



What is Aromatherapy? by Shanti Dechen

Aromatherapy is the use of plant substances that have been extracted into essential oils, to encourage good health, equilibrium and well being. The name *aromatherapy* is somewhat misleading, because scent is only one aspect of aromatherapy. Essential oils can have a very positive and powerful effect on enhancing and healing the body, mind and spirit.

Aromatics have been used since the beginning of time. Modern day research has confirmed their therapeutic and medicinal qualities of being **anti-bacterial, anti-fungal, antiseptic, anti-inflammatory, anti-viral, anti-venomous, anti-depressive, anti-neuralgic, stimulant, nervine, digestive and diuretic in nature.**

Essential oils have been known to have a **positive effect on all the major physical systems of the body including the circulatory, lymphatic, eliminative, reproductive, endocrine, muscular and skeletal.**

The effect of essential oils on the mental and emotions is extraordinary: uplifting depression, anxiety into clarity and stress into calming. Essential oils are known to be **sedative or stimulating** in nature, addressing the autonomic nervous system to produce the desired effect.

Essential oils are extracted from grasses, leaves, flowers, fruits, bark, wood, bushes, needles, twigs, roots, resins and shrubs from all over the world. **Each essential oil has its own unique medicinal qualities, characteristics and therapeutic effects.**

Myrrh, frankincense, and benzoin are extracted from **tree sap.**

Orange, lemon, lime, mandarin, tangerine, grapefruit and bergamot oils are expressed from the **peels of the fruit.**

Eucalyptus and tea tree come from the **leaves and twigs** of the plant.

Lavender, jasmine, neroli and ylang ylang are from the **flowers.**

Geranium, basil, marjoram, oregano, thyme, chamomile and clary sage are from the **leaves, stalks and flowering tops.**

Pine, spruce and fir come from the **needles and twigs** of the plant.

Cinnamon and rosewood come from the **bark of the tree.**

The essential oil is stored in specialized oil or resin cells, glandular hairs, cells or scales in most plants. Essential oils are likened to the blood of the plant.

The chemical properties and therapeutic effects of the **essential oils will differ depending on the soil, climate conditions and altitude of the countries where these plants grow.**

The essential oil trade is now world wide ranging from Africa, Australia, China, Brazil, Britain, Bulgaria, Ethiopia, Egypt, Guatemala, India, Indonesia, Java, Russia, Saudi Arabia, Somalia, Spain, Turkey, United States and others.

These earthly medicinals are a very powerful healing force that can be **used on a daily basis or in therapeutic preparations for acute and chronic conditions.**

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ESSENTIAL OIL PRECAUTIONS AND CONTRAINDICATIONS

Please note that the following information is provided by Aroma Apothecary Healing Arts Academy for educational purposes. This information is not meant to take the place of diagnosis and treatment by a qualified medical practitioner. All recommendations contained in these pages are believed to be effective, but since the actual use of essential oils by other's is beyond Aroma Apothecary Healing Arts Academy's control, no expressed or implied guarantee as to the individual effects of essential oils and their use can be given or liability taken.

Do Not Use These Essential Oils Anytime	bitter almond, boldo, buchu, cade, calamus, brown camphor, costus, elecampane, mugwort, mustard, pennyroyal, rue, sassafras, thuja, vanilla, wormwood
BATH	bergamot, black pepper, clove bud, cinnamon, eucalyptus, lemon, litsea cubeba, marjoram, nutmeg, orange, oregano, peppermint, pine, rosemary, sage, spearmint, tarragon, thyme
CHILDREN UNDER 5 YEARS	basil, camphor, cedar(cedrus atlantica), eucalyptus globulus, fennel, hyssop, geranium, jasmine, marjoram, nutmeg, rose, rosemary, sage, tarragon
DIABETES	angelica
EPILEPSY	camphor, eucalyptus, fennel, hyssop, rosemary, sage
WHEN USING HOMEOPATHIC REMEDIES	black pepper, camphor, eucalyptus, peppermint, rosemary, spearmint
HIGH BLOOD PRESSURE	camphor, eucalyptus, hyssop, rosemary, thyme
KIDNEY DISEASE	juniper
LOW BLOOD PRESSURE	lavender, marjoram, ylang ylang
NOT FOR LONG TERM USE	fennel, juniper, marjoram, tarragon
PREGNANCY- CONTRAINDICATED	aniseed, basil, bay laurel, birch, camphor, citronella, cistus, clary sage, clove, cedarwood, cinnamon, cumin, cypress, eucalyptus, fennel, frankincense, hyssop, Indian ginger, jasmine, juniper, lemongrass, marjoram, mugwort, myrrh, nutmeg, oregano, pennyroyal, peppermint, rose, rosemary, sage, star anise, tansy, tarragon, thyme, wintergreen

SENSITIVE SKIN- MAY BE AN IRRITANT AND NEED TO BE USED DILUTED	aniseed, basil, bay laurel, bergamot, black pepper, cajuput, camphor, clove bud, fennel, geranium, ginger, grapefruit, lemon, lemongrass, lime, mandarin, orange, oregano, rosemary, peppermint, petitgrain, pine rosemary, spearmint, spruce, thyme
SUN SENSITIVITY- POSSIBLE PHOTOTOXIC	angelica root, basil, bergamot, grapefruit, lemon, lime, mandarin, melissa, orange
AVOID WITH HISTORY OF ESTROGEN-DEPENDENT CANCER	basil, clary sage, cypress, pine (prostate cancer)
AVOID LONG TERM USE WITH ESTROGEN-DEPENDENT CANCER	r. chamomile, geranium
MAY INCREASE NARCOTIC EFFECT OF DRINKING ALCOHOL AND OVER USE CAN CAUSE HEADACHES	clary sage

SAFE ESSENTIAL OILS TO USE DURING PREGNANCY- check specific precaution

(It is suggested to use only half of the usual amount of essential oils in a blend)

SAFE ENTIRE PREGNANCY	CAN USE FROM SECOND TRIMESTER ONWARD	THIRD TRIMESTER ONLY	SAFE TO USE WITH NEWBORN
benzoin (onycha), bergamot, black pepper, coriander, fir, grapefruit, lemon, mandarin, myrtle, orange, petitgrain, rosewood, tangerine, ylang ylang	chamomile, lavender (<i>Lavendula angustifolia</i>), spearmint	jasmine, rose, geranium	benzoin (onycha), chamomile, lavender, myrtle, orange mix 2-3 drops of essential oils to 30ml/ 1 oz. lotion or mixing oil

Courtesy of:
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