

NAHA 

The National Association for Holistic Aromatherapy

# Aromatherapy Journal

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# Spring Cleaning with Aromatherapy

by KG Stiles



## What is Spring Cleaning?

The tradition of spring cleaning is all about thoroughly clearing the energy in your home. A thorough cleanup includes cleaning areas you don't usually clean, i.e. dusting beneath furniture and carpets, on the top kitchen shelves, and even on the ceiling. Spring time is the time to declutter your closets and throw away things you no longer need or use.

Traditionally spring cleaning has been associated with the spring time. Spring cleaning can start whenever you feel like it, but it usually starts about March 1st and ends by April 30th.

## Traditions of Spring Cleaning

Spring cleaning seems to be an innate part of human nature as many world cultures have traditions of spring cleaning. Spring cleaning is actually thought to predate recorded history.

Some researchers attribute the origin of spring cleaning to the Iranian *Nowruz*, the Persian New Year, which falls on the first day of spring. Today Iranians continue to practice, "khooneh tekouni," which means "shaking the house." Everything in the house is cleaned from top to bottom in preparation for the Persian New Year.<sup>1</sup>

The Jewish people also have a tradition of spring cleaning in preparation for the springtime festival of Passover. Religious organizations like the Catholic and Greek

Orthodox churches also have spring cleaning rituals practices since ancient times.<sup>2</sup>

Practically speaking it makes perfect sense to do a thorough cleaning at springtime. For many cultures with spring cleaning practices the winter season is wet and cold, so spring time is perfect for cleaning homes. On the first warm sunny day in spring you can open up all of your windows and air out the house while insects are not yet a problem.<sup>3</sup>

## Spring Cleaning Products

Clean, fresh scent has long been associated with spring cleaning and essential oils are perfect for the task of clearing energy in your home. Before the Industrial Revolution and the emergence of synthetic household cleaning supplies the natural DIY solutions for spring cleaning were lime and lemon juice, vinegar and salt.<sup>4</sup>

The fresh scent of lemon is THE most popular cleaning product and the number one scent of choice among shoppers. The scent of lemon reminds us of warm summer sunshine and its clean, fresh scent is associated with health and hygiene.

## Essential Oils for Spring Cleaning

The essential oils that I'm sharing with you are what I consider to be the most powerful energy clearing and boosting essential oils in

aromatherapy. They have been used by shamans and energy medicine healers to clear energy in a space, as well as to cleanse stagnant energy from the aura. Many people believe that using essential oils to cleanse the aura helps to increase the flow of *chi* (life force energy), luck and opportunity, as well as giving protection from picking up (and inadvertently passing on) negative energy, or 'Bad vibes!'



You can also use essential oils to charge the atmosphere of a room with pure positive energy that uplifts and inspires.

Essential oils are also excellent for eliminating stale odors and bad smells like cigarette smoke. You can use them as a general all-purpose cleaning wash to remove marks and stains from walls, doors and floors. Be sure to pay special attention to corners and thresholds.

#### Use Essential Oils Alone or in a Blend to:

- Clear away stagnant *chi* and negative energy.
- Boost your energy naturally.
- Cleanse the aura.
- Clear the atmosphere of a room.
- Eliminate old stale odors and bad smells like cigarette smoke.

#### **Lemon** (*Citrus limonum*)

A fresh, sweet, citrusy and fruity aroma which smells like fresh lemon.

Lemon is an excellent cleanser, detoxifier and body-mind tonic. Its powerful astringent

properties help to cut through obsessive, repetitive thought patterns and help you to think fresh thoughts.

**Cautions:** Skin sensitization if oxidized (refrigeration recommended). Phototoxic (low risk). Maximum dermal use level 2.0%. Most citrus oils are considered phototoxic and care should be taken when using them in skin applications. Avoid exposure to direct sunlight or sunlamps for up to twelve hours after use as pigmentation of the skin may result.<sup>5</sup>

#### **Peppermint** (*Mentha x piperita*)

A fresh, minty and sweet aroma. Reminiscent of peppermint candy.

A powerful analgesic and one of the most powerful vasoconstrictors in aromatherapy. Peppermint is great for cooling hot fiery emotions like anger and frustration.

**Cautions:** Peppermint essential oil cools by constricting your blood capillaries. Therefore use in extremely weak dilutions. May be a mucous membrane irritant (low risk), choleric (increases bile production liver), neurotoxic. Maximum dermal use level 5.4%.

Research indicates that peppermint oil may aggravate GERD (gastro esophageal reflux disease), a type of heart burn. Due to its strong cooling action peppermint essential oils should not be used by children under 2½ years of age.<sup>6</sup>

**Cypress** (*Cupressus sempervirens*)

A fresh, sweet, spicy and balsamic aroma.

Considered a symbol for life after death, cypress has been used since ancient times for ritual cleansing and to promote health. Cypress essential oil's effect upon our human energy system is decidedly *Yang*. It has an ability to stabilize and give direction and purpose during times of confusion. It's said the wood of a cypress tree was used to fashion Jesus's cross.

**Cautions:** Skin sensitization if oxidized (refrigeration recommended).<sup>7</sup>

**Juniper Berry** (*Juniperus communis*)

A fresh, spicy and balsamic aroma.

Juniper berry has an excellent reputation as a powerful detoxifier and blood cleanser. It promotes healthy nerve function. Its regulating properties promote balance to conditions of excess. It's helpful for congested conditions. Psycho-emotionally, it promotes purification of negative habits.

**Cautions:** Skin sensitization if oxidized (recommend refrigeration).<sup>8</sup>

**Frankincense** (*Boswellia carterii*)

A complex aroma that is warm, sweet, balsamic, resinous and exotic.

Used since ancient times for spiritual and emotional support. Frankincense essential oil promotes integrity with Self and it is helpful to meditate with, and use in spiritual practices.

**Cautions:** Skin sensitization if oxidized (refrigeration recommended).<sup>9</sup>

**Cinnamon Leaf** (*Cinnamomum zeylanicum*)

A sweet, warm, spicy and radiant aroma.

Cinnamon leaf has numerous traditional and esoteric uses. Psycho-emotionally its warming, aphrodisiac and

stimulating properties make it helpful for overcoming rigidity or congested conditions like depression.

**Cautions:** Drug interaction, may inhibit blood clotting, skin sensitization (moderate risk), mucous membrane irritant (low risk). May contain safrole. Maximum dermal use level 1.0% based on safrole content. Maximum dermal use level 0.6% based on 87% eugenol content.<sup>10</sup>



Lemon (*Citrus x limon*)  
 Cypress (*Cupressus sempervirens*)  
 Juniper Berry (*Juniperus communis*)

**Black Pepper** (*Piper nigrum*)

A warm, soft spicy aroma with slightly woody and dry undertones. The aroma is similar to the scent of black pepper used in cooking.

One of the best oils for breaking negative self-talk, black pepper essential oil promotes strength and stamina to the body, mind and emotions.

**Cautions:** Use in low dilutions of less than 1% as black pepper essential oil can be a skin irritant.<sup>11</sup>

**Spanish Sage** (*Salvia lavandulaefolia*)

A fresh, sweet, herbal and earthy aroma.

Sage is one of the holy plant aromatics used since ancient times for ritual cleansing and purification.

**Cautions:** Abortifacient. Avoid use during pregnancy and while breastfeeding. For topical application maximum dermal use level is 12.5%.<sup>12</sup>

Energy Clearing Formulas

The energy clearing formulas I'm sharing with you are a potent combination of Ancient Holy plant aromatics and oils with highly astringent properties.

**Instructions for Making (both formulas):** Add the required amount of drops for each essential oil to a 15ml bottle (approximately 100 drops). Cap tightly and shake vigorously to blend oils. Allow to synergize for 8-12 hours before using.

**Guidelines for using an energy clearing formula as a cleaning waters formula:** Add 8-12 drops of the energy clearing formula to 1 Tablespoon of a carrier of natural unscented soap and blend thoroughly. Then, add the scented soap blend to one cup of sea salt and mix everything together. Add the scented salt mixture to a 1 gallon bucket of warm water. Swish water to thoroughly blend scented cleaning salts in water. Use as needed to clear the energy of your home.

**FORMULA #1**

**Essential Oils:**

- 30 drops lemon (*Citrus x limon*)
- 30 drops peppermint (*Mentha x piperita*)
- 30 drops cinnamon leaf  
(*Cinnamomum zeylanicum*)
- 10 drops Spanish sage  
(*Salvia lavandulaefolia*)

**Cautions for Use:** Phototoxic. Possible skin sensitivity. Avoid use around babies and children under three years of age. Avoid in pregnancy.

**FORMULA #2**

**Essential Oils:**

- 50 drops lemon (*Citrus x limon*)
- 20 drops cypress  
(*Cupressus sempervirens*)
- 5 drops juniper berry  
(*Juniperus communis*)
- 20 drops frankincense (*Boswellia carterii*)
- 5 drops black pepper (*Piper nigrum*)

**Cautions for Use:** Phototoxic. Possible skin sensitivity. Avoid in pregnancy.



**Spring Cleaning Ritual #1**

Use this cleansing ritual, along with the cleaning waters formula, to detoxify and cleanse your entire home. You may experience additional helpful benefits not only for the clearing of energy in your home, but also for yourself. This ritual can help to free up trapped negative mental and emotional patterns. Of course anytime is a good time for doing your spring cleaning ritual, but I recommend doing it during a full moon. This is because the electro-magnetic energy of the waning moon that occurs after a full moon will have the effect of draining any psychic toxins from your home.

**What you will need:**

- A white candle
- Energy clearing cleaning waters.

**Directions for Use:** Light the white candle before beginning to clean. Focus on the flame for a moment to connect with the spark of your inner spirit. As you begin to clean each area of your home, you will see a radiant white light begin to fill the space. As you clean affirm, “What I clean away, stays away.” As you finish cleaning an area you’ll feel open, light, clear and complete. Affirm, “It is done.”

**Spring Cleaning Ritual #2****What you will need:**

- A white candle
- Energy clearing cleaning waters.

**Directions for Use:** Before beginning to clean, light the white candle and gaze into the flame and connect with your inner spirit. Make a clear decision about what you want to clean in each area of your home before starting each area. Reflect on how you want your home to feel after you’ve finished cleaning.

Notice if you feel any emotional attachments or negative emotions surfacing while you’re cleaning and release them with your breath. The scent of the cleaning waters formula will also help you to release any tension which you may feel during cleaning.

When you’ve completed your spring cleaning, be sure to flush any dirty cleaning waters down the toilet to complete the energy clearing of your home.

**References:**

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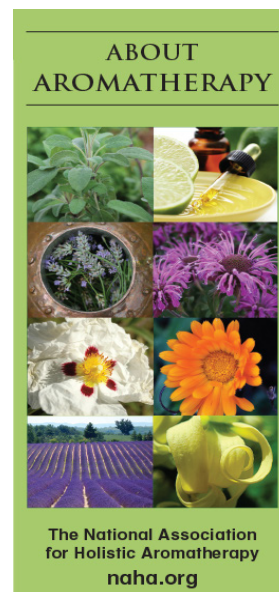
### About KG Stiles:

KG STILES, BA, CBT, CBP, LMT is a metaphysician, holistic health educator, certified clinical aromatherapist and consultant, providing expert essential oil services since 1980. Her advice and services have included internationally famous celebrities, athletes, entrepreneurs, top executives, individuals, entrepreneurs, spa therapists and hospitals. KG, founder of the PurePlant Essentials aromatherapy company, has published hundreds of articles, which have appeared in *Massage Therapy Journal*, *Massage Today*, *Breast Cancer Wellness*, *Aromatherapy Today* (Australia) and *NAHA Aromatherapy Journal*. Her newest awarding winning book, "[The Essential Oils Complete Reference Guide](#)," is available through the NAHA bookstore. KG lives in Ashland, Oregon. She is the NAHA Oregon (South) Director. To learn more about KG, visit her website at: [www.kgstiles.com](http://www.kgstiles.com).



## About Aromatherapy

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