

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 11 – MASKS, FACIAL STEAMS, HERBAL BATHS, INFUSED OILS AND SOAPS

Masks:



Masks have become an important part of skin care. Dating back to Biblical times. Christ spit on dirt to create a mud pack, He applied it to the blind man and he was healed. Cleopatra used masks and aromatics for help maintain her beauty. The Romans would use mud or clay mixed with herbs, they would apply this to wounds from battle.

Most aromatic masks were used by Royalty, since most aromatics were costly. We know that Chinese Royalty also used masks for beauty, and to nourish the skin. The Chinese and Egyptians, not only used masks in facial applications, but also as body packs. These ancient societies knew the healing benefits of herbs, clay, mud, mineral salts and aromatics. We have to remember this was all they had. There were no pharmacies or synthetic chemicals. In ancient times most people lived well into their hundreds, they nourished their systems with natural means.

Today we use masks combined with Essential oils, herbs, carrier oils and other additives. They are used on the body, face and in the hair. Hair masks help to provide moisture and color. In India, Henna is applied as a hair mask to color the hair. They also apply a thick henna paste to create henna tattoos. Henna for tattoos is usually combined with a carrier oil and essential oil. Once applied the tattoo is covered to allow the color to “stain” the skin.

Herbalist combine herbs and clay to create a healing poultice. This method can be used for bursitis, inflammation, stings or growths. Masks have many benefits and many uses, not just for beautiful skin. The many benefits include but are not limited to: deep clean, remove impurities from our skin, draw out infections, detoxify, tone and tighten, increase circulation. Clay has natural antiseptic properties. Clay has proven to be effective and active against microorganisms. It can promote healing of the skin, as well as skin and cell regeneration. Clays have astringent properties, however clays can be used by everyone. They generally do not create or cause an allergic reaction. Some are more drying than others, so you would need to be aware of skin type when choosing a clay.

When choosing clays, it is best to purchase clays that have a very fine texture. If the clay you purchase is coarse, you will need to blend it to a fine powder. You can find many different clays online, at Mountain Rose Herbs, More Than Alive and many more other places. Make sure you are purchasing 100% pure clay. You never want to purchase one with additives in them. We will discuss different ingredients you can add to your clay masks to enhance their beneficial properties later in this session. For now we will go over some of the clays you can purchase.

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Clays:

Bentonite Clay:



Bentonite Clay: The largest deposit is found in Benton, Wyoming. It can be found in other areas of North America as well, but Wyoming produces the most. Originally discovered in France under the name of “montmorillonite”, and was and is used for healing today. Bentonite has not only been used externally, but internally as well.

Internally, Bentonite has been shown to help cleanse the liver and colon by absorbing toxins. It has also been used to eliminate food allergies, food poisoning and internal parasites. It is very alkalizing on the whole system. Mainly consisting of magnesium, it also contains some 60+ other minerals. Bentonite can help the body rid bacteria, heavy metals, toxins and pathogens. Externally it is great for tumors and growths, infected wounds, sore muscles and skin disorders. Bentonite is inexpensive and should be in every medicine bag or first aid kit.

French Green Clay:



French Green Clay is known by several names, Illite and Sea clay. Green clay comes from France, it contains minerals, silica, algae, kelp and nutrients. It is known to absorb toxins from the skin, excess oil from the skin, aid in stimulating the blood flow to damaged skin. French green clay is wonderful to use with acne or problem skin. Green clay can stimulate the circulation and aid lymph congestion. It has a toning and strengthening effect on the connective tissue. Because green clay contains algae it is very nourishing to the skin. To benefit the body green clay can be added to bath water, the sea plants in the clay provide extra benefits to our skin. You can purchase this and other clays at Mountain Rose Herbs, Majestic Mountain Sage or other online retailers.

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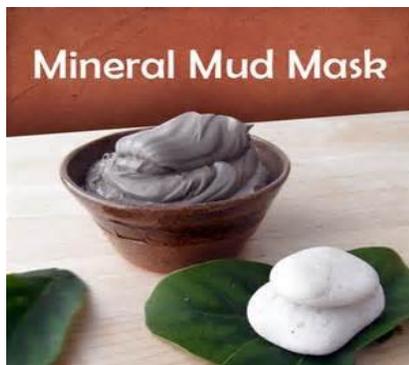
Clays:

Moroccan or Red Clay:



Red Clay or Rhassoul Clay originates from Morocco. It has roots in ancient history, and has been used for more than 1000 years. Rhassoul clay is used today in some of the more upscale and exotic spas around the world. It is extremely high in trace minerals. It has astringent and detoxifying properties. It helps to restore skin elasticity, tone, clarity and improve overall appearance. It is an excellent clay to use for aging or sun damaged skin.

Dead Sea Mud:



Known as mineral mud, dead sea clay, black mud. Dead Sea mud has a high concentration of not only minerals but salts. It has shown to accelerate exfoliation of the skin. It restores the pH balance in our skin. It is useful for acne, psoriasis, eczema, improving elasticity, wrinkles and lines. Draws out toxins held in our pores, removes excess oil and pore causing bacteria. Dead sea mud stimulates the circulation, and helps eliminate cellulite deposits. It has also been shown to stimulate hair growth. It can also be used for inflammation and arthritis.

To use any of these clays you would simply mix 2 tsp. Clay powder with enough water to create a thin paste. Clay expands and it is better to add more clay if it is too thin, than to have to add more water and thin it out. The amount you use greatly depends on the application, the size of the area, as well as other additives. By using distilled water the clay will dry faster, when using a carrier oil it will take longer. When you are using clays for the hair, I suggested using a carrier like avocado oil or olive oil. Both are very beneficial to the hair, leave on for 10 minutes and rinse. Using as a facial mask, apply to the skin and leave on until dry. Sit back and relax, try not to talk or your mask will crack.

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Facial Steams:

Herbal and Aromatic:



Using this type of facial steam allows you to add in dried herbs, as well as essential oils. Herbal and aromatic facial steams are an excellent way to feed the skin, help with removal of excess oil, and prepare the skin for a facial mask.

When you steam your face with warm water, it does not open the pores, our pores do not have doors on them. However they can become blocked from excess sebum and oil, dirt and bacteria. The steam helps to dislodge dirt, oil, and helps loosen the dead skin cells for removal. These trapped substances lead to blackheads and pimples. Facial steams help add back the moisture to the skin, helps to restore suppleness lost through dehydration. They work in the same way a sauna works by helping to remove and excrete toxins. Often times in a sauna, the excretions from a smoker are a dark brown, due to the nicotine in the system. Water from a facial steam may or may not have a discoloration to it. With this method you would add the dried herbs to the bowl, add your chosen essential oils. You only need 2-3 drops essential oils. Slowly pour your heated water in the bowl. Cover your head with a towel and remain for 10-15 minutes. This method is excellent when battling a head cold or the flu.

Electric Facial Steamer:



This type of steamer is excellent when you want to use essential oils only. It is best to not use dried herbs to avoid clogging of the unit. You can however use herbal teas, then add your essential oils to them. Follow the manufacturer directions for adding water, then add your essential oils. I prefer to still use a towel and keep my face several inches away. I do not rest my head on the unit. Use 2-3 drops essential oil per facial steaming.

Essential oils that are excellent for facial steams: Dry skin: Rose, Myrrh, Sandalwood, Frankincense, Rosewood, Palmarosa, Carrot. Combination Skin: Cedarwood, Juniper, Lemon, Lavender, Ylang Ylang, Rosemary, Thyme, Bergamot. Oily Skin: Manuka, Lemon, Cypress, Sage, Lavender, Citrus Oils, Rosemary.

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Infused Oils:

Infused oils can be used for culinary, internal, and external applications. An infused oil is created using either fresh, dried or powdered plant materials. There are several methods to obtain your infused oils. Infused oils can be added to massage blends, used alone for muscle aches, swelling, cuts and wounds, or facial massage. They are wonderful, especially calendula infused oil when used with babies and children. Use herbs such as Sage or Rosemary when creating an herbal hair mask. Infused culinary oils are also great when using herbs and their therapeutic properties, you can combine them for dressings, or add to raw vegetables. Sage helps retain natural color and Rosemary stimulates hair growth. I highly suggest when making infused oils, you purchase organic pure virgin or extra virgin olive oil. Below are the two most used methods:

Bain Marie Method:



This method is used to slowly infuse the oils and plant materials. It is known as the “hot” method. Crock pots are not recommended due to the fact it is hard to control the temperature. Most crock pots are much too hot and will burn the plant material. Use this method if you need an infused oil to use immediately.

This method is the preferred method when using fresh plant material, such as fresh flowers, rose petals or mints. You can also use powdered spices and herbs. This works very well when making a capsicum oil or crushed garlic. Garlic oil can be used for earaches, you would place several drops in the ear, cover the area with a cotton ball. It is a very effective method when treating children.

Add enough water so that the bowl just barely touches the water. It is important not to boil the water, simply heat it gently. Add your plant material, then pour enough Olive oil over it to cover the material. Gently heat for 3-4 hours, this slowly pulls out the properties and color from the plant material. After the recommended time, remove the bowl from the heat and water. Let sit for at least 5 hours to cool and completely infuse. Strain using cheesecloth. If you squeeze the plant material, you may end up with a little cloudiness. It does not effect the oil. Bottle and make sure to label. You can keep these refrigerated or store in a cool dark space.

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Infused Oils:

Cold Method of Infusion:



Cold Infusion can be used with dried or powdered herbs, flowers or spices. It is best not to use fresh plant material due to the water content. Water in the plants can cause bacteria to form and grow mold. Dried or powdered already has the water content removed. With the cold infusion method you can add essential oils during the infusion process. I use a pint canning jar for most of my cold infusions, the smaller jelly canning jars for powdered herbs like capsicum.

If you are using a pint jar, fill the jar ½ full with cut and sifted dried herbs or ¼ of powdered herbs/spices. Fill the jar just below the rim, dried herbs soak up the oil and may need more oil added. At this time if you choose, you can add 5-6 drops essential oils. Example: If you are making a lavender infused oil with dried lavender flowers, you can add lavender essential oil to enhance the dried plant material. Shake the mixture several times a day, keep this in a dark cool area. Let the plant material and olive oil infuse for 10-12 days. Be sure to label your pint or jelly jars, it's easy to just put them on a shelf and forget what plant it is. After 12 days strain your material and bottle in amber bottles. These can also be stored in your refrigerator. 100% pure olive oil will become cloudy or semi-solid when stored in the fridge, this does not alter your infused oil. If for some reason your olive oil does not become cloudy or semi-solid, it has been adulterated with cheaper oils like soy.

List of Commonly Used Herbs, Flowers and Spices:

Burdock Root	Calendula	Cayenne/Capsicum
Comfrey leaf and root	Elder Flower and Berries	Ginger
Goldenseal	Marshmallow	Mullein
St. John's Wort	Garlic	Arnica
Rose Petals	Jasmine	Lavender

These are suggestions only, you can use many herbs, flowers, culinary herbs, roots, barks and spices. Some harder, tougher plant material like roots and barks, may need to infuse a little longer. If you are adding essential oils to bain Marie method, let your infusion cool before adding your essential oils. Heat can destroy the properties and therapeutic actions.

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Profiles:

Calendula:



Botanical Name: Calendula Officinalis

Parts Used: Flower from Marigold

Properties: Astringent, Vulnerary, Antispasmodic, diaphoretic. Effects the blood and skin.

Uses: Hemorrhoids, cramps, fevers, skin eruptions, small pox, measles, ulcers, bee stings, earache, skin disease, wounds, varicose veins, wound wash, burns, salves for sores, vaginal infections, pruritis and bleeding, cramps. Combine this infused oil with essential oils when used for varicose veins, essential oils of lemongrass and cypress are very effective at opening the congestion within the vein, and aiding in blood flow.

Saint John's Wort:



Botanical Name: Hypericum perforatum

Parts Used: Tops of flower

Properties: Astringent, alterative, aromatic, diuretic, nervine, sedative. Effects stomach, bladder, blood, liver and nerves.

Uses: After Birth pains, blood purifier, muscular bruises and pains, spine pain and tenderness, breast tumors, bruises, enlarged glands, swelling, sensitive skin, hard tumors, wounds. Excellent used combined with essential oils to aid with insomnia, used as a night time massage.

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Not Just A Bath:

Herbal Baths or Hydrotherapy:



Healing Bath: Herbal baths are not simply filling the tub, adding some herbs and essential oils or salts. They have been used for centuries as a healing therapy, also known as Hydrotherapy. These baths not only use herbs and their healing properties, but essential oils for their therapeutic values.

Romans as the picture shows, have community baths filled with herbs and aromatics. Egyptians, Germans and Chinese Emperors all knew the benefits of these healing baths. We all know the benefits our skin receives after being in the ocean water for a while. Our skin feels nourished and vibrant. The ocean water contains minerals from sea algae and healing mineral salts.

Dried herbs impart their healing qualities which are released in the water, essential oils provide therapeutic healing by relaxing the mind, aiding in restlessness, and providing oxygen to every cell in our body. With Essential oils and Herbs each having their own unique properties, combined they provide our system with a synergistic healing therapy. Each helping the other to produce amazing results, nourishing our systems, and gently guiding the body in the healing process.

What is hydrotherapy? Hydrotherapy is changing the skin temperature with water, either using hot or cold. Our skin is connected to every organ in the body, via the nervous system and circulatory system. The use of water therapy activates nerve sensations, this will then stimulate or sedate specific organs and systems. It can help break up congestion, aid in elimination of toxins, and increase or decrease circulation. Cold water therapy reduces the amount of blood flow to an area. Hot water therapy draws blood to the surface. Congestion and disease is a result of blood flow interruption. When an area does not have adequate blood flow, you can have an accumulation of toxins and mucus. Accumulation of toxins causes disease, and an accumulation of mucus can cause swelling in the joint and other areas of the body.

When congestion is present due to lack of circulation, you would need to draw the blood to that area. This method will increase the activity and elimination of congestion. There are many applications for water therapy, herbs and essential oils. There are general guidelines to follow when using this therapy. We will go over the many uses, herbs and essential oils to use as we progress.

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Herbal Baths and Hydrotherapy:

Cold and cool water therapy contracts the blood vessels, which decreases the blood flow. Once removed you have a rapid return of warmth and blood flow. Try this: Take an ice cube and briefly touch your skin. You will quickly feel the stimulation there, like heat. This is because the internal body is trying to maintain a certain average temperature throughout. It quickly acts to replace the lost heat by a thermic reaction, meaning the internal tissue generates heat and directs it to the chilly and cold area. Cold application should only be used for short periods of time.

Hot water therapy applications will increase the blood flow and circulation, and raise body temperature. Used for times when there is not enough blood flow to an area. Warm baths can be mild and soothing. Hot baths are stimulating to the body. When you alternate hot and cold, you have a back and forth return of circulation. This back and forth return can decongest the area being treated. Warm baths can also aid in breaking up cellulite.

As with all therapies whether herbal, aromatic or homeopathic, there are guidelines to follow. Below are guidelines when using water therapy. The first is a chart of water temperatures for certain ailments.

Cold 40 -60 degrees	30 seconds to 2 minutes	Tonic, shocks nervous system
Cool 60-72 degrees	30 seconds to 3 minutes	Invigorating, improves circulation
Tepid 80-90 degrees	5 – 7 minutes	Cleansing, lowers fevers, cools inflammation
Neutral 92-95 degrees	½ to 1 hour	Refreshes, aids in burns
Warm 90-100 degrees	15 – 30 minutes	Equalizes circulation, reduces pain, softens skin
Hot 100-105 degrees	8-10 minutes	Relieves pain, aids neuritis, gout, arthritis, rheumatism, skin eruptions
Very Hot 105-110 degrees	A few second to a Few minutes	Relaxes, reduces muscle pain and spasms, dilates blood vessels, raises blood pressure.

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Guidelines for Water Therapy:

Always use a thermometer when checking water temperature. Never guess

With elderly, nerve sensitivity, weak or heart, liver or kidney issues use caution. Never use water cooler or hotter than 80-102 degrees.

Make sure you wait at least 4 hours after a meal.

Cold baths with temperatures between 50 – 60 degrees should always be used in short durations. Make sure the body is warm before using cold baths.

After cold therapy, if you are chilly, briskly rub with a dry towel then dress.

Avoid direct drafts or cold rooms

After water therapy you may have a feeling of weakness, rest at least one hour before proceeding normal activities.

Do not use extreme temperatures during menstruation. Warm is best.

Do not use cold or hot water therapy on young children.

For your convenience you can create different herbal baths and store. You will need various herbs, healing salts like Epsom or dead sea. Combine your herbs and salts, stir well, then bottle in a mason canning jar. You can add your essential oils at this time or as you need the mixture. If you do add essential oils make sure you label with a notation that it contains essential oils. Lavender and lemon balm are excellent to aid with sleep or insomnia. Rosemary, peppermint or cypress aid in circulation. Sage and thyme aid skin regeneration and help heal skin disorders. Lavender and bay can help with arthritis, rheumatism and joint issues. Oatmeal and chamomile helps with chicken pox.

Purchase your herbs if at all possible in their dried natural state. Cut and Sifted is the best way to order them, this means they were dried as the whole plant then cut. They sift through them to make sure there are no additional plant material besides what you are purchasing. Some herbs however can only be purchased in powder form. Powder form works as well, however you will not be able to add it to the stocking, so you would have to make an infusion. If you are using an infusion and essential oils with cold therapy, make your infusion as directed, when the infusion is luke warm add your essential oils. Continue to cool. Now lets look at various ways to use water therapy.

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Various Water Bath Methods:

Eye Bath:



Eye bath cups are used to bathe the eyes. An eye bath helps to strengthen the eyes. They are used during times of eye strain and exertion, general eye health, and during time of intense studying. This method uses cool water or an herbal infusion. Create your herbal infusion (never use essential oils), add your cool infusion to the eye cup. Dip your eye in the water with eyes open, hold to the count of 15 and repeat 3-5 times. When used several times weekly,

it has shown these baths can strengthen and rebuild internal and external parts of the eye. Herbs used: Eyebright or Fennel.

Sitz Bath:



Sitz Baths are used with alternating cool and warm herbal water. They can be used for bowel disorders, constipation, genital and urinary disease, diarrhea, stomach issues, congestion or inflammation in the pelvic region, episiotomy, hemorrhoids and cysts. Essential oils can be used during the sitz bath to aid in healing. Make a strong herbal tea, roughly 1 gallon, add your essential oils using 8-10 drops. Here you would

choose the cut and sifted herbal plant material based on the properties of the herb. Choose essential oils based on their therapeutic action, for the ailment to which you are treating. Remain in the water sitz bath for 20 to 30 minutes. You can use a sitz bath method several time as week.

Various Water Bath Methods:

Foot Baths:



Foot baths – popular then and now

Herbal foot baths can be used for cool or warm water. You can make an herbal tea and add essential oils. When using herbal foot baths, add $\frac{1}{4}$ to $\frac{1}{2}$ cup Epsom salts to the water. Epsom salts provides necessary magnesium our body needs, it also aids in the detoxifying effect of water foot therapy. Foot baths effect the whole system as vita flex and reflexology have taught us.

Cold Water Foot Baths: This method is used for 2-3 minutes in 50 degree temperature. Used for swelling in the foot, foot infections, sprained ankle, and to stimulate the circulation. Used to lower body congestion in the head and sinus area. Essential oils of Eucalyptus, Lavender, Manuka, Copaiba, Frankincense and

Peppermint are helpful. When aiding the circulation you can use cypress, lemongrass, Marjoram and Thyme. Herbs to assist with swelling are: Ashwagandha, Peppermint, calendula, cat's claw, chamomile, comfrey, fever few and mullein to name a few.

Warm Water foot baths: Temperatures are usually around 80-100 degrees. Warm foot baths help to draw out impurities in the system. Used for painful menstruation, blood poisoning, and lung decongestants. This method is wonderful for older children when a fever is present. Make an herbal infusion of fever few, add essential oils of 2 drops lavender, 2 drops eucalyptus and $\frac{1}{2}$ cup Epsom salts to warm water. Cover the child or adult with a blanket, have them put their feet in the warm water. Remain until the water begins to cool. Try and have the water as warm as they can stand it. This is the method used in our house to break a fever. Essential oils to use: Peppermint, Lavender, Eucalyptus, Tea Tree or Rosemary. Herbs that are helpful include but are not limited to: Fever Few, catnip, chickweed, angelica, peppermint, and basil. When working with children, use gentle non irritating essential oils. You can use peppermint infused tea as your water base, it is less irritating on childrens delicate feet. For babies use a foot compress with peppermint herbal tea and essential oils, you can also use the compress on the chest or back area. Make sure you keep the baby warm and away from drafts.

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Various Water Bath Methods:

Whole body Herbal – Aromatic Bath:



Whole Body Herbal and Aromatic baths have been used for hundreds of years. These baths are used with either cool or warm water. They are for the purpose of decreasing or increasing activity in the body, they are also used to eliminate toxins stored in our skin and cells, help us to unwind, induce a restful nights sleep, escape to a peaceful place, reduce anxiety, increase immunity, but aid in overall health.

Using warm herbal baths help to relieve inflammation after a strenuous exercise session. Herbs and essential oils used in a bath can help loosen muscles and joints, they can be very beneficial to the circulatory system. Herbal bath water results will depend on the water temperature. If the bath is around 92 degrees it is soothing and energizing, 70-90 degrees will rejuvenate and help the mood. Baths ranging from 96 – 100 degrees can bring on a sleepy feeling. Warmer baths also help to release the properties of the herbs and essential oils for inhalation. To each bath you would use 4oz of dried herbs and 10-15 drops essential oil or essential oil blend.

To Aid Circulation: In a warm bath you can use herbs such as Rosemary, Birch leaves or thyme. Add essential oils of Rosemary, fir, cypress, lavender.

To Aid Sleep for Insomnia: Use herbs such as Chamomile or Lavender. Essential oils used for relaxation are suggested such as lavender, sandalwood, frankincense, geranium, myrrh.

When creating a blend always remember to use the herbs according to their properties, and essential oils to their therapeutic properties. You can also add Baking Soda which aids in healing eczema, psoriasis, itchy skin and helps to reduce acidity in the body. Clay can be added to bath water to aid toning and tightening of the skin.

To make an herbal bath use cut and sifted dried plant material. Add the plant material to a stocking (you can cut the bottom of a clean used panty hose – about 8” from toe), add your essential oils. If you are using clay, baking soda or healing salts, add them to your bath so they can dissolve. For Poison Ivy you can simply use apple cider vinegar to which you have added essential oils of lavender, roman chamomile, rosewood or geranium.

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Herbal and Aromatics Baths:

Essential Oils:



If you are unsure where to start with essential oils, consider purchasing a kit. Most kits are put together using essential oils that can be used everyday. They generally provide you with the knowledge of how to use the essential oils contained in the kit. It is a great place to start if you are new to the world of aromatics and essential oils. With so many on the market it is hard to know which is pure and which is not. We need to remember that you will only receive the benefits if you are using 100% pure therapeutic grade essential oils. These kits will last you for awhile and are very cost effective, it gives you the opportunity to try several including blends that have already been created.

Herbs Cut and Sifted:



When choosing herbs make sure they are cut and sifted as we discussed earlier. You can usually buy in quantities of $\frac{1}{4}$ oz up to several pounds. Your herbs should be organic in nature and non-gmo. You can usually find a variety of dried cut and sifted herbs online. I purchase mine at either Mountain Rose Herbs, Monterey Bay Spice company, or Phoenix Herb Company. You can purchase at Frontier herbs as well. When storing dried herbs, it is best to purchase gallon canning jars with tight fitting lids. Put your herbs in and seal, store in a cool dry place away from light. Make sure you label your jars, if you combine herbs for baths to use later on, label your jars with the combination of herbs used. Dried herbs keep for long periods of time without losing their healing properties, as long as they are stored correctly. This is an investment in your health and the health of your clients. Make sure you follow guidelines for storage to avoid rancid products.

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Soaps:

Cold Process Natural Soaps:



The benefits of using cold process soaps is the natural quality they contain. The majority of soap makers use mainly vegetable based carrier oils, herbs, natural dyes, and essential oils. Natural soaps contain the glycerin found in cold processed soaps, it is never removed. If you want to try your hand at soap making, please purchase a book on the subject that can walk you through the process.

The process is simple but it does take some time to learn and become proficient at. There are online tutorials and soap calculators to help with the saponification values. The

home soap maker uses Sodium Hydroxide and water as the water phase, carrier oils are heated in a separate container. Once you mix the lye with the water it heats up rapidly in excess of 300 degrees. When your water and oils are the same temperature, mine is usually around 100- 110 degrees, you combine the two. Once combined you would stir until the mixture thickens, then you pour into molds, cover with blankets, and let sit for roughly 2 weeks. During the first several days the “soap” will heat up, during the cooling down process it becomes bars of soft soap. Remove the soap from the mold and cut into desired bars. These bars are then left out to finish curing and become hard. They usually sit out for 4 weeks before they are ready to use.

Commercial bar soaps not only have a host of chemicals, but they actually remove the natural glycerin produced during the saponification process. They add synthetic chemicals to increase the lather, artificial colors, synthetic antibacterial agents, antimicrobial agents such as triclosan.

Cold processed soaps can contain ingredients such as healing clays, honey, goats milk and nut butters. Not all handcrafted soaps are natural, although most are not as toxic as the commercial made soaps, some do contain artificial dyes and fragrance. Many home soap makers opt for the artificial fragrances, due to the fact you have to use a large amount of essential oils to scent. In a 12 pound bath of soap, which is what I make, you need roughly 6-8oz of Essential oil to scent. If you want the scent to last for very long times, you need to add much more. This is one reason that good quality hand crafted soaps are much more costly, it is due to the addition of pure and costly essential oils. If you see a soap marked with a scent of “honey” for example, this is a red flag that it is an artificial fragrance. Some combine essential oils with a fragrance oil to maintain the scent for long periods.

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Soaps:

Liquid Castille Soap:



Natural liquid castille soap is made using the same ingredients as cold process soaps with the exception of the lye. In liquid process soaps you use Potassium Hydroxide instead of Sodium Hydroxide.

Although I have made my own natural liquid castille soap, it is a time consuming process. This process starts out the same, in that you combine the water with the potassium hydroxide and heat the oils. When the lye/water combination has cooled, you add it to the oil phase. This is the time consuming part, you need to heat the mixture over low heat until it becomes clear. This can take anywhere, depending on if you have the ingredients right,

from 4 hours to 8 hours. If you are lucky, your liquid soap will become clear. Once it looks clear, gather some on a spoon and drop in cold water. It should become semi-gel like. That is a good sign and it is now done. Let cool before you add your essential oils. Once cooled and essential oils have been added, you can bottle your mixture. I would highly suggest you purchase a book on the subject, making liquid castille soap can be a very frustrating adventure.

Although I have made this type of soap, I find it more convenient to purchase a gallon from Mountain Rose Herbs for around \$40.00. Potassium Hydroxide is difficult to find, it is available but just not easy to track down. Mountain Rose herbs liquid castille soap is Olive oil based, chemical free and natural organic. If you purchase a gallon you not only have it on hand, but you can create your own bath and shower gels, hair shampoo, baby wash, and facial wash. There is no limit to the scents you can make using pure therapeutic grade essential oils. When creating an 8 oz shower gel, use roughly 20-30 drops essential oil.

I have purchased and do purchase this product from Mountain Rose Herbs. I use it for facial wash, body wash, dish-washing detergent, and for delicate items in the wash cycle. Natural soaps do not clog drains, cause damage to the environment or harm your skin. In fact did you know that using natural cold processed soap will prevent head lice in children, when used as their daily shampoo. Yes bar soap can be used as daily shampoo as well as to clean the body.

Let's discuss other means of making your own soap that will not be fun, but will open up a way for you to create soaps in smaller batches. Scented with your unique blend of essential oils.

An Easier Way At Home:

Soap Noodles:



Rebatch soap base or soap noodles can be used to create your own small quantity of handcrafted soaps. Brambleberry carries several natural rebatch soap bases for you to purchase. These bases are basically handcrafted cold processed soaps that have been grated.

What makes these nice is they have already processed through the saponification process. All you have to do is simply add them to a water bath stainless steel pot. Add distilled water or herbal infusion (directions usually come with your order), let melt while stirring. When the water and rebatch are combined, add your essential oils. You now pour the mixture in to decorative soap molds. You can order soap molds for an inexpensive prices from brambleberry. Let them sit for several hours until they become hard, your ready to use. These make wonderful gifts tied with a bow, they are natural and free of synthetic chemical foaming agents, artificial fragrances, and scented with your own custom essential oil blends.

Melt and Pour Soap Bases:



You are going to have to be careful when purchasing melt and pour soap bases. Most in the craft stores today contain artificial foaming agents like SLS. They add in many chemical additives you no longer have a natural soap. One company I have ordered from is called Bulk Apothecary, they have a goat's milk natural melt and pour soap base. It runs about \$4.00 a pound. You would melt these in the same way as the soap noodles. Scent with essential oils and add to your mold.

If you want to make a liquid soap using either the rebatch noodles or the melt and pour bases, you would add more distilled or spring water. This will take some testing to see how much water you need for the amount of liquid soap you want to create. These liquid soaps will not be clear if you are not using a clear base. To scent an 8oz container use 10-15 drops essential oil. You can use these for a safer laundry detergent as well. Don't be afraid to experiment, they are not costly so you have room for trial and error.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 11 – MASKS, FACIAL STEAMS, HERBAL BATHS, INFUSED OILS AND SOAPS.

Additional Additives to Masks, Baths and Soaps:

Honey:



Raw honey is a wonderful addition to any facial mask, bath or soap bar you create. The benefits of honey include: anti-aging, antioxidant, natural humectant, antibacterial, attracts moisture, promotes skin tone, reduces wrinkles. Honey can be added to baths, masks and soaps. Honey can brighten skin and help heal and prevent acne. Honey has anti-tumor properties as well as being an immune booster. There is a

wonderful site with valuable information on honey and it's healing benefits. Visit <http://www.benefits-of-honey.com> for more information.

Gelatin:



You can find vegetable based gelatin in your local health food store. I have included this here so you can make your own peel off facial mask. It is very simple to do plus you can add honey for added benefits. To make use 1 packet of gelatin, ½ cup of water. Add the above to a saucepan and heat until the gelatin dissolves. Add honey, aloe vera, kelp powder, powdered goat's milk, use your imagination. You can add fruit juice or vegetable juice if you do not want to use water, you can also use herbal tea. As it begins to thicken, use a brush and apply to the skin, a pastry brush works really well for this application. Leave on your face until dry and tight feeling. Begin peeling. Your skin will look

refreshed and revitalized.

Seaweed or Kelp:



Kelp and powdered seaweed are excellent additions to your baths and facial masks. They add marine minerals, vitamins, amino acids and trace elements. Seaweeds mineral content is identical to the minerals found in human blood. It aid to eliminate impurities and toxins leaving the skin soft, refreshed and hydrated. Add ½ teaspoon to your favorite mask recipe and feed your skin.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 11 – QUESTIONS AND 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. We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) Take a bath using herbs, essential oils and salts. What did you use and why? Results

- 2.) Make an infused oil using the bain marie method. Which plant material did you use? Results?

- 3.) Make and use a facial mask. Which mask did you use? Did you use additives? Results?

- 4.) Describe Water Therapy?

- 5.) Why would you use a hot water bath?

- 6.) What are the benefits of using seaweed or kelp?

- 7.) For congestion which foot water bath would you use and why?

- 8.) Which clay can be used internally? What are the benefits of internal use?