

# Essential Oils & Aromatherapy

Compiled by Peter Brodhead CN

*Notes from the Tim Bleckley lecture on Aromatherapy from a lecture given at Expo East 2005 Washington DC September 2005 & a lecture done at Brighter Day in the fall of 2004. Tim Bleckley is an herbalist and works for Frontier Herbs who owns Aura Cacia a high quality essential oil company*

**History of Aromatherapy** - When Maurice Gattefosse a Frenchman in 1910 burned himself he dipped his hand in pure lavender oil and found it extremely helpful for the burn. Lavender disperses heat and is great for burns. The French are the world leaders in essential oils. The biggest growers of **lavender oil** are Bulgaria and the Ukraine. The Ukraine is the largest producer of quality lavender oil in the world now. Provence France now produces Lavandin not lavender. Essential Oils are complex and typically contain about 160 constituents.

**General Facts: How long do Oils last** – basically forever most essential oils contain so many anti-oxidants they are perfectly good for a long, long time 30 – 40 – 50 years. The exception to this rule is **Citrus Oils** and the **Conifer Oils**; **Citrus oils** can go rancid in 2 to 4 years. **Patchouli Oil** and **Vetiver Oils** get better with age. 1-year-old **Patchouli** is generally a lousy quality – the older the age the better for Patchouli Oil. Most Oils are steamed distilled but citrus oils are cold pressed.

**How much oil is in a bottle** - A white 15ml bottle contains 450 drops of an essential oil. If you use 10 drops a day that's a 45-day supply.

**How many drops to put in a bathtub** – err on the side of caution – **Rosemary** put only 2 or 3 drops. **Lavender** is totally non-irritating and you can put more into it. **Geranium, Palrosa** are other mild oils and can be used in bigger doses in a tub

**Can essential oils be applied directly to the skin?** Try the oil on your elbow 1<sup>st</sup>. if it doesn't become red and irritated its ok or put it on a sensitive area – if it doesn't bother it – it is probably ok. **Thyme, Oregano, Cinnamon and Camphor can burn the skin. Sage Oil** has a lot of ketones in it don't use topically day after day. **Lemongrass oil** can irritate the skin. **Lemon Oil, Grapefruit Oil & Bergamot Oil** applied directly to the skin will cause sunburn if you go outside after putting it on. **Lemon Oil** is the cheapest oil on the market and it's a good anti-microbial add it to cleaning products.

To make a diluted oil use 20 drops of essential oil in 1 oz of carrier oil. The best carrier oils are – jojoba, almond oil & avocado oil – use unrefined oil. Jojoba oil – never goes rancid – it's a liquid wax. It keeps the oil good forever!

If you are using an anti-inflammatory oil like **Chamomile Oil** diluting it is an excellent idea because you can cover a larger area of the body with it to act as an anti-inflammatory.

**What parts of the body are the best absorption places?** Underarms, groin, hair places & the bottom of the feet. Stomach, chest and butt are the worst places. Exercise and sweating will help with absorption. Essential Oils are great anti-microbials and make great underarm deodorant. Moisture and heat help with absorption.

**Essential Oils can be used on minor wounds** – they sterilize the wound and help it heal – they are great emollients all essential oils are anti-microbial and anti-bacterial

**When applied topically** essential oils stay in your system for 60 to 90 minutes: They cross the blood brain barrier quickly for the mental emotional support. Oils like **Rosemary** and **Basil** are outstanding anti-oxidants and can be used that way.

Put oils in hot water and soak your feet in them.

**Spray bottles** are a way to put the oils into water and spray it. To use cinnamon oil diluted use 10 drops for 1oz. Eucalyptus oil put 20 drops in 1oz of water.

**Diffusers** – are an excellent way of dispersing essential oils into the air. rosemary and peppermint to stimulate your mind and will kill mold and bacteria. Cinnamon oil is one of the most potent oils to kill bacteria in the air – but it is one of the most potent and irritating to the skin when put directly on it (dilute!,dilute!)

**Do not put essential oils in direct sunlight** - it can change their constituents. When light gets to **Tea Tree Oil** it – it becomes irritating. **Tea Tree Oil** in clear glass – can convert into an irritant – if you buy it in clear glass – store in a dark cabinet.

**How do you know that your essential oils are authentic and totally pure** - Gas Chromatography HPLC is the best test you can do for essential oils. Aura Caica does HPLC testing on all of their essential oils – every single batch of every single oil.

**What are the most anti-microbial essential oils** – Cinnamon, Thyme, Oregano, Sandalwood, and Clove

**Why are some oils so expensive** - Expensive oils are because the plant doesn't have a lot of oils – it takes an acre of roses to make 1 oz of pure rose oil absolute.

**Adulteration** - roughly 30% of all oils today are adulterated. 50% of Lavender is adulterated – out of 46 oils tested by Aura Cacia 23 were adulterated. Cheaper botanicals are substituted, Lavandin is substituted for Lavender. Fragrances are commonly synthetically made in a laboratory and solvents are added to the oils. They aren't safe. Solvents are odorless, they are cheap and available.

**How are oils adulterated?** Solvents are cheap additives Diethyl phthalate (DEP) – is the most common adulterant in both oils and body care products in general. All companies should test for the quality of the product by a laboratory. Diethyl-phthalate (a good article was written by Andrew Weil MD) is the compound is most commonly found in the bodies of women in the child bearing years. **Phtalates** are irritating to the skin. They most likely are carcinogenic. They affect male and female fertility. **Nitro Benzene** – it smells like almond. A cheap almond smelling commercial skin product most likely contains nitro benzene – it is a known carcinogen.

Wintergreen and anise are adulterated nearly 100% of the time now. With high priced oils spiking is commonly done. Spiking is when you take the top note of an oil and add it to a solvent or an oil – it generally smells really strong.

Other common solvents are – Propylene Glycol (DPG) Diethylene Glycol Isopropyl Mystratlae. If you see the product and it lists fragrance but not an essential oil. Fragrance is a synthetic product made in a laboratory.

**Safety** – Oils are generally not dangerous except cinnamon, thyme and oregano. Wintergreen taken orally is the single most toxic oil when it's taken internally (even though it is put into gum and foods). Bergamot and Lemon Oil will cause photosensitivity (sunburn). Watch out for citrus oils – lemon and grapefruit they cause photosensitivity. Orange and Mandarin Orange Oils don't

cause sunburn. Tangerine Oil is generally like Orange Oil. **Be careful with oils in pregnancy.**  
**Use safe oils like lavender oil.**

**What is the best essential oil to repel bugs - *Lemon Eucalyptus*** is a species of Eucalyptus (*Eucalyptus Citriadora*) is the best oil as a mosquito and bug repellent – the world health organization has found that it is just as effective as DEET with no toxicity. Tim Beckley has personally found it to be 100% effective against mosquitoes and small biting flies. It has no coumarins in it and causes no photosensitivity.

***Use a pretty concentrated dose a 10% dose.*** What is a 10% dose – put 100 drops of oil per 1oz with water or mix with Palmarosa Oil, which is a good repellent. He will mix 60 drops of lemon eucalyptus with 20 drops of palmarosa and 20 drops of citronella. It works incredibly well with mosquitoes or any other flying bug.

### **Individual Essential Oils:**

**Basil** is great also as an anti-oxidant as is Rosemary. *They both will act as systemic anti-oxidants and work for 90 minutes after they are applied on the skin.* There is not a better way to take an anti-oxidant – its so systemic it's very economical. **Sweet Basil** – mainly is a stress remedy.

**German Chamomile** is a fantastic anti-inflammatory. Arthritis, Tendonitis, - Tim uses it every day and blends it with wintergreen oil which is a good analgesic. **Chamomile** is the best anti-inflammatory oil there is.

**Cassia Bark (cinnamon oil)** is our strongest anti-microbial oil. It is the ultimate anti-bacterial. It will burn right through the skin. ***It has to be diluted more than any other essential oil.*** 1 drop of cinnamon oil in the bathtub will burn the heck out of your skin. It is a very harsh oil. In a study done with cinnamon oil and antibiotic resistant bacteria. It killed about 75% of the bacteria in 1 study. It is difficult to use. ***It is a great oil to use in your airspace – it can be safely used this way to kill bacteria and fungus in the air. Don't touch it directly.*** It is bark oil not leaf oil. The bark oil is 30X stronger than the leaf. The leaf is similar to clove oil.

**Clary Sage** is a powerful euphoric (consume it with a little beer) it's a great anti-spasmodic also. Good for menopausal symptoms because its good for mood swings. Its famous for perfumes today because of a compound called scleriol, which is like ambergris (from whales). A very safe oil.

**Clove oil.** The bacteria really causes pain. Use for toothaches (**clove oil**).

**Facts about Lavender** - *Lavandula angustifolia* is the official name for English lavender. Lavandin is a hybrid between English and Spike Lavender. English Lavender - the true lavender has basically no camphor in it. Spike Lavender has about 40% camphor in it -camphor is not a mild soothing agent. The hybrid has about 20% camphor in it. It can be irritating on burns – people can be allergic to it. If you want to put lavender on - you want to use pure lavender. Pure lavender can be used directly on hemorrhoids it is so gentle on the skin. Use lavender on burns and during pregnancy. *Lavandula agustafolia* is true lavender. French Lavender is almost always lavandin and lavandin botanically is a hybrid.

**Lavender** - If you don't know what oil to use – use lavender – what' doesn't it do – its calming, soothing, great for burns, emollient for wounds, its anti-allergenic for skin allergies, anti-inflammatory. It's a good anti-oxidant; it's a good anti-microbial too. He always carries it with him. When he travels – he sterilizes his fingers with it. He puts it in his beard when he flies on a

plane to kill the bacteria and viruses on the plane he might be breathing. As the oils volatilize – they kill molds and bacteria.

**Lavender** is anti-inflammatory. A great anti-oxidant and anti-microbial, Tim Bleckley puts it on his mustache and beard when he flies on the plane. Its volatile oils will kill pathogens. **Lavender** is anti-allergenic. It's so safe you can't overdose on it. Insomnia, Depression, Headaches, Sore muscles, Eczema, Psoriasis, it soothes the stomach. **Lavender** doesn't irritate the skin. Lavender contains 150 constituents – oils are too complex the bacteria can't outsmart an oil. Use for Headaches, Acne, it is better than Tea tree for acne Lavender – eliminated burn problems – cancer therapy radiation burns

**Lemon** - great oil – it makes you work harder. Its great for cleaning things for hotels he puts 10 drops in the tub and wipes it rinses and fills the tub.

**Lemon Grass Oil** has at least 100 studies on it showing its efficacy as an anti-microbial oil. It also stops the replication of the Herpes Virus and Candida Albicans. Lemon Grass Oil will irritate the skin – it must be diluted.

**Jasmine** is one of the most soothing oils there is. If you are stressed out – just the smell of Jasmine will have a greater effect on lowering your stress level than any other oil. Applied topically it may have an even greater effect. **Jasmine** is very relaxing – the scent alone will cause you to relax. It has been found to prevent seizures in epileptics.

**Myrrh** – is a great anti-microbial and good for the gums.

**Noroli** – a good anti-depressant

**Orange Oil** helps people work harder

**Palmarosa** – great for acne – it's the perfect essential oil for the skin (acne to dry skin) Its great for mosquitoes.

**Peppermint Oil** is the single best gargling oil – it leaves your mouth refreshed and kills bacteria. There isn't any reason to use commercial oil when you have essential oils. 2 or 3 drops in a little water to gargle with. Its good for nausea and a carminative. 1 drop of peppermint oil swallowed will make you burp or fart. It's cooling – if you have to be on your feet all day long put a drop in your socks – it will keep you cool. Put it in the instep on your sock only 1 or 2 drops. It's a vaso-constrictor so spraying yourself it will cool you down - but it stops sweating so be careful with it when you are outside.

**Peppermint and Cinnamon** are the perfect road rage formula – if you are stressed out and want to shoot someone when you're driving – these are for you.

**Rosemary** – is a mental stimulant. It's very good for boring meetings, its very effective in a car to keep you mentally alert. It is the most effective anti-oxidant we have along with sweet basil oil and a good anti-microbial on the skin - it's a little irritating on the skin dilute it a bit first.

**Rosewood** is the highest oil in linoleole a very relaxing oil. The Brazilian government is working to protect the tree. They have a GPS co-ordination of every tree. Harvesting has to be regulated.

**Rose – absolute – its great for damaged skin – ultra irritated areas.** It is soothing and calming, it has been found to lower high blood pressure and its very safe. What is the difference

between Rose Otto and Rose absolute? Aura Caicia now blends the Rose oil with Jojoba to make it affordable. Rose Otto is steam distilled. Absolute is an alcohol-extracted oil. Rose Absolute smells just like the flower. **Rose** is good for radiation burns and lowers blood pressure and anti-depressant and its great added to Vanilla Ice Cream  
Add 1 or 2 drops to it.

**Sandalwood** is way underutilized (it is very expensive). Recent studies have been done with sandalwood in treating herpes. **Sandalwood** will stop the replication of the herpes virus 100% of the time. It will stop herpes from spreading. It is an incredible anti-fungal agent also. **Sandalwood** can be used in smaller concentrations than any other oil including Tea Tree Oil; it stopped Candida Albicans from spreading. It's great for athletes by far because when you can apply it, it is very viscous, it stays on for a long period of time. It's a good anti-bacterial agent. Historically its been used on acne. Tim Bleckley doesn't think there is a safer and more effective anti-microbial agent than sandalwood right now. It is so safe to use. It can be put on the lips and sucked on all day long.

#### **Other essential oils:**

**Australian Blue Cypress** – insect bites anti-spasmodic

**Carrot Seed** is a specific for dry skin –(it is a very interesting scent)

**Geranium** – anti-stress

**Mandarin Orange** – its relaxing and an anti-spasmodic

**Orange Bergamot** – very calming, soothing and anti-depressant. **Australian Blue**

**Rosewood** – Its loaded with the same thing lavender has and it's very healing to the skin.

**Wintergreen** – used for osteoarthritis

**Ylang Ylang** – **Jasmine** – **Cardamin** - a love blend

#### **Conditions**

**Anti-oxidants** - *Rosemary, Nutmeg, Oregano, Marjoram, Thyme, Clove, Lavender*

**Athletes Feet** - *Tea Tree Oil and Sandalwood* use them together or separately apply it every day 2 to 3 or 4x a day. **Put the oils in cornstarch and put them in your socks.**

**Kill Fungus** – Tea Tree 50 – Palmarosa 30- Cassia 3 drops **Toe Nail Fungus** – soak the nails in the formula for 30 to 60 minutes – you have to soak your feet in it. Palmrosa – tea tree and lavender 1 drop added to a carrier oil added in a capsule can be taken internally – for internal funguses – Thyme and Oregano Oils can be used on the feet but dilute them 1<sup>st</sup>.

**Burns** – Aloe is good – lavender is better. It is the best for burns.

**Car driving** – **Rosemary with Peppermint.** to keep you mentally alert.

Test yourself with your elbow – lavender

**Headaches** – Lavender and Peppermint – Jasmine is good also as well as rose.

**Menopause** – Clary Sage, Lavender and Rose all calming and soothing. Peppermint will sooth hot flashes because it will cool the body off as a spray.

**Sciatica** – Ginger, Turmeric, Chamomile. Wintergreen and Rosemary – apply at the place of pain.

**Spasm** – menstrual cramps – Roman Chamomile, Clary Sage, Lavender, Mandarin Orange. Kava is a great anti-spasmodic.

**Tea Tree Oil** will kill ring worm in 24 hours – apply it non-stop

**Varicose veins** – Blue Cypress

**Yeast infections** – thrush and ringworm on the skin. Lavender, Palmorosa, Chamomile and Sandalwood. **Oils for a yeast infection** – Palmarosa – Lavender-Tea Tree – Geranium Mix 2 drops of each in a sponge or a suppository and insert into the vagina

### Oral Consumption

**Thyme and Oregano Oils** are the most commonly consumed of any essential oils today orally. Oregano Oil is the most toxic oil you can consume orally. Because the compounds found in oregano (phenolic). It is toxic to the liver. The 2 oils are almost identical and can be used interchangeably. They have to be diluted. Red Thyme is a lot hotter than white thyme and will absolutely burn your skin. Most oregano oil sold today is thyme oil.

### Scent

**Grapefruit** – in one study – done with women – not men. When women put the oil on – people perceived them to be 6 years younger on average in age than they were. Grapefruit has a component in it not found in any other essential oil.

**Oils in cooking** – There are several books out on it now. If you bake with them they will evaporate. There is a book called the essential oil cookbook.

Try putting **Lavender and Rose** in chocolate.

Try **Rose Oil** with vanilla ice cream.

Try them in salad dressings – batters with fish and chicken.

If you are cooking use it at the end so the fragrance doesn't evaporate off.

*Oils that have Jojoba in them – don't cook with them – Jojoba doesn't taste go*

**Best comprehensive book on the topic** - The complete aromatherapy book – 2<sup>nd</sup> edition – by Salvatore Battaglia