graveolens*): PMS, indicated for hormonal imbalance, antimicrobial

Ginger (*Zingiber officinale*): digestive, useful to eliminate gas, constipation, warming emotionally and physically, relieves nausea, warms the lungs

Grapefruit (*Citrus paradisi*): uplifting, detoxing, reduces anxiety/depression

Helichrysum (*Helichrysum italicum*): cell regenerative, wound healing, anti-inflammatory, indicated for bruises and swelling

Jasmine (*Jasminum officinale*): aphrodisiac, reduces stress, uplifting yet relaxing

Juniper berry (*Juniperus communis*): detoxifying, cleansing, uplifting, antiviral

Lavender (*Lavandula angustifolia*): calming, reduces anxiety, wound healing, burns, cell regenerative, insect bites. reduces itchiness, general skin care, great for children, antispasmodic

Lemon (*Citrus x limon*): antimicrobial, antioxidant, uplifting, anti-stress, immune enhancing, great for cleaning/cleansing home and environment

Lemongrass (*Cymbopogon citratus*)*: cleansing, antiviral, cellulite

Mandarin (*Citrus reticulata*): calming, great for children (can combine with lavender), slightly more warming citrus aroma

Marjoram, Sweet (*Origanum marjorana*): sedative, antimicrobial, soothing to the nervous system

Melissa (*Melissa officinalis*): reduces and relieves anxiety, antiviral, calming

Myrrh (*Commiphora myrrha* syn. molmol): soothing to skin, anti-inflammatory, antiseptic, specific oil for mouth/gum issues

Myrtle, Green (*Myrtus communis*)*: respiratory congestion, bronchitis, flu/colds, expectorant, antispasmodic

Neroli (*Citrus aurantium* var. amara): relieves/reduces anxiety, antispasmodic, pms, antidepressant, nourishing, postpartum depression, pregnancy/delivery

Niaouli (*Melaleuca quinquenervia*)*: antimicrobial, supports the immune system

Sweet Orange (*Citrus sinensis*): uplifting, antidepressant, cleansing

Oregano (*Origanum marjorana*)*: antiviral, antifungal, antibacterial, good for respiratory infections, dermacaustic (Always dilute highly prior to use.)

Palmarosa (*Cymbopogon martinii*): antibacterial, antiviral, antifungal, gentle skin oil for cellular rejuvenation and acne

Patchouli (*Pogostemon cablin*): antidepressant, anti-inflammatory, soothes the nervous system

Peppermint (*Mentha x piperita*)*: relieves nausea, analgesic for muscular aches and pains, relieves/reduces migraines, energizing, antispasmodic, cooling/warming (Avoid use on children under 30 months of age.)

Pine (*Pinus sylvestris*): refreshing, cleansing room sprayer, gentle decongestant for respiratory system, antimicrobial, expands the breath

Petitgrain (*Citrus aurantium* var. amara): antidepressant, soothes the nervous system, reduces/relieves stress

Rose (*Rosa damascena*): the queen of essential oils, cell regenerative, nourishing the emotions, aphrodisiac, relieves/reduces stress/anxiety, PMS, menopause

Rosemary ct. cineole (*Rosmarinus officinalis*)*: indicated for respiratory congestion, bronchitis, colds/flu, expectorant, expands and deepens the breath, energizing, clears the mind, sinus congestion, circulatory stimulant

Rosemary ct. verbenone (*Rosmarinus officinalis*): cell regenerative, wound healing, respiratory congestion, mucolytic (dissolves excess mucus)

Sage (*Salvia officinalis*)*: menopausal symptoms/hot flashes, antimicrobial, cell regeneration (use along with helichrysum for scar/wound healing)



Rose (*Rosa damascena*)

Sandalwood (*Santalum album*** or *S. spicatum*): meditation, nourishing, soothes dry mucus membranes, soothing to dry skin conditions

Spearmint (*Mentha spicata*): relieves nausea, analgesic, digestive

Tea tree (*Melaleuca alternifolia*): antimicrobial, supports/enhances immune system, antibacterial, antifungal, antiviral

Thyme ct. linalol (*Thymus vulgaris*): gentle skin antimicrobial (Always dilute prior to use.)

Thyme ct. thymol (*Thymus vulgaris*)*: strong antimicrobial, supports/enhances immune system, antibacterial, antiviral, always dilute before using as it can be dermacaustic

Vetiver (*Vetiveria zizanioides*): cooling, grounding, astringent, useful for varicose veins, calming

Ylang ylang (*Cananga odorata*): aphrodisiac, antispasmodic, antidepressant, nourishing



Ylang ylang (*Cananga odorata*)

*Avoid or use special caution in infants and children under the age of 10. These essential oils are only appropriate for children's use in highly-diluted form under the guidance of a knowledgeable professional, or included as a minor percentage in a professionally-formulated essential oil blend. Do not apply topically to the face or near nostrils or mucous membranes.

**Threatened and endangered species.

About Quality: Terms such as: therapeutic grade, pharmaceutical grade and medical grade are not regulated aromatherapy terms and therefore have little meaning. They are often used merely for marketing purposes. NAHA recommends that you obtain your essential oils from reputable suppliers. Essential oil bottles should be labeled with: the common name and botanical name of the plant that the essential oil was extracted from, the country of origin, any required cautionary statements (e.g., toxicity statement for Wintergreen, phototoxicity statement for Bergamot), special growing method if applicable (e.g., organic, wild harvested), and special extraction method if applicable (e.g., pressed, absolute, CO2 Extract). Suppliers should be able to provide you with a COA (Certificate Of Analysis) or GC/MS report upon request.

HYDROSOLS

Hydrosols, also known as hydrolats, are the aqueous product of distillation and carry the hydrophilic properties (water-soluble components) of the plant in solution as well as microscopic droplets of essential oils in suspension.¹ Every liter of hydrosol contains between 0.05 and 0.2 milliliter (less than 1%, typically 0.01 - 0.04%) of dissolved essential oil, depending on the water solubility of the plant's components and the distillation parameters.² Hydrosols also contain carboxylic acids, which may explain their observed anti-inflammatory activity.³

Be sure to store all hydrosols in the refrigerator. Average shelf life: 12-24 months.

Hydrosols have numerous benefits for the skin including:

- ◆ Serve as hydrating components in a product, e.g. cream, cleanser, etc.
- ◆ Effective toners
- ◆ Anti-inflammatory, cooling
- ◆ Wound healing
- ◆ Safe for infants and young children in baths (1 tbsp) or spritzers.

German chamomile (*Matricaria recutita*): anti-inflammatory, cooling, indicated for eczema, psoriasis, rashes, acne and other inflammatory conditions

Clary sage (*Salvia sclarea*): astringent, antidepressant, PMS, hot flashes

Helichrysum (*Helichrysum italicum*): anti-inflammatory, cooling, useful for inflamed skin conditions

Lavender (*Lavandula angustifolia*): relaxing, great for children in baths or as a spritzer, anti-inflammatory

Melissa (*Melissa officinalis*): stress relieving, antiviral, good for sitz bath for herpes simplex

Neroli/Orange flower (*Citrus aurantium* var. amara): stress relieving, all around skin care, astringent

Rose (*Rosa damascena*): astringent, general skin care, beautiful aroma

Witch hazel (*Hamamelis virginiana*): astringent, wound cleanser, insect bites, acne, oily skin

References:

1. Harmon, A. (2010) Healing Waters: A spotlight on anti-inflammatory hydrolats. International Journal of Clinical Aromatherapy 7
2. Catty, S. (2001). Hydrosols: The next aromatherapy. Rochester, VT: Healing Arts Press.
3. Harris, R. (2006). Aromatic approaches to wound care. International Journal of Clinical Aromatherapy, Vol 3:2b, 2006.

VEGETABLE AND HERBAL OILS

Vegetable and herbal oil are used in creams, lotions, massage, facial and body oils, gels, and salves.

Sweet Almond (*Prunus amygdalis* var. *dulcis*) and **Apricot Kernel** (*Prunus armeniaca*): emollients, can relieve itchiness and dryness.

Arnica (*Arnica montana*): indicated for bruises, varicose veins, burns, strains and sprains, arthritis, and myalgia.

Avocado (*Persea americana*): wonderful oil for regenerative skin care, indicated for dry, itchy, or mature skin, antioxidant, nourishes the skin.

Baobab (*Adansonia digitata*) and **Marula** (*Scelerocara birrea*): emollient, soothes inflamed skin, dry skin, sunburn.

Borage (*Borago officinalis*) and **Evening Primrose** (*Oenothera biennis*) and excellent regenerative skin care oils, nourishing, indicated for psoriasis, eczema, inflamed and dry skin conditions.



Calendula (*Calendula officinalis*)

Calendula (*Calendula officinalis*): anti-inflammatory, wound healing, soothes dry irritated skin, insect bites, cell regenerative.

Coconut (*Cocos nucifera*): emollient, slightly occlusive to the skin, blend with other oils, cooling, useful for dry skin.

Jojoba (*Simmondsia chinensis*): indicated for acne, psoriasis, atopic dermatitis, anti-inflammatory, regenerative skin care, great for hair and nails.

Rosehip Seed (*Rosa rubiginosa*): excellent cell regenerative oil, preventative for premature aging skin, nourishing, soothes inflamed skin conditions.

Sea Buckthorn (*Hippophae rhamnoides*): anti-inflammatory, soothes inflamed skin conditions, sun damage, wound healing and antioxidant.

Sesame (*Sesamum indicum*): warming, regenerative skin care, dry skin, soothing to the skin, antioxidant, great for hair and nails.

St. Johns Wort (*Hypericum perforatum*): Anti-inflammatory, indicated for muscular aches, pains and strains, insect bites, dermal inflammation, slow healing wounds.

Tamanu (*Calophyllum inophyllum*): wound healing, anti-inflammatory, antiviral, promotes healthy scar tissue formation, relieves muscular aches and pains.

GENERAL METHODS OF APPLICATION

Massage/Body oil: 2.5 - 5% dilution, 15-30 drops per ounce of carrier oil such as jojoba, sesame, sweet almond oil, etc.

Inhaler: Use approx. 15-20 drops on organic cotton pad and place in inhaler tube.

Baths: Mix 2 - 12 drops (depending on the essential oil) into a teaspoon of a dispersing agent such as natural bath gel, polysorbate, solubol, coconut emulsifier, etc. Add to bath and stir just before entering water. Vegetable oil may also be used to dilute essential oils, however it will not disperse in the water and will make tub surfaces slippery

Steam inhalation: Place 3-7 drops into boiling water. Cover head with towel and breathe through the nose. Keep eyes closed!

Aromatic spritzers: Add 10-15 drops per ounce of water. Shake before using.

Diffusion: Depending on diffuser type, use as directed.

Creams/Lotions/Gels: 2.5 - 5% dilution, 15-30 drops per ounce of carrier base.

SAFE USE OF ESSENTIAL OILS

- ◆ Keep all essential oils out of reach of children and pets.
- ◆ Avoid synthetic and fragrance oils.
- ◆ If irritation occurs, discontinue use.
- ◆ Avoid contact with eyes.
- ◆ Use essential oils in well ventilated area.
- ◆ Avoid internal or undiluted use unless you are working with a qualified aromatherapist or healthcare practitioner.
- ◆ Store essential oils and vegetable oils away from light and heat.
- ◆ Before using an essential oil, become familiar with its uses, safety and therapeutic properties.
- ◆ Ensure all essential oils you purchase are authentic essential oils.
- ◆ Angelica root, Bergamot and Citrus oils (in general) are phototoxic. Do not use or recommend the use of photosensitizing essential oils prior to going into a sun tanning booth or the sun.
- ◆ Use low concentrations (<2%) for children, during pregnancy, and for the elderly.

For further information and education, please visit the Safety Information page on NAHA's website: naha.org/explore-aromatherapy/safety



Join the National Association for Holistic Aromatherapy

The National Association for Holistic Aromatherapy is a 501(c)3 member based non-profit association devoted to the holistic integration and education of aromatherapy into a wide range of complementary healthcare practices including self care healthcare/home pharmacy. We offer scientific, empirical and current information about aromatherapy and essential oils to the public, practitioners, businesses, product designers, bloggers/writers, educators, healthcare professionals, and the media.

*Please join NAHA in support of the future of aromatherapy
and the sustainability of medicinal and aromatic plants.*

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