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Presents

**Aromatherapy
and
More**

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Legal Disclaimer

All models are at least 18 years of age. The techniques, ideas, and suggestions in this document are not intended as a substitute for proper medical advice! Consult your physician or health care professional before performing or receiving a massage, particularly if you are pregnant or nursing, or if you are elderly, or if you have any chronic or recurring conditions. Any application of the techniques, ideas, and suggestions in this document is at the reader's sole discretion and risk.

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AROMATHERAPY HISTORY

History

- The recorded history of essential oils goes back as far as 4,500 B.C.
- Shen Nung's herbal book (Dating back to approximately 2700 BC) contains detailed information on over 300 plants and their uses.
- In 1937, a French chemist by the name of Rene Maurice Gattefosse coined the word Aromatherapy.

The History of Aromatherapy www.ivy-rose.net/information/Therapies/Aromatherapy.htm

The earliest pictorial references associated with aromatherapy are images on the walls of the Lascaux caves in France which are thought to date from approx. 18,000 B.C. Most aromatherapy texts claim that this therapy is at least 6000 years old and refer to the many ancient cultures from different parts of the world that are believed to have used scented oils to aid relaxation and healing.

Egypt - Surviving records describe methods used by the Ancient Egyptians to extract oils from aromatic plants. One medical papyrus thought to date from around 1555 B.C. describes remedies for a range of illnesses including some remedies and methods similar to those used in modern Aromatherapy and Herbal Medicine. Egyptians also used aromatic oils in mummification processes.

China - There are some suggestions that the Ancient Chinese were using aromatic oils at about the same time as the Egyptians. There is clear evidence that they were using aromatic herbs and burning aromatic woods for religious purposes.

Aztec Civilization - The Aztecs of South America developed sophisticated use of plant remedies, some of the plants used being aromatic hence it is likely that they were using some form of aromatherapy effects.

Native America - Native American tribes that inhabited the North American continent before the arrival of Europeans in the 1500s used aromatic oils in conjunction with their ranges of herbal remedies.

India - Aromatic massage is sometimes used in the practice of the traditional Indian Medicine, Ayurveda.

Greece - The Greeks used aromatic oils for cosmetics and medicines. Hypocrites studied the therapeutic effects of essential oils and recommended aromatic baths and massages with scented oils. Greek physician, Theophrastus wrote about the healing properties of 'aromatic plants', and fellow physician Pedacius Dioscorides, wrote about herbal medicine - describing some remedies are still used in Aromatherapy in 21st Century.

Rome - The Romans, who had learned many healing and relaxation techniques from the Greeks, became well-known for their use of bathing, scented baths, and body treatments using a variety of massage media including aromatic oils. (The remains of their facilities for these activities may still be seen all over the former Roman Empire.) However, these ancient civilizations may not necessarily have used scented oils in the same way as each other or in the same way as aromatherapy is practiced today. What is known of the details of use in these times and places varies but there is at least some evidence of use of scented/aromatic oils for the purposes of physical, mental, emotional, and/or spiritual well-being.

Since 1000 A.D. - The physician Avicenna (980-1037) is credited with first using the distillation process to extract essence of Rose. (Rose essential oil is important and expensive oil used in modern aromatherapy.) During the Renaissance in Europe (ca 1450-1600), explorers and merchants brought exotic herbs and oils back to Europe from the Middle and Far East, interest in these luxuries grew, especially among the middle- and upper-classes. Wigs were scented with aromatic oils and people carried scented handkerchiefs to overcome the effects of unsanitary streets and living conditions.

In France lavender and rosemary were used to fumigate hospitals.

19th Century - European scientists and physicians researched the effects of essential oils on bacteria in people - at this time the scientific method was becoming established in many areas of human thought and study.

20th Century - The Development of Modern Aromatherapy - Key developments leading to the modern form of aromatherapy took place in France during the middle years of the 20th century:

1930s - French chemist and writer **Dr. Rene Maurice Gattefosse** published a book about the anti-microbial effects of essential oils in which he used the term 'aromatherapy'. Frenchman Albert Couvreur published a book about the medicinal uses of essential oils.

1940s - French medical doctor and Army Surgeon Dr. Jean Valnet also conducted research using essential oils. At about the same time French biochemist, Margaret Maury developed massage techniques for the effective application of these oils to the skin.

The research results and techniques established by Jean Valnet, Margaret Maury - and her co-researcher Micheline Arcier form the basis of modern aromatherapy as taught by Colleges all over the world today.

AROMATHERAPY

Facts

- The prices range from \$5 to \$150+ for ½ ounce.
- People that are skilled at Aromatherapy are called an Aromatherapist.
- Essential oils have an immediate impact on our sense of smell, also known as "olfaction."
- If you rub garlic clove on the bottom of your foot, 10 minutes later you should smell it on your breath.
- Essential oils are highly concentrated and a little goes a long way.
- Essential oils can provide valuable psychological and physical therapeutic benefits.
- Do not bathe or shower directly following a massage to ensure maximum effectiveness.

Liquid Measure - Imperial to Metric	
1/6 (fl)oz	4.924 ml
1/3 (fl)oz	9.857 ml
1/2 (fl)oz	14.79 ml
1 (fl)oz	29.51 ml
2 (fl)oz	59.15 ml
4 (fl)oz	118.3 ml
8 (fl)oz	236.6 ml
16 (fl)oz	478.2 ml
32 (fl)oz	946.4 ml
1/2 gal / 64 (fl)oz	1893 ml
1 gal / 128 (fl)oz	3785 ml
5 gal / 640 (fl)oz	18930 ml

Dry Weight - Imperial to Metric	
1 oz	28.35 g
2 oz	56.7 g
4 oz	113.4 g
8 oz	226.8 g
16 oz / 1 lb	453.6 g
80 oz / 5 lb	2268 g / 2.268 k
160 oz / 10 lb	4536 g / 4.536 k
320 oz / 20 lb	9072 g / 9.072 k

How they make it

- An essential oil is a liquid that is generally distilled (Most frequently by steam or water) from the leaves, stems, flowers, bark, roots, or other elements of a plant.
- Essential oils can vary greatly in quality and price, Rose is the most expensive \$100+ for a ½ ounce, 220 pounds (Give or take a pound) of rose petals to produce only 4 or 5 teaspoons of oil.
- Essential oils are about 100 times more concentrated than oils found in dried herbs.
- All the aromatherapy oils have scientific names (Lavender is *Lavandula Augustifolia*).

How do Essential Oils work?

Essential oils work on us directly when they are blended with carrier oil and applied to the skin or when diffused through the air. These oils, when used, travel through the entire body, affecting our various systems: nervous, muscular, circulatory, endocrine, and lymphatic. Through our sense of smell, essential oils play an important role in balancing our moods and emotions, therefore helping to maintain overall well being.

Finding the good oil

- Watch out for words such as "Fragrance oil," "Nature identical oil," or "Perfume oil." These words indicate that what you see is not a pure, single essential oil.
- The more expensive essential oil does not necessarily mean that they are better.
- Look for an amber colored bottle; it withstands the sunlight that can destroy the properties.
- If you do not like the smell, that oil will probably not work for you.
- They are commonly sold in 5ml, 10ml, and 15ml (1/2 ounce) sizes.
- Purchase essential oils only from a reputable supplier.
- Lavender is the most widely used essential oil (Around \$8).
- There are over 100 different essential oils on the market; other people say there are over 400.
- The difference between Essential Oils and Fragrance Oils is simply this. Essential Oils are all natural oils derived directly from their constituent plants, where as fragrances are synthetic and use various chemicals to produce their scents, and have no medicinal properties.

Carrier oil

- Carrier Oil is usually a vegetable oil, used to dilute pure essential oils for massage
- The carrier you use should be 100% pure, unrefined, unbleached, and cold pressed.
- The carrier oils used in aromatherapy should be 100% pure, unrefined, unbleached, and cold pressed.
- Add up to 20 drops of essential oil to 1-ounce carrier oil such as sweet almond oil or grape seed oil, but experiment and start with a little amount first.

How are they used?

Atomizer spray - Use a blend of 20 drops essential oil to 4oz of water, shake as you spray into the room, the oil and water do not usually mix and stays in suspension for only a short time. This method will act quickly to purify and freshen the whole house.

Bath - Try 5 to 15 drops added after the tub is drawn, gentle stir to disperse the oil, soak and enjoy.

Ceramic diffuser lamps - Well warm a mixture of water and essential oil over a candle or electric heat source to diffuse the aroma into the room. Most diffuser lamps hold about 1/4 cup of water, start with 10 to 15 drops of essential oil, and add more if needed. But careful, more is not always better, some oils such as lavender, sedating at low levels are stimulating at high dilution.

Electric diffusers - Use a small air pump and nebulizing chamber in which air and essential oils are mixed and then released into the room. Simply attach your bottle of your favorite essential oil to the diffuser.

Food Supplements - It is not our policy to advise on food supplements, and suggest that essential oils never be taken internally.

Footbath - Use 5 to 10 drops essential oil per quart of water.

Fragrant body water - Mix 5 to 10 drops of oil to 4ozs of water.

Inhalant - Use 3 - 5 drops of oil in a bowl of hot water. Never use an inhalation during an asthma attack.

Inhalation - Probably the simplest form of diffusion is to put 2 or 3 drops of essential oil onto a handkerchief or tissue and hold under the nose, in the way posies of old were used. Breathing the oils will stimulate your body to create antibodies, endorphins and neurotransmitters, all vital to building good health and a strong immune system.

Topically - Essential oils can be applied directly to the skin, however we recommend that a test with a diluted sample be tried first. If you have no reaction, try one or two drops of essential oil to two or three locations on the body, inside of the elbow and ear lobes are amongst the favorite spots, gently massage in.

Unglazed porous clay diffusers - These clay diffusers absorb the oil and through room heat will diffuse the aroma into the surrounding atmosphere, they work better if placed in the warm sun through a window, use 10 to 15 drops of essential oil, add more as needed.

Life span

- Most good quality essential oils will keep their therapeutic properties for at least two or three years when stored correctly.
- Essential oils do not become rancid; they can deteriorate and lose their therapeutic benefit over time.
- Some oils such as patchouli and sandalwood can improve with age.
- Citrus oils have a shorter shelf life of around six to nine months.

AROMATHERAPY Tx's

- **Rain drop therapy** - Gary Young developed it. This gentle massage method of "dropping" essential oils on the spine and back. The oils used are: Basil, Birch or Wintergreen, Cypress, Marjoram, Oregano, Peppermint, Thyme and Valor.
- **Olfactory Aromatherapy** - involves the release of fragrances from essential oils into the environment by direct inhalation and/or diffusion.
- **Massage Aromatherapy** - involves the use of essential oils in the process of massage therapy. 7-10 drops (1.5-2%) in 25ml (1froz) of carrier oil, for a full body massage (Adult dose). Less is better, try using less than the recommended amount.
- **Cosmetic Aromatherapy** - involves the process of combining essential oils with facial, skin, hair and body care products.
- **Meta-Aromatherapy** - uses essential oils in combination with bodywork and psychotherapy based on clients' own metaphors, derived from the precise, physically linked, location.
- If you need peppermint oil but do not have the time to get some: spearmint oil can be used in its place. That goes for all of the other oils.
- A Compress is a folded piece of material or lint applied hot or cold to the body.
- HOT essential oils for relieving chronic pain, period cramps etc.
- COLD essential oils for reducing swelling, sprains and headaches.
- Incense is a aromatic herb or wood made into a fine powder to be burned for enjoyment of its pleasant fragrance; used as an offering at rituals or during religious ceremonies.

Aromatherapy Massage Oil

1. 7-10 drops (1.5-2%) in 25ml (1froz) of carrier oil, for a full body massage. (Adult dose.)
2. Use a firm, non- yielding surface and cover the person with towels after massaging each body part.
3. Massage for up to 90 minutes. Benefits physical and psychological problems.
Good for muscular fatigue and aching, nervous tension, and anxiety.

Aromatherapy Ointments and creams

1. 5-20 drops (0.5-2%) in a 50g (2oz) jar or tub.
2. These require a cream base, preferably one made from a cold pressed vegetable oil. Apart from the Essential Oils, other beneficial ingredients may include wheat germ or Calendula at 10-20%.

Higher dose of 2% may be used for bruises, sprains and rubbed on the chest and back for respiratory problems. In the case of sensitive or inflamed skin, the lower dose applies.

Aromatherapy Compress

Compresses or poultices are an age-old way of drawing impurities out through the skin, to soothe irritation or relieve congestion. They were one of the first treatments in medicine, and their history goes back thousands of years. Traditionally, the most common compresses were made from mustard seed, fennel or linseed, and were particularly popular when treating colds and skin problems. Compresses or poultices with aromatherapy oils can be used for a concentrated facial treatment, but should not be considered for delicate or sensitive skins. Hot compresses are used for cramping pain, cold are used for swellings and burning pains.

1. Dry ingredients such as wheat germ, bran or herbs are mixed with the selected aromatherapy oil and warm water into a stretchy paste.
2. The mixture then is sandwiched between a square of muslin gauze to form a compress. This treatment is very effective during a facial or in a back treatment.
3. Place damp eye pads over the eyes before a facial compress is applied.
4. Mold the compress to the skin and leave on for 10 to 15 minutes.
5. The compress may be placed under warm steam, but it should not be warm enough to cause sweating of the skin.

Another Compress

1. 3-5 drops in about one pint of water.
2. Add Essential Oil to a bowl of hot or cold water.
3. Put a face cloth onto the water and wring out.
4. Apply to desired area for 5 minutes.
5. Repeat up to 4 times.

Aromatherapy Steam Inhalation

1. 2-3 drops in about a pint of water.
2. Add Essential Oil to a bowl of near boiling water.
3. Drape a towel over the head and lean over the bowl, trapping the steam under the towel. Take care! Steam can scald.
4. Breathe in the steam for about 2 minutes.
5. Repeat up to 4 times in a day.

Good for bronchial and sinus congestion, coughs and bronchitis, colds and flu and sore throats.

Aromatherapy Bath

1. 4-6 drops (Adults.) 3-5 drops (13-16 yrs.) 2-4 drops (10-12 yrs.) 1-3 drops (7-9 yrs.) 1-2 drops (4-6 yrs.) 1 drop (under 5's.)
2. Add the Essential Oils to a warm bath.
3. Swirl the water before getting in.
4. The room should be warm, and the doors and windows should be closed to allow for inhalation of the vapors.
5. The body should be immersed in the bath for at least 10 minutes, and the ideal temperature of the water is about 100oF.
6. The odoriferous molecules of the aromatherapy oil stimulate the nerve endings that are an extension of the limbic portion of the brain which is responsible for our feelings of pleasure, contentment and well-being. They also connect with the hypothalamus, which sends chemical messages to the pituitary gland which controls every endocrine gland in the body. This affects the thyroid, adrenals and ovaries, and by this indirect route, the aromatherapy oils can exert a powerful influence over the hormonal secretions of the body. A familiar example of smell affecting the body functions is when our digestive juices begin to flow when the odor of cooking is detected. An excellent way to relax. Good for overworked muscles, stress, tension and insomnia. A good way to use the Oils if a massage is not possible.

Aromatherapy Vaporisation

1. Depends on the size of the dish or burner. Generally, in a burner you need 6 drops.
2. Add Essential Oils to a burner containing water, or a dish of water that can be safely warmed. Electric versions do not need water. Good for mood enhancement and upliftment.

Also for disinfecting the air, to improve breathing and to help a headache.

Products that may contain aromatherapy

Essential oils can be used in: lotions, facial toners, shampoos, soaps, shower gels, steam inhalation, room freshening, general household freshening, bug repellent, bath, massage oils, compress, perfumes and other natural products.

AROMATHERAPY CONSULTATION FORM

www.aromacaring.co.uk/consulation_form.htm

Essential oils are totally safe when administered by a qualified Aromatherapists. However, there are certain conditions that the Aromtherapist needs to know about before treatment can take place. If it is considered to be in your best interest, the Aromatherapist may require you to consult your Doctor before treatment can be given.

Name: _____ Date of birth: _____

Occupation: _____

Address: _____

Telephone: Daytime: _____ Evening: _____

Name of Doctor: _____

Address: _____

MEDICAL DETAILS

Do you have, or have you ever had the following:

(Please give details where applicable)

- | | |
|---|--|
| 1. Circulatory disorder | 10. Dysfunction of the nervous system |
| 2. Heart condition | 11. Recent hemorrhage or swelling |
| 3. High or low blood pressure | 12. Recent operation / fracture / sprain |
| 4. Thrombosis | 13. Nut allergy |
| 5. Varicose vein(s) | 14. Wheat allergy or intolerance |
| 6. Epilepsy | 15. A potentially fatal or terminal condition (e.g. cancer) |
| 7. Abdominal complaint. Please specify: | 16. Are you currently under GP or hospital care? Details: |
| 8. Skin disorder. Please specify: | 17. Are you taking any medication including herbal remedies? Please specify: |
| 9. Diabetes | |

FEMALE CLIENTS

- | | |
|---|---|
| 1. Is it possible that you may be pregnant? | 3. Menstruation problems eg: PMS, pain, |
| 2. Do you suffer from the following? | 4. Perimenopausal/Menopausal problems |

GENERAL HEATH

(Please circle)

- | | | | | |
|---------------------------|-------------|---------|------------|-------|
| 1. Is your general health | GOOD | AVERAGE | POOR | |
| 2. Are your energy levels | HIGH | AVERAGE | POOR | |
| 3. Is your stress level | HIGH | AVERAGE | LOW | |
| 4. Do you sleep | WELL | AVERAGE | POOR | |
| 5. Weight: | UNDERWEIGHT | AVERAGE | OVERWEIGHT | OBESE |

Type of exercise undertaken (and how frequent): _____

Typical weekly alcohol consumption: _____

Do you smoke? If so, how many a day: _____

Number of cups of tea/coffee a day: _____

Do you have any hobbies? Please give details: _____

How do you relax? _____

HEALTH RELATED PROBLEMS

Do you have or have recently suffered from any of the following (please circle):

- | | | | | |
|---------------------------|-------------------------------|------------------------|-----------------|-----------|
| Skin complaints: | Allergies | Dermatitis | Eczema | Psoriasis |
| | Other (please specify): _____ | | | |
| Circulation/joints | Arthritis | Aches and pains | Sciatica | |
| | Chilblains | Oedema | Rheumatism | |
| | Other: _____ | | | |
| Respiration | Asthma | Breathing difficulties | Bronchitis | |
| | Throat infection | Sinusitis | Colds | 'Flu |
| | Other (please specify): _____ | | | |
| Digestion: | Constipation | Indigestion | Colitis | Candida |
| | Other: _____ | | | |
| Urinary problems | Cystitis | Thrush | Fluid retention | |
| | Other (please specify): _____ | | | |
| Stress/Anxiety | Depression | Headaches | Migraine | |
| | Insomnia | Tension | | |
| | Other (please specify): _____ | | | |

Are there any other details not mentioned above which you would like help with as part of your treatment?:

Are you currently undergoing any other Complementary treatment? Please give details:

Summary of any problems you would like treatment to address:

CLIENT DECLARATION

I declare that the information I have given is correct and promise to notify the Therapist should there be any changes to my health. As far as I am aware I can undertake treatment without any adverse affects. I have been fully informed about any contraindications and am willing to proceed with the treatment.

Client's signature _____

Therapist's signature _____

Date: _____

BLENDS

www.massagewarehouse.com/user/html.do?file=advisor/index

Chest Rub	Sensual Blend	Sports Blend
1 drop Basil 2 drops Lemon 2 drops Eucalyptus *Mix with 2 oz. carrier oil.	7 drops Rose 8 drops Sandalwood 3 drop Ylang-Ylang *Mix with 8 oz. carrier oil or lotion.	8 drops Juniper 7 drops Lavender 6 drops Rosemary *Mix with 8 oz. carrier oil or lotion.
Stress Relief	Uplifting	Calming
8 drops Bergamot 7 drops Mandarin 7 drops Lavender 6 drops Lemongrass *Mix with 8 oz. carrier oil or lotion.	7 drops Lemongrass 7 drops Geranium 5 drops Sweet Basil 4 drops Lime *Mix with 8 oz. carrier oil or lotion.	10 drops Ylang Ylang 7 drops Orange 10 drops Petitgrain *Mix with 8 oz. carrier oil or lotion.
Meditation Blend	Mental Fatigue	Office Freshener
8 drops Sandalwood 2 drops Rosewood	8 drops Ylang Ylang 4 drops Basil 8 drops Rosemary	6 drops Bergamot 8 drops Lavender 1 drop Tea Tree
Stress Reduction	Refreshing	Romance
10 drops Sandalwood 5 drops Lavender 5 drops Spruce	8 drops Peppermint 8 drops Eucalyptus 4 drops Lemongrass	7 drops Ylang Ylang 7 drops Palmarose 6 drops Bergamot
Deodorizing Spray	Kids Party Blend	Pet Blend
6 drops Bergamot 1 drop Eucalyptus 2 drops Lemon or Lemongrass	4 drops Sweet Orange 2 drops Bergamot	6 drops Cedarwood 2 drops Tea Tree
Before Bed Bath	Energizing Bath	Jogger's Foot Bath
2 drops Ylang Ylang 5 drops Lavender	3 drops Peppermint 2 drops Lemongrass	5 drops Rosemary 3 drops Peppermint 4 drops Lavender
Steam Inhalation	Traveler's Oils	
Boil 2 to 4 cups of water, cool for 1 minute and add 8 drops of Sandalwood or 4 drops of Eucalyptus. Tent your head with a towel and, keeping eyes closed, inhale for 1 to 3 minutes.	Add 2 drops of your favorite Essential Oil to some cotton balls, then place them in a resealable plastic bag. Use Lavender to keep cool and calm in traffic jams, Basil to stay alert, or Peppermint to calm a troubled tummy.	
Face Oil for Mature Skin	Hair Rinse	
4 drops Chamomile 5 drops Carrot Seed 8 drops Geranium 5 drops Lavender 1 drop Patchouli 2 drops Sandalwood 1/4 cup Apricot Kernel Oil	Add Essential Oils to 4 cups water and shake vigorously. Pour over clean hair as a final rinse. For short hair, use half the amounts.	
Dark Hair	Fair Hair	
3 drops Rosemary 1 drop Geranium	2 drops Chamomile 1 drop Lemon	
Eau De Cologne	Exotic Perfume	
1 drop Rosemary 4 drops Neroli 15 drops Lemon 1 drop Lavender 40 drops Bergamot 1/4 cup 100 proof Vodka	12 drops Patchouli 2 drops Ylang Ylang 3 drops Geranium 1 drop Cinnamon	

AROMATHERAPY CAUTION

- Don't use undiluted oils on the skin, dilute with vegetable oil. There are a very few exceptions to this rule, for example non-irritating oils like Lavender or Tea Tree oils undiluted on burns, insect bites, pimples and other minor skin eruptions so long as you do not have sensitive skin.
- Skin test essential oil for sensitivity. Many people who are sensitive or allergic to say synthetic fragrances will not be sensitive to natural oils. Perform a patch test with a 2% dilution (with a pure vegetable oil) in the crook of the arm; 12 hours will be ample time to check for a reaction. If redness or irritation occurs try a weaker dilution (1%) or try alternative oil.
- To test if a client is allergic to an essential oil, place a drop near their armpit and wait a minute (If it turns red wash the area right away).
- Do not put essential oils in any orifices, eyes or open wounds.
- Ingestion is not recommended for Aromatherapy.
- Only mix essential oils in a well-ventilated room and for short periods.

- Do not place essential oil bottles on any polished or plastic surfaces as they may react with them, do not store in plastic bottles, even when dilute in carrier oils.
- Take great care when using, burners, candles, and other things. They are used safely and the risk of fire is reduced, as Essential oils are extremely flammable.
- Do not put drops of essential oil into a candle before or after you light it (I did it)!
- Use extreme caution when using oils with children and give children only the gentlest oils at extremely low doses.
- The safest and most recommended course of action that you can take if you'd like to implement aromatherapy into your pregnancy is to seek out the in-person guidance of a qualified aromatherapy practitioner in your area.
- Mineral oil actually acts as a barrier to the skin and therefore restricts the absorption of essential oils.
- Check with a doctor if the client has any problems (High blood pressure, Cancer, Epilepsy and any other problem you may have concerns about).
- Citrus oils are mildly photosensitizing and should not be used prior to sunbathing or using a sun bed.
- Do not apply essential oils to the skin without first diluting them in carrier oil.
- Be sure to also read the safety data for the essential oils you choose to use.
- Droppers with rubber bulbs should not be kept with the essential oil bottle as the highly concentrated oil can turn the rubber bulb into gum.
- Avoid using stimulating essential oils early in the evening and at nighttime.
- There are hazardous essential oils that should not be used without a doctors knowing of (Please consult your Aromatherapist for the up to date list).

Care of Essential Oils

- Essential oils are light sensitive and should be stored out of direct sunlight and away from heat.
- Keep your bottles well sealed
- Use only glass or stainless steel containers, never plastic because of the reaction that will render your oil ineffective
- Avoid using near the eye or directly on skin
- Do not use undiluted and directly on skin or ingest
- Removing oil from skin is best with a fat or oil based cream
- Essential oils can be used individually or combined together for a specific effect
- Keep such oils away from children

*Use any of these oils during pregnancy at your own risk and under the care of your medical professional:

***Avoid using** Avoid using any of the following oils during pregnancy: Anise, Bitter Almond, Basil, Bay, Birch, Cedar Leaf, Cedarwood, Citronella, Clary Sage, Clove Bud, Geranium, Hyssop, Lavandin, Spike Lavender, Sweet Fennel, Juniperberry, Marjoram, Myrrh, Pennyroyal, Peppermint, Rose, Rosemary, Sage, Tagetes, Thyme, and Wintergreen (Just to name a few).

***Essential oils that should not be used at all in Aromatherapy:** Ajowan, Aniseed, Armoise, Arnica, Baldo Leaf, Bitter Almond, Buchu, Calamus, Camphor, Cascarrilla, Chervil, Cinnamon Bark, Deer tongue, Horseradish, Jaborandi Leaf, Mustard, Narcissus, Nutmeg, Parsley, Pennyroyal, Rue, Sage, Santolina, Sassafras, Savin, Southernwood, Spanish broom, Tansy, Thuja, Tonka, Turmeric, Wintergreen, Wormseed, Wormwood (Just to name a few).

***High blood pressure** - Hyssop, Rosemary, Sage and Thyme(Just to name a few).

***Homeopathy** - Not compatible with Black pepper, Camphor, Eucalyptus and Mint oils (Just to name a few).

***Epileptic** - Fennel, Hyssop and Sage (Just to name a few).

***Alcohol consumption** - Clary sage.

*The lists shown above contain essential oils that should not be used in aromatherapy without the express administration by a qualified aromatherapy practitioner. A qualified practitioner should not even use many of the above. Do not assume that oil is safe to use if it is not on these lists.

AROMATHERAPY CATEGORIES

Citrus - Orange, Lemon and Lime

Earthy - Oak moss, Vetiver and Patchouli

Euphoric - Clary Sage, Grapefruit, Jasmine, Rose

Otto and Ylang-ylang

Floral - Lavender, Neroli and Jasmine

Herbaceous - Marjoram, Rosemary and Basil

Medicinal - Eucalyptus, Cajuput and Tea Tree

Minty - Peppermint and Spearmint

Oriental - Ginger and Patchouli

Regulators - Bergamot, Frankincense, Geranium

Rose and Rosewood

Sedatives - Chamomile, Lavender, Marjoram,

Orange Blossom and Sandalwood

Spicy - Nutmeg, Clove and Cinnamon

Stimulants - Eucalyptus, Juniper, Peppermint,

Rosemary and Tea Tree

Woody - Pine, Cedar

AROMATHERAPY GLOSSARY

www.belles-botanicals.com/Aromatherapy-Lamps-fs.html

Abortifacient - Induces childbirth or premature labor.

Aerophagy - An excess of air in the alimentary canal that is relieved through burping or flatulence.

Alterative - Gradually improves the nutritional state of the body.

Analgesic - Relieves or reduces pain.

Anaphrodisiac - Reduces sexual desire.

Anesthetic - Numbs the nerves and causes a loss of sensation.

Anthelmintic - Expels or kills intestinal worms.

Antibacterial - Kills bacteria.

Antidepressant - Reduces or prevents depression.

Antidiarrhoeic - Relieves diarrhea.

Antidote - Counteracts a poison.

Antiemetic - Counteracts nausea and stops vomiting.

Antifungal - Kills fungal infections.

Antigalactagogue - Reduces the production of milk secretion of nursing mothers.

Anti-inflammatory - Reduces inflammation.

Antilithic - Prevents formation of stones or calculus.

Antineuralgic - Stops nerve pain.

Antiphlogistic - Counteracts, reduces, or prevents inflammation.

Antipruritic - Relieves or prevents itching.

Antiputrid - Stops putrefaction.

Antisclerotic - Removes deposits from circulatory vessels.

Antiscorbutic - Preventative for scurvy.

Antiseptic - Inhibits the growth of and kills bacteria.

Antispasmodic - Relieves or prevents spasms, cramps, and convulsions.

Antisudorific - Reduces perspiration.

Antitoxic - Counteracts poisons.

Antitussive - Relieves coughs.

Antiviral - Weakens or kills viruses.

Aperient - A gentle purgative of the bowels.

Aperitif - Appetite stimulant.

Aphrodisiac - Arouses sexual desires.

Balsamic - Softens phlegm.

Bronchodilator - Expands the spastic bronchial tube.

Calmativ - Mild sedative or tranquilizer.

Cardiac - Stimulates or affects the heart.

Cardiotonic - Tones the heart muscle.

Carminative - Expels gas from the intestines.

Cephalic - Problems relating to the head.

Cholagogue - Increases the flow of bile.

Choleretic - Stimulates the production of bile.

Cicatrizant - Helps the formation of scar tissue; healing.
Coagulant - Clots the blood.
Cytophylactic - Protects the cells of the organism.
Decongestant - Relieves congestion.
Demulcent - Soothes irritated tissue, particularly mucous membranes.
Depurative - Cleanses and purifies the blood and internal organs.
Detergent - Detergent. Cleanses wounds and sores, and promotes the formation of scar tissue.
Diaphoretic - Causes perspiration.
Disinfectant - Kills infections and disease producing microorganisms.
Diuretic - Increases the secretion and elimination of urine.
Emetic - Induces vomiting.
Emmenagogue - Promotes and regulates menstruation.
Emollient - Softens the skin, and soothes inflamed and irritated tissues.
Estrogenic - Similar to estrogen.
Euphoriant - Brings on an exaggerated sense of physical and emotional well-being.

Expectorant - Promotes the discharge of mucous from the lungs and bronchial tubes.
Febrifuge - Reduces or prevents fevers.
Fixative - Holds the scent of a fragrance.
Galactagogue - Promotes or increases the secretion of milk in nursing mothers.
Germicide - Kills germs.
Hallucinogen - Induces hallucinations-an imagined or false sense of perception.
Hemostatic - Stops hemorrhaging.
Hepatic - That which acts on the liver.
Hypertensor - Raises the blood pressure.
Hypnotic - Induces sleep.
Hypotensor - Lowers the blood pressure.
Insecticide - Kills insects.
Larvicide - Kills the larvae of insects.
Laxative - Promotes the elimination from the bowels; a mild purgative.
Nervine - Calming and soothing to the nervous system.
Parasiticide - Kills parasites.
Peccoral - Affecting the respiratory system.
Purgative - Promotes vigorous elimination from the bowels.

Regenerator - Promotes new growth or repair of structures or tissues.
Rejuvenator - Assists in promoting a youthful appearance.
Relaxant - Lessens or reduces tension, and produces relaxation.
Resolvent - Reduces swellings.
Restorative - Restores consciousness and/or normal physiological activity.
Rubefacient - A local irritant that reddens the skin.
Sedative - Calms anxiety and promotes drowsiness.
Stimulant - Excites or quickens an activity in the body.
Stomachic - Strengthens, stimulates, and tones the stomach.
Sudorific - Promotes or increases perspiration.
Tonic - Strengthens and revitalizes the body or specific organs.
Tranquilizer - Calms the nerves.
Vasoconstrictor - Constricts the blood vessels.
Vasodilator - Dilates the blood vessels.
Vermifuge - Expels intestinal worms.
Vulnerary - Assists healing of wounds and sores by external application.

AROMATHERAPY OILS

www.aworldofaromatherapy.com/essential-oils-basil.htm

Basil - Analgesic, Antidepressant, Antiseptic, Antispasmodic, Emmenagogue, Uplifting
Bergamot - Antidepressant, Antiseptic, Antispasmodic
Black Pepper - Diuretic, Expectorant, Stimulant
Cajuput - Analgesic, Antiseptic, Expectorant, Insecticide
Chamomile - Analgesic, Antibacterial, Antiseptic, Digestive Stimulant
Cedarwood - Antifungal, Antiseptic, Astringent, Expectorant, Sedative
Clary Sage - Anti-inflammatory, Antiseptic, Antispasmodic, Sedative
Clove - Analgesic, Expectorant, Stimulant
Cypress - Antispasmodic, Astringent, Diuretic, Expectorant
Eucalyptus - Analgesic, Anti-inflammatory, Antiseptic, Antiviral, Stimulant
Fennel - Antiseptic, Antispasmodic, Diuretic, Stimulant
Frankincense - Analgesic, Antidepressant, Anti-inflammatory, Antiseptic, Expectorant
Geranium - Antifungal, Antiseptic, Antispasmodic, Diuretic
Ginger - Analgesic, Antidepressant, Expectorant, Stimulant
Grapefruit - Antiseptic, Astringent, Diuretic, Stimulant
Hyssop - Antiseptic, Antispasmodic, Astringent, Diuretic, Expectorant, Stimulant
Jasmine - Antidepressant, Antiseptic, Antispasmodic, Expectorant
Juniper - Analgesic, Astringent, Diuretic, Expectorant
Lavender - Analgesic, Anti-inflammatory, Antiseptic, Diuretic, Insecticide, Sedative
Lemon - Antiseptic, Astringent, Antiviral, Stimulant
Lemongrass - Antidepressant, Antiseptic, Diuretic

Marjoram - Analgesic, Antiseptic, Antispasmodic, Diuretic
Melissa / Lemon Balm - Antidepressant, Antispasmodic, Sedative
Myrrh - Analgesic, Antiseptic, Astringent, Expectorant
Neroli - Antidepressant, Antiseptic, Antispasmodic, Sedative
Orange - Antidepressant, Antiseptic, Antispasmodic, Detoxifying, Sedative, Tonic
Patchouli - Antidepressant, Anti-inflammatory, Antiseptic, Astringent, Diuretic, Sedative
Peppermint - Analgesic, Antiseptic, Antispasmodic, Astringent, Decongestant, Digestive Aid, Expectorant
Petitgrain - Antibacterial, Antidepressant, Antifungal, Antiseptic, Antispasmodic, Stimulant
Pine - Antiseptic, Decongestant, Disinfectant, Expectorant, Tonic
Rose - Antibacterial, Antidepressant, Antiseptic, Antispasmodic, Astringent, Diuretic, Sedative
Rosemary - Analgesic, Antidepressant, Antirheumatic, Antiseptic, Antispasmodic, Decongestant, Diuretic, Stimulant
Sandalwood - Anti-inflammatory, Antiseptic, Antispasmodic, Aphrodisiac, Diuretic, Sedative
Tea Tree - Antibiotic, Antifungal, Antiseptic, Antiviral, Detoxifying, Insecticide, Stimulant
Thyme - Antirheumatic, Antiseptic, Antispasmodic, Aphrodisiac, Diuretic, Emmenagogue, Expectorant
Vetiver - Antibacterial, Antifungal, Antiseptic, Sedative
Ylang Ylang - Antidepressant, Antiseptic, Aphrodisiac, Sedative

SYMPTOM TO OIL LIST

www.fragrantdemon.co.uk/2#2

The following oils may assist in alleviating the complaints featured. This is not a comprehensive list nor is it considered to be a prescription for the named complaint.

ABCESSES - Lavender, Tea Tree
ABDOMINAL CRAMPS - Lavender, Clary Sage
ACCUMULATION OF TOXINS - Birch, Carrot Seed, Juniper
ACNE - Bergamot, Chamomile, Geranium, Lavender, Palmarosa, Patchouli, Sandalwood, Tea Tree
AGEING SKIN - Frankincense
ALLERGIES - Chamomile, Lavender, Melissa, Patchouli
AMENORRHOEA (Missing or scanty periods) - Basil, Clary Sage, Marjoram, Myrrh
ANGER - Ylang Ylang
ANXIETY - Bergamot, Petitgrain
ARTHRITIS - Benzoin, Birch, Black Pepper, Chamomile, Eucalyptus, Ginger, Juniper
ASTHMA - Clary Sage, Cypress, Frankincense, Lavender, Marjoram
ATHLETES FOOT - Tea Tree, Myrrh

BOILS - Bergamot, Chamomile, Lavender
BOREDOM - Lemongrass
BRONCHIAL INFECTIONS (Including Colds, Flu & Bronchitis) - Basil, Benzoin, Cajuput, Cedarwood, Eucalyptus, Frankincense, Ginger, Immortelle, Lavender, Marjoram, Myrtle, Peppermint, Pine Needle, Sandalwood, Tea Tree, Thyme
BRUISES - Fennel, Lavender, Parsley Seed
BURNS - Lavender
CATARRH - Eucalyptus, Lavender, Pine Needle, Thyme
CELLULITIS - Birch, Fennel, Geranium, Grapefruit
CHILBLAINS - Black Pepper, Lemon, Marjoram
CHILDRENS TUMMY UPSETS - Mandarin
COLD SORES - Bergamot, Eucalyptus, Tea Tree
COLIC - Black Pepper, Chamomile, Marjoram, Peppermint
CONGESTED SKIN - Geranium, Grapefruit

CONSTIPATION - Black Pepper
COUGHS - Benzoin, Cedarwood, Eucalyptus, Ginger, Immortelle, Marjoram, Myrtle, Pine Needle, Tea Tree, Thyme
CRACKED & CHAPPED SKIN - Benzoin, Myrrh, Patchouli
CUTS - Benzoin, Chamomile, Lemon
CYSTITIS - Bergamot, Lavender, Sandalwood
DANDRUFF - Lavender, Patchouli
DEPRESSION - Basil, Bergamot, Immortelle, Lavender, Lime, Sandalwood
DERMATITIS - Birch, Chamomile, Immortelle, Lavender, Palmarosa
DIARRHOEA - Cardamon Seed, Peppermint
DRY SKIN - Geranium (esp. with oily patches), Sandalwood
DULL DAYS - Grapefruit, Lemongrass, Lime, Orange

DYSMENORRHOEA (Painful periods/menstrual cramps) - Basil, Chamomile, Clary Sage, Cypress, Lavender, Marjoram
DYSPEPSIA - Basil, Lavender, Marjoram
ECZEMA - Bergamot, Birch, Chamomile, Immortelle, Lavender, Melissa, Patchouli
FEVERS - Eucalyptus, Lemongrass
FLATULENCE - Cardamon Seed, Lime
GOUT - Benzoin, Carrot Seed, Juniper, Lemon, Rosemary
GREASY SKIN - Lemon, Sandalwood, Tea Tree
GRIEF - Melissa
HAEMORRHOIDS (Piles) - Cypress, Parsley Seed
HAIR CARE - Birch, Rosemary
HEADACHE - Chamomile, Lavender
HEARTBURN - Cardamon Seed
HERPES - Tea Tree
HIGH BLOOD PRESSURE (Hypertension) - Lavender, Marjoram, Ylang Ylang
INDIGESTION - Cardamon Seed, Chamomile, Orange
INFLAMED JOINTS - Chamomile
INFLAMMATION - Benzoin, Chamomile, Lavender
INSECT BITES & STINGS - Basil, Chamomile, Lavender, Tea Tree
INSECT REPELLENT - Lemongrass, Citronella, Lavender
INSOMNIA - Chamomile, Lavender, Marjoram
LARYNGITIS AND SORE THROATS - Benzoin, Ginger, Lavender, Thyme

LEUCORRHOEA (White vaginal discharge) - Bergamot, Lavender, Myrrh
LOSS OF APPETITE - Bergamot
LUMBAGO - Marjoram
MENOPAUSAL PROBLEMS - Cypress, Geranium
MENORRHAGIA (Heavy periods) - Cypress
METRRORRHAGIA (Bleeding between periods) - Frankincense
MIGRAINE - Lavender
MUSCULAR ACHES AND PAINS - Basil, Black Pepper, Chamomile, Eucalyptus, Ginger, Grapefruit, Immortelle, Lavender, Marjoram, Rosemary
NAUSEA - Cardamon Seed, Chamomile
NERVOUS EXHAUSTION & FATIGUE - Basil, Peppermint, Rosemary
NERVOUS TENSION & STRESS - Benzoin, Bergamot, Chamomile, Clary Sage, Cedarwood, Frankincense, Lavender, Sandalwood, Vetivert
NEURALGIA - Chamomile
OBESITY - Birch, Fennel
OEDEMA/WATER RETENTION - Birch, Carrot Seed, Fennel, Grapefruit
PMT/PMS - Geranium, Juniper, Lavender, Melissa
POOR CIRCULATION - Black Pepper, Ginger, Pine Needle, Rosemary
PRURITIS - Bergamot, Myrrh, Tea Tree
PSORIASIS - Bergamot, Birch
PYORRHOEA - Fennel
RASHES - Chamomile

RHEUMATISM - Benzoin, Birch, Chamomile, Eucalyptus, Ginger, Juniper, Lavender, Marjoram, Rosemary
RINGWORM - Myrrh
SCARS - Frankincense, Petitgrain, Lavender
SHOCK - Peppermint, Petitgrain
SINUSITIS - Pine Needle
SKIN CARE - Carrot Seed, Cedarwood, Palmarosa, Rosewood
SORES - Eucalyptus, Lavender
SPOTS - Lavender, Tea Tree
SPRAINS & STRAINS - Chamomile, Lavender
STOMACH CRAMPS - Clary Sage, Peppermint
STRETCH MARKS - Mandarin, Lavender
SWEATY FEET - Cypress
TEETHING PAIN - Chamomile
THRUSH - Tea Tree
TOOTHACHE - Cajeput, Chamomile
URETHRITIS - Cedarwood, Tea Tree
VAGINITIS - Tea Tree
VARICOSE VEINS - Cypress
VERRUCCAS, CORNS & WARTS - Lemon, Tea Tree
VERTIGO - Lavender, Peppermint
WEEPY SKIN CONDITIONS - Myrrh
WOUNDS - Chamomile, Lemon, Myrrh, Tea Tree

Aromatherapy Massage Treatment – Aftercare

- To gain maximum benefit from the oils on the skin and through inhalation of the vapors, avoid washing or bathing for approximately 4-8 hours after treatment if you can.
- Avoid direct exposure to sunlight as some oils can make the skin photosensitive. Your Therapist will advise you if this is the case.
- As Aromatherapy is a detoxifying treatment, avoid alcohol, smoking and excessive tea or coffee drinking for 24 hours after treatment. Some oils will enhance the effect of alcohol so care must be taken if driving or working - your Therapist will advise you if this is the case.
- Drink plenty of water to help eliminate the toxins from your body.
- Eating light meals for the rest of the day will allow the body to concentrate on natural healing.
- You may feel relaxed and tired after a massage. Take care if driving or working. Allow your body to rest to enable the full therapeutic benefit of the oils to take effect.
- Do not use any other skin preparations until 8 hours after treatment.
- If you feel any skin irritation after treatment, wash the effected area immediately.
- Sometimes the detoxifying process can cause some slight nausea, if this is the case, drink plenty of water.
- Your Therapist may have given you some preparations and instructions for your own home use. Make sure that you follow the advice carefully.

CARRIER OILS

- Homer wrote about an oily medium used for massage as early as 1000 B.C., Plato and Socrates wrote of anointing with oil and rubbing to ease pain.
- Oils have been used in massage treatments throughout history.
- Carrier Oils may be applied directly on the skin, and essential oils may be added for use as body, bath or massage oils.
- As most holistic aromatherapy treatments involve massage, it is important that Carrier Oils are pure, unadulterated and naturally extracted.
- Vegetable oils are the most familiar carrier oils used in aromatherapy as they have many interesting properties & benefits.
- Store away from heat & strong light sources.
- May be refrigerated to extend shelf life.
- You can test on the axillary area for one minute, to see if the client will have a reaction to the oil.
- It is necessary to experiment with the many types and try them on a variety of skin types to develop your own sense of use and personal preference.
- The purpose of using oil in a massage is to facilitate the gliding over the client's skin.
- The various oils contain ingredients for nourishing the skin and promoting health.
- When buying oils, look for cold-pressed or expeller-pressed (Made with the least amount of heating and processing) as they last longer.
- Rancid oil can cause free radical damage to your self and client.
- Rancid oil will have an unusual smell to it and taste bitter.
- Keep large quantities of oils refrigerated or in a cool place (Below 65 degrees) when not in use to delay spoilage.
- Vitamin E added each month to the oil would help prevent spoilage.
- Try different oils and find what you prefer to use.
- Always label your bottles of oil.
- Jojoba oil is better for most skin types.
- Do not waste your money buying ready-made massage oil make your own. Most massage oils include scents (That automatically raises the price).
- If someone is allergic to nuts, do not use carrier oils with nuts in them.
- Some carrier oils need to be diluted with other carrier oils.

QUALITIES OF CARRIER OILS

Cold Pressed - A method of mechanical extraction where heat is reduced and minimized throughout the batching of the raw material. This helps the oil maintain its original state, constituents, and depth. Temperatures are rigorously controlled to insure that it does not exceed 80-90 degrees Fahrenheit. Although not a practical method of extraction for all vegetable oils on the market it is highly regarded as the extraction method of choice.

Expeller Pressed - A method of natural, mechanical extraction and processing of oils where a small amount of heat is produced simply through the frictional heat created by hydraulic presses. This is usually around 120-200 degrees Fahrenheit and makes the oil suitable and economical as a base for cosmetics because of its fairly undisturbed molecular state. It also makes a fine food grade oil.

Refined - A fully processed oil where it has been exposed to high temperatures as high as 450 degrees Fahrenheit, winterization as low as -10 degrees, deodorization (the removal of content which gives an oil its natural scent), and other forms of refinement that will alter its color, depth, and scent. This makes for an economical oil in cosmetics and body care products but it is not the healthiest as a food grade oil. Caveat emptor: Refined oils may also be extracted with the use of solvents, extracting mediums or other chemicals.

Unrefined - A process of mechanical extraction and screen filtering where no additional refining process has taken place. This ensures the finest quality product and makes the oil the most exquisite for food and cosmetic preparation. The unrefined process helps oil retain a rich, strong flavor and color that is true to its natural state. Unrefined oils are always darker in color and richer in scent.

Solvent Extracted - Unfortunately many of the oils offered on the market today, including commercial store varieties are extracted with the use of solvents. This method of extraction often involves high yields at a low cost, but the chemicals used as the extracting agent have severe environmental impacts and endanger the health and vitality of the final product.

Low temperatures may cause the fat in some of these oils to solidify and appear cloudy, clearness will return at room temperature. To ensure a long shelf life, you should keep your oils in a cool place and away from direct light.

TYPES OF CARRIER OILS

The following carrier oils are more commonly used by Massage Therapists.

- Sweet Almond
- Aloe Vera
- Apricot Kernel
- Arnica
- Avocado
- Borage
- Calendula
- Canola
- Castor
- Cayenne
- Cocoa Butter
- Coconut
- Emu
- Evening primrose
- Flax seed
- Grapeseed
- Hazelnut
- Jojoba
- Macadamia nut
- Olive
- Peanut
- Pecan
- Pumpkin seed
- Rosehip
- Safflower
- Sesame
- Sunflower
- Walnut
- Wheat germ

CARRIER OIL LIST

www.cedarvale.net/carrieroils.htm#A

Almond Oil

- Cold pressed from the dried kernels of the almond tree, Produced mostly in Italy and on the mediterranean and in California, it is an excellent emollient (softening and soothing to the skin) and also helps the skin to balance its loss and absorption of moisture. This oil is one of the most popular of the carrier oils used in aroma therapy and massage, since it is non-greasy, spreads easily and also is great for nourishing the skin. The aroma is light, slightly sweet and nutty.
- **Uses** - Sweet almond is one of the most often used carrier oils in aroma therapy and massage, and soap making, this is understandable since it has a fine texture, is easily absorbed, and helps to leave the skin soft and satiny smooth yet it is non-greasy. It is further a very good moisturizer suitable for all skin types, it will help relieve irritation, inflammation and itching, and it is greatly lubricating and because it is not overly fast penetrating, and it is a good massage medium to use to help spread the carrier and essential oil mixture, while still allowing you time to do a good massage before it is absorbed by the skin. Not only does this oil help protect the surface of the skin, but it has great value to act as an emollient, skin soother and softener while conditioning the skin and promoting a clear, clean, young looking complexion, it will also help to relieve muscular aches and pains. It has a rich concentration of oleic and linoleic essential fatty acids, and although mostly used on its own as a massage carrier, it also works well by diluting with 10% wheatgerm which will help to give it a longer shelf life. Can also be used as one of the main ingredients in soaps and lotions.
- **Cautions** - Considered safe in all normal applications, good for all skin types.
- **Shelf-Life** - 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Aloe Vera Oil

- Native to Africa, is also known as lily of the desert, the plant of immortality, and the medicine plant, is grown today in the West Indies and the American Southwest. The name was derived from the Arabic aloeh meaning bitter because of the bitter liquid found in the leaves. In 1500 B.C. Egyptians recorded use of the herbal plant in treating burns, infections and parasites. There are over 500 species of aloe growing in climates worldwide. Ancient Greeks, Arabs and Spaniards have used the plant throughout the millennia. Aloe is a member of the lily family, although in appearance it resembles a cactus. It has been used since ancient times, but only relatively recently has it enjoyed a rediscovery and a new popularity. Aloe vera oil is a moisturizer that is very effective in helping to heal skin irritation, promoting new skin growth and stalling the aging process. It has been used for centuries due to the beneficial effect it has on the skin. The finest most concentrated extract of aloe vera is obtained from the innermost file of the aloe vera leaf.
- **Uses** - The juice, extract and oil is said to encourage skin rejuvenation, healing of wounds and treatment of sunburn. It is also used to help in relieving arthritis pain, improving blood circulation, reducing scarring, and has anti-inflammatory properties. It is a superb penetrating moisturizing agent, helping to stimulate the body's immune system while being naturally hypoallergenic with about the same pH balance as the skin. An aloe massage blend will have great healing qualities as well, which would make it a good choice to use on its own, or to include when mixing a massage lotion or preparing a carrier blend for aroma therapy massage.
- **Cautions** - There are no known side effects or cautions with aloe vera.
- **Shelf-Life** - 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Aloe Vera Gel

- Native to Africa, is also known as lily of the desert, the plant of immortality, and the medicine plant, is grown today in the West Indies and the American Southwest. The name was derived from the Arabic aloeh meaning bitter because of the bitter liquid found in the leaves. In 1500 B.C. Egyptians recorded use of the herbal plant in treating burns, infections and parasites. There are over 500 species of aloe growing in climates worldwide. Ancient Greeks, Arabs and Spaniards have used the plant throughout the millennia. Aloe is a member of the lily family, although in appearance it resembles cactus. It has been used since ancient times, but only relatively recently has it enjoyed a rediscovery and renewed popularity. As a moisturizer it is very effective in helping heal skin irritation, promoting new skin growth and stalling the aging process. It has been used for centuries due to the beneficial effect it has on the skin. The finest most concentrated extract of aloe vera is obtained from the inner most file of the leaf.
- **Uses** - It has been known for generations as an excellent plant to have around to help reduce inflammation, pain and itching, to encourage skin rejuvenation, treatment of sunburn, to accelerate wound healing, a superb penetrating moisturizing agent, helping to stimulate the body's immune system while being naturally hypoallergenic with about the same pH balance of the skin. as a massage oil has great healing qualities which makes it a good choice to use on its own, or to include when mixing a massage oil or preparing a carrier oil blend for aroma therapy massage. May also be used in soaps and lotions with the same benefits.
- **Cautions** - There are no known side effects or cautions. Considered safe in all normal applications.

- **Shelf-Life** - 3 months to a 6 months. If kept properly in airtight container, Should be refrigerated after opening.

Apricot Oil

- The center of diversity of the apricot is northeastern China near the Russian border (in the Great Wall area) not Armenia as the botanical name suggests. From there it spread west throughout central Asia. Cultivation in China dates back 3000 yrs, and then movement to Armenia, then the movement to Europe from there, was slow; the Romans introduced apricots to Europe in 70-60 BC through Greece and Italy. Apricots probably moved to the US through English settlers on the East Coast, and Spanish Missionaries in California. Today, apricots are grown almost exclusively in California and Southern Europe. The tree is a small to medium sized tree with a spreading, dense canopy; generally kept to less than 3.5 m in cultivation. The finely textured carrier oil obtained by the cold pressed method, is easily absorbed by the skin without leaving it feeling oily and is high in poly-unsaturated fatty acids, it has a faint pleasant nutty aroma.
- **Uses** - The seeds were Historically used to treat tumors as early as AD 502. It was used against tumors and ulcers in England in the 1600s. Arab doctors were known to recommend the oil extracted from apricot stones to cure hemorrhoids, aching noses and earache. They also used it to help to regulate, moisturize and restructure the skin. Apricot kernel oil has moisturizing, nourishing and revitalizing properties and it is particularly helpful for dehydrated, delicate, mature and sensitive skin, and it helps to soothe inflammation. This finely textured oil spreads easily and is particularly rich in both oleic acid and linoleic acid.
- **Cautions** - Keep away from light and heat. This oil can be used in any cosmetic product as an active principle ingredient or as a carrier in the oily phase, without any proportion limit. Good oil for face and body .
- **Shelf Life** - 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Arnica Oil

- A perennial herb, indigenous to Central Europe, in woods and mountain pastures, and is protected in parts of Europe. It has been found in England and Southern Scotland. Arnica is also commonly called leopard's bane. The arnica plant has a bright yellow, daisy-like flower that blooms around July. Preparations made from the flowering heads have been used in homeopathic medicine for hundreds of years. It is popular in Germany and over 100 drug preparations are made from the plant.
- **Uses** - Arnica extract penetrates into the skin, helps activate metabolism in underlying tissues and promotes burning of excessive fat deposits in the fat cells. The cleansing, nourishing, moisturizing and lubricating action of the oil helps improve overall skin conditions and appearance. It is traditionally used to help improve local skin metabolism and circulation, promote healing of bruises, and combat cellulite. It is typically rubbed on the skin to soothe and heal sprains, and relieve irritations from trauma, arthritis and muscle or cartilage pain. Applied as a salve, Arnica is also good for chapped lips, irritated nostrils and acne.
- **Cautions** - The internal use of Arnica is not suggested. It can cause vomiting, weakness, increased heart rate and nervous disturbances.

Avocado Oil

- Although it is usually classed as a vegetable oil, the avocado is really a fruit since it has a stone - but none-the-less it can yield a staggering 30% oil by weight, which is expressed from the fruit, and in its crude form is a great oil to use as a carrier when performing aroma therapy massage. It is rich and heavy, deeply penetrating and rich in vitamins A and D, lecithin, potassium as well as vitamin E. The crude oil is greenish yellow in color as it still contains some chlorophyll and is classified as a mono-unsaturated oil. The aroma is somewhat sweet, fatty and nutty in medium intensity.
- **Uses** - It is often used for clients with dry or mature skins, or people suffering from eczema or psoriasis and similar skin complaints, and it is very useful when treating sun or climate damaged skin that is dehydrated and under nourished as it is said to help with the regenerating of the skin and softening of the tissue. Although it can be used pure, it is, in most cases mixed with another carrier, such as Almond, or Grapeseed to make up at around 10% of the total carrier mixture. It is easily absorbed into the skin and deep tissue, and has wonderful emollient properties, Making it excellent for use in all massage blends, lotions and soaps and creams etc..
- **Cautions** - Can become cloudy as the temperature drops, this process is normal, and will usually return to its normal color when warmed up again. The refined version has a much longer shelf life than the unrefined version. If not carefully used or used in a too large a dilution with another carrier, it may overpower a blend, Considered safe in all normal applications
- **Shelf-Life** - refined 12 months to 18 months. If kept properly in airtight container, Should be refrigerated after opening. Crude - 6 months to 9 months

Babassu Oil

- The oil is extracted from the kernel of a large south American palm tree, growing up to 20 meters high, It has been used commercially in soaps, food and detergents for many years.
- **Uses** - Can be used as an active or carrier without any proportion limit.
- **Cautions** - Non known
- **Shelf-Life** - 12 months to a 18 months. If kept properly in airtight container, Should be refrigerated after opening.

Black Currant Oil

- Also known as European Blackcurrant, Grosellero Negro, and Quinsy Berries it is a deciduous Eurasian shrub grown in Chile, Europe, Turkey, Australia and the USA. Traditionally, the leaves were used as a diuretic and as a gargle for a sore throat and the berries were made into a drink for colds and flu. Black Currant Seed Oil has a moderate immune-enhancing effect attributable to its ability to reduce prostaglandin E2 production. It is believed that black current increases the secretion of cortisol by the adrenal glands, and thus stimulates the activity of the sympathetic nervous system. This action may prove useful in the treatment of stress-related conditions. It helps maintain low levels of inflammation in people with arthritis, supports normal nerve function and transmission in people with diabetes and may act to maintain proper blood pressure and assist blood vessel dilation. The cold processed extraction from the seed is used to obtain the oil.
- **Uses** - Blackcurrant seed oil is one of the richest sources of gamma linolenic acid, and is high in content of prostaglandins which protect the body and is useful in cases such as high blood pressure, water retention, and lowered immune function, inflammatory states, dry skin and related problems. The oil from the seed is added to skin preparations and cosmetics. It is often combined with vitamin E to prevent oxidation. It helps to increase blood flow, decrease blood clotting, and reduce inflammation. However, these claims have not been proven and the long-term safety of consuming large quantities of these oils has not been established. It is often used to assist treatment for inflammatory states, dry skin and related problems, "hangovers", immune system support, fat metabolism, PMS, and menopause. Many women find this oil reduces breast tenderness associated with PMS.
- **Cautions** - There are no reports of toxic effects. There is no indication that external use is beneficial for hormone problems. Excess consumption can result in oily skin, an indication to decrease dosage. May increase absorption of aluminum. May lower seizure threshold.
- **Shelf-Life** - 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Borage Seed Oil

- A fairly common domestic herbal remedy that has been used since ancient times in Europe and England. It has a particularly good reputation for its beneficial affects on the mind, being used to dispel melancholy and induce euphoria. It is a soothing saline, diuretic herb that soothes damaged or irritated tissues. Borage oil (also known as starflower oil) is an ancient oil which has been used in the far east for thousands of years. Borage oil has in recent years caused a revolution in nutritional therapeutics. It has been found to be one of the richest sources of essential fatty acids known to humans. The aroma is light and sweet. Mostly grown or wildcrafted in Southern England or Europe
- **Uses** - It has also been used to treat pre-menstrual complaints, irritable bowel syndrome, rheumatic problems, eczema and other chronic skin conditions. It can be used as a general tonic for the adrenals which are susceptible following periods of stress or depression. Thin to medium texture, leaves a somewhat oily feel to the skin. Is said to be excellent in treating many skin conditions. Borage is usually blended in a small (often 10% or less) dilution with other carrier oils. As it goes rancid rather quickly keep refrigerated and buy only what you need for immediate use. Excellent for all skin types. A good skin and tissue rejuvenator.
- **Cautions** - Its use during pregnancy and lactation is not recommended. Otherwise considered safe in normal applications, It does go rancid rather quickly.
- **Shelf-Life** - 3 months to 6 months. If kept properly in airtight container, Should be refrigerated after opening.

Calendula Oil

- An infused oil containing the active ingredients of the marigold flower and is sometimes referred to as Marigold oil. It is has been traditionally used for skin care in the Mediterranean regions to help preserve skin freshness, protect skin from overdrying, and to help reduce sun-induced wrinkles and sun caused aging during summer time. The anti-aging properties of Calendula oil, known to ancient Egyptians, may be related to the high content and diversity of carotenes, phytosterols, polyphenols and EFAs.
- **Uses** - Calendula oil is good for all skin types, and is considered valuable for treating skin damage such as wounds, scars, burns, inflammation and other injuries as it is said to be an effective aid in tissue regeneration. It has anti-inflammatory, anti-spasmodic qualities and particularly blends well with Hypericum (St. John's Wort). It is best when infused in a light textured oil such as almond or sunflower. Calendula is a tonic, soothing, restorative oil, good for any type of skin, but especially suitable for dry and/or aging skin. When used regularly this product will impart a deep olive shine to the skin, and helps protect the skin from age related thinning and drying out. It is magical in its ability to prevent tearing, soothe pain, stop bleeding, promote rapid healing, and prevent scarring. Calendula lotion will not cause the irritation common to conventional antiseptics. Do not however, use the tincture undiluted on an open wound as the alcohol base will

burn the raw tissue. Used externally, Calendula is one of the best herbs for treating burns, scalds, cuts, abrasions, and infections because of its antiseptic qualities, improving blood flow to the affected area.

- **Cautions** - No Known toxicity, considered safe in normal applications. There are no known drug interactions with Calendula, although occasional interactions may occur in cases of allergic reaction.
- **Shelf-Life** - The shelf life of Calendula oil depends on the base oil used in diffusion, 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Camellia Oil

- The tree originates from subtropical regions in China and Japan and the neighboring countries. It loves warm wet summers and moderately cold dry winters, but will also prosper in a wide range of adverse climatic conditions. It has high antioxidant properties also make it ideal for cooking. Ashes of the camellia wood were used as a catalyst for purple and safflower dyes. Camellia oil is expressed from the seed.
- **Uses** - Camellia oil can be applied on the face, on the neck and on the hands. The oil is also used in ancient Chinese and Japanese medicine where it is used as an excipient. It has excellent skin and hair conditioning properties and presents skin restructuring and moisturizing virtues. Given these properties, it is a good active ingredient in: body moisturizing after-sun milks, emollient gels for around the eyes, softening hand creams, nail strengtheners, restructuring creams for damaged skin, moisturizing creams for dry skin, nourishing shampoos and lotions for dry, damaged and delicate hair and after-sun products for thin and normal hair and most all products for normal and mature skin. Has been used by the ladies of China and Japan for many centuries is a skin tonic to prevent premature age related wrinkles and as a hair tonic. But the western world has yet to really catch on to this great natural product.
- **Cautions** - Can be used in any cosmetic product as an active principle or as a carrier, without any proportion limit. Keep away from light and heat.
- **Shelf-Life** - 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Canola Oil

- A genetically engineered plant derived from the mustard family and is considered a toxic and poisonous weed, which when processed, becomes rancid very quickly. Canola is an oilseed crop which is grown primarily in regions of Western Canada. Each canola plant produces yellow flowers which, in turn, produce pods, similar in shape to pea pods but about 1/5th the size. Within the pods are tiny round seeds that are crushed and expressed to obtain the oil. Each seed contains approximately 40 percent oil. They named it canola: can- for "Canadian" plus -ola, for "oil."
- **Uses** - The oil is a good moisturizer, and can be used in place of more expensive products like olive. It is a nutritious, and penetrating for all skin types. This medium light oil contains essential fatty acids, vitamins, specifically vitamin E and minerals. It is easily absorbed into the skin and is used frequently in massage blends.
- **Cautions** - Considered safe in normal applications. It can leave a residual odor on clothing.
- **Shelf-Life** - 3 months to a 6 months. If kept properly in airtight container, Should be refrigerated after opening.

Carrot Oil

- Good for skin tone, it is rejuvenating and nourishing. Good for prematurely aging skin and dry, itchy skin. This oil is rich in beta carotene as well as minerals and vitamins, especially vitamin A. It is a bright orange color.
- **Cautions** - Considered to be safe in normal applications.

Castor Oil

- The plant is a native of India and the fixed oil is obtained by expression from the seeds. It has been used therapeutically and medicinally in ancient India, China, Persia, Egypt, Africa, Greece, Rome, and in 17th century Europe. This oil is also known as Palma Christi or the "Palm of Christ". The tree is very variable in habit and appearance, the known varieties being very numerous, and having mostly been described as species. In the tropical latitudes which is most favorable to its growth, it becomes a tree some 30 to 40 feet in height; in the Azores and in the warmer Mediterranean countries - Algeria, Egypt, Greece and the Riviera - it is of more slender growth, attaining an average height of only 10 to 15 feet, and farther north in France, and in this country, where it is cultivated mostly as an ornamental plant, on account of its large and beautiful foliage, it is merely a shrubby branched annual herb, rarely more than 4 to 5 feet high.
- **Uses** - It is used mainly used for hair conditioners treating conditions such as dry or brittle, damaged hair or hair loss. This is a very thick oil with a slight but prominent odor and slightly sticky texture. It is also often used as an emollient and skin softener, and medicinally as a treatment of gastrointestinal problems, lacerations and other skin disorders such as psoriasis. It is also found in many commercial skin care products. When it is used in the manufacture of soap it forms a clean, light-colored soap with a stable lather, which dries and hardens well, it is free from smell, and has been recommended for medicinal use.
- **Cautions** - Use in addition to other carriers at around 10% or the total oil. Considered safe in normal applications
- **Shelf-Life** - 1 year to 2 years. If kept properly in airtight container, Should be refrigerated after opening.

Comfrey Oil

- A native of Europe and temperate Asia; is common throughout England on the banks of rivers and ditches, and in watery places generally. It has traditionally been known as "knit bone", as it is a cellular regenerator with anti-scarring properties. Comfrey is an odor free oil, obtained by infused extraction from the root of the plant.
- **Uses** - Comfrey is great for sunburns, wounds, and sore muscles. It is an excellent cell and bone healer, and has long been employed domestically in lung troubles and also for quinsy and whooping-cough. This oil is of much value as an external remedy, both in the form of fomentations, for sprains, swellings and bruises, and as a poultice, to severe cuts, to promote healing of boils, abscesses, and gangrenous and ill-conditioned ulcers. Comfrey is also known to be effective for eczema and dry skin.
- **Cautions** - Comfrey contains toxic substances and, when taken internally, could lead to serious liver damage, according to the FTC.
- **Shelf-Life** - 1 year to 2 years. If kept properly in airtight container, Should be refrigerated after opening.

Corn Oil

- Cold pressed in the USA from the inner kernel of maize. It has a faint aroma and is a little lighter texture than Olive Oil. It contains a good amount of vitamin E and essential fatty acids, proteins, vitamins, and minerals.
- **Uses** - Corn oil is commonly used for cooking, but cold pressed, it can be used as a carrier oil for all skin types. It is suitable for the 100% base oil. This carrier is acceptable when no other carriers are available, but is often not considered an ideal oil for aromatherapy.
- **Cautions** - Corn oil contains large amounts of vitamin E, which makes it a very stable oil.
- **Shelf-Life** - 12 months to a 24 months. If kept properly in airtight container, Should be refrigerated after opening.

Cottonseed Oil

- Originates from the tropical areas of Africa, Asia, America and Australia and performs best in or near the tropics. Until the middle of the 19th century when cottonseed oil production began, so much was left over from cotton production, that it was considered a health problem. For every ton of lint in seed cotton there are approximately 1.7 tons of cottonseed. One ton of seed yields about 200 kg of oil. It is ranked the sixth largest production of edible oil in the world. It contains high levels of antioxidants (Vitamin E) that contribute to its long shelf life. It is solvent extracted from the seed.
- **Uses** - Cotton seed is useful as hair treatment oil and facial skin oil blends for mature, tired and dull skin. It makes a very good after sun oil. The ancient Chinese used the oil as a medicine and a lamp oil. It can be used as a high energy, high protein nutrient supplement. Cotton seed was one of world's first vegetable oils producing a wide range of industrial products such as soaps, emulsifiers, insecticides, cosmetics, pharmaceuticals, rubber and plastics. When used in soaps it produces thick and lasting lather, in addition to having good emollient properties.
- **Cautions** - For external use only, Considered safe in normal applications.
- **Shelf-Life** - 12 months to a 24 months. If kept properly in airtight container, Should be refrigerated after opening.

Emu Oil

- The emu oil is rendered from a thick layer of fat on the back of the emu bird, yielding 5 - 7 liters of unsaturated, non- toxic, highly penetrating oil. It is generally between creamy pale yellow or creamy white depending on if it has been rectified or not. It contains a high level of linolenic acid, known to temporarily ease joint pain. It also contains oleic acid, which produces an anti-inflammatory effect. It has virtually no aroma and does not clog pores.
- **Uses** - Emu oil aids in the relief of burns, skin ailments, sore joints, muscle aches etc. It is also good for psoriasis, eczema, scarring, swelling, latex dermatitis, rhinitis, keloids, contact dermatitis, hemorrhoids, rheumatism, arthritis, bursitis, callused feet, sprains, chapped skin, sunburn, and many other skin ailments. It is a natural emollient that is suitable for both skin care

and cosmetics. Its unique penetrating properties make it an excellent carrier vehicle for other ingredients to help dermal penetration. Massage therapists and chiropractors use it as it helps the muscles and joints stay relaxed longer after treatment. It also helps milden bar soaps to make them less drying.

- **Cautions** - This product lacks long chain fatty acids which makes it conducive to a long shelf life of several months if stored in a cool dark place. It has a low irritating potential as it is a benign natural substance that soothes rather than irritates.
- **Shelf-Life** - 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Evening Primrose Oil

- This plant was used by the North American Indian medicine men since time immemorial to make an infusion for healing wounds. Evening primrose oil is exceptionally high in fatty acids, and especially in gamma linolenic acid (GLA) which nutrition wise is important to the body, as it affects many of the enzyme functions in the body. But for our purposes, where evening primrose oil is used as a carrier medium for essential oils, it is important to note that it is an exceptionally fine textured oil and has superb moisturizing properties and used externally it is indicated as effective in helping with eczema, psoriasis, pre-menstrual syndrome (PMS) rheumatoid arthritis as well as weight reduction. The aroma is light and sweet.
- **Uses** - Evening primrose oil can be used for facial massage, but since it is rather a sticky oil it should be mixed with another oil, such as grapeseed oil. It is further purported to reduce hyperactivity in babies and young children when rubbed onto their skin.
- **Cautions** - The shelf life of Evening Primrose oil is not very long, it goes rancid quickly. To help it keep longer, blend in a small (often 10%) dilution with other carrier oils. Keep away from light and heat.

Flax Seed Oil

- A herbaceous annual plant, cultivated and spontaneous nearly all over France and can be found in most parts of the world. Though its spontaneous origin is still unknown, flax is a very old plant. It is referred to in every ancient civilization, in Chaldea, Egypt, Palestine, and Greece. Flaxseed oil, also known as Linseed oil, is cold pressed in the USA. It has a rich, yellow color and smells a bit like butter. This oil is considered by many to be the answer to many of their health dilemmas.
- **Uses** - This product, is rich in essential fatty acids which directly takes part in the regulation of skin permeability, presents worthwhile restructuring and moisturizing skin properties for cosmetics. It can be used in massage lotions, or mixed with other vegetable bases, as a carrier for essential oils, or as a compound of the fatty phase of emulsions. It can particularly be an ingredient in massage lotions, hand creams, body milks, and night products, and as it is high in vitamin E and stimulates cellular regeneration, it is useful for preventing scarring and stretch marks.
- **Cautions** - Goes rancid rather quickly. Can be used in any cosmetic product as an active principle or as a carrier, without any proportion limit. Keep away from light and heat. Considered safe in normal applications.
- **Shelf-Life** - 3 months to a 6 months. If kept properly in airtight container, Should be refrigerated after opening.

Grapeseed Oil

- It is rich in linoleic acid, an essential fatty acid quite important for the skin and the cell membranes. It is purported to have regenerative and restructuring virtues and has great skin moisturizing properties. Grape seed oil is a great non-greasy oil to use, but could be enriched by blending it with another carrier, such as almond or wheatgerm. This is a fine textured, oil with a very light, slightly sweet hint of a nutty aroma, and with a satiny finish. It contains vitamins, minerals, and protein, GLA, and a small amount of vitamin E.
- **Uses** - Grapeseed is one of the most common oils used for massage. It is good for those folks whose skin does not seem to absorb easily. When it is used in skin care products it is usually blended with other more nutrient rich carriers. It is ideal for use in products for thin, greasy, damaged and delicate hair, body hygiene creams, lip balms, hand creams, and regenerative products for mature, damaged and stressed skin, notably for use around the eyes and neck.
- **Cautions** - Store in a cool, dark area. This product can be used in any cosmetic product as an active principle ingredient or as a one of the carriers in the fatty phase, without any proportion limit. Considered to be safe for normal applications
- **Shelf Life** - 6 months to 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Hazelnut Oil

- Contains useful amounts of essential fatty acids including linoleic acid. It has a faintly nutty aroma, is highly penetrative and is fine textured. It is one of the most highly unsaturated vegetable oils. It has great moisturizing qualities which makes it a good choice to include when mixing a massage oil or preparing a carrier blend.
- **Uses** - It is heralded as an oil that helps to tone and tighten the skin while strengthening capillaries and assisting in cell regeneration, and in folk medicine has been used to massage children with respiratory problems. Hazelnut oil has good astringent qualities (and it is said to help maintain the skin's firmness and elasticity), which makes it a superb carrier to use on oily and combination skins. Good for facial blends for oily or combination skin.
- **Cautions** - Considered safe for use in normal applications. It contains vitamins, minerals, proteins, and essential fatty acids
- **Shelf-Life** - 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

Hemp Seed Oil

- It is not, as so many people assume, the same plant as marijuana. It is a non-narcotic variety that is amazingly versatile, nutritional and environmentally sound. Medicinal uses for hemp plant seed extend as far back as the Ming Dynasty. It contains more naturally occurring essential fatty acids than any other plant-derived oil and a perfect 3:1 Omega-6: Omega-3 EFA ratio. The oil also contains the natural anti-oxidant vitamin E and sterols which blocks cholesterol absorption.
- **Uses** - Hemp penetrates the skin to moisturize, revive and repair cells damaged by the elements; sun, wind & ultraviolet light. It may be used as a massage or moisturizing oil by applying it to the skin as desired. It may also be added to shampoo or conditioner to rejuvenate the scalp. If you choose you may add your favorite essential oil for fragrance. This carrier is very high in unsaturated fatty acids, which makes it a great moisturizer for dry and devitalized skin, especially since it absorbs into the skin very quickly. It is also a cell regenerator and helps soothe muscles. Use as the base or 10% of the blend.
- **Cautions** - Using this product in cosmetics will not trigger a failed drug test.

Jojoba Oil

- In reality jojoba oil is not an oil but a liquid wax, and is pronounced "ho-ho-ba", and only became important in the 1970s when whaling was banned, since jojoba oil which is derived from the jojoba bean, has almost the same properties as the oil obtained from the sperm whale. Since it is composed of wax esters, it is an extremely stable substance and does not easily deteriorate. The structure of jojoba oil closely resembles that of your own skin sebum, is an excellent moisturizer and is ideal for all skin types. It contains myristic acid which also has anti-inflammatory actions. It can in most cases be used on acne skin without any problems as it helps to control acne. It is easy to understand why this is an all-time favorite to use as a carrier, as well as added to skincare preparations, since it penetrates the skin easily and is suitable for all skin types. The aroma is light to medium, not as sweet as the nut oils.
- **Uses** - When used as a massage medium, it acts as an emulsifier with the skin's natural sebum and gently unclogs the pores and lifts grime and imbedded impurities. It can be used pure in massage, or can be mixed with other carriers, for use on the face, body, or hair. Great for mature, aging skin and wrinkles although good for all skin types.
- **Cautions** - It is frequently blended in a small dilution (10%) with other carriers.
- **Shelf Life** - It has a very long shelf-life.

Olive Oil Pomace

- Fully ripe, hand picked olives make the best oil, which is produced by crushing the pulp of the fruit and not the seed, and different qualities are available and range from extra virgin, virgin and pure. Pomace is the ground flesh and pits after pressing. Any oil that hasn't been removed by pressure can then be extracted using steam and solvents. Olive oil is not particularly recommended in aromatherapy, as the oil is a bit too heavy and the aroma too overpowering.
- **Uses** - Olive oil pomace is considered an inferior grade and is used for soap making or industrial purposes. This oil creates a long lasting, non-drying mild soap with creamy lather, and no other soapmaking oil contributes its unique set of characteristics. It retains moisture to the skin by forming a breathable layer, and like jojoba oil, shea butter and kukui nut oil it does not block the skin's natural functions while performing it's own. Olive oil is a good oil for skin care, especially mature, inflamed, or dry skin, as it provides disinfectant, anti-wrinkle, and wound healing properties. It makes an excellent conditioner for hair and nails, and is used as a remedy for arthritis. It is good for making salves, cosmetics, and has good medicinal properties. Some people may find certain grades unpleasantly strong smelling.
- **Cautions** - It is a very stable oil and does not go rancid easily and can be stored without refrigeration for a year. It may overpower a blend. This is a heavier oil so dilute it 10% in other carrier oils.

Refined Olive Oil

- Fully ripe, hand picked olives make the best oil, which is produced by crushing the pulp of the fruit and not the seed. The oil is made from the pulp and not the kernel and different qualities are available and range from extra virgin, virgin and pure. All virgin olive oils are unrefined. If olives are damaged or bruised, they and the oil pressed from them is of a lesser quality that must be degummed, refined, bleached and deodorized resulting in olive oils that are equivalent to other mass market oils in quality. These oils, like other mass market oils, have been changed from anti-mutagenic to mutagenic by overheating, and their minor ingredients have been removed.
- **Uses** - Olive oil is a good oil for skin care, especially mature, inflamed, or dry skin, as it provides disinfectant, anti-wrinkle, and wound healing properties. It makes an excellent conditioner for hair and nails, and is used as a remedy for arthritis. It is good for making salves, cosmetics, and has good medicinal properties. This oil creates a long lasting, non-drying mild soap with creamy lather, and no other soapmaking oil contributes its unique set of characteristics. It retains moisture to the skin by forming a breathable layer, and like jojoba oil, shea butter and kukui nut oil it does not block the skin's natural functions while performing its own. Some people may find certain grades unpleasantly strong smelling.
- **Cautions** - It is a very stable oil and does not go rancid easily and can be stored without refrigeration for a year. Olive oil is not recommended in aromatherapy as the oil is heavy and the aroma overpowering; it is good to blend at 10% with other carrier oils.

Palm Oil

- The oil is produced from the pulp or flesh of the fruit of the palm and is obtained by solvent extraction. Palm oil is to tropical African cooking what olive oil is to Mediterranean cooking and butter is to northern European cooking. It makes a nice hard bar when used in combination with other oils such as coconut and olive oil. The difference between palm kernel and palm oils is that Palm kernel is white and has a high melt point. Palm oil is yellow and has a low melt point, about room temperature. The higher the melt point, the harder the oil, and the harder your soap comes out, hence the slower it will melt in the shower.
- **Uses** - This solid oil is generally used in making soaps, lotions and creams. Palm is considered the tallow of vegetable soaps, it lends hardness and smooth creamy bubbles to soap. Palm oil is also used in the manufacture of soaps, detergents and other surfactants. Oleochemicals manufactured from palm oil and palm kernel oil are now popular for the manufacture of environmentally friendly detergents as they are readily biodegradable. It's hard to find a soap recipe that doesn't include palm oil. The usage rate is typically around 30% and sometimes is even 40% or more in some popular recipes. Palm oil imparts a creamy light golden or off-white color and gives a very nice texture to your soaps.
- **Cautions** - Generally non-toxic, non-sensitizing and has an excellent shelf life.

Palm Kernel

- Also known as palm nut, is expeller pressed from the kernels of the palm tree fruit. It is very similar to coconut oil in that it has a high percentage of lauric acid which allows it to produce a hard soap with good lather. The difference between palm kernel and palm oils is that Palm kernel is white and has a high melt point. Palm oil is yellow and has a low melt point, about room temperature. The higher the melt point, the harder the oil, and the harder your soap comes out, hence the slower it will melt in the shower. Oleochemicals manufactured from palm oil and palm kernel oil are now popular for the manufacture of environmentally friendly detergents as they are readily biodegradable.
- **Uses** - Soaps made from this oil are white in color, very hard, and will have exceptional lather. If used in excess palm kernel oil can be drying to the skin so keep your percentages between 10 and 30% and enjoy this oils moisturizing properties. It can be substituted for coconut oil in soap. Like coconut oil it is very stable, resists oxidation and has an excellent shelf life. It lends soap a smooth texture that regular palm does not. This oil creates a hard bar and also creates big lather. Many soapmakers find this to be a great replacement for coconut oil, which some people find to be drying. Palm Kernel oil is less drying than coconut oil. It's also extremely white, making it a good oil to choose for use in soaps destined to be colored.
- **Cautions** - This oil has an excellent shelf life.

Passion Fruit Seed Oil

- A perennial vine, that can grow up to 30 feet long, can be found in the south eastern portion of the United States. Passion Fruit, also called Maracuja, was first discovered in Peru. There are over 200 species of Passion Fruit with the most common found in the Amazon Region. Passion Fruit Oil has traditionally been used in herbal medicine to aid relaxation. Passion fruit is a central nervous system depressant that does not leave people with a groggy, drugged feeling in the morning.
- **Uses** - Passion Fruit relieves muscle tension and other manifestations of extreme anxiety and is used to calm the nerves, tension headaches, muscle aches and spasms, and helps lower blood pressure. The herb is especially good for nervous insomnia.
- **Cautions** - Do not take during pregnancy.

Peanut Oil

- A clear oil expressed from peanuts and extremely light in aroma with a slight fatty, nutty quality, produced mainly in the US. It has a high content of vitamin E, and is regarded as a non-drying, conditioning oil, similar to olive and castor oils.
- **Uses** - This oil is thick and leaves a very oily film on the skin, because of this it is said to be a good choice for inclusion in massage blends. It is good for all skin types, and is an emollient for arthritis or sunburn. Peanut oil is highly unsaturated, and creates a soft conditioning bar soap with a long lasting lather. It also strengthens weak and brittle nails. Peanut oil is said to increase the blood circulation after treatment, the skin will feel warm and have a reddish glow. Peanut oil has been used medicinally for preventing headaches.
- **Cautions** - Peanut oil should not be used by anyone that has an allergy to peanuts. The shelf life is 6 months-1 year.

Pecan Oil

- It is extremely light with a hint of a fatty, nutty aroma. This oil can leave a slightly oily film on the skin. Pecans contain oil that compares very favorably with oil from other oil seed crops. Pecan kernels contain 65 to 70 percent oil. Approximately 73 percent of fresh pecan oil consists of monounsaturated (oleic) and 17 percent polyunsaturated (linoleic) fatty acids. Oleic is the same fatty acid found in olives. This oil has been demonstrated to be effective in reducing the risk of coronary heart disease.
- **Cautions** - Non-toxic, Non-irritant, do not use if allergic to nuts. It is said that it goes rancid somewhat quickly.

Pistachio Nut Oil

- This oil is expressed from the nuts of the pistachio tree, and is generally quite expensive and only used in combination with other carrier oils. It is an excellent emollient which provides a high level of moisturization to the skin. It is rapidly absorbed into the skin and does not leave a greasy feel. This is an oil that is substantive and protective to the harshest of external conditions. Pistachio oil compares favorably with peanut oil.
- **Uses** - Pistachio oil will soften and nourish the skin and is a great moisturizer for lip balms, creams, lotions, lotion bars, massage lotions and oils. This is a good choice for a perfume base as it is less greasy than many carrier oils. Pistachio Oil has very good moisturizing qualities for a "light oil". It blends easily with other carrier oils. Used alone, it is a favorite for massages.
- **Cautions** - The shelf life of Pistachio nut oil is 3-6 months.

Pumpkin Seed Oil

- The Pumpkin is native to Central America, especially Mexico, and after the Spaniards had discovered America the pumpkin was exported to Europe and Asia. While the pumpkin has been cultivated in Europe for centuries, it is only within the last two hundred years that residents of the province of Styria have been making pumpkin seed oil. A few centuries ago, farmers noticed a change in the pumpkin seeds. A mutation caused the mature seeds to grow with soft rather than thick, hard shells. The seeds were deemed excellent for eating because of their rich flavor and soft shells. Soon, farmers began bringing their seeds to the local grain mills, grinding and then pressing them to extract the oil, and pumpkin seed oil became a special tradition born out of Austrian ingenuity.
- **Uses** - Pumpkin seed massage oil has great healing qualities for skin problems such as sores and ulcers. This makes it a good choice to include when mixing a massage oil or preparing a carrier oil blend. Although Pumpkin seed oil can be classified as a "specialty" carrier oil, some aroma therapists like to use it since it is high in protein, zinc as well as polyunsaturated fats.
- **Cautions** - Can find no particular concerns.

Ricebran Oil

- Rich in vitamin E, expressed from the husk of rice. It is very similar to wheat germ oil but not as "heavy," because it has a smaller molecule that is able to more easily penetrate the skin. Rice Bran Oil is an excellent source of the essential fatty acids and antioxidant nutrients that promote overall good health and stimulates the body and spirit.
- **Uses** - Rice bran oil flows on smoothly and is moderately penetrating without being greasy or sticky. It is good for massage or lotions and is one of the most gentle oils which makes it perfect for eye creams, baby products and light facial and body moisturizers for all skin types. Rice bran oil is a perfect moisturizing base for under cosmetics. This oil is wonderfully used in liquid soaps and liquid cosmetics. It is well used in creams to soften and moisturize hands.
- **Cautions** - Rice bran has a shelf life of 3-6 months.

Rosehip Oil

- A fairly new oil to be used as a carrier oil, it is produced in Chile, and has gained great popularity because it has some great rejuvenating properties. Usually, the oil is extracted by a solvent from the wild rose bush seeds growing in the southern Andes. It has very high levels of linoleic and linolenic fatty acids. The aroma is mild and perhaps earthy. It has been identified that the presence of Trans-Retinoic acid is the component responsible for the remarkable pharmacological properties of Rose Hip oil. Trans- Retinoic acid is a derivative of Retinol (Vitamin A) and is marked as Tretinoin.
- **Uses** - It is high in GLA, and has recently been used to help reduce the signs of ageing, especially the fine lines around the eyes and lines around the mouth, the drying effects of the sun and climate, as well as assisting with attenuating both accidental and surgical scars, healing burns, and stretch marks.
- **Cautions** - It is usually blended in a small (often 10%) dilution with other carrier oils. It goes rancid rather quickly. It has been reported to aggravate acne. Best stored in a cool place.

Safflower Oil

- It is a family of the sunflower. It is believed to have originated in southern Asia and is known to have been cultivated in China, India, Persia and Egypt almost from prehistoric times. During Middle Ages it was cultivated in Italy, France, and Spain, and soon after discovery of America, the Spanish took it to Mexico and then to Venezuela and Colombia. It was introduced into the United States in 1925 from the Mediterranean region and is now grown in all parts west of the 100th meridian. The oil is expeller pressed from the seeds. Safflower oil would be a suitable base to work from, but it is recommended to mix other carrier oils with it.
- **Uses** -This oil oxidizes very easily but can be used in massage blends. It may be beneficial for painful inflamed joints, and applied to bruises, sprains, and painful arthritis. Safflower massage oil has great moisturizing qualities which make it a good choice to include when mixing a massage oil or preparing a carrier oil blend.
- **Cautions** - The shelf life is less than 3 months. It should be mixed with another carrier oil with good antioxidant qualities to increase the shelf life since it goes rancid quickly.

Sesame Oil

- This oil is sometimes found to be strong smelling by some, yet is a good source of vitamins E and B complex and minerals such as calcium, magnesium and phosphorus. Sesame oil further contains protein as well as lecithin. In folk medicine it has also been used to help fade blemishes. The Sesame herb is grown for its seeds and was used by the Chinese 5000 years ago. The Egyptians produced flour from its ground seeds, and Roman soldiers mixed the seeds with honey for an energy snack. It may be expressed or extracted and is also known as Gingelly or Teel Oil. If the oil is extracted from raw seeds, it is a rather light color compared to that extracted from roasted seeds. Sesame Seed Oil is a natural skin moisturizer.
- **Uses** - Although it is a thick oil it is used for eczema, psoriasis and mature skin and it contains excellent moisturizing properties. It is best mixed with another carrier oil, such as almond or grape seed to make it a bit lighter. Sesame massage oil has great moisturizing, soothing and emollient qualities which makes it a good choice to include when mixing a massage oil or preparing a carrier oil blend. It is beneficial for dry skin. Does not stain sheets.
- **Cautions** - Sesame oil may overpower a blend if not diluted with another carrier oil.

Soya Bean Oil

- Light oil with a mild scent that was first introduced to the United States from the Orient. This oil was rarely used before 1950, but now counts for more than 65% of all oil commercially used in the United States. The oil is expressed from the bean and is high in linoleic acid, contains proteins and some vitamin C, A, E, and K. It is susceptible to oxidation and can be a sensitizer, so care needs to be taken when using in massage blends.
- **Uses** - Soya bean is a light-textured, nourishing, easily absorbed, odorless oil, suitable for all skin types. Soya Bean oil is a versatile carrier which is suitable for general massage and is increasingly popular among massage therapists as an alternative to sweet almond oil. Use it on its own or blend it with other carrier oils.
- **Cautions** - Possible sensitizer. Not for use on your face. Good for all skin types. Does not aggravate acne or oily skin.

St. John's Wort Oil

- A bushy perennial plant with numerous yellow flowers. It is native to many parts of the world including Europe and the United States. It is a wild growing plant in northern California, southern Oregon and Colorado. It has a 2,400-year history of safe and effective usage in many folk and herbal remedies. Historically used as a nerve tonic, St. John's wort is now widely used as a mild antidepressant. It is a potent antiviral and antibacterial that is being investigated as a treatment for AIDS.
- **Uses** - The most well known action of St. John's wort is in repairing nerve damage and reducing pain and inflammation. The herb has been used to relieve menstrual cramping, sciatica, and arthritis. Externally it is used on cuts as a disinfectant and to relieve inflammation and promote healing. The oil can be applied to sprains, bruises and varicose veins. St. John's Wort has been traditionally used as a skin nourishment and to promote recovery of skin and mucous injuries. It helps combat bacterial infections, reverse inflammation, and also reduce skin itching and irritability.
- **Cautions** - Do not wear Saint John's wort oil under direct sunlight. It may induce hypersensitivity to sunlight. Some manuals on herbal medicines suggest to inactivate photosensitive components of Saint John's wort oil by exposing the oil to direct sun light for two - three weeks in white glass bottle. Anyone who is hypersensitive to sunlight or is taking other photosensitizing drugs should be cautious.

Sunflower Oil

- It contains useful amounts of essential fatty acids and a high amount of vitamin E. Since it is inexpensive it can be blended with a variety of other base oils. Generally, absorption is not as good as other carrier oils, and it does tend to leave an oily feeling on the skin. The aroma is a faint and sweet, slightly nutty scent. Sunflower oil is expressed from the seed.
- **Uses** - Sunflower oil is good for all skin types for use in beauty and skin care, however, it should be diluted with another carrier oil such as sweet almond. It may be used as a substitute for olive oil in soaps, where it provides stable, conditioning lather to bar soaps. It is a very lightweight oil making it a perfect choice for bath oils, and lotions, but is not as suitable for massage due to the absorption rate.
- **Cautions** - The shelf life is 3-6 months.

Turkey Red Oil

- Also known as Sulfated Castor Oil, it is the only oil that will completely disperse in water. The oil is expressed from the seed. Sulfated castor oil is created by adding sulfuric acid to castor oil, and is considered the first synthetic detergent, which is still used in textile and leather industries today. Turkey Red has a distinct and heavy scent.
- **Uses** - Turkey Red oil is used to emulsify essential oils so that they will dissolve in other water-based products, or for superfatting liquid soap if you want the soap to remain transparent. This means that the oil will combine with the water in the tub, and not leave those little oil bubbles floating on the top of the water. It is of medium viscosity and is usually used in bath oil recipes along with fragrance or essential oils, or in shampoos. This oil also has great moisturizing abilities.
- **Cautions** - Turkey Red, is chemically altered and is considered by some not appropriate for therapeutic aromatherapy.

Vitamin E Oil

- Discovered in 1922, it wasn't until the 1980's that scientists understood the crucial role of Vitamin E in skincare. Today it is the world's second largest selling Vitamin and is commonly referred to as nature's own healing agent. Vitamin E has been cited as having positive effects on the wound healing process and possesses the ability to retard the conversion of soluble collagen to insoluble collagen (which is responsible for scar formation). In this manner, it helps reduce the chance of scar tissue forming. Vitamin E penetrates below the skin's surface to rejuvenate damaged skin cells and promote healthy regeneration of scarred skin. This Oil can also help the skin overcome the harmful effects of the sun, responsible for over 80% of visible ageing including premature wrinkles and skin dryness. It helps reduce the number of damaged cells found after exposure of the skin to UV radiation.
- **Uses** - It helps to preserve the health and integrity of the skin, helps in the healing of cuts, abrasions and post-surgical scar tissue, provides a defense against bacterial infection, promote cellular oxygenation and protect and insulates the skin from pre-mature signs of aging.
- **Cautions** - Considered to be safe in all normal applications, Use at about 5% when used as a preservative.
- **Shelf-Life** - 2 Years or more. If kept properly in airtight container, Should be refrigerated after opening.

Walnut Oil

- Walnut Oil Is reported to have many benefits, when used in the healing of wounds and skin problems. The oil is obtained by expression from the nut. About one half of the fresh kernel inside the shell of a quality dried walnut is oil. There can, of course, be significant variations depending on growing conditions in a particular region and also from season to season.
- **Uses** - Walnut oil is useful against fungal and parasitic infections. It may also help eliminate warts, and when rubbed on the skin, walnut is reputed to be beneficial for eczema, herpes, psoriasis, and skin parasites. The oil has traditionally been used externally in the treatment of gangrene, leprosy, and wounds. Walnut in a massage blend has great emollient qualities and is a

good choice to include when mixing a massage blend or preparing a carrier base. Very unsaturated, walnut oil presents good moisturizing, anti-aging, and regenerative and toning properties, and can be used in all anti-wrinkle products and creams for dry, normal, and mature skin, body and hygiene products, massage blends, and lip balms, etc.

- **Cautions** - Non-toxic, Non-irritant. This carrier can be used in any cosmetic product as an active principle or as a carrier, without any proportion limit. Considered to be safe in all normal applications
- **Shelf-Life** - 6 months to a 1 year. If kept properly in airtight container, Should be refrigerated after opening.

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Wheatgerm Oil

- This oil is made from the germ of the wheat - the heart of it. The wheat grain consists of three parts - the husk, the germ and the endosperm - and it is the germ that is used in the manufacture of the oil. Although the germ only constitutes 3% of the weight of a wheat grain, it contains nearly 25% of the protein, vitamins and minerals. Wheatgerm oil is very high in vitamin E and essential fatty acids. Because of its high vitamin E content, which is a natural antioxidant which helps to prevent rancidity, it is often added to other carriers to help lengthen their shelf life and to prevent them going off. When used in massage blends it may be too heavy on its own, but it has great nourishing qualities which makes it a good choice to include when mixing a massage blend or preparing a carrier blend. It has a slight nutty aroma and is extracted by cold pressing or solvent extraction from the "germ."
- **Uses** - With its high vitamin E content and essential fatty acids is used extensively in aromatherapy massage blends since it is said to promote a smoother, younger looking skin, assisting in healing scar tissue as well as stretch marks. It is too sticky to use on its own, but is wonderful when blended with a lighter carriers, such as sweet almond. When it is applied topically on to the skin it is said to help promote the formation of new cells, improve circulation, and is said to help repair sun damage to the skin. It is also used to help relieve the symptoms of dermatitis. This carrier is said to stimulate tissue regeneration and is often added to other blends because of its antioxidant properties.
- **Cautions** - Do not use full strength as it can be overpowering. Dilute 5-10% with other carriers.
- **Shelf-Life** - 12 months to a 18 months. If kept properly in airtight container, Should be refrigerated after opening.

CASTOR OIL

Other Common Name(s): Castor, Castor Bean, Palma Christi

Scientific/Medical Name(s): Ricinus communis

Description - Castor oil is extracted from the seeds of Ricinus communis, an herb considered native to Africa and India.

Overview - There is no scientific evidence that castor oil is effective in preventing or treating cancer. However, researchers are currently studying castor oil as a vehicle for delivering chemotherapy drugs to cancerous tumors.

How Is It Promoted For Use? - Castor oil is used as a laxative in conventional medicine. It may also be used to treat some eye irritations and skin conditions.

Alternative practitioners claim castor oil boosts the immune system by increasing lymphocytes (white blood cells that help the body fight infection) and other immune cells. They also claim castor oil helps dissolve cysts, warts, and tumors, as well as soften bunions and corns. Other claims for castor oil include treating lymphoma, bacterial and viral diseases (including HIV), arthritis, skin and hair conditions, eye irritations, diseases of the colon and gallbladder, bursitis, multiple sclerosis, and Parkinson's disease. There is no scientific evidence to support these claims.

What Does It Involve? - Treatment involves massaging castor oil into the body or using a warm or hot castor oil pack or compress. The castor oil is massaged along the problem region, spine, abdomen, and lymph drainage pattern. Promoters say application of castor oil is supposed to continue until the problem is healed.

What Is The History Behind It? - Ancient Egyptians were the first to record the use of castor oil for medicinal purposes, and since then it has been used by many cultures as a folk medicine. Castor oil was reportedly used as a medicine during the early Middle Ages in Europe. In his Encyclopedia of Healing, Edgar Cayce claimed that castor oil helped to heal the lymphatic tissue in the small intestines, thus increasing absorption of fatty acids and allowing for tissue growth and repair. Most of the plants used in producing castor oil are now grown in India and Brazil.

What Is The Evidence? - Castor oil is used in conventional medicine as a laxative and to treat some eye irritations. It is also an ingredient in some hair conditioners and skin products. There have been no scientific studies to support any other claims.

Researchers are currently studying the possibility of using castor oil as a vehicle for delivering chemotherapy drugs to cancerous tumors. Castor oil shows promise as a carrier of Taxol(r), a drug used to treat metastatic breast cancer and other tumors. However, a study on high-intensity focused ultrasound therapy for liver cancer found castor oil did not work as well as iodized oil in producing a higher and faster temperature rise in the area of the tumor.

Researchers at Texas Tech University, Harvard University, the National Cancer Institute, and other institutions are studying ricin, a strong poison produced by the castor bean. Early clinical trials indicate that when combined with a monoclonal antibody (anti-bodies made in the laboratory designed to target specific substances), ricin may shrink tumors in lymphoma patients. There is no scientific evidence that castor oil cures cancer or any other disease.

Are There Any Possible Problems or Complications? - Castor oil is considered safe in proper doses for conventional uses as a laxative. However, side effects can include abdominal pain or cramping, colic, nausea, vomiting, and diarrhea. Long-term use of castor oil can lead to fluid and electrolyte loss.

Women who are pregnant or breast-feeding should not use castor oil, as well as people with intestinal obstruction, acute inflammatory intestinal disease, appendicitis, or abdominal pain.

Castor beans are extremely poisonous and can lead to death if chewed or swallowed. Also, handling the seeds over a period of time can lead to allergic reactions.

BACH FLOWER REMEDIES

Here is a list of the 38 remedies and their indications.

How does one use a remedy? Drink it? Sniff it? Apply it to the skin?

The remedies come as a liquid, preserved in brandy. To take them, you dilute two drops of each remedy that you need into a 30ml dropper bottle, top up with mineral water, and take four drops four times a day. Alternatively, you can put the two drops into a glass of water, and sip from that at intervals.

How are they made?

Two methods are used to make the Bach Flower Remedies. Most of the more delicate flowers are prepared using the sun method, which involves floating the blooms in pure water for a number of hours. More woody plants, or flowers which bloom when the sun is weak, are prepared by boiling for half an hour. In both cases full-strength 40% brandy is used as a preservative, mixed 50/50 with the prepared tincture. Drops from the preserved mother tincture are further diluted in brandy to make the stock bottles that can be bought in the shops. www.bachcentre.com

Agrimony - mental torture behind a cheerful face

Aspen - fear of unknown things

Beech - intolerance

Centaury - the inability to say 'no'

Cerato - lack of trust in one's own decisions

Cherry Plum - fear of the mind giving way

Chestnut Bud - failure to learn from mistakes

Chicory - selfish, possessive love

Clematis - dreaming of the future without working in the present

Crab Apple - the cleansing remedy, also for self-hatred

Elm - overwhelmed by responsibility

Gentian - discouragement after a setback

Gorse - hopelessness and despair

Heather - self-centeredness and self-concern

Holly - hatred, envy and jealousy

Honeysuckle - living in the past

Hornbeam - procrastination, tiredness at the thought of doing something

Impatiens - impatience

Larch - lack of confidence

Mimulus - fear of known things

Mustard - deep gloom for no reason

Oak - the plodder who keeps going past the point of exhaustion

Olive - exhaustion following mental or physical effort

Pine - guilt

Red Chestnut - over-concern for the welfare of loved ones

Rock Rose - terror and fright

Rock Water - self-denial, rigidity and self-repression

Scleranthus - inability to choose between alternatives

Star of Bethlehem - shock

Sweet Chestnut - Extreme mental anguish, when everything

has been tried and there is no light left

Vervain - over-enthusiasm

Vine - dominance and inflexibility

Walnut - protection from change and unwanted influences

Water Violet - pride and aloofness

White Chestnut - unwanted thoughts and mental arguments

Wild Oat - uncertainty over one's direction in life

Wild Rose - drifting, resignation, apathy

Willow - self-pity and resentment

***More commonly used: Rescue Remedy** - combination of Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem