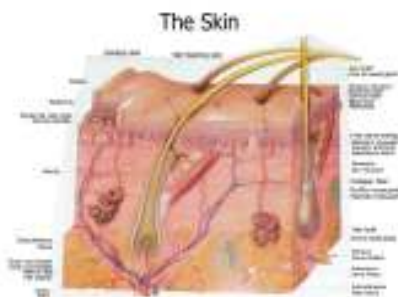


Our Largest Organ:



Our skin is one of the largest elimination organs, roughly 20 sq. ft. of protective covering. Aiding in preserving a balanced internal environment. Because our skin provides a barrier not only from UV Radiation, it also prevents many large molecular substances from being absorbed. Known as the “third Kidney” our skin, through sweating and perspiration, eliminates roughly 1/3 of our body's waste products.

Our skin absorbs nutrients and many beneficial substances, such as healing Essential oils and nut oils. We have already discussed the use of mineral oil, and it's toxic effects on the skin and organs. Because Essential oils are readily absorbed, our system can process them into every cell in our body. Once processed by our system, that which is not needed is excreted through sweating and perspiration.

Perspiration is a continuous process and goes on all the time, we however are not aware of it. Sweating helps us to regulate our body temperature, as well as eliminate toxic waste. As we have mentioned, a strong odor in your sweat will determine the toxicity level of your system. Medications and synthetic chemicals accumulate in our organs, tissues and cells. One aspirin will show up in our skin and hair within 9 hours, it takes our body roughly 21 days to eliminate it all together. Think about that, if you take an aspirin everyday your body is continuously trying to eliminate it. Peppermint Essential oil can eliminate a headache as well as reduce pain. You can add Peppermint 3-4 drops to a roll-on container, fill with Olive oil as your carrier. Apply at the base of the neck and on the temples.

Aluminum found in antiperspirants on shelves today, is a known accumulative toxic poison. Because it accumulates in the system, Europe has studied the direct link of this toxic substance to Alzheimer's disease and Breast Cancer. Aluminum accumulates in the lymph nodes in the underarms and breast tissue. Aluminum has also been linked to a rise in Breast Cancer among not only women but men. The accumulation can cause not only disease, but puffiness within the body. Cypress Essential oil and Sage are excellent choices instead of the toxic aluminum. Simple recipe for your own deodorant: Baking Soda aluminum free, Arrowroot powder, essential oil of Cypress and Sage. Blend all ingredients together. Dust under your arms daily. You can use a natural bristle cosmetic brush used to apply mineral makeup. If you want a more solid, simply add coconut oil and blend. Put the mixture in a push up tube, they are usually called Lotion Bar tubes. They can easily be found on Amazon or any online Soap Crafting site. You can also make a spray using Witch Hazel extract, Sage Extract to which you would add Aloe vera gel, then add Cypress and Sage essential oils.

Skin Care:

When most people hear the words “skin care” they automatically think of facial care. For some reason they do not connect the whole, including the scalp. Our skin has numerous functions from regulating heat and cold, to maintenance of calcium levels within our system. It is important to not only take care of our facial skin, but that of our “whole” body as well. Regular scalp massage using essential oils and jojoba oil, can help with hair growth and elimination. Regular foot soaks can help our system to detox using essential oils and Epsom salts. The health of your skin, and the rate of elimination depends greatly on diet and hydration. Our skin is one of the most exposed and abused organs we have. We simply do not think of it in terms of keeping us healthy. Let's look at some of the issues pertaining to skin.

Skin Cancer:



Skin cancer is basically a malignant growth, caused by the uncontrollable growth of epidermal cells. Some skin cancer is caused from sun exposure. Sunburns which are damaging to our skin, can result in a growth. These growths are varied in color and size. The colors to be aware of are white to blue, brown or black. Most important factor is the growth and it's appearance. Signs to look for are: small to large lesions, shiny, waxy, crusty, or rough and an asymmetrical texture. At this point

you would need to visit your Doctor. Wheatgerm Oil offers a natural UV protection as we have already discussed. Frankincense has shown some positive results with cancer.

Warts:



Warts are usually benign, hard, rough, raised growths. They are usually created by a virus on the top layer of your skin. Remember we talked about synthetic chemicals, they cannot destroy a virus, bacteria, microorganisms or germs. Essential oils can help fight against a virus and destroy it. Warts can be spread through direct contact. Most often found on the face, hands or feet. You can have them removed, however it is the virus that needs to be treated. Essential oils used for warts are:

cinnamon bark, frankincense, oregano and clove. You can dilute any of the above or a combination with colloidal silver. Always apply your diluted oils with a Q tip to avoid contact. Do not touch the wart with your bare hands as you do not want to spread it. Would it not then make sense to eliminate the virus internally and externally?

Historically, Black Ointment has been used externally to treat skin cancer, warts, and planter's warts. Black Ointment has herbs in it which “pull” the toxic material out of the skin.

SKIN CARE:

Burns:



Burns on the skin destroy our skin's protective covering and alter its function. Depending on the severity of the burn, you can use essential oils. The best essential oils to use are Lavender or Chamomile. I do not apply neat, however some people do. Instead I mix 4-5 drops to 1 TBS. Aloe Vera gel and apply. I find by adding the oils to Aloe vera it takes the burn out much faster. Try keeping your Aloe vera in the refrigerator.

First Degree Burn: Generally from touching a hot surface or flame etc. These burns although painful immediately, usually do not linger, they leave no lasting scar or blisters.

Second Degree Burns: 2nd degree burns are burns that go beyond the epidermis to dermis. These burns effect the sweat glands and hair follicles. These burns usually produce severe pain, swelling, blistering, and are very red and hot. Heat stays for long periods of time. Please seek Medical attention. On your way to see a Medical Professional you can apply a cold compress using essential oils of lavender or chamomile.

Third Degree Burns: 3rd degree burns go deeper into the subcutaneous layer to the muscle. These types of burns leave the skin charred and burned. They are very tough and leathery. Do not apply essential oils to these type of burns, seek Medical attention immediately. Essential oils can help to reduce scarring once the burn begins to heal. With these burns they need to be thoroughly cleaned and taken care of. The burn is too deep to try to treat yourself. Once healing has begun you can use essential oils of: frankincense, geranium, helichrysum, lavender, chamomile and rosehip seed oil to help with skin regeneration, and reduce scarring. Aloe vera is also an excellent means to apply essential oils.

SKIN CARE:

Moles:



Moles are usually small, benign and commonly found on the fair skinned. The brown or tan color is from the melanin contained within the mole. They are called in the Medical community “nevi”, they range in size from small to large. They can be round and smooth or round and uneven. If any mole changes color or size, you need to have it checked to rule out Melanoma. Moles are caused when cells in the skin, called melanocytes, grow in clusters or clumps with tissue surrounding them. These cells produce melanin which is a natural pigment of our skin. This is usually from an uneven

distribution of melanocytes. Most moles are not dangerous or cancerous.

Folk Remedy: Apply Aloe Vera gel to the benign mole daily, cover with a latex free band-aid, do this for 14 days. Essential oils used: Rosemary, Oregano, frankincense, geranium, lavender. Try adding 1 drop essential oil to 1/8th tsp Aloe Vera gel before application.

Skin Color:



Skin Color comes from the amount of melanin produced by melanocytes our body produces in our epidermis. If a person has spots, pigmentation or freckles, it is due to an uneven distribution of melanocytes. Keratinization is our skin growth cycle and takes roughly 6 weeks. Because of this cycle, it is important to exfoliate to remove dead skin cells. When you lay in the sun, your body produces more melanin which creates a tan. Sun damage can cause permanent discoloration of the skin. Pregnancy can cause discoloration known as “mask of pregnancy” or Melanoma – hyper-pigmentation. Oral contraceptives can also cause hyper-pigmentation.

Alternatives: Folk remedy to lighten freckles, age spots and hyper-pigmentation: apply apple cider vinegar and onion juice

to the location daily. Plain organic yogurt is an excellent and natural skin lightener, and you can add essential oils to it. Essential oils of Niaouli and Lemon are known to help lighten the area as well.

Skin Care:

Acne:



Acne is an inflammation of the sebaceous glands and hair follicles. Blackheads are called comedones. Pustules are called pimples. Acne usually effects the younger generation, however adults can be afflicted as well.

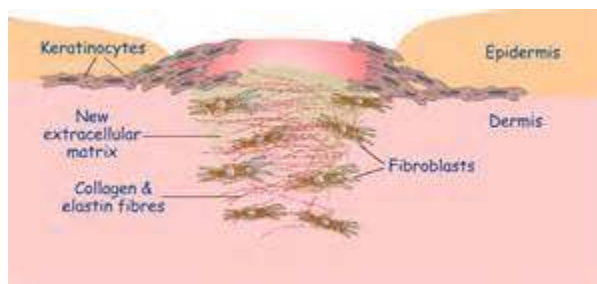
Hormones that are out of balance, can increase the production of sebum in our sebaceous glands. When this happens, the excess oil produced becomes trapped in the hair follicle. Because of this blockage bacteria can form. Once bacteria is formed, it causes inflammation, pus and swelling. This becomes a pimple, however it may progress to a cyst or acne. Acne depending on the severity, can and does leave deep pits on the surface of the skin.

With acne or pimples, it is important to remember to work with the hormones, and diet of the individual. A good internal and external cleansing regime is highly recommended. Using essential oils and herbs can help. Natural products not only help to balance hormones, they aid the skin in removing bacteria, balance the sebaceous glands, and prevent scarring.

Folk Remedies used are apple cider vinegar to help with the pH balance of the skin. This can be used as a daily astringent after cleansing. Pineapple juice has been used to help eliminate dead skin cells and excess oil. You would add pineapple juice to a cotton round and swipe over the face, let dry then rinse off. Do not use pineapple juice on a daily basis, once a week or every other week is fine. Pineapple juice can irritate due to the enzymes it contains. Essential oils used for acne include: Manuka, Palmarosa, Sage, Cedarwood, Patchouli, Lemon, Sandalwood, Cypress, Juniper. Your best carrier oil is Jojoba and Hazelnut. Do not use Rosehip seed oil with individuals with acne, Rosehip seed oil can aggravate the acne.

Skin Care:

Wound Healing:



Wounds and cuts are damage to our outer most layer. They generally heal in layers. In the first stage, a blood clot forms to stop the bleeding. Once the blood clots, it forms a scab on the surface of our skin. Below the scab is inflammation. Blood vessels become enlarged and deliver oxygen, nutrition, and leukocytes to fight bacteria and infection. Your body now begins a

process to help heal the area. Rapid regeneration and proliferation of new epithelial cells begin. These cells replace the damaged ones, which closes the wound. Scars are usually created when the edges of the wound are not close together. An example would be a paper cut which heals with no scar, a surgical cut which always leaves a scar.

Folk Remedy to use is Vitamin E or Aloe vera to reduce the scar. Essential oils used: Frankincense, Helichrysum, Lavender, Rosehip seed oil. Bergamot can assist to help stop bleeding. Cayenne also helps stop bleeding in wounds. Cistus helps to reduce scarring. Water (diluted for wound washing) and essential oils are: Clove, Cypress, Myrrh and Elemi, Roman Chamomile can help reduce inflammation. Rose, Rosewood and Sandalwood help with DNA repair of the epidermis. You can also create a spray to keep handy for times such as these. To a 4oz spray bottle add 1oz Distilled Water, 3oz Aloe Vera Gel and any essential oil or combination of essential oils mentioned above. Spray the area several time per day.

Skin Types:

Before you choose a carrier oil or essential oil, you need to know what type of skin you have. The best way to do this is to wash your face with a cloth. Wait roughly 30 minutes after washing. Do not apply astringent, serums or moisturizers. Take a single layer of a tissue and cover your face. Press gently top to bottom and side to side. Hold a couple of minutes in place. Gently remove the tissue and hold it up to the light. Look for: Oily residue on the majority of tissue- you have oily skin. Oily residue only at the forehead, nose and chin – you have combination skin. Very little oil which could mainly be around the nose area – you have normal skin. No oily residue anywhere – you have dry or mature skin.

Skin Care:

Skin Types:

Skin depending on diet, hormone balance, sun exposure, hygiene, and good maintenance can change. Some have oily skin in the summer and drier in the winter. Some skin types do not change, I have usually found this to be true with combination skin types. Younger people with acne reach a certain age and it can diminish. Stress however can bring back an onset of acne or breakouts. Certain food can also trigger acne or breakouts.

You will generally see 5 types of skin. Keep in mind, essential oils used can change as well. If an essential oil is used for a case specific issue, and the issue clears up, you can then change the essential oil. Keep in mind that without proper hygiene and eating habits, essential oils and herbs can only do so much.

Experiment: Before we go through the skin types, here is an experiment for you: Determine your skin type following the tissue test. Determine the best carrier oils for your skin type. Choose Essential oils you would like to use. You do not have to use the suggestions given here. If you want to use another oil not listed, by all means do. Research and see what oils fit your particular skin. Keep track of the oils you used, the amount you used of each oil, the type of carrier oil or blend of carriers, and your results. Try and do this for several days. I will ask you in the question and answer section about your results.

Normal Skin:

Very few people have normal skin. Those who do can benefit from using essential oils to aid in tone and firmness. Normal skin can be firm, no spots or blemishes. It is not dry or oily but moist and hydrated. Normal skin usually has a smooth texture with an even skin tone. Skin care regimens are usually very simple. They can use a gentle cleanser and light moisturizer. They may have occasional PMS breakouts, but generally have well hydrated skin.

Oily Skin:

People with oily skin usually have a shine shortly after cleansing and occasional breakouts with inflammation, blackheads, whiteheads and pimples. This skin type needs antibacterial and antiseptic essential oils. Carrier oils such as hazelnut or jojoba are excellent. People with oily skin are slow to show the signs of aging. Wrinkles are not as deep, or in excess.

Skin Care:

Dry Skin:

People with dry skin can have patches of flaking, their skin looks dull. They may have a tight feeling all the time, a need to always moisturize. Fine lines and wrinkles show up early. Dry skin types usually have sensitive skin. You would always need to do a skin patch test. Dryer skin types produce a low level of sebum. Because of the dry nature, they may have an inability to retain moisture. Dryer skin types benefit from oil type cleanser, such as plain olive oil and Aloe vera gel then tissue off. They need an oil based moisturizer, they can benefit greatly from a facial serum first, then apply a cream moisturizer over the top.

Aging Skin:

Also known as mature skin. Aging skin can show signs of sagging, sun damage, dryness, blemishes, tired looking or have a flushed look about it. Mature skin like dry skin does require more work. However you can bring back tone with facial exercise or acupressure. You can address dullness with the use of essential oils and exfoliation.

Combination Skin:

People with combination skin have what is known as the “T-zone”. Oily patches between the eyebrows extending to the middle of the forehead. The area of the nose and each nostril is oily, and usually has blackheads. The third area is the chin just below the lower lip. Because there are dry spots and oily spots, treating combination skin is tricky. Here you would want a carrier that is light in the oily areas, yet moisturizing in the dry areas.

Here are two books I recommended purchasing. Each has a unique skin care regime to help address sagging and facial massage.



Facelift at your Fingertips offers acupressure massage. Facial Fitness offers exercise techniques to help tone, tighten and firm the face and neck. Facelift at your Fingertips also offers Aromatherapy combination for facial care. Both can be found on Amazon, Ebay or Half.com.



Caring for the Skin On Our Bodies:

Dry Brushing:



Dry Skin Brushing: This technique is a wonderful way not only to exfoliate dead skin cells, but it also helps our skin breath. If you have never used a dry brush before, it will take some getting used to. At first it will feel a bit irritating, but over a short period of time your skin will become accustomed to it. Once you begin dry brushing on a regular basis, you will notice your skin is softer with a natural glow.

Dry Skin Brushing helps our skin by stimulating pores to aid in elimination of toxins. It helps tone muscles, redistribute fatty deposits, and can break up cellulite. It greatly benefits the circulation, especially the small capillaries. Some of the benefits are:

Stimulates lymph and circulation	Removes dead skin cells and detoxifies	Reduces cellulite by redistributing fats
Helps strengthen the immune system	Stimulates the nervous system, tones muscles	Tightens skin
Nurturing to the body	Puts us back in touch with our bodies.	Softens skin without the use of lotions

Every morning before your morning shower, you should spend 10-15 minutes dry brushing your skin. Make sure you are using a “natural” bristle brush, you can find these from Dr. Jensen's web site. Synthetic bristle brushes can cause microscopic tears in the skin, this can lead to infections. You must always remember to move towards the heart, never away. Start at the feet, with gentle circular motions begin brushing. Working your way up each leg to the thigh area. Move to your stomach and chest area, then to your back and buttocks. Move to your arms starting at the fingers and moving towards the shoulder.

You can add essential oils to a water base in a spray bottle. You could use essential oils of cypress to help with circulation, grapefruit to help with cellulite. You do not spray the brush to the point it is wet, you simply mist the bristles lightly. Try this for a week and see how much your skin loves it. In fact when you do not get a chance to do it, you will miss it.

For the face I would recommend a tool made just for the facial skin. I use this method on my skin several times a week. Followed with my application of my essential oil serum. Be very careful with the delicate skin on the neck. Never tug or pull at your skin, always use gentle massage motions to apply serums, moisturizers or eye creams.

Essential Oil Combination For Skin Types:

Acne:

Carrier Oil: Hazelnut, Apricot, Grape-seed, Jojoba

Essential Oils: Cedarwood, Cypress, Juniper, Sage, Chamomile, Lavender, Lemon, Rosemary, Tea Tree, Orange, Manuka

Dry or Mature Skin:

Carrier Oil: Camellia with Rosehip seed oil, Wheatgerm, Avocado, Olive

Essential Oils: Carrot, Rosewood, Geranium, Sandalwood, Frankincense, Neroli, Chamomile, Rose, Jasmine, Lavender, Myrrh

Combination Skin:

Carrier Oils: Hazelnut, Olive, Grape-seed, Jojoba

Essential Oils: Lavender, Cypress, Sage, Bergamot, Orange, patchouli, Myrrh, Niaouli, Ylang Ylang, Clary Sage, Lemon, Lime, Manuka

Normal Skin:

Carrier Oil: Sweet Almond, Olive

Essential Oils: Lavender, Rose, Palmarosa, Chamomile, Vetiver, Frankincense. Since normal skin is easy to work with, most essential oils will be a wonderful addition to the skin care regime.

Aging Skin:

Carrier Oil: Avocado, Jojoba, Olive, Wheatgerm, Borage, Evening Primrose

Essential Oils: Frankincense, Myrrh, Sandalwood, Patchouli, Carrot, Ylang Ylang, Rosehip, Geranium, Elemi, Galbanum

Essential Oil Combinations for Skin Type:

Eczema:

Carrier Oil: Any carrier oil or combination

Essential Oils: Bergamot, Cedarwood, Chamomile, Lavender, Patchouli, Juniper, German Chamomile, Helichrysum

Burns:

Used either in compress or water bath:

Essential Oils: Chamomile, Geranium, Patchouli, Immortelle, Lavender, Frankincense, Myrrh

Bruises:

Essential Oils: cypress, Eucalyptus, Fennel, Hyssop, Marjoram, Angelica, Geranium. You can also use apple cider vinegar and apply to the bruise.

Dermatitis:

Essential Oils: Bergamot, Chamomile, Hyssop, Juniper, Cedarwood, Helichrysum, Lavender, Patchouli, Rose, Yarrow.

These are just a few of the combination available to you. Begin working with essential oils, create your own combinations. Try different essential oils other than the ones listed. I do suggest you try and purchase some essential oils. If you want to compare brands, pick an oil and purchase the same exact oil from at least 2 other suppliers or companies. Dip a perfume blotter into each oil, make sure you write which oil goes with which blotter. Over the course of a week, smell each one. Note any changes, any discoloration or residue. Most of the time it will do no good to test blends, most companies add a carrier oil to their blends. You will not get a true reading. Of the companies that do not dilute in a carrier, you can test for purity by observing the blotter.

See how many you can find. There are many plants that produce both an essential oil and an herbal supplement. Example: Lemon Balm is also Melissa, Angelica known as “angels grass” or “garden angel”. This is for your information only. I believe that Herbs and Essential oils work hand in hand.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 10 – QUESTION AND ANSWER

NAME: _____

ADDRESS: _____

PHONE: _____

FAX: _____

E-MAIL: _____

Please be sure to fill out the information above, complete the test and e-mail it back to us at sacredeartharomatics@hotmail.com. We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) What substance can show up in our skin and hair within 9 hours? How long does it take to eliminate it?
- 2.) What are the dangers of antiperspirants? What is an alternative?
- 3.) Describe skin cancer and it's cause.
- 4.) A skin virus can cause what? What is the final goal when treating it?
- 5.) Several Essential oils have shown to be effective on moles, what are they?
- 6.) Describe how a wound heals.
- 7.) Dry skin is usually also _____ Skin?
- 8.) Why would you suggest dry skin brushing to a client?
- 9.) Name 3 Essential oils used for dermatitis.
- 10) What skin serum blend did you create? Why? What were your results?