

## CERTIFIED AROMATHERAPY COUNSELOR COURSE–SESSION 6–PREPARE YOUR OWN

### Prepare Your Own

The purpose of this session is not to teach you crafts to sell at flea markets, craft fairs, farmers markets etc. Rather to teach you a skill to help yourself and your clients. With so many products on the market today with hidden allergens and hidden synthetic chemicals, you will be able to assist your clients with a pure non-chemical product. Learning to create a product by using herbs and essential oils is an art and science. You will need to know which ingredients to combine and how to combine them so they work in a synergistic manner.

You will have to consider not only the obvious issues ex: rashes, but also the underlying issues that may be present. You may be asked to create an ointment to help someone with a rash that has allergies to many things. You will need to know any allergies such as to nuts, this will greatly determine the carrier oil you use. Creating a product for a vegan means you cannot use beeswax. You will need to do a skin patch test when using Essential oils to test for an allergic reaction or sensitization. The products you may be asked to create range from human to animal and in between.

I have been asked by a client who is a horse trainer, to create a product to help one of his horses. The horse was on antibiotics for an issue relating to his gut. Due to the antibiotics this horse was on, it was causing his eyes to matte. The flies were eating the flesh around his eye and causing it to bleed and ooze. Due to the fact I had to take into consideration the underlying issues of digestive problems. I needed to create a blend that not only helped with the healing of the eyes and fly problem, but I needed to create a blend that would help with the digestive issues. I had to keep in mind that whatever I created could not interfere with the antibiotics he was on. A blend was successfully created, the eyes healed and flies were repelled. The blend did not interfere with the antibiotics he was on.

I was also asked to create a blend to aid in strengthening the hooves of the horses this trainer owned. He wanted a blend that would stay on the hooves and not be runny. He needed to be able to paint the hooves without worry. Because the horse could possibly wipe his face on his leg or lick the hoof oil it had to be safe. I needed to also be careful not to create a blend that may attract insects such as bees with a sweet smell. Through trial and error a blend was created. When I began creating this blend, until the consistency was right I would make small 2 oz batches of the carrier oil and wax. It is best not to add any Essential oils until you know you have the correct consistency, this will eliminate any wasted essential oil.

I have created and used blends for my own horses, goats and dogs. Once you know and begin working with herbs, essential oils and carrier oils, you can create anything from salves/ointments to tinctures and creams. Please take your time to research any herb, essential oil or carrier that you are considering using.

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Learning to prepare your own can help clients who may have rosacea, eczema and acne. You may be asked to create blends for ringworm, lice or fleas. Combination tinctures for sleep or flu, glycerites for children. Having the basics along with an understanding of the ingredients you want to use is very important. It can mean the difference between helping a situation to aggravating a situation and making it worse.

Preparing your own is so much more than just skin creams and lotions. Although that is a part of it, it is not all of it. Creating essential oil blends can range from relaxation blends, emotional balance blends, PMS blends to aiding in healing cuts and reducing scars. When combined with herbal infused oils, with each herb holding it's own properties, you can create a powerful synergistic blend of plant material. These 2 are then combined with the carrier oil which has it's own set of healing properties. Crafting is simply making lotions, creams and lip balms with no consideration to the healing properties of the ingredients chosen.

When and if you are asked to create an ointment, lotion or blend of essential oils always create in small quantities. This way you can give your client a sample to see what the results or reactions are before you create more. This way if an ingredient needs to be changed you have not wasted a large amount of product. Essential oils can be combined in ½ dram containers, ointments can be put into .5oz containers.

By being able to combine herbs and essential oils for a variety of applications, you can take charge of your health and help others. By preparing your own you are creating a unique and customized program. Unlike mass marketed products on the market shelves of every store, your products can target the needs of each specific individual you help.

Later on in this course we will discuss and go over the many applications available to you. Ranging from ointments and creams to tinctures and glycerites. For now we will discuss and describe the various items you need. A well stocked Essential oil and Herbal supply is key. It is important that you begin by gathering items needed. You will be asked later in this course to “make” an item and report your results. As you begin to gather dried herbs, I suggest storing them in labeled mason jars with a tight fitting lid.

You need to begin gathering supplies needed ex: dried herbs, essential oils, carrier oils, waxes, butters and containers. It is best to have them on hand and ready to grab, there will come a time when you will need and use them. As your supply gets low you can reorder those items you use the most. I would suggest for now to buy in small quantities until you begin working with your ingredients. Most bulk herbal companies sell by the ounce, most butters and carrier oils you can purchase in smaller quantities. Essential oils generally come in 5ml, 10ml, 15ml unless you order in bulk and then they come in 4,6,8,16oz and larger. Now let us go over some of the items you will need to stock to begin making products. Some you may have and some you may need to purchase.

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### **Keeping Accurate Records**

Keep running books on what you have on hand and the quantities. Mark down each one as you use them. The best way to do this is a ledger or you can keep a card file of your suppliers, their phone number and location. It is always a good idea to write down their shipping method and length of time to reach you, and the items you order from them. Once your product arrives, you can make notes on your cards or ledger about the quality of their products if this is your first order. I usually keep 2 sets of records, one on suppliers and items ordered, and one on clients and items made. This will save you valuable time if you need to make more or change anything.

It's a very good idea to keep a card file with your client names, any allergies, any dislikes to aromas and sensitivities as well as any items created. You really do not need the recipe used but the basic ingredients. List the essential oil or oils and the carrier oils ex: Frankincense and Lavender, Jojoba and Sweet Almond. Keeping track of these items you can also keep track of results and or reactions if any. It is easier to eliminate if you have these listed. Should you have a client who has sensitivities or known allergies, start by using only 1 or 2 essential oils at a time. Make sure you do a skin patch test if you do suspect allergies. Nut allergies are common and wheat allergies are becoming more common, so please ask if there are any known allergies. You can also do a skin patch test with the carrier oils. It is better to be safe than sorry. In my experience those who do have a reaction without a skin patch test, are not likely to trust or believe that natural chemical free ingredients work. Please be careful.

The list below is a list of items used to make products. You may or may not have these on hand. If not it is a good idea to begin to purchase these items, most can be found at garage sales, goodwill or consignment shops in your local area. You can also purchase most online from any number of stores. Once you purchase the items needed be sure to keep them separated from everyday cooking utensils. These items need to be used for products only and not cooking. Although stainless steel does not retain or absorb food items I would advise not to use the same pot used in cooking, same goes for glass items. Try and keep your utensils and lids in a sealed gallon bag once sanitized and cleaned. I keep my tincture bottles and droppers in gallon bags to avoid dust and germs. Remember you are not just making a cosmetic craft, you are creating a customizable solution to assist your clients with their needs. All items used to create these solutions must be kept clean, sanitized and stored properly.

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## Supplies Needed



**Hand Mixer:** I use a hand mixer with a whip attachment. Your lotions and creams will come out much lighter and easier to transfer to bottles or jars. It makes it easier to incorporate liquid into the oil phase of a lotion, and makes it easier to add your essential oils. Because it whips at a high speed your lotions and creams will set up faster with less separation. I purchased a new one since this is a must have.



**Stainless Steel Bowl Set:** This is a must have in your well stocked herbal kitchen. Stainless steel bowls are easier to clean and an excellent way to combine your water phase and oil phase. These bowls will not stain, transfer aromatics scents or discoloration from using herbs or carrier oils.



**Glass Bowls with Handles:** These may be hard to find they are from A. Hocking and have handles on both sides. I found mine on eBay and a second hand store. You will need a variety of these wonderful bowls from small to medium. These glass bowls are used for the Baine Marie method of melting your oils with wax. They prevent the carrier oil from becoming too hot and burning the dried herb or catching fire. This process is also used to infuse oils with herbs over a low heat.

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### Supplies Needed:



**Stainless Steel Pot:** This is used to sit the glass bowl on to melt your oils and waxes. If you can't find one like the picture that already has the double boiler method, you can use the glass bowl. You will only need one small and one medium. When purchasing pots make sure your glass bowls with handles fit over the pan, so as not to fall in the water but rest on the lip of the pan.



**Stainless Steel Kitchen Utensils:** You will need a variety of kitchen utensils such as a stainless steel knife, variety of spoons, stainless steel chopsticks (used to move lotion through a funnel), a funnel, stainless steel pitchers for warming water as well as pouring tinctures into bottles. You do not need to spend a lot of money on these items but you will need them. Avoid wood utensils – wood holds on to and absorbs aromatics, herbs, oils and can contain bacterial growth over time.



**Wire Mesh Strainer:** Make sure you purchase one that has the handle on one side and pot hugger on the other side. This strainer allows you to pour and strain herbs etc. hands free. You can also rest it over a stainless steel bowl so that it can slowly drain your herbs. You may want to line it with cheesecloth if the herbs you are working with are in powder form or are small enough to pass through the mesh holes. If for some reason your strainer becomes kinked or bent it is best to replace it.

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### Supplies Needed:



**Variety of Canning Jars:** You will need a variety of sizes. These are used not only to store bulk herbs to help keep them fresh longer, but to also store any additives for your creation. I store my stearic acid, herbs, arrowroot powder, ground spices etc. in mason jars. Make sure they are sealed tightly and if you need to buy new rings and tops. It is important to make sure they are washed and sanitized before storing.



**1/2 oz dram to 1/4 oz dram Amber Bottles:** You will need a variety of these and most are sold in counts of 6 or 12 per size. The 1/2 dram (the smallest pictured) is an excellent size if you are creating an aromatic blend as a sample. I use these to make samples of blends for clients to make sure it works, and to make sure there is no reaction. Once you know the outcome you can then make it in a larger amount. There are also (1/4 oz dram) a great way to create a massage blend with a carrier for a salon or massage therapist to try. It holds enough for at least 2 separate massage sessions.



**Plastic Spritzer Bottle 2 oz:** You can purchase these in a variety of colors and they are usually sold in cases of a dozen. However there are some places where you can purchase singles. Make sure when you do the spray top comes with them, many places offer the tops as a separate purchase. These are used to mist the air with a light aromatic mist, such as in a child's room before bed or on a pillow to aid with sleep. You can also use these for personal type sprays such as an aromatics spray perfume. They can also be used for facial mists.

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### **Supplies Needed:**



**Stick Blender:** Stick blenders are an excellent addition if you are working with fresh herbs. You can add your herbs to your liquid in a stainless steel pitcher then gently macerate them before you pour them into mason jars. They are also wonderful for blending ingredients into soap, for soap making and body butters.



**Roll On Containers:** These containers are used for blends that can be applied for headache relief, insect bites, relaxation blends or for general topical use. They are excellent for diluted blends for children due to the fact that the children can not get the top off.



**15 ml Amber Essential Oil Bottles:** You will use these to create your own blends of essential oils. For blends containing a carrier, add your essential oils first then add your carrier to just below the neck. Do not shake but rather roll between the palm of your hands to blend. These are sold in singles or by the dozen, make sure they include the orifice and bottle cap. Some companies sell the orifice and cap separately.

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**Cosmetic Containers Size Variety:** You will use these for creams and some ointments. They range in size from ½ oz to 8 oz. Most are sold in cases of 6-12. The lids are generally sold separately so make sure you match the size of jar and type of jar to the size and type of lid. Lids come in flat and rounded. You can find these jars in plain white or various colors, the choice is up to you. You can look for BPA free since many companies are now carrying them due to the toxins leached into products from BPA. Prices vary greatly so do shop around.



**Lotion Bottles Various Sizes:** Lotion bottles come in a variety of sizes from ½ oz for samples all the way to 16 oz. You can find them in a variety of colors, shapes and prices. Most come with the flip caps but make sure since some companies do charge extra for them. You can also use these for massage blends, facial washes, pet shampoo, baby lotions etc. They generally come in lots of 6 to 12 depending on the supplier.



**Various Size Tins:** These are mainly used for ointments and salves and come in various sizes. Because they are tin they can rust so you need to be aware of that, they also do not seal very well. They are wonderful if you are making small batches of lip ointment or sample ointments. I generally do not keep many of these on hand. The choice is up to you if you want to use them or not.



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### Supplies Needed:



**Amber Bottle with dropper:** You will need these for your tinctures, herbal vinegars, cough syrups etc. Usually sold by 6 to 12 at a time, but you can purchase them individually. Make sure the dropper is included. Some companies sell the dropper separately but do include the black lid. I generally keep at least a dozen on hand at all time. For Syrups I use the plain black lid. These bottles come in 2oz and up to 32 oz depending how much you are going to make. Word of caution: Essential oils can cause the rubber top to begin to melt over time, if you do use essential oils make sure to remove the dropper and replace it with the cap when not in use.



**Baine Marie:** If you do not want to mess with a glass bowl over a stainless steel pot, you can purchase a baine marie. I would suggest a stainless steel and not copper, copper can react.



**Essential Oil Blotters:** You will need these when you want to create a blend and test it. They are also used to test any essential oil you purchase to check for adulteration. You would put one drop of essential oil on the small end of the blotter, drop the large end in a container so it stands up. Over the course of several days you will smell the oil and note any changes, you will also look for signs of an oil residue or heavy staining. Sign of oily residue or heavy staining are signs the oil has been adulterated and not pure.

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### **Supplies Needed:**



**2oz to 8oz Ointment Containers:** If you prefer like I do not to use tin containers you can use these solid white ointment containers. They usually come with the lids but make sure. They are much easier to get a tight seal and are less likely to leak. Usually sold in packs of 6 or 12 but you can purchase them as singles. Great for animal ointments.



**Hoof Oil Container:** I did not have any of these on hand when I was asked to create a hoof oil blend. I would suggest you only order this if you have a call for it, otherwise you will really not have any need for them.



**Round Tube Containers:** These are generally used for lotion bars or deodorants. I keep them on hand and use them for equine and animal sticks, such as a fly stick for the eye area around a horse. They are generally a larger version of a lip balm tube. They roll up from the bottom which makes it easy to apply ointments on large animals without having to hold a jar. They can also be used for general skin ointments, baby bottom ointments or any ointment. Great addition to your list of containers, you will use them more than you think you will. I have found people love ointments in them since they are an easy way to apply to the feet, lower back, arms and are easier to carry along.

The following information is for you to know and remember. I am providing a Glossary of Terms used when referring to properties of herbs and essential oils. You will see these terms throughout this course.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 6 – PREPARE YOUR OWN

### **Glossary Of Terms:**

**Analgesic:** Essential Oil used to relieve pain when applied externally. Known as anodyne.  
Essential oils: Bergamot, Black Pepper, Cajuput, Eucalyptus, Lavender.

**Anesthetic:** Essential Oil that produces a loss of sensation when applied directly to the surface. Essential Oils: Bay, Caraway, Clove, Eucalyptus, Peppermint, Thyme.

**Anodyne:** Essential Oil used to relieve pain when applied externally. Same as analgesics.  
Essential Oils: Chamomile, Peppermint

**Antacid:** Essential Oil used to neutralize acid in the stomach and intestinal tract. Essential Oils: Caraway, Clove, Catnip, Fennel, Parsley, Peppermint.

**Anthelmintic:** Essential Oil used to expel or destroy intestinal worms. Essential Oils: Bergamot, Hyssop, Elecampane, Cajuput, Sage.

**Anti-arthritic:** Essential Oil used to relieve arthritic conditions. Essential Oils: Benzoin, Black Pepper, Rosemary.

**Anti-asthmatic:** Essential Oil used to relieve asthma. Essential Oils: Angelica, Anise, Elecampane, Eucalyptus.

**Antibacterial:** Essential Oils which destroy or suppress the growth or reproduction of bacteria. Essential Oils: Anise, Bay, Benzoin, Bergamot, Black Pepper, Cajuput.

**Anti-bilious:** Essential Oils used to eliminate an excess of bile or to improve jaundice conditions. Essential Oils: Chamomile, Rosemary, Yarrow.

**Anticatarrhal:** Essential Oil which heals inflammation of the mucous membrane. Essential Oils: Hyssop, Thyme, Yarrow.

**Antidepressant:** Essential Oil which counteracts loss of joy or diminishing activity. Essential Oils: Basil, Benzoin, Bergamot, Cedarwood, Grapefruit, Neroli, Rose Attar.

**Anti-emetics:** Essential Oil used to lessen nausea and prevent or relieve vomiting. Essential Oils: Basil, Clove, Fennel, Lavender, Ginger, Peppermint.

**Anti-fungal:** Essential Oil that is effective against the reproduction or growth of candida albicans and other fungi or yeast. Essential Oils: Bay, Benzoin, Black Pepper, Cajuput, Chamomile, Cinnamon, Clove, Fennel, Rosemary, NZ Tea Tree, Australian Tea Tree, Thyme.

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### **Glossary Of Terms:**

**Antihydropic:** Essential Oils used to eliminate excess body fluids. Essential Oils: Fennel, Juniper.

**Anti-inflammatory:** Essential Oil which is capable of counteracting or suppressing inflammation. Essential Oils: Bay, Benzoin, Lavender, Patchouli.

**Antilithic:** Essential Oil used to prevent the formation of calculi or gravel in the urinary passages. Essential Oil: Elecampane.

**Antimicrobial:** Essential Oil capable of destroying micro-organisms or suppressing their multiplication or growth. Essential Oils: Black Pepper, Cajuput, NZ Tea Tree, Australian Tea Tree, Thyme.

**Anti-neuralgic:** Essential Oil capable of relieving neuralgia. Essential Oils: Basil, Cajuput, Blue Chamomile, Geranium

**Anti-oxidant:** Essential Oil capable of preventing oxidation. Essential Oils: Ginger, Benzoin.

**Antiphlogistic:** Essential Oil used to reduce inflammation or swelling. Essential Oils: Chamomile, Lavender, Yarrow.

**Antipruritic:** Essential Oil which relieves or prevents itching. Essential Oils: Bergamot, Chamomile, Lavender, Geranium, NZ Tea Tree, Australian Tea Tree, Yarrow.

**Anti-putrefactive:** Essential Oil which counteracts internal decomposition. Essential Oils: Cedarwood. This oil has been used for mummification since Egyptian times.

**Antipyretic:** Essential Oil used to relieve or reduce temperature in fevers. Essential Oils: Basil, Bergamot, Black Pepper, Cedarwood, Eucalyptus, Lavender, Thyme, Yarrow.

**Anti-rheumatic:** Essential Oils used to prevent or relieve rheumatism. Essential Oils: Bay, Hyssop, Juniper.

**Antiseptic:** Essential Oils which prevent, resist and counteract putrefaction or decay. Can be diffused to reduce the presence of micro-organisms. Essential Oils: Bay, Basil, Benzoin, Bergamot, Black Pepper, Cedarwood, Cinnamon, Clove, Eucalyptus, Ginger, Juniper, Lavender, Peppermint, Pine, Sandalwood.

**Antispasmodic:** Essential Oil used to relieve nervous irritability and reduce excessive involuntary muscular contractions and spasms. Essential Oils: Anise, Basil, Bergamot, Black Pepper, Clove, Cypress, Fennel, Lavender, Marjoram, Peppermint, Thyme.

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### **Glossary Of Terms:**

**Aperient:** Essential Oil used as a mild laxative to the bowels when massaged diluted over the area. Essential Oils: Bergamot, Black Pepper, Lemon, Fennel, Nutmeg, Marjoram, Yarrow.

**Aperitive:** Essential Oil which stimulates the appetite. Essential Oils: Anise, Bay, Bergamot, Black Pepper, Chamomile, Cilantro, Fennel, Ginger, Juniper, Lemon, Marjoram, Nutmeg.

**Aphrodisiac:** Essential Oil which stimulates sexual desire. Essential Oils: Black Pepper, Cedarwood, Ginger, Jasmine, Neroli, Rose Attar.

**Aromatics:** Essential Oil that is odoriferous with fragrant, pungent and spicy and is able to stimulate the gastrointestinal mucous membranes. Essential Oils: Basil, Peppermint, Cilantro.

**Astringent:** Essential Oil that contracts tissue. Making skin denser, firmer and decreases discharge. Essential Oils: Benzoin, Bergamot, Cedarwood, Cinnamon, Clary Sage, Geranium, Grapefruit, Juniper, Lemon, Neroli, Peppermint, Rose Attar, Rosemary, Sandalwood, Yarrow.

**Bitters:** Essential Oils with a bitter taste and serves as a stimulant to the gastrointestinal membranes. Essential Oils: Black Pepper, Ginger, Yarrow.

**Calcefacient:** Essential Oil used as a diffusive stimulant. Causes increased capillary circulation and gives an external sense of warmth. Essential Oils: Black Pepper, Ginger, Peppermint, Rosemary, Sage.

**Cardiac Stimulant:** Essential Oil used to increase and give power to the heart. Essential Oil: Geranium.

**Carminative:** Essential Oil which stimulates intestinal peristalsis, relieves and promotes the expulsion of gas from the gastrointestinal tract. Essential Oils: Anise, Basil, Benzoin, Bergamot, Black Pepper, Cinnamon, Coriander, Elecampane, Fennel, Lemon, Marjoram, Peppermint, Rosemary, Thyme, Yarrow.

**Cell Proliferant:** Essential Oil that promotes rapid healing and restoration. Essential Oil: Lavender.

**Cephalic:** Essential Oil that is particularly healing to cerebral conditions and disease. Essential Oils: Basil, Juniper, Lemon Balm, Clary Sage, Rosemary.

**Cholagogue:** Essential Oil used to promote increased flow and discharge of bile into the intestines by contracting the bile ducts. Essential Oils: Fennel, Sage

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### **Glossary Of Terms:**

**Condiment:** Essential Oils used to season or flavor foods. Essential Oils: Basil, Bay, Garlic, Lemongrass, Peppermint, Rosemary, Spearmint, Thyme, Vanilla.

**Depurative:** Essential Oils which cleanse and purify. Essential Oils: Eucalyptus, Fennel.

**Deodorant:** Essential Oils which eliminate foul odors. Essential Oils: Benzoin, Bergamot, Juniper, Sage.

**Diaphoretic:** Essential Oils that produces perspiration and sweat and increase elimination through the skin. Essential Oils: Basil, Cajuput, Black Pepper, Rosemary, Thyme, Yarrow.

**Digestive:** Essential Oils which aid in the digestion of food. Essential Oils: Basil, Bay, Bergamot, Black Pepper, Fennel.

**Diuretic:** Essential Oil which increases the secretion and flow of urine. Essential Oils: Anise, Basil, Bay, Benzoin, Bergamot, Black Pepper, Cypress, Fennel, Juniper, Lavender, Lemon, Rosemary.

**Emmenagogue:** Essential Oils which tone the female reproductive organs and regulate menses. Avoid In Pregnancy. Essential Oils: Basil, Bay, Chamomile, Cinnamon, Fennel, Juniper, Peppermint, Rosemary, Thyme, Yarrow.

**Errhine:** Essential Oil that increases nasal secretions from the sinuses. Essential Oils: Eucalyptus, Lavender.

**Exanthematous:** Essential Oils that are healing to skin eruptions or skin disease of an eruptive nature. Essential Oils: Elecampane, NZ Tea Tree, Australian Tea Tree.

**Expectorant:** Essential Oils that encourages the discharge of mucous from broncho-pulmonary passages. Essential Oils: Anise, Basil, Bay, Benzoin, Bergamot, Cajuput, Eucalyptus, Lavender, Marjoram, Peppermint, Pine, Rosemary, Thyme.

**Febrifuge:** Essential Oil which can reduce fevers. Essential Oils: Basil, Bergamot, Black Pepper, Cajuput, Cedarwood, Chamomile, Eucalyptus, Lavender, Thyme, Yarrow.

**Fungicidal:** Essential Oil which is able to destroy a class of organisms such as mold and fungus. Essential Oils: Bay, Black Pepper, Cajuput, Chamomile, Cinnamon, Clove, Fennel, Rosemary, NZ Tea Tree, Australian Tea Tree, Thyme.

**Galactagogue:** Essential Oil which increases the secretion of milk. Essential Oils: Anise, Basil, Fennel.

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**Galactophygas:** Essential Oil that diminishes secretion of milk. Essential Oil: Geranium.

**Germicide:** Essential Oil that destroys micro-organisms. Essential Oil: Cinnamon.

**Hepatic:** Essential Oil used to strengthen, tone, and stimulate the secretion and functions of the liver, causing increased flow of bile. Essential Oils: Rosemary, Yarrow, Sage.

**Herpatic:** Essential Oils that help heal skin eruptions and scaling disease. Essential Oils: Chamomile, Lavender, Myrrh, Sandalwood.

**Hypnotic:** Essential Oils that are powerful relaxants and can induce sleep. Essential Oils: Chamomile, Valerian.

**Hypotensive:** Essential Oil that lowers blood pressure. Essential Oils: Bay, Lavender, Sage, Lemon, Marjoram, Rosemary.

**Hypertension:** Essential Oil used to raise blood pressure. Essential Oils: Immortelle, Lavender, Lemon, Marjoram, Pine, Rose, Vetiver, Yarrow, Ylang Ylang.

**Insecticide:** Essential Oil that is used to destroy insects. Essential Oils: Basil, Bergamot, Cajeput, Lavender, Thyme, NZ Tea Tree, Cedarwood, Australian Tea Tree, Eucalyptus, Clove.

**Laxative:** Essential oil which loosens the bowels and relieves constipation. Excellent when used with Vita Flex. Essential Oils: Black Pepper, Fennel, Ginger, Nutmeg, Thyme, Marjoram, Patchouli, Clary Sage, Lemon, Rosemary, Yarrow.

**Maturing:** Essential Oil used to help bring boils and ulcers to a head. Essential Oils: Bergamot, Clary Sage, Juniper, Pine, Thyme, Eucalyptus, Lemon, Lavender, Sage, NZ Tea Tree, Australian Tea Tree.

**Narcotic:** Essential Oil that is a powerful tranquilizer and is able to produce sleep and calmness. Essential Oils: Clary Sage, Ylang Ylang, Jasmine, Geranium.

**Nephritic:** Essential Oil that has a healing effect on the kidneys. Essential Oils: Cedarwood, Juniper, Peppermint, Lavender, Sandalwood.

**Nervine:** Essential Oils that tone and heal the nerves. Essential Oils: Basil, Chamomile, Vetiver, Marjoram, Clary Sage, Sandalwood.

**Ophthalmic:** Helps with conditions of the eyes. Never put Essential Oils in the Eye. Essential Oils: Chamomile, Fennel, Lemon, Rose.

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**Orexigenic:** Essential oils which increase or stimulate the appetite. Essential Oils: Cinnamon, Anise, Fennel, Bay, Black Pepper, Juniper, Ginger, Lemon, Marjoram, Nutmeg.

**Parasiticide:** Essential Oil that destroys animal and vegetable parasites within the body. Essential Oils: Geranium, Peppermint, Elemi, Garlic, Peppermint, Pine, Thyme, Cajuput, Ginger, Thyme, Fennel, Eucalyptus, Clove, Nutmeg, Bergamot.

**Pectoral:** Essential Oil that can help heal complaints of the lungs. Essential Oils: Cedarwood, Eucalyptus, Marjoram, Cajuput, NZ Tea Tree, Australian Tea Tree, Thyme, Cypress, Elemi, Rosemary, Peppermint.

**Peristalsis:** Essential Oil that stimulates and increases muscular contractions of the stomach and intestines. Essential Oils: Black Pepper, Fennel.

**Protective:** Essential Oil or can be fixed oil that provides a protective covering to an inflamed surface when applied topically. Essential Oils: Chamomile, Lavender, Sandalwood, Jojoba, Olive, Wheatgerm.

**Rubefacient:** Essential Oil when applied topically will stimulate capillary dilation and cause skin redness. It draws blood from deeper tissue and organs, relieves congestion and inflammation. Essential Oils: Cajuput, Black Pepper, Peppermint, Camphor, Cayenne, Eucalyptus, Oregano, Rosemary, Wintergreen.

**Sedative:** Essential Oil that calms and tranquilizes the nerves. Essential Oils: Chamomile, Lavender, Geranium, Clary Sage, Jasmine, Melissa, Myrrh, Marjoram, Frankincense, Sandalwood, Orange, Ylang Ylang.

**Sialogogue:** Essential Oil that promotes secretion and flow of saliva. Essential Oils: Cilantro, Basil, Condiment Essential Oils.

**Styptic:** Essential Oil that stops local bleeding and hemorrhaging applied externally. Essential Oils: Benzoin, Geranium, Cayenne, Yarrow. Witch Hazel has also been shown to help.

**Sudorific:** Essential Oil that promotes the flow of sweat not perspiration which goes on all the time through diffusion from the capillaries. Essential Oils: Cajuput, Cypress, Pine, Rosemary.

**Vulnerary:** Essential Oil that promotes healing of fresh cuts and wounds. Essential Oils: Benzoin, Bergamot, Cajuput, Chamomile, Geranium, Juniper, Lavender, Rosemary, Thyme, Elemi, NZ Tea Tree, Australian Tea Tree.



## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 6 – PREPARE YOUR OWN

The above list is just a few suggestions and for your reference. It is always a good idea to research for yourself any Essential Oil you are considering using. As you research you will find that different people have different results. They may use different Essential Oils than the ones suggested. You may find that a certain Essential Oil works for you but does not work for another. I personally can use New Zealand Tea Tree but cannot use Australian Tea Tree, Australian Tea Tree produces a rash for me.

Each person is different and each will react and have results with many different Essential Oils. The main thing to remember is to perform a skin patch test before you apply any Essential oil, or before you create a blend, massage blend or skin blend. Some may not have a reaction as we discussed for several days. The results you obtain for yourself with a particular Essential Oil may not be the same result as someone else. Keep in mind that no matter who it is that works with Essential Oils, everyone uses them differently. They follow basic guidelines and caution/contra-indications, but they use them in various ways. This is why you will find so many differences of opinion on which oils to use for what ailment. I can only suggest to you that you do your own study and research. There is so much misguided information based on a he said/ she said use or how to use. Please never ingest Essential Oils this is not safe practice. Essential Oils can accumulate in the system and some have an adverse effect on the kidneys and liver. This type of using Essential Oils should be left to the trained Clinical Aromatherapist and not the neighbor next door.

## CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 6 – QUESTION & ANSWERS

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](mailto:sacredeartharomatics@hotmail.com). We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) Which Essential Oils can be used for Anticatarrhal?
  
- 2.) Samples of blends are usually put in \_\_\_\_\_ amber containers until results are noted.
  
- 3.) Name 2 Essential Oils that are Antimicrobial.
  
- 4.) What do you need to consider when creating a blend for a client?
  
- 5.) Define Astringent when using Essential Oils.
  
- 6.) Name 5 Essential Oils that have a Diuretic Property.