

PROMOTING SELF CARE

mind ~ body ~ spirit ~ energy



**ESSENTIALS FOR WELL BEING HEALTH ~ HAPPINESS ~
COMFORT**

Out-Line

- ❑ Definition
- ❑ Historical background,
- ❑ Principles
- ❑ Areas of practice,
- ❑ Methods and materials used in the healing process

What is aromatherapy?

❑ **Aromatherapy**

- ✓ **art and science** of using pure essential oils extracted from natural plants and flowers.
- ✓ A holistic treatment, utilizing essential oils extracted from aromatic plants to create balance and harmony to the body, mind and spirit.
- ✓ Skilled use of essential oils, which have been extracted from flowers, spices, fruits, woods and leaves for their esthetic, psychological and medicinal applications.
- ✓ Aromatherapy treatments are to create balance and harmony taking into consideration your client's state of well-being, occupation, stress, nutrition, state of mind and all aspects of the client's life.

Cont...

- ✓ Aromatherapy is a therapy, that uses aroma for healing.
- ✓ It can treat emotional as well as physical problems and can help you think better and improve your athletic performance.
- ✓ It can even improve your love life.
- ✓ **Essential oils** are obtained from flowers, plants, trees, shrubs and roots or from the peels of fruits.
- ✓ **Essential oils** are used to calm, balance and give energy to the body, mind and spirit.



Historical background

- ✓ Aromatherapy has been around a very long time and can be traced back to over 4000 years BC.
- ✓ Ancient civilisations used essential oils like cinnamon, ginger, myrrh and sandalwood for their medicinal use.
- ✓ Traditional Indian medicine known as Ayurveda incorporates aromatic massage as one of its main aspects.
- ✓ Chinese civilizations also mastered the use of essential oils and herbs in the year 2700 B.C.
- ✓ On the other side of the world, the Egyptians were also developing Aromatherapy.
- ✓ They practiced aromatherapy in much the same way the Chinese by
 - herbal extraction and by burning aromatic woods and incense to show respect to their gods.

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- ✓ Besides the religious use of aromatherapy, wealthy Egyptians used essential oils in their everyday life.
- ✓ The Egyptians would use oils as perfume, bath oil, skin and hair care.
- ✓ Ancient Papyri found in the Pyramids of Egypt told
 - Practical use of essential oils in the treatment of all of illnesses
 - How they actually applied the oil.
- ✓ Ancient Greeks also mastered the use of essential oils, using them medicinally and cosmetically over 1,200 years ago.

Principles of Aromatherapy

- ✓ Essential oils are highly concentrated liquids.
- ✓ Some oils may be harmful if not used carefully.
- ✓ That doesn't mean that there should be unfounded worry about using essential oils.
 - Treat essential oils as medicine and follow the outlined below.
- ❖ Do not use Essential Oils undiluted on your skin.
- ❖ Some oils can cause sensitization or allergic reactions in some individuals.
- ❖ If you are pregnant you should consult your doctor before using any essential oil in spite of what is stated in literature.
 - This is also true for other conditions such as asthma, epilepsy, or other health conditions, better safe than sorry.
- ❖ When using essential oils, use the smallest amount of essential oils that will get the job done.
- ❖ Not all essential oils are suitable for use in aromatherapy.

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- ❖ Like all medicines, oils should be kept out of reach of children.
- ❖ Play it safe, essential oils should not be taken internally.
- ❖ Essential oils are flammable (Please keep them out of the way of fire hazards).
- ❖ Store oils in a dark bottle away from sunlight
- ❖ Avoid oils in the eyes, do not pour oils directly into ears
- ❖ Keep cap on oil when not in use
- ❖ Make sure your hands are clean and your nails are short and Remove rings.
- ❖ Wear loose fitting comfortable clothes.
- ❖ Keep your massage oil warm and in a bowl.

Benefits of Essential Oils

- ✓ Release serotonin and endorphins and can decrease depression and pain in the brain.
- ✓ If people are more alert, it decreases falls, because people are feeling better, they sleep better.
- ✓ For appetite stimulation, a mix of grapefruit and cloves is sprayed on patient's bibs before meals.
- ✓ A mix of grapefruit and frankincense is used to help curb the so-called Sundown symptoms that occur in early evenings.
- ✓ A mix of rosemary and orange is offered to caregivers and staff to help ease stress and stimulate creativity.
- ✓ Reducing use of medications can save money!

Therapeutic Essential oils Effective for.....

- ❖ Mood changes
- ❖ Behavioral issues
- ❖ Appetites
- ❖ Sleep
- ❖ Wounds
- ❖ Infections
- ❖ Colds and Flu
- ❖ Weight Maintenance

Who uses essential oils and where?

- ✓ Aromatherapy is used in the home, workplace, retail environment and in health care.
- ✓ Trained health-care professionals use essential oils in combination with conventional medicine.
- ✓ For instance, an infected wound or a skin and soft tissue infection may need an antibiotic,
- ✓ But an essential oil may also be applied topically as adjunctive therapy.
- ✓ Many essential oils possess antifungal, antibacterial and antiviral properties.

Methods of Use

- ❖ Diffusion
- ❖ Inhalation, Steam Inhalation, Sprays
- ❖ Topical – Compress - Massage
- ❖ Dietary
- ❖ Bathing – Tub – Foot Bath
- ❖ Gargle

Methods of use.....

Therapro Diffuser



- Attach bottle of essential oil directly to diffuser for a concentrated diffusion. Similar to a hand held nebulizer effect

Home Diffuser



- ▶ Micro mist diffusers blow tiny molecules of oil into the air without the use of heat which can fractionate the life giving properties of the oils
- ▶ The smaller and finer the particles, the more readily absorbable they are into the lung tissue
- ▶ Diffused oils kill airborne bacteria and viruses

Put 2–4 drops of oil in water to diffuse



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❑ Benefits of Diffusing

- ❖ Reduce bacteria, odors and virus in the air
- ❖ Relax body, relieve stress, tension, clear mind, improve mood
- ❖ Improve mental clarity, memory, alertness
- ❖ Stimulate neurotransmitters
- ❖ Relieve headaches
- ❖ Improve sinus congestion, cough

Direct inhalation

- ✓ Inhalation is a very effective method to receive the benefits of essential oils.
- ✓ Place three drops of the preferred essential oil on a tissue or cotton ball and inhale.
- ✓ Repeat as necessary.
- ✓ Extend the use and portability of the direct inhalation experience by placing a tissue or cotton ball into a small plastic bag.
- ✓ This method works well for sinus congestion, stress and anxiety.
- ✓ Try **eucalyptus** for sinus congestion and **lavender** or **mandarin** to reduce stress and anxiety.

Methods of use.....

Massage

- ✓ The ability to create a soothing experience for the body through the sense of smell and touch is achieved when using essential oils with massage.
- ✓ This approach is ideal for stress, tension and loving touch.
- ✓ For a full body massage, mix 3 to 5 drops of essential oil in 2 to 4 teaspoons of carrier oil.
- ✓ Lavender oil is easy to begin with and provides a relaxing experience.
- ✓ Carrier oils recommended for this includes grapeseed, sesame, jojoba and sweet almond.
- ✓ Avoid mineral and hydrogenated oils.

Methods of use.....

Raindrop Technique/Massage



❑ Massage – Benefits

- ❖ Improves circulation
- ❖ Decreases stress and anxiety
- ❖ Decreases pain and muscle tension

Use 1-5 drops of essential oil in 1 tsp of carrier oil for a hand or foot massage

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- ❖ Using oils mixed with lotion in massage of hands and fingers provides increased circulation, relief from pain and the comfort of touch.
- ❖ Clients are happier, more relaxed and the building smells wonderful.
- ❖ Use oils in massage, diffuse oils for relaxation and to prevent “sundowning”, and providing for a sensory stimulation activity.
- ❖ Provides for a natural alternative to drugs.

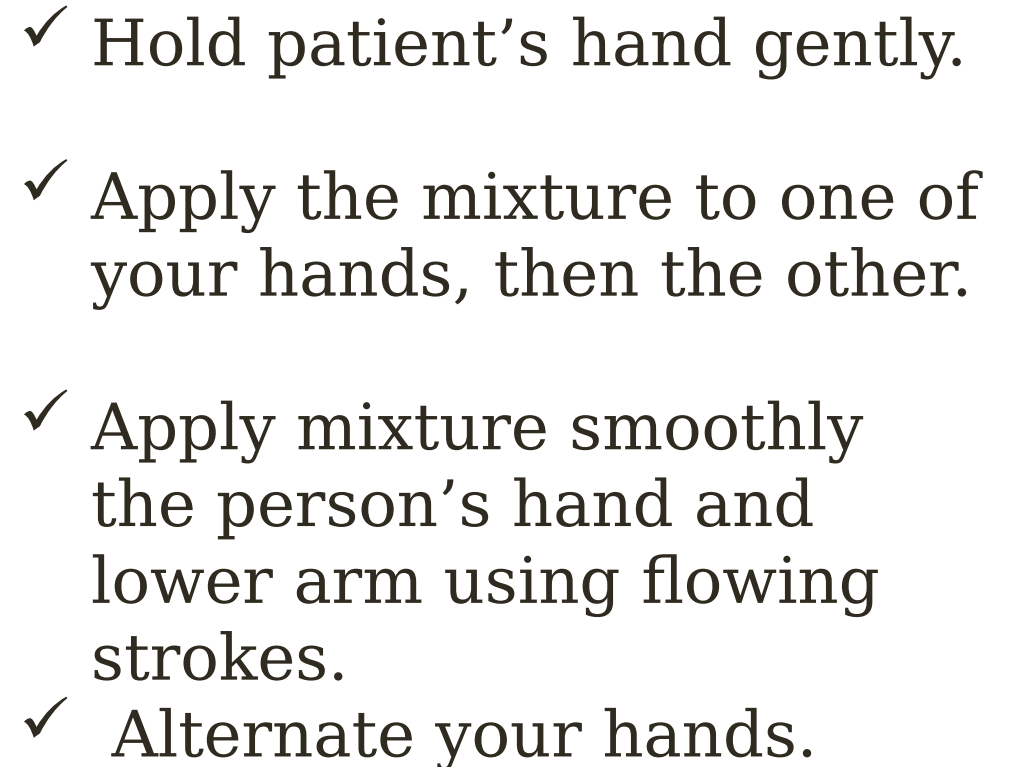
Baths

- ✓ Aromatic baths can promote relaxation and a sense of well being and are especially good for stress conditions and those with insomnia.
- ✓ Additionally, a soak in a tub can be beneficial for skin and inflammatory conditions, aches and pains and sore muscles.
- ✓ Mix 5 to 10 drops of essential oils in Epsom salt, unscented liquid soap or milk before putting into the water.
- ✓ The oil will bind to the salt, soap or milk and then mix with the bath water.
- ✓ Do not add oil directly to bath water b/c oil will float on top of the water and put you at risk for an eye splash.

Essential Oils for the Bath and Shower

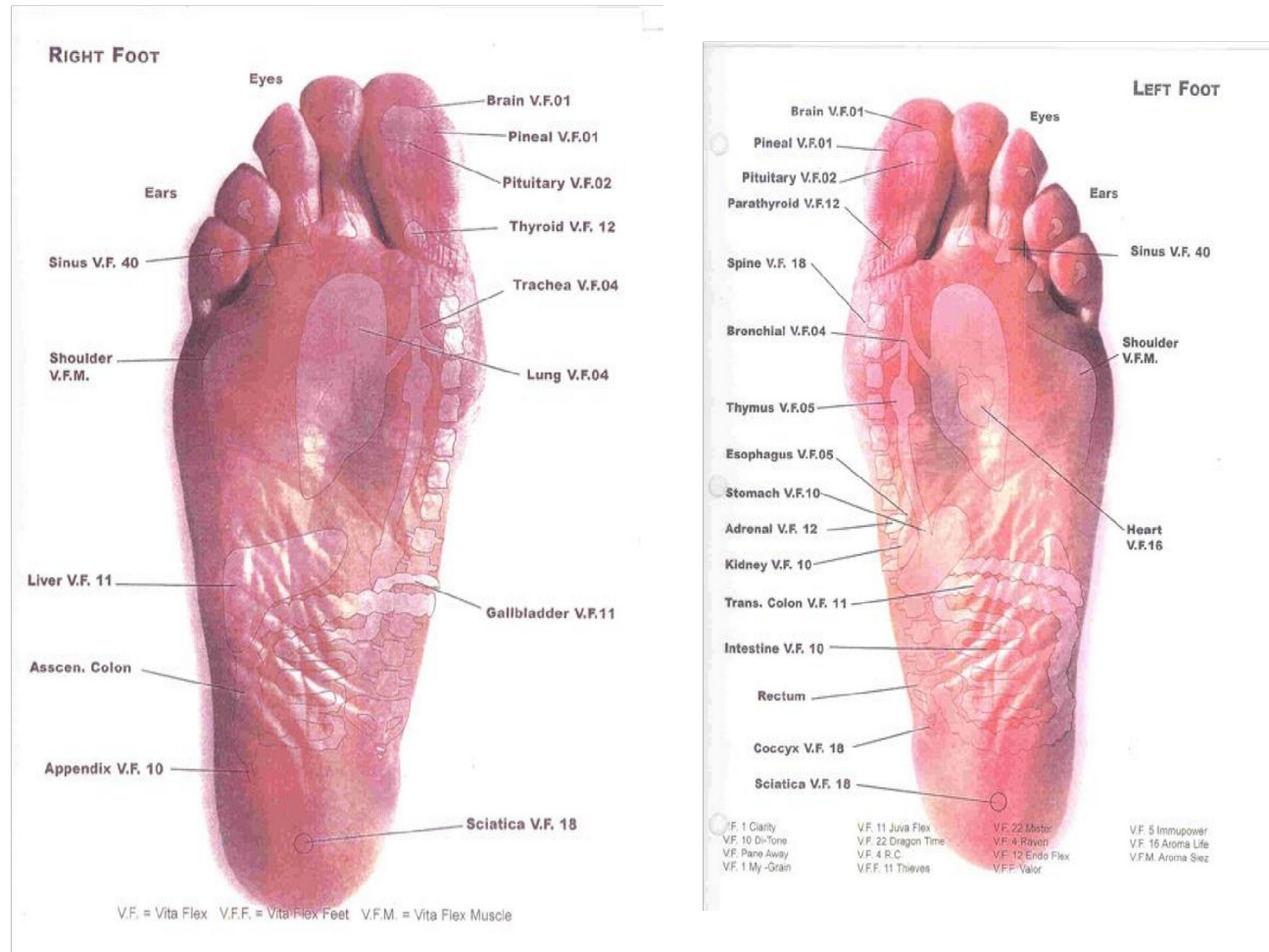


❑ Hand Reflexology/massage



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❑ Foot Reflexology/massage



- ✓ Massage fleshy part of palm with strokes back and forth with thumbs from fingers to the wrist and repeat
- ✓ Finish by stroking from hand to elbow three times

Materials used in the healing process

❑ **Lavender (*Lavandula angustifolia*)**

- ✓ Lavender is noted for its floral scent and woody undertones
- ✓ one of the most commonly used essential oils in the world today.
- ✓ This refreshing and balancing aroma is frequently used for relaxation.
- ✓ Other common uses include management of anxiety, insomnia, burns, infections, wounds, candida and insect bites.

❑ **Therapeutic properties:**

- Analgesic,
- antibacterial,
- antidepressant,
- antispasmodic
- antifungal,
- anti-inflammatory,
- , antiviral

Cont.....

❑ **Applications:**

❖ Inhalation, diffusion, compress, bath, massage, direct application to skin.

❑ **Peppermint (*Mentha piperita*)**

- ✓ Enjoy this refreshing and mentally stimulating essential oil.
- ✓ Its minty fresh scent is a popular choice for aromatherapy. It is also an ingredient in gum, candy, and many other products.

❑ **Therapeutic properties**

- ❖ Analgesic,
- ❖ expectorant,
- ❖ antispasmodic
- ❖ anti-nausea



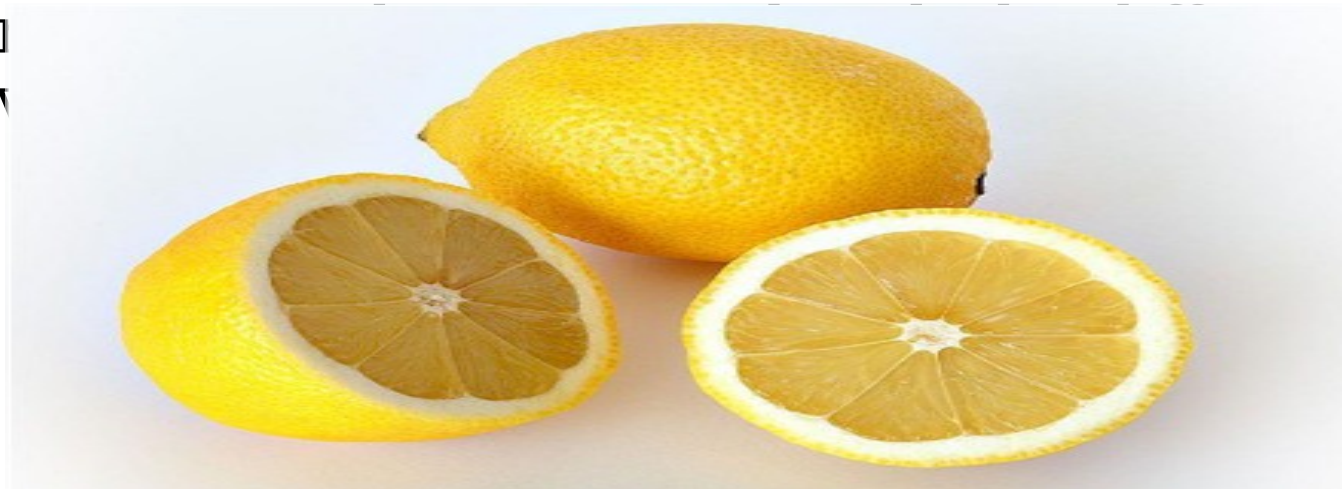
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❑ **Applications:**

- ❖ Inhalation, diffusion, bath, massage. Always mix with a carrier oil if applying directly to the skin.
- Avoid internal use, especially for those with G6PD deficiency, atrial fibrillation, post cardiac surgery and on 5-FU chemotherapy.

❑ **Lemon (Citrus limon)**

- ✓ Lemon is often selected for its pleasant, crisp and clean scent.
- ✓ Mental alertness
into the environment



1 of lemon

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- ✓ It is also uplifting and sharpens our focus with decision-making.
- ✓ Use this oil in the morning or afternoon to promote energy levels.
- ✓ Additionally, lemon has antiseptic properties.

❑ **Therapeutic properties:**

- Antiviral
- antibacterial
- Astringent
- Tonic
- Antispasmodic
- antiseptic
- diuretic

❑ Applications:

- Massage, bath, inhalation, diffusion.
- Always mix with a carrier oil if applying directly to the skin.
- Avoid sun exposure after topical application, as this oil is phototoxic.

Tea Tree (Melaleuca alternifolia)

- ✓ Tea tree oil is highly regarded and one the world's most medicinal properties herbs.
- ✓ The pungent odor associated with tea tree oil is similar to eucalyptus and camphor.
- ✓ Tea tree oil is commonly used to treat skin infections, wounds, ringworm, cold sores, acne, mouth/throat infections, toenail fungus, athlete's foot, psoriasis, dandruff and head lice.

☐ Therapeutic properties. **Applications:**

- Antifungal *Inhalation, diffusion, compress, direct application to the skin. Do not*
- Antibacterial *apply to skin undiluted without a patch test to check for allergies and*
- Antiviral *skin sensitivities. May use undiluted on skin if no allergic response is*
- wound-healing *present.*

Bergamot (Citrus bergamia)

- ✓ Fresh citrus scent with slightly spicy undertones to lift your mood and stimulate your immune system.
- ✓ You may recognize this scent if you like Earl Grey tea.
- ✓ Bergamot mixes well with other citrus scents providing a fragrant, mellow sensory experience.
- ✓ It is beneficial for reducing symptoms of stress, anxiety, depression and acne.

❑ **Therapeutic properties;**

- Antispasmodic, sedative, analgesic, antidepressant, tonic, antifungal

❑ **Applications:**

- Inhalation, diffusion, compress, bath and massage.
- Avoid sun exposure after topical application, as this oil is phototoxic.

Eucalyptus (Eucalyptus globulus)

- ✓ The familiar, sharp and somewhat pungent scent of eucalyptus is easily recognized and found in many over-the-counter drug store products.
- ✓ Eucalyptus oil is effective for symptom relief from the common cold and sinus congestion by acting as a decongestant.
- ✓ This oil is cooling and increases mental concentration and alertness.
- ❑ **Therapeutic properties:** Antibacterial, antiviral, analgesic
- ❑ **Applications:**
 - Inhalation, diffusion, steam bath, compress and massage.
 - Always mix with a carrier oil if applying directly to the skin.

Ginger (Zingiber officinale)

- ✓ Ginger is often used in cooking and baking.
- ✓ The essential oil of ginger offers a peppery, sharp and yet warm aromatic scent.
- ✓ The warmth associated with ginger is good for reducing symptoms such as joint swelling associated with arthritis.
- ✓ Ginger settles the digestive system and relieves nausea, including morning sickness.

☐ **Therapeutic properties:**

- ❖ Anti-emetic, anti-inflammatory, analgesic, antispasmodic

☐ **Applications:**

- Inhalation, bath, massage, compress and direct application to the skin with a carrier oil.

Mandarin (Citrus reticulata)

- ✓ This is one of the gentlest and safest essential oils impacting the body, mind and spirit.
- ✓ Mandarin offers a calming influence that promotes restful sleep, and is especially good for children and the elderly.
- ✓ This oil brings out joy, lifts moods and reduces irritability.

☐ **Therapeutic properties:**

- Anti-nausea, astringent, digestive, diuretic, relaxant, sedative.

☐ **Applications:**

- ❖ Inhalation, dilution, bath, massage, compress and direct application to the skin with a carrier oil.
- Avoid sun exposure after topical application, as this oil may be mildly phototoxic

AROMATHERAPY

**keeping you happy,
healthy and loving life**