

CERTIFIED AROMATHERAPY COUNSELOR COURSE SESSION 2- USING ESSENTIAL OILS

Using Essential Oils

Although there are a number of essential oils (only 100% pure) that are Generally regarded as Safe, safety guidelines must still be followed. This is to prevent any adverse reactions. Skin patch tests should still be done should any allergic sensitivity is suspected.

Peppermint essential oil can be used in cough drops, toothpaste or added to warm water as a tea to help with upset stomach or open the sinuses. Lemon essential oil can be added to water neutralize acidity in the stomach. The Food & Drug administration has a list of essential oils that are GRAS and “safe” for Internal consumption here is a list to follow: Angelica, Basil, Bay Laurel, Bergamot, German & Roman Chamomile, Cinnamon Bark, Citrus rind (all), Clary Sage, Clove, Coriander, Dill, Eucalyptus Globulus, Frankincense, Galbanum, Geranium, Ginger, Grapefruit, Hyssop, Juniper, Jasmine, Lavender, Lemon, Lemongrass, Lime, Lemon Balm (Melissa), Marjoram, Myrrh, Myrtle, Nutmeg, Orange, Oregano, Patchouli, Pepper, Peppermint, Petitgrain, Pine, Rosemary, Rose, Savory, Sage, Sandalwood, Spearmint, Spruce, Tarragon, Tangerine, Thyme, Valerian, Vetiver & Ylang Ylang.

By looking at the profile of an Essential Oil you will see which ones can be applied directly to the skin without a carrier or “neat”. Essential Oils such as Lavender, Copaiba and even Patchouli can be applied this way. This is where knowing the constituents of an oil will become a necessity. Some oils are considered “hot” oils and these oils usually have a high phenol content. They must always be diluted and are possible skin irritants. A “hot” oil is an oil that causes the blood to rapidly come to the area of application causing a burning sensation. Rosemary and Peppermint are just 2 oils that can cause this reaction.

The many benefits of using essential oils include but are not limited to: immune defense properties, balancing to body and mind, ease of inflammation, pain reduction, regenerating to the skin and tissue, purify the air and increase negative ions, inhibit the growth of bacteria and mold, anti-fungal and antibacterial.

Before I list and describe the uses, we are going to look at Essential oils and their profiles. Each oil I have chosen to profile will list the major active constituent, the secondary active constituent, and the passive active constituent. Keep in mind that given the variables in Session 1 the percentage of constituents can fluctuate from a little higher to a little lower. The constituents remain the same but the percentage may change. Here in the USA working with Essential oils is known as “Holistic” and is a complimentary therapy. The method used in the US is for topical application and inhalation. The use of Internal Essential oils if the French Method or model. This method is called Medical Aromatherapy and is practiced by a Medically Trained Doctor and Essential oils are dispensed by a Pharmacy. This is due to the fact that different Essential oils effect different organs of the body. This is where the profiles will help you when deciding on a topical application or one of the others.

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Aromatics Notes

Essential oils can also be categorized by aromatic notes. This is also used when creating a blend or for perfume. Blends usually consist of a Top Note or the first aroma you smell, then the middle note and this is the body of the blend and then the base or grounding blend.

Top Note: First Impression. These oils are usually your citrus oils. They are stimulating and uplifting. Evaporate most rapidly. Examples of a top note are: Bergamot, Lemon, Orange and Petitgrain.

Middle Note: Second Impression and it gives body to a blend. This note is softer and balancing. Examples of Middle Notes are: Black Pepper, Chamomile, Geranium, Rosewood and Lavender.

Base Notes: Mainly woods and resins. These deepen and ground the blend. Last the longest and slow to evaporate. They are relaxing and calming. Examples of Base Notes: Frankincense, Patchouli, Benzoin, Sandalwood, Cinnamon, Ylang Ylang.

Each Essential oil profile will also list oils that blend well together, this does not mean you have to follow the suggestions it is a guideline for your reference. You can combine Essential oils based on aroma if making a perfume or you can combine Essential oils based on their constituents of those which work together. The amount of drops used for each oil will greatly effect the final aroma, it is very important that you document any combination of oils you create and in the order you created them. In other words which oil was added first and so on. Always label your blend even if you do not have a name for it list the oils in it, keep away from children and pets. As you begin to work with your newly created blend be sure to keep notes, aroma after being able to mix with one another in the bottle, what you used it for and the results obtained, any adjustments made to the blend. Put a drop or two on a perfume blotter and over the course of several days smell the blend, note the subtle changes is any. When you create your blend it is best not to shake the bottle to blend them, simply put the bottle in the palm of your hand and roll the bottle. Let it rest for a few minutes then open and smell it. Note your first impression.

Please keep in mind that the uses listed below in the profiles of the Essential Oils are but just a few. Essential oils have many uses so do not be afraid to try them. The culinary Essential oils are wonderful for dressings, adding to soups etc.

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Sweet Basil



Essential Oil: Sweet Basil Top Note

Botanical Name: Ocimum Basilicum

Plant Family: Labiatae

Origin: France, Italy

Description: Small herb with white flowers

Methods of extraction: Steam Distilled from the leaves

Characteristics: Colorless to pale yellow. Light spicy aroma. No stain on blotter.

Constituents: 50% Alcohols, 25% Phenol, 15% Monoterpenes

Therapeutic actions: Antidepressant, antiviral, antiseptic, emmenagogue, carminative, cephalic, insecticide, antispasmodic, expectorant.

Cautions/Contraindications: Avoid during pregnancy. Avoid with Epilepsy. May cause skin irritation. Avoid long term use. No more than 3 drops in bath.

Blends With: Bergamot, Clary Sage, Geranium, Lime, Rosemary, Cypress

Uses: Nerves – relaxes, insomnia, migraine, gout, stomach problems, spasmodic cough, helps with loss of smell, oily congested skin, skin abrasions, allergies, muscle spasms, herpes, mouth ulcers, stings and bites, sinus infections and congestion, shingles, headache,, lack of concentration, aids the brain, PMS, adrenal glands, anxiety, asthma, increase breast milk, indigestion, cold, colitis, dizziness, depression just to name a few.

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Peppermint



Essential Oil: Peppermint Top Note

Botanical Name: Mentha Piperita

Plant Family: Labiatae

Origin: Worldwide – USA, Italy

Methods of Extraction: Steam distilled from leaves and flowers

Characteristics: Clear to pale yellow. Strong minty aroma. Cooling taste. No Stain

Constituents: 42% Alcohol, 30% Ketones, 7% Oxides

Therapeutic Actions: anesthetic, analgesic, antispasmodic, febrifuge, antiviral, anti-inflammatory, anti-bacterial, digestive aid.

Cautions/Contraindications: Avoid in 1st Trimester and while breast feeding. Avoid with babies and young children under 6. Avoid in cases of heart disease and epilepsy. Avoid with homeopathic remedies. Avoid contact with eyes or neat application this is a “hot” oil. Always dilute.

Blends With: Eucalyptus, lavender, orange, rosemary, lemon.

Uses: acne, cough, swollen gums, to dry up lactation, headache, repel insects and rodents, ringworm, neuralgia, bronchitis, digestion, halitosis, hot flashes, menstruation, fatigue, rheumatism, motion sickness, nausea.

Tea Tree



Essential Oil: Tea Tree - Middle Note

Botanical Name: Melaleuca Alternifolia

Plant Family: Myrtaceae

Origin: Australia

Description: Shrub with needle like leaves

Method of Extraction: Steam distilled from leaves and twigs

Characteristics: White to pale yellow. Spicy aroma and taste. No Stain on blotter.

Constituents: 45% Alcohol, 41% Monoterpenes, 7% Oxides

Therapeutic Actions: analgesic, anti-infectious, anti-fungal, anti-viral, anti-bacterial, anti-septic, vulnerary, expectorant, deodorant, anti-inflammatory, tissue regeneration, decongestant, anti-parasitic, germicidal

Cautions/Contraindications: Skin patch test. Repeated or continuous use can cause contact sensitization.

Blends With: Citrus oils, Black Pepper, Cedarwood, Lavender, Rosemary Thyme Bay, Eucalyptus

Uses: wounds, cuts, skin infections, athlete's foot, acne, gum disease, lice, nail infections, ringworm, mouth ulcers, thrush, sunburn, gingivitis, blisters, bed sores, rash, pimples, sore throat, tonsillitis, candida, cold sores, dermatitis

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Coriander



Essential Oil: Coriander

Top Note

Botanical Name: Coriandrum Sativum

Plant Family: Umbelliferae

Origin: Egypt, Europe

Description: Annual herb seed like fruits

Method of Extraction: Steam distilled from ground seeds

Characteristics: sweet spicy

Constituents: 70% Alcohol, 15% Monoterpenes, 8% Ketones

THERAPEUTIC ACTIONS: anti-inflammatory, analgesic, anti-bacterial, anti-fungal, anti-spasmodic, cardiac and circulatory stimulant, digestive.

CAUTIONS/CONTRAINDICATIONS: Use sparingly, stupefying in large doses.

BLENDS WITH: Cinnamon bark, cypress, ginger, all spice oils, pine, sandalwood, neroli

USES: flatulence, spasms, mental fatigue, arthritis, nausea, nervous exhaustion, balances PMS, emotions, Cairo University is studying Coriander for it's pancreas supporting functions and the ability to lower glucose levels by normalizing insulin levels.

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German Chamomile



Essential Oil: German Chamomile

Middle Note

Botanical Name: Matricaria Chamomilla

Plant Family: Compositae

Origin: France, Morocco, Spain, Egypt

Description: Small daisy like flowers

Method of Extraction: Steam distilled from flower heads

Characteristics: Beautiful Blue Color due to the high concentration of Chamazulene

Constituents: 35-40% Sesquiterpenes, 35% Oxides, 20% Alcohol

Therapeutic Actions: anti-inflammatory, anti-spasmodic, digestive, anti-infectious, analgesic, anti-bacterial, febrifuge, emmenagogue, vulnerary, calmative, emotions.

Cautions/Contraindications: Use with caution in Pregnancy

Blends With: Sandalwood, Geranium, Helichrysum, Lavender, Marjoram, Tea Tree, Lemongrass

Uses: acne, decongestant, digestion, PMS, menopause, inflamed skin, anger held in the liver, migraine, stress, wounds, burns, insomnia

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Sage



Essential Oil: Sage Top Note

Botanical Name: Salvia Officinalis

Plant Family: Labiatae

Origin: Mediterranean, France

Description: Flowering herb

Methods of Extraction: Steam distilled leaves and flowers

Characteristics: Herbaceous, spicy, camphoraceous

Constituents: up to 60% Ketones, up to 30% Monoterpenes, 12% Sesquiterpenes

Therapeutic Actions: tonic, anti-spasmodic, anti-septic, analgesic, anti-viral, purifier, anti-bacterial, anti-fungal, diuretic, abortive, emmenagogue, disinfectant, decongestant

Cautions/Contraindications: In excess can overstimulate the nervous system. Avoid with epilepsy. DO NOT USE IN PREGNANCY. Avoid with high blood pressure. Avoid while breast feeding. Avoid with all children. According to Robert Tisserand it is an oral toxin due to the thujone content (33%), when used undiluted in excess of 30 ml over a short period of time. ALWAYS DILUTE.

Blends With: Bergamot, Lemon, Lavender, Pine, Cedarwood, Sandalwood, Rosemary

Uses: menopause, PMS, muscle spasms, alopecia, night sweats, nervous system, diuretic, digestive disorders, oil & combination skin, sprains, dandruff, bacterial infections, mucus.

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Bergamot



Essential Oil: Bergamot

Top Note

Botanical Name: Citrus Bergamia

Plant Family: Rutaceae

Origin: Southern Italy, Spain, Africa

Description: Fruit bearing tree

Method of Extraction: Expressed from the peel or rind

Characteristics: Spicy citrus, greenish yellow color. No stain on blotter.

Constituents: 40% Esters, 33% Monoterpenes, 18% Alcohols

Therapeutic Actions: anthelmintic, anti-bacterial, anti-depressant, anti-septic, anti-spasmodic, astringent, digestive, carminative, diuretic, laxative, orexigenic, herpes, vulnerary, vermifuge, stimulant, stomachic, uplifting, anti-infectious, febrifuge, stress

Blends With: Chamomile, Jasmine, Geranium, Cypress, Lemon, Sandalwood, Neroli, Lavender, Eucalyptus

Uses: depression, most effective oil for psychological, emotional and mental disorders, colic, flatulence, skin and mouth infections, oily skin, anxiety, wounds, varicose veins, scars, shingles, slow circulation, acne, anger, insomnia, scabies, herpes, candida, cramps, fever, PMS, UTI, cystitis, anorexia, loss of appetite, intestinal parasites, stress, carbuncles, psoriasis, emotional balance.

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Cedarwood



Essential Oil: Cedarwood

Base Note

Botanical Name: Cedrus Atlantica

Plant Family: Pinaceae

Origin: North Africa

Description: Evergreen Tree

Method of Extraction: Steam distilled from sawdust or wood

Characteristics: yellow to light brown with a sticky feel. Woodsy long lasting aroma. Leaves yellow stain on blotter.

Constituents: 50% Sesquiterpenes, 30% Alcohol, 20% Ketones

Therapeutic Actions: anti-fungal, anti-putrefactive, anti-septic, vulnerary, astringent, circulation, anti-fungal, decongestant, aphrodisiac

Cautions/Contraindications: Avoid in Pregnancy and Breast Feeding

Blends With: All wood types, Bergamot, Rosewood, Clary Sage, Rosemary, Ylang Ylang, Neroli, Vetiver

Uses: fungal infections, nerves, skin infections, eczema, lung congestion, anger, acne, strengthen immune system, anxiety, rheumatism, regenerative, cellulite, urinary infections.

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Rosemary



Essential Oil: Rosemary

Middle Note

Botanical Name: Rosmarinus officinalis

Plant Family: Labiatae

Origin: France, Italy, Spain

Description: Flowering Herb

Methods of Extraction: Steam distilled from flowering tops

Characteristics: Very pale yellow. Herbaceous Camphorous aroma. No stain.

Constituents: 30% Oxides 1,8 cineol, 30% Monoterpenes, 25% Ketones

Therapeutic Actions: analgesic, digestive, emmenagogue, expectorant, anti-bacterial, carminative, anti-spasmodic, restorative, rubefacient, stomachic, vulnerary

Cautions/Contraindications: Avoid with Asthma, Epilepsy, Hypertension. Avoid in 1st Trimester of pregnancy. Avoid with babies & young children. Can antidote homeopathic remedies if used at the same time.

Blends With: Bay, Cedarwood, Lavender, Citronella, Marjoram, Orange, Pine, Thyme, Petitgrain, Orange

Uses: bronchitis, respiratory infections, physical and mental exhaustion, increase concentration, heart tonic, arthritis, nerve stimulant, candida, hair loss, low blood pressure, circulation, varicose veins, muscle pain, hair tonic, dandruff, neuralgia, rheumatism, sciatica, alopecia.

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Cinnamon Bark



Essential Oil: Cinnamon Bark

Base Note

Botanical Name: Cinnamomum Zeylanicum

Plant Family: Lauraceae

Origin: Sri Lanka

Description: Dried inner bark

Characteristics: Reddish brown, thick. Spicy distinctive aroma associate with Christmas. Leaves no stain on blotter.

Method of Extraction: Steam distilled from the bark

Constituents: 50-60% Aldehydes, 30% Phenols, Terpenes

Therapeutic Actions: aphrodisiac, emmenagogue, anti-bacterial up to 98%, analgesic, carminative, anti-microbial, stimulant, expectorant, anti-fungal, warming, anti-parasitic, anti-septic. Shown to kill typhoid bacillus at a dose of one part in 300. Used in Biblical times against the plague. Protective.

Cautions/Contraindications: Avoid in Pregnancy, with stomach or intestinal ulcers. Can cause skin irritation and sensitization with repeated use. Avoid diffusing as it may irritate the mucus membrane.

Blends With: Benzoin, Frankincense, Ylang Ylang, Myrrh, Rosemary, All Citrus Oils, All spice oils, Lavender, Geranium

Uses: cough, influenza, colds, toothache, gums, rheumatism, lice, stimulates contractions, circulation, infectious diseases, used in the Bible for the "Holy Anointing Oil". Sexual stimulant.

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Thyme



Essential Oil: Thyme Top Note

Botanical Name: Thymus vulgaris

Plant Family: Labiatae

Origin: Italy, France, Spain, USSR

Description: Flowering Herb

Method of Extraction: Steam distilled from dried leaves and tops

Characteristics: Pale Yellow

Constituents: 40-60% Phenols, 25% Monoterpenes, 17% Alcohol

Therapeutic Actions: stimulant, anti-septic, strong anti-bacterial, anti-infectious, anti-fungal, anti-microbial, vermifuge, carminative, rubefacient, disinfectant, emmenagogue, cell proliferant, febrifuge, tonic, condiment, expectorant, anesthetic, influenza

Cautions/Contraindications: Avoid during Pregnancy or Breast Feeding. Avoid with Hypertension. Can burn and irritate skin. Avoid with babies and children.

Blends With: Bergamot, Juniper, Cedarwood, Clove, Eucalyptus, Lavender, Rosemary, Oregano, Tea Tree

Uses: sciatica, bronchitis, asthma, candida, infections, gout, headache, wounds, circulation, rheumatism, arthritis, alopecia, bruises, cuts, fluid retention, lethargy, lice, sinus congestion, antioxidant, disinfectant, inhibit growth of bacteria.

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Patchouli



Essential Oil: Patchouli

Base Note

Botanical Name: Pogostemon Cablin

Plant Family: Labiatae

Origin: Asia, Indonesia

Description: Bushy shrub

Characteristics: Dark yellow to orange to dark brown. Earthy musky aroma that gets stronger with age. Leaves stain on blotter

Constituents: 50% Sesquiterpene, 33% Alcohols, 6% Oxides

Therapeutic Action: Immune tonic, anti-septic, anti-viral, anti-fungal, aphrodisiac, carminative, anti-depressant, anti-emetic, anti-microbial, vulnerary, diuretic, anti-toxic, digestive, deodorant, decongestant, astringent

Cautions/Contraindications: Avoid with anorexia it can reduce the appetite.

Blends With: Bergamot, Cedarwood, Cinnamon, Clove, Lavender, Sandalwood, Myrrh, Frankincense, Geranium, Lemongrass, Clary Sage, Rosewood

Uses: acne, sores, burns, cell regenerating, skin care, nervous system, stiff joints, calming, relaxing, grounding, hemorrhoids, wrinkles, varicose veins, scars, insect repellent, weight reduction, hives, insect bites, moth repellent, sinus congestion.

Note: Patchouli is often adulterated with Cedarwood. To test it put 1 drop on a blotter and leave for several days – faint Cedarwood will be apparent.

Methods of Using Essential Oils

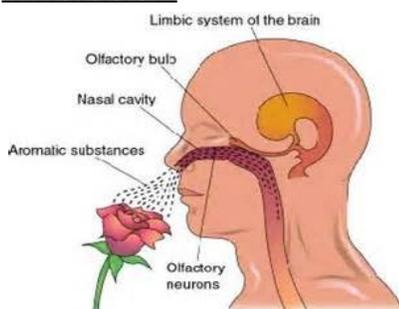
Although there are many ways to use Essential oils, in this session I will describe the most common ways. As we move through the course we will begin to use Essential oils in other ways such as personal care, cough drops and ointments. At any time please feel free to begin to experiment with blending or using essential oils based on the information so far.

Direct Application



This method is used to target one specific area or concern. You would generally use 1-2 drops essential oil applied “neat” but only with oils specific for an oil deemed safe for “neat” application. If the Essential oil chosen is a “hot” oil or high in Phenols you would blend in equal amounts ex: 1-2 drops Essential oil to 1-2 drops carrier oil then applied to area of concern. This method works great for such concerns as: bug bites, headaches, pimples, ticks and cold sores. I have used this method successfully for mosquito bites using Lavender undiluted directly on the bite.

Inhalation



Another form of application is inhalation. You would add 1-2 drops of your chosen essential oil to a tissue or handkerchief and inhale. You could also add your essential oils to a bowl of warm water, cover you head and bowl with a towel and breath deeply. This method works great to help open blocked sinuses or during cold and flu season. Be sure to keep your eyes closed to avoid irritation from the vapors of the oils. You can also simply open the bottle and inhale your chosen oil.

Diffuser Method



You should always use a cold-air nebulizing diffuser to avoid damaging the essential oils. Heat such as a light bulb or glass bowl over a candle flame will alter the chemical constituent of an Essential oil and it's therapeutic value leaving only the aroma. Cold-air nebulizing diffusers use air to disperse the essential oil via a fine mist into the air. Fine mist dispersion is able to cover several hundred sq. ft. of space depending on the model and size of unit chosen. The Essential oil molecules then remain suspended for several hours This method is great when you need an anti-bacterial, anti-viral or anti-septic application, ex: during winter months when cold and flu are on the rise. This method can help to reduce and kill germs and bacteria as well as help to reduce the growth of mold. When using cold-air nebulizers only use undiluted essential oils. Start with a few drops until you know how much will be needed. I usually start with 10 drops and add more if needed.

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COMPRESS

Water Method:



This method can be used with warm water or cold water depending on ailment, warm compress for chronic pain and cold compress for acute pain. To a pint of water warm/cold add 4-5 drops chosen essential oil, stir with a stainless steel spoon to disperse the essential oil. Essential oils do not dissolve in water but rather float on the top, by stirring you then disperse them so the droplets are smaller. Place a cotton cloth on top of the water, the oils will transfer to the cloth. Wring out the excess and place the cloth directly on the area being treated.

Cover the wet cloth with a clean dry cloth and leave on as long as possible.

Carrier Oil Method:



With this method you would simply add 1-3 drops Essential Oil to 1-3 drops carrier oil, depending on the size of the location to be applied. Apply to area of concern, cover with a damp warm cloth then cover the damp cloth with a dry one. You can also cover the area with a warm dry cloth. Leave this on as long as possible. Do Not Cover the area with plastic wrap. I have a wonder flax seed filled “compress pillow” that can be warmed up and placed over the area on top of the dry cloth. I purchased it through Nature's Sunshine. It also has weight to it which helps hold the cloth in place.

Massage Method



Because the skin is the largest organ of the human body, massage is an effective method of using essential oils. The oils absorb through the skin, enter the blood stream and are transported throughout the body, then excreted by the eliminating organs. It is vitally important to use only 100% pure Essential oils and cold processed unrefined organic vegetable carrier oils. Our skin absorbs what we put on it and we do not want synthetic chemicals in our system. NEVER use Mineral Oil, Baby Oil or oils with a base of Petroleum. Refined oils contain chemicals and solvents of which we do not want in our blood stream.

The method used most commonly is called “Effleurage” or long stroking movement. The back for example: you would begin at the waist area and with one hand on each side of the spine (never directly on the spinal column), using long stroking movements you would stroke upwards towards the shoulders and then back down the sides of the body in a light touch. Using light pressure moving upwards and featherlight movements moving down. Repeat 10

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Massage

-15 times. Always move your light pressure strokes towards the heart, never apply pressure moving away from the heart. Massage can help the body to relax and release tension, improve circulation, & aid in removing congestion in the veins as well as improve lymphatic circulation. This technique can reduce stress, ease muscle tension especially when held in the back muscles. End your massage with calming featherlight strokes using just your finger tips. Stroke lightly using a downward movement and no pressure. There are many videos that you can purchase to learn how to give a massage.

Vita Flex Technique

Vita Flex technique was introduced around 1920 by Stanley Burroughs but originated in Tibet. Vita Flex literally means “vitality through the reflexes”. This is a complete scientific system working with reflex points much like acupuncture. There are more than 1600 Vita Flex points throughout the system. To learn this technique you will need to purchase the book “Healing for the Age of Enlightenment” by Stanley Burroughs or the DVD by Tom Woloshyn, both can be found online. I would highly recommend learning this method.

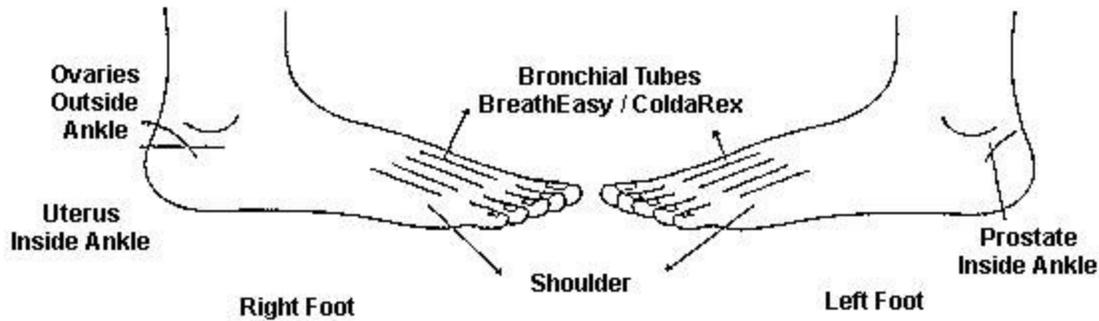
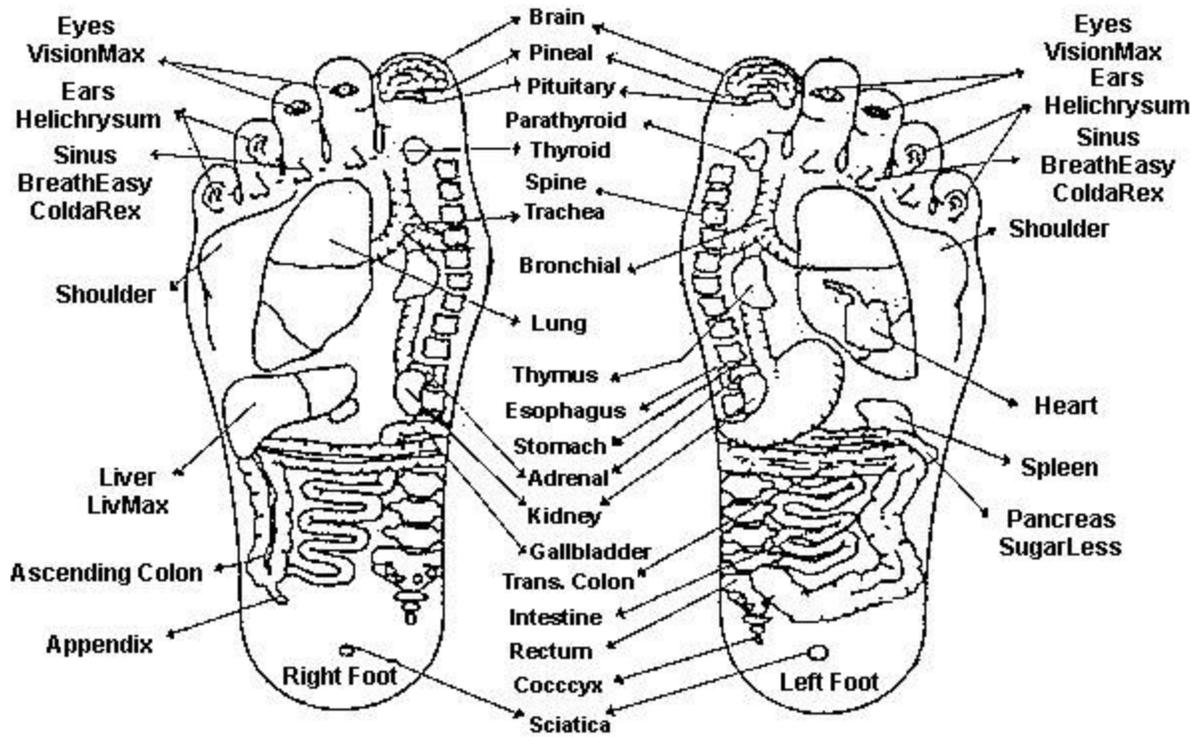
When using this technique it is easy to incorporate Essential oils. First you would either choose a single oil or create a blend of oils then dilute with carrier. Note: I would suggest purchasing small amber bottles to keep your blends in, blend your oils but do not add a carrier this way you do not have to worry about the carrier going rancid. From here you would add the number of drops needed to your carrier oil before you begin this technique. Once diluted add 1-2 drops to the non-dominant palm, then with your dominant hand swirl your fingers into your diluted oils. Begin your Vita Flex technique adding more of your blend to your fingertips as needed.

Vita Flex stimulates the electrical impulses throughout our body via the reflex points. Vita Flex creates currents along the nerve pathways by stimulating the electrical nerve currents. This can open up blocked or stagnant areas and help to restore proper function. One example would be Constipation. Using the Vita Flex technique you would move from the inside shin bone below the knee to the big toe, repeating this method several times. Repeat for the other leg. This helps to relax and open the colon. Some Essential oils to consider are:

Cypress – Circulation of blood and lymph
Basil, Copaiba – Voluntary Muscles
Marjoram, Lemongrass – Involuntary Muscles
Patchouli, Peppermint – stomach & digestion

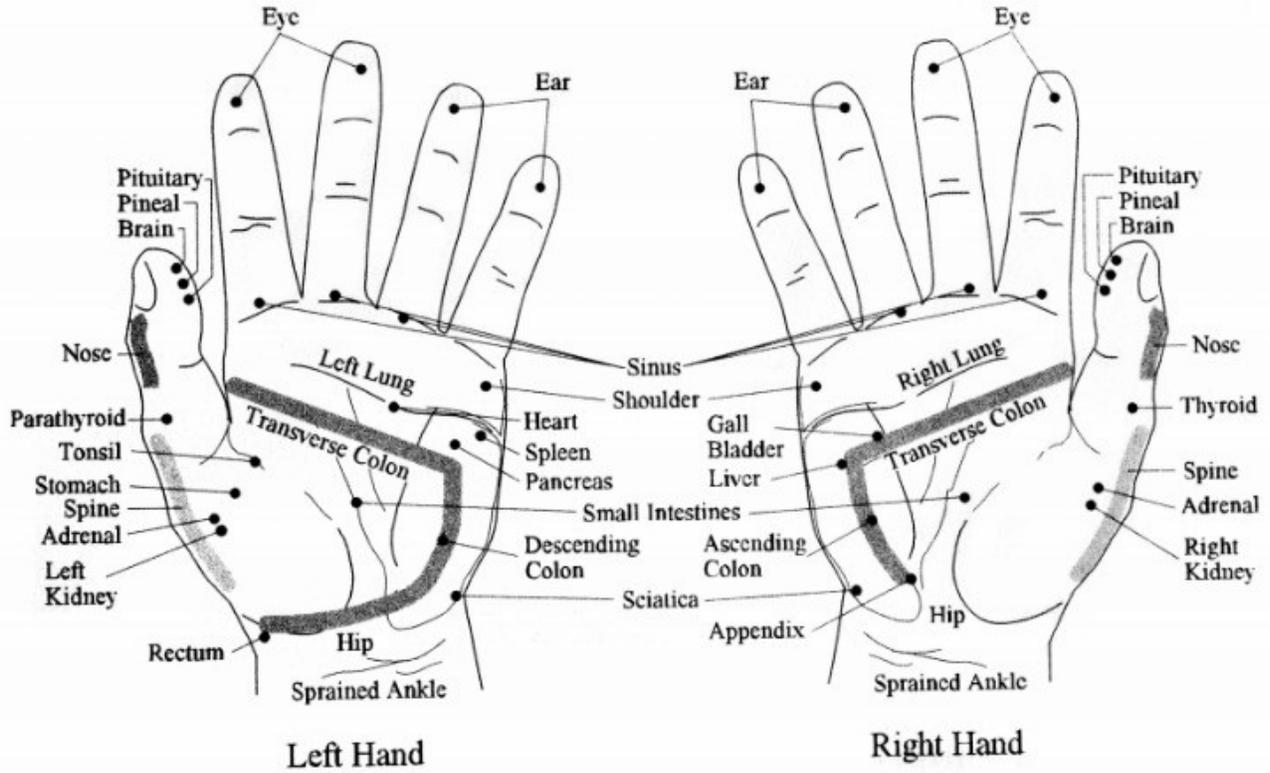
Please see the charts below to better understand the Vita Flex points within the hand and the foot. You can also use Vita Flex on acupressure points on the face and head to assist the muscles on the face to remain firm and youthful. You do not have to become a distributor of any company to be able to give Vita Flex or learn the technique. It is available to anyone.

VitaFlex Feet Chart



VITA FLEX HAND CHART

Vita Flex points in this hand chart correspond to those in the feet. Occasionally the feet can be too sensitive for typical Vita Flex Therapy. Working with the hands will not only affect the specific body points, but may also help to provide some pain relief to the corresponding points on the feet. (Refer to Stanley Burroughs' book, Healing for the Age of Enlightenment, pg. 78 for a more detailed explanation.)



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Terminology

Abortifacient: Capable of inducing abortion

Anaphrodisiac: Reduces sexual desire.

Antiseptic: Destroys and prevents the development of microbes, bacteria, viruses.

Antispasmodic: Preventing spasm, convulsions, nervous disorders.

Antitussive: Relieves cough

Aphrodisiac: arouses sexual desire.

Astringent: Contracts, tightens and binds tissue.

Calmative: Tranquilizing.

Carminative: Relieves flatulence.

Cephalic: remedy for disorders of the head (mind).

Cholagogue: Stimulates the secretion and flow of bile.

Cicatrising: Helps the formation of scar tissue for healing.

Cytophilactic: Stimulates cellular activity and cellular regeneration.

Diuretic: Promotes urination, increases flow.

Emmenagogue: Induces or regulates menstruation.

Emollient: Soothes inflammation, softens tissue.

Expectorant: Aids in removing Phlegm.

Febrifuge: Reduces Fevers.

Hemostatic: Arrests Bleeding.

Hormonal: Balances and regulates hormone secretion.

Hypertensive: Raises Blood Pressure

Hypotensive: Lowers Blood Pressure.

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Terminology:

Immunostimulant: Stimulates body's natural defense system.

Lipolytic: Breaks down Fat.

Mucolytic: Breaks down mucous.

Nervine: Nerve Tonic.

Neurotoxic: Toxic to nervous system.

Parturient: Aiding in Childbirth.

Phytotherapy: Use of whole plant to aid in healing.

Rubefacient: Increases local circulation causing redness of the skin and possible irritation, these are considered "hot" oils.

Sedative: Producing calming effect.

Stimulant: Uplifting effect on the body and mind.

Stomachic: Digestive aid and gastric tonic.

Styptic: Astringent agent that stops or reduces external bleeding.

Sudorific: Causes sweating.

Vasoconstrictor: Causes contraction of the blood vessels.

Vermifuge: Expels intestinal worms.

Vulnerary: Helps heal wounds and sores with external application.

CERTIFIED AROMATHERAPY COUNSELOR COURSE - SESSION 2 – 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. We will grade your question & answer session and will let you know if we have any questions or concerns.

- 1.) How would you use an Essential Oil that is "hot"?
- 2.) What can change the percentage of a constituent of an Oil?
- 3.) Why would you use a base note in a blend?
- 4.) How does the French Model differ from the US Model?
- 5.) Ocimum basilicum contains 50% Alcohol, what are the Therapeutic Actions associated with Alcohol?
- 6.) What makes Mentha Piperita a "hot" oil?
- 7.) Which Essential oil is being studied in Cairo and Why?
- 8.) Which Essential Oil is usually adulterated with Cedrus Atlantica?
- 9.) Describe Compress.
- 10.) What is Efflurage?