

An Alternative Option:

Healing Bath Oils:



Therapeutic Healing Bath Oils can and should be used when massage is not an option. Healing bath oils and gelee can be used for therapeutic purposes. Used not only to soften skin, but to also produce a therapeutic action. This is not to say you cannot create one simply for scent. There are a number of reasons to use bath oils and gelee.

When an individual seeks your guidance, they are looking for an alternative therapy to help naturally. They want a more holistic approach to health, rather than a synthetic one. It is very important to let them know a few things in reference to alternative healing. Alternative therapies assist the body gently. Alternative therapies are not like man made pharmaceutical drugs, they in most cases are not an instant cure.

You do however have essential oils that can produce instant relief when applied. Such as peppermint for a headache or inflammation. This is where we have to be patient, most will give up before their bodies have time to heal. It is also important to note, there are some conditions where massage simply is not an option. This is where the use of healing bath oils and bath gelee can be used.

When creating bath oils for the elderly or frail, keep in mind that some also have equilibrium issues related to age. Healing bath oils will need to be created with this in mind. Using carrier oils that are not greasy, lighter in viscosity. You can add undiluted Essential oils to bath water, add them after the bath is full. Mixing Aloe Vera gel with the bath oil helps to reduce the slipperiness of these oils. You don't want to create a disaster waiting to happen from a slip or fall. Just be mindful and observe their body language. Aloe Vera also adds in it's own nourishment to feed the skin. A small amount is usually all it takes to help break up the suspended oil.

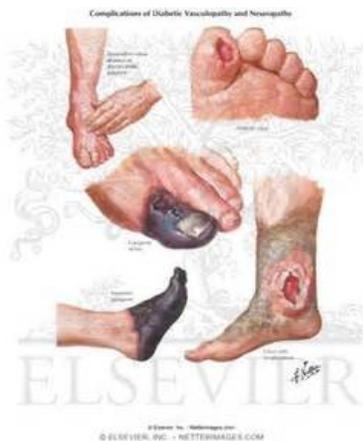
Some health conditions create problems all in their own. Many are a direct link to diet and lifestyle. Today disease is on the rise including diabetes, and circulation issues. Mainly because people do not eat right, and exercise has become a thing of the past. Let's discuss some of the conditions to which a massage is not suggested. With these conditions it is best to use a therapeutic healing bath oil or gelee.

An Alternative Option:

When Massage Is Not An Option:

Personal Note: My past and current training has been and is with the French Model of Aromatherapy. However most associations in the USA are based and trained in the British Model. They only use Essential oils topically. My training with Young Living is based on the French Model with which they follow.

Diabetes:



Americans have an obsession with sugar and white flour. More and more children are diagnosed with diabetes. One issue that diabetics face is Neuropathy. Nerve damage created by this disease usually effects the hands, feet, and sometime the leg up to the pelvis area. In these cases the diabetic client can have feet that are always cold. They may have a tingling sensation with the feeling of pins and needles. Their skin is often times very dry and tight, this causing an itching sensation. When circulation slows to the area, it can turn into dead cells. Many diabetics wind up having amputations. These sensations make massage a difficult choice. They do not want to be touched.

Touching increases the uncomfortable feeling they already have. Healing bath oils are an excellent option for them. By using carrier oils to help with the dry skin, they find some relief. Adding essential oils provides a therapeutic benefit, they can help increase circulation, and relieve the cold feeling.

Essential oils used for diabetics are: Cypress, Helichrysum, Juniper, Peppermint, Bay, Wintergreen, Rosemary, Clove, Eucalyptus Globulus, Geranium, Dill, Coriander, Frankincense.

Look for and make blends that not only help circulation, but aid in overall diabetes. Try to include essential oils that also help soften the skin. The diabetic needs to pay attention to their diet. Simple exercise to stimulate circulation is a must. If the diabetic individual can massage their own feet, you can add cayenne to the carrier oil blend. Cayenne helps stimulate the circulation, it brings blood to the area. Cayenne will enhance the effect of the essential oils, therefore you need no more than 2-3 drops cayenne glycerin extract. The main thing we can do is offer some sort of simple solution. Maintaining their health is a personal issue. They have to take responsibility for themselves and their health.

When Massage Is Not An Option:

Venous Congestion:



Venous Congestion is another issue to which massage is not recommended. Congestion of the veins can cause pain in the legs. Circulation is often poor and sluggish. Diet and exercise are factors. With this condition, you do not want to put pressure in this area from a massage. Massage can make the problem worse.

The key is to aid in breaking up the congestion, and increase circulation. Two essential oils that are excellent are Cypress and Helichrysum. Healing bath oils will still provide therapeutic actions. Capsicum will also help with circulation. This congestion is caused from the blood moving from the legs to the heart ineffectively. Blood

begins to pool in the legs and feet, this can lead to pain or swelling. You need to drink lots of water, and elevate your feet above your heart. Standing or sitting for long periods of time can also cause this condition. Try not to cross your legs at the knee, rather if you must cross them do so at the ankles.



Varicose veins are another condition. If left untreated can result in venous congestion. Most women first see varicose veins during pregnancy. Most are simply cosmetic, however a sedentary lifestyle can cause further complications. You can treat varicose veins with essential oils.

Essential oils that have proven effective are: Lemongrass, cypress, a blend called Aroma Seiz or Aroma Life from Young Living. Peppermint essential oil is also helpful. If the varicose veins have not become severe, and they are minor. You can massage the legs with a massage blend. I combine Aroma Life, Lemongrass (excellent to help the veins), Cypress and gently massage from ankle to upper thigh. This can only be done if the veins are not severe or extremely congested.

Again, the diet plays a huge factor. Exercise is important, not just any exercise, but the right exercise. Zumba dance is an excellent way to improve the circulation. Plenty of water needs to be given daily. Limit the amount of fast foods, junk food, sugar and white flour. Nuts help keep our veins clear and prevent plaque build up. Eat them as a snack in between meals.

When Massage Is Not An Option:

Cold & Flu with a Fever:



A fever is a sign of infection in the body. It is usually higher than 99 degrees. We usually see a fever when your body is responding to the infection within. It does this by raising the body temperature. It is our bodies way of killing infectious pathogens or helps to prevent their spread. Invaders can take over and create illness from air-borne pathogens, stress or our body is in a run down state. If a child has a very high fever, please do not attempt to use essential oils only. You need to seek medical attention immediately. High fevers in children can cause brain damage.

Chills are caused by the rapid contraction and relaxation of the muscles which increase body temperature. The muscles contract to warm the body and relax it. Individuals with fever and possibly chills, would not be able to lay on a massage table and remain warm. Before you consider a therapeutic healing bath, make sure the room is very warm. It is important they do no get chilled more.

In the bath water you can add herbal infusions that also assist with the fever, and aid the body. Choose herbs that are indicated for fever, congestion, influenza or respiratory disorders. Choose essential oils that have therapeutic value for colds, flu or influenza. Essential oils to consider are: Eucalyptus, Lavender, Cypress, Peppermint, lemon, sage or hyssop.

You can also suggest a foot bath if the individual is too sick to think about a full bath. In either situation, adding ¼ to ½ cup Epsom salts will help draw out the infection. Epsom salts also replaces the magnesium they have lost. For adults I follow the French model of Aromatherapy, as does Young Living. I do not hesitate to add 1 drop peppermint essential oil to a cup of warm water. Keep in mind that the FDA has listed Peppermint as GRAS for internal use. It is slowly sipped while in the tub or soaking the feet. Should you decide to follow more of the French model, here are several books I suggest you find and purchase. The Practice of Aromatherapy by Dr. Jean Valnet MD, or Dr. Kurt Schnaubelt and Dr. Daniel Peneol. All three use and have been trained in the French Model. Dr. Jean Valnet was the first to use Essential oils internally. His book is a wealth of information.

CERTIFIED AROMATHEAPY COUNSELOR COURSE – SESSION 12 – HEALING BATH OILS/ BATH GELEE

Bath Gelee



Not too long ago and as far back as I can remember, Aubrey Organics carried a product that was a gelee. It was to be used in the shower as a final step to moisturize. When Aubrey became sick several years ago, whoever took over discontinued the product. Luckily I had some. I set out to recreate this wonderful product. The product, even though it contained carrier oils, was not greasy.

This gelee is wonderful to use, it does not leave a residue in the tub. You can combine herbal infused oils, essential oils and a variety of healing additives. Bath gelee can also be used with children to nourish the skin. The ingredients are simple, it is

easy to make. You can experiment and create your own, using more or less of the given ingredients.

Recipe: This recipe will depend on the amount you are making, so please keep that in mind.

8oz of Bath Gelee

4oz Aloe Vera Gel or Flax seed Gel (I'll give you guidelines to make this)
2oz Vegetable Glycerin
1oz Carrier oil of choice (I use Jojoba)
1oz Rosehip seed oil
20-30 drops essential oil

Combine all ingredients and blend well. Add 20-30 drops your chosen essential oil or oil blend. To preserve you would add either 1 capsule Vitamin E, or 10 drops either Grapefruit seed extract or green tea extract. I buy the glycerin extracts.

Making Flax seed Gel:

1 cup distilled water or herbal infusion
¼ to ½ cup flax seeds (depends on how thick you want the gel)

Add the water to a pan and bring to a boil. Turn down the heat and add the Flax seeds. Let this sit for a few minutes, stirring constantly. Remove from heat. Strain. This will thicken as it cools. Store refrigerated any unused portion. You will need to add a preservative if you are using only flax seed gel due to the water content. 4-6 drops green tea or grapefruit seed.

To use simply use the gelee as the last application before you step out of the shower. This leaves your skin soft and silky. Dry as usual. No oily residue to worry about. This is my daily routine.

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 12 – HEALING BATH OILS/ BATH GELEE

No Carrier Gel bases:



Flax gel has many purposes from skin to hair. Flax seed act as a moisturizer and keep your skin hydrated. It brightens skin to eliminate that dull appearance. For the hair, you can use it as a styling gel. It will leave your hair soft and shiny, hold curls, provides nourishment. Flax seeds have antioxidant properties, they fight free radicals. They can help repair sun damaged skin.

Flax seed gel combined with Aloe Vera or Manuka honey makes an excellent eye gel. When kept in the refrigerator, it is a refreshing treat for the eye area. Eye gels are much lighter than traditional eye creams. They do not contain any beeswax, which can add a heaviness to the cream. Flax seed gel eye gel also helps to tighten the skin around the eyes. When using essential oils with your eye gel, be sure to use gentle essential oils. Chamomile, Rose, Geranium, Lavender or Frankincense are great choices. You only need 1-2 drops essential oil per ½ oz of gel. To add extra benefit try making an herbal infusion first using Eyebright. Once you make your infusion, strain. Add your flax seeds and proceed as usual.

I make an antiseptic gel using Flax Seed and Manuka honey. Using any or a combination of essential oils: Lavender, Sandalwood, Juniper and Manuka essential oil. You can use tea tree as well. This is excellent for oily or acne prone skin. Sometimes all you need is a good light non greasy moisturizer. For oily skin I stay with Lavender and Manuka (New Zealand Tea Tree). Manuka is less harsh than traditional tea tree, and much more tolerated.

Recipe for Gel Base:

1 ½ oz Flax Gel
½ oz Aloe Vera Gel
1/8th teaspoon Manuka Honey
8-10 drops Essential oil or blend of oils.

Combine ingredients and blend well. Store in the refrigerator for a refreshing eye application. This base can also be used as a daily moisturizer for acne prone skin. Can also be used as an antiseptic gel for cuts and wounds. The potassium sorbate in the Aloe Vera gel should be enough to preserve. If you want to add 1-3 drops green tea extract or grapefruit seed extract for added protection please feel free. It does not hurt to be on the safe side.

CERTIFIED AROMATHERAPY COUNSELOR COURSE -SESSION 12 – HEALING BATH OILS/ BATH GELEE

Bath Oil Base:

Bath Oil Recipe:

- 3 oz Sweet Almond Oil/Carrier of choice
- 1 oz Jojoba or Rosehip seed oil
- ¼ oz Beeswax
- 1 ½ tsp. Benzoin Tincture
- 10-15 drops essential oil or combination of oils

In a bain marie melt oils and beeswax. While these are melting, add essential oils and benzoin tincture to a bottle. Shake until mixed. The Benzoin will dissolve the essential oils. Remove oils and beeswax from heat. Slowly pour the benzoin and essential oils into your melted oils. Stir until completely blended. The benzoin will create a milky or cloudy look, it is okay. Benzoin will also preserve your oil. When you are ready to use simply add several tsp. To the bath water.

Essential Oil combinations:

These combination are suggestions only. As you begin to work with essential oils more, you may find others work better or just as well. It will take some time to build up a supply of quality 100% pure Therapeutic Grade Essential oils. Use what you have on hand as long as they are 100% pure. Each essential oil listed is added at a rate of 3 drops each per oil to 2oz carrier oil.

Lavender Petitgrain Orange	Mandarin Bergamot Peppermint	Lavender Rose Ylang Ylang	Geranium Frankincense Cedarwood
Orange Geranium Patchouli	Ginger Sandalwood Coriander	Lavender Chamomile Peppermint	Ravensara Lavender Rosemary Cedarwood
Bay Eucalyptus Rosemary	Eucalyptus Benzoin Cypress Ginger	Eucalyptus Cedarwood Rosemary Peppermint	

CERTIFIED AROMATHERAPY COUNSELOR COURSE – SESSION 12 – 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.) Describe Diabetic Neuropathy. Why would you avoid massage?

2.) Which 2 essential oils can help break up congestion in Severe Venous Congestion?

3.) Using the recipes create either a Bath Oil or Gelee. Did you like the recipe? What would you change if any? What were your results? Please be specific.

4.) Create a No-Carrier gel. What were your results. Please be specific. What would you change?