

# Aromatherapy Quick Reference Guide



Aromatherapy is the ancient art of promoting health and well-being through the conscious use of different natural scents. The oils of different plants are obtained through distillation or cold-pressing the flowers, stems, roots or bark. Through conscious and deliberate use of these pure flower or plant essences, we can positively impact an individual's entire energy system from physical body to the outer reaches of the aura.

We are constantly being affected by smells whether we're aware of it or not. Ever walked past a bakery and suddenly gotten a rumble in your tummy? There is a definite correlation between what we smell and how our bodies respond, not to mention our hearts and minds. Some smells (such as smoke) can send our bodies into immediate fight or flight response, while others (such as a baby's skin) can evoke tenderness and love.

By consciously using scents that create the responses we desire, we can enhance our health, happiness and general well-being. We can even enhance relationship interactions through smell just as through sound and light and touch. Combine candlelight and soft music with a pleasing scent, and everyone in the room will definitely be in harmony!

## Aromatherapy Oils & Uses

Following are some of the more common oils or scents available and some of the applications they can be used for. At the end are some aromatherapy recipes for common complaints that you can experiment with. You might want to print this information out; it's been designed to be a handy reference.

The following oils or scents can be used in oil burners or placed on items of clothing. If worn on the skin or used for massage, they should be diluted with a carrier oil such as almond, sesame or virgin olive oil in order to prevent an allergic reaction. Mix one part essential oil to four parts carrier oil. Use oils sparingly for best results. They can be placed undiluted in oil burners or diffusers, or a few drops can be placed in the bath.

### Oils & Uses:

**Apple:** inhibits appetite

**Basil:** for treating bronchitis, colds, indigestion, sleeplessness stemming from anxiety, and mental fatigue.

**Bergamot:** for nervous tension or depression.

**Chamomile:** for PMS, menstrual cramps, anxiety.

**Cinnamon:** creates warm ambience, uplifts and calms; stimulates digestion; has antiseptic properties.

**Eucalyptus:** for mental fatigue, lethargy, coughs, asthma; good for lungs.

**Frankincense:** resolves indecision or feelings of guilt; good for relaxation and meditation.

**Jasmine:** is stimulating, creates confidence and motivates; balances mood swings.

**Juniper:** for coughs, cold, flu. Juniper is stimulating, and helps rid one of nervous tension resulting from absorbing the negative energy of others. It's also a diuretic.

**Lavender:** Lavender is calming and makes a good sedative and pain killer. It's great for headaches, insomnia, PMS, mood swings and hysteria. Lavender also lowers blood pressure and eases nausea. It has antibacterial properties, and can be used for cleaning cuts or scrapes, or clearing up acne.

**Lemon:** is antiseptic and a disinfectant; refreshing, it dissolves lethargy and mental sluggishness. It inhibits appetite when used with mint; can create a sense of cheerfulness and cleanliness; enhances ability to concentrate.

**Marjoram:** good for bronchitis or other colds; eases headaches, menstrual cramps, insomnia, snoring, stress, grief and loneliness.

**Mint:** inhibits appetite when used with lemon; eases headaches, stimulates, refreshes.

**Myrrh:** antiseptic and anti-inflammatory; an expectorant.

**Neroli (orange blossom):** creates relaxation, eases dizziness, anxiety, depression, insomnia, shock or panic.

**Patchouli:** great for depression and anxiety.

**Peppermint:** stimulating; good for mental fatigue, shock, confusion. Creates clarity of mind, calms the stomach, eases muscle tension.

**Pine:** great for clearing sinuses or expectorating; good for respiratory system in general; eases insomnia. Pine is a powerful antiseptic.

**Rose Essence:** a famed aphrodisiac, also good for grief and depression. It calms a sensitive disposition or sensitive skin.

**Rosemary:** lowers blood pressure, eases stress, enhances memory, invigorates and strengthens.

**Sandalwood:** helps with sexual difficulties or nervous tension; sedating.

**Tea Tree:** antiviral and cleansing; stimulates the immune system.

**Vanilla:** has a calming effect; creates a sense of warmth or well-being; can also act as an aphrodisiac.

**Ylang-ylang:** eases anger or frustration, helps frigidity or impotence as it's an aphrodisiac and sensual stimulant.

### **Common Complaints & Aromatherapies:**

#### **Headaches:**

Everyone gets a headache now and then. For headaches caused by stress or muscle tension, try combining one or two drops of pure lavender oil with about a tablespoon of sweet almond or virgin olive oil. Use for massaging the neck, shoulders, temples and scalp. You can also create a "headache" pillow by combining equal parts of dried lavender, marjoram and peppermint in a cloth bag and lying down with it over your eyes.

#### **Insomnia:**

You can make a similar pillow that will help you sleep more soundly by combining four parts chamomile, two parts mint, two parts rosemary and one part clove. Place it inside your pillowcase or under your pillow. Of course, if you're having trouble getting to sleep, try the age old remedy of a cup of hot chamomile tea.

#### **Fatigue:**

Rosemary will perk you up if you're mentally tired but have a lot of work or studying to do. Try using it in a diffuser or drink some rosemary tea while you're hitting the books. You can also use orange, mint, lavender or frankincense in a massage, bath, or diffused throughout the air if you're tired and need pepping up.

#### **Skin problems:**

For blisters, try dabbing on some lavender with a cotton ball. Burns are soothed and cleansed by dabbing on lavender, chamomile or tea tree oil. Tea tree and lavender are also good to use on cuts. For acne or oily skin, try cedarwood, chamomile, lavender or tea tree oil. Lemon and mint will also clear and dry the skin. If you're skin is already too dry, try geranium, orange or sandalwood.

#### **Colds:**

Eucalyptus, lavender or lemon can be massaged into the skin, especially the throat or chest, or diffused throughout the air. For coughs, try cedarwood, frankincense, or marjoram in addition to or instead of the above.

