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• Aromatherapy Use for Hospital-acquired Infections
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Administrative Offices
PO BOX 27871
Raleigh, NC 27611-7871
Office Phone: (919) 894-0298
Fax: (919) 894-0271
Email: info@NAHA.org
Website: www.NAHA.org

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Article Submissions
Please send article proposals to: Sharon Falsetto
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COVER IMAGE: Cypress (Cupressus sempervirens)
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*.

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Autumn 2016

Autumn is traditionally a time of reflection, looking back on our summer of growth, and harvesting the fruits of our labors. From a personal point of view, my aromatherapy garden of growth, quite literally, was more than I could have hoped for in my first real season of aromatic gardening, and I am looking forward to harvesting the fruits of my labor – both physically and metaphorically – in preparation for next year’s garden!

Growth is something that constantly evolves, whatever stage of life we are currently at, and several of our writers address this issue – both from the perspective of the plant and the human – in this journal’s issue.

Elizabeth Ashley gives a personal insight into the menopause and the type of anxiety associated with this time of a woman’s life, in addition to how she has used essential oils to cope with it; Shanti Dechen discusses the benefits of acupressure and essential oils in the theory of five elements: Metal. Roxana Villa introduces us to the first of her articles in the Tree Ogham Series: Ivy; Cheryl Murphy writes about the Cupressaceae family and how essential oils from this botanical family can be used. Amber Duncan addresses the issue of essential oil use in schools and Sandra Nosek advises us on how aromatherapy can be used for hospital-acquired infections. You will also find a plant profile about Inula by Jade Shutes and a collection of autumnal recipes from NAHA’s team of Directors. Finally, if you are looking for a good book to immerse yourself in through the longer nights of autumn, consider Peter Holmes’ Aromatica: A Clinical Guide to Essential Oil Therapeutics, Volume I: Principles and Profiles, as reviewed in my book review in this issue.

If you missed the NAHA WOA VIII ‘Beyond Aromatics®’ Conference at the University of Utah Conference Center and Botanical Garden in Salt Lake City from October 20-23, 2016, take the time to read my review, complete with photos of the event! It was a very special time and I enjoyed meeting many people in person who I had got to know online over the years. Aromatic growth and community was certainly formed by many people. I personally can’t wait until the next conference in 2018!

With aromatic blessings,

Sharon Falsetto
Sharon Falsetto, BA (Hons), Certified Aromatherapist
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School and Essential Oils

by Amber Duncan, Clinical Aromatherapist

Near the first of the year there was a large news story that broke about a classroom using essential oils and a reaction from the children and adults of that room that was unexpected. So unexpected that they called 911 thinking there was a carbon monoxide leak; what it turned out to be was a diffuser left on for far too long using a blend of essential oils that were far too strong for young children to be exposed to. Then there is the ever growing litany of aromatherapy “recipes” on Pinterest to use in the classroom. It gets exhausting, and at times irritating, to see all of the ways people are abusing essential oils in order to replace everything with them. So, in this article, I will take a quick look at what can, and should be, used in the classroom by teachers (hint: It’s a really short list) and what parents can do to help prevent some of the ever prevalent viruses and bugs that float around the local schoolhouse.

Teachers and Essential Oil Use in the Classroom

Firstly, I am looking at what teachers should use in the classroom. While this can be a debatable topic, the safest route by far is for teachers to not use anything in the classroom. Even though essential oils can make great

Home-Made Aromatherapy Hand Sanitizer

**Ingredients:**
- 4 oz. aloe vera (Aloe barbadensis) gel
- 0.25 oz. witch hazel (Hamamelis virginiana)

**Essential Oils:**
- 15 drops manuka (Leptospermum scoparium)
- 5 drops rosalina (Melaleuca ericifolia)

**Directions for Making and Use:**
Mix the above ingredients in a glass bowl and transfer to jars or squeeze top bottles. Add a small amount to hands when washing. Rinse off.
cleaners, we do not know every student’s potential sensitivities or their reactions. It does not matter how natural a product is – someone, somewhere, is bound to have a reaction to it. Much like poison ivy – it is not always the first encounter with an essential oil that causes the problem, it is a subsequent encounter.

**Using Aroma Inhalers at School**

What can parents do to help out their children by helping to prevent a disease from taking hold and/or for helping with their extreme fidgeting? Thankfully, we have aroma inhalers! These awesome little sticks of aromatic joy can be easily placed in a pocket or backpack and used inconspicuously throughout the day as needed. Even better, if your child goes to before-or-aftercare the inhaler can easily go too. This also puts the control in your hands as to what your child uses. If you know they have a sensitivity or allergy you can easily avoid the essential oils that pertain to your child. You may want to set rules though as to how to use and how to NOT use the inhaler. The biggest of these rules is reminding your child that it is

---

### Aroma Inhaler Blends for School

Mix each of the inhaler blends in separate glass containers and store in individual glass bottles. Add up to eighteen drops of inhaler blend to the cotton wick, making sure that you absorb all the blend into the cotton wick. Then, using tweezers, place the cotton wick into the body of the inhaler and cap it. Add a label with the blend name and ingredients.

---

**Bug Away for Aroma Inhalers**

**Essential Oils:**
- 6 drops bergamot (*Citrus bergamia*)
- 6 drops ho wood
  - (*Cinnamomum camphora* ct. linalol)
- 6 drops cistus (*Cistus ladaniferus*)

---

**Sniffle Stop for Aroma Inhalers**

**Essential Oils:**
- 6 drops rosalina (*Melaleuca ericifolia*)
- 6 drops (red) cedarwood
  - (*Juniperus virginiana*)
- 6 drops juniper berry (*Juniperus communis*)

---

**Cough Be Gone for Aroma Inhalers**

**Essential Oils:**
- 6 drops cypress (*Cupressus sempervirens*)
- 6 drops tea tree (*Melaleuca alternifolia*)
- 6 drops (red) cedarwood
  - (*Juniperus virginiana*)

---

**Calming Blend for Aroma Inhalers**

**Essential Oils:**
- 6 drops lavender (*Lavandula angustifolia*)
- 6 drops palmarosa
  - (*Cymbopogon martinii* var. *motia*)
- 6 drops spikenard
  - (*Nardostachys jatamansi*)
Diffuser Blends for Use at Home

Mix each of the diffuser blends (below) in separate glass containers and store in individual glass bottles. Shake each bottle before use.

Add between 5 - 10 drops (total) of an individual blend to your diffuser, according to the size of the diffuser and the manufacturer's guidelines for use.

Clear the Air Diffuser Blend

**Essential Oils:**
20 drops ho wood 
( *Cinnamomum camphora* ct. linalol)
20 drops lavender (*Lavandula angustifolia* )
20 drops thyme ct. linalol 
 (*Thymus vulgaris* ct. linalol)

Smells Be Gone Diffuser Blend

**Essential Oils:**
20 drops lemon (*Citrus x limon*)
20 drops palmarosa 
 (*Cymbopogon martinii* var. *motia*)
20 drops tea tree (*Melaleuca alternifolia*)

THEIR inhaler for their use, and not for their friend’s use – as their friend could have an issue with it. You need to also insure that you inform your child’s teacher ahead of time to save your child from encountering any trouble when using the inhaler.

Aroma Inhaler Blends for School

Keep in mind that your child needs to be able to handle an aroma inhaler easily; if they are too young, it is best to not use one with them. Creating an aroma inhaler is super easy! See instructions on how to do this in the Aroma Inhaler Blends box on page 10.

Using Aromatherapy Diffusers with Children

In the home, we have a great resource: the diffuser. There are many types of diffusers and the use of them varies. The most common one is the ultrasonic diffuser; in this type of machine you add water and a few drops of your favorite essential oil or blend. An ultrasonic diffuser is great for helping to cleanse the air and keep the bugs at bay.
Essential Oils and Lice

Apparently the “always lovely bug” known as lice is making some sort of super-bug comeback. Per a research article released in March of this year, forty-two states (of the forty-eight states tested) have not just “normal” lice that we all grew up with but super-lice. These types of lice have the added benefit of not responding well to common treatments.\(^2\) In the event that your child’s school has an encounter with these super bugs; two potentially good helpers are rosemary (\textit{Rosmarinus officinalis}) essential oil and tea tree (\textit{Melaleuca alternifolia}) essential oil. Add two drops of each essential oil to your hair conditioner to help prevent the pesky friend from ever calling your head home. This is not necessary for everyday use but the occasional use, when an outbreak crops up, is the perfect opportunity to take advantage of these benefits.

References


About Amber Duncan:

Amber Duncan graduated in 2009 with a Bachelor’s degree in Psychology. Shortly afterwards she found her family relocated to Okinawa, Japan where she was introduced to the wonderful world of holistic healing. Feeling drawn to essential oils and aromatherapy she decided to obtain a certification in aromatherapy from Aromahead Institute. Since then she and her family have returned to Ohio and she began her own business Holistic Health Helper LLC. She has also completed the Advanced Graduate Program through Aromahead Institute and looks forward to enhancing her studies by beginning a Master Herbalist course. Amber is the NAHA Regional Director for Ohio (South). When not studying, and teaching about aromatherapy, Amber is embracing the season that is her three children being six and under with all the joys and headaches that brings.

Learn more about Amber by visiting her website at: www.theapothecaryinstitute.com/
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In the theory of the Five Elements, also known as the Five Phases, the season of autumn is associated with the METAL element.

The Metal element symbolizes the time of the harvest, gathering in, and the beginning stages of Yin. After the Fall Equinox, the weather turns cooler, the nights are now longer than the days; the climate is dry as leaves shrivel and fall from the trees. Coolness and darkness begin to predominate. Metal energy is contractive, moving in from all directions; we gather in the harvest; we spend more time indoors; we may begin to become inwardly reflective and wistful.

Metal’s color is pure white or metallic chrome, reflective and clear. The Metal element represents the time of older adulthood and the beginnings of our senior years, when our hair turns silvery and white. The Metal phase corresponds to the West, to dusk, to autumn.

Associated Meridians and Internal Organs: Lungs and Large Intestine

**Balanced Metal Element**

A person with well-balanced Metal energy is well-organized, self-disciplined, methodical, discerning, reserved, precise and conscientious. They like structure in their life. They are most comfortable in situations when they know the rules and can succeed by following them. Metal Qi (chi or energy) bestows a deep inner strength, like ore mined from the mountains. The Metal element’s positive psycho-emotional attributes are courage, righteousness, dignity, and integrity.

**Imbalanced Metal Element**

A person with Metal Qi imbalance may be grief-stricken, steeped in sadness. They may be overly critical. They may have trouble letting go, expressing emotion, and intimacy. When the Metal energy is weak, there can be illnesses of the lungs, respiratory system, and frequent colds. The Lung meridian also rules the skin,
so rashes, eczema, and problems with sweating can be related to Metal imbalance. Chronic constipation or diarrhea, or other bowel diseases, can affect the large intestine meridian.

Metal types like definition, structure, discipline, virtue, discretion and authority. Self and others are held to the highest standards and they seek to live accordingly to reason and principle. Beauty, ceremony, and refinement are revered.

<table>
<thead>
<tr>
<th>Balanced Qi</th>
<th>Imbalanced Qi</th>
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<tbody>
<tr>
<td>Honorable</td>
<td>Stoic</td>
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<tr>
<td>Methodical</td>
<td>Indifferent</td>
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<td>Calm</td>
<td>Elusive</td>
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<td>Discerning</td>
<td>Prejudiced</td>
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<tr>
<td>Precise</td>
<td>Hypocritical</td>
</tr>
<tr>
<td>Reserved</td>
<td>Numb</td>
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</table>

**Typical Metal Element Problems:**
Difficulties with expressing emotion, intimacy, control issues, distant, and lack spontaneity.

**Balancing Direction:** Cultivate compensation for rationality and self-control with passion, spontaneity and involvement with others.

If a problem arises in any of the meridians there is an imbalance in the meridian that affects the flow of Qi (chi). If the imbalance is corrected, the energy flow becomes regular and the organ starts functioning well.

Applying essential oil blends to acupressure points can re-balance and correct the Qi pathways. The acupressure technique is used to restore balance so that energy can flow with regularity and the organ can resume its normal function. Even though the meridians are located externally on the body the Qi also flows internally directly into the internal organ.

When the energy of grief is not expressed or gets congested it can become obstructed in the meridian as well as in the lungs themselves. The energy then moves in an ascending manner instead of its natural descending with the full breath of “inspiration.” In the five-element cycle the state of the lungs may affect the function of the kidneys. The function of the kidneys affects the expression of the personality. The cycle is circular and an interconnected network.

Essential oils are natural immune system boosters. Their concentrated chemical components include anti-bacterial, anti-viral and antiseptic qualities and more. Upon topical application, essential oils can reach and absorb into the bloodstream in as little as twenty minutes. This can assist the immune system, cleansing the cells of toxins and enhancing their ability to absorb oxygen and nutrients.
**Metal Element Acupressure Points**

A single essential oil or an essential oil blend can be applied on these acupressure points independently or as an adjunct during a massage:

Large Intestine 4 (LI4) – Also called the “Hoku point.” It is good for relieving many kinds of pain, as well as other discomforts. It moves Qi and releases stagnation; many uses, including constipation, headache, common cold, and pain ANYWHERE in the body.

Nasal Congestion – LI-20, LI-4, LU-7
Constipation – LI-11, LI-10
Cough – LU-5 and LU 6
Common Cold – LU-7, LI-4
Phlegm in the Lungs – LU-9
Shortness of Breath – LU-1, LU-9, CV-17, and PC-6
Asthma – LU-9, LU-1, LI-16, CV-17, PC-6.

“Tree” essential oils are terrific for the respiratory system. The limbs of the trees are similar in structure to the bronchioles of the lungs.

These are some of my favorite essential oils to use during this time of year:

**Eucalyptus** (*Eucalyptus radiata*)

**Metal Element Benefits:** Eucalyptus essential oil has a refreshing and stimulating action on the mind, helping to improve concentration. It is associated with the alleviation of grief and sorrow, as well as opening the heart and intellect while equalizing emotions. It clears the Qi (chi) and congestion, tonifies and boosts the lungs.

**Precautions:** None known. This species of eucalyptus essential oil is generally safer for children aged 3 and over.

**Fir, Silver** (*Abies alba*)

**Metal Element Benefits:** Connects the body and mind, grounding, soothing, increases and tonifies the lung Qi (chi). Used to reduce sinus issues, clear lung congestion, allergies and colds and flu.

**Precautions:** None known. May cause skin irritation in the bath.

**Manuka** (*Leptospermum scoparium*)

**Metal Element Benefits:** Manuka essential oil helps to keep infections at bay including colds, flu, fever, and muscle pain. It is excellent to diffuse as inhalation therapy as an expectorant for congestion in the nasal passages and respiratory infections; coughs, sinusitis, and whooping cough. It has disinfectant properties useful against bacteria and infectious diseases.

The Maori people used it as an important part of their natural medicine practice. It is believed that both Manuka (*Leptospermum scoparium*) and Tea Tree (*Melaleuca alternifolia*) were used by Captain Cook to make a tea drink, thus giving it the common name of Tea Tree.

**Precautions:** Non-toxic, non-irritant when used in moderation.
**Myrtle** (*Myrtus communis*)

**Metal Element Benefits:** Myrtle essential oil is used traditionally to keep the family healthy any time congestion is being passed around the office or school. Myrtle has an affinity for increasing the strength of the immune system, helping to keep the respiratory and Qi (chi) channels open and clear during the common stresses of autumn and winter. It is considered milder in effect than the potent Eucalyptus blue gum (*Eucalyptus globulus*) essential oil, and it is thus suitable for using with those very young or old.

**Precautions:** Non-toxic, non-irritant when used in moderation.

**Ravensara** (*Ravensara aromatica*)

**Metal Element Benefits:** Ravensara essential oil can be used for colds and flu, bronchitis, catarrh, colds, earache, lung infections, pneumonia, rhinitis, sinusitis, throat infections, and whooping cough. Ravensara essential oil is also effective in reducing joint pain, lymph congestion, fevers, fatigue, muscular aches and pains, and it can be used as a nerve tonic.

**Precautions:** Non-toxic, non-irritant when used in moderation.

**Spruce, Black** (*Picea mariana*)

**Metal Element Benefits:** Black Spruce essential oil is a wonderful expectorant and ideal to use for many respiratory and lung
ailments such as asthma and bronchitis, especially when used in an inhalation blend. Black spruce essential oil is also known to support the adrenal glands during times of stress and fatigue. This essential oil is calming, grounding, and creates a centering effect for the emotions.

**Precautions:** None known. Oxidized oil should be avoided and may cause skin irritation in the bath.

**Aromatherapy Applications**

Using the essential oils mentioned above can strengthen the respiratory and digestive systems and they can be used in a variety of applications; diffusing, nasal inhaler, room or shower spritzer, bath, on specific acupressure points, and during reflexology or massage sessions.

May you enjoy a healthy autumn season!

---

**About Shanti Dechen:**

Shanti Dechen, CCAP, CAI, LMT is the founder and director of Aroma Apothecary Healing Arts Academy. She is a Certified Clinical Aromatherapist, clinical health practitioner and has been a certified massage therapist since 1979. She has a university background in healing and the sciences with over 15,000 hours of extensive holistic training and certification in body-mind therapies. She is the NAHA Regional Director of Colorado and lives in the beautiful mountain community of Crestone.

To learn more about Shanti, please visit her website at: [www.learnaroma.com](http://www.learnaroma.com).

---

### Nasal Inhaler

**Essential Oils:**

- 3-5 drops fir (*Abies alba*)
- 3-5 drops myrtle (*Myrtus communis*)
- 3-5 drops ravensara (*Ravensara aromatica*)

**Directions for Making and Use:**

Saturate the felt or cotton wick of a nasal inhaler with 3-5 drops of each of the essential oils. Inhale as needed to keep sinuses clear and open breathing. Can also be used in the evening and for children over five years of age.

---

### Shower Spritzer Blend

**Essential Oils:**

- 5 drops drops fir (*Abies alba*)
- 5 drops black spruce (*Picea mariana*)
- 5 drops juniper berry (*Juniperus communis*)

**Ingredients:**

- 1 teaspoon vegetable glycerin
- 1 oz. of Eucalyptus (*Eucalyptus radiata*) hydrosol
- 1 oz. of distilled or purified water

**Directions for Making and Use:**

In a 2 oz. glass spray bottle, mix the essential oils with the glycerin. Shake well. Add the liquid component of water and hydrosol and shake to mix. Spray liberally onto the shower floor and into the corners before turning on the water.
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The *Cupressaceae* plant family (also known as the cypress family) is a conifer family that has worldwide distribution. This family has approximately 133 species and includes trees and shrubs commonly referred to as “cypress, juniper, and cedars.” Habitats of these species include swamps and other low-lying areas, with the exception of the junipers, which tend to grow in drier habitats. These trees generally drop some of their leaves but retain enough to be considered evergreens. The leaves are made of scales, the bark is leathery and deeply grooved and the cones are made up of small scales. The juniper varieties have berry-like cones with merged fleshy scales. ¹

Many species of the *Cupressaceae* family are grown for ornamental and landscaping purposes, and also for their aromatic wood. The heartwood of many species is naturally resistant to decay and frequently used for construction, particularly cabinets, fence posts and closets. Some of the juniper species are used to flavor food and alcoholic beverages, particularly gin.² Juniper is such an important aspect of gin that, quite literally, it is not only the primary botanical used in gin but, by law, it needs to be the predominant flavor in anything seeking to be classified as gin.³ The most massive and tallest trees in the world belong to the *Cupressaceae* plant family. The Giant Sequoia (*Sequoiadendron giganteum*) is the world’s most massive tree and the Coast Redwood (*Sequoia sempervirens*) is the world’s tallest tree. ⁴

**The Importance of the *Cupressaceae* Plant Family in Aromatherapy**

Several species from the *Cupressaceae* plant family are used to produce essential oils. The most commonly used essential oils are steam distilled from members of the juniper (*Juniperus*) and cypress (*Cupressus*) families and from certain “cedars” (*Juniperus*); these are profiled below. It should be noted that the Atlantic/Atlas cedarwood (*Cedrus atlantica*) is a member of the *Pinaceae* plant family and has different therapeutic properties from those types of “cedars” discussed in this article.

The essential oils produced from the *Cupressaceae* plant family contain therapeutic properties which are anti-arthritic, antiseptic, antispasmodic, astringent, diuretic, expectorant, mucolytic, and nervine; they also have an affinity for the endocrine, nervous, and respiratory systems. In general, these plants are not rare or endangered and the essential oils are usually moderately priced.
Additionally, most have a shelf life of 3-5 years when properly stored, thus making them a good investment for the aromatherapy practitioner.

**Essential Oils from the Cupressaceae Plant Family**

**Juniper Berry**

**Botanical Name:** *Juniperus communis.*

**Plant Description:** An evergreen tree that grows up to a height of twenty feet. It has bluish-green, narrow, and stiff needles, small flowers and green berries, which turn black upon maturity.

**Method of Extraction:** Steam distilled.

**Synonyms:** Common Juniper.

**Main Chemical Components:** Monoterpenes.

**Main Therapeutic Properties:** Antiseptic, aphrodisiac, astringent, cicatrizant, sedative, emmenagogue, diuretic, and expectorant.

**Uses in Aromatherapy:** Oily skin, acne, eczema, dermatitis, colds, flu, anxiety, stress, bronchitis, gout, and fluid retention.

**Contraindications:** Avoid use if the essential oil is oxidized.

**Cedarwood, Virginia**

**Botanical Name:** *Juniperus virginiana.*

**Plant Description:** A dense, slow growing coniferous tree that can range from 15-90 feet tall. It is a pioneer invader, which means that it is one of the first trees to repopulate cleared, eroded, or otherwise damaged land. It is unusually long lived among pioneer species, with the potential to live over 850 years.

**Method of Extraction:** Steam distilled.

**Synonyms:** Eastern Juniper, Red Cedar, Eastern Red Cedar.

**Main Chemical Components:** Sesquiterpenes.

**Main Therapeutic Properties:** Anti-fungal, anti-infectious, antiseptic, astringent, diuretic, expectorant, and insecticide.
Cedarwood, Texas

Botanical Name: *Juniperus ashei*, *Juniperus mexicana*.

Plant Description: A large shrub or small tree with stiff green needles, growing to twenty feet. The trunk is often irregularly shaped (or double) and the branches tend to be twisted or crooked. 

Method of Extraction: Steam distilled.

Synonyms: Mexican Cedar, Mexican Juniper, Mountain Cedar, Rock Cedar.

Main Chemical Components: Sesquiterpenes.

Main Therapeutic Properties: Astringent, bactericidal, decongestant, stimulant, antispasmodic, sedative, and diuretic.

Uses in Aromatherapy: Stress, nervous tension, acne, arthritis, dandruff, eczema, bronchitis, catarrh, coughs, and cystitis.

Contraindications: None known.

Cypress

Botanical Name: *Cupressus sempervirens*.

Plant Description: An evergreen tree growing up to 160 feet high with slender branches and a conical shape, bearing small flowers, and producing round brownish-gray cones or nuts.

Method of Extraction: Steam distilled.

Synonyms: Cypress, Italian Cypress, Mediterranean Cypress.

Main Chemical Components: Monoterpenes.

Main Therapeutic Properties: Antibacterial, anti-inflammatory, anti-rheumatic, antiseptic, anti-spasmodic, astringent, decongestant, and diuretic.

Uses in Aromatherapy: Hemorrhoids, oily skin, excessive perspiration, insect repellent, bleeding gums, varicose veins, wounds, edema, poor circulation, rheumatism, asthma, bronchitis, spasmodic, coughing, dysmenorrhea, menopausal problems, nervous tension, and stress.

Contraindications: Avoid if the essential oil is oxidized.

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**Closet Freshening Spray**

**Ingredients:**
2 oz. distilled water

**Essential Oils:**
10 drops Virginia Cedarwood *(Juniperus virginiana)*
8 drops Juniper Berry *(Juniperus communis)*
OR Cypress *(Cupressus sempervirens)*
4 drops Lavender *(Lavandula angustifolia)*

**Directions for Making and Use:**
Combine all ingredients in a two-ounce spray bottle and shake well. Spray lightly in closets and wardrobes. Also may be used as a room freshener.

**Contraindications for Use:**
None known.
Thuja (frequently sold as Cedar leaf oil)

**Botanical Name:** *Thuja occidentalis.*

**Plant Description:** A pyramid shaped coniferous tree growing up to sixty five feet high with scale-like leaves and broadly winged seeds.

**Method of Extraction:** Steam distilled.

**Synonyms:** Thuja Cedar Leaf, White Cedar, Swamp Cedar, Eastern White Cedar, Cedar Leaf, Eastern Arborvitae.

**Main Chemical Components:** Ketones.

**Main Therapeutic Properties:** Analgesic, anti-anxiety, anti-depressant, anti-fungal, antiseptic, aphrodisiac, astringent, diuretic, expectorant, mucolyptic, and sedative.

**Uses in Aromatherapy:** Insect repellent, rheumatism, and warts.

**Contraindications:** Not to be taken orally, not to be used while pregnant or while breastfeeding. Do not use with babies or children.

**Safety Note:** Due to the high thujone content of this essential oil, it should only be used by experienced aromatherapists and it should always be diluted and used exactly as instructed.

In general, essential oils produced from members of the Cupressaceae plant family are versatile and most have few (if any) contraindications, thus making them a good choice for both the beginner and more experienced aromatherapist.

**References:**
4. Wayne’s Word of Online Textbook of Natural History website, Sequoiodendron, Sequoia and Metasequoia, accessed July 2016: [http://waynesword.palomar.edu/ecoph40.htm](http://waynesword.palomar.edu/ecoph40.htm)

**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 recently 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.

For further information, you can contact visit Cheryl’s website at: [www.fybbracelets.com](http://www.fybbracelets.com)
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.

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Inula

*Dittrichia graveolens* (L.) W. Greuter syn.

*Inula graveolens* (L.) Desf.

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

**Synonyms:** *Erigeron graveolens, Inula graveolens* (L.) Desf., *Solidago graveolens* (L.) Lam., *Paniopsis graveolens* Raf., *Cupularia graveolens* (L.), *Pulicaria graveolens* (L.).

**Botanical Family:** Asteraceae.

**Common Names:** Stinkwort, Cape Khakiweed, stinkweed, camphor inula.

**Habitat:** A native of the Mediterranean area, Inula is an erect, bushy, aromatic annual herb with small yellow to yellow/white flowers that smell of camphor. *D. graveolens* is a nitrophilous (thriving in a habitat rich in nitrogen) species, generally associated with disturbed, open (unshaded) habitats, such as cultivated land, abandoned fields, roadsides, ruderal places, overgrazed pastures and other open (cleared) habitats. *D. graveolens* is widespread in the Mediterranean region, extending marginally into the western Atlantic-European coast and Middle East (Iran, Iraq, Afghanistan, north-west India). It has naturalized in many temperate parts of the world, including South Africa, Australia, New Zealand and California. It is also found in disturbed sites in England, Germany, Austria and the Netherlands. It is considered to be an invasive weed.

**Chemical Composition:** The chemical composition of the Inula varies depending on country of origin. The most commonly found essential oil for Inula is from Corsica. The main chemical components found in the essential oil from Corsica include: Bornyl acetate and borneol. Inula essential oil from Greece contains a high proportion of epi-a-cadinol (up to 30.2%) and bornyl acetate (25.4%) while Inula essential oil from Iran contains 1,8 cineole (54.89%), p-cymene (16.2%), [beta]-pinene (6.94%) and borneol (5.44%).

**Inula Essential Oil Chemical Components:** (Derived from Plants from Corsica)

**Monoterpenes:** a-pinene (0.96%), b-pinene (1.3%), y-terpinene (0.09%), camphene (10.41%), d-limonene (1.34%), para-cymene (0.17%), terpinolene (0.05%).

**Sesquiterpenes:** a-muurolene (0.34%), b-caryophyllene (1.96%), delta-cadinene (0.22%), y-cadinene (0.56%), germacrene D (0.07%).

**Monoterpenols:** a-terpineol (1.48%), borneol (13.45%), lavandulol (0.18%), linalool (0.08%), terpinen-4-ol (0.10%).

**Sesquiterpenols:** t-cadinol (2.35%).

**Ketones:** Camphor (0.08%), cis-jasmone (0.08%).

**Esters:** Bornyl acetate (47.17%), camphene hydrate (0.31%), geranyl isobutyrate (0.4%),...
lavandulic ester (0.48%), lavandulyl acetate (0.34%), other esters (1.29%).

**Oxides:** 1,8 cineole (0.08%), 2,3-dehydro-1,8 cineole (3.82%), sesquiterpenic epoxide (0.25%).

**Phenylpropanoids:** Methyl thymol (0.29%).

*Information Source: http://www.stillpointaromatics.com/inula-graveolens-essential-oil-aromatherapy*

**Research on Isolated Components: Bornyl Acetate and Borneol:**

Bornyl acetate exhibits a wide range of activity including:

- Analgesic and anti-inflammatory effects[^4][^5][^6][^7]
- Relaxes the autonomic nervous system[^8]
- Bactericidal, expectorant, sedative and spasmyloytic activity[^9]

Borneol exhibits:

- Vasorelaxant effects[^10]
- Sedative activity[^12] and it may be useful in addressing anxiety.
- Antimicrobial activity[^13]
- Anti-inflammatory activity.[^14][^15]

**Research Studies on Inula**

Research on Inula is challenging to find. I found the following reports on Inula:

*Inula graveolens* contains upwards of 26.2% borneol. Inula exhibits antibacterial activity. Taken together, our findings suggest that the bactericidal activity of *I. graveolens* and *S. corsica* essential oils resides in their ability to detrimentally affect the integrity of the plasmic membrane and the cell wall of Staphylococcus aureus.[^16]

*Inula graveolens* exhibits acetylcholinesterase (AChE) inhibitory activity.[^17]

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**What Makes the Color of the Oil Green?**

When the plant material is distilled in a copper still, some trace components in this oil form complexes with copper and, voilà, the essential oil turns out emerald green. When it is distilled in stainless steel, the oil is yellowish clear.[^18]

**Therapeutic Actions:** Antibacterial, antifungal, antispasmodic, antitussive, bronchospamolytic, and mucolytic.

**Core Therapeutic Applications:**
The essential oil is known as the most effective oil for loosening mucous and deep congestion. It is also useful for acute and chronic respiratory conditions such as coughs, colds, sinusitis, laryngitis and bronchitis.[^19]

*Inula graveolens* is widely used in aromatherapy for asthma. It is reputed to have bronchospamolytic and mucolytic activity.

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**Aromatherapy Inhaler**

**Essential Oils:**
14 drops Inula (*Inula graveolens*)
12 drops Green Myrtle (*Myrtus communis*)

**Directions for Making and Use:**
Combine the required amount of essential oils in a small glass bowl. Place an organic cotton pad into the bowl to soak up the essential oils. Place the cotton pad in the inhaler tube and close the tube. Use the inhaler as needed throughout the day.

**Direct Palm Inhalation:**
Place 2-3 drops of *Inula graveolens* essential oil in the palm of your hand. Rub hands together and then take a few deep inhalations with your hands about one to two inches away from your face.
From an Ayurvedic perspective, this essential oil would be indicated for access kapha, lethargy, and congestion.

Note: Inula graveolens should not be confused with elecampane (Inula helenium).

References:

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 School of Aromatic Oils. Jade is the author of the book Aromatherapy for Bodyworkers. Jade is currently completing her Masters of Science in Therapeutic Herbalism at the Maryland University of Integrative Health.

For more information about Jade please visit her website at: www.aromaticstudies.com
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Aromatherapy Use for Hospital-acquired Infections

by Sandra Nosek, RN, BSN, ACLS IAC

Hospital-acquired Infections

During autumn, temperatures decrease, and bacterial and viral infections soar. In the hospital setting, visitors may be limited due to studies showing that viral and bacterial infections could be caused by closer contact with people who may be carrying germs as well as being immuno-compromised. Likewise, hospitals are laden with sick people and the hospital setting is far from being a sterile environment. It is difficult for housekeeping to keep up with so many visitors, patients, and staff in and out of patient rooms. Improper hand hygiene and artificial nails that accumulate bacteria are a few more reasons hospital-acquired infections occur. Policies might include restrictions on artificial nails in the patient care setting but not all staff comply.

In 2016, hospital-acquired infections, also known as nosocomial infections, have been seen in 1 of 25 patients.

Types of nosocomial infections include:
Urinary tract, pneumonia, septicemia/bloodstream, surgical site, and gastrointestinal infections. In 2002, a study was completed to determine how many deaths were due to hospital-acquired infections and the type of infections are listed as follows:

- 35,967 deaths from pneumonia
- 30,665 deaths from bloodstream infections
- 13,088 deaths from urinary tract infections
- 8,205 deaths from surgical site infections
- 11,062 deaths from other sites.

Aromatherapy Diffusion Blend for Urinary Tract Infection

Ingredients:
2 cups sterile water

Essential Oils:
3 drops niaouli (Melaleuca quinquenervia Cav.)
3 drops juniper berry (Juniperus communis)
3 drops cedarwood (Cedrus atlantica)
3 drops geranium (Pelargonium x asperum)

Directions for Making and Use:
Add the essential oils to two cups of sterile water. Diffuse at the patient’s bedside.
In 2011, hospital-acquired infections in acute care hospitals were as follows:

- pneumonia: 157,500
- bloodstream infections: 71,900
- urinary tract infections: 93,300
- surgical site infections from inpatient stay: 157,500
- gastrointestinal illness: 123,100
- other nosocomial infections: 118,500.4

The estimated total nosocomial hospital-acquired infections were over 720,000.5

Review of the five common hospital-acquired infections, suggested aromatherapy blends, and safety considerations in the acute care setting are the focus of this article.

### Urinary Tract Infection

Hospital-acquired urinary tract infections are most commonly due to indwelling urinary catheters usually inserted on admission and they “…account for up to 40% of all hospital-acquired infections.”6 Indwelling catheters are inserted through the urethra and into the bladder to drain urine that can be monitored by the nursing staff. Risk to these infections include poor technique on insertion, severe diarrhea causing bacteria to invade and travel up the indwelling catheter or they are incontinent of bowel and bladder, and being immuno-compromised.

Symptoms include: Urine odor, urine color and clarity changes, blood in the urine, and fever. If caught early enough, removal of

---

### Aromatherapy Bath for Urinary Tract Infection

It is recommended to use bergamot (*Citrus bergamia*) essential oil in the early stages of infection to help prevent the infection spreading.8

**Ingredients:**

1/2 cup of heavy whipping cream or organic whole milk

**Essential Oils:**

3 drops bergamot (*Citrus bergamia*)

**Directions for Making and Use:**

It is the advice of this writer to mix the bergamot essential oil in half a cup of heavy whipping cream or organic whole milk and add the blend to bath water as it is running. User should soak in the bath for at least twenty minutes.

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### Aromatherapy Diffusion Blend for Pneumonia

**Ingredients:**

2 cups sterile water

**Essential Oils:**

4 drops lavender (*Lavandula angustifolia*)
4 drops eucalyptus (*Eucalyptus globulus*)
2 drops tea tree (*Melaleuca alternifolia*)
2 drops sandalwood (*Santalum austrocaledonicum*)

**Directions for Making and Use:**

Add the essential oils to two cups of sterile water. Diffuse at the patient’s bedside.

**Safety Considerations:**

Eucalyptus (*Eucalyptus globulus*) essential oil should be used cautiously with children and infants and never applied near their face.12 Do not use oxidized essential oils.
the catheter might be all that is needed.\textsuperscript{7}

Essential oil properties should include:

- Analgesic
- Antibacterial
- Antimicrobial
- Anti-inflammatory
- Antiseptic
- Antispasmodic
- Diuretic
- Deodorant
- De-toxicant
- Febrifuge (reduces high body temperature)
- Restorative
- Tonic

**Pneumonia**

Hospital-acquired pneumonia is usually due to bacterial infection versus a virus as seen in community-acquired pneumonia. Causes include aspiration, ventilator dependency, and post-surgery, and it accounts for 15-20\% of the total types of nosocomial infections. Hospital-acquired pneumonia is the most common cause of death from nosocomial infections and lengthens a stay by 1-2 weeks.\textsuperscript{10}

Symptoms include fever, malaise, chills, rigor, shortness of breath, cough, chest pain, purulent secretions and decreased oxygen saturation or blood oxygen levels.\textsuperscript{11}

 Cultures may be obtained to determine the type of bacteria and its susceptibility or resistance to antibiotics.

Treatment usually includes intravenous antibiotics but can be severe enough to need respiratory ventilation if not already ventilator dependent. Essential oil properties should include febrifuge (reduces high body temperature), antibacterial, antimicrobial, demulcent (soothes inflamed mucous membranes), antispasmodic, analgesic, decongestant, antitussive (relieves coughing), calming, expectorant (assists in expelling mucous from respiratory tract), and support to strengthen the immune system.

**Bacteremia and Septicemia**

Bacteremia is the presence of bacteria in the bloodstream whereas septicemia is when

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**Aromatherapy Use for Hospital-acquired Infections continued**

**Aromatherapy Massage Oil for Urinary Tract Infection**

**Ingredients:**

- 2 oz. of fractionated coconut oil (Cocos nucifera)

**Essential Oils:**

- 10 drops lavender (Lavandula angustifolia)
- 6 drops bergamot (Citrus bergamia)
- 4 drops German chamomile (Matricaria recutita) or 4 drops sandalwood (Santalum austrocaledonicum) if German chamomile is contraindicated*

**Directions for Making and Use:**

Blending the essential oils with the coconut oil. Massage approximately 0.25 oz. of the blend onto the lower abdomen in a clockwise motion four times daily.

**Safety Considerations:**

German chamomile (Matricaria recutita) is contraindicated by all routes if drugs metabolized by CYP2D6 which would include Donezepil, Alprenolol, Carvedilol, Propranolol, Phenacetin, Codeine, Lidocaine, Mexiletine, Sparteine, Amitriptyline, Clomipramine, Imipramine, Haloperidol, Thoridazine, Metoclopramide, Tamoxifen, Chlorpheniramine, Promethazine, Amphetamine, Ondansetron, Tropisetron, Fluoxetine, Fluvoxamine, and Paroxetine.\textsuperscript{9} Many of these medications are used in the hospital setting so it would be beneficial to use sandalwood (Santalum austrocaledonicum) essential oil in its place. Do not use oxidized essential oils.
Aromatherapy Use for Hospital-acquired Infections continued

Bacteremia has not been caught, antibiotics have not been effective, or the patient is immuno-compromised and it causes an inflammatory response. Septicemia or primary bloodstream infection, according to the CDC, “represents 15% of all nosocomial infections.” Patients decline rapidly and it can lead to respiratory or cardiac arrest. Symptoms include: Difficulty breathing, fever, low blood pressure, fast heart rate and mental confusion. Aromatherapy should be aimed at prevention, supporting immunity, easing breathing, reducing inflammation and fever, elevating blood pressure, and assisting with mental clarity. Essential oil properties should include antibacterial, anti-inflammatory, antimicrobial, febrifuge (high body temperature reducing), hypertensive (too high blood pressure), depurative (purifier of blood) and an essential oil to strengthen immunity.

Surgical Site Infection

Surgical site infections as of a 2002 review made up 22% of hospital-acquired infections. Surgical site infections can be superficial involving the skin only or can be more serious involving tissues under the skin, organs, or implanted material or devices. Symptoms include redness, swelling, drainage, odor, pain at site, fever, and wound becoming chronic with decline in healing. Essential oil properties should include antibacterial,

Aromatherapy Diffusion Blend for Bacteremia and Septicemia

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<tr>
<th>Ingredients:</th>
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<tr>
<td>2 cups sterile water</td>
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<tr>
<th>Essential Oils:</th>
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<tbody>
<tr>
<td>6 drops lavender (Lavandula angustifolia)</td>
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<tr>
<td>5 drops rosemary (Rosmarinus officinalis ct. 1,8-cineole)</td>
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<tr>
<td>3 drops Roman chamomile (Anthemis nobilis L.)</td>
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<td>2 drops frankincense (Boswellia frereana)</td>
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<th>Directions for Making and Use:</th>
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<td>Add the essential oils to two cups of sterile water. Diffuse at the patient’s bedside.</td>
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<th>Safety Considerations:</th>
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<tr>
<td>Rosemary (Rosmarinus officinalis) essential oil may be neurotoxic based on camphor content and should not be applied on or near an infant or child’s face. Do not use oxidized essential oils.</td>
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Aromatherapy Diffusion Blend for Surgical Site Infection

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<td>2 cups sterile water</td>
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<th>Essential Oils:</th>
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<tr>
<td>4 drops thyme (Thymus vulgaris ct. thymol)</td>
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<td>4 drops balsam fir (Abies balsamea)</td>
</tr>
<tr>
<td>4 drops lavender (Lavandula angustifolia)</td>
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<td>2 drops lemon (Citrus x limon)</td>
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<th>Safety Considerations:</th>
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<tr>
<td>Thyme (Thymus vulgaris ct. thymol) essential oil may inhibit blood clotting and should not be used topically as it can be irritating to the skin.</td>
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</tbody>
</table>
antimicrobial, anti-inflammatory, antiseptic, astringent, calmative, cicatrizant (assists in wound healing), deodorizing, anti-pruritic (relieve itching), febrifuge (reduces high body temperature), and pain management such as analgesic.

**Gastrointestinal Infection**

Gastrointestinal infections generally are caused by *Clostridium difficile*, a bacteria that inhabits the gut after frequent antibiotic use. This is an “antibiotic driven disease” so a patient placed on antibiotics in the hospital and who develops diarrhea, and then later tests positive for *Clostridium difficile* is considered to have a hospital-acquired infection. Symptoms can be severe and include colitis, abdominal pain, distention, fever, nausea, and anorexia. Essential oil properties should include analgesic, antibacterial, antidiarrheal, antifungal, anti-gas, anti-inflammatory, antimicrobial, antiemetic (decreases nausea), antispasmodic, and febrifuge (reduces high body temperature).

**Conclusion**

Aromatherapy could be used quite effectively alongside the use of Western medicine or as

**Aromatherapy Topical Application for Surgical Site Infection**

If topical application is allowed, use the following blend of essential oils, bentonite clay and raw honey.

**Ingredients:**
- 1/2 cup of bentonite clay
- 1/2 ounce of raw honey

**Essential Oils:**
- 5 drops niaouli (*Melaleuca viridiflora*)
- 7 drops lavender (*Lavandula angustifolia*)
- 4 drops thyme (*Thymus vulgaris* ct. linalol)
- 4 drops myrrh (*Commiphora myrrha*)

**Directions for Making and Use:**
Blend well store in tightly sealed jar. To use, depending on wound size and amount of exudate, lightly impregnate fluffed gauze and apply to wound bed and cover with dry gauze. Bentonite clay is used to manage increased drainage and to draw out infection.17 Dressing should be changed every six hours. Monitor closely for adverse reactions.

**Safety Considerations:**
German chamomile (*Matricaria recutita*) essential oil and immortelle (*Helichrysum angustifolium*) essential oil are important essential oils in wound healing but have many safety considerations with medications commonly used in the hospital setting. It is felt by this writer that these should only be used in the home setting or under close observation. Do not use myrrh (*Commiphora myrrha*) essential oil if the patient is pregnant or lactating.19
an alternative therapy to promote wellness, promote healing and prevent infection. Essential oils have proven properties as being anti-bacterial, anti-microbial and anti-fungal. Use of aromatherapy could reduce bacterial resistance, strengthen immunity, and support normal bacterial flora. Essential oils when used safely do not cause toxicity and are more cost effective when compared to intravenous antibiotic therapy. With the amount of

<table>
<thead>
<tr>
<th>Aromatherapy Compress for Gastrointestinal Infection</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients:</strong></td>
</tr>
<tr>
<td>1/4 cup of sterile water, heated to 104 degrees</td>
</tr>
</tbody>
</table>

**Essential Oils:**
- 4 drops manuka (*Leptospermum scoparium*)
- 4 drops fennel (*Foeniculum vulgare*)*
- 4 drops basil

*(Ocimum basilicum ct. linalol)*

**Directions for Making and Use:**
Soak a cotton towel in the water and add the essential oils. Apply a moist warm compress to abdomen every six hours for no more than twenty minutes at a time.

<table>
<thead>
<tr>
<th>Aromatherapy Massage Oil for Gastrointestinal Infection</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients:</strong></td>
</tr>
<tr>
<td>4 oz. jojoba (<em>Simmondsia chinensis</em>)</td>
</tr>
</tbody>
</table>

**Essential Oils:**
- 12 drops manuka (*Leptospermum scoparium*)
- 8 drops Roman chamomile (*Anthemis nobilis*)
- 6 drops peppermint (*Mentha x piperita*)*

**Directions for Making and Use:**
Add the essential oils to the jojoba. Massage approximately 0.25 oz. of the blend onto the lower abdomen in a clockwise motion four times daily.

<table>
<thead>
<tr>
<th>Aromatherapy Diffusion for Gastrointestinal Infection</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients:</strong></td>
</tr>
<tr>
<td>2 cups sterile water</td>
</tr>
</tbody>
</table>

**Essential Oils:**
- 6 drops ginger (*Zingiber officinale*)
- 4 drops geranium

(*Pelargonium x asperum*)
- 2 drops peppermint (*Mentha x piperita*)*

**Directions for Making and Use:**
Add the essential oils to two cups of sterile water. Diffuse at the patient’s bedside.

*Safety Considerations:*
Peppermint (*Mentha x piperita*) essential oil is quite effective for this condition but has a few risks and in this setting should be used with caution. It should not be used near an infant or child’s face or with anyone on a cardiac floor as it can cause cardiac fibrillation, or with anyone with a G6PD deficiency, which is an inherited enzyme deficiency. Fennel (*Foeniculum vulgare*) essential oil should not be used during pregnancy or breastfeeding and any children under five years of age. Lastly, basil (*Ocimum basilicum* ct. linalol) essential oil has low skin sensitization and is recommended at no more than 3% dilution.
hospital-acquired infections and the rise in resistant infections, use of aromatherapy should be seriously considered in the acute care setting. Diffusing essential oil blends continuously in hallways and patient rooms specifically designed to boost immunity and manage symptoms could be what is needed to reduce these infections and to improve quality of care. Hospitals of the future could hire clinical aromatherapists to collaborate with physicians and to ensure there are no contraindications, to create blends based on therapeutic properties and to educate staff, patients and families. Aromatherapy can prove to be useful in combating and preventing hospital-acquired infections.

References:

About Sandra Nosek:
Sandra is a registered nurse of over twenty three years, most recently in acute care. She recently obtained her clinical nurse aromatherapist certification through the Institute of Integrative and Holistic Aromatherapy. Sandra enjoys creating blends to improve other people’s health and well-being and most recently began blogging about essential oil use through research and studies and selling bath and body products that she creates. To learn more about Sandra, visit her website at: www.HeavenScents.org.
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Menopausal Personality Changes and Anxiety

by Elizabeth Ashley

When I was asked to write an article for the *NAHA Autumn Journal 2016.3*, there seemed to be only one possible theme, from a personal viewpoint, that I could write about. As I welcome the September of my life, I have noticed a very large change in my personality, and it seems to come from hormonal fluctuations. Perhaps in years gone by, women would not have perceived exactly what was happening within their bodies, but simply noticed the outward change.

I’d like to welcome you to the menopausal “h#%$ of anxiety.”

The “September” of a Woman’s Life

This summer has been a period of waiting for me. Some of it has been gloriously exciting. Waiting to go to children’s graduations. Waiting to see what the garden will look like after we invested a good deal of cash in it last year. Some of it has been more tedious waiting; for example, waiting hours upon hour (upon hours) for videos to upload to my new aromatherapy course for beginners and intermediate aromatherapists. And some has been entirely dreadful...my daughter’s best friend was involved in a car accident and we are still waiting for the moment when she returns to us from her comatose world. I pray that wait will soon be over.

In days gone by I would have taken all of this in my stride. Served up slices of cake with a very British cup of tea in dainty porcelain and doled them out with a supportive smile and a very Cancerian supportive hug. Lately though, that light-hearted young woman has upped and left, and in her place there remains...

Well a Grork actually, and it ain’t good! *What on earth is a Grork?* I hear you cry! Allow me to explain. My little boy’s favorite bed time storybook is about two strange creatures who set off an adventure. The Greep is fearless and brave, but the Grork is an inveterate worrier. He always packs two bags, complete with umbrella, and jumps at the slightest possibility of trouble. It is particularly beguiling when he
falls into a ditch of sunflowers as he thinks the terrible turple is on the loose! As I read this glorious book to my son, Dex, he marvels how the story is entirely about the two of us. Nothing in the world terrifies my little man – not even turples. Little does he realize that my “grorkishness” is a whole new aspect of me that seemed to possess me overnight. Once upon a time...I, too, was a Greep.

**Worrying vs. Anxiety**

Actually, I have always been a bit of a worrier... but now I have developed a whole new sensation..... Anxiety.... Where did that come from?

I can feel it building in my chest and it seems to sit there like an impending portent of doom jeering my head to try to ascertain exactly what it is I am worried about. I’ve noticed that it is a very different thing to worry. Worry happens somewhere inside of my skull but anxiety seems to tie my chest and stomach in knots, for no particular reason at all. I have become jumpy, and defensive and, if I am honest, very angry. I hate it! It is no wonder people sink into the blackness of depression. Thank the heavens for two things. The first of those things is essential oils, and second that I have done enough research over the past five years to be able to step outside of it and view it with fascination, objectivity and, on a good day, even an internal chuckle. Otherwise, I think I might be asking some of you to throw me a lifebelt by now.

There are a lot of things that make me anxious lately. Money. *Waiting for stuff*. Somehow I have no sense of patience or even the *que sera sera* that helped me to build my Amazon powerhouse. Now all that has replaced it, is an entirely heinous *inability* to wait. If I have to wait for *anything* I feel like I am spiraling out of control and truly there is only the use of essential oils that can get my feet back on the ground.

But the most interesting thing is that the essential oils I need to use have changed too. Lavender (*Lavandula angustifolia*) essential oil and Roman chamomile (*Chamaemelum nobile*) essential oil no longer cut it. And, after this rather long winded entry, this is what I wanted to tell you about. I suspect many of you will have had that horrible first term where the kids go to college and are too busy (or too cool) to pick up the phone to call you; then you have to wait for more calls about how exams have gone or even that you have to wait for test results from the hospital. I’m telling you, girls, as we get older, it is biologically harder!
Estrogen and the Menopause

Because here’s the thing...
Those of you who have read some of my books will know I am fascinated by the new findings of psychoneuroendocrinology and how thoughts and emotions are linked, and that they send signals to the physical body causing dis-ease. Imagine my surprise to find that they have now identified the specific neurotransmitter that governs worry.

The chemical that controls our worrisome thoughts is estrogen. Moreover, low levels of estrogen cause worry. Unbelievably men who suffer from obsessive compulsive disorder (OCD) are being given supplementation of estrogen to break their worry cycle.1 And it is working!! Now, I was skeptical until premenstrual week came up for me and my personal levels of estrogen dropped. I found myself doing my own obsessive cycle of checking Facebook, then email, then Facebook again. Sometimes it can take me forty minutes to get to bed! Then I realized it is only when I am premenstrual that I do it, when my already low levels of estrogen have dropped through the floor.

In actual fact, even though women would say, “I’ll tell you what estrogen does in our premenstrual frenzy!”, the truth is scientists have very little knowledge of its functions.

Here’s what they do know: Estrogen causes increases in brain norepinephrine levels. Norepinephrine is a stress hormone with many functions including:

- Raising oxygen levels to the brain and allowing us to think more clearly.
- Increasing our heart rate and pumping blood around the body faster.

... Prioritizing blood glucose to the muscles so that we can use them faster and longer.

- Increasing our breathing rate so that we can deliver more oxygen to the body and brain.

- This prioritization means that it shuts down less important bodily systems like digestion too.

Hang on a minute…..foggy thinking, palpitations, shallow breathing, digestive problems? Wow!

Dopamine Levels in Menopause

Decline in estrogen levels also causes a decrease in dopamine release. Dopamine is harder to classify because the realm of its power is so huge. We know that it is in someway connected to pleasure and reward and thus to addictive behavior (for example, OCD), even though the model upon how this works is always being changed and rethought. We do know that low levels of dopamine mean that pain thresholds drop, and that cognitive and attentional processing are both impaired. Moreover, when assessed, people suffering from social anxiety disorders, apathy and anhedonia (the inability to find pleasure in life), all had low levels of dopamine receptors (specifically D2) meaning it is far more difficult for the dopamine to bind and keep emotions level.

Likewise sleep, mood, and the ability to learn all rely on having adequate levels of dopamine. If estrogen levels drop, likewise dopamine levels drop too. If this sounds familiar to you, there is also a possible relationship between estrogen and the sleep regulating hormone melatonin. Will we find that worrying affects estrogen levels which affects melatonin levels, and in turn keeps us awake at night? It does seem possible.
Estrogen has multiple effects on the mood modulator serotonin, even at the core of its existence, since it also affects levels of blood tryptophan, the amino acid that serotonin is made from. Estrogen also promotes production of allopregnanolone, one of the primary, strong anti-anxiety neurosteroids, as well as dehydroepiandrosterone (DHEA) another mood affecting neurosteroid.

Neurotrophic Factors

But am I depressed? No, not yet. Because these estrogenic-failings also have an effect on the production of neurotrophic factors. These are the brain’s own cell fertilizers, which are now known to be very directly involved in the depression mechanism. As the levels fall, these cells are being starved of nutrients and, like any hungry organism, they are likely to start to work less effectively as they try to conserve their energy.

Many women are not as lucky as I have been so far. We are not just talking about menopausal mamas either. Spare a thought for those poor gals with polycystic ovary syndrome (PCOS) with their testosterone and estrogen levels all over the place. For a second, let’s consider their psychiatric state. A 2015 study showed a terrifying correlation: About 23% of cases had major depressive disorder compared to 7.5% of the control group; 1.8% had persistent mild depression; 15.45% suffered from some sort of panic disorder (whereas only 5% of the control group did). Only 2.5% of the control group had OCD, but 6.36% of the PCOS group suffered. 8% reported cases of suicidality, 2.72% of cases were bipolar affective disorder, and a massive 15.45% had generalized anxiety disorder (GAD).

Essential Oils and Estrogen

There are actually some essential oils that mimic the effects of estrogen. They don’t promote or even manufacture it. They merely mimic. For me, so far, that has been enough. As I have written a book about this, clary sage (Salvia sclarea) essential oil is at the top of my list, because it was this essential oil that revealed this knowledge to me. Anise (Pimpinella anisum) essential oil, star anise (Illicium verum) essential oil and fennel (Foeniculum vulgare) essential oil are also useful essential oils to utilize. I have a lingering fascination for how clary sage essential oil affects estrogen levels, which seems to stop worry. It also lowers blood pressure which was probably raised by worry in the first place.

A newcomer to my healing clique is neroli (Citrus aurantium var. amara (flos)) essential oil. A 2014 study from the University of Korea had sixty-three post menopausal women inhaling 0.1% and 0.5% of neroli essential oil (and a control of almond (Prunis dulcis) oil) twice daily for five days. Afterwards their blood serum levels were tested and those who had been using the 0.5% concentration had significantly reduced blood pressure and enhanced levels of pulse rate, cortisol serum and oestrogen levels.
Outside of the estrogen world, I think it is worth commenting on the benefits of my personal best friend spikenard (Nardostachys jatamansi) essential oil when time seems to pass very slowly. Spikenard essential oil is a tranquil temple of calm while the ocean buffers you from perceived crisis to crisis. Rest quietly until the storm passes. It may take many months but spikenard essential oil will give you the stamina you require.

If you don’t immediately see an effect using neroli (Citrus aurantium var. amara (flos)) essential oil or clary sage (Salvia sclarea) essential oil, and you suspect that hormones might be the problem, I suggest that you go to see your doctor about a blood test. In the years preceding the actual menopause (perimenopause) there can be a window where the progesterone levels drop first and thus the estrogen levels are too high. Likewise, I find I am very drawn to thyme (Thymus vulgaris) lately, both as an essential oil and a plant, which is also thought to enhance levels of progesterone. A blood serum test will help you to get a handle on exactly what your hormone levels are.

Lastly, there is a school of thought which suggests we may all be magnesium-deficient as magnesium naturally forms when fruit ripens on trees. In our world of fast consumerism, this rarely happens. Most fruit is picked early with the suggestion that you “ripen on the windowsill.” Magnesium is a natural anti-anxiety mineral. Deficiencies cause any number of disturbances from insomnia and restless leg syndrome to heart disease and risk of stroke. While it is possible to use an oral supplement, magnesium is best absorbed through the skin, and thus Epsom salts (which contain magnesium) added to a warm bath can help anxiety greatly.

---

### Worries Away Blend for the Bath

**Ingredients:**
- 4 oz. sea salts
- 1 oz. Epsom salts

**Essential Oils:**
- 2 drops clary sage (Salvia sclarea)
- 2 drops geranium (Pelargonium graveolens)
- 1 drop lavender (Lavandula angustifolia)

**Directions for Making and Use:**
Combine the salts with the essential oils. Add one tablespoon of the blend to warm bath water in the evening for tranquil sleep. Store the rest of the blend in a jar for other stressful days.

**Cautions:**
Not suitable for use during pregnancy.

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### General Anxiety Aromapendant

**Essential Oils:**
- 5 drops clary sage (Salvia sclarea)
- 5 drops neroli (Citrus aurantium var. amara (flos))
- 1 drop spikenard (Nardostachys jatamansi)

**Directions for Making and Use:**
Pour the essential oils into a 1ml essential oil bottle with a cork lid. Tie a string around it and wear it as a necklace to inhale the calming blend throughout the day.

**Cautions:**
Not suitable for use during pregnancy or by anyone with low blood pressure.
## References:


## Further Reading:

- Life Sciences and Medicine website, *Dopamine Functions* by Dr Ananya Mandal, MD: [http://www.news-medical.net/health/Dopamine-Functions.aspx](http://www.news-medical.net/health/Dopamine-Functions.aspx)

- Ashley, Elizabeth, 2015, Create Space, *The Secret Healers Oils Profiles: Clary Sage-Salvia sclarea; Natural Estrogen?*

## 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).
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The constant in Celtic tradition accepted by all the scholars is a deep reverence for nature, specifically the trees. Like the native people of the Americas, the Druids viewed the world holistically, seeing the connection between all things. There was an intrinsic understanding of the link between the physical/outer world and the spiritual/inner world.

Most of the Celtic myths we have with us in practice have evolved over time. Many have been interpreted into the modern Neo-pagan traditions based on the book *The White Goddess* by Robert Graves. The *Tree Ogham* has roots in Druidic history but it is also part of the re-invention tapping into an inherent understanding of the Green World, the mighty trees and an understanding that magic and symbolism are dynamic and evolving constantly.

**Trees and Their Relationship to People Over Time**

For the Druids, trees were sacred, an outward symbol of the cosmos manifested here on Earth and beings of great wisdom, which hold memory. When gathered together in a grove the vibrational field is heightened. The branches of each tree reaching up towards the heavens with deeply connected roots spiraling down into the womb of the earth. Sacred groves were referred to as *nemeton*; these groves were ancient sites of worship with very old trees. Many of these sites were cut down by invading Romans and later by the church as a way to dissipate the strength of the Druids and their holy places.

Regrettably humans have not learned the great value of our forests and trees, despite several movements throughout the world working diligently to save and restore our woodlands. Instead of the plight of Roman invaders and religious zealot, now we face the corporate entity with its ferocious, greedy appetite for all the natural resources Mother Earth has to offer. As an alternative “the Corporation” offers us synthetic, mass produced, industry-made replicants.

As devotees of nature, working with her congealed essences (essential oils), we are able to make a contribution to the greening of consciousness every time we facilitate a healing with our blends, synergies and/or perfumes. Our potions are great drafts of wisdom from the Green World, magical elixirs meant to connect each of us to the verdant entities yearning to share their knowledge and heighten our inner and outer awareness.

**The Beginnings of Ogham**

Let us begin with defining a few words and setting the stage. *Ogham, or Ogam*, is an ancient script developed most likely by the bards of Ireland in search for a sacred form of communication. Ogham script is seen as a line with smaller intersecting lines and
notches most often carved into standing stones. Sometimes these lines could be found carved on trees and there are also individual characters with reference to specific trees. Ogham is also a form of linguistic communication that was used by “heroes, champions, bards, and druids” predating the script and alphabet. Steve Blamires, author of *Celtic Tree Mysteries: Secret of the Ogham*, suggests that the Ogham language was not a spoken word but developed as an inner form of communication between us and the trees, or our own higher self.

For the early Druids, our modern system of compartmentalizing time did not exist. They were deeply spiritual beings living very much in the here and now; time was fluid and cyclical, tuned into planetary movement. The Wheel of the Earth, with its segmentation of eight holy days, has been said to stem from Celtic revivalists.

**The Tree Alphabet**

The *Book of Ballymote* has two Tree Alphabet lists both beginning with the letter *B* for *Birch*, one consisting of twenty four letters and trees, and the other with twenty six. The Steve Blamires book, *Celtic Tree Mysteries: Secret of the Ogham*, lists twenty trees to begin practical magic work. This is the main book I am using for inspiration, as it is the one that feels most grounded and balanced.

Here is a list of the twenty totems within this *Basic Tree Ogham*; keep in mind that not all are trees, but plants found within the Celtic forest:

- Birch (*Betula pendula*)
- Rowan (*Sorbus aucuparia*)
- Alder (*Alnus glutinosa*)
- Willow (*Salix spp.*)
- Ash (*Fraxinus excelsior*)
- Hawthorne (*Crataegus spp.*)
- Oak (*Quercus robur*)
- Holly (*Ilex aquifolium*)
- Hazel (*Corylus avellana*)
- Apple (*Malus sylvestris*)
- Vine (*Vitis vinifera*)
- Ivy (*Hedera helix*)
- Reed/Broom (*Phragmites communis*)
- Blackthorn (*Prunus spinosa*)
- Elder (*Sambucus nigra*)
- Fir (*Abies alba*)
- Furze (*Ulex europaeus*)
- Heather (*Calluna vulgaris*)
- Aspen (*Populus tremula*)
- Yew (*Taxus baccata*).
**Trees as Heart Notes**

Although, as of yet, we don’t have essences for most of the trees listed above, we do have quite a large palette of essential oils that come from wood that can be used to conjure and mimic these plants.

In botanical perfumery, our woody notes are often classified as heart, or middle notes, as the scent of a fragrance evolves from the initial hit of the top notes. When we inhale a perfume, the first fragrance impression is from the bright opening top notes, which dissipate into the heart of the perfume, followed by the lingering base. The heart represents an important turn in our three tier, constructed perfume story and establish where the beating soul of the fragrance can be found.

**IVY: Greenest of the Pastures, Sweeter than Grasses**

Ivy, the twelfth letter in the *Tree Ogham* goes by the letter *G* and the name *Gort*, meaning *green field or garden*. Most modern authors have assigned the month of September or October to the Ivy. According to Blamires’ book, some legends and poetry refer to honeysuckle and woodvine interchangeable with ivy. We interpret the message of a plant by observing where and how it grows. Ivy is a very tenacious, evergreen, plant which uses another plant as a host, eventually smothering and/or killing it. Ivy in the physical world is witnessed growing as a ground cover, on trees, and the side of a building. The deep green waxy leaves have four or five pointed lobes growing from long vines, which rapidly cling and wrap themselves spiraling upwards. Paul Rhys Mountfort in his book *Ogam, The Celtic Oracle of Trees* calls this a basic archetype of growth and endurance, which we can witness in the structure “of the DNA in our blood and the spiral forms in galaxies.”

The survival instinct of the Ivy is fierce with the ability to grow in adverse conditions, exploiting anything found in its trail in order to prevail. Ivy is a ruthless parasite prepared to use what might appear unfortunate as a benefit. The lesson of the Ivy in our physical world is related to an aggressive warrior spirit. There are moments in our lives when an indomitable will force is needed to move forward; this is the positive aspect of the Ivy spirit worth tuning into. In doing so, clear mindfulness is needed so that we do not choke others or ourselves in the process.

**Building a Perfume for Ivy: Galbanum**

If you are building a blend or perfume based on the *Tree Ogham of Ivy*, essences should be green and contain an Ivy-like character in the scent. Begin your blend with Galbanum (*Ferula galbaniflua*), an oleo-resin, from the *Apiaceae* family. This gum has a very strong, balsamic, leafy green note that is quite tenacious. I have purchased it as an essential oil, a CO2 extract and an absolute. Each extraction has a different character. If you are able to obtain all three, compare and contrast
them on scent strips to observe the different characteristics and decide which one will serve your purpose best.

According to Perfume and Flavor Materials of Natural Origin by Steffen Arctander, galbanum blends well with:

- Basil *(Ocimum basilicum)*
- Citronella *(Cymbopogon nardus or Cymbopogon winterianus)*
- Elemi *(Canarium luzonicum)*
- Fir balsam absolute *(Abies balsamea)*
- Frankincense *(Boswellia sacra)*
- Geranium *(Pelargonium graveolens var. roseum)*
- Ginger *(Zingiber officinale)*
- Jasmine *(Jasminum grandiflorum)*
- Liquidambar *(styrax) (Liquidambar styraciflua)*
- Oakmoss *(Evernia prunastri)*
- Palmarosa *(Cymbopogon martinii)*
- Pine *(Pinus sylvestris)*
- Rose *(Rosa x damascena)*
- Tagetes *(Tagetes bipinata)*
- Verbena *(Lippia citriodora/Aloysia triphylla)*
- Ylang ylang *(Cananga odorata).*

“… [galbanum essential oil] will introduce interesting notes in many florals where its leafy character is necessary in the completion of a true naturalness…it can actually find use in countless perfume types and bases.”

To build a Tree Ogham of Ivy fragrance, begin by dipping a scent strip, or narrow piece of water color paper into the bottle of the galbanum you intend to use. Observe how it smells and evolves on the strip by noting all your observations, not only how it smells but also any memories that are triggered and how it makes you feel.

*Eden Botanicals* has a lovely steam distilled galbanum that happens to be a top note and a fixative, a rare feat for an essential oil. It has very green, leafy notes combined with a woody, balsamic richness. Since the essence is quite tenacious, mindfulness in its use is required.
After observing and spending time with galbanum, the essence may have shared some of her secrets with you in reference to building the perfume. If not, here are some tips and a starting point. First of all, did you notice if the scent reminded you of other essences? Sometimes pairing an essence with similar scent pairings is a good place to begin building a fragrance. The opposite can be true as well, meaning creating contrast by choosing notes that are completely different. Contrast is one of the basic building blocks of art, which creating complex botanical perfumes is. A great example of contrast is how a chypre fragrance has earthy oakmoss (*Evernia prunastri*) in the base with a shimmering, fresh, citrus note of bergamot (*Citrus bergamia*) in the top. This beautiful classic contrast creates a dynamic duo, which adds texture and variety to a perfume. Another way to view the idea of contrast is in terms of color, like how red is opposite to green on the color wheel.

Based on the list of essences provided by Arctander that pair well with Galbanum, I have created the working draft of the Tree Ogham of Ivy Fragrance on page 64. The first step is to dip a scent strip into each essence and jot down notes, then begin pairing the strips together and observing the different dynamics between the pairings. Galbanum in this list is the essential oil, which is typically a top note.

Once you have compared and contrasted these essences as well as smelled the scent strips all together I suggest making modifications as to how YOU perceive Ivy should be portrayed. For example, you may want to tone down the green notes and add more floral notes. Another route is to add woods to soften the resin and green elements. A basic formula would be to start with equal drops of each essence listed above, with some initial modifications, like going easy on galbanum and oakmoss since they can dominate a blend. If jasmine is too precious of an essence in your palette, substitute it with ylang ylang (*Cananga odorata*) essential oil or a simple chord of ylang ylang essential oil and jasmine essential oil.

Happy Autumn Equinox to those in this Northern hemisphere, a time to breathe in this sacred moment as we begin our preparations for the impending darkness of the seasonal year.

**References:**

**About Roxana Villa:**

Like the facets of a gem, Roxana’s pure botanical perfumes reflect a myriad of synergistic disciplines. Professional training in aromatherapy cultivated her nose with a firm knowledge of the healing attributes found in the plant kingdom. As an award-winning artist, she brings gifts of storytelling, conceptual thinking, and a strong visual aesthetic to her work in fragrance. These two disciplines weave seamlessly, together with her natural instincts, into authentic expressions of olfactory art.

To learn more about Roxana, please visit her website at: www.illuminatedperfume.com, find her course the Art of Botanical Perfume at: http://aromaticstudies.com/art-of-botanical-perfume/ or email her at: roxana@illuminatedperfume.com
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Book Review and Interview with an Aromatherapy Author: Peter Holmes

by Sharon Falsetto

Peter Holmes is a long-established medical herbalist, essential oil therapist, and Chinese medicine practitioner, in addition to authoring several books in the herbal and medicine field. He is a lecturer for Snow Lotus Seminars, with over thirty years’ experience in clinical practice and teaching. Peter’s newest book release, Aromatica: A Clinical Guide to Essential Oil Therapeutics, Volume I: Principles and Profiles, is the first of two extensive volumes.

Review of Aromatica: A Clinical Guide to Essential Oil Therapeutics by Sharon Falsetto

Until I received a copy of Peter’s latest book, I wasn’t very familiar with his work; that all changed once I started reading Aromatica! It soon became apparent to me that years of experience and knowledge had gone into the production of Peter’s latest work and, for anyone interested in taking their essential oil knowledge to the next level, Aromatica should, most definitely, be on your reading list.

Don’t be put off by the size (nearly 400 pages) and quantity of information in this hard cover book; it is broken down into easy-to-read sections and chapters, so that you can process the information at your leisure.

Just over a quarter of the book is given over to discussing issues such as the roots of Materia Aromatica, the source of essential oils, essential oil safety, and, two chapters that I found particularly interesting and informative:

The Essential Oil Profile and Defining Essential Oils as Bioactive Remedies.

The Essential Oil Profile gives you a breakdown on all of the things you find in a profile but perhaps weren’t entirely sure what they meant; for example, definition of the botanical source of an essential oil, the appearance of an essential oil, fragrance note, chemical constituents, therapeutic functions, physiological functions, topical uses, synergistic combinations, and Chinese medicine functions and uses.

Information that you will find in this section includes:

- Did you know that tea tree (Melaleuca alternifolia) essential oil is a high yield essential oil whereas rose (Rosa x damascena) essential oil is a low yield essential oil?
- Did you know that a synergistic blend of tea tree essential oil and thyme (Thymus vulgaris ct. linalool) essential oil works well for anti-fungal problems?
• Did you know that every essential oil has “a fragrance quality that is an expression of its energetic potential,” essentially, its “aroma energy”?

The chapter on Defining Essential Oils as Bioactive Remedies discusses looking at the biological identity, purity, integrity of the oil’s source plant material, and the integrity of the essential oil’s extraction process in such a way that you may view these topics with a newfound interest and/or understanding.

The second part of the book is entitled Materia Aromatica, Part I; Part II follows in the yet-to-be-published subsequent volume. Part I includes profiles on common essential oils such as bergamot (Citrus bergamia), lavender (Lavandula angustifolia), and peppermint (Mentha x piperita), in addition to blue tansy (Tanacetum annuum) and Siberian fir (Abies sibirica) essential oils.

Summary

Peter Holmes’ latest book not only introduced me to the quality and thoughtfulness of his work, but led me to think about different aspects of those essential oils that I have used for the past decade or more. As always, I discovered that working and studying with essential oils is a life-long process – and an exciting process with lots more to offer the reader/student of aromatherapy.

I think that you will find more than enough information in Aromatica: Volume I to further your aromatherapy studies until the second volume becomes available – as discussed further in my short interview with Peter Holmes that follows.
differentiated, but simply conflated into a single set of functions. The language of psychology is radically different from that of physiology, and this needs to be spelled out. It’s also well known that some essential oils may have one action when absorbed internally and a completely different action when used by inhalation. The green-lemony oils, such as lemongrass (*Cymbopogon citratus*), May chang (*Litsea cubeba*) and coriander leaf (*Coriandrum sativum*) are a good example: uplifting by inhalation but calming once absorbed internally. This points to another important distinction that really isn’t made in most books: the delivery method and the pathway of absorption. This is huge! Volume 2 of *Aromatica* will have whole chapters on these issues.

I love many aspects of the book including the extensive roots of *Materia Aromatica*. Why, more than ever today, do you feel that people should have a solid understanding of the differences and similarities between essential oil therapy, “aromatherapy,” herbalism and other therapies – and the background to their uses and practices?

I’m glad that you like my first chapter on the historical sources of our oils, Sharon! I love tracking down historical facts– it’s just amazing what you can dig up once you go back to actual source materials. What I realized while researching the history of essential oil use was that there were actually several different traditional practices that all ended up using essential oils, although in very different ways. Oil use was basically divided between herbal medicine practitioners (including herbalists, pharmacists and doctors) who actually used oils and aromatic waters (hydrosols) equally; perfumers (both traditional perfumers and perfume chemists) who extended the palette of aromatics to include absolute extracts; and from the nineteenth century onwards hygiene and beauty-care product developers. The problem is that in today’s “aromatherapy” these practices tend to be conflated, whereas in fact they are different disciplines, each with their own separate techniques, methodologies and products.

I think that once we understand our historical roots, it puts everything we do into a much larger perspective, and we can say, “OK, now what I’m doing really makes sense.” It’s empowering. On top of that, I’m fascinated by our current predicament of realizing that essential oils are really part of herbal medicine, but also part of a much larger modality which I call ‘essential oil therapy.’

Traditionally we are used to the botanical plant family classification of our essential oils. I found it interesting to note your classification into the Earth’s physical biomes. Can you briefly explain what this is and why it is important?

Botanical classification of the oils is important for source definitions, no question about that. But I feel it’s high time to really place botany in turn into a larger planetary context, the Earth’s climatic-geographic biomes. For me personally, this helps me to connect to the land, the peoples and the cultures that created these oils in the first place. It completes and grounds our loop of understanding the oils and our ability to really connect with them on an intimate level! It’s a form of embodied
knowing. Knowing both in my head and in my gut where the oils come from gives me so much more information to explore.

For instance, yes, there are different species and varieties of lavender essential oil (*Lavandula angustifolia*). But what about the biomic energy behind lavender essential oils of the same species from different regions? What makes a lavender from Bulgaria different from a lavender from France or Washington or Crimea or Tasmania? And how is this shaped by the culture and history of those societies? Take helichrysum (*H. italicum/H. angustifolium*), for example. It’s interesting to think about the racial feuds, the sheer amount of emotional and physical trauma that’s been experienced in the Balkan countries for so many centuries, and then realize that helichrysum is one of the main plants growing there — a healer of deep trauma if ever there was one!

Conversely, I think many of us feel drawn to plants from a certain region or country, and all of the essential oils that they produce. For me it is the oils from Morocco and Madagascar that I feel a strong affinity with; I can sense the underlying quality of all the oils from these regions. We can build on these innate attractions and positively make use of them in our practice.

You list four clinical criteria for a bioactive essential oil: biological identity, purity, integrity of the oil’s source plant material, and integrity of the oil’s extraction process. Do you identify with one or more of these criteria more profoundly than others? Or do you feel that they are each equally important?

I think all four criteria are super important. The main point here is that WE start taking charge of how and what we choose to use clinically rather than having perfume chemists dictate to us what’s good for us. The irony here, of course, is that these are the same people who excel at creating designer oils using natural and synthetic building blocks; the commercial oils that flood the market, in other words. If we want to use oils that are truly bio-available, then we have no choice but to seriously come to terms with these four issues and act accordingly. We need to adhere to clinical criteria, not pharmacological ones. We essential oil therapists as a group, as a profession, need to declare and manifest this!
Personally, I’m very interested in the integrity of the plant material that’s used in oil production. This is a huge loophole in essential oil production, one that’s usually overlooked in favor of purity issues arising from post-production adulteration. If a crop consists of even 10% miscellaneous weeds, such as various grasses, red clover, St. John’s wart, etc., then you probably have 90% of the true oil plus 10% of hay oil! This obviously dilutes the therapeutic efficacy of the main oil, not to mention impairs the fragrance profile of the main oil. When I visit a distillery, no matter where it is, I want to see someone consistently pick out those grasses and weeds before they go into the still! This is just one sign of grass-roots quality assurance. I feel really lucky that part of my job is actually visiting my producers in all parts of the globe and actually seeing their distillation practices and forming personal relationships that will ensure ongoing quality maintenance.

Another problem is plant misidentification, rife in medicinal plant collection of any kind. It’s so easy for families (chit-chatting away usually) to grab conifer tree tips of several fir/Abies species, for example. The net result may be a conifer soup, not a single oil.

Integrity of an oil’s extraction process is a more well-known issue in the production of bio-available oils. The difference between commercial plant distillation and artisan distillation can be night and day. However, it can get really confusing when you see larger companies actually getting everything right and conversely, small distilleries just being sloppy or cutting corners in the distillation process. You cannot judge oil quality just by the size of the operation; it’s a guideline, nothing more.

The second part of your book lists extensive Materia Aromatica with information on Chinese medicine (CM) and functions in the second section of the essential oil profile. How is this information on Chinese medicine (CM) helpful to the aromatherapist using essential oils?

That’s a good question, Sharon. I don’t think there’s a definite answer to that. At the very least, it may help the reader see the oil’s indications in terms of syndromes (a collection of symptoms) rather than symptoms or diseases – even if those syndromes don’t fully resonate with them. I actually seriously considered leaving out the CM section on each oil just for the sake of simplicity – because it really does put on a whole new spin on the oils’ uses, for sure. In the end I decided to keep it because so many practitioners are interested in CM anyway, and conversely, many acupuncturists are fluent with herbal medicine terms. I really believe it’s enriching to be able to take off one lens, the Western lens, and put on the other, energetic medicine lens. Many oils actually make more sense from the CM perspective than from the Western! I think we can only gain from assuming a different perspective.

Most of the organ terms are the same, except for oddities like ‘Spleen,’ Liver’ and so on, which don’t refer to the functions of the anatomical organs by that name. Once you know the code for these, however, it’s really easy actually, because the unit of pathology is simply the syndrome instead of the symptom or the disease. When you compare the
physiological and CM sets of functions, it’s not hard to see how they relate and enhance each other. You could say the CM idiom allows you to get a big picture, a broad overview of how an oil is used, while the physiological functions give you an analytical breakdown of how it’s used and also how it works. The two idioms are really complementary.

**Finally, given that the second part of the book is entitled Materia Aromatica, Part I, when can we expect the second volume of this book to be published?**

My best estimate is by early summer of 2017. I wish writing with this much detail and precision was less time-consuming, but there it is. The good news is that the back of Vol. 2 will have an extensive repertory that will repertorize symptoms, diseases and syndromes into the main oils used.

**About Peter Holmes:**

Peter Holmes LAc, MH, is a medical herbalist, essential oil therapist and practitioner of Oriental Medicine with over 35 years experience of using botanical remedies and essential oils in clinical practice. He continues to develop both physiological and psychological applications for essential oils, and has pioneered their use in Chinese and energetic medicine for over 30 years. He is author of many acclaimed textbooks on herbal and essential oil medicine, including *Aromatica Vol. I, Clinical Aromatherapy, The Energetics of Western Herbs, Jade Remedies* and *The TCM Materia Medica Clinical Reference & Study Guide*. For further information, visit Peter’s website at [www.snowlotus.org](http://www.snowlotus.org).


**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 in the form of the *Linguistics of Aromatics* Program, including NAHA approved level 1 and level 2 courses. She is also an approved continuing education provider for NCBTMB. Sharon has written professionally for eight years, and has written and edited books, courses, e-books, articles, and corporate literature for both start-up and established aromatherapy businesses. She has been retained as an aromatherapy consultant by many businesses. Sharon also offers a custom aromatherapy blending service from her home studio in Sedona, Arizona, and has just recently started growing aromatic plants in her fledgling aromatherapy garden. Sharon’s aromatherapy book, *Authentic Aromatherapy*, was published in 2014, and is now available 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).
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NAHA Directors are both diverse and knowledgeable in their various areas of aromatherapy expertise! Here is a roundup of some of their favorite Autumn recipes!

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## Fall Spice Nourishing Body Scrub

**by Jennifer Pressimone**  
*(Florida, NAHA Vice President)*

A mind and body nourishing blend to warm the heart, restore the mind, and nurture the body.

**Ingredients/Materials:**
- 4 oz. amber/clear glass jar
- 0.25 oz. unscented carrier oil (for example, sweet almond (*Prunis dulcis*), safflower (*Carthamus tinctorius*) or sunflower (*Helianthus annuus*)
- 3.5 oz. Epsom or sea salt
- Essential Oils: 4 drops ginger (*Zingiber officinale*)  
- 4 drops nutmeg (*Myristica fragrans*)  
- 2 drops cinnamon leaf (*Cinnamomum zeylanicum*)  
- 3 drops cardamom (*Elettaria cardamomum*)  
- 3 drops lavender (*Lavandula angustifolia*)  
- 2 drops carrot seed (*Daucus carota*)

**Directions for Making and Use:**

Gather all of your ingredients at a clean working space. To the 4-oz. jar add in 2 oz. of Epsom or sea salt followed by the essential oils. Mix well using a whisk or stir stick. Add in another 1 oz. of Epsom or sea salt and mix together. Add in the unscented carrier oil and mix well. Add in more Epsom or salt to fill the jar and mix well. Label your blend. Store in a cool, dark place and avoid direct sunlight.

*Jennifer’s Tips:* Take your time blending this formula as you allow these scents to nurture your mind and body. Surround yourself with positive, warming, happy and nourishing thoughts. To use, apply a palm full to your skin during a bath, using small circular motions towards the heart to stimulate the blood and lymph circulation and exfoliate dead skin cells. This will leave skin glowing and youthful.

For more of Jennifer’s recipes, find her *JennScents Aromatherapy Recipe Guide* in the NAHA bookstore.

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Aromatherapy Journal Autumn 2016.3
Autumn Recipes continued

Travel Ease Blend

by Kelly Holland Azzaro, RA, CCAP, CBFP, LMT
(North Carolina, NAHA Public Relations)

Ingredients/Materials:
2 oz. spray bottle (PET aroma safe)
2 oz. jojoba (*Simmondsia chinensis*)

Essential Oils:
10-12 drops spearmint (*Mentha spicata*)
10-16 drops tangerine (*Citrus reticulata blanco* var. tangerine)
4-6 drops ginger (*Zingiber officinale*)

Directions for Making and Use:
Add essential oils to the spray bottle and top with the carrier. Shake well before each use. Spray a small amount onto your hand then massage onto the neck and chest areas (as well as the abdomen if there is an upset stomach) before and during travel. If irritation occurs, discontinue use. Keep out of reach of children and pets.

Kelly’s Tips: As an alternative to the topical blend, use a personal inhaler or aromatherapy jewelry diffuser with half the amount of the above listed essential oil blend to use/wear during travel.

Women’s Balance Cream

by Cathy Breiner (North Dakota)

Ingredients/Materials:
1 oz. bottle or jar (PET or glass)
1 oz. sunflower (*Helianthus annuus*)

Essential Oils:
5 drops geranium
   (*Pelargonium roseum x asperum*)
5 drops lavender (*Lavandula angustifolia*)
5 drops cypress (*Cupressus sempervirens*)
5 drops rosemary
   (*Rosmarinus officinalis* ct. verbenone)
5 drops yarrow (*Achillea millefolium*)

Directions for Making and Use:
Combine the essential oils and unscented cream (or carrier oil) in bottle or jar. Stir well to combine.

Massage a small amount of blend into abdomen area and lower back twice a day. Take a break from the using the blend during week of menstrual period.

Cathy’s Tips: This a great blend to support the female hormonal system.

Natural Shoe Freshener

By Annette Davis
(Idaho, NAHA President)

Ingredients/Materials:
4 oz. spray bottle (PET or glass)
3.6 oz. rubbing alcohol

Essential Oils:
60 drops lemongrass (*Cymbopogon citratus*)
60 drops tea tree (*Melaleuca alternifolia*)
60 drops peppermint (*Mentha x piperita*)
60 drops lemon (*Citrus x limon*)
60 drops sage (*Salvia officinalis*)

Directions for Making and Use:
Add the essential oils to a 4 oz. spray bottle (PET or glass) and then add rubbing alcohol until the bottle is filled to the neck. Shake well before each use.

Cautions: Keep out of reach of children and pets. Avoid eye area. Except for feet, avoid skin contact. Discontinue use if skin irritation occurs. Not for use on infants or children under the age of four. The solvent properties of the essential oils in this formula may damage the finish of furniture or painted areas. Test an inconspicuous area before use.

Annette’s Tip: With school back in session, the dreaded odor of shoes and athletic equipment will be making its way into locker rooms, homes, and vehicles. This useful formula can be spritzed onto feet, into athletic shoes, gym bags, or any other area in need of a freshen up.
Memory Recall Synergy Blend

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

A supportive study aid combining anti-anxiolytic, anti-stress, antioxidant, and memory-enhancing essential oils.

Essential Oils:
5 parts lemon (Citrus x limon)
3 parts rosemary (Rosmarinus officinalis ct. cineole)
1 part sweet basil (Ocimum basilicum)
1 part lavender (Lavandula angustifolia)

Directions for Making and Use:
Inhale the synergy blend periodically while reviewing your study material and then again prior to taking your examination.

Note: This blend is intended for teenagers and adults.

Valerie’s Tip: Before the testing period, take some slow deep breaths while inhaling the blend to aid relaxation, promote increased blood circulation and brain oxygenation, and to elicit the memory recall associations made while studying.


Trauma Ease Oil

by Anna Doxie RA (California, NAHA Director Coordinator)

Ingredients/Materials:
1 oz. bottle (PET or glass)
1 oz. sunflower (Helianthus annuus)

Essential Oils:
4 drops neroli Citrus aurantium var. amara (flos))
2 drops ylang ylang (Cananga odorata)
3 drops melissa (Melissa officinalis)
2 drops sandalwood (Santalum spicatum)
1 drop vetiver (Vetiveria zizanoides)

Directions for Making and Use:
Blend the essential oils with the sunflower oil. Apply to occipital groove area and/or back of neck every 3-4 hours, or as needed.

Anna’s Tip: Substitute sunflower oil with another carrier oil of your choice.
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Between October 20, 2016 and October 23, 2016, the University of Utah Guest House and Conference Center was immersed in a smorgasbord of aromatic delights from around the globe. Not only did the various aromas wafting along the hallways and lecture rooms of the conference center travel from afar, many of the attendees, speakers, and vendors traveled great distances, too: from Australia, to India, to Europe, and many places in between. Not everyone had such great distances to travel; a lucky few were local to Salt Lake City. As for myself, originally from the UK, this time I traveled the relatively short distance from Utah’s neighboring state, Arizona, for this convergence of aromatic noses and minds!

The Setting

The Beyond Aromatics® II Conference was held on one of the most beautiful campuses and surroundings. For those interested in gardens, the Red Butte Botanical Gardens were situated nearby. However, you didn’t have to go far to find nature in all of its glory. The beautiful, tree-lined roads were just beginning to turn from their summer green to shades of red, gold, and yellow; pine cones were underfoot; I discovered some remarkable pine tree resin steps from the University Guest House; and birds and squirrels abound.

For those staying at the University Guest House, twenty-four hour beverages were available in a centrally located reception and lounge area where several conference attendees met up in the evening. Beverages included coffee, a wide range of herbal teas, iced water, and juices.

Throughout the day, all conference attendees were free (as part of their conference registration) to take lunch at the nearby campus cafeteria, a few minutes’ walk. Organic greens, salads, hot meats, snacks, desserts, and fruit were just some of the offerings available.

An Aromatic Bag of Delights

All conference attendees were treated to an overflowing bag of aromatic goodies on arrival (with their conference registration), some of which were still being packed by hard-working volunteers just minutes before registration officially opened. Inhalers, balms, oils, sprays, salts, and various other aromatic body care products were just some of the welcome bag goodies donated by vendors, sponsors, aromatherapy schools, and NAHA members. As if that wasn’t enough to stimulate your senses, vendors from Australia, India, Europe, and across the United States tempted you with sensory pleasures each time you walked along the conference hallways and rooms. Given the more intimate setting of several vendor rooms, many attendees were lured into lingering longer at each vendor’s table!
NAHA’s Board and Team of Volunteers

The dedication of NAHA’s board and team of volunteers in putting together this conference culminated in an amazing experience for everyone. Each conference attendee received a beautiful, full-color Conference Proceedings as part of their registration pack, over a year and half of work and coordination between the editorial team of NAHA Public Relations and Past President Kelly Holland Azzaro and myself, as well as NAHA President, Annette Davis. The coordination of sound and video recording was orchestrated by NAHA treasurer Eric Davis and his team; the amazing and entertaining emcee Vice President Jennifer Hochell Pressimone kept everyone on track with lectures. We cannot forget the NAHA Directors and volunteers who gave their time each day of the event: Kelly Holland Azzaro, Leyla Bringas, Paula Begel, Rose Chard, Anna Doxie, Shanti Dechen, the Time Labs staff, and several NAHA members who stepped up, unasked, to work as a volunteer when someone needed a break. These dedicated volunteers often started as early as 7:00AM and didn’t finish their work until late evening assisting conference attendees with bookstore purchases, directions, conference information, and a myriad of other queries that came up. However tired they were, each volunteer treated each query and question with warmth, care, and a smile. I was the volunteer in charge of author coordination and photography, and Gabriel Mojay also kindly offered his photography skills throughout the event.

Conference Presenters Far and Wide

Each conference speaker had their own unique style of presenting: some were formal, some less formal, but each kept their audience’s attention on the subject matter in hand, with facts, a laugh or two, and a passion for their subject of expertise. The experience and education of the range of speakers clearly shone in each of their topics. Presenters included:

- those from the medical community: Jean Bokelmann, MD, Amy Chadwick, MD, Dr. Pejman Katiraei, Dr. Laramie Wheeler, Dr. Habib Sadeghi and Madeleine Kerkhof-Knapps Hayes
- long-time aromatherapy pioneers and favorites: Robert Tisserand, Jade Shutes, Gabriel Mojay, Valerie Cooksley, Mindy Green, and Annette Davis; and
- perfumery aficionado Roxana Villa with her stunningly artistic and visual presentation, and artisan distiller Eric Scott Bresselsmith’s live essential oil co-distillation of juniper and sage.

A Wide Range of Aromatherapy Topics

As if the experience and education of conference speakers wasn’t impressive enough, the range of topics covered also stretched far and wide including:

- Bush Sense: The Uses of Australian Essential Oils and Aromatic Compounds with Mark Webb
- Alchemy and Medicine of the Soul with Cathy Skipper (and Florian Birkmayer)
- Animal Aromatherapy with Kelly Holland Azzaro
- Aromatherapy in Pregnancy with Amber Duncan
- Fertility with Aromatherapy with Rachel Koenig
Custom Blending Techniques with Jennifer Hochell Pressimone
Sales Strategies With Elizabeth Ashley, and
Using Aromatherapy to Empower Human Trafficking Victims with Karey Shane.

Essential Oil Distillation Event

On Thursday evening, many conference attendees took the short campus bus ride to the nearby Sunnyside Park to experience an essential oil distillation with Eric Bresselsmith, an artisan essential oil distiller based in southern Utah. For many, it was their first experience of observing how plant material is distilled into the essential oils used by people around the world. Although the distillation process takes hours to complete (from set up to final distillate), the “snap shot” experience was enough to ignite that aromatic passion and magic created by the plants! Participants were invited by Eric to come up close and each observe the magical drip of oil into the collecting vessel. The co-distillation of juniper and sage wafting on the night air as the sun set behind us was quite a unique affair.

The Conference Gala Dinner

Following Thursday evening’s experience, Friday evening was an event of a different style. The conference gala dinner was held on campus in the Rice-Eccles Stadium. I have to admit that having dinner in a football stadium did not initially “wow” me. However, after exiting the elevator on the fourth floor of the stadium, and faced with a 180 degree of the city just as the sun was setting on a spectacular view of the Wasatch Mountains, immediately accelerated my “wow” factor!

The view was not the only star of the evening’s show. Following a beautiful dinner (and a dessert or two), the keynote speaker for the event, Dr. Habib Sadeghi, motivated conference attendees with his exceptional speech of encouragement to “Speak out! Speak out! Speak Out!” Dr. Sadeghi donated the ‘Love’ buttons to the conference goody bags; these were worn by attendees during the conference – and the love was certainly felt throughout the entire event!

Bonus Viewing of Uncommon Scents Movie

Conference attendees were treated to a sneak peak of a small portion of finished film for the Uncommon Scents Movie. Written by Kristina Bauer and directed by Angela Jensen Ehmke, the movie is a documentary of a series of interviews with reputable aromatherapy experts discussing the field of aromatherapy as it has emerged, grown, and is understood.

Live filming of the movie was also conducted on campus throughout the conference.

Conference Bookstore and Author Signing

Throughout the conference, books of various speakers were available for purchase from the NAHA bookstore. Although an author signing was scheduled for the close of the conference on Sunday afternoon, most books were sold out within the first couple of days! However, several people returned on Sunday afternoon to have their book signed by authors such as Robert Tisserand, Gabriel Mojay, Cathy Skipper, and Valerie Cooksley. I myself was signing books (of my published book) and checking people out at the same time, a source of fun for some!

Review of The World of Aromatherapy VIII Conference continued
Post-Conference Workshops

Although the conference closed on Sunday evening, many attendees stayed for the post-conference workshop of either Mark Webb (Aromatic Medicine) or Cathy Skipper* (Alchemy and Medicine of the Soul) on Monday. It was with sad goodbyes that lingering conference attendees left on Tuesday morning.

*Cathy was to be presenting with Florian Birkmayer, who sadly couldn’t make it at the last minute.

Aromatics and Beyond...

It’s estimated that over 70% of conference attendees were new to the world of aromatherapy and that this conference was possibly their first experience to the world of aromatherapy. I think that I speak for many when I say that the experience was one filled with moments and a growing community: Moments of connection; moments of tears; moments of smiles; moments of laughter; moments of inspiration; moments of friendships – both old and new; and moments of passion and love for these sensual gifts, the plants, that united several hundred people for four incredible days in Utah. See you next time!

Footnotes:

*The World of Aromatherapy IX, will be held at the University of Utah Conference Center & Botanical Garden October 24-27, 2018. Save the date! For more information and updates, please visit the NAHA Conference website.

Copies of the 2016 Conference Proceedings and video recording of the event will be available soon in the NAHA Bookstore.

A special THANK YOU to all of the conference’s sponsors, vendors, and goody bag donators.
CLOCKWISE FROM TOP LEFT: (1) Jennifer Hochell Pressimone introduces Eric Bresselsmith, who presented a live essential oil distillation at the conference. (2) Tree resin from Pine species (3) The hard-working team of NAHA volunteers who managed both the registration table and NAHA bookstore (Left-to-Right): Leyla Bringas, Rose Chard (Secretary), Sharon Falsetto and Paula Begel (4) Kelly Holland Azzaro stands with keynote speaker Dr. Habib Sadeghi.
CLOCKWISE FROM TOP LEFT: (1) Learning from lectures in the Douglas Ballroom. (2) Left-to-Right: Jade Shutes (Current Past President), Wendy Robbins and Sylla Sheppard Hanger. (3) Left-to-Right: Marge Clark, Haly JensenHof, Georgeann Lytle and Brenda Rowell. Special thanks to Georgeann and Brenda for their help. (4) Eric Davis (Treasurer) provided conference audio-visual support. (5) ‘Love’ Buttons given to all attendees by Dr. Habib Sadeghi frame a NAHA lapel pin. (NAHA pins available here in the NAHA bookstore.) (6) Attendees ask questions of presenter Robert Tisserand. (7) Left-to-Right: Annette Davis (President), Kelly Holland Azzaro (Past President, Public Relations), Jennifer Hochell Pressimone (Vice President).
CLOCKWISE FROM TOP LEFT: (1) NAHA Board & Regional Directors  (2) NAHA Conference Goody Bag  (3) Conference Presenters (Left-to-Right) Gabriel Mojay, Robert Tisserand and Mark Webb  (4) Left-to-Right: Anna Doxie (NAHA Director Coordinator), Liz Fulcher (Director (PA)) and Sharon Falsetto (Director (AZ), NAHA Editor)  (5) Conference Closing Remarks by (Left-to-Right): Jennifer Hochell Pressimone, Kelly Holland Azzaro, Annette Davis, Nica George (Annette’s Mom) and Eric Davis  (6) The producers of the aromatherapy documentary film *Uncommon Scents* Kristina Bauer & Angie Ehmke.
Beyond Aromatics II

Conference Speaker Gallery

Photographs on pages 81-83 are used with permission from:
Annette Davis, Sharon Falsetto, Kelly Holland Azzaro, Georgeann Lytle, Gabriel Mojay, Leslie Moldenauer and Wendy Robbins.

Jean Bokelmann  Eric Bresselsmith  Amy Chadwick  Valerie Cooksley  Annette Davis

Amber Duncan  Mindy Green  Dr. Pejman Katiraei  Madeleine Kerkhof  Rachel Koenig

Gabriel Mojay  Jennifer Pressimone  Dr. Habib Sadeghi  Karey Shane  Jade Shutes

Cathy Skipper  Robert Tisserand  Roxana Villa  Mark Webb  Dr. Laramie Wheeler
“I don’t have words to express my heartfelt gratitude to those who helped make the 2016 NAHA World of Aromatherapy Conference a success! I would especially like to thank my wonderful co-chairs, Eric Davis and Kelly Holland Azzaro who worked tirelessly by my side on every detail of the conference. Our conference committee, board, NAHA Office, and fabulous volunteers unselfishly gave hours of their time and I can’t thank them all enough. The combined talents of Kelly Holland Azzaro, Sharon Falsetto, and Kelly Peak of Curved Path Design resulted in the exceptionally beautiful and well laid out conference proceedings. Our speakers were top notch and delivered fantastic presentations. Thanks also to those who supported NAHA by attending the conference. I look forward to seeing you again in 2018!”
- Annette Davis, NAHA President -

“One of our best conferences ever! The NAHA aromatherapy community was vibrant and diverse, location superb, gardens gorgeous, and speakers extraordinary!”
- Jade Shutes, NAHA Current Past President -

“The NAHA WOA VIII conference engaged my academic spirit and I made personal connections with my peers. You really cannot ask for more in a conference.”
- Rose Chard, NAHA Secretary -

“This was truly an epic event! The international lineup of speakers, delivered even more than expected. The trade show provided awesome product education and excellent opportunities to network with colleagues. Truly an enjoyable and inspiring experience!”
- Anna Doxie, NAHA Director Coordinator

"The NAHA WOA VIII Beyond Aromatics 2016 Conference was an incredible experience on so many levels! It was a honor to not only present at this event, but to also have served as conference co-coordinator. A most memorable event that offered a wide-range of aromatherapy topics from a diverse group of speakers within beautiful nurturing surroundings. The incredible amount of loving and healing energy that was felt throughout the entire event will continue to shine and inspire for years to come. Much gratitude to Annette (NAHA President) & Eric Davis (NAHA Treasurer), the NAHA Board, Office (Lara & Dennis Kornegay), and Volunteers for all you did to make this conference such an amazing and special event for all! We appreciate all the support from sponsors, vendors and goody bag/raffle donators. Hope to see you all next time in 2018!”
- Kelly Holland Azzaro
NAHA Past President, Public Relations -

“The 2016 NAHA Conference was absolutely amazing! The topics and speakers were so pertinent to today’s need in aromatherapy education. The organization, accommodations and location were all incredible. The goody bags were so generous and the vendor selection and specials were much appreciated. It was great to reconnect with fellow aromatherapy colleagues that I haven’t seen in a while, and to meet some new and upcoming aromatherapists. The comradery was inspiring among our aromatherapy community, both personally and professionally. I can’t wait for the 2018 conference.”
- Jennifer Hochell Pressimone
NAHA Vice President -
“I wanted to take a moment to reach out to you and express my gratitude for the opportunity to give the banquet keynote address at the 2016 World of Aromatherapy VIII conference on behalf of the National Association for Holistic Aromatherapy (NAHA). Not only was it an honor to be in the company of so many respected professionals, but to also discover the incredible work that’s being done to further advance the integration and evolution of healthcare as a healing art. Because of my busy schedule, it’s not often that I have time to share and collaborate with my colleagues across various disciplines, so it was a rare treat for me to do so, particularly in a facility as beautiful as the University of Utah.”
- Dr. Habib Sadeghi, Keynote Speaker -

“Attending the NAHA conference was a highlight of my professional year. All the education was applicable and beneficial. The vendors had a variety of wonderful items for Aromatherapy. And, the relationships built throughout the conference were wonderful! If you weren’t able to attend this year I recommend you make it a priority for 2018. Besides I’d like to get to know you!”
- Sandra Shuff, NAHA Director (WA) -

“This year’s conference was a pleasure to attend, a warm and welcoming atmosphere and superbly organised. I felt very honoured to be able to teach about my passion at the post conference workshop and again everything was so professionally put together that I only had to concentrate on the teaching, a real pleasure... Thank you.”
- Cathy Skipper, NAHA Conference Presenter -

“Absolutely loved being around such a depth of knowledge. The conference was so fascinating just to see how many different routes of study were taken. I loved it and would recommend any aromatherapist to come and get their “fix”!”
- Elizabeth Ashley Starns, NAHA Director for UK -

“The conference was such an eye opening experience. The passion and excitement was profound. I chose to attend at the last minute due to timing and finances. I was thrilled I made that decision. I made friends with some amazing people who I can bounce ideas off of and who share the same passion. It truly has changed my life!”
- Melissa Clymer, NAHA Director (WI) -

“What a wonderful experience I had at the NAHA conference! Wonderful speakers and a great vibe of like-minded souls. Great to connect and network with Plant Medicine people from all over the globe! I am very blessed and grateful to have been a part of it all!”
- Paula S Begel, NAHA Volunteer -

“NAHA’s Beyond Aromatics WOA VIII conference was a special experience! As a nurse aromatherapist and teacher, I found the presentations to be very professional, informational, and original. The number - and quality - of the doctors who presented was encouraging, and a welcome addition to the event. The conference committee did a magnificent job gathering the perfect synergy of topics and speakers that benefitted all who attended, both the veterans in the field as well as all the new aromatherapy enthusiasts!”
- Valerie Cooksley, Conference Presenter, Director (TX) -

These quotes were posted to NAHA’s social media page or obtained directly from the people concerned, following the NAHA Beyond Aromatics® Conference 2016.
“The NAHA conference was amazing and the proceedings immaculately laid out.”
- Robert Tisserand, NAHA Conference Presenter -

“The superb venue, inspired organisation, outstanding speakers, finest of trade shows, and delightfully warm delegates combined to make the World of Aromatherapy VIII professionally enlightening and spiritually rejuvenating. Annette and Eric Davis, the NAHA Board and conference volunteers deserve great credit for manifesting a conference that was not only a top-notch aromatic-educational experience, but an uplifting one.”
- Gabriel Mojay
NAHA Conference Presenter -

“NAHA’s conference WOA VIII Beyond Aromatics 2016 was well organized and especially interesting to me with content spanning our botanically historic roots - the source of essential oils. This broad-minded approach encourages and reminds attendees to incorporate herbal therapies for greater outcomes with aromatherapy. Well done, NAHA!”
- Mindy Green, NAHA Conference Presenter -

“Indeed, what a wonderful experience on all levels. Touched, warmed, inspired. Incredible folk! Gratitude to all of the organizers, speakers, attendees, and to the PLANTS that have brought us all together!”
- Eric Bresselsmith, Conference Presenter -

“Thank you everyone involved in putting on the conference! Everything was so well thought out. Very appreciative of your efforts.”
- Kathryn Duvall -

The NAHA WOA VIII Conference was beyond my expectations and has brought Life-changing ideas and energies into my life. I very much enjoyed Kelly’s presentation. - Sally K. Harvey -

“Everyone did an amazing job. I can’t wait to continue my journey and attend the next one!”
- Anna Pageau -

“Fabulous conference! Thanks to all of you that worked so hard, thanks to the sponsors, thanks to the speakers, it was an amazing experience!”
- Rollyne Klem -

“Great memories, I learned so much from all the amazing presenters. I’m so blessed that I got to be there and meet everyone and will be following up on the wonderful resources.”
- Sherry Hickey Kline -

“One of the best aroma conferences I have attended, well organised, brilliant speakers and a comfortable venue.”
- Mark Webb, Conference Presenter -

“It was an AMAZING time! I’m blessed for having been there. Thanks to everyone - and all the volunteers were selfless and brilliant!”
- Roxanne Benton -

“What a wonderful gala, inspirational presentation and I’ll also never forget those remarkable views!!!”
- Wendy Robbins -

“A wonderful event full of good times and especially a lot of knowledge shared by the speakers. Thank you very much NAHA!”
- Conie BP -

“Thank you for such an exceptional conference.”
- Brenda Rowell -

These quotes were posted to NAHA’s social media page or obtained directly from the people concerned, following the NAHA Beyond Aromatics® Conference 2016
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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

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- **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)
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