

NAHA 

The National Association for Holistic Aromatherapy

# Aromatherapy Journal

## In this Issue:

- Aromatherapy for Allergies
- Sandalwood (*Santalum lanceolatum*)
- Fennel (*Foeniculum vulgare*)
- Phyto-Aromatherapy to Support Lyme Disease
- Aromatherapy Use for Psoriatic and Gouty Arthritis

Aromatherapy E-Journal  
Spring 2017.1

NAHA WOA VIII Beyond Aromatics 2016 Conference Proceedings  
Click Here to Purchase



BEYOND AROMATICS® II  
OCTOBER 20-23, 2016 • THE WORLD OF AROMATHERAPY VIII  
UNIVERSITY OF UTAH CONFERENCE CENTER & BOTANICAL GARDEN

# Aromatherapy Journal

A Quarterly Publication of NAHA  
Spring 2017.1 AJ564

The National Association for  
Holistic Aromatherapy, Inc. (NAHA)  
A non-profit educational organization  
Boulder, CO 80309

## Administrative Offices

PO BOX 27871  
Raleigh, NC 27611-7871  
Office Phone: (919) 894-0298  
Fax: (919) 894-0271  
Email: [info@NAHA.org](mailto:info@NAHA.org)  
Websites: [www.NAHA.org](http://www.NAHA.org)  
[nahaconference.com](http://nahaconference.com)

## Executive Board of Directors

**President:** Annette Davis  
**Current Past President:** Jade Shutes  
**Vice President:**  
Jennifer Hochell Pressimone  
**Public Relations/Past President:**  
Kelly Holland Azzaro  
**Secretary:** Rose Chard  
**Treasurer:** Eric Davis  
**Director Coordinator:** Anna Doxie

## Journal Committee

**Chief Editor:** Sharon Falsetto  
**Assistant Editor:** Kelly Holland-Azzaro  
**Journal Layout:** Kelly Peak

## Article Submissions

Please send article proposals to:  
Sharon Falsetto  
[sharon@sedonaaromatherapie.com](mailto:sharon@sedonaaromatherapie.com)

## Advertising

For advertising information, please email:  
[info@NAHA.org](mailto:info@NAHA.org) **Media Guide**

The opinions expressed by the authors are their own and do not necessarily reflect the views of the editor or of NAHA. NAHA and the editors do not accept responsibility for the use or misuse of essential oils mentioned in these articles. The Aromatherapy Journal reserves the right to accept or reject any advertisement or article submitted and does not necessarily endorse products advertised in this journal.

## © Copyright 2017 NAHA

All Rights Reserved by NAHA.  
Reproduction in whole or in part without  
written permission is prohibited.



# Table of Contents

**PAGE NAVIGATION:** Click on the relevant page number to take you a specific article. To go back to the Table of Contents, click on the arrow in the bottom outside corner of the page.

---

Editor's Note .....	5
Northern Sandalwood..... by Greg Trevena	7
The <i>Apiaceae</i> Plant Family..... by Cheryl Murphy	15
Fennel ( <i>Foeniculum vulgare</i> )..... by Jade Shutes	21
Camellia: The Eastern Olive Oil .....	29
by Elizabeth Ashley	
Aromatherapy Use for Psoriatic and Gouty Arthritis..... by Sandra Nosek	39
Using Holistic Phyto-Aromatherapy to Support Lyme Disease .....	45
by Anna Doxie	
Using Aromatherapy for Allergies.....	51
by KG Stiles	
Aromatherapy for Seasonal Allergies in Children.....	59
by Amy Emnett	
Book Review and Interview with an Aromatherapy Author: Valerie Ann Worwood.....	65
by Sharon Falsetto	
NAHA Director Spring Recipes .....	70
NAHA Market Place .....	73

---

COVER IMAGE and ABOVE: Fennel (*Foeniculum vulgare*)

*Be Inspired*



*Be Creative*



*Be Educated*



 *Sedona*  
*Aromatherapie LLC*

## HOME STUDY PROGRAM: LINGUISTICS OF AROMATICS™

**Certificate in**  
**Foundation Aromatherapy** (Stage 1)

**Certificate in**  
**Professional Aromatherapy** (Stage 2)

PLUS: **Advanced Aromatic Chemistry** with Rosemary Caddy

One-on-one mentoring from UK-certified aromatherapist Sharon Falsetto, BA (Hons).  
Sharon has 10 years experience in UK health-related services plus  
10 years of international training and experience in the aromatherapy profession.  
She is the published author of *Authentic Aromatherapy*.

Other services include: • consulting • custom blending • professional writing and editing

**sharon@sedonaaromatherapie.com (928) 239-5785**

**www.sedonaaromatherapie.com**

*All courses are available via PDF format or mailed-out workbooks. Generous payment plans available.*



# Editor's Note

---

## Spring 2016

It's been a wetter than usual winter here in Arizona this year, so spring is a welcome vision on the horizon for me. Of course, water is always a valued commodity in the Arizona high desert, and it will produce some beautiful blooms and plants when spring arrives! Winter has not just been a time for slumber though, with several seeds of thought sown for future plans (and plants) in the garden this year. Borage, fennel, dill, sweet marjoram, calendula, mint, thyme, oregano, and sage are just a few of the herbs and medicinal plants that will find a new home in my garden this year!



Seeds are the very beginning from which we access our essential oils for aromatherapy practice, and along this line of thought, Cheryl Murphy educates us on the *Apiaceae* botanical family, from which several of our seed oils are extracted. Jade Shutes takes a closer look at one of these plant family members, fennel, while one of our newest writers, Greg Trevena, introduces us to the northern sandalwood species of Australia. Elizabeth Ashley begins a series of profiles on some lesser-known carrier oils; this time, she looks at camellia.

And spring, as many are aware, is a time for allergies, for both young and old alike. Our two new writers, KG Stiles and Amy Emmett, explore how aromatherapy can help for allergies, with Amy specifically focusing on babies and young children.

Sandra Nosek completes her two part series on aromatherapy for arthritis, discussing psoriatic and gouty arthritis, and our final new writer, Anna Doxie, examines how aromatherapy can help with lyme disease. The spring edition book review and interview covers Valerie Ann Worwood's 25th anniversary edition of *The Complete Book of Essential Oils and Aromatherapy*. Finally, the NAHA directors have been busy again searching out and sharing their favorite spring recipes!

Spring is a season for sowing seeds, be it literally in the garden, or figuratively speaking, in the form of new learning. Soak up both in your spring garden this year with the latest edition of the *NAHA Aromatherapy Journal*!

With aromatic blessings,

*Sharon Falsetto*

Sharon Falsetto, BA (Hons), Certified Aromatherapist



## Essentially Australia

*living with nature*

We are the specialists in Australian essential oils. With 35 essential oils we have the largest Australian essential oil range in the world, with more exclusive oils to come from our own plantation.

### Essentially Australia

Unit 1/7 Sunrise Boulevard Byron Bay NSW 2481 Australia  
 phone. +61 (2) 66 855 946 info@essentiallyaustralia.com.au

Subscribe to our youtube channel for our latest essential oil releases  
 Youtube.com/essentiallyaustralia  
 Facebook.com/essentiallyaustralia

[www.essentiallyaustralia.com.au](http://www.essentiallyaustralia.com.au)



## 2016 CONFERENCE RECORDINGS NOW AVAILABLE!

DVD Recordings:  
 Full Color, Audio-Visual of each speaker's presentation at the conference.

**Click here to purchase.**



# Northern Sandalwood

by Greg Trevena



**A unique, native and quite different sandalwood from Australia. This is a sandalwood with an array of aromatic floral notes along with traditional earthy, woody sandalwood notes. It is ideal for aromatherapy or in perfumes.**

Australia is a continent with a number of different climates, habitats, and subsequently plants. While many are quite unique plants to Australia, there are some Australian plants which produce essential oils which have strong similarities to some of the essential oils produced from other plants of the world.

While the rest of the world has plants which produce a wide range of lemon type essential oils like lemon verbena (*Aloysia citrodora*), lemongrass (*Cymbopogon martinii*) and lemon (*Citrus x limon*), Australia has lemon tea tree (*Leptospermum petersonii*), lemon-scented gum (*Corymbia citriodora*) and

arguably the best lemon oil of all, lemon myrtle (*Backhousia citrodora*).

Another example is that while the rest of the world has star anise (*Illicium verum*) essential oil and aniseed (*Pimpinella anisum*) essential oil, Australia has anise myrtle (*Syzygium anisatum*) essential oil. For an emerging majority of aromatherapists, who have sampled all three of these anise-type essential oils, anise myrtle essential oil is seen as superior to the non-Australian anise essential oils for its strength and quality of anise aroma, and also for anise myrtle's freshness.

One further range of essential oil producing plants are the sandalwoods. The best known sandalwood is the Indian sandalwood (*Santalum album*).

Many of you probably know about the Australian sandalwood or Western Australian sandalwood (*Santalum spicatum*). However there is another Australian sandalwood which has gone under the radar of many aromatherapists and perfumers, owing to a lack of distilling in Australia: This is the northern sandalwood or Queensland sandalwood (*Santalum lanceolatum*).

## Australia's Northern Sandalwood

Northern sandalwood (*Santalum lanceolatum*) has been harvested sporadically for over 100 years in Australia. However nearly all of the



Northern Sandalwood (*Santalum lanceolatum*) © Greg Trevena

timber ends up in the Asian market, But in the last two years, northern sandalwood essential oil has become available.

This article explores an Australian essential oil bearing plant from a very wide region of Australia, a plant which is found sporadically across most of the drier parts of Australia. It has sandalwood characteristics, yet has some distinct differences which make it a unique and a very attractive essential oil.

Northern sandalwood essential oil is grounding, calming, and peaceful, with its unique array of perfume notes; it is wonderfully pleasant and inspiring. It is rated by perfume makers overseas as the best sandalwood oil after Indian sandalwood oil!

This essential oil can definitely be rated as an extremely high quality sandalwood type essential oil.

**Botanical Name:** *Santalum lanceolatum*.

**Family:** *Santalaceae*.

**Genus:** *Santalum* (named by botanist Robert Brown in 1810).

**Specific Epithet:** *lanceolatum*.

There are around twenty five species of *Santalum* found throughout India, Malaysia and the Pacific region. These include:

- Indian sandalwood (*Santalum album*),
- Hawaiian sandalwoods (*Santalum paniculatum*, *Santalum ellipticum*, and *Santalum freycinetianum*);
- Papua New Guinea has *Santalum macgregori*; in Fiji there is *Santalum yasi*; while in French Polynesia there is *Santalum insulare*; and Vanuatu has *Santalum austrocaledonicum*.

Australia has five species of sandalwood which are only found in Australia; these include the following:

- Australian or Western Australian sandalwood (*Santalum spicatum*) which is found throughout most of Western Australia, South Australia and the drier parts of western New South Wales. This has been the commercial variety of Australian sandalwood since the 1840's. In 2016, the first plantation Australian sandalwood timber began to become distilled with surprising excellent quality oil being produced.
- Northern sandalwood (*Santalum lanceolatum*): This is the most widespread of the Australian *Santalums* found across most of northern Australia and has been sporadically harvested for its aromatic timber.
- Desert Quandong, Desert Peach or Sweet Quandong (*Santalum acuminatum*): A native fruit or "bush tucker" bearing *Santalum*, grown in small plantations for its fruit production for the Australian bush tucker industry for use in jams, jellies and restaurant dishes. Naturally found in dry regions through southern Australia.
- Bitter Quandong (*Santalum murrayanum*): Found across southern Australia. A lesser used *Santalum* with a bitter fruit.
- Blunt sandalwood (*Santalum obtusifolium*): A sandalwood found along creek banks in forests of the moist east coast.

These Australian santalums are hemi-parasitic, that is, they rely on a host plant to absorb nutrients and moisture.



In Western Australia plantations of Australian sandalwood, the local native plant, the raspberry jam wattle (*Acacia acuminata*), or other local types of wattle (*Acacia* spp.) are used as a host plant.

**Common Names:** Northern sandalwood, Queensland sandalwood, desert quandong, Queensland bush plum, true sandalwood, bush plum, native plum.

**Indigenous Names:**

- ‘Dumbuyumbu’ (Mangarrayi people, Arnhem Land, Roper River regions Northern Territory)
- ‘Kupata’ (Antakirinja Yunkuntjatjarra people, Cooper Pedy region, South Australia)
- ‘Vatiwaka’ (Adnjamathanha people, Flinders Ranges, South Australia)
- ‘Ngilunpa’ or ‘Ngilun’ (Nyamal people, Pilbara region, northwest Western Australia).

**Region Found in Australia:** The plant is widespread being found usually in drier locations in every state of Australia except Tasmania and the Australian Capital Territory. It is often found by water courses, floodplains, shrub-lands and sometimes gullies.

**The Plant Itself:** In the wild the plant grows to about three to twenty five feet in height. The tree produces tiny cream to pale green flowers and its fruit is about quarter of an inch in diameter, becoming red to purplish black when ripe. I have tasted this fruit and it is sweet and very edible. It was always eaten and enjoyed by indigenous people and also by early Australian explorers. For flavor, it is worthy of cultivation, however the fruit is small and sparse on the



Northern Sandalwood (*Santalum lanceolatum*) Tree  
© Greg Trevena

tree, making commercial fruit plantations possibly uneconomical.

**Conservation Status:** Least Concern in Queensland, Northern Territory; however it is less common in Victoria and South Australia.

**Essential Oil Harvesting:** All Northern sandalwood is sourced from wild native stands in Queensland at present. A government license is required to harvest northern sandalwood in Queensland and the license is relatively expensive and demanding. Harvesting must be compliant with the “protected plants code of practice” and a sustainable harvest plan is required to be submitted to the Queensland government prior to harvesting.

**Extraction Process/Part of Plant Used:** The timber trunk and large branches are used to produce the essential oil of northern

sandalwood. The timber is usually a similar color to Australian sandalwood, which is a hay to pale creamy yellow color. However there are often some brown timbers, through to the very odd tree having a strong red-type colored timber. The timber and larger branches are debarked and then chipped, which is then followed by steam distilling of the timber for a week.

**Color of Essential Oil:** The essential oil of northern sandalwood is a yellow to slight brown yellow color; the oil is a little more viscous than Australian sandalwood essential oil.

**Aroma and Note:** For some users, initially the aroma of northern sandalwood essential oil can be commented on as being a little weak in woodiness and somewhat green. However, after a few minutes, particularly on the skin, the richness really begins to reveal itself. Some lovely, earthy floral notes appear; it is these notes that commence a beautiful aromatic experience. The woodiness becomes more mature and a lot more rounded and very pleasant, and the floral notes remain.

Many experience and comment that “several floral notes keep wafting through.”

It is described as earthy, perfumy, grounding, and calming. It promotes a really good, gently inspiring, relaxed feeling. It makes an excellent perfume, applied to the skin in a carrier oil, or used in perfume formulations.

### **Indigenous Uses:**

The wood was used to treat rheumatism, boils, sores, sickness of the chest, urinary tract infections and itches. The timber was also used to make boomerangs and wood carvings.

Northern sandalwood roots were mashed and then soaked in water to make a liniment.

The seeds were ground to a paste to make a liniment.

The infusion of roots, and alternatively the leaves, were used to treat rheumatic pain.

Leaves or wood were also burnt to repel insects.

The small sweet purplish black fruit was readily eaten by indigenous people. I have also found it to be fresh, sweet, and pleasant to eat.

### **Modern Day Uses:**

#### ***Meditation***

The essential oil is highly effective in an aromatherapy diffuser and creates a relaxing, peaceful environment. It promotes a calming, yet beautiful, atmosphere.

#### ***Personal Perfume***

Like traditional Australian sandalwood (*Santalum spicatum*) essential oil, this essential oil is gentle on the skin and a small drop on the wrist or neck (diluted in a carrier oil), is excellent as a feel-good scent for perfume. Northern sandalwood essential oil is also reasonably popular among men, who particularly like sandalwood essential oils.

#### ***Perfume Making***

The essential oil has recently been identified by small boutique perfumers around the world as an excellent perfume base. Some perfumers are suggesting that the current northern sandalwood essential oil is second only to Indian Sandalwood essential oil, in comparison to all of the other types of sandalwoods in the world.

***Insect Repellent***

The essential oil, combined in distilled water with a dispersant, and added to a spray bottle, is effective as an insect repellent when used on the body.

***Anti-Inflammatory and Anti-bacterial***

Northern sandalwood essential oil is high in *cis*-nuciferol and *cis*-gamma curcurmen-12-ol, and in addition the combination of santalols, bisabolols suggest that the essential oil has good anti-inflammatory potential for the body.

The essential oil also would appear to be highly effective as an antibacterial agent, with a gentle effect on the skin. The essential oil is well suited to several medicinal uses for the skin.

**Other Historical Use:** Northern sandalwood has been sporadically harvested since the 1880's in Australia by sandalwood getters and transported on pack horses. Nearly all of the harvested timber has gone to Asian markets. The timber is used in Asia for the incense and joss stick markets. Some timber is used to make fragrant furniture. In addition, small, wooden blocks and designs are made for use as aromatic gifts. Some Asian buyers also distill the essential oil for aromatherapy and for use in perfumes.

One notable use of northern sandalwood timber was when three tonnes of northern sandalwood was burnt for the funeral pyre of Mahatma Gandhi.

In the last two years, the essential oil has been obtained by steam distillation here in Australia, primarily for the aromatherapy and perfume markets. It is also a little cheaper priced than the Indian and Australian Sandalwoods.

**Research on Northern Sandalwood Essential Oil: Variations and Yields**

In 2005, the Wollongbar Agricultural Institute, NSW Agriculture, Australia and the Agroforestry and Novel Crops Unit at James Cook University, Cairns, Australia, conducted research into seven populations of Northern sandalwood (*Santalum lanceolatum*) in north Queensland. Renowned Australian essential oil experts Ian Southwell and Mike Russell were involved in this research, along with Tony Page and Roger Leakey.

They found, in general, that the populations all yielded: Alpha santalol, beta santalol, *cis*-nuciferol and *cis*-beta-curcurmen-12-ol. However there were large variations within the populations of santalol levels. Most of the time, the santalol levels were low; however one population had santalol levels as high as the international standard for Indian sandalwood.

The remaining six populations had low levels of santalols and high levels of *cis*-nuciferol and *cis*-beta-curcurmen-12-ol.

The essential oil yielded from the trials varied from 0.1% to 8.2%, the average was 2.5%. This was much higher than the traditionally acknowledged 1% oil yield.

Wattle (*Acacia*) species were clearly identified as being the most common tree associated with *Santalum lanceolatum*, with five *Acacia* spp. being identified as common hosts. However not a single *Acacia* spp. could be identified as having an effect on the essential oil character. The tree also could regenerate after fire, either by seed or by root suckers.

The report recommended among other things, the best varieties from individual trees of the

Northern Sandalwood *continued*



Northern Sandalwood  
(*Santalum lanceolatum*)  
© Greg Trevena

Chemical Constituents of  
Northern Sandalwood (*Santalum lanceolatum*)

	Test	May 2016	2014-2016 average range (northern Queensland)
1	alpha-santalene	0.32%	0.2-1.0%
2	(trans) - alpha-bergamotene	0.05%	0.01-0.7%
3	beta-santalene	0.17%	0.01-0.5%
4	gamma-curcumene	0.54%	0.4-0.6%
5	ar-curcumene	0.58%	0.5-1.3%
6	beta-bisabolene	1.72%	1-3.5%
7	beta-curcumene	1.00%	1-1.5%
8	Dendrolasin	0.84%	0.5-1.2%
9	Nerolidol	1.26%	1.2-1.9%
10	beta-bisabolol	0.49%	0.4-1.0%
11	(epi)-alpha-bisabolol	3.01%	2.5-5%
12	(cis)-alpha-santalol	4.48%	0.4-4%
13	beta-sinesal	2.14%	2-6%
14	(trans)-alpha-bergamotol	0.42%	0.1-1.0%
15	(epi)-alpha-santalol	1.51%	0.5-6%
16	(trans), (trans) farnesol	3.31%	0.5-5%
17	(epi)-beta-santalol	0.40%	0-0.6%
18	(cis)-beta-santalol	0.23%	0-0.5%
19	(cis)-gamma-curcumen-12-ol	4.95%	3-10%
20	(cis)-nuciferol	10.45%	1.5-14%
21	(trans)-beta-santalol	1.52%	0-2.5%
22	(cis)-beta-curcumen-12-ol	6.78%	4-14%
23	(cis)-lanceol	22.08%	18-48%
24	alpha-sinesal	3.59%	0-5%
25	alpha-santalol acetate	1.08%	0-1.5%
26	alpha-bergamotol acetate	0.60%	0.5-2%

Results of gas chromatography tests: Southern Cross University, Plant Sciences, Analytical Research Laboratory, Lismore, New South Wales, Australia.

plant species to be established in plantations, as a source of income for remote communities in monsoonal Australia and to reduce pressure on natural stands.

### Current Commercial Oil Variety

The current main supply of northern sandalwood timber is sourced from north Queensland, around 300 kilometres inland from the Pacific Ocean.

Typically this essential oil is low in santalols and bisabolols but high in cis-lanceol, cis-curcumen-12-ol (gamma and beta), cis-nuciferol. There are also other compounds in smaller amounts, which include trans-alpha-bergamotol, alpha-bergamotol acetate, epi-alpha-bisabolol, dendrolasin, beta and also alpha-sinesal and (trans) farnesol.

### The Future of Northern Sandalwood

The quality and uniqueness of northern sandalwood essential oil should ensure that this essential oil will become more widely used and sort after, provided that a consistent supply of timber is delivered to distillers.

The scent is unique, complex, calming, and very pleasing.

Harvesting of a sustainable nature should continue for some years, as the plant is quite common, the government license is quite strict, and the plant is available through an extremely large range of Australia.

There would appear to be no reason why it could not be established into plantation in its natural range; however, it would be a very long term investment. It may be best to grow initial plantations in the moister regions of its natural

range, perhaps near higher rainfall regions in the region of mid to northern Queensland.

In summary, this is a sandalwood essential oil worthy of being in any collection: Calming, positive and high in quality.

To view a video story of northern sandalwood on YouTube, visit: <https://www.youtube.com/watch?v=REgvAQJa6sw&t=10s>

### References:

- PROCEEDINGS of the REGIONAL EPROCEEDINGS of the WORKSHOP RESEARCH, DEVELOPMENT on SANDALWOOD RESEARCH, DEVELOPMENT and EXTENSION in the PACIFIC ISLANDS, 28 November - 1 December 2005, Nadi, Fiji, *Edited by, Dr Lex Thomson, Mr Sairusi Bulai, Ms Bale Wilikibau*, Evaluation of heartwood and oil characters in seven populations of Santalum lanceolatum from Cape York. Tony Page<sup>1</sup>, Ian Southwell<sup>2</sup>, Mike Russell<sup>2</sup>, Roger Leakey<sup>1</sup>

1. Agroforestry and Novel Crops Unit, James Cook University, Cairns, Australia

2. Wollongbar Agricultural Institute, NSW Agriculture, Australia

### About Greg Trevena:

Greg Trevena is the founder of *Essentially Australia*, a company which retails the largest range of Australian essential oils in the world. Greg previously created and operated *Refreshed Lemon Myrtle*, a lemon myrtle personal care brand available in retail outlets in Australia and the United States.

He has written a book, *A Guide to Using Australian Native Essential Oils*, and he has produced over thirty videos on Australian essential oils. Most importantly, he has created his own plantation, which has a number of unique and “yet to emerge,” high quality essential oils, situated just twelve miles from his home town of operation, the popular seaside tourist town of Byron Bay. To learn more about Greg, visit his website at: [www.essentiallyaustralia.com.au](http://www.essentiallyaustralia.com.au) or the You Tube channel *Essentially Australia*.

A Drop of Bliss....  
Mindfully handcrafted gemstone bracelets,  
featuring a single lava bead to hold a drop  
of your favorite essential oil.  
A beautiful way to Follow your Bliss!



[www.fybbbracelets.com](http://www.fybbbracelets.com)



## INTERNATIONAL JOURNAL OF clinical aromatherapy

Editor: Rhiannon Lewis  
Associate Editor: Gabriel Mojay

A unique resource for enhancing clinical practice  
Written by practitioners for practitioners



## British Columbia Association of Practicing Aromatherapists

The BCAPA was incorporated in 1994 as a society designated to support all practicing aromatherapists not only in British Columbia, but across North America. With the primary mandate of continuing education, the BCAPA presents leading experts in the field of aromatherapy to facilitate workshops including: Robert Tisserand, Rhiannon Harris, Marianne Tavares, Ann Harman, Jeanne Rose, and Valerie Ann Worwood.

We invite aromatherapists across the globe to attend our seminars and workshops and to visit the beautiful west coast of British Columbia! All workshops are open to BCAPA members and non-members.

Visit our website for  
more information:  
[bcapa.org](http://bcapa.org)



# The *Apiaceae* Plant Family

by Cheryl Murphy, Certified Aromatherapist



Caraway (*Carum carvi*)



The *Apiaceae* plant family (also called the *Umbelliferae* plant family or also commonly known as the “parsley family”) is a group of plants with around 3,000 species. It is found worldwide except for in the Arctic regions. Most species of this family are aromatic herbs with feathery, divided leaves and many have a flat-topped cluster of flowers that resemble an umbrella. This “umbel” has numerous flower stalks, which radiate out from a single point on the stem. Each small, individual flower is usually bisexual, with five sepals, five petals, and an enlarged disk at the base of the style.<sup>1</sup> The plants of this species have large, hollow, airy spaces in their stems, seeds, and roots.<sup>2</sup> The species include annual, biennial and perennial varieties as well as some shrubs.

Many members of the *Apiaceae* plant family are edible and have culinary uses. Carrots, parsnips, and celery are important economic crops while cumin (*Cuminum cyminum*), caraway (*Carum carvi*), dill (*Anethum graveolens*), parsley (*Petroselinum crispum*) and coriander (*Coriandrum sativum*) are common, well known spices. These plants have been used in herbal remedies and medicine for centuries. A few species of the *Apiaceae* plant family are poisonous (such

as poison hemlock (*Conium maculatum*) and water hemlock (*Cicuta douglasii*) and should never be eaten. Poison hemlock was used as an agent of capital punishment in ancient Greece and it is said that Socrates was condemned to die by drinking an infusion of this plant.<sup>3</sup>

## The Importance of the *Apiaceae* Plant Family in Aromatherapy

The most common essential oils from the *Apiaceae* plant family are steam distilled from the seeds and dried fruit of the plants; a few are steam distilled from the roots. These essential oils have an affinity for the respiratory system, the intestinal areas of the digestive system, and the glandular system.<sup>4</sup> Carrot seed (*Daucus carota*) essential oil is exceptionally nourishing for the skin and it is often used in products for mature skin and anti-aging skin serums. It should be noted that many of the essential oils from this plant family have contraindications especially in pregnancy and breastfeeding. Recent scientific studies have begun to explore the use of essential oils from the *Apiaceae* plant family as possible alternatives to conventional insecticides.<sup>5</sup>

## Essential Oils from the *Apiaceae* Plant Family

### Angelica Root

**Botanical Name:** *Angelica archangelica*.

**Plant Description:** A large, hairy plant with fernlike leaves and umbels of white, green or yellow flowers; grows up to six feet tall.

**Method of Extraction:** Steam distilled from the roots and rhizomes.

**Synonyms:** Garden angelica, wild celery, Norwegian angelica, Holy Ghost, masterwort.

**Main Chemical Components:** Monoterpenes.

**Main Therapeutic Properties:** Anti-spasmodic, carminative, digestive, expectorant,

nervine, stomachic, emmenagogue.

**Uses in Aromatherapy:** Psoriasis, dull skin, arthritis, gout, rheumatism, coughs, bronchitis, indigestion, flatulence, fatigue, migraines, stress and nervous tension.

**Contraindications:** Phototoxic.

### Carrot Seed

**Botanical Name:** *Daucus carota*.

**Plant Description:** An annual or biennial herb that closely resembles a typical garden carrot during the first year of growth. During the second year of growth, the plants produce stalks with umbels of white, lacy flowers.<sup>6</sup>

**Method of Extraction:** Steam distilled from the dried seeds of the plant.

**Synonyms:** Wild carrot, bird's nest, bishop's lace, and Queen Anne's lace.

**Main Chemical Components:** Sesquiterpenes and sesquiterpenols.

**Main Therapeutic Properties:** Anti-fungal, anti-inflammatory, carminative, cicatrisant, diuretic, vermifuge.

**Uses in Aromatherapy:** Dermatitis, eczema psoriasis, rashes, aging skin, wrinkles, dull skin, arthritis, gout, rheumatism, indigestion, liver congestion.

**Contraindications:** Avoid use in pregnancy and while breastfeeding.

### Sweet Fennel

**Botanical Name:** *Foeniculum vulgare* var. *dulce*.

**Plant Description:** Perennial or biennial herb that grows up to six feet tall, feathery leaves, and umbels of yellow flowers.<sup>7</sup>

#### Skin Serum for Mature Skin

##### Supplies and Ingredients:

30ml dropper bottle

15ml rosehip (*Rosa mosqueta*) oil

15ml apricot kernel (*Prunus armeniaca*) oil

##### Essential Oils:

6 drops carrot seed\* (*Daucus carota*)

5 drops frankincense (*Boswellia sacra*)

1 drop helichrysum

(*Helichrysum angustifolia*)

##### Directions for Making and Use:

Combine all of the ingredients in a 30ml dropper bottle and gently shake to mix them together.

Apply 10-20 drops of skin serum on face and neck before bed.

\***Contraindications:** Avoid use in pregnancy and while breastfeeding.



**Method of Extraction:** Steam distilled from the crushed seeds.

**Synonyms:** Sweet fennel, garden fennel, Roman fennel, French fennel.

**Main Chemical Components:** Phenolic ethers.

**Main Therapeutic Properties:** Anti-inflammatory, antimicrobial, antiseptic, anti-spasmodic, carminative, diuretic, emmenagogue, expectorant, stomachic, vermifuge.

**Uses in Aromatherapy:** Bruises, cellulite, flatulence, gums, halitosis, nausea, obesity, toxin build-up, water retention.

**Contraindications:** Avoid use in pregnancy, while breastfeeding, with endometriosis, estrogen-dependent cancers, and avoid use with children under five years of age.<sup>8</sup>

## Dill

**Botanical Name:** *Anethum graveolens*.

**Plant Description:** Annual or biennial herb that grows up to two feet tall. It has feathery leaves and umbels of yellow flowers.

**Method of Extraction:** Steam distillation of the seeds or fresh or dried herb.

**Synonyms:** Dill weed, dill seed.

**Main Chemical Components:** Ketones, monoterpenes.

**Main Therapeutic Properties:** Antibacterial, digestive, sedative, antiseptic, emmenagogue, mucolytic.

**Uses in Aromatherapy:** Indigestion, flatulence, bronchitis.

**Contraindications:** Avoid use in pregnancy.

## Coriander

**Botanical Name:** *Coriandrum sativum*.

**Plant Description:** An annual herb, very aromatic, growing to about two feet high, with umbels of white/green flowers.

**Method of Extraction:** Steam distillation of the dried seeds.

**Synonyms:** Coriander seed, Chinese parsley.

**Main Chemical Components:** Monoterpenols.

**Main Therapeutic Properties:** Analgesic, anti-bacterial, antifungal, anti-inflammatory, anti-spasmodic, carminative, digestive tonic, stomachic.

### Digestive Tummy Rub

#### Supplies and Ingredients:

30 ml jar

30ml unscented white lotion

#### Essential Oils:

4 drops sweet fennel

(*Foeniculum vulgare* var. *dulce*)

4 drops coriander (*Coriandrum sativum*)

4 drops sweet orange (*Citrus sinensis*)

#### Directions for Making and Use:

Combine all of the ingredients in a 30ml jar with lid and gently shake or stir to mix them together.

Massage gently over the abdominal area for digestive upsets.

**Contraindications:** Avoid use in pregnancy or while breastfeeding.

**Uses in Aromatherapy:** Poor circulation, arthritis, gout, rheumatism, colic, flatulence, hemorrhoids, diarrhea, nausea, colds, flu, and migraines.

**Contraindications:** Avoid use in pregnancy and while breastfeeding.

## Ajowen

**Botanical Name:** *Trachyspermum copticum*.

**Plant Description:** An annual herb with green feathery leaves, umbels of white flowers and grayish-brown seeds.

**Method of Extraction:** Steam distillation of the dried seeds.

**Synonyms:** Ajwain, carom, bishop's weed, sprague.

**Main Chemical Components:** Monoterpenes and phenols.

**Main Therapeutic Properties:** Anti-bacterial, antifungal, anti-microbial, anti-septic, anti-spasmodic, anti-viral, carminative, warming.<sup>9</sup>

**Uses in Aromatherapy:** Flatulence, respiratory congestion, indigestion, appetite stimulant.

**Contraindications:** May inhibit blood clotting, possible skin irritation, may interfere with anticoagulant medication, major surgery, peptic ulcer, hemophilia and other bleeding disorders.<sup>10</sup>

### References:

1. Encyclopedia Britannica Online, *Apiaceae*, accessed January 2017. <https://www.britannica.com/plant/Apiaceae>
2. Biology Discussion Website, *An Overview on Family –Apiaceae (Umbelliferae)*, accessed January 2017. <http://www.biologydiscussion.com/plants/flowering-plants/an-overview-on-family-apiaceae-umbelliferae-botany/19892>

3. Herbarium Website, *Apiaceae*, accessed January 2017. <http://herbarium.usu.edu/taxa/apiaceae.htm>

4. Nature's Body Shop Website, *Essential Oils by Plant Family*, accessed January 2017. <http://nbodyshop.com/essential-oil-by-plant-family/>

5. Ecologica Balkanica, 2013, Vol 5, issue 1, pp 149-172. [http://web.uni-plovdiv.bg/mollov/EB/2013\\_vol5\\_iss1/149-172\\_eb.13301.pdf](http://web.uni-plovdiv.bg/mollov/EB/2013_vol5_iss1/149-172_eb.13301.pdf)

6. Virginia Tech Weed Identification Guide, *Wild Carrot or Queen Anne's Lace*, accessed January 2017. <https://oak.ppws.vt.edu/~flessner/weedguide/dauca.htm>

7. Falsetto, Sharon, *Authentic Aromatherapy*. US: Skyhorse Publishing, 2014.

8. Tisserand, Robert and Rodney Young, *Essential Oil Safety*, Edinburgh: Churchill Livingstone, 2014, 2<sup>nd</sup> edition.

9. Stillpoint Aromatics Website, *Ajowen Essential Oil*, accessed January 2017. <http://www.stillpointaromatics.com/ajowan-trachyspermum%20ammo-essential-oil-aromatherapy>

10. Tisserand, Robert and Rodney Young, *Essential Oil Safety*, Edinburgh: Churchill Livingstone, 2014, 2<sup>nd</sup> edition.

### About Cheryl Murphy:

Cheryl Murphy holds a BS degree in Elementary Education and a Master of Arts degree in Teaching. She has over 30 years of classroom experience and she is a professor at Virginia Western College. Cheryl graduated from *Sedona Aromatherapie LLC* as a certified aromatherapist in the Level 2 (250 hour) *Certificate in Professional Aromatherapy Course* and has completed additional aromatherapy training with *Stillpoint Studies*.

In addition to her role as an educator, Cheryl designs aromatherapy jewelry (*FYB Bracelets*) and is co-owner of *Essential Bliss*, offering bath/body products, consultations, and essential oil education. Cheryl resides in rural Virginia where she enjoys life on her mini-homestead growing her own herbs, flowers and vegetables and raising a flock of chickens.

Cheryl is a professional member of NAHA and she is the NAHA regional director for Virginia (southwest). To learn more about Cheryl, please visit her website at: [www.fybbracelets.com](http://www.fybbracelets.com)



Ashi   
Aromatics Inc.

---



## Animal Aromatherapy Practitioner Certification Course<sup>®</sup>

[www.animalaromatherapy.com](http://www.animalaromatherapy.com)

(828) 898-5555





## THE SCHOOL FOR AROMATIC STUDIES



### Certificate Programs: Online or Live Classes

- Botanical Body Care Products
- Foundations of Aromatherapy
- Aromatic Scholars:  
Clinical Aromatherapy Certification
- Aromatic Medicine
- Aromatic Applications for the Skin
- Aromas and the Mind
- Botanical Perfumery w/ Roxana Villa
- Butters, Balms and Salves
- Hydrosols: An Exploration w/ Cathy Skipper

Expanding the aromatherapists and herbalists  
toolbox with aromatic medicine.

With Cathy Skipper and Jade Shutes

[www.aromaticstudies.com](http://www.aromaticstudies.com)

# Fennel (*Foeniculum vulgare*)

by Jade Shutes, B.A., Dipl. AT, CH



“The aroma is the deepest manifestation of prana in a herb.”  
ARJUN DAS – AYURVEDA CLASS NOTES

While studying Ayurveda medicine with my teacher, Arjun Das, I was struck by his poetic statements about Fennel.

Arjun shared: Fennel is about digestion and transformation. Fennel inspires us to accept our body and self. It provides nourishment and vitality. Relationships (both with self and others) are about digestion. Fennel supports us in “digesting” another, perhaps come to a better understanding of “other” (my words). Arjun recommends that when couples are having difficulty that they drink fennel tea together daily.

I think that it is interesting to think about digestion based upon ayurvedic concepts. As my learning grows, I begin to see how digestion occurs on every level of our existence: We digest with our eyes, ears, taste, touch, and smell. We digest our thoughts, our feelings, others, ourselves, the energy around us. Always we are taking in something and digesting it. Arjun says if a client has become a client/patient, it is because *agni* was/is not working.

According to Pole: “The concept of ‘fire’ or *agni* is at the center of Vedic religious life. It is the central hearth that maintains the warmth of life, the transforms and transmutes substances and impressions. A healthy *agni* is the equivalent of good health.

*Agni* is seen as the metaphor for all metabolic functions of the body. It includes the digestive function, sense perception, cellular metabolism, digestion, perception, taste, touch, hearing, vitality, clarity, alertness, regular appetite, chemical combustion. It gives *ojas* or immunity, a sparkle in the eyes and luster to the whole body.”

He goes on to say that “when *agni* is balanced it causes emotions that are beneficial to health: courage, cheerfulness, lucidity, optimism, enthusiasm and intelligence. When out of balance, it causes emotions that are destructive to health: fear, anger, confusion, idiocy. This leads to low energy, congestion and an accumulation of waste.”



Fennel (*Foeniculum vulgare*)



And according to Ayurveda: Congestion, low energy, and toxins can occur on many levels: Mental, emotional, spiritual and energetic.

Fennel offers us the opportunity to release toxins, increase energy, release self-limiting beliefs, and support our ability to “digest” and “transform” food/experiences/thoughts in a healthy way.

### Botany

Fennel is an erect, robust perennial herb that can grow up to five to seven feet tall. The leaf stalks form sheaths around the thick stems and the leaves are finely divided, giving them a feathery appearance. Small yellow flowers are borne in distinctive umbels which ripen to gray-brown, greenish seeds.

Fennel is native to Southern Europe and the Mediterranean region and it is now widely cultivated throughout the temperate and tropical regions of the world.

Fennel has several subspecies and varieties including:

- *Foeniculum vulgare* Mill. subsp. *vulgare* var. *dulce* (Mill.) Batt. (Sweet fennel)
- *Foeniculum vulgare* Mill. subsp. *piperitum* (Ucria) Cout. (Bitter fennel)
- *Foeniculum vulgare* Mill. subsp. *vulgare* var. *azoricum* (Mill.) Thell.
- *Foeniculum vulgare* Mill. subsp. *vulgare* var. *vulgare* (Sweet fennel)

- The essential oil is most commonly obtained from *Foeniculum vulgare* subsp. *vulgare* var. *dulce*.

### Common Names

Sanskrit: Shatapushpa (what possesses a hundred flowers) and Madhurika (the sweet one).

Chinese: Xiao hue xiang.

### History

Fennel was used by the ancient Egyptians as a food and medicine, and was considered a snake bite remedy in ancient China. During the Middle Ages, fennel was hung over doorways to drive away evil spirits. Fennel has been used since ancient times to treat menstrual disorders, dyspepsia, flatulence and cough, and to reduce the griping effect of laxatives.

Fennel fruits have been used as Traditional Chinese Medicine (TCM) for the treatment of infants suffering from dyspeptic disorders in China for centuries. It was also recommended for bronchitis, chronic coughs, kidney stones, dysmenorrhea, vomiting, and diarrhea.

According to *Medicinal Herbs Online* “The ancients believed eating the fennel herb and seeds imparted courage, strength, and conveyed longevity. In Imperial Roman times the physicians were in high regard of fennel for medicinal purposes. The ancient Greeks and Anglo-Saxons snatched on their fast days

“I Accept Love and Nourishment”  
Massage Oil

**Ingredients:**

1 oz. jojoba (*Simmondsia chinensis*)

**Essential Oils:**

7 drops sweet fennel

(*Foeniculum vulgare* var. dulce)

5 drops neroli

(*Citrus aurantium* var. amara (flos))

5 drops ylang-ylang (*Cananga odorata*)

7 drops mandarin (*Citrus reticulata*)

**Directions for Making and Use:** Combine together all of the ingredients. Use as a body massage oil after a warm shower or bath.

**Cautions:** Avoid use during pregnancy and while breastfeeding.

“Relieve Pain and Cramps”  
Oil for Dysmenorrhea

**Ingredients:**

1 oz. jojoba (*Simmondsia chinensis*)

**Essential Oils:**

7 drops sweet fennel

(*Foeniculum vulgare* var. dulce)

7 drops sweet marjoram

(*Origanum marjorana*)

5 drops clary sage (*Salvia sclarea*)

**Directions for Making and Use:** Combine together all of the ingredients. Massage lower abdomen and lower back as needed or desired.

**Cautions:** Avoid use during pregnancy and while breastfeeding.

by nibbling a little fennel, which reduced the appetite. The ancients believed that myopic reptiles ate fennel to improve their vision and so used it themselves for this purpose. It is still prescribed as an eye-wash. Also, for failing eyesight, a tea was made from fennel leaves to be used as a compress on swollen eyes.

Fennel is considered one of the oldest medicinal plants and culinary herbs. It is fairly certain that fennel was in use over 4000 years ago. It is mentioned in the famous Ebers Papyrus, an ancient Egyptian collection of medical writings made around 1500 BC. There it is referred to principally as a remedy for flatulence. Later authors of herbals, such as Pliny (AD 23-79), also describe fennel primarily as an aid to digestion. In the Middle Ages, it was praised for coughs.”

Current world producers of fennel essential oil include: Hungary, Egypt, and Italy.

### Fennel Chemistry

#### The Herb:

Flavonoids (mainly rutin, quercetin, and kaempferol glycosides); coumarins (bergapten, imperatorin, xanthotoxin, and marmesin); miscellaneous: sterols, fixed oils, sugars (Hoffman).

#### The Essential Oil/s:

**Sweet Fennel:** 75-83% Trans-anethole, 4.6% fenchone, 3.9-5.1% estragole, 3.6-0.3% alpha-pinene, 2.2-3.8% limonene, 1.4% beta-myrcene.

**Bitter Fennel:** 55-75% Trans-anethole, 12-25% fenchone, 6% estragole, 1-10% alpha-pinene, 0.9-5% limonene, 0.5% cis-anethole, 2% anisaldehyde.

---

“Relieve Muscle Spasms” Oil

---

**Supplies and Ingredients:**

1 oz. bottle  
0.75 oz. jojoba (*Simmondsia chinensis*)  
0.25 oz. St. John’s wort  
(*Hypericum perforatum*) oil

**Essential Oils:**

7 drops tarragon (*Artemisia dracunculus*)  
7 drops sweet fennel  
(*Foeniculum vulgare* var. dulce)  
5 drops lavender (*Lavandula angustifolia*)

-----

**Directions for Making and Use:** Combine together all of the ingredients in a one-ounce bottle and apply as needed.

**Cautions:** Avoid use during pregnancy and while breast feeding.

---

Respiratory Diffuser Synergy Blend

---

**Supplies:**

5 ml bottle with orifice reducer

**Essential Oils:**

10 drops peppermint (*Mentha x piperita*)  
20 drops sweet fennel  
(*Foeniculum vulgare* var. dulce)  
14 drops rosemary ct. cineole  
(*Rosmarinus officinalis*)

-----

**Directions for Making and Use:** Combine the essential oils in a small 5ml bottle with orifice reducer. Shake well. Add the appropriate number of drops to an electric or candle diffuser, following the manufacturer’s guidelines for use.

**Cautions:** Avoid use in pregnancy or while breastfeeding. Avoid use in epilepsy. Avoid use with high blood pressure.

**Note:** The sweetness of fennel is contributed to the presence of trans-anethole and estragole, either alone or in combination.

Chemistry of essential oils obtained from European Medicines Agency Assessment Report on *Foeniculum vulgare* Miller.

**Component Notes:**

Trans-anethole is considered to be estrogenic. According to Albert-Puleo, it is the polymers of anethole (dianethole and photoanethole) that are responsible for the estrogenic activity of fennel.

**Western Therapeutic Applications**

Core therapeutic actions of the essential oil and herb include anti-inflammatory, antispasmodic, carminative, expectorant, diuretic, secretolytic, antibacterial, galactagogue and antioxidant.

**Fennel as both an herb and essential oil are indicated for:**

Constipation, gas (flatulence), dyspeptic conditions of the upper GIT, including pain, nausea, belching and heartburn, infantile colic, chronic non-specific colitis with diarrhea, dysmenorrhea, low libido, and to increase milk production.

Other traditional uses according to Mills and Bone include: Digestive disorders (windy colic in infants, flatulent colic, griping pain, irritable bowel syndrome (IBS)); suppressed lactation; obesity; topically for conjunctivitis, pharyngitis. Internal use and as an eye bath to strengthen eyesight and for inflammatory conditions of the external eye (such as conjunctivitis).



## Ayurvedic Medicine

The seeds, according to Ayurveda, are sweet and pungent in taste, cooling, and are good for all doshas: Vata, pitta, and kapha. In Ayurvedic medicine, fennel seeds are used to support digestion, strengthening *Agni* without aggravating Pitta. Like its Western herbal applications, fennel is used to stop cramping and dispel flatulence (gas). Fennel seed preparations are indicated for digestive weakness.

### In Ayurvedic medicine fennel is indicated for:

Digestive discomfort, flatulence, cramps, nausea and low *agni*. A specific for inguinal hernias and lower abdominal pain. It is also indicated for nervous tension in *mamsa dhatu* and contraction in the smooth muscle system restricts the flow of vata. It has a nourishing effect on *majja dhatu*, tonifies the brain and nervous system. Fennel is useful in vata-kapha obstruction type coughs and helps to clear phlegm by reducing aggravated *avalambaka kapha* that congest the alveoli and bronchioles. Useful in menstrual difficulty caused by vata and kapha obstruction in the lower abdomen with pain, cramps, and a dragging sensation (Pole, 2006).

### Traditional Chinese Medicine (TCM)

In TCM, fennel spreads liver qi, warms the kidneys, expels cold and alleviates pain thereby treating lower abdominal pain. It may also be combined with cinnamon bark (*Cinnamomum zeylanicum*) or litchi nut as a herb.

Fennel (herb or essential oil) regulates qi and harmonizes the stomach to treat indigestion, abdominal pain, reduced appetite and

---

### “Divine Meditation” Oil

---

#### Ingredients:

1 Tablespoon jojoba (*Simmondsia chinensis* or sesame (*Sesamum indicum*) oil

#### Essential Oils:

5 drops rose (*Rosa x damascena*)  
7 drops sweet fennel  
(*Foeniculum vulgare* var. dulce)

-----

**Directions for Making and Use:** Combine all of the ingredients in a small bottle. Shake well. Massage onto face and hands prior to meditation. You can also apply the blend onto the heart chakra center.

**Cautions:** Avoid use during pregnancy and while breast feeding.

---

### “Menopausal Emotional Upheaval with a Feeling of Coldness (Emotionally or Physically)” Oil

---

#### Ingredients:

1 oz. jojoba (*Simmondsia chinensis*)

#### Essential Oils:

7 drops sweet fennel  
(*Foeniculum vulgare* var. dulce)  
5 drops ginger CO2  
(*Zingiber officinale* CO2)  
5 drops sage (*Salvia officinalis*)

-----

**Directions for Making and Use:** Combine all of the ingredients together in a one-ounce bottle. Massage around neck and shoulders and abdomen OR place a few drops of the blend into a cup of sea salt (mix well) and take an aromatic bath OR place drops in a one-ounce spritzer bottle, combined with water and a dispersant, shake, and spritz into environment as needed.

**Cautions:** Avoid use during pregnancy and while breast feeding.

vomiting due to cold. Combine it with ginger (*Zingiber officinalis*) as a herb or an essential oil for stronger effect.

### Dosages of the Herb and Essential Oil:

**Tea:** Weak tea for infants to treat colic: 1/2 gram of lightly bruised seed to one cup of water. Give one teaspoon to infant as needed.

**Regular fennel tea:** One ounce herb to 32 ounces of hot water (gently crush seeds before infusing).

**Strong infusion:** One ounce of fennel seeds to 16 ounces of hot water.

**Tincture:** 3-6ml of 1:2 liquid extract (tincture) per day, 7-14ml of 1:5 tincture per day.

**Essential oil:** 1-2 drops per day for up to one week. Use the tea/honey for internal use and fennel essential oil externally.

Daily dosage as outlined by the German Commission E: 0.1 – 0.6 ml, equivalent to 0.1 – 0.6 g of herb; equivalent preparations.

**Contraindications:** Considered non-toxic when used appropriately.

### The Aroma of Sweet Fennel Essential Oil

#### Psychological and Spiritual

The aroma of sweet fennel essential oil ignites transformation and inspires a healthy perception of the world around. Fennel is a seed and as such supports one in manifesting ones potential.

#### References:

- Albert-Puleo, M. Fennel and Anise as Estrogenic Agents. *Journal of Ethnopharmacology*, 2 (1980) 337-344  
© Elsevier Sequoia S.A., Lausanne – Printed in the Netherlands

- Foster, S. (nd). *Herbal Renaissance*. Layton, UT: Gibbs Smith.
- Herb Society of America (2005). *Fennel*. Kirtland, OH. [www.herbsociety.org](http://www.herbsociety.org)
- Hoffman, D. (2003). *Medical Herbalism*. Rochester, VT: Healing Arts Press.
- Lad V and Frawley D. (2001). *The Yoga of Herbs*. Twin Lakes, WI: Lotus Press.
- Mills, S., and Bone, K. (2000). *Principles and Practice of Phytotherapy*. London: Churchill Livingstone.
- Pole, S. (2006). *Ayurvedic Medicine*. Philadelphia, PA: Churchill Livingstone Elsevier.
- Romm, Aviva. (2010). *Botanical Medicine for Women's Health*. St Louis, MO: Churchill Livingstone Elsevier.
- Van Wyk, B., and Wink, M. (2004). *Medicinal Plants of the World*. Oregon: Timber Press.
- Wood, M. (2008). *The Earthwise Herbal: A complete guide to old world medicinal plants*. Berkeley, CA: North Atlantic Books.
- Medicinal Herbs Online, Fennel, Retrieved from: <http://ip.aaas.org/tekindex.nsf/2a9c4e44835b04ea85256a7200577a64/a5db27823bd970d185256c1e004e0d72/Body/M1?OpenElement>
- Meridian Flow Acupuncture Blog, The Spice of Life and Health, Retrieved from: <http://meridianflowacupuncture.blogspot.com/2010/09/spice-of-life-health.html>

### About Jade Shutes:

An aromatherapy educator for over twenty four years, Jade holds a Diploma in Holistic Aromatherapy, Holistic Massage, Anatomy and Physiology, and Reflexology from the Raworth College of Natural Medicine (UK), and a Diploma in Aromatherapy from the International Therapist Examining board (ITEC). She has studied with Jan Kusmirek, and has completed Part 1 of the Purdue University Advanced Studies of Essential Oils, holds a certificate program for Herbal Medicine, and a certificate for Spa Bodywork. She is a prolific writer and researcher and believes education is the key to empowerment when it comes to self-care. She is the owner and Director of Education for The School for Aromatic Studies. Jade is the author of the book *Aromatherapy for Bodyworkers*.









For more information about Jade please visit her website at: [www.aromaticstudies.com](http://www.aromaticstudies.com)

National Association for Holistic Aromatherapy

NAHA 

JOIN US!

NAHA Membership Benefits Include:

-  Educational Webinars
-  Quarterly Aromatherapy Journal
-  Discounted Liability Insurance Options
-  Networking Opportunities
-  Aromatic/Herbal Image Database
-  Explore Aromatherapy Booklet
-  Find an Aromatherapist Listing
-  NAHA WOA IX October 24-27, 2018



Building Strength through Community and Education

[naha.org](http://naha.org) [nahaconference.com](http://nahaconference.com)  
(919) 894-0298 EST

# AROMACULTURE

HERBALISM & AROMATHERAPY MAGAZINE



NOVEMBER 2016  
VOLUME ONE, ISSUE ONE









NEW HERBALISM & AROMATHERAPY MAGAZINE  
[www.aromaculture.com/the-magazine](http://www.aromaculture.com/the-magazine)

Now accepting submissions for educational articles, recipes and case studies.

## THE INTERNATIONAL JOURNAL OF PROFESSIONAL HOLISTIC AROMATHERAPY

*Fostering the education and practice of the professional holistic aromatherapist*

**Available quarterly in print!**

-  Peer-reviewed articles
-  Practitioner case studies
-  In-depth essential oil and chemical profiles
-  Well-referenced
-  Information and resources for the professional
-  Current research
-  Integrative practices
-  Practical techniques



*NAHA Members receive 10% off!*  
*Follow the instructions on our "Subscribe" page.*

Subscribe online at  
[www.ijpha.com](http://www.ijpha.com)



Time Laboratories  
products from nature's lab



- **Pure & Genuine Essential Oils**
- **Aromatherapy Skin & Body Care**
- **Herbal & Dietary Supplements**
- **Custom Product Development**
- **Private Label**



**Windrose Aromatics**  
*authentic aromatherapy*

[www.timelabs.com](http://www.timelabs.com)  
877-846-3522



# Camellia: The Eastern Olive Oil

by Elizabeth Ashley



Currently I'm researching cannabis (*Cannabis sativa*) essential oil and its effects on an internal system called the *endocannabinoid*. This system is thought to be our primary endocrine system, controlling and moderating each one of our physiological processes. It relies wholly on fuels from fish, vegetable, and seeds oils. Consequently, I've been researching carrier oils at length to understand which oils offer the best benefits in terms of omega-3, -6 and -9. A book about carrier oils is in the pipeline to accompany the cannabis essential oil book and also a course on the endocannabinoid system. I hope to complete these works shortly so, when I was asked about which topics I would like to cover for the NAHA Aromatherapy Journals through 2017, I excitedly suggested carrier oils. So, for this issue, I must simply write about the beautiful flower that graces every English garden before any other flower does: Camellia.

In her aromatherapy production business, *The Apothecary*, my mum, Jill Bruce, has used camellia oil for years and years for its spectacular skin-refining potential. I remember one lady, in particular, who came to her as a client for skin care, but she also had the most extraordinarily frizzy hair which made her very self-conscious. Mum made the most exquisite beautiful hair oil to relax the curls and made it gloriously bouncy and voluptuous inside of a week. She also makes the most delectable skin-refining cream with

camellia oil which I always wear under my foundation.

If you moisturize the skin first, camellia oil provides a barrier between the skin and the outside world. Make-up glides on effortlessly and stays looking immaculate right throughout the day. This is an oil I have grown to love over the years and one that I use extensively.

## Camellia or Green Tea?

But, in fact, camellia oil is deceptive because it does not come from that achingly beautiful flower that I spoke about earlier. It's actually cold pressed from the seed of the green tea plant. Let's be frank, if there's one thing a British girl should be qualified to talk about, it's tea! As you all know by now, I am easily confused; so I like to get possible sources of vexation out of the way immediately!

It might be that you encounter any of three following labels:

- *Camellia oleifera* oil: This species is commonly known as Tea Seed oil – or as I refer to it: Camellia oil.
- *Camellia sinensis* oil: You may see this particular oil labelled as *Camellia sinensis* L., which is also Tea Seed Oil. Both *Camellia oleifera* and *Camellia sinensis* are used as Green Tea. Both species are correctly labelled and they both have very similar therapeutic properties. To all intents and purposes, these two oils are the

same product as far as we are concerned. Both species have beautiful white flowers.

- *Camellia japonica* oil: This species is commonly known as Japanese Tea oil. The plant is a glorious flowering shrub with spectacular red blooms. In Japan they label this oil as *tsubaki* oil and it is used extensively in skin care.

It probably goes without saying that Tea Seed oil is **not** extracted from *Melaleuca alternifolia*, but from a different plant entirely.

### Extraction of Camellia Oil

There are two commercial ways of extracting the oil. The first is mechanical cold pressing, the second is solvent extraction. The first is an inexpensive method of extraction and free of adulteration, but solvent extraction is more efficient. It's important to check the method of extraction before you buy to avoid adulterants. Cold-pressed oils are preferred for aromatherapy purposes.

### *Camellia oleifera*

*Camellia oleifera* is a shrub that originates from China. It is distributed in eighteen provinces, cities or municipalities of the south of China, such as Guan-gxi, Hunan, and Jiangxi. It's found in thickets, forests, on banks of streams, and foothills at elevations of between 1600 ft. and to 4200 ft.

It has glossy dark green, evergreen leaves which measure about 3 to 5 inches long and 2 to 3 inches wide. *Camellia oleifera* has white, beautiful fragrant flowers which in China are produced in mid-to-late autumn. This is a large shrub, or perhaps you might say small tree, as it will grow to twenty feet in height. Camellia is vital to the economy of southern



Tea Oil Camellia (*Camellia oleifera*)

China. It is considered one of the four edible tree oils (olive (*Olea europaea*) oil, coconut (*Cocos nucifera*) oil, palm (*Elaeis guineensis*) oil, and camellia oil.) Tea Seed oil is now being referred to as the “olive oil of the East.”

### The Importance of Tea

Tea is the second most popular beverage in the world after a plague of disease hit coffee beans in the 19th century seriously affecting their export. Three million tonnes are produced annually worldwide and, as it becomes ever more popular, tea production also needs to increase. So too then, do the seeds used.

Currently in China, over a million tonnes of tea seed are produced each year. This enormous increase also presents other opportunities and so the industry was challenged to find other uses for what was, essentially, a by-product.

Once the oil has been extracted, the leftover waste makes excellent feed for animals and fertilizer for the land. This is a wonderful sustainable crop.

It is considered to be an extremely high quality edible oil and it has a very long history in Chinese cookery, probably stretching back more than a thousand years. More than half of the population of the local Hunan provinces use camellia oil as their primary cooking oil. It has a very high smoke point making it wonderful for frying as well making a delicious dressing. More importantly, from a commercial point of view, the seeds are inordinately rich in oil having a yield of between 30 to 32%.

### Fatty Acids in Camellia Oil

It is rich in essential fatty acids (EFAs). Its predominant fatty acids are mono unsaturated fatty acid (MUSA), oleic acid, and the polyunsaturated fatty acid (PUFA) linoleic acid.<sup>1</sup> It's nutritionally important to include oleic acid in our nutrition because it has been found to have an effect that lowers cholesterol in the blood, as well as other attributes such as reducing blood pressure and the risk of stroke.

Linoleic acid is an EFA from the omega-3 group and it is vitally important in the development and maintenance of our nervous system and physiological functions.

It may be that camellia oil can help reduce obesity. In 2008, Kim et al. proved that *Camellia sinensis* L. exerted an anti-obesity effect in rats in vivo.<sup>2</sup> They suggested that using tea seeds as an edible oil maybe a healthy option utilising what otherwise might be a waste product.

An interesting study compared the fatty acid profiles of camellia with other culinary oils. But rather than being cold pressed, in this experiment, they were extracted by CO<sub>2</sub>. They found that the most prevalent fatty acid in *Camellia sinensis* L. was oleic acid; closely following behind was linoleic acid, then palmitic acid, and stearic acid.

They found that the composition of *Camellia oleifera* oil is very similar to olive oil, comprising 67.7% to 76.7% oleic acid, 82% to 84% unsaturated fatty acids, 68% to 77% monounsaturated fatty acids, and 7% to 14% polyunsaturated acids. These results show that camellia oil has more oleic acid, unsaturated, monounsaturated and polyunsaturated fatty acids than canola (*Brassica napus*) oil, peanut (*Arachis hypogaea*) oil, soybean (*Glycine soja*) oil and safflower seed (*Carthamus tinctorius*) oil. In fact camellia oil is thought to have higher antioxidant capacity than even olive oil.<sup>1</sup>

### Oxidation

The cells in our bodies are subject to oxidation; that is they degrade over time. If you think of cutting an apple in two, over a period of minutes the fresh green turns to a stale nasty brown colour as the cells oxidize. This happens to all of our cells. It is a natural process, but it can be speeded up and also slowed down. Smoking makes it happen very quickly indeed.

Reactive Oxidant Species (ROS) are essential for signalling inflammation in our systems and also for triggering immune responses. Smoking disturbs ROS. It raises their number making it far more difficult for our bodies to overcome any irritation caused by air pollution, fungi, pathogens etc. We call this oxidative stress. In 1990 it was found that tea seed oil exhibits

---

### Face Protection Cream

---

Guard your complexion against water loss in harsh weather.

-----

#### Ingredients:

- 2 fl. oz. (56ml) aqueous lotion
- 2 fl. oz. (56 ml) water
- 3ml camellia (*Camellia oleifera*) oil
- 1ml jojoba (*Simmondsia chinensis*)

#### Essential Oils:

- 1 drop patchouli (*Pogostemon cablin*)
  - 1 drop jasmine (*Jasminum officinale*)
  - 1 drop Roman chamomile  
(*Chamaemelum nobile*)
- 

#### Directions for Making and Use:

Mix together all ingredients and essential oils. Apply a small amount of the cream each time that you leave the house. Because it is thin, it goes straight through foundation creams, so make-up is undisturbed.

---

### Anti-wrinkle Day Cream

---

#### Ingredients:

- 2 fl. oz. (56ml) aqueous lotion
- 2 fl. oz. (56 ml) orange flower  
(*Citrus aurantium* var. *amara* (flos)) water
- 3ml camellia (*Camellia oleifera*) oil
- 1ml rosehip (*Rosa rugosa*) oil

#### Essential Oils:

- 2 drops helichrysum (*Helichrysum italicum*)
  - 1 drop frankincense (*Boswellia sacra*)
  - 1 drop carrot seed (*Daucus carota*)
- 

#### Directions for Making and Use:

Mix together all ingredients and essential oils. Apply after cleansing and toning twice a day.

a superior antioxidative stability having an antioxidative index of 98 hours.<sup>3</sup> That means it continues its work for over four days!

It's useful to know that its storage stability is much higher than sunflower (*Helianthus annuus*) oil, so, like olive oil, it will last longer.

### Other Physiological Benefits of Ingestion of Camellia Oil

#### Immunity

Feng & Zhou (1996)<sup>4</sup> revealed that camellia oil benefited the immune system because of its high monounsaturated fatty acid composition.

Liver Lee et al. (2008)<sup>5</sup> discovered that *Camellia oleifera* oil exerted a hepatoprotective function in rats by reducing oxidative damage.

#### Cardioprotective

Sanguasponins, a specific type of steroid and terpenoid glycosides found in camellia oil, were tested and were revealed to play a significant role in prevention of atherosclerosis because it reduced cholesterol in the blood. It was also found that camellia oil lowered liver and blood lipids by decreasing thromboxane. All of these factors are thought to lead to a beneficial effect on the prevention of cardiovascular disease.<sup>3</sup>

### Camellia as a Carrier Oil

Whilst omega cannot be absorbed through the skin, they will boost lipid content and repair the skin's barrier function. This is extraordinarily helpful if someone has very delicate or very dry skin. Camellia oil helps the skin retain its own moisture which in turn improves softness and elasticity.



This is an oil of fundamental importance for people who are suffering from eczema, psoriasis or dermatitis and also for anyone who has chapped skin in the winter. It protects the skin in extreme weather conditions, such as cold and wind, both of which will strip away the skin's lipid barrier.

Let's have a look at the science.

### Acne

A 2012 study by the Faculty of Pharmacy and Pharmaceutical Sciences Research Centre in Tehran revealed that *Camellia sinensis* oil has five alpha reductase inhibitory and anti-inflammatory activities.<sup>6</sup> What is five alpha reductase?

These are enzymes involved in the metabolism of our steroids,<sup>7</sup> in particular sex steroids. They have roles in three different metabolic pathways. They synthesize bile acid but they also metabolize androgen and oestrogen. It's produced in many tissues including the testes and ovaries, the seminal vesicles, the prostate, in the nervous system, as well as in the skin. Testosterone is secreted in both sexes. In men, it's secreted in the male sex organs, and in women it originates from the ovaries and adrenal glands. In both sexes, testosterone secretes into the body and then enters the sebaceous gland. Here five alpha reductase converts testosterone into di-hydro testosterone. Then this stimulates sebum formation in the sebaceous glands. Five alpha reductase is extremely sensitive to hormone levels. So it can go into overdrive causing far too much sebum when testosterone levels rise. Of course, we notice this most in puberty.

It's the moisture content on a person's skin that gives it its youthful appearance,<sup>8</sup> tied in

with the plumpness of the collagen. Using a moisturizer results in locking the moisture in with this surface film of oil. These two findings have led scientists to agree that camellia oil could be an anti-acne agent and may help to find new sources of therapy for acne.

A Korean team in 2007 wanted to assess the possibility that *Camellia japonica* (remember that this is Japanese camellia, slightly different, but still important and wonderful) might work well as an anti-wrinkle agent.<sup>9</sup> They performed some tests on dermal fibroblast cells and they discovered that the oil activated collagen protein coding gene called a CO L182 promoter and this worked in a concentration-dependent manner.

Matrix metalloproteinase (MMP) enzymes dictate how smooth, firm and youthful the is.<sup>10</sup> Note the distinction: Not how *smooth*

---

### Acne Cream

---

#### Ingredients:

2 fl. oz. (56ml) aqueous lotion  
 1 fl. oz. (28ml) jasmine  
 (*Jasminum officinale*) floral water  
 1 fl. oz. (28 ml) helichrysum  
 (*Helichrysum italicum*) floral water  
 3ml camellia (*Camellia oleifera*) oil

#### Essential Oils:

1 drop jasmine (*Jasminum officinale*)  
 1 drop helichrysum (*Helichrysum italicum*)  
 1 drop tea tree (*Melaleuca alternifolia*)  
 -----

#### Directions for Making and Use:

Mix together all ingredients and essential oils.  
 Apply after cleansing and toning twice a day.



Calendula (*Calendula officinalis*)

---

### Skin Tightening Cream

---

This is an ideal cream if you have lost weight or perhaps are doing some treatments for cellulite. It is a bit heavy for the face but it is deliciously nourishing to the body.

-----

#### Ingredients:

4 oz. cocoa butter (*Theobroma cacao*)  
4 oz. shea butter (*Vitellaria paradoxa*)  
1 oz. rose (*Rosa x damascena*)  
infused beeswax  
1 ml (20 drops) hibiscus  
(*Hibiscus rosa-sinensis*) oil  
1 ml (20 drops) camellia  
(*Camellia oleifera*) oil  
½ ml (10 drops) gotu kola  
(*Centella asiatica*) oil

-----

#### Directions for Making and Use:

Mix together all ingredients and essential oils. Apply liberally to the skin after bathing for a luxurious treat.

---

### Eczema Oil

---

I have been using this oil on my legs throughout the winter. I get quite a lot of itchy patches in the cold weather, and it is very calming after the warm bathwater has aggravated the eczema.

-----

#### Ingredients:

5 fl. oz. hemp seed (*Cannabis sativa*) oil  
1 fl. oz. camellia (*Camellia oleifera*) oil  
1 fl. oz. macerated calendula  
(*Calendula officinalis*) oil

#### Essential Oils:

3 drops geranium  
(*Pelargonium graveolens*)  
2 drops Moroccan chamomile  
(*Ormenis multicaulis*)

-----

#### Directions for Making and Use:

Mix together all ingredients and essential oils. Rub a small amount onto the affected areas of skin.

**Cautions:** Avoid use during pregnancy.

the skin looks; these enzymes are responsible for the actual *firmness* of the skin. They have a few jobs, the primary functions being to break down damaged or worn out structural proteins, to clear pathways of movement for immune cells to places of infection and to facilitate wound healing. In the skin the primary role of the MMP enzymes is to recycle the skin matrix, particularly of the structural proteins collagen and elastin.

What does that mean? Well, if breakdown or recycling comes to a halt then this damaged matrix begins to accumulate and this is when we get skin imperfections. Their levels obviously increase naturally as we get older, and inflammation, irritation and emotional factors might also contribute to the elevation of levels. Research tells us that attempting to inhibit or suppress any elevation of MMP enzymes, and keeping those down to normal levels would be one of the best skin rejuvenation strategies we could promote for mature skins. In this context, *normal* would mean the skin of a twenty year old before aging had started to take place.

This same trial showed that while matrix MMP-1 activity was inhibited by the *Camellia japonica* oil, it also synthesized new collagens. A double win!

Moreover, they measured how much water was lost trans-epidermally before the treatment and then retested one hour, and then two hours, afterwards. The trial showed that *Camellia japonica* oil significantly reduced trans-epidermal water loss. Collagen, inhibiting MMP enzymes and preventing water loss...that's skin care gold! Kim et al (2011)<sup>11</sup> from the Biospectrum Life Science Institute in Korea also wanted to understand more about

*Camellia japonica* oil. They knew that it was traditionally used in East Asia to nourish and to soothe the skin, as well as to bring elasticity back into it. However, their trial also explains that it's often used for many different types of bleeding problems such as menstrual, nose bleeds or even coughing up blood. They were able to elucidate that its anti-inflammatory effects came from down regulating the expression of nitric oxide and cox 2 gene pathways.

Enzymes that produce prostaglandins are called cyclooxygenase (hence the name COX). There are two different types of COX enzymes, COX-1 and COX-2. Both enzymes produce prostaglandins that promote inflammation, pain, and fever. Camellia oil regulates the COX2 pathway.

Lastly, a Russian trial (2006)<sup>12</sup> also proved that camellia oil accelerated wound healing (although their trial does not elucidate the chemotype they tested.)

So how should we use it? Well, a trial by the Department of Pharmacy from the Islamic University of Bahawalpur in Pakistan found that statistically significant results could be seen in the skin after a long-term application of an emulsion of *Camellia sinensis* oil. They declared a formulation of 3% would be ideal, especially for skin disorders like acne.<sup>13</sup>

#### References:

1. Yuefei Wang, D. S. (2011, 11 8). Fatty Acid Composition and Antioxidant Activity of Tea (*Camellia sinensis* L.) Seed Oil Extracted by Optimized Supercritical Carbon Dioxide. Retrieved from Pubmed: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3233432/>
2. al, H.-J. Kim. (2008, 12 02). Antilipogenic effect of green tea extract in C57BL/6J-Lepob/ob mice. Retrieved from Online Library: <http://onlinelibrary.wiley.com/doi/10.1002/ptr.2647/abstract;jsessionid=0820F66C000AAFC8D73C54348D3B12E1.fo3to1>
3. Physicochemical Properties and Bioactivities of the Tea Seed (*Camellia oleifera*) Oil. (n.d.). Retrieved from [http://tigerprints.clemson.edu/cgi/viewcontent.cgi?article=1095&context=all\\_theses](http://tigerprints.clemson.edu/cgi/viewcontent.cgi?article=1095&context=all_theses)

4. Feng X, Zhou YZ (1996). Influences of feeding tea seed oil, corn oil and fish oil on Immune status in mice. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4753050/>
5. Lee CP1, Shih PH, Hsu CL, Yen GC. (2007) Hepatoprotection of tea seed oil (Camellia oleifera Abel.) against CCl4-induced oxidative damage in rats. <https://www.ncbi.nlm.nih.gov/pubmed/17188414>
6. Azimi H1, F.-T. M. (2012, 12). A review of phytotherapy of acne vulgaris: perspective of new pharmacological treatments. Retrieved from Pubmed: <https://www.ncbi.nlm.nih.gov/pubmed/22521501>
7. Grant, Paul, Ramasamy, Shamin (2012), An Update on Plant Derived Anti-Androgens, retrieved from PubMed: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3693613/>
8. Jung E1, L. J. (2007, 05). Effect of Camellia japonica oil on human type I procollagen production and skin barrier function. Retrieved from Pubmed : <https://www.ncbi.nlm.nih.gov/pubmed/17386986>
9. Rasheed A1, S. S. (2012, 10). Formulation and evaluation of herbal anti-acne moisturizer. Retrieved from Pubmed: <https://www.ncbi.nlm.nih.gov/pubmed/23010007>
10. *Smart Skincare* website, Dr G Todorov Matrix metalloproteinases: <http://www.smartskincare.com/skinbiology/mmp.html>
11. Kim S1, J. E. (2012, 03). Anti-inflammatory activity of Camellia japonica oil. Retrieved from Pubmed: <https://www.ncbi.nlm.nih.gov/pubmed/22449705>
12. Khvedelidze VG, B. B. (2006, 05). [Healing activity of the oil extract of tea leaf]. Retrieved from Pubmed: <https://www.ncbi.nlm.nih.gov/pubmed/17179596>

13. Mahmood T1, A. N. (2010, 08). Outcomes of 3% green tea emulsion on skin sebum production in male volunteers. Retrieved from Pubmed: <https://www.ncbi.nlm.nih.gov/pubmed/20846135>

### About Elizabeth Ashley:

Elizabeth Ashley qualified as an aromatherapist in 1993, and passed her Advanced Diploma of Aromatherapy with distinction in 1994. She is the author of the acclaimed Secret Healer series of fifteen Aromatherapy manuals, and also of a beginner's aromatherapy course. In addition, Elizabeth holds a Diploma in Medical Dowsing, a Certificate of Medical Astrology and the Business Link Business Excellence Award. She is a mum to three children and writes in a green and blue shed in the Shropshire hills, UK. Elizabeth is the NAHA UK Director. To learn more about Elizabeth, visit her website at: [www.thesecrethealer.co.uk](http://www.thesecrethealer.co.uk).

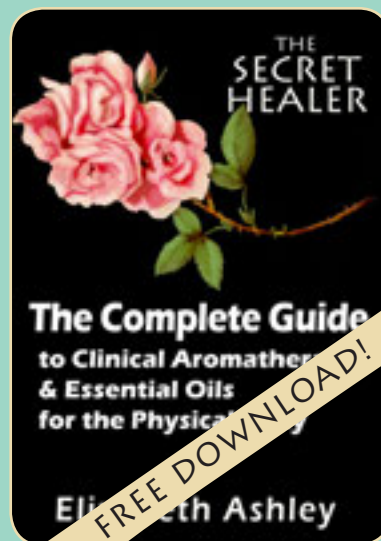
# THE SECRET HEALER



## A Series of Aromatherapy Manuals by Elizabeth Ashley

- Understand essential oils better
- Treat clients more effectively
- Secure more referrals
- Supercharge your healing business!

Available as Ebooks and paperbacks. Only on Amazon.



Download your free copy of The Complete Guide to Clinical Aromatherapy & Essential Oils for the Physical Body today at [www.thesecrethealer.co.uk](http://www.thesecrethealer.co.uk)

**FOR AROMATHERAPISTS WHO MEAN BUSINESS!**



Online  
Aromatherapy  
Certification

**Holistic Aromatherapy Certification Program**  
248 Hour Online Program ~ NAHA Approved

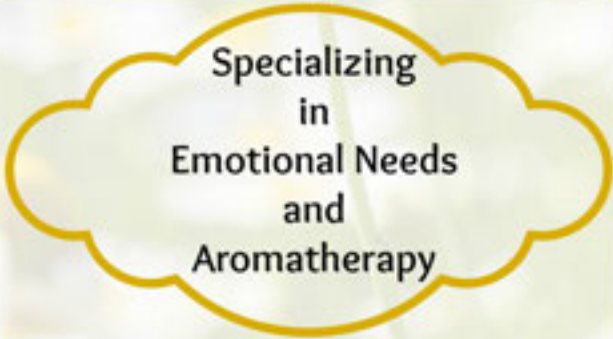
**New User Friendly State of the Art Website**  
Expanded Learning Experience ... Additional Classes  
& Training from JennScents ... Top Notch Guest  
Speakers

**AromaTherapeutic Products**

Custom  
Blends  
  
Personal  
Care



Pet  
Care      Skin  
Care      Herbs



One on One Sessions for:  
Personal & Professional Growth

**Holistic Health Consults**

Jennifer Hochell Pressimone, T.SPE, CNHC, Holistic Aromatherapist  
352-243-9627 | [jh@JennScents.com](mailto:jh@JennScents.com)  
[JennScents.com](http://JennScents.com)



Become a student of



With original written material and videos, Aromahead Institute's user-friendly and interactive online classrooms will keep you engaged in the learning process. Our courses were created for the working adult student so you can study at your own pace. Your classes, academic resources, and support services are all easily accessible - forever.

Get started now and begin your exploration of our exceptional learning environment!

### [Aromatherapy for Natural Living](#)

Discover the art of blending essential oils to create natural remedies for your family! You can have a healthy body, home, and heart—naturally!

### [Aromatherapy Certification Program](#)

Become professionally qualified in the therapeutic uses of essential oils and build a strong foundation for a career in aromatherapy with our 235-hour program!

### [Body Butters and Lip Balms](#)

Learn how to create your own body butters, lip balms, deodorant sticks and massage cocoa butter sticks with Aromahead's most popular course!

### [Aromatherapy for Massage Therapists](#)

Explore a comprehensive and exciting foundation of aromatherapy and gain proficiency in a core set of 20 essential oils to add to your bodywork practice!



---

Sign Up In Minutes • Start Immediately • Keep It Forever  
[www.aromahead.com](http://www.aromahead.com)

# Aromatherapy Use for Psoriatic and Gouty Arthritis

by Sandra Nosek, RN, BSN, ACLS IAC



## Introduction

In the NAHA Aromatherapy Journal 2016.4 issue, I discussed rheumatoid arthritis and osteoarthritis. In this issue, I will be discussing psoriatic arthritis and gouty arthritis. Statistics show that psoriatic arthritis affects 7.5 million people which corresponds to 2.2% of the U.S. adult population.<sup>1</sup> Gouty arthritis affects 8.3 million people which is 3.9% of United States adult population.<sup>2</sup> It can be surmised that of those millions of people, the majority suffer from debilitating pain, inflammation and most certainly are taking medications and narcotics to relieve it. Aromatherapists and holistic practitioners can help by educating the public in regards to benefits, usage, and safety of aromatherapy for most conditions.

## Psoriatic Arthritis

Psoriasis is an “autoimmune condition that occurs when your skin cells develop too quickly. The excess skin cells create scaly lesions on the skin, called flare-ups. 30% of those with psoriasis will develop psoriatic arthritis.”<sup>3</sup> Generally, those diagnosed with psoriatic arthritis are treated with medications such as the combination use of oral Methotrexate and Remicade infusions. Methotrexate is an antineoplastic medication and is defined as being used to destroy inhibit, or prevent the growth or spread of neoplasms.<sup>4</sup> This chemotherapeutic medication is used in much smaller doses than when used to treat

various cancers; nevertheless, Methotrexate can have side effects which range from minor symptoms of nausea and vomiting to having a high potential for toxic reactions.<sup>5</sup> Remicade infusions are classified as monoclonal antibodies and can inhibit the structural damage seen with psoriatic arthritis.<sup>6</sup> Side effects can also range from minor to severe: Frequent headaches, nausea, and vomiting to serious infections such as sepsis.<sup>7</sup> The question remains: Why is aromatherapy not used first, or in combination with, these medications? If not for the benefits of being anti-inflammatories, anti-neoplastic, and analgesics but also for reducing side effects. Let’s look at a few studies that confirm the benefits of aromatherapy.

## Essential Oil Studies Specific to Psoriatic Arthritis

One study showed that Sichuan pepper (*Zanthoxylum bungeanum*) essential oil induced apoptosis in human keratinocytes.<sup>8</sup> The epidermis is the outermost layer of skin and keratinocytes are epidermal cells that produce keratin. Keratin is a protein which strengthens the skin and gives it its elasticity. In psoriasis, these keratinocytes multiply rapidly; too rapidly, which cause the formation of layers of flaky, silvery patches. Apoptosis is defined as death of a cell.<sup>9</sup> This study then showed that Sichuan pepper (*Zanthoxylum*

*bungeanum*), from the *Rutaceae* family, can cause death of these destructive cells. The second study, verified that diesel tree (*Copaifera langsdorffii*) oil, of the *Fabaceae* family, has an antipsoriatic effect.<sup>10</sup> Lastly, tea tree (*Melaleuca alternifolia*) essential oil was found to also be an effective weapon against psoriasis.<sup>11</sup>

### Gouty Arthritis

Gout is an inflammatory arthritis and is more common in men than women. Defined by the Centers for Disease Control and Prevention (CDC), “Gout is a rheumatic disease resulting from deposition of uric acid crystals in tissues and fluids within the body.”<sup>13</sup> This can be due to producing extra uric acid or the inability to excrete uric acid. Gouty arthritis can come and go or can become chronic. Due to the overproduction of uric acid crystals this can also lead to kidney stones. Diet plays a huge role in risk and reduction of uric acid crystal formation. Gouty arthritis presents in any joint but most commonly in the metatarsophalangeal joint of the big toe and will exhibit as red, inflamed, sometimes hot to the touch, with mild to excruciating pain.<sup>14</sup> Medications typically used for gout include colchicine, allopurinol, and corticosteroids such as cortisol and nonsteroidal anti-inflammatories – except for aspirin, because aspirin can induce severe pain. Colchicine is a toxic natural product originally extracted from meadow saffron (*Colchicum autumnale*) and side effects include gastro-intestinal upset, neutropenia, anemia, and bone marrow suppression if doses are high.<sup>15</sup> Allopurinol decreases uric acid levels but side effects include poor kidney function and commonly Stephen-Johnson syndrome,<sup>16</sup> where cell



Sichuan Pepper (*Zanthoxylum bungeanum*)

death causes the epidermis to separate from the dermis, a form of toxic epidermal necrolysis.<sup>17</sup> Nonsteroidal anti-inflammatories include ibuprofen, naproxen, piroxicam and commonly can cause nausea, abdominal cramps, indigestion, ulcers and, more severely, nephrotoxicity which is basically where a substance causes poisoning of the kidney. Let’s look at a few studies where aromatherapy or essential oils were used to treat gouty arthritis.

### Essential Oil Studies Specific to Gouty Arthritis

In one study, indigenous cinnamon (*Cinnamomum osmophloeum*) essential oil, from the *Lauraceae* family,<sup>18</sup> was found to decrease uric acid levels in 84.48% of the cases compared to those in the hyperuricemic control group.<sup>19</sup> In a second study, broadleaved or Brazilian pepper tree (*Shinus terebinthifolius*) essential oil, from the *Anacardiaceae* family,<sup>20</sup> and historically used to treat gout, was found to be cytotoxic in several cell lines mainly to leukemia and other carcinomas which the study was focused



### Aromatherapy Blend for Psoriatic Arthritis

If able to reduce or eliminate psoriasis, then ultimately one would ward off psoriatic arthritis. Carrot seed (*Daucus carota*) essential oil is "excellent as a cellular regenerator for the skin,"<sup>12</sup> and pot marigold (*Calendula officinalis*) infused oil is wonderful for wound healing and is used as the carrier oil in this blend.

#### Supplies and Ingredients:

30 ml amber dropper bottle  
10 ml pot marigold (*Calendula officinalis*) oil

#### Essential Oils:

5 ml sichuan pepper  
(*Zanthoxylum bungeanum*)  
5 ml carrot seed (*Daucus carota*)  
5 ml copaiba (*Copaifera langsdorffii*)  
5 ml tea tree (*Melaleuca alternifolia*)

#### Directions for Making and Use:

Add the marigold oil and essential oils to the bottle and mix well. Apply the blend topically to patches of psoriasis, ensuring to rub into cuticles if under nails, two to three times daily and as needed.

#### Safety Considerations

Sichuan pepper (*Zanthoxylum bungeanum*): Do not use if oxidized. No contraindication in pregnancy.<sup>24</sup>

Tea tree (*Melaleuca alternifolia*): As with all essential oils, do not use if oxidized. Low risk for skin sensitization.<sup>25</sup>

Copaiba (*Copaifera langsdorffii*): It is nontoxic.<sup>26</sup>

Carrot seed (*Daucus carota*): Non-phototoxic; may interfere with gestation, contraindicated in pregnancy and lactation.<sup>27</sup>

Pot marigold (*Calendula officinalis*): No safety considerations documented.

Ylang-ylang (*Cananga odorata*): Moderate risk for skin sensitization, maximum of 2.5% dermal application.<sup>28</sup>

### Aromatherapy Blend for Gouty Arthritis

Reducing uric acid crystals, analgesic and anti-inflammatory properties should be the focus of creating a blend to help with gouty arthritis.

#### Supplies and Ingredients:

30 ml amber dropper bottle  
15ml jojoba (*Simmondsia chinensis*)

#### Essential Oils:

5 ml rosemary (*Rosmarinus officinalis*)  
3 ml Brazilian pepper tree  
(*Shinus terebinthifolius*)  
1 ml indigenous cinnamon  
(*Cinnamomum osmophloeum*)  
1 ml ylang-ylang (*Cananga odorata*)  
5 ml carrot seed (*Daucus carota*)

#### Directions for Making and Use:

Prepare a Mother Blend in the glass dropper bottle by combining the above ingredients and essential oils. Apply 2-5 drops on each area and massage in. Cover with hot warm compress to allow the blend to soak into the skin and relieve pain.

**Cautions:** Avoid use with infants or children 3 years old and under.

Rosemary (*Rosmarinus officinalis*): Do not apply to, or near, the face of infants or children; based on camphor content, it might be neurotoxic. Do not use more than 6.5% dilution for dermal application.<sup>29</sup>

Brazilian pepper tree (*Shinus terebinthifolius*): No contra-information for use were found.

Indigenous cinnamon (*Cinnamomum osmophloeum*): Do not use with infants or children 3 years and under.

Jojoba (*Simmondsia chinensis*): No safety considerations documented.

on.<sup>21</sup> It is felt, though, that it also might be effective in reducing or eliminating uric acid crystals or targeting the cells that form uric acid. A third study was found on rosemary (*Rosmarinus officinalis*) essential oil, of the *Lamiaceae* family, (chemotype camphor-borneol<sup>22</sup>) although results were not shared. Rosemary (*Rosmarinus officinalis*) essential oil is commonly used as an analgesic for arthritis; thus I will use it in the blend recipe I've created. Lastly, ylang-ylang (*Cananga odorata*) essential oil, from the *Annonaceae* family, was found to be an effective anti-inflammatory and should be considered a useful medicine but needs further studies.<sup>23</sup>

## Conclusion

Just like rheumatoid and osteoarthritis, psoriatic and gouty arthritis affect millions of people per year. Psoriasis leading to psoriatic arthritis pain and inflammation can possibly be reduced with the use of pot marigold (*Calendula officinalis*) infused oil as a carrier oil (which has healing properties of its own) and the following essential oils: Sichuan pepper (*Zanthoxylum bungeanum*), carrot seed (*Daucus carota*), copaiba (*Copaifera langsdorffii*), and tea tree (*Melaleuca alternifolia*).

Gouty arthritis pain and inflammation might be reduced with the topical application of jojoba (*Simmondsia chinensis*) (which has healing properties of its own per the studies) combined with the following essential oils: Rosemary (*Rosmarinus officinalis*), Brazilian pepper tree (*Shinus terebinthifolius*), indigenous cinnamon (*Cinnamomum osmophloeum*), ylang-ylang (*Cananga odorata*), and carrot seed (*Daucus carota*). There are far less side-effects and

contraindications than that of Western medicine but always be aware of the safety considerations. It is advised to have a holistic professional or aromatherapist oversee your care when using essential oils.

## References

1. Arthritis Foundation Website. (2016). How Common is Psoriatic Arthritis in People with Psoriasis? Accessed December 05, 2016: <http://blog.arthritis.org/>
2. Laino, Charlene. Web MD website. (2010). Gout Cases on the Rise in U.S. Accessed December 05, 2016: <http://www.webmd.com/arthritis/news/20101110/gout-cases-on-the-rise-in-u-s#1>
3. Madell, R. (2016). Symptoms of Psoriatic Arthritis. Para 1. Accessed January 16, 2017: <http://www.healthline.com/health/psoriatic-arthritis-symptoms-pictures#Overview1>
4. Hodgson, B., & Kizior, R. Methotrexate. (2014). p. 753. Nursing Drug Handbook 2014. Elsevier/Saunders.
5. Hodgson, B., & Kizior, R. Methotrexate side effects and adverse effects. (2014) p. 755. Nursing Drug Handbook 2014. Elsevier/Saunders.
6. Hodgson, B., & Kizior, R. Remicade classification and uses. (2014) p. 611. Nursing Drug Handbook 2014. Elsevier/Saunders.
7. Hodgson, B., & Kizior, R. Remicade side effects and adverse effects. (2014) p. 612. Nursing Drug Handbook 2014. Elsevier/Saunders.
8. Li, K., (2016). Zanthoxylum bungeanum Essential Oil Induces Apoptosis of HaCa T Human Keratinocytes. Accessed December 5th, 2016: <https://www.ncbi.nlm.nih.gov/pubmed/27041402>
9. Apoptosis. (2017). Wikipedia. Accessed January 16th, 2017: <https://en.wikipedia.org/wiki/Apoptosis>
10. Gelmini, F., (2013). GC-MS Profiling of the Phytochemical Constituents of the oleoresin from *Copaifera langsdorffii* Dest. And a preliminary In Vivo Evaluation of its Antipsoriatic Effect. Accessed December 5th, 2016: <https://www.ncbi.nlm.nih.gov/pubmed/22939967>
11. Pazyar, N. & Yaghoobi, R. (2012). Tea Tree Oil as a Novel Antipsoriasis Weapon. Accessed December 5th, 2016: <https://www.ncbi.nlm.nih.gov/pubmed/22473218>
12. Battaglia, S. (2003). The Complete Guide to Aromatherapy. (2nd ed.) p. 176. The International Centre of Holistic Aromatherapy.
13. Center for Disease Control website. (2016). Gout. Accessed December 05th, 2016: <http://www.cdc.gov/arthritis/basics/gout.html>
14. Center for Disease Control website. (2016). Gout: Background. Accessed December 05th, 2016: <http://www.cdc.gov/arthritis/basics/gout.html>
15. Wikipedia. (2017). Colchicine. Accessed January 17th, 2017: <https://en.wikipedia.org/wiki/Colchicine>
16. Wikipedia. (2017). Allopurinol. Accessed January 17th, 2017: [https://en.wikipedia.org/wiki/Allopurinol#Side\\_effects](https://en.wikipedia.org/wiki/Allopurinol#Side_effects)
17. Wikipedia. (2017). Stephen-Johnson syndrome. Accessed January 17th, 2017: [https://en.wikipedia.org/wiki/Stevens%E2%80%93Johnson\\_syndrome](https://en.wikipedia.org/wiki/Stevens%E2%80%93Johnson_syndrome)
18. Wikipedia. (2017). Cinnamomum osmophloeum. Accessed January 17th, 2017: [https://en.wikipedia.org/wiki/Cinnamomum\\_osmophloeum](https://en.wikipedia.org/wiki/Cinnamomum_osmophloeum)

19. Wang, S.Y., et al. (2008). Essential Oil from Leaves of *Cinnamomum osmophloeum* Acts as a Xanthine Oxidase Inhibitor and Reduces the Serum Uric Acid Levels in Oxonate Induced Mice. Accessed December 5th, 2016:

<https://www.ncbi.nlm.nih.gov/pubmed/18693097>

20. Wikipedia. (2017). *Schinus terebinthifolius*. Accessed January 17th, 2017: [https://en.wikipedia.org/wiki/Schinus\\_terebinthifolius](https://en.wikipedia.org/wiki/Schinus_terebinthifolius)

21. Santana, J. S., et al. (2012). Essential Oils from *Schinus terebinthifolius* leaves- Chemical Composition and in Vitro Cytotoxicity Evaluation. Accessed December 5th, 2016: <https://www.ncbi.nlm.nih.gov/pubmed/22870865>

22. Begum, A., et al. (2013). An In-Depth Review on the Medicinal Flora *Rosmarinus officinalis*. (Lamiaceae). Accessed December 5th, 2016: <https://www.ncbi.nlm.nih.gov/pubmed/24584866>

23. Tan, L.T., (2015). Traditional Uses, Phytochemistry, and Bioactivities of *Cananga odorata* (Ylang -Ylang). Accessed December 5th, 2016: <https://www.ncbi.nlm.nih.gov/pubmed/26294929>

24. Tisserand, R. & Young, R. (2014). *Essential Oil Safety: A Guide for Health Care Professionals*. (2nd Ed.). Page 386. UK: Churchill Livingstone Elsevier.

25. Tisserand, R. & Young, R. (2014). *Essential Oil Safety: A Guide for Health Care Professionals*. (2nd Ed.). Page 441. UK: Churchill Livingstone Elsevier.

26. Tisserand, R. & Young, R. (2014). *Essential Oil Safety: A Guide for Health Care Professionals*. (2nd Ed.). Page 259. UK: Churchill Livingstone Elsevier.

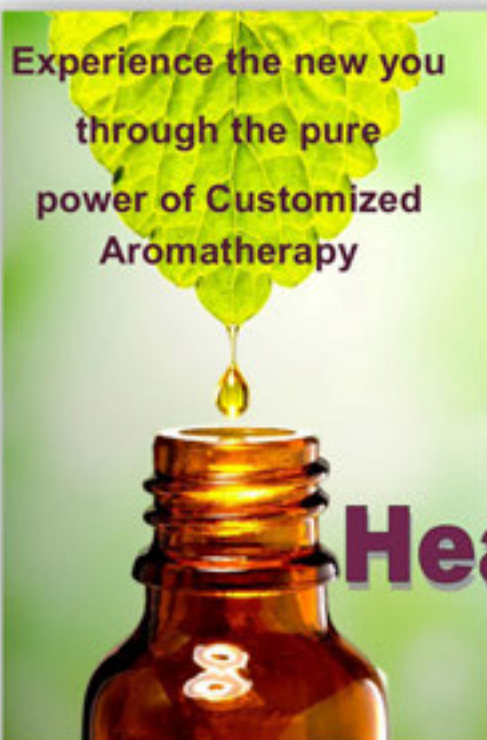
27. Tisserand, R. & Young, R. (2014). *Essential Oil Safety: A Guide for Health Care Professionals*. (2nd Ed.). Page 233. UK: Churchill Livingstone Elsevier.

28. Tisserand, R. & Young, R. (2014). *Essential Oil Safety: A Guide for Health Care Professionals*. (2nd Ed.). Page 477. UK: Churchill Livingstone Elsevier.

29. Tisserand, R. & Young, R. (2014). *Essential Oil Safety: A Guide for Health Care Professionals*. (2nd Ed.). Page 409. UK: Churchill Livingstone Elsevier.

### **About Sandra J. Nosek RN, BSN, IAC:**

Sandra is a clinical nurse aromatherapist who has grown in knowledge through research and academia. She enjoys producing all organic products such as her most appraised Rose & Lavender Coconut Milk bath salts, and through consultations and research creating custom blends for her customers. Sandra is a wife and mother of three grown children. Sandra enjoys crafting, gardening, and reading. To learn more about Sandra, visit her website at: <http://heavenscents.org/>



- ◆ Regain your health
- ◆ Free e-mail consultations
- ◆ Pet health consultations
- ◆ Customized Oil Blends, Salves & Inhalers
- ◆ Bath and Body Products

*Sandra Nosek RN, BSN, IAC  
Certified Nurse Aromatherapist*

# HeavenScents.org

Relax, Inhale and Feel the Difference  
Free E-mail Consultation: [HeavenScents@cox.net](mailto:HeavenScents@cox.net)

Your Body  
Needs...

100% Pure Essential Oils

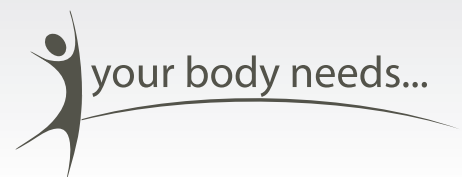


Essential oils and carrier oils  
Aromatherapy accessories and body products  
Workshops, classes and personal consultations

We specialize in custom face oils for skin care and  
blends for dealing with modern stresses.

YourBodyNeeds.com   Info@YourBodyNeeds.com   443- 292-4395

In business since 2008, Your Body Needs... has developed relationships with distillers and educators in the field all around the world. We are dedicated to quality of product and to our customers.



# Using Holistic Phyto-Aromatherapy to Support Lyme Disease

by Anna Doxie, RA



Lyme disease is a multi-faceted, bacterial infection caused by the spirochete bacterium, *Borrelia burgdorferi*. The infection is transmitted from the bite of an infected, small, black-legged tick, known as Ixodes or Deer Tick. The infected tick must be attached for a period of one to two days, allowing the bacteria to spread throughout the body. Generally, Lyme disease is not transmissible by human contact, with the possible exception of vertical transmission from a pregnant woman to her fetus. Tick bites often go unnoticed because, as the tick is so small during the nymph stage, it may evade detection. Excretions from the tick also impair the ability to palpate any irritation or discomfort from the bite. Despite the high number of cases diagnosed each year, bacterial transmission is rare; only about 1% of identified tick bites actually result in the transmission of Lyme disease.<sup>1</sup>

The Centers for Disease Control and Prevention (CDC), has estimated that upwards of 300,000 people are diagnosed with Lyme disease each year in the United States alone. Although US numbers are high, Lyme disease has been found all over the world and on almost every continent. Many cases go undiagnosed each year because the symptoms are often mistaken for those of other diseases or immune disorders. Misdiagnosis can be devastating to those infected, as it causes a delay in proper treatment and allows bacteria to spread throughout the body.<sup>1</sup>

If the infection is caught early, before the bacteria has an opportunity to spread through the blood stream, the mild, flu-like symptoms can usually be treated successfully with a single dose, or series of doses, of specific antibiotics. However, antibiotics often remove beneficial gut bacteria, thereby causing an imbalance in intestinal flora and often leading to other health concerns. So it is always advisable to take a probiotic to replace and maintain healthy gut flora after any antibiotic treatment.<sup>2</sup>

The sooner treatment is given, the faster the recovery. Once the bacteria have entered the bloodstream, they quickly spread to various organ systems throughout the body. Chronic symptoms begin to appear, often affecting the central nervous system, eyes, joints and heart. When this happens chronic treatment is required to combat the disease and reduce symptoms.<sup>3</sup>

## Early Symptoms of Lyme Disease

Symptoms often begin during the months of May through September, when the nymph stage of the Deer Tick is plentiful. The classic dermatologic sign of *Borrelia* infection is the Bull's Eye rash, although not all cases of Lyme disease are discovered in this way. It is estimated that 70-80% of those infected do experience this rash. Flu-like symptoms, muscle soreness, and fever often accompany



Aromatherapy Blends to Help to Alleviate Common Lyme Disease Symptoms

Included on pages 46-49 are six recipes that can help to alleviate Lyme Disease symptoms. Please note that sunflower oil can be substituted with another carrier oil of your choice, in any of these aromatherapy blends, if preferred.

---

### Vomiting and Nausea Blend

---

**Ingredients:**

1 oz. sunflower (*Helianthus annuus*) oil

**Essential Oils:**

3 drops sweet orange (*Citrus sinensis*)

3 drops ginger (*Zingiber officinale*)

1 drop spikenard (*Nardostachys jatamansi*)

-----

**Directions for Making and Use:**

Combine the ingredients together in a 1 oz. glass bottle. Shake well. Apply a dime-sized amount of the blend to the stomach every two hours as needed.

---

### Anxiety Inhaler Blend

---

**Essential Oils:**

6 drops petitgrain

(*Citrus aurantium* var. *amara* (fol))

6 drops bergamot (*Citrus bergamia*)

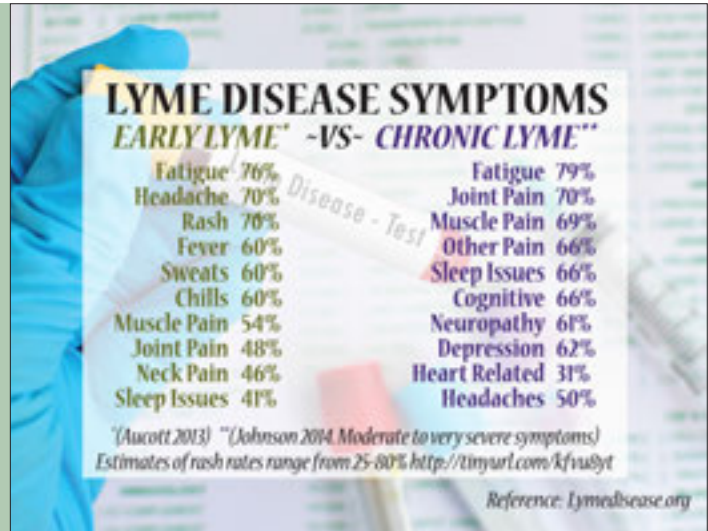
4 drops ylang-ylang (*Cananga odorata*)

4 drops vetiver (*Vetiveria zizanioides*)

-----

**Directions for Making and Use:**

Add the essential oils to the wick of an aroma stick inhaler. Seal the inhaler. To Use: Inhale a few short, deep breaths every thirty minutes as needed.



the skin lesions in the early period. The other 20-30% that do not manifest the classic signs and symptoms are at risk for becoming the next chronic sufferers of Lyme Disease.<sup>2</sup>

**Early Symptoms of Lyme Disease:**

Flu-Like symptoms	Headache
Body/Muscle soreness	Fever
Vomiting	Chills
Fatigue	Skin Rash

An early prognosis is made by analyzing the symptoms and testing for specific bacterial antibodies in the blood. However, blood tests can be falsely negative in the early stages of the disease if there is not enough time for antibodies to develop or the patient's immune system has not begun to interact with the antibodies. Because Lyme disease suppresses the immune system, 20-30% of patients do not produce adequate antibodies and have falsely negative blood tests. The infection may also be due to a bacterial strain that has not yet been identified or was not included in the blood test.<sup>1,3</sup>

## Chronic Symptoms of Lyme Disease

Chronic symptoms of Lyme disease are serious and debilitating and greatly affect the patient's overall quality of life. These can occur after months of misdiagnosed or inadequately treated disease. Severe symptoms may become chronic and often debilitating. Chronic symptoms include the following:

Neuropathy (various forms)	Insomnia
Depression	Fibromyalgia
Migraines	Brain Fog
Vertigo	Facial Palsy
Anxiety	Personality Disorders Mental Illness
Eye inflammation	Swollen Lymph Nodes
Auto-Immune Disorders	Arthritis
Skin Disorders	Liver inflammation

The symptoms of Lyme disease vary greatly from person to person. The disease can affect a single organ or an entire body system. Multisystem involvement is not uncommon in Lyme disease. Various infections and co-infections display themselves physically in a wide variety of ways. To add to the challenge, the incubation period before symptoms are revealed can last from several days to several months and even years for some.<sup>2</sup>

## Using Holistic Phyto-Aromatherapy to Support Lyme Disease

How can holistic Phyto-Aromatherapy help to support Lyme disease? First, it is important to emphasize that holistic Phyto-Aromatherapy compliments and supports

allopathic therapy; it does not replace it. Because Lyme disease sufferers experience a wide variety of symptoms, a personal and professional consultation must include a detailed client intake and health history, in order to create a total protocol that will provide the most effective support. The therapist must work in conjunction with all allopathic care advice to minimize disease symptoms, increase the quality of life, and decrease long-term disease sequelae. Holistic Phyto-Aromatherapy assists in restoring homeostasis within the body systems, which will, in turn, assist in addressing the root cause and elimination of the disease from

### Arthritis: Muscle/Joint Pain Blend

#### Ingredients:

1 oz. sunflower (*Helianthus annuus*) oil

#### Essential Oils:

3 drops plai (*Zingiber cassumunar*)

3 drops sweet birch (*Betula lenta*)\*

3 drops kunzea (*Kunzea ambigua*)\*\*

3 drops sandalwood

(*Santalum paniculatum*)

#### Directions for Making and Use:

Combine the ingredients together in a 1 oz. glass bottle. Shake well. Apply a small amount of the blend to the affected muscles/joints every two hours or as needed for pain.

#### Cautions:

\*Avoid use of sweet birch essential oil during pregnancy and with infants and small children. Avoid use with known bleeding disorders and with individuals that are sensitive to salicylate.

\*\*Avoid use of kunzea essential oil during pregnancy.

the body. A holistic, balanced protocol does not only include recommendations for the use of essential oils. It also includes dietary assessments and adjustments. Vitamins, herbs and other supplements are carefully chosen to work in conjunction with the allopathic care that the client receives from a personal physician. Holistic Phyto-Aromatherapy has a track record of providing relief for the many symptoms of Lyme disease, supporting allopathic treatment as it directly addresses the root cause of the disease.

### Essential Oils and Lyme Disease Prevention

Of course, prevention is the best approach to Lyme disease and here, too, essential oils have proven effective. There are several essential oils shown to repel the nymphs of Ixodes ticks:

- Tea tree (*Melaleuca alternifolia*)<sup>4</sup>
- Amyris (*Amyris balsamifera*)<sup>5</sup>
- Osage orange\* (*Maclura pomifera*)<sup>5</sup>
- Geranium (*Pelargonium graveolens*)<sup>6,8</sup>
- Lavender (*Lavandula angustifolia*)<sup>7</sup>
- Incense cedar (*Calocedrus decurrens*)<sup>8</sup>
- Western juniper (*Juniperus occidentalis*).<sup>8</sup>

#### Cautions:

- Western juniper essential oil: Avoid use in pregnancy, nursing, and with kidney, liver or heart problems.

*Editor's Note: The above essential oils were found to be useful to repel the nymphs of ixodes ticks in research studies, as per the author's statement. However, when using essential oils for this purpose (by following the instructions below), it is advisable that you choose the more commonly known*

---

#### Headache Blend

---

##### Ingredients:

1 oz. sunflower (*Helianthus annuus*) oil

##### Essential Oils:

4 drops lavender (*Lavandula angustifolia*)

3 drops peppermint (*Mentha x piperita*)

1 drop vetiver (*Vetiveria zizanoides*)

2 drops sandalwood

(*Santalum paniculatum*)

-----

##### Directions for Making and Use:

Combine the ingredients together in a 1 oz. glass bottle. Shake well. Apply a small amount of the blend to the temples and the back of the head and neck as needed.

---

#### Insomnia Diffuser Blend

---

##### Essential Oils:

2 drops grapefruit (*Citrus x paradisi*)

4 drops ho wood (*Cinnamomum camphora*)

3 drops may chang (*Litsea cubeba*)

2 drops ylang-ylang (*Cananga odorata*)

1 drop vetiver (*Vetiveria zizanoides*)

-----

##### Directions for Making and Use:

Combine the blend in a small bottle. Shake well. Add 2–3 drops of the blend to an aromatherapy diffuser. Refer to the manufacturer's guidelines for use. Diffuse in the bedroom up to thirty minutes before bedtime and turn off the diffuser before you retire.

*essential oils for this purpose such as tea tree, amyris, geranium and lavender since currently there is lack of safety information pertaining to these less commonly-known essential oils.*



**Instructions for Use:**

- Combine one oz. of aloe vera gel and a total of up to 18 drops of one or more of the above listed essential oils in a spray bottle. (Be sure to add a natural sourced preservative such as vitamin E and a dispersant when using aloe vera as a carrier base for topical application use).
- Shake well before each use. Spray the blend on the body (exposed arms and legs) before going outdoors when venturing in an area at risk for ticks.
- Essential oils are very volatile and the blend may need to be reapplied frequently for thorough protection while outdoors.

**Conclusion**

Lyme disease is common, chronic, and often debilitating. Practitioners of Holistic Phyto-Aromatherapy can help by referring clients with suggestive symptoms to allopathic physicians for diagnosis and prompt antibiotic treatment, and by recommending holistic and supportive measures to those undergoing such treatment. These include alleviating pain, decreasing anxiety, aiding sleep, and inhibiting nausea and vomiting. In addition, it should also be noted that rock rose (*Cistus ladanifer*) essential oil inhibits the growth of *Borrelia burgdorferi*.<sup>9</sup> Thus, Holistic Phyto-Aromatherapy has the potential to ease the suffering of victims of Lyme disease, prevent transmission by repelling the Ixodes nymph, and strike at the root cause, as well by inhibiting growth of the causative bacterium.




---

**Skin Rash Blend**


---

**Ingredients:**

1 oz. sunflower (*Helianthus annuus*) oil

**Essential Oils:**

3 drops German chamomile  
(*Matricaria recutita*)

3 drops Roman chamomile  
(*Chamaemelum nobile*)

3 drops palmarosa (*Cymbopogon martinii*)

2 drops balsam copaiba  
(*Copaifera officinalis*)

-----

**Directions for Making and Use:**

Combine the ingredients together in a 1 oz. glass bottle. Shake well.

**References:**

1. Centers for Disease Control and Prevention. (2016). Lyme disease. Retrieved from: <https://www.cdc.gov/lyme/>
2. Lymedisease.org. (2015). About Lyme. Retrieved from: <https://www.lymedisease.org/lyme-basics/lyme-disease/about-lyme/>
3. American Lyme Disease Foundation. (2017). What is Lyme disease? Retrieved from: <http://www.aldf.com/lyme-disease/>
4. Iori, A., Grazioli, D., Gentile, E., Marano, G., & Salvatore, G. (2005). Acaricidal properties of the essential oil of *Melaleuca alternifolia* Cheel (tea tree oil) against nymphs of *Ixodes ricinus*. *Veterinary Pathology*. 129(1-2): 173-176. Retrieved from: <http://www.sciencedirect.com/science/article/pii/S0304401704006132>

5. Carroll, J. F., Paluch, G., Coats, J., & Krammer, M. (2010). Elemol and amyrin oil repel the ticks *Ixodes scapularis* and *Amblyomma americanum* (Acari: Ixodidae) in laboratory bioassays. *Experimental and Applied Acarology*. 51(4): 383-392. Retrieved from: <http://link.springer.com/article/10.1007%2Fs10493-009-9329-0>

6. Tabanca, N., Wang, M., Avonto, C., et al. (2013). Bioactivity-Guided Investigation of Geranium Essential Oils as Natural Tick Repellents. *J. Agricultural Food Chem.* 61 (17): 4101-410. Retrieved from: [http://www.academia.edu/18273042/Tick\\_Repellent\\_Substances\\_in\\_the\\_Essential\\_Oil\\_of\\_I\\_Tanacetum\\_vulgare\\_I](http://www.academia.edu/18273042/Tick_Repellent_Substances_in_the_Essential_Oil_of_I_Tanacetum_vulgare_I)

7. Thomas G., Jaenson, T., Garboui, S. & Pålsson, K. (2006). Repellency of Oils of Lemon Eucalyptus, Geranium, and Lavender and the Mosquito Repellent MyggA Natural to *Ixodes ricinus* (Acari: Ixodidae) in the Laboratory and Field. *J. Med. Entomology*. 43(4):731-736. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed/16892632>

8. Dolan, M.C., Dietrich, G., Panella, N. A., Montenieri, J. A. & Karchesy, J. J. (2007). Biocidal activity of three wood essential oils against *Ixodes scapularis* (Acari: Ixodidae), *Xenopsylla cheopis* (Siphonaptera: Pulicidae), and *Aedes aegypti* (Diptera: Culicidae). *J. Econ. Entomology*. 100(2): 622-625. Retrieved from: [http://www.cedaroilindustries.com/information/resources/ticks\\_fleas\\_mosquitoes.pdf](http://www.cedaroilindustries.com/information/resources/ticks_fleas_mosquitoes.pdf)

9. Hutschenreuther, A., Birkemeyer, C., Grötzinger, K., Straubinger, R.K. & Rauwald, H.W. (2010). Growth inhibiting activity of volatile oil from *Cistus creticus* L. against *Borrelia burgdorferi* s.s. in vitro. *Pharmazie*. 65(4): 290-295. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed/20432627>

### About Anna Doxie:

Anna Doxie is a Registered Aromatherapist, Organic Cosmetic Formulator, and Essential Oil Educator. She serves on the Board of Directors for NAHA, as the Director Coordinator and Regional Director for Southern California. She is also the Founder and Director of the Institute of Holistic Phyto-Aromatherapy. To learn more about Anna, please visit her website:

[www.authenticaromatherapyeducation.com](http://www.authenticaromatherapyeducation.com).



INSTITUTE OF HOLISTIC  
PHYTO-AROMATHERAPY

## Become A Certified Aromatherapist

BEGIN YOUR JOURNEY

*The Institute is the 1st to offer live-streaming aromatherapy course instruction!*

### **240 hour Aromatherapy Certification Program (ACP).**

This program is directed towards students that are Essential Oil enthusiasts OR have the goal of becoming an Aromatherapy Professional. Upon completion of this course you will have a solid foundation and ability to launch a new career or business.

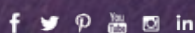
Enrolled students will have direct access to the Institutes all inclusive program:

- \* Live streaming interactive course instruction.
- \* A beautifully pre-printed tactile core curriculum.
- \* Exclusive video learning library.
- \* Instructor supervised private student community forum.
- \* Detailed guidance and direction on how to create your own personal brand/label, including product formulation guidelines, and regulations, upon successful completion of the program.



*Learn The Art & Science of Therapeutic Plant Based Treatments To Support Your Health*

Visit our website for more information: [AuthenticAromatherapyEducation.com](http://AuthenticAromatherapyEducation.com)



Call to reserve your seat in class today! 1-800-909-6985





# Using Aromatherapy for Allergies

by KG Stiles

An allergic reaction is a specific response by the body's immune system to a usually harmless substance called an allergen. Common environmental allergens that can trigger allergic reactions are pollen and animal dander, i.e. allergic rhinitis nose (hay fever) and lung (asthma).

There are also allergic reactions to foods. Common food allergens include: Dairy, wheat, corn, soy, peanuts, coffee, artificial sweeteners and monosodium glutamate (MSG).<sup>1</sup>

Symptoms of both environmental and food allergies may show up as itchy eyes or nose, sneezing, runny nose or nasal congestion, sore, scratchy or constricted throat, post nasal drip, trouble breathing, nausea and vomiting, light headedness or even fainting. Severe allergic reactions (anaphylaxis) can be fatal if not treated immediately.<sup>2</sup>

Theron Randolph, the pioneer of environmental medicine, considered the "Father of Clinical Ecology," was a 20th century physician, allergist, and researcher from the United States who studied the effects of environmental allergens, chemical sensitivities and food allergies, as well as preventive care.<sup>3</sup>

According to Theron Randolph's research, "approximately 90% of people have some kind of allergy or sensitivity." And, for food related allergies, "9 out of 10 of those people don't realize that their symptoms are related to the food they're eating on a daily basis."<sup>4</sup>

## Common Indicators of Environmental or Hidden Food Allergies

More than fifty percent of your immune system is found in your digestive tract, which is why it is crucial that you eat only the foods that are right for you.<sup>5</sup>

Common Indicators Include:

*1. Foods you may be allergic to tend to be those you, "Can't live without."*

Daily consumption or addiction to a particular food like a morning cup of coffee, or daily sugar fix, can lead to food allergies and sensitivities.

The common practice for prevention of food allergies is to rotate your foods. Eat a particular food no more than three days in a row before taking a one or two day break from it.

2. *Do you feel swollen or puffy after eating certain foods?*

If you struggle with bloating, gas, indigestion, acid reflux, or other irritable bowel problems the root cause may be hidden food allergies.

When you eat foods that don't agree with you, your digestive system becomes inflamed. Inflammation can cause you to hold on to stubborn weight gain, no matter how much you exercise, or reduce food intake.

Most doctors, as yet, do not recognize inflammation as a leading cause of disease. Constant exposure to hidden allergens can overwork and confuse the immune system and even lead to the development of certain diseases like irritable bowel disease, celiac disease, Crohn's disease, rheumatoid arthritis, ulcerative colitis, eczema, psoriasis, fibromyalgia, lupus, multiple sclerosis (MS), and heart disease.

Sensitivities to foods and your environment can also surface in the form of anxiety, depression, joint pain, asthma, acne, bad breath, constipation, diarrhea, fatigue, brain fog, hyperactivity, puffy eyes and face, and even stubborn to lose weight.

3. *Seasonal hay fever symptoms continue throughout the year.*

Are your hay fever symptoms chronic and last year around? This can be a sensitivity to something in your environment, or a food allergen.

Food allergens also reduce your ability to absorb the nutrients in your food. Your body can be starved for nutrition even though you are eating adequate amounts of high quality food. Remember, only a well-nourished body can perfectly heal itself.

Undigested food particles can leak through the wall of the intestinal lining and enter the blood stream; this is a condition referred to as *leaky gut*. The body views these undigested food particles as foreign invaders: and your immune system kicks into high gear to fight off the perceived invaders. When this happens your immune system can become confused as to who are the good guys?

Inflammation also creates stress on the body's organ systems to maintain homeostasis. Stress triggers cortisol, a stress hormone, which may weaken your digestion and assimilation of nutrients even further and you become susceptible to more food allergens and other harmful pathogens, like candida, parasites and yeast which further contribute to bloating, gas and indigestion.<sup>6</sup>

This constant demand on your adrenal glands can lead to adrenal exhaustion and fatigue, which has also been linked to many health problems.

### **Calming Down the Intestines and Allergic Reactions**

Here are few essential oils that I recommend using for formulating aromatherapy blends to calm down intestinal inflammation, as well as for food and environmental allergies:



Helichrysum (*Helichrysum italicum*)  
© NAHA Database



Blue Tansy (*Tanacetum anuum*)

### **Blue Tansy/Moroccan Blue Chamomile** (*Tanacetum anuum*)

Steam distilled flower tops, Morocco. Its aroma is delightfully warm, fruity, and slightly herbal with camphoraceous notes and a complex sweetness that, to me, are reminiscent of apples and spice.

Its naturally occurring antihistamine and anti-allergic properties make blue tansy essential oil especially effective for promoting allergy relief. Blue tansy essential oil's bronchi-dilating effect make it useful in blends for relieving symptoms of asthma and emphysema and its anti-inflammatory properties help to reduce the swelling and itching often associated with allergies.

A long time sufferer of allergies and a client of mine who used to get weekly allergy shots and take daily medication to control her symptoms, reported that blue tansy essential oil had helped to relieve both allergic reactions to environmental, as well as food allergens, and that she had stopped taking allergy medication and no longer required weekly allergy shots.

**Caution:** "Since chamazulene inhibits certain enzymes theoretically there's a possibility that it will inhibit drugs metabolized by these same enzymes."<sup>7</sup>

### **Helichrysum** (*Helichrysum italicum*)

Italian Everlasting, Immortelle, steam distilled flowers, Corsica. *Helichrysum italicum* essential oil is considered the most powerful healing and regenerative essential oil in aromatherapy. Its scent is sweet, warm and radiant with a slight herbal top note. Its character is honey-like, delicate and light. A gentle essential oil, *Helichrysum italicum* is used primarily for tissue repair and healing. Its highly regenerative nature makes it one of the most powerful essential oils in aromatherapy for relieving inflammation.

**Caution:** Moderate risk for skin irritation.<sup>8</sup>

### **Blue Yarrow** (*Achillea millefolium L.*)

Steam distilled flowers, Bulgaria and Canada. It has a sweet, herbaceous, balsamic and camphoraceous scent that is warm and radiant. Used since antiquity for its anti-inflammatory properties, blue yarrow essential oil is highly astringent. Historically, the fresh plant was used in folk medicine. Yarrow essential oil has a strongly cleansing and fortifying effect on the immune system and stimulates blood and lymph circulation. Its expectorant action may be helpful for relieving sinus congestion and its anti-allergic properties make it effective for relieving allergy symptoms.



Eucalyptus (*Eucalyptus radiata*) © NAHA Database

---

Allergy Relief Formula #1:  
For Symptomatic Relief of Allergies

---

**Supplies:**

5 ml colored glass euro dropper bottle

**Essential Oils:**

50 drops blue tansy (*Tanacetum anuum*)

30 drops helichrysum  
(*Helichrysum italicum*)

10 drops blue yarrow  
(*Achillea millefolium* L.)

5 drops peppermint (*Mentha x piperita*)

5 drops lemongrass (*Cymbopogon citratus*)

1-3 drops eucalyptus (*Eucalyptus radiata*)  
-----

**Directions for Making and Use:**

Combine the essential oils together in the glass bottle. Cap bottle tightly and shake vigorously to blend oils thoroughly. Allow essential oils to synergize for 8-12 hours, or longer before using. Refrigeration recommended to keep oils fresh.

Dispense 1-3 drops onto a cotton ball or perfumer's smell strip and inhale. Use as needed for symptomatic relief of allergy symptoms.

**Caution:** For adult use only.

**Caution:** Avoid use in pregnancy. High ketone (thujone) content can cause headaches; avoid prolonged use. You can substitute with German chamomile (*Matricaria recutica*) essential oil if you are pregnant. Since chamazulene (a constituent of both blue yarrow and German chamomile essential oils) inhibits certain enzymes theoretically there's a possibility that it will inhibit drugs metabolized by these same enzymes.<sup>9</sup>

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

Steam distilled flowering tops, USA.

Peppermint essential oil is an adaptogenic essential oil, meaning that it acts to regulate excess conditions and can have a relaxing or invigorating effect depending upon the amount of essential oil used and the circumstance for which you are using it. Peppermint essential oil's powerful astringent properties make it a good blood cleanser. Its decongestant properties make peppermint essential oil one of my first choices for relieving congestion of any kind, including sinus congestion. Peppermint essential oil is one of the most powerful vasoconstrictors in aromatherapy. Its anti-inflammatory properties and action to constrict and narrow the blood vessels make it excellent for cooling inflamed, hot conditions. Research studies also showed that the use of peppermint can overall reduce some symptoms of Irritable Bowel Syndrome (IBS). Another study for stomach pain supported peppermint's use showing that enteric coated peppermint oil capsules improved IBS symptoms in children with IBS symptoms.

**Caution:** Peppermint essential oil cools excess hot conditions by constricting your blood capillaries; therefore, use it in extremely weak dilutions. One or two drops in a

dispersant and added to your bath water is sufficient for experiencing beneficial results. Research indicates that peppermint essential oil may aggravate gastro esophageal reflux disease (GERD), a type of heart burn. Due to its strong cooling action, peppermint essential oil should not be used by children under 2 1/2 years of age. Tisserand sets the bar for safe use with children at 10 years of age.<sup>10</sup>

### **Lemongrass** (*Cymbopogon citratus*)

Hydro-diffused grass, Haiti. Lemongrass has a long history of use in traditional folk medicine. It was used to relieve muscle cramps, aches and pains, lower blood pressure, relieve involuntary contractions like epilepsy, prevent vomiting, prevent and relieve coughs, relieve rheumatic type pain, inhibit and prevent infection, and treat nervous and gastrointestinal disorders and fevers.

Recent research studies demonstrate lemongrass essential oil's sedative effect on the central nervous system. Its sedative properties are especially calming and soothing to your mind.

Lemongrass essential oil's powerful vasodilating (expansive), anti-inflammatory, and sedative properties may be helpful for relieving muscle spasm, as well as promoting regeneration and healing of soft tissue. Historically, lemongrass has been used in traditional Indian Ayurvedic medicine for treating infections and reducing fever and inflammation. Its powerful vasodilating and regulating properties can provide fast and effective cooling relief for excess conditions of heat like a hot flash. Blend it with blue tansy and peppermint essential oils to enhance this effect.

---

### Allergy Relief Formula #2: For Symptomatic Relief of Allergies

---

#### **Ingredients and Supplies:**

1 oz. dispensing bottle  
0.5 oz fractionated coconut  
(*Cocos nucifera*) oil

#### **Essential Oils:**

50 drops blue tansy (*Tanacetum anuum*)  
40 drops helichrysum  
(*Helichrysum italicum*)  
5 drops peppermint (*Mentha x piperita*)  
5 drops lemongrass (*Cymbopogon citratus*)

-----

#### **Directions for Making and Use:**

Add the coconut oil to the 1 oz. glass bottle. Combine the essential oils formula in a separate bottle. Add 6-12 drops of the essential oils formula to the bottle which contains the fractionated coconut oil. Refrigeration recommended to keep essential oils fresh.

Cap bottle and shake well to disperse your oils into carrier oil. Apply the blend to sinus points and use as needed for symptomatic relief of allergy symptoms.

**Caution:** For adult use only.

**Caution:** Avoid use in pregnancy. High citral content, possible skin sensitization. Use less than 1% dermal application. Possible inhibition of anti-diabetic medication, as well as other drug interactions metabolized by the CYP2B6 enzyme.<sup>11</sup>

### **Eucalyptus** (*Eucalyptus radiata*)

Steam distilled leaf, Australia. Eucalyptus essential oil's stimulating, pungent, and camphoraceous notes brings to mind the smell we associate with medicine. In fact many

traditional medicines contain eucalyptus. One of the most powerful respiratory support essential oils in aromatherapy, eucalyptus's decongestant properties simulate oxygen uptake in the cells and simulates circulation of blood and lymph. This increased oxygen in the lungs promotes the cleansing and repair of your blood capillaries and vessels. For this reason, eucalyptus essential oil is an excellent blood cleanser and helpful for regenerating damaged lung cell tissue.<sup>1,2</sup>

Its strong expectorant properties are the reason why eucalyptus essential oil has the reputation for breaking up congestion and removing excess mucous from your nasal passageways. This, coupled with its potent anti-inflammatory properties which help to relieve swollen and painful nasal passageways, make eucalyptus essential oil the stand-out choice for treating respiratory issues. Its tonic and regulating properties help to strengthen and enliven the body, as well as have a stabilizing and balancing effect.

**Caution:** Essential oils high in 1,8-cineole can cause Central Nervous System disease (CNS)\* and breathing problems in young children. Tisserand recommends not applying eucalyptus essential oil to, or near, the face of infants or young children under ten years of age. However, it must be noted that *E. radiata* species is lower in 1,8 cineole content than other common varieties of eucalyptus, like *E. globulus* and *E. smithii*. Dermal maximum application is 20%.<sup>1,3</sup>

\*CNS diseases: Parkinson's disease, Multiple sclerosis (MS), Amyotrophic lateral sclerosis (ALS), Alzheimer's disease, Huntington's disease, peripheral neuropathies.

#### References:

1. National Institute of Allergy and Infectious Diseases (July 2012). <https://www.niaid.nih.gov/diseases-conditions/infectious-disease>

2. Sicherer, SH.; Sampson, HA. (Feb 2014). "Food allergy: Epidemiology, pathogenesis, diagnosis, and treatment." *J Allergy Clin Immunol.* 133 (2): 291-307; quiz 308.
3. *New York Times* website, Theron G. Randolph, 89, *Environmental Allergist*, accessed January 31, 2017: <http://www.nytimes.com/1995/10/05/us/theron-g-randolph-89-environmental-allergist.html>.
4. Theron Randolph, from Wikipedia [https://en.wikipedia.org/wiki/Theron\\_Randolph](https://en.wikipedia.org/wiki/Theron_Randolph).
5. Brandtzaeg et al. 1989, the GALT (gut associated lymphoid tissue). <http://jem.rupress.org/content/210/9/1665>
6. Gut Microbiota and Inflammation, National Library of Medicine, National Institute of Health, published online June 2011. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3257638/>
7. Tisserand, R. & Young, R. (2014) *Essential Oil Safety: A Guide for Health Care Professionals*.
8. Tisserand, R. & Young, R. (2014) *Essential Oil Safety: A Guide for Health Care Professionals*.
9. Tisserand, R. & Young, R. (2014) *Essential Oil Safety: A Guide for Health Care Professionals*.
10. Tisserand, R. & Young, R. (2014) *Essential Oil Safety: A Guide for Health Care Professionals*.
11. Tisserand, R. & Young, R. (2014) *Essential Oil Safety: A Guide for Health Care Professionals*.
12. Serafino, A; Sinibaldi Vallebona, PS; Andreola, F; Zonfrillo, M; Mercuri, L; Federici, M; Rasi, G; Garaci, E; Pierimarchi, P (2008). "Stimulatory effect of Eucalyptus essential oil on innate cell-mediated immune response". *BMC Immunology.* 9: 17. doi:10.1186/1471-2172-9-17. PMC 2374764 Freely accessible. PMID 18423004. <https://www.ncbi.nlm.nih.gov/pubmed/18423004>
13. Tisserand, R. & Young, R. (2014) *Essential Oil Safety: A Guide for Health Care Professionals*.

#### About KG Stiles:

KG Stiles, BA, CBT, CBP, LMT, is a metaphysician, holistic health coach, certified clinical aromatherapist and consultant providing expert essential oil services since 1980. She has worked with many celebrities over the past three decades and has published hundreds of articles, many of which have appeared in *Massage Therapy Journal*, *Breast Cancer Wellness* magazine, *Aromatherapy Today* (Australia) and *NAHA Aromatherapy Journal*. Her newest book, [The Essential Oils Complete Reference Guide](#), was published on January 31, 2017. KG is the NAHA Regional Director for Oregon (South). To learn more about KG, please visit her website at: [www.kgstiles.com](http://www.kgstiles.com)



## The Essential Oils

### Complete Reference Guide

Over 250 Recipes for Natural Wholesome Aromatherapy

By KG STILES BA, CBT, CBP, LMT - Aromatherapist to the Stars

Also Available  
as an eBook!



*kgstiles*

"Beautifully designed  
and put together,  
you will refer to this  
book again and again."

— DR. STEVEN FARMER, best-selling author  
of Earth Magic, Animal Spirit Guides, and  
Healing Ancestral Karma

"There's something  
for everyone in this book!"

— SYLLA SHEPPARD-MANGER, LMT, founder and director  
Atlantic Institute of Aromatherapy



Pure & Natural Living with Essential Oils

Special Offer for NAHA Readers:

**15% OFF!**  
**Your Entire Order!**

at PurePlantEssentials.com

Use Discount Code

**NAHA2017**

at checkout.



Limited Time Offer - may end at any time.  
Must use discount code to receive offer.  
Valid only at PurePlantEssentials.com

# NAHA

## EDUCATE & EMPOWER WITH THESE AROMATHERAPY TOOLS

(Click on each link to learn more)

- ✿ Find An Aromatherapist/Aromatherapy Business Listing
- ✿ NAHA Educational Webinars
- ✿ Aromatherapy & Herbal Image Database CD
- ✿ About Aromatherapy Brochure & more!



PUTTING THE SPIRIT BACK IN AROMATHERAPY

# Aromatherapy Thymes

- LAUNCHED IN 2003!
- IN EACH ISSUE WE ENCOURAGE AND INFORM BOTH THE NOVICE AND THE MORE EXPERIENCED AROMATHERAPY ENTHUSIAST.
- 4 ISSUES PER YEAR
- START YOUR JOURNEY TO WELLNESS TODAY!

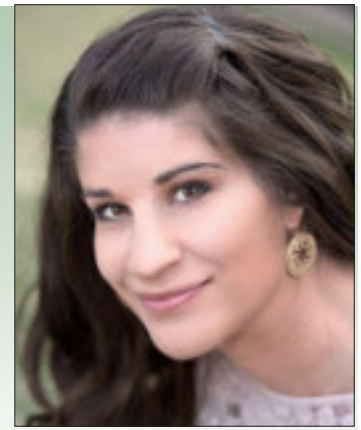
LEARN THE HISTORY, USES  
AND VALUE OF ESSENTIAL OILS.  
SUBSCRIBE NOW!

DIGITAL SUBSCRIPTIONS AVAILABLE @  
**[barnesandnoble.com](http://barnesandnoble.com) . [flipster.com](http://flipster.com) . [zinio.com](http://zinio.com)**  
SPECIAL 15% DISCOUNT FOR NAHA MEMBERS

**[aromatherapythymes.com](http://aromatherapythymes.com)**

# Aromatherapy for Seasonal Allergies in Children

by Amy Emmett



Springtime is a time of renewed warmth and beauty. While the winter sniffles have hopefully come and gone, there is a new respiratory issue on the horizon: Seasonal allergies. With blooming flowers comes a boom in stuffy heads and itchy eyes. For children, these symptoms can keep them indoors when all they want to do is go outside, soak in the sun, and play in the warmer weather. More parents are looking for natural options to help to ease the symptoms of allergies. Let's explore what we can do to help get these children playing back in nature where they belong!

## Causes of Seasonal Allergies

What is the cause of seasonal allergies? The biggest contributor to seasonal allergies is pollen. When this allergen enters the body, the immune system thinks it's an invader and attacks it by releasing histamines into the blood. This causes the symptoms often associated with seasonal allergies.

The symptoms of seasonal allergies can include:

- Sneezing
- Itchy eyes, nose, or throat
- Nasal congestion/stuffy head
- Coughing
- Clear, runny nose.

These symptoms can come on suddenly and last until the allergens are gone. They can start at a young age and disappear, only to reappear

in your twenties.

Sometimes allergies can induce asthma. If your child is taking any medications for allergies or another ailment, please consult with a qualified aromatherapist to check for contraindications. It is also advisable to tell your pediatrician that you use essential oils.

## Safety of Essential Oils with Children for Allergies

Essential oils are powerful and they have special precautions when you're using them with children. They are not to be feared, but to be treated with the utmost respect. I have created a chart on how to use aromatherapy safely with children. I have broken it down into age groups for easy reference. The general rule of thumb is: The younger the child, the greater the risk factor.





Age of Child	How to Use: Inhalation	How to Use: Topical Use
0-6 months	<p>Spritz of hydrosol in the air.</p> <p>Spritz of hydrosol on caregiver that the baby can smell.</p>	<p>Diluted* hydrosols of lavender (<i>Lavandula angustifolia</i>) or one of the chamomiles: Roman chamomile (<i>Chamaemelum nobile</i>) or German chamomile (<i>Matricaria recutita</i>) can be used for skin issues.</p> <p>Organic, unrefined carrier oils/butters such as virgin coconut oil or shea butter.</p>
6 months to 2 years	<p>Use a couple drops of child-friendly essential oils* in a diffuser for 15 minutes then turn off. Diffuse 2-3 times a day as needed.</p>	<p>Diluted* hydrosols of lavender (<i>Lavandula angustifolia</i>) or one of the chamomiles: Roman chamomile (<i>Chamaemelum nobile</i>) or German chamomile (<i>Matricaria recutita</i>) can be used for skin issues.</p> <p>Organic unrefined carrier oils/butters such as tamanu (<i>Calophyllum inophyllum</i>) oil or trauma oil.</p>
2 years to 5 years	<p>Only a few drops of child-friendly essential oils** in a diffuser for 15 minutes then turn off. Diffuse 2-3 times a day as needed.</p>	<p>Dilution of essential oils at 0.5%-1%</p>
5 years +	<p>Intermittent diffusion for 15-30 minutes on, and at least 60 minutes off. Diffuse 2-3 times a day as needed. More direct inhalation methods can be utilized, such as aromasticks.</p>	<p>Dilution of essential oils at 1%</p>

\*Hydrosol dilution is one drop per ounce of distilled water.      \*\*See pages 61-62 for examples.

Just like the usage guidelines are different for children, there is also a separate list of child appropriate essential oils. While some of the essential oils traditionally used for respiratory issues might be your first instinctive thought, several of these essential oils have special precautions or contraindications for children. These essential oils include:

- **Peppermint** (*Mentha x piperita*) is a BIG no-no for children under three years. Peppermint essential oil contains a large amount of menthol. Menthol stimulates cold receptors in the lungs. This triggers a reflex in young children, which slows breathing significantly, sometimes dangerously.<sup>1</sup>
- **Essential oils high in 1,8 cineole**, such as eucalyptus (*Eucalyptus globulus*, *E. radiata*), rosemary (*Rosmarinus officinalis* ct. cineole), and ravintsara (*Cinnamomum camphora*). While these essential oils can be very helpful in supporting the respiratory system in adults, they can cause central nervous system and breathing problems in small children when overused. They should not be applied on, or close to, the faces of children under 10 years of age.<sup>1</sup>
- **Essential oils high in camphor**, such as spike lavender (*Lavandula latifolia*), should be avoided with children under the age of 6. “It is concluded that small doses are dangerous.”
- **Any type of immune blend which includes cinnamon bark** (*Cinnamomum zeylanicum*), clove (*Eugenia caryophyllata*), eucalyptus (*Eucalyptus globulus*, *E. radiata*), rosemary (*Rosmarinus officinalis* ct. cineole). There are several

contraindications with the essential oils in these types of blends for children. I talked about eucalyptus (*Eucalyptus globulus*, *E. radiata*) and rosemary (*Rosmarinus officinalis* ct. cineole) essential oils above. Clove (*Eugenia caryophyllata*) essential oil is contraindicated in children under two years of age and cinnamon bark (*Cinnamomum zeylanicum*) essential oil is a dermal sensitizer.<sup>1</sup>

### Suggested Essential Oils for Children with Allergies

- **Cedarwood** (*Cedrus atlantica*): This is my go-to essential oil and favorite base note for respiratory support in children. Its decongestant activity combined with its expectorant abilities make it a superior choice. It seems to really pack a punch by stimulating the respiratory system. It has a soothing energy to it, reminiscent of a warm hug. It blends beautifully with sweet orange (*Citrus sinensis*) essential oil and lavender (*Lavandula angustifolia*) essential oil.
- **Lavender** (*Lavandula angustifolia*): True lavender essential oil contains linalool, which can have anti-inflammatory actions that may help relieve tissue congestion.<sup>3</sup> It also has anti-allergic activity.<sup>4</sup> Lavender essential oil is a gentle choice with an aroma that many children find pleasing on its own. It can help bring balance to the body. Using lavender essential oil in your blend can also enhance immune function.
- **Frankincense** (*Boswellia sacra*): Frankincense essential oil can help to open up breathing airways and help with the spastic cough that can creep up during allergy season. The presence of d-limonene can give it an anti-inflammatory effect<sup>5</sup>

while offering immune support.<sup>6</sup> It is not exactly a child's favorite aroma but pair it with a citrus essential oil and it will create an aromatically pleasing synergy.

- **German chamomile** (*Matricaria recutita*): German chamomile essential oil's chamazulene content is responsible for its anti-histaminic action. It also has anti-inflammatory properties that can help with an irritated respiratory tract.
- The conifer essential oils: Particularly siberian fir (*Abies sibirica*) and pinon pine (*Pinus edulis*) essential oils seem to be favored by children. These essential oils are also rich in alpha-pinene and really allow you to breathe easier. Black spruce (*Picea mariana*) essential oil is good too but I've had kids tell me that it smells like Home Depot! As with any essential oil, make sure

that the child smells it first. If they don't like it, they won't use it! All essential oils high in alpha-pinene should be given a cap test prior to using with asthmatics, due to the risk of inducing an attack.

- While **tea tree** (*Melaleuca alternifolia*) essential oil is an oil that I think of right away to help allergies in adults, I have found that children are not so keen on the aroma. So I like to use Fragonia™ (*Agonis fragrans*) essential oil and rosalina (*Melaleuca ericifolia*) essential oil instead of tea tree essential oil. Fragonia™ essential oil is a very balanced oil with a sweet, fresh aroma. It has almost a perfect balance of oxides (it has a moderate 1,8 cineole content), monoterpenes (alpha-pinene, as seen in frankincense and siberian fir essential oils) and monoterpenols (linalool and terpinene-4-ol as found in tea tree essential oil). Rosalina, also known as lavender tea tree, is a gentle, yet effective, essential oil. Its chemical composition of linalool and alpha-pinene with a touch of 1,8 cineole make it an obvious choice for congestion.
- **Sweet orange** (*Citrus sinensis*): I have yet to meet a kid who doesn't enjoy sweet orange essential oil. It brings an element of familiarity and comfort. It has a high percentage of d-limonene content and it can help to support the immune system. Combine it with Fragonia™ essential oil for a delightful aroma.

### Simple Nighttime Chest Salve

#### Ingredients:

¼ oz. beeswax (*Apis mellifera*)

¾ oz. jojoba (*Simmondsia chinensis*)

#### Essential Oils:

3 drops lavender (*Lavandula angustifolia*)

1 drop frankincense (*Boswellia sacra*)

1 drop cedarwood (*Cedrus atlantica*)

1 drop sweet orange (*Citrus sinensis*)

#### Directions for Making and Use:

Using a double boiler method, melt the beeswax and jojoba. Once melted, remove from heat. Add essential oils. Stir. Pour into a metal container and allow to cool.

Rub a small amount of salve onto the chest of children two years and older.

**Cautions:** If irritation occurs, discontinue use.

### Inhalation Methods of Aromatherapy for Allergies

In respiratory issues, I recommend using the inhalation method before topical use. Inhalation is the fastest, most effective, and

safest way to use aromatherapy for children. An ultrasonic diffuser is a great tool to have in your tool box when dealing with respiratory issues. But unfortunately, you can't take a diffuser with you everywhere that you go. This is where aromasticks (also known as personal inhalers) come into play. For children five years and older, add ten drops or less of your blend onto the organic cotton wick of the aromastick. Tada! Your child now has his/her own portable "diffuser." Make it fun by having the kids decorate it with washi tape but make sure to supervise them while doing so.

Steam inhalation is an effective way to break up congestion, allowing the child to breathe easier. This could be adding a drop of essential oil onto the shower floor and running hot water while you sit in the bathroom. Or you can make it fun by creating a shower steamer. Shower steamers are made of natural ingredients, usually baking soda and citric acid, which can be molded into fun shapes. You can then drop the essential oil blend right onto the steamer. Kids love to watch it fizz and dissolve in the shower!

### Additional Support for Allergies in Children

Probiotics are another way to support overall health to fight allergies. Probiotics that are found in food-based sources or through supplementation, can help to improve your gut flora. Look for fermented foods, yogurt, and drinks like kefir and kombucha. My kids especially enjoy kefir smoothies and they think that it's a delicious treat!

Another way to protect your child's terrain is by eliminating harsh synthetic chemicals from your home. Try cleaning around the house

with hydrogen peroxide, baking soda, vinegar, etc. instead of commercial cleaners. Remove synthetic fragrance-laden items such as plug-ins and sprays. Look at your laundry detergent and try to choose fragrance-free or one with naturally derived ingredients.

Support your child's immune system with a diet full of nutrient dense foods and fewer refined carbohydrates. We are what we eat! A weakened immune system can aggravate

---

#### Diffuser Blend

---

##### Essential Oils:

- 1 drop German chamomile  
(*Matricaria recutita*)
  - 2 drops Siberian fir (*Abies sibirica*)
  - 3 drops lemon (*Citrus x limon*)
- 

##### Directions for Use:

Should read: Check the chart (page 60) of this article for diffusing guidelines.

---

#### Aromastick

---

For children five years and older.

##### Essential Oils:

- 3 drops cedarwood (*Cedrus atlantica*)
  - 3 drops rosalina (*Melaleuca ericifolia*)
  - 4 drops lavender (*Lavandula angustifolia*)
- 

##### Directions for Use:

Place the required number of drops of each essential oil onto the organic cotton wick of aromastick. To use, twist off the lid and have the child take a deep inhale. Put the cap back on. Use when needed.

**Cautions:** If headache or nausea occurs, lessen or discontinue use.

allergy symptoms. Implementing simple changes by focusing on nutrition, exercise, hydration, and sleep can help to maximize health benefits. By incorporating a balanced approach with aromatherapy and healthy lifestyle choices, your child has a fighting chance against seasonal allergies.

**References:**

1. Tisserand, Robert and Young, Rodney (2014), *Essential Oil Safety*. London: Churchill Livingstone.
2. Love, JN, Sammon, M., Smereck, J. (2004) *Are one or two dangerous? Camphor exposure in toddlers*. J. Emerg. Med. 27, 49-54
3. Rivot, J. P., Montagne-Clavel, J. and Besson, J. M. (2002) Subcutaneous formalin and carrageenan increase nitric acid release as measured by *in vivo* voltammetry in the spinal cord. *European Journal of Pain* 6, 25-34.
4. Kim, H.M. and Cho, S.H. (1999) Lavender oil inhibits immediate-type allergic reaction in mice and rats. *Journal of Pharmacy and Pharmacology* 51, 221-226.
5. Hirota, R., Roger, N.N., Nakamura, H., Song, H.-S., Sawamura, M., and Suganuma, N. (2010) Anti-inflammatory effects of limonene from yuzu (*Citrus junos* Tanaka) essential oil on eosinophils. *Journal of Food Science* 75, 87-92
6. Del Toro-Arreola S, Flores-Torales E, Torres-Lozano (2005) Effect of d-limonene on immune response in BALB/c mice with lymphoma. *International Immunopharmacology* 5:829-838

**About Amy Emmett:**

Amy Emmett is a clinical aromatherapist and certified natural health professional. She is the owner of Blossoms+Blends Aromatherapy, located in St. Louis, Missouri, where she resides with her husband and three small children. She brings together her knowledge of aromatherapy, nutrition, herbs, and flower essences to create a holistic picture for her clients. She is a passionate educator who empowers others through engaging classes and workshops.

Amy is a professional member of both NAHA and AIA, and she is the NAHA Missouri Director. She is an avid learner who enjoys sharing the beauty of aromatherapy with others to help them achieve their wellness goals. Contact Amy for information at her website: [www.blossomsandblends.com](http://www.blossomsandblends.com)



*Blossoms+Blends*  
AROMATHERAPY

Owned by Amy Emmett,  
Clinical Aromatherapist &  
Certified Natural Health  
Professional

- Educational Classes & Workshops
- Exquisite Blends & Diffusing Jewelry
- Personal & Business Consultations

[blossomsandblends.com](http://blossomsandblends.com)



# Book Review and Interview with an Aromatherapy Author: Valerie Ann Worwood

by Sharon Falsetto



Author Valerie Ann Worwood

Valerie Ann Worwood is an experienced consultant clinical aromatherapist and she has been practicing aromatherapy for several decades. She has authored eight books, one of which many readers are probably most familiar with: *The Complete Book of Essential Oils and Aromatherapy*. In its twenty-fifth year of publication, an anniversary edition of this book is now available – complete with revised information, additional profiles of essential oils, carrier oils, and hydrosols, plus over 800 aromatherapy recipes for all areas of your life, home, and work.

## **Review of *The Complete Book of Essential Oils and Aromatherapy (25<sup>th</sup> Anniversary Edition)* by Sharon Falsetto**

Valerie's 25<sup>th</sup> anniversary edition of this book is larger, heavier, and substantially longer than the original copy of *The Complete Book of Essential Oils and Aromatherapy*. It also has a fresh, new look on the cover. However, for those familiar with the original copy, you will still feel like you are meeting an "old friend" as the content of the new book is laid out in a similar style to the original.

With close to 700 pages and twenty-one chapters, it is difficult to summarize this book in just a few paragraphs. The book is essentially designed with the home user in mind, with chapters on information such as:

- basic aromatherapy care kits for home, work, travel, and play

- specific chapters on problems associated with males, females, babies, children, and teenagers
- chapters devoted to the later stages of life, and activities such as sport, dance, and exercise
- information on specific health concerns such as chronic obstructive pulmonary disease (COPD), reproductive issues, and pain
- natural beauty products
- using aromatherapy for home care and cleaning
- use of aromatherapy in the garden.

New chapters include profiles on:

- carrier oils and hydrolats (hydrosols)
- essential oils absolutes.

There is also a chapter on safety information in this updated issue.

## Summary

There is a lot of information in this book but I feel that it is the kind of book that you can refer to time and time again, rather than a book to be devoured in one sitting. Novices in aromatherapy will appreciate the addition of aromatherapy recipes for almost every possible ailment and use in the home, while more experienced aromatherapists will undoubtedly find something new.

I value the way that Valerie explains each product, problem, or purpose, before diving into the actual aromatherapy recipes. The addition of the profiles in the book is a welcome benefit to familiarizing yourself with each essential oil, carrier oil, absolute, or hydrosol before using it.

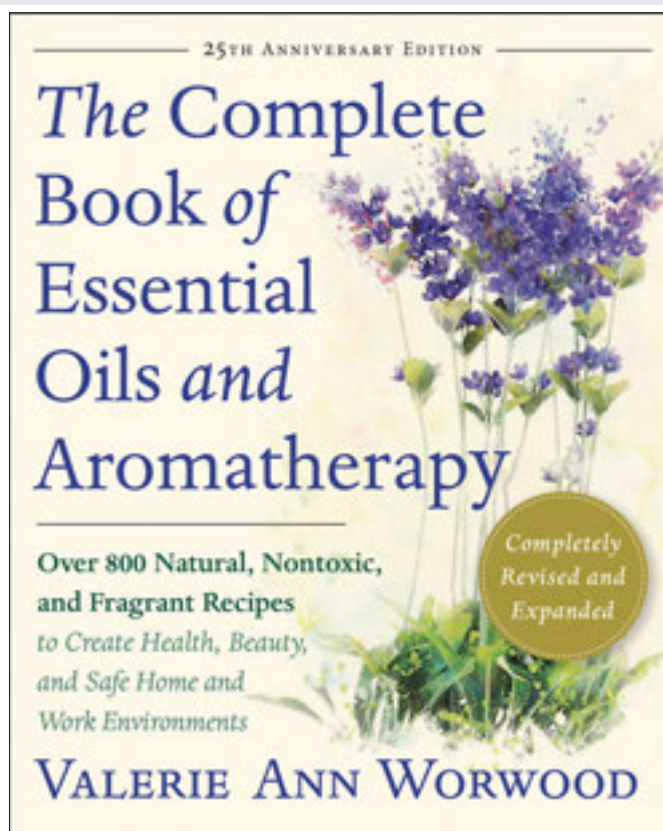
In summary, whether you have the original copy of this book or not, it will probably be a book of substantial worth to many bookshelves and homes for those interested in all the wonderful ways in which aromatherapy can be used!

You can purchase a copy of *The Complete Book of Essential Oils and Aromatherapy* through the [NAHA bookstore](#).

## An Interview with Valerie Ann Worwood

*NAHA's Aromatherapy Journal* recently caught up with Valerie to ask her a few questions about her revised book and why it was time for an updated copy.

**When revising this 25<sup>th</sup> Anniversary Edition of your book, what were the main areas that you wanted to address in comparison to the previous edition?**



**For example, I noticed some significant differences in Chapter One with regard to a new dilution chart and carrier oils now have a chapter of their own (in addition to hydrolats). Why was this important to include now?**

When *The Complete Book of Essential Oils and Aromatherapy* was originally published in 1990, the internet was not widely available and aromatherapy was little known. A variety of good quality carrier oils was not available to the general public in the smaller quantities required by individual users, as opposed to the larger volumes used by professional aromatherapists and commercial companies. This situation has now completely changed and many carrier oil suppliers make a variety of carrier oils available in smaller volumes. In addition, there are now a huge variety of specialist plant oils available from all



Sage (*Salvia officinalis*)

over the world, useful for specific purposes, especially beauty. In 1990, those of us who used specialist plant oils had to physically go to producers to obtain our supplies. Now everything is available with the click of a button, and it makes sense for suppliers to make small amounts available to anyone. This is a massive and very welcome change that clearly needed reflecting in the information I made available in the new edition of the book. Likewise, twenty-five years ago, hydrolats (or hydrosols) were difficult to obtain unless you knew the producers themselves. Today, it is a very different situation and so this subject also needed to be discussed in much more detail.

**Do you think that the aromatherapy profession has progressed and/or changed significantly since you first wrote your book, and if so, how?**

Aromatherapy is now a household word and the brilliant essential oils are being used by just about everyone, from individual persons to commercial companies. The problem when so many people become involved is that misinformation can abound. At the present time, a really big change is coming from the fact that so many universities and research establishments around the world have decided to investigate the claims made by users. More than this, new essential oils are being distilled

from plants traditionally used medicinally all around the globe, and our knowledge about individual plants and their constituents is growing at a fast rate. One pattern to emerge from this research is that it is the whole distilled plant essential oil, rather than any particular components, that are most effective.

**I love the inclusion of a chapter on major health concerns in this edition. I am amazed by the volume of aromatherapy recipes overall throughout the book and I want to know if the recipes/recommended essential oils in this particular chapter come from practice and/or research? For example, I am particularly interested in those essential oils recommended for cancer as there are a lot of conflicting views on this topic.**

I do not recommend essential oils for cancer. What I have done is suggest essential oils that could be used to support a person undergoing treatment for cancer if they have given their physicians and health care team full knowledge and been given their approval. For example, essential oils can offer support in terms of steadying the mind and emotions, and in terms of infection control, pain relief, aching muscles, constipation, fatigue, headaches, indigestion, nausea, neuralgia, skin care, and

respiratory distress. I have chosen essential oils for all these circumstances based on the research available and my own clinical experience, which has been ongoing all these years. I offer my knowledge only because cancer is now experienced by so many people, and because some sources on the internet are suggesting essential oils that I do not think appropriate. In a sense, I thought I had a responsibility to step in.

**Finally, which essential oils have influenced your life the most? For example, is there a particular essential oil/s which has had more significance/use than others or does each have its own purpose for you?**

Each essential oil is like a singer in a choir—they all make a unique contribution and I don't have one favorite; I have many. As a practicing clinical aromatherapist, each day I am working with a wide variety of essential oils and inevitably I am touching and inhaling them all. Sometimes I may use an essential oil I've not used for a while on a particular client, and rediscover that oil's beauty and strength. Like old friends, we can forget they're there but always value them when they come back into our lives. Away from the clinic, the essential oils I reach for are those with which I have an emotional or spiritual affinity. I have written about this aspect of essential oils in *Aromatherapy for the Soul* (also known as *The Fragrant Heavens*). This spiritual dimension to essential oils is invaluable to me.

Thank you so much for asking me these questions. We aromatherapists are so blessed to work with the infinitely exquisite healing tools that are essential oils.

#### **About Valerie Ann Worwood:**

**Valerie Ann Worwood** is the author of *The Complete Book of Essential Oils and Aromatherapy* and numerous other books about essential oils. She has a doctorate in complementary health and is a clinical aromatherapist who teaches around the world, training therapists and practitioners. She lives in Sussex, United Kingdom.

#### **About Sharon Falsetto:**

Sharon Falsetto is a UK-certified clinical aromatherapist. She has been living in the United States since 2006 and is the founder of *Sedona Aromatherapie LLC*. Sharon offers a home study aromatherapy education program: The NAHA approved *Linguistics of Aromatics™*



Program. Sharon is both a published author and editor in aromatherapy. She is also an aromatherapy consultant and custom blend formulator. She works from her home studio in Sedona, Arizona, where she is in the process of creating her own aromatic stillroom on her one-acre homestead and gardens. Sharon's aromatherapy book, *Authentic Aromatherapy*, is currently enjoying a reprint in paperback. Sharon is the current chief editor of the *NAHA Aromatherapy Journal* and the NAHA regional director for Arizona. You can visit Sharon's website at: [www.sedonaaromatherapie.com](http://www.sedonaaromatherapie.com).

# NAHA PRESENTS

## NAHA Branded Gear



**Shop online** for beautiful and useful items from NAHA. Order totebags, lapel pins, mouse pads and more. Get your NAHA gear today!

# NAHA PRESENTS

## Expand Your Knowledge

### Aromatherapy Classes & Events:

Aromatherapy Education is an invaluable investment in your life, health, and career. [Visit our Calendar of Events to see upcoming learning opportunities.](#)

Looking for a NAHA-Approved aromatherapy school or educator? [Find a comprehensive list on our Schools webpage.](#)



## NAHA CALENDAR FUNDRAISER

Looking for a great way to promote your business? Become a sponsor in the first-ever NAHA Calendar!

NAHA is printing a full-color calendar with a beautiful botanical image for each month. The calendars will be sold in the NAHA online bookstore later this year. As a calendar sponsor, your business name, website and phone number will be featured on one monthly page. You will also have a small ad space in the back of the calendar. All sponsors will be acknowledged on the website bookstore description and in e-announcements. Sponsoring this calendar could be a potential visibility increase for your business, reaching up to 1,800 NAHA members and over 7,000 email subscribers.

Calendar sponsorship is \$750.00. Space is limited to 12 sponsors on a first-come, first-serve basis. For more details, please email Kelly Holland Azzaro at [ashitherapy@skybest.com](mailto:ashitherapy@skybest.com)

# Spring Recipes

Contributed by NAHA Directors



**NAHA Directors are both diverse and knowledgeable in their various areas of aromatherapy expertise! Here is a roundup of some of their favorite Spring recipes!**

---

## Spring Allergy Blend

---

By Annette Davis  
(Idaho, NAHA President)

Spring is a beautiful season of renewal. Plants wake from their winter slumber and begin to bloom in all their glory. For those who suffer from hay fever, the fragrant spring air unfortunately also brings allergy symptoms such as nasal congestion, runny nose, sneezing, itchy throat, itchy, watery eyes, and even skin rashes. Essential oils can be very helpful in alleviating spring allergy symptoms.

### Supplies and Ingredients:

0.5 oz. (15 mL) dropper bottle

### Essential Oils:

3 ml (75 drops) lavender (*Lavandula angustifolia*)

3 ml (75 drops) Roman chamomile  
(*Anthemis nobilis*)

3 ml (75 drops) eucalyptus (*Eucalyptus radiata*)

3 ml (75 drops) ginger (*Zingiber officinale*)

3 ml (75 drops) peppermint (*Mentha x piperita*)

### Directions for Making and Use:

Blend all ingredients together in the bottle.

Diffuse 5–10 drops in an aromatherapy diffuser; refer to the diffuser manufacturer's guidelines for use. Drop 2-3 drops onto a tissue, cotton ball, or aromatherapy inhaler and inhale. Add 2-3 drops to a quarter size amount of lotion or carrier oil and apply to itchy skin areas.

**Cautions:** Avoid eyes and mucous membranes. For partial body application only. Not for use over large areas of the body. Do not apply to the faces of infants and children.

**Annette's Tips:** Take one gram of Vitamin C daily during allergy season. Add the juice of one fresh squeezed lemon and a tablespoon of raw honey (locally produced when possible) to a Liter of purified water and drink throughout the day each day.

### Antiseptic Toner for Acne

by Valerie Cooksley, RN, OCN, FAAIM, CERT (Texas)

A gentle yet powerful antibacterial and anti-inflammatory toning lotion for acne-prone skin.

#### Supplies and Ingredients:

- 4 oz. spray bottle, preferably dark glass
- 1 teaspoon raw honey
- 1 Tablespoon raw apple cider vinegar
- 1 Tablespoon witch hazel  
(*Hamamelis virginiana*) lotion
- 4 ounces herbal infusion  
(or distilled/purified water)

#### Essential Oils:

- 2 drops tea tree (*Melaleuca alternifolia*)
- 2 drops FCF bergamot (*Citrus bergamia*)
- 2 drops juniper berry (*Juniperus communis*)

#### Directions for Making and Use:

Add the herbal infusion or water, vinegar and witch hazel to the spray bottle. Add the essential oils to the honey in a large spoon or saucer, and mix well to combine. Add the aromatic honey to the bottle and shake very well to mix completely. Label.

Instructions: Mist over the face after cleansing, or moisten a cotton pad and smooth over face to remove oils and dirt during the day.

**Valerie's Tips:** Calendula (*Calendula officinalis*), peppermint (*Mentha x piperita*) and lemon balm (*Melissa officinalis*) herbs can help to increase the healing and antibacterial properties of this preparation, either by using fresh or dried herbs, and making an infusion from them in lieu of the plain water. A few tablespoons of aloe vera (*Aloe barbadensis*) gel can also be added to the blend especially for dry, red and irritated skin conditions.

Adapted from Aromatherapy - A Holistic Guide to Natural Healing with Essential Oils, Cooksley, V., Floramed Publishing, USA, 2015 available in the [NAHA bookstore](#).

### Energizing and Energy-Renewal Spray

by Melissa Clymer CCAP, CFAP (Wisconsin)

#### Supplies and Ingredients:

- 1 oz. new or sterilized bottle with a spray top
  - 1 Tablespoon high-proof alcohol  
(vodka is suitable, rubbing alcohol is not)
  - ½ teaspoon polysorbate 20
  - Distilled or spring water (approx. 1 oz.)
  - 1 garnet chip (optional)
  - 1 clear quartz chip (optional)
- #### Essential Oils:
- 4 drops sweet orange (*Citrus sinensis*)
  - 4 drops lemon (*Citrus x limon*)
  - 3 drops peppermint (*Mentha x piperita*)

#### Directions for Making and Use:

Pour witch hazel, essential oils and polysorbate 20 into the bottle. Add distilled water, attach a spray top and shake to combine. Spray liberally on or around the body. Do not spray on the face or into the eyes. Store in the refrigerator to prolong shelf life and add an additional cooling effect.

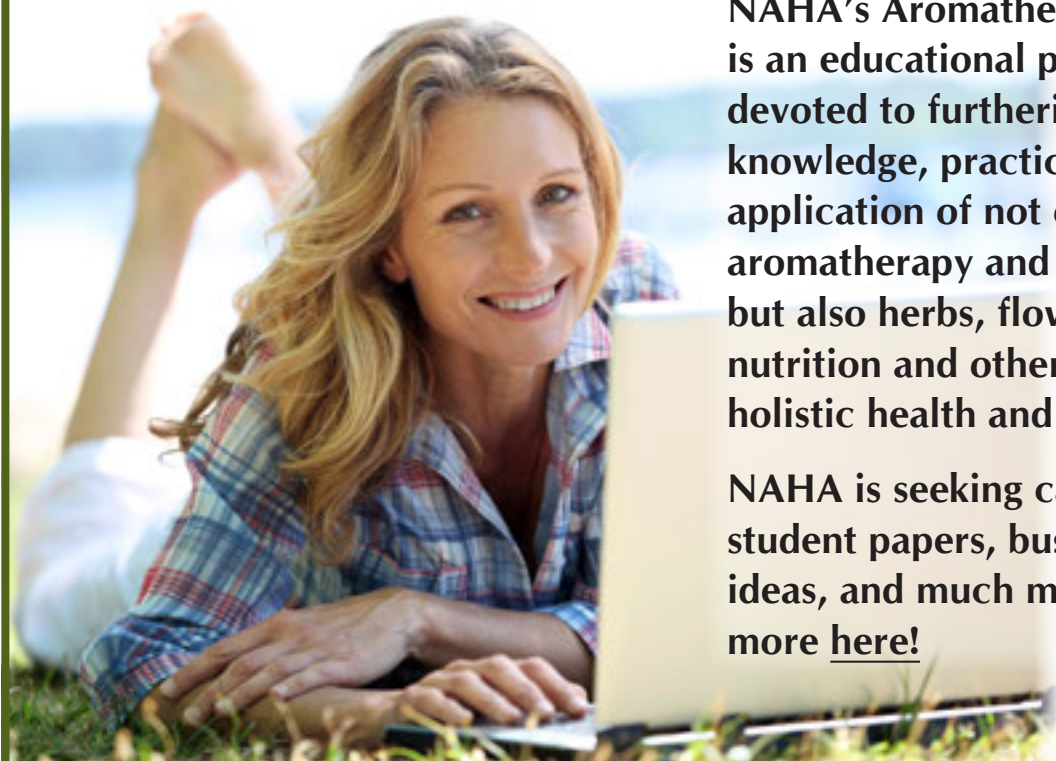
**Cautions:** Use caution with topical application and exposure to sunlight. If irritation occurs, discontinue use. Avoid use with children under the age of six years.

**Melissa's Tips:** By adding garnet to the bottle, it can cleanse and re-energize the chakras, purify and balance energy, while quartz absorbs and amplifies energy.



Witch hazel (*Hamamelis virginiana*) © NAHA Image Database

## SHARE YOUR KNOWLEDGE



NAHA's Aromatherapy E-Journal is an educational publication devoted to furthering the knowledge, practice, and application of not only aromatherapy and essential oils but also herbs, flower essences, nutrition and other aspects on holistic health and healing.

NAHA is seeking case studies, student papers, business tips and ideas, and much more! Learn more [here!](#)

**NAHA**  PRESENTS

### *Explore Aromatherapy*

NAHA's *Explore Aromatherapy* booklet is a beautiful and informative resource for information on Aromatherapy, Essential Oils, Chemistry, Base Oils, Hydrosols and Safety. This invaluable tool will help you educate the public and your clients/customers on the benefits of aromatherapy. There is space on the back cover to place your contact information.

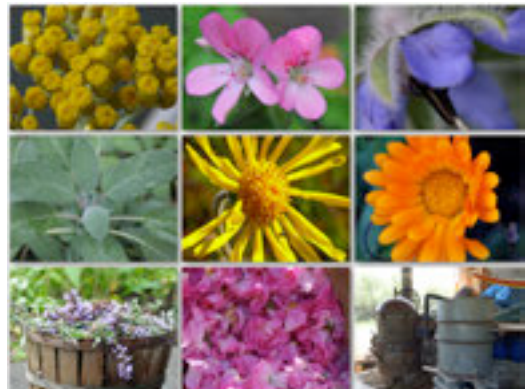
To order, [click here](#)



**NAHA** 

### Advertise and Promote Your Business in the Aromatherapy Journal

Click [here](#) for more information





# NAHA Marketplace

## AROMATHERAPY COMPANIES

### Amrita Aromatherapy Inc

Amrita is the only certified-organic aromatherapy company in the U.S. Amrita is run by therapists for therapists. NEW certified-organic oils: Himalayan Cedar, Lemongrass, Citronella, East Indian Sandalwood, Vetiver and much more. Certified-organic perfumes. All oils GC verified. Can supply any oil in a certified-organic version upon request. Now in its 23rd year, Amrita was founded by master aromatherapist Dr. Christoph Streicher. Full line of nebulizing diffusers. 100% natural, chemical-free skin care.

[amrita.net](http://amrita.net)

### Arlys Naturals

ARLYS specializes in 100% pure essential oils, absolutes, synergies, hydrosols, carrier oils and more for the novice to the professional. An "aromatic oasis" for the senses as you shop for professional grade natural skin and body care products, diffusers, herbal teas, books, soaps, music, perfumery, and supplies. All distinctive aromatherapy products to enhance your health and well-being. Sign up for our free online monthly newsletter. Online Catalog Only, Retail/Wholesale

[ArlysNaturals.com](http://ArlysNaturals.com)

### AromaWeb

AromaWeb provides over 450 pages of essential and carrier oil profiles, a vast aromatherapy article library, recipes, book reviews and directories of aromatherapy retailers, wholesalers, educators and distillers. Over 3.5 million page views annually. AromaWeb can play a powerful

role in promoting your business. Reach thousands of consumers, aromatherapy enthusiasts and professionals. Advertising opportunities available. NAHA Members: Save 10% on your new business listing or banner advertising purchase by mentioning NAHA. Email for details.

[aromaweb.com](http://aromaweb.com)

### Artisan Aromatics

Artisan Aromatics provides therapeutic quality essential oils procured from smaller suppliers and artisan distillers worldwide. We've been in the essential oil business since 1993 when we first began importing therapeutic quality essential oils for healthcare practitioners, clinics and hospitals. Our aromatherapy quality essential oils are selected with the help of our aromatherapy consultant, Dr. Joie Power, internationally known aromatherapy expert. We offer 150+ therapeutic quality essential oils, blends, rare organic enfleurage oils and more. NAHA members who register as Practitioners receive up to a 30% discount. Bulk, wholesale and private labeling is also available.

[www.artisanessentialoils.com](http://www.artisanessentialoils.com)

### Birch Hill Happenings Aromatherapy, LLC

We have 100% Pure Essential oils for use in Therapeutic Aromatherapy. Also a large selection of aromatherapy supplies including carrier oils and unscented personal care base products, many styles of diffusers, charts and decoders, bottles and more. Your One Stop Aromatherapy shop! Questions answered and Consultations by e-mail. Easy ordering and shipping. Fast friendly service. Sign up to get our monthly newsletter and tips.

[birchhillhappenings.com](http://birchhillhappenings.com)

# NAHA Marketplace

## Floracopeia

Floracopeia was established to provide the highest quality aromatic treasures, support ecological agriculture, and promote traditional plant-based knowledge. We believe in grass roots health care, and that everyone should know how to use pure essential oils and herbs safely to support their own health. We offer only the finest aromatic products, carefully sourced from small distillers all over the globe: 100% pure wildcrafted and organic essential oils and hydrosols, flower Essences, skin care products, natural perfumes and attars, natural incenses and resins, educational courses and books.

[www.floracopeia.com](http://www.floracopeia.com)

## JennScents Aromatherapy

Provides 100% pure, therapeutic products (pre-made and custom blends), 100% pure essential oils, carriers and aromatherapy accessories at wholesale and retail. Offers Aromatherapy Certification Courses live and via DVD, Massage Therapy CEU, Aromatherapy Support Material such as Aromatherapy Business Guide and JennScents Recipe Guides for humans and pets.

[jennscents.com](http://jennscents.com)

## Natural Options Aromatherapy, Inc.

Owned by George & Vickie Cox, Natural Options offers NAHA Approved aromatherapy certification courses (Level I & Level II programs). NCBTMB Massage CE's are available. We offer high quality essential oils and aromatherapy blends, bulk creams, oils, and carriers. Great pricing on inhalers and diffusers. Our customers include hospitals, nursing facilities, hospices, spas, massage clinics, and the general public. IonInfra Ionic Detox machines are also available. Wholesale and Private Label packaging available. 40% discount off retail on most products for NAHA members.

[naturaloptions.us](http://naturaloptions.us)

## New Directions Aromatics

Certified organic processor offering pure essential oils for therapeutic use. Discover hard to find oils and natural products including wild crafted and conventional types. You will be amazed at our extensive line of carrier oils, extracts, absolutes, ayurvedics, cosmetic and soap bases, specialty packaging and much more. Purchasing directly from distilleries and producers worldwide enables us to offer premium quality products at wholesale pricing. ISO certified with a knowledgeable and friendly customer service and a 100% customer satisfaction guarantee.

[newdirectionsaromatics.com](http://newdirectionsaromatics.com)

## Time Laboratories

Founded by Annemarie Buhler in 1973, Time Laboratories stands as a pioneer in the natural products industry. We incorporate only the highest quality research-based essential oils, plant extracts, and other raw materials into innovative formulations offered to our customers at competitive prices. We offer a full line of: pure and genuine distiller direct essential oils, authentic aromatherapy products, natural skin care products, bath & spa products, herbal supplements, capsules and tablets, mother tinctures, gemmotherapy glycerin macerats. Choose from our extensive stock line, or allow us to custom formulate for you. We look forward to hearing from you! 877-846-3522

[timelabs.com](http://timelabs.com)

## US Organic

US Organic manufactures only USDA certified organic aromatherapy, skin care products and DIY ingredients such as Essential oils, Carrier oils, baby oil, body oils and more. All of US Organic products are also cruelty-free, and not animal tested. Most of ingredients are imported directly from the certified organic farms over the world and manufactured at our own FDA-registered,

# NAHA Marketplace

USDA-certified and GMP-certified facility. We are inspected by number of municipal and government agencies periodically and it meets or exceed all municipal and government standards. Our principles are honesty and responsibility rather than chasing profits. We are dedicated to providing our customers with the very best products with the highest best quality ingredients.

[www.us-organic.com](http://www.us-organic.com)

## Your Body Needs...

Your Body Needs...provides 100% pure essential oils, carrier oils and aromatherapy accessories. The company also has its own line of aromatherapy based body products such as body oils and muscle therapy cream. We provide aromatherapy classes on a regular schedule and personal consultations specializing in custom face oils for skin care, and personal blends for stresses of daily living due to physical or mental stress. In business since 2008, Your Body Needs...has developed relationships with distillers and educators in the field all around the world. We are dedicated to quality of product and our customers.

[YourBodyNeeds.com](http://YourBodyNeeds.com)

---

## AROMATHERAPY SCHOOLS & CORRESPONDENCE COURSES

---

### American College of Healthcare Sciences

Experience the nation's only DEAC-accredited, NAHA-Approved Level I and 2 essential oil therapy courses and programs, including the Master of Science in Aromatherapy degree program. ACHS's professional programs provide the administrative, scientific, clinical, and ethical training required to become a successful aromatherapist or wellness professional. Undergraduate and graduate programs including holistic

nutrition, herbal medicine, and wellness coaching. On-demand CEs in aromatherapy and wellness topics also available for many professionals including Registered Aromatherapists (RA). ACHS specializes in certified organic and sustainably sourced essential oils and botanicals. Practitioner wholesale pricing available.

[www.achs.edu](http://www.achs.edu)

### Aromahead Institute School of Essential Oil Studies

Instructor: Andrea Butje. Learn online or in person. 200 hour NAHA approved Certification Program (level 1 and 2 covered in a single course). Improve your skills and advance the Aromatherapy Profession by completing Aromahead's Scholar's Program, a 400 hour certification consisting of advanced aromatherapy chemistry, therapeutic blending, business skills, teacher training, and incorporating a wider range of essential oils. Classes approved for Massage Therapy CEU's in Florida, New York and by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

[aromahead.com](http://aromahead.com)

### Aroma Apothecary Healing Arts Academy

Aroma Apothecary Healing Arts Academy is an aromatherapy and holistic healing school. We invite you to learn nature's pharmacy and natural healing methods. We offer professional aromatherapy certification courses and quality products for health professionals, holistic retailers and those who have an interest in aromatherapy and natural healing. Aroma Apothecary Healing Arts Academy has been an Approved School and Continuing Education Provider by the National Association for Holistic Aromatherapy (NAHA) and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), since 2002.

[www.learnaroma.com](http://www.learnaroma.com)

# NAHA Marketplace

## **Aroma Hut Institute**

Aroma Hut Institute offers professional quality clinical aromatherapy courses on-line and in-person. Training includes Aromatherapy Certification programs for Level 1 Foundation (50 hours) and Level 2 Advanced Clinical (200 hours). Continuing Education approved by NCBTMB, and available for Florida LMT's. Teacher Training courses are available to graduates who are interested in starting their own Aroma Hut School. Rebecca Park Totilo, in-house apothecary formulator and instructor, is a best-selling author of over 40 books including, *Organic Beauty With Essential Oil*, *Therapeutic Blending With Essential Oil* and *Heal With Oil*. Rebecca has over twenty-five years of experience as an international educator, specializing in the ancient biblical healing arts. [www.aromahut.com](http://www.aromahut.com)

## **Ashi Aromatics – Animal Aromatherapy Education**

Do you love animals? Looking for an exciting career working with animals? If so, check out our: Animal Aromatherapy Practitioner Certification Course(sm). Our course offers a 300+ hour educational module program, individual mentor-based training with course content specific to animal aromatherapy/flower essences. Approved by NAHA, H.A.A. & NCBTMB. Instructor: Kelly Holland Azzaro, RA, CCAP, CBFP, LMT offers over 25 years professional animal aromatherapy experience. PETA Approved Cruelty-free Vegan products for people and their animal friends.

[animalaromatherapy.com](http://animalaromatherapy.com)

## **Institute of Integrative Aromatherapy**

Institute of Integrative Aromatherapy: The Certificate Program in Integrative Aromatherapy offers a very comprehensive, clinical and holistic focused, correspondence course for health professionals and

non-professionals. You will be personally mentored by author and Holistic Nurse Aromatherapist, Valerie Cooksley. The certification is fully endorsed by the AHNA, NCBTMB and NAHA (Level I and II). Contact hours available for Nurses and Massage therapists. Contact: Valerie Cooksley, RN OCN, FAAIM. [floramedica.com](http://floramedica.com)

## **Institute of Integrative Aromatherapy - Boulder, CO**

The Integrative Aromatherapy® Certificate Program, established in 1998, provides a nationally recognized professional and clinical distance learning program that includes one- to-one mentoring with the expert nurse aromatherapist, Laraine Kyle Pounds, RN, BSN, MSN, CMT. This extensive program includes the basics as well as specialized essential oil applications for holistic and integrative healthcare. This program has been nationally endorsed by NAHA for Levels I and II, and approved for educational contact hours for nurses and massage therapists through AHNA and NCBTMB. [aroma-rn.com](http://aroma-rn.com)

## **The School for Aromatic Studies**

Instructor: Jade Shutes. The SFAS is a WA state approved post-secondary educational facility offering Foundations, Advanced Graduate certificate programs in Holistic and Clinical Aromatherapy. Classes are offered throughout the United States, including Seattle, WA, New York, NY, St. Louis, MO and Chapel Hill, NC. The school features a NEW Online Organic Body Care Products Certification program and a comprehensive Online program on the Aromatic Chemistry: By and For the Aromatherapist. Other specialized certification programs include: Aromatic Applications for the Skin and the Dynamics of Blending. Jade also offers a range of Reference manuals. Approved for Massage Therapy CE hours in Florida and Nationally through NCBTMB.

[aromaticstudies.com](http://aromaticstudies.com)

# NAHA Marketplace

## Sedona Aromatherapie LLC

With a decade of professional experience in the United States, UK-certified aromatherapist Sharon Falsetto of Sedona Aromatherapie LLC tutors a comprehensive home study aromatherapy program (NAHA-approved levels 1 and 2), creates custom aromatherapy blends for business and pleasure, conducts both business and personal consultations for your specific needs, and offers an extensive professional writing and editing service for articles, e-books, journals, books, and websites. Custom products and services are a specialty. [sedonaaromatherapie.com](http://sedonaaromatherapie.com)

---

## NATURAL HEALTH RESOURCES & PUBLICATIONS

---

### Alternatives for Healing

Alternatives for Healing is a leading alternative and complementary medicine directory for finding holistic practitioners, products, books, CDs, DVDs, stores, magazines, schools, workshops, retreats, newsletters, talk radio, videos and more. NAHA arranged a discount for our member Practitioners who want to be listed in their directory. This discounted rate is a \$15.00 savings. To take advantage of this opportunity, use coupon code ADFAFH14 when joining through the website or contact Sonja Torres at 303-476-1714.

[AlternativesForHealing.com](http://AlternativesForHealing.com)

## The Dunes East Hampton

At The Dunes, we have a program that will be tailored to fit your needs or the needs of a loved one struggling with addiction. We get to the root of the cause for the addiction and address any conditions contributing to or resulting from the addiction. We provide state-of-the-art medical care, administered by our world-renowned team of psychological and clinical professionals. Our expert treatment and care along with our private location and luxurious accommodations have proven to be the winning combination needed to find long term success with addiction rehab.

[theduneseasthampton.com](http://theduneseasthampton.com)

## Sedona Journal Of Emergence

For nearly 30 years, the Sedona Journal of Emergence has been a respected magazine on conscious awakening. We offer channeled and inspired guidance to help readers live benevolent lives as they expand in consciousness and awaken their abilities on their personal journeys of transformation and spiritual well-being. The Journal is a comprehensive resource for spiritual living and features articles on angel guidance, dream analysis, astrology, conscious living and more.

[www.sedonajournal.com](http://www.sedonajournal.com)



Dill (*Anethum graveolens*) © NAHA Image Database



Angelica (*Angelica archangelica*) © NAHA Image Database

**Disclaimer:** NAHA and the NAHA Editorial Board cannot accept responsibility or liability for the information contained in the NAHA Aromatherapy Journal, E-Booklets or on the NAHA Website. The information is shared for educational purposes only and is not intended to diagnose or take the place of professional healthcare. The opinions expressed by the authors in this journal or NAHA's e-booklets do not necessarily reflect the opinions of NAHA.

Please consult your health care practitioner if you are pregnant or have been diagnosed with any serious healthcare problems before using essential oils. Keep all aromatherapy products out of reach of children and pets. Before using essential oils and aromatherapy products please consult with a professional aromatherapist.

NAHA asks that all authors and contributors include information on safe use of essential oils and clearly define each essential oil's common name and Latin binomial(s). NAHA has the right to accept or reject any articles, advertisements or content submitted. NAHA website is a resource-full area for information on Aromatherapy Safety, Applications and Uses. [www.naha.org](http://www.naha.org)

## AROMATHERAPY PUBLICATIONS

**NAHA Aromatherapy Journal** [www.naha.org](http://www.naha.org)

**Aromatherapy Thymes**  
[www.aromatherapythymes.com](http://www.aromatherapythymes.com)

**Aromatherapy Today Journal**  
[www.aromatherapytoday.com](http://www.aromatherapytoday.com)

**International Journal of  
Clinical Aromatherapy**  
[www.ijca.net](http://www.ijca.net)

**International Journal of Professional  
Holistic Aromatherapy**  
[www.ijpha.com](http://www.ijpha.com)

**International Federation of Professional Aromatherapists**  
[www.ifparoma.org](http://www.ifparoma.org)



# BEYOND AROMATICS

NAHA WOA IX • OCTOBER 24-27, 2018 • UNIVERSITY OF UTAH CONFERENCE CENTER & BOTANICAL GARDEN

## 2018 Conference - Save the Dates!

Make plans for aromatherapy learning and fun!



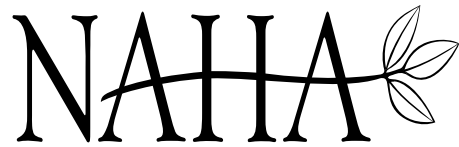
Photographs this page used with permission from Gabriel Mojay and Annette Davis.

## Dates set for October 24-27, 2018.

Check the NAHA conference website for future updates.

NAHA 

[nahaconference.com](http://nahaconference.com)



**National Association for Holistic Aromatherapy**  
*Building Strength through Community and Education*



**Join us and Receive the Benefits of Membership:**

- ✿ Subscription to NAHA's Aromatherapy E-Journal
- ✿ Monthly E-Newsletters, Updates, and Blog postings
- ✿ Monthly Webinars
- ✿ Discount Registration to WOA Conferences
- ✿ Discount Advertising Opportunities
- ✿ Aromatherapy Books Special Offers
- ✿ About Aromatherapy Brochure
- ✿ Explore Aromatherapy Booklet
- ✿ Special Topic E-booklets
- ✿ Networking Opportunities
- ✿ Certificate of Membership\*
- ✿ Membership Directory\*
- ✿ Professional Liability Insurance Options\*
- ✿ Free Calendar of Events Postings\*
- ✿ Access to Members Only area of website\*
- ✿ Find An Aromatherapist Listing\*
- ✿ NAHA Member Logo Use\*

\* Business/Professional/Donor members only

**[Click here to join NAHA today!](#)**

**Email:** [info@naha.org](mailto:info@naha.org) **or Call:** 919.894.0298