

I Aromatherapy is the use of volatile liquid plant materials and other aromatic compounds from plants for the purpose of affecting a person's mood or health. The term is often more strongly associated with one of its subsets:

A. aromachology which the study of odors and their effects on the mind. While many consider the mind, body and spirit all equally vital components to the balance of health, (**Healing Times 3 handout**)

B today's presentation will deal primarily with the ways in which essential oils can aid the massage therapist to physiological effect.

II The name aromatherapy comes from the therapeutic uses of these essential oils and the term was first coined in the 1920s by French chemist **René-Maurice Gattefossé**. He devoted his life to researching the healing properties of essential oils after a 1910 explosion in his laboratory wherein he lit his arm on fire. He thrust it into the nearest cold liquid, which happened to be a vat of lavender oil. Immediately he noticed surprising pain relief, and instead of requiring the extended healing process he had experienced during recovery from previous burns this one healed remarkably quickly, with minimal discomfort and no scarring.

III In other parts of the world, especially France where it originated, aromatherapy is incorporated into **mainstream medicine**. Some essential oils are regulated as prescription drugs, and thus administered by a physician.

A French doctors use a technique called the **aromatogram** to guide their decision on which essential oil to use.

1 First the doctor cultures a sample of infected tissue or secretion from the patient.

2 Next the growing culture is divided among petri dishes supplied with agar. Each petri dish is inoculated with a different essential oil to determine which have the most activity against the target strain of microorganism.

3 These findings for each patient are compared against what we may consider traditional antibiotics (or other antipathogens) for both specific and secondary (which may provide additional benefit or harm) impact before the physician determines which treatment will be most beneficial to the individual.

4 The antiseptic activity manifests as a pattern of inhibited growth.

B Aromatherapy has yet to be recognized as a valid branch of medicine in the United States, Russia, Germany, or Japan, although there is much published research regarding their efficacy. (**handouts from International Journal of Aromatherapy**)

IV Essential Oils are "tiny droplets contained in glands, sacs, and veins of different plant parts: leaves, stems, bark, flowers, roots and fruits," said Valerie Gennari Cooksley in Aromatherapy: A Lifetime Guide to Healing With Essential Oils (Prentice Hall, 1996). These droplets are the "essence" of that particular plant, to which they impart their unique, signature scent. .

A These are also called **volatile oils** or scents because they turn from liquid to gas at room temperatures.

B EO's function in the plant in the same manner the therapist may choose to employ them in practice.

1 As they are the cellular transport of the plant, they are specially designed to **deliver oxygen, nutrients and both preventative and curative antipathogens inside the cell membrane**. This characteristic is available because essential oils are soluble to the lipids of the cell walls,

2 even when the membrane is compromised by the contaminants we absorb every day from our air, water and foods.

3 EO's have a lasting impact on the body's transport systems as they help reverse the accumulations that coat cell membranes and especially receptor sites for hormones and other intercellular transport.

C Therapeutic grade EO's, while not yet regulated in the US for consistency of potency, are generally found to be between 80 and 100 times more concentrated than their dried herbal counterparts. **(herbs versus essential oils handout)**

V Primary Molecule groups that we look for in Essential Oils

A Aldehydes – **Produces Oxygen Molecules, slightly caustic to skin, sedating, anti infectious to the nervous system, fever reducer**

B Keytones – **Produces Oxygen Molecules, sedating, encourages cellular regeneration at wounds, can be neuro toxic unless diluted – most oils are not high in keytones**

C Esters - **Produces Oxygen Molecules, Calming, relaxing, soothing**

D Coumarines – **AntiCoagulant, Antiseptic, Antidepressant, uplifting, refreshing, helps relieve hypotension**

E Menthols – **Cooling, topical analgesic, antimucogen** can be irritating to sensitive skin

F Terpinenes – these are the constituents that cause **therapeutic effect** and breaks down at high temperatures, so is not effective in candles, or other forms of heat diffusion, although a few drops in water that is heated to below the boiling point is effective for all but the most delicate oils – like jasmine. It is most often removed from fragrance oils because it changes the scent. A folded oil has had its terpinenes removed and is therapeutically useless. Watch your source. For the duration of this presentation we will NOT be referring to folded oils.

1. MONOTerpinenes: **antiviral, antifungal, antibacterial, antiseptic**. These are found to greater and lesser degree in almost all EO's, but also have the lowest absorption rate of the terpinol family, according to a study published in the 2006 International Journal of Aromatherapy
2. SESQUATerpinenes: 5 terpinol compound the same study found to be the most readily absorbed. **Anti inflammatory, antispasmodic, calming and works with the pineal and pituitary glands**. They can penetrate the blood brain barrier, and are being studied for their ability to carry other constituents across for treatment of diseases of the CNS, like Muscular Sclerosis.

VI The effectiveness of essential oils cannot be fully discussed without some mention of frequency.

A Frequency is the measurable rate of electrical energy flow that is constant between any two points.

1. That everything living has a frequency appears to be undisputed, however the technology to measure this frequency has been the subject of some controversy. I have found no dispute of their values relative to each other, so consider these more a frame of reference than absolute information.

2 "Quantum physicists have confirmed the reality of the basic vibratory essence of life," wrote Dr. C. Normal Shealy, M.D., Ph.D.. "Life energy is not static; it is kinetic."

3. Dr. Robert O. Becker in his book The Body Electric establishes that the human body

has an electrical frequency and that

4. Today, nutritionists and natural health and wellness experts agree that a key element in determining the effectiveness of any health product is how "alive" it is.

5. Stated another way, the amount of organic energy remaining in a natural substance after it has been processed into product form determines its possible therapeutic value

B much about a person's health can be determined by it's frequency.

C In 1992, Bruce Tainio of Tainio Technology, an independent division of Eastern State University in Cheney, Washington, built the first frequency monitor in the world.

1. Tainio has determined that the average frequency of the human body during the daytime is 62-68 MHz. (A healthy body frequency is 62-78 MHz.)

- a. Genius Brain Frequency 80-82 MHz
- b. Brain Frequency Range 72-90 MHz
- c. Normal Brain Frequency 72 MHz
- d. Human Body 62-78 MHz
- e. Human Body: from Neck up 72-78 MHz
- f. Human Body: from Neck down 60-68 MHz

2. When frequency drops, the immune system is compromised.

- a. 58 MHz, cold and flu symptoms appear
- b. 55 MHz, diseases like Candida take hold
- c. 52 MHz, systemic pathologies like Epstein Bar
- d. 42 MHz, Cancer
- e. death begins at 25 MHz

3. According to Dr. Royal R. Rife, every disease has a frequency.

- a. He found that certain frequencies can prevent development of disease
- b. others destroy disease.
- c. substances with higher frequency destroy diseases of a lower frequency.

D The study of frequencies raises important questions concerning the frequencies of substances we eat, breath and absorb

- 1. Many pollutants lower healthy frequency.
- 2. Processed/canned foods have a frequency of 0
- 3. fresh produce has up to 15 MHz
- 4. dry herbs from 12 to 22 MHz
- 5. fresh herbs from 20 to 27 MHz
- 6. mental state can influence individual frequency 10-15 MHz.

E Clinical research shows that essential oils have the highest frequency of any natural substance known to man

1. Essential oils have been measured as high as 320 MHz (rose)

Some others (in MHz)

- Sandalwood 96
- Lemon Balm 102
- Chamomile 105
- Myrrh 105
- Lavender 118
- Ravensara 134
- Helichrysum 181
- Rose 320
- Angelica 85
- Juniper 98
- Peppermint 78

Basil 52
Galbanum 56
Idaho Tansy 105

2. higher frequencies create an environment in which disease, bacteria, virus, fungus, etc., cannot live

3. all 100% pure essential oils are immune stimulating via their impact on body frequency.

a. research shows that many of the "super bugs" that has modern medicine so concerned, cannot survive in the presence of essential oils

b. no pathogen has been known to resist oils by mutating.

VI Commonly used oils and their applications

1. **Angelica** (*Angelica archangelica*) (Electromagnetic Freq: 85 MHz) (73% monoterpenes) Relieves nervous exhaustion and stress, revitalizes tired mind and provides mental drive. Invigorates the lymphatic system, increases perspiration, cleansing system of toxins. Aids indigestion, flatulence, dyspepsia, colic. Stimulates appetite. Urinary antiseptic. Provides use as expectorant in colds, bronchitis, pleurisy. Used to relieve asthma, and restore sense of smell. General tonic to the lungs. Said to encourage production of estrogen thereby helping with painful periods (this may be more so with the Asian species). Said to control uric acid and may be beneficial to rheumatic conditions, arthritis, gout, and sciatica. Useful for headaches, migraines, inflammation, and toothache. Also a remedy to neutralize snake bites.
2. **Basil** (*Ocimum basilicum*) (75% phenylpropanoids) can be relaxing to muscles, including smooth muscles (those not subject to our voluntary control, such as the heart and digestive system). It may also be used to soothe insect bites when applied topically. Beneficial for mental fatigue, basil may help stimulate and sharpen the sense of smell.
3. **Bergamot** (*Citrus bergamia*) has been used in the Middle East for hundreds of years for skin conditions associated with an oily complexion. It soothes insect bites and may serve as an insect repellent. It has about 300 chemical constituents that contribute refreshing, mood-lifting qualities. Bergamot is responsible for the distinctive flavor of Earl Grey Tea. Benefits nervous and digestive system.
4. **Cedar, Red Canadian** (*Thuja plicata*) was used traditionally by the Canadian Native Americans to help them enter a higher spiritual realm. They used it to stimulate the scalp and as an antiseptic agent.
5. **Cedarwood** (*Cedrus atlantica*) (98% sesquiterpenes) was recognized historically for its calming, purifying properties and is used to benefit the skin and tissues near the surface of the skin. It also helps calm nervous tension, and benefits the digestive system. The oil with the highest percentage of sesquiterpenes, Cedarwood supplies oxygen to tissues and erases DNA damage; just another weapon in our battle against cancer.
6. **Chamomile, Roman** (*Chamaemelum nobile*) may help calm you and relieve restlessness and tension. It is used cosmetically in Europe for the skin.
7. **Cinnamon Bark** (*Cinnamomum verum*) (73% phenylpropanoids) is among the most antiseptic essential oils with a high antioxidant rating. It has been produced in Sri Lanka for over 2,000 years. Invigorates and rejuvenates mind and body.

8. **Cistus or Labdanum** (*Cistus ladanifer*) comes from a rose that has a soft honey-like scent. Cistus has been studied for its effect on the regeneration of cells.
9. **Clary Sage** (*Salvia sclarea*) supports the cells. It contains natural estriol, a phytoestrogen. Relaxing, sweet scent, used as a toning and sedating scent/oil especially for women. Also seems to help digestive and glandular problems.
10. **Clove** (*Syzygium aromaticum*) (90% phenylpropanoids) is one of the most antiseptic essential oils. Eugenol, its principal constituent, is used synthetically in the dental industry for the numbing of gums. Most powerful of the antioxidants and a wonderful aid to the immune system. Also repels ants.
11. **Coriander** (cilantro) (*Coriandrum sativum*) oil has been researched at Cairo University for its effects in supporting pancreatic function. It also has soothing, calming properties.
12. **Cypress** (*Cupressus sempervirens*) (28% monoterpenes) is one of the oils most used to support the circulatory system.
13. **Dill** (*Anethum graveolens*) oil has been researched at Cairo University for its supportive effects on pancreatic function. It is used in European hospitals.
14. **Elemi** (*Canarium luzonicum*) is distilled from the gum of a tree originating in the Philippines. It has been used in Europe for hundreds of years in salves for skin and is included in celebrated healing ointments such as baume parlytique. Elemi was used by a 17th-century physician, J. J. Wecker, on the battle wounds of soldiers. It belongs to the same botanical family (Burseraceae) as frankincense (*Boswellia carteri*) and myrrh (*Commiphora myrrha*). Elemi is highly regarded today for soothing sore muscles, protecting skin, and stimulating nerves.
15. **Eucalyptus Dives** High in phellandrene and low in eucalyptol. This species has different, more specific antiseptic action than other eucalyptus oils. It is excellent for skin or topical application. Avoid direct inhalation.
16. **Eucalyptus Globulus** Contains a high percentage of the compound eucalyptol, a key ingredient in many antiseptic mouth rinses. Often used for the respiratory system, eucalyptus has been investigated for its effect on insects in a study called "Laboratory Evaluation of a Eucalyptus-based Repellent Against Four Biting Arthropods," published in Phytotherapy Research. Has a pungent, camphor-like aroma used traditionally to expel mucus and fortify the respiratory system. DO NOT use with children under 5 or asthmatics.
17. **Eucalyptus Polybractea** Well suited for topical application or diffusing. This species is highest in the antiseptic compound eucalyptol (about 80 percent) and has one of the strongest antiseptic actions among the eucalyptus oils. AVOID DIRECT INHALATION.
18. **Eucalyptus Radiata** One of the most versatile of the eucalyptus oils, is suitable for topical use, diffusing, and even direct inhalation. Relatively gentle and nonirritating. This antiseptic oil has been studied extensively by Daniel Penoel, M.D.
19. **Fennel** (*Foeniculum vulgare*) is antiseptic and stimulating to the circulatory and respiratory

systems.

20. **Fir** (*Abies alba*) has been researched for its antiseptic abilities.
21. **Fir, Douglas** (*Pseudotsuga menziesii*) has antiseptic properties and helps soothe sore muscles.
22. **Frankincense** (*Boswellia carteri*) (40% monoterpenes) (8% sesquiterpenes) is considered a holy anointing oil in the Middle East and has been used in religious ceremonies for thousands of years (...presented unto him gifts; gold, and frankincense, and myrrh. Matthew 2:11). It was well known during the time of Christ for its anointing and healing powers. Frankincense is now being researched and used therapeutically in European hospitals. High in sesquiterpenes, it is stimulating and elevating to the mind and helps in overcoming stress and despair as well as supporting the immune system. Comforting, centering, and elevating; long associated with spirituality, the sesquiterpenes help to erase DNA damage and supply oxygen to tissues (excellent for cancer patients).
23. **Galbanum** (*Ferula gummosa*) (80% monoterpenes) is referred to in the book of Exodus (And the Lord said unto Moses, take unto thee sweet spices, stacte, and onycha, and galbanum; these sweet spices with pure frankincense: of each shall there be a like weight. Exodus 30:34). Galbanum was used for both medicinal and spiritual purposes. It is recognized for its antiseptic and body-supporting properties. When combined with other oils such as frankincense (*Boswellia carteri*) or sandalwood (*Santalum album*), galbanum's electrical frequency increases dramatically.
24. **Geranium** (*Pelargonium graveolens*) has been used for centuries for skin care. Its strength lies in the ability to revitalize tissue. It is excellent for the skin, and its aromatic influence helps release negative memories. Also used for glandular and reproductive systems, with some benefits to the nervous system. Used by skin care specialists in restoring balance between oily and dry skin and hair.
25. **Ginger** (*Zingiber officinale*) (59% sesquiterpenes) is used to combat nausea, vomiting, or dizziness associated with motion sickness and has been studied for its gentle, stimulating effects.
26. **Goldenrod** (*Solidago canadensis*) supports the circulatory system, urinary tract, and liver function. It has relaxing and calming effects.
27. **Grapefruit** (*Citrus x paradisi*) works as a mild disinfectant. Especially helpful for the urinary system, and when trying to lose weight. Benefits the nervous system during stressful situations. Diffuse for a refreshing, uplifting aroma. Like many cold-pressed citrus oils, it has unique fat-dissolving characteristics.
28. **Helichrysum** (*Helichrysum italicum*) (Electromagnetic Freq: 181 MHz) has been studied in Europe for regenerating tissue and improving skin conditions, nerves, and circulation. It is best known for its effect on bruises, wounds and other injuries, as well as for reducing pain. Also, known as an excellent cell regenerator and helps reduce formation of scar tissue.
29. **Hyssop** (*Hyssopus officinalis*) (70% monoterpenes) is another Biblical oil, noted for its antiseptic properties. (Purge me with hyssop, and I shall be clean: wash me, and I shall be

whiter than snow. Psalms 51:7) It has been studied for supporting the respiratory system.

30. **Idaho Tansy** (*Tanacetum vulgare*) stimulates a positive attitude and a general feeling of well being. This oil has been used extensively as an insect repellent. According to E. Joseph Montagna's *The Herbal Desk Reference* on herbal formulas, it may help numerous skin conditions and tone the entire system.
31. **Jasmine** (*Jasminum officinale*) is an "absolute" extracted from the flower and is an essence rather than an essential oil. It is good for sensitive skin and can also be uplifting and stimulating. Considered an aphrodisiac for centuries, Jasmine supports the nervous system and is helpful for women going through menopause.
32. **Juniper** (*Juniperus osteosperma* and/or *J. scopulorum*) (Electromagnetic Freq: 98 MHz) (42% monoterpenes) may work as a detoxifier and cleanser that also benefits the skin. It has also been used to support proper nerve function.
33. **Laurus Nobilis** An essential oil used for fragrance in cosmetics and perfumes. Ancient Greeks and Romans used leaves of the laurel tree to crown their victors. Both leaves and berries were used to improve appetite and calm digestion. *Laurus nobilis* has antiseptic properties.
34. **Lavender** (*Lavandula angustifolia*) (Electromagnetic Freq: 118 MHz) is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has also been clinically evaluated for its relaxing effects. It may be used to cleanse cuts, bruises, and skin irritations. The fragrance is calming, relaxing, and balancing -- physically and emotionally. Makes an excellent rub for sprains, strains, and sore muscles (used in a carrier oil) and goes well mixed with Tea Tree Oil (*Melaleuca*). Can be taken internally (1 to 3 drops in a cup of water) for headaches and even migraines. A few drops for a gargle works really peachy.
35. **Ledum** (*Ledum groenlandicum*) has been used for years in folk medicine. As a tea, ledum soothed stomachs, coughs, and hoarseness. It was also believed to stimulate the nerves.
36. **Lemon** (*Citrus limon*) has antiseptic-like properties and contains compounds that have been studied for their effects on immune function, lymphatic, circulatory, and digestive systems. Is antibacterial and may serve as an insect repellent as well as being beneficial for the skin. Diffuse or add a few drops to a spray bottle to deodorize and sterilize the air. Add two drops to soy or rice milk for purification or combine with peppermint (*Mentha piperita*) to provide a refreshing lift. Use for removing gum, oil, or grease spots. Add to food or soy or rice milk as a dietary supplement or flavoring. CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.
37. **Lemongrass** (*Cymbopogon flexuosus*) is used for purification and digestion. Research was published in *Phytotherapy Research* regarding topically applied lemongrass and its properties.
38. **Marjoram** (*Origanum majorana*) is used for supporting the muscles and the respiratory system. It assists in calming the nerves and is antiseptic.
39. **Melaleuca** (*Alternifolia*) Highly regarded as an antiseptic essential oil. Has high levels of terpinenol, which is the key active constituent. Famous for its beneficial effects on immune system; excellent disinfectant and cleaners. Tea tree oil has been highly praised for a wide

variety of healing uses. Some people find the oil irritating when used full strength and need to dilute it with oil, but many people use it straight on athlete's foot, insect bites, arthritis pain, burns, cuts, nail fungus warts and sprains. You might wish to first test your sensitivity. If a rash develops using a small amount, you can dilute with a carrier oil (olive, almond, etc) Diffuse or apply topically. Safe for use on children and pets.

40. **Melaleuca** (*Ericifolia*) (formerly known as Australian Rosalina) is a relatively unknown essential oil with antiseptic and calming properties. This variety of melaleuca oil is exceptionally gentle and nonirritating to the skin and is used by the well-known essential oil researcher Daniel Penoel, M.D., to support the respiratory system. Diffuse or apply topically on location or to the temples, wrists, throat, face, and chest. For a whole body massage, dilute four to eight drops in 30 ml of carrier oil. Add several drops to bath water.
41. **Melissa** (*Melissa officinalis*) (Electromagnetic Freq: 102 MHz) Uplifting, mood enhancing, *Melissa officinalis* is also called lemon balm because of the lemony smell of its leaves. It is a costly essential oil because of the large volume of plants needed to produce small quantities of oil. Beware of inexpensive offerings of melissa, since it is often adulterated with lemongrass and citronella. Melissa Essential Oil is excellent for restoring a calm and relaxed feeling. It relieves occasional nervous tension and has been found helpful for the relief of occasional sleeplessness. Melissa is often used as a digestive aid and helps with occasional heartburn, gas, bloating, and feelings of fullness. True therapeutic-grade Melissa is highly effective and greatly valued.
42. **Mountain Savory or Winter Savory** (*Satureja montana*) has been used historically as a general tonic for the body.
43. **Myrrh** (*Commiphora myrrha*) (62% sesquiterpenes) is an oil referenced throughout the Old and New Testaments (A bundle of myrrh is my well-beloved unto me. Song of Solomon 1:13). The Arabian people used it for many skin conditions, such as wrinkled, chapped, and cracked skin. It has one of the highest levels of sesquiterpenes, a class of compounds that has direct effects on the hypothalamus, pituitary, and amygdala, the seat of our emotions. Myrrh is widely used today in oral hygiene products. It is emotionally strengthening and empowering; prized since ancient times; antiseptic, anti-bacterial, anti-viral, anti-fungal, and anti-inflammatory; has traditionally been used for aging skin (not for use during pregnancy). Like Frankincense, this is an excellent weapon in your arsenal to battle cancer.
44. **Myrtle** (25% monoterpenes) has been researched by Dr. Daniel Penoel for its effects on hormonal imbalances of the thyroid and ovaries. It has also been researched for its soothing effects on the respiratory system. Myrtle may help with chronic coughs and respiratory tract ailments. Apply topically, diffuse, or use in a humidifier. Suitable for use on children.
45. **Neroli** Fresh, floral aroma brightens spirits and clears the mind. Supports the body under stress and enhances skin tone.
46. **Nutmeg** (*Myristic fragrans*) helps support the adrenal glands for increased energy. Historically, it has been used to benefit circulation and muscle aches and pains. It also helps to support the nervous system and may assist in overcoming nervous fatigue. Apply topically mixed with Massage Oil Base. Add to food or soy or rice milk as a dietary supplement or flavoring.

47. **Orange** (*Citrus sinensis*) brings peace and happiness to the mind and body. It has been recognized to help a dull, oily complexion. Diffuse or apply topically on location, or add to food or soy or rice milk as a dietary supplement or flavoring. CAUTION: Citrus oils should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 72 hours.
48. **Oregano** (*Origanum compactum*) (60% phenylpropanoids) is highly damaging to many kinds of viruses and was recently shown in laboratory research conducted at Weber State University, Ogden, Utah, to have a 99 percent kill rate against in vitro colonies of *Streptococcus pneumoniae*, even when used in 1 percent concentration. (*S. pneumoniae* is responsible for many kinds of lung and throat infections.) It is antibacterial, antiviral, containing 31 known anti-inflammatories, 28 antioxidants, and 4 potent COX-2 inhibitors. Apply topically neat to bottom of feet. Mix with Massage Oil Base if applied elsewhere on the skin. May be used undiluted in Raindrop Technique. Add to food or soy or rice milk as a dietary supplement or flavoring. DO NOT use with children under 5.
49. **Patchouli** (*Pogostemon cablin*) (71% sesquiterpenes) is very beneficial for the skin and may help prevent wrinkled or chapped skin. It is a general tonic and stimulant, helps the digestive system, fighting candida (yeast) infections, and benefits the nervous and glandular systems. It has antiseptic properties and helps relieve itching.
50. **Pepper, Black** (*Piper nigrum*) (74% sesquiterpenes) is a stimulating, energizing essential oil that has been studied for its effects on cellular oxygenation. It has been used for soothing deep tissue muscle aches and pains.
51. **Peppermint** (*Mentha piperita*) (Electromagnetic Freq: 78 MHz) (45% monoterpenes) (25% phenylpropanoids) is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Other scientists have also researched peppermint's role in affecting impaired taste and smell when inhaled. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals. It is beneficial to the sinuses and muscular system, and especially useful for women during monthly cycles or menopause. Diffuse. Massage on the stomach or add to water or tea for supporting normal digestion. Apply to bottom of feet to cool off on a hot day. Rub on temples for a calming effect, or place several drops on the tongue as an invigorating pick-me-up. A wonderful flavoring and preservative. Avoid contact with eyes, mucous membranes, or sensitive skin areas. DO NOT apply neat to a fresh wound or burn.
52. **Petitgrain** (*Citrus aurantium*) is an oil derived from orange leaves, has antiseptic properties and re-establishes nerve equilibrium.
53. **Pine** (*Pinus sylvestris*) (30% monoterpenes) was first investigated by Hippocrates, the father of Western medicine, for its benefits to the respiratory system. In 1990 Dr. Penoel and Dr Frachomme described pine oil's antiseptic properties in their medical textbook. Pine is used in massage for stressed muscles and joints. It shares many of the same properties as *Eucalyptus globulus*, and the action of both oils is enhanced when blended. Promotes alertness and mental focus; benefits respiratory and urinary system. Not to be used by children under 5. Can be a

strong skin irritant. Avoid oil adulterated by turpentine, a low-cost but potentially hazardous filler.

54. **Ravensara** (*Ravensara aromatica*) is referred to by the people of Madagascar as the oil that heals. It has antiseptic properties and is supporting to the nerves and respiratory system.
55. **Rose** (*Rosa damascena*) (Electromagnetic Freq: 320 MHz) has a beautiful fragrance that is intoxicating and aphrodisiac-like. Rose helps bring balance and harmony. In his clinical practice, Dr. Penoel uses this oil for the skin. It is stimulating and elevating to the mind, creating a sense of well-being. It has been called the Queen of oils for women's concerns, establishing harmony throughout the body no matter what life brings. It is also great for circulation and skin care.
56. **Rosemary** (*Rosmarinus officinalis* CT 1,8 cineol) has been researched for its antiseptic properties. It may be beneficial for the skin and for helping overcome mental fatigue. Beneficial for the circulatory, nervous, and muscular system. Has a history of use over the centuries for hair and skin. NOT TO BE used with high blood pressure or epilepsy.
57. **Rosewood** (*Aniba rosaeodora*) is soothing and nourishing to the skin. It has been researched at Weber State University for its inhibition rate against gram positive and gram negative bacterial growth.
58. **Sage** (*Salvia officinalis*) has been used in Europe for numerous skin conditions. It has been recognized for its benefits of strengthening the vital centers and supporting metabolism. It may also help coping with despair and mental fatigue.
59. **Sandalwood** (*Santalum album*) (90% sesquiterpenes) is high in sesquiterpenes and has been researched in Europe for its ability to oxygenate a part of the brain known as the pineal gland, the seat of our emotions. The pineal gland is responsible for releasing melatonin, a powerful hormone that enhances deep sleep. Sandalwood is similar to frankincense oil in its support of nerves and circulation. It was used traditionally for skin revitalization, yoga, and meditation, and has been found to help remove negative programming from the cells (again, another cancer weapon). Also traditionally used for urinary and respiratory systems.
60. **Spearmint** (*Mentha spicata*) oil helps support the respiratory and nervous systems. It may help open and release emotional blocks and bring about a feeling of balance.
61. **Spikenard** (*Nardostachys jatamansi*) (93% sesquiterpenes) is highly regarded in India as a perfume, medicinal herb, and skin tonic. Highly prized at the time of Christ, it was used by Mary of Bethany to anoint the feet of Jesus before the Last Supper. This relaxing, soothing oil helps nourish and regenerate the skin.
62. **Spruce** (*Picea mariana*) (38% monoterpenes) oil helps support the respiratory and nervous systems. Its aromatic influences help to open and release emotional blocks, bringing about a feeling of balance.
63. **Tangerine** (*Citrus nobilis*) is a calming essential oil. It helps with anxiety and nervousness.
64. **Tarragon** (*Artemisia dracunculus*) has been used in Europe for its antiseptic functions.

65. **Thyme** (*Thymus vulgaris*) is one of the most antiseptic essential oils and very high in antioxidant rating. It contains thymol, which has been studied for its effect on gingivitis and plaque-causing organisms in the mouth. It may be beneficial in helping to overcome fatigue and exhaustion. Sharp and woody aroma, helps improve circulatory, immune, skeletal, respiratory and nervous systems; anti-microbial use for infections and disinfectant use; dilute with water to clean and disinfect surfaces; especially good to use in a sickroom; makes a good massage oil as it stimulates circulation and can be used to clean burns and wounds; inhaled, it aids in asthma attacks and is a good choice if you are recovering from pneumonia.
66. **Tsuga (Canadensis)** (*Tsuga canadensis*) is distilled from the leaves and twigs of the conifer tree commonly called **hemlock**. The bark from the hemlock tree was used by American Indians to make poultices for wounds and sores. Tsuga essential oil is used in liniments.
67. **Valerian** (*Valeriana officinalis*) is a root that has been used for thousands of years for its calming, relaxing, grounding, and emotionally balancing influences. During the last three decades, it has been clinically investigated for its tranquilizing properties. Researchers have pinpointed the sesquiterpenes valerenic acid and valerone as the active constituents that exert a calming effect on the central nervous system. German health authorities have pronounced valerian to be an effective treatment for restlessness and for sleep disturbances resulting from nervous conditions.
68. **Vetiver** (*Vetiveria zanioides*) (97% sesquiterpenes) has a heavy, earthy fragrance similar to patchouli with a touch of lemon. Young Living's vetiver oil is hydro-diffused under ultra-low pressure. Vetiver oil is psychologically grounding, calming, and stabilizing. Vetiver may help us cope with stress and recover from emotional traumas and shocks.
69. **Vitex** (*Vitex negundo*) is steam distilled from the inner bark, tiny branches, and leaves of the chaste tree. It has been extensively researched in Europe for its neurological effects. NOTE: Vitex is different from the extract of the chaste berry.
70. **Western Red Cedar** Referred to as the "Tree of Life." It has antiseptic properties, is nourishing to the skin, and helps promote a sense of calmness.
71. **White Fir** (*Abies grandis*) is an essential oil with antiseptic properties.
72. **Wintergreen** (*Gaultheria procumbens*) contains the same active ingredient (methyl salicylate) as birch and is beneficial for massage associated with bone, muscle, and joint discomfort.
73. **Ylang Ylang** (*Cananga odorata*) may be extremely effective in calming, balancing (the nervous system) and bringing about a sense of relaxation. This native flower of Madagascar and the Reunion Islands is symbolic of love, and the fragrant, pale yellow petals are often strewn across the marriage bed. Its soft, floral scent is often used in men's fragrances as an alternative to the sweeter and more feminine rose. Ylang Ylang affects the glandular system, great for hair and skin, stimulates adrenal glands, but at the same time can be used for insomnia and pain. Has been known to have good results for impotence and frigidity. Taken internally, it has been said to lower blood pressure, alleviate problems with PMS, and ease intestinal infections. For depression, rub a drop or two between your palms and inhale the warm aroma.

