

# Essential Oils Overview Home Study Course

10 CE Hours  
Text and Online Study Guide

Presented by the:  
*Center for Massage Therapy Continuing Education*

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It is the responsibility of the practitioner to determine the appropriateness of the principles presented in terms within the scope of practice. This information is in no way meant to diagnose or treat medical conditions.

## **Instructions for the Essential Oils Overview home study course**

Thank you for investing in the Essential Oils Overview home study course, a 10 CE hour course designed to further your knowledge on the subject of essential oils and aromatherapy and how they relate to the practice of massage therapy. This course is not meant to teach advanced hands on techniques or advanced aromatherapy practices. It is meant to introduce you the essential oils and how they can be used.

This guide will contain all of the instructions you will need to complete this course. This is a 10 CE hour course, so that means it should take you approximately 10 hours to read the text, complete the examination and course evaluation.

PLEASE READ THE FOLLOWING DIRECTIONS FOR COMPLETION OF THIS COURSE.

### **The following are steps to follow in completing this course:**

- 1. Read the instructions and review the text and exam.**
- 2. Access the online examination in your account at [www.massagetherapyceu.com](http://www.massagetherapyceu.com).**
- 3. Complete your examination and print your certificate. The exam is open book and there is no time limit for completion.**

You must pass the exam with a 70% or better to pass this home study course. You are allowed to access and take the exam up to 3 times if needed. There is no time limit when taking the exam. Feel free to review the text while taking the exam. There are no trick questions on the exam. All of the answers are clearly found in the text. The exam is also included at the end of the text for review before taking the exam.

It is advised to answer the exam questions in the study guide before testing online. That way, when you are testing you do not have go back and forth through the online exam.

Good luck as you complete this course. If you have any questions please feel free to contact us at 866-784-5940, 712-490-8245 or [info@massagetherapyceu.com](mailto:info@massagetherapyceu.com). Most state boards require that you keep your “proof of completion” certificates for at least four years in case of audit. Thank you for taking our Essential Oils Overview home study course.

# Essentials Oils Overview Text

## Introduction

Essential oils are some of the oldest and most concentrated natural extracts known. They have been used globally throughout history in healing and anointing. In the United States, since the creation of prescription drugs and antibiotics, essential oils have largely been overlooked.

In the last decade, there has been a renewed interest in essential oils. One reason the demand for essential oils has increased is due to health conscious consumers looking for natural and effective options in healthcare.

Researchers, massage therapists, and other healthcare professionals recognize their value. Various essential oils are known to have antimicrobial, antiviral, antibacterial, antifungal, anti-inflammatory, immune stimulating, and even hormone balancing properties. They have a profound effect on the central nervous system. Essential oils can decrease pain, release muscle tension, and provide emotional relief.

## What's covered in the Essential Oils Overview course?

The Essential Oils Overview course provides basic information about essential oils and how to use them in massage therapy practice. The following topics are covered:

- What is an Essential Oil?
- Therapeutic Grade Essential Oils
- What is a Carrier Oil?
- Essential Oil Application Methods in Massage Therapy Practice
- Sample Client Handouts for Massage Therapy Practice
- Main Chemical Constituents of Essential Oils and Their Effects
- Guidelines for Safe Essential Oil Use In Massage Therapy Practice
- Common Single Essential Oils
- Quick Reference Caution Summary Charts of Single Essential Oils

The Essential Oils Overview course is designed to be a basic resource on the use of essential oils in massage therapy practice to reference over and over again.

## What is an Essential Oil?

Essential oils are aromatic volatile liquids distilled or made from therapeutic herbs, plants, or trees. The parts used to make the essential oils may include:

- Bark
- Berries
- Bushes
- Flowers
- Leaves
- Resins
- Roots
- Peels
- Seeds
- Shrubs
- Trees
- Wood

The chemistry of essential oils is extremely complex. Any given essential oil may contain anywhere from 80 to 300 different chemical constituents. Essential oils are also more concentrated and more potent than the dried herb they come from. This is because of the distillation process. Often, an entire plant may be used to produce just a single drop of essential oil. Because of this, it can be costly to produce essential oils.

The key difference between an herb and the essential oil of that herb is concentration. Essential oils are 100 to 10,000 times more concentrated and more potent than the herb itself. Despite this concentration, they rarely produce negative side effects. This makes them generally safe for use in massage therapy practice.

Essential oils are very different from vegetable oils like corn oil, olive oil, or almond oil in several important ways. First, vegetable oils are greasy and can clog skin pores. Essential oils are not greasy and do not clog pores. Second vegetable oils become oxidized and rancid over time. Most essential oils do not go rancid. The exception to this would be essential oils exposed to heat for extended periods of time and those not properly distilled. Lastly, vegetable oils are not antimicrobial while many essential oils are powerful antimicrobials.

Essential oils can be single oils, which are oils containing just one herb, or blend oils, which are oils containing several herbs or a synergistic formula of herbs. As a basic course in essential oils, this course focuses only on single essential oils.

## **Therapeutic Grade Essential Oils**

A therapeutic grade essential oil is one which is 100% pure (or as close as possible to 100% pure) in its chemical constituents. Therapeutic grade essential oils are the only essential oils which will produce the therapeutic benefits desired with clients in massage therapy practice.

Essential oils are small in molecular size so they easily penetrate the skin tissues. They are lipid soluble and penetrate cell membranes. Essential oils affect cells in the body within 20 minutes and are metabolized like other nutrients and drugs. Some oils contain sesquiterpenes and these terpenes can pass the blood-brain barrier.

An essential oil's purity of chemical constituents, like terpenes, is affected by many variables including but not limited to the following:

- Plant part used in production
- Soil conditions
- Geographical location or region
- Organic fertilizers
- Chemical fertilizers
- Climate
- Altitude
- Harvesting practices
- Distillation processes

The key to producing a therapeutic grade essential oil is to preserve as many aromatic compounds within the essential oil as possible. Aromatic chemicals are easily destroyed by contact with metals like copper or aluminum and by high temperatures and pressure. Because of this, essential oils must be distilled in stainless steel chambers at low temperatures and low pressures.

The plant material used to make a therapeutic grade essential oil must be free of herbicides or agrichemicals. Chemicals can mix into the essential oil and/or react with it during distillation. This results in an adulterated or inferior quality essential oil. The adulterated oils may be toxic to some massage clients. Remember, therapeutic grade essential oils are the only ones that provide the desired effects.

Standards have been established to distinguish between genuine therapeutic grade essential oils and lower grade essential oils. These standards or guidelines are known as the Association French Normalization Organization Regulation (AFNOR) and International Standards Organization (ISO). Lower grade essential oils often have similar chemical constituents and fragrance to higher quality essential oils. These standards help differentiate between the two.

It is estimated 98% of essential oils sold in the marketplace are of a lower grade and inferior quality. These lower quality essential oils must not be used for therapeutic applications as they carry potential risks. Only pure therapeutic grade essential oils should be used in your massage therapy practice for healing and therapeutic benefits.

### **How do you know if an essential oil is therapeutic grade?**

Experience with essential oils allows the sense of smell to become better at noticing the difference between a therapeutic essential oil and inferior grade oil. Until your nose is able to distinguish between the two, here are simple guidelines to help you find therapeutic grade essential oils:

- Look for oils that meet AFNOR and ISO standards
- Look for oils distilled in stainless steel
- Look for oils distilled at low temperatures and low pressures
- Buy oils from companies who do not use agrichemicals, harmful solvents, synthetics, or other chemicals in their source herbs
- Buy oils from companies who use gas chromatography (GC) performed by independent labs to analyze the purity of their oils
- Buy oils from companies who grow and distill their own organic herbs
- Don't buy oils at health food stores, beauty salons, grocery stores, or any other place where you don't know the integrity of the vendor you are purchasing from
- Ask how long the company has been making essential oils
- Note if the fragrance feels natural, delicate, rich, and organic
- Note if aromas vary from batch to batch

There are a few guidelines for keeping therapeutic grade essential oils potent longer. The shelf life of a therapeutic grade essential oil may be maximized by:

- Keeping them in a cool location as heat may damage the chemical structure of the oil
- Using dark glass bottles and storing them away from sunlight as light may damage the chemical structure of the oil
- Use a tightly sealed lid as improperly sealed bottles allow for loss of some parts of the essential oil and oxygen in the air reacts with and oxidizes the oil

### **What is a Carrier Oil?**

Carrier oils, also called massage oils, are used to dilute and extend the essential oil. This provides a safe and more efficient use of essential oils in massage therapy practice. When massaging, the oil lubricates the skin. The most common carrier or massage oils include the following:

- Almond oil, sweet
- Aloe vera oil
- Apricot kernel oil
- Avocado oil

- Calendula oil
- Coconut oil
- Evening primrose oil
- Grape seed oil, cold-pressed
- Hazelnut oil
- Jojoba oil
- Macadamia oil
- Olive oil
- Peanut oil
- Pecan oil
- Pumpkin seed oil
- Rapeseed oil
- Rosehip oil
- Safflower oil
- Sesame oil
- Sunflower oil
- Walnut oil
- Wheat germ oil
- Or a blend of any of these

## **Essential Oil Application Methods in Massage Therapy Practice**

Knowing how to properly apply essential oils in massage therapy practice will increase their effectiveness. There are basically five major essential oil application methods used. These include:

- Ingestion
- Inhalation
- Oral
- Retention
- Topical

Of these five, the two most commonly known methods of essential oil application are cold air diffusing (inhalation) and neat or undiluted (topical) application. This course explains each of the five major methods and different ways to apply the oils in each category.

### Ingestion

The ingestion method of application comes from the French model of using essential oils in therapeutic treatment. They would add a few drops of essential oil to honey, blue agave, a piece of bread, or a small amount of vegetable oil and eat it. They found the internal ingestion of the oils to be highly therapeutic. In essential oil practice today, three common ways used to ingest an essential oil therapeutically include:

- Capsule
- Rice milk
- Syrup

### *Capsules*

Ingesting essential oils via capsule is something that should be done with the supervision of a physician or an experienced aromatherapy practitioner. A naturopathic medical doctor is most likely the type of physician who will be knowledgeable about ingesting essential oils via capsule. An aromatherapy practitioner with multiple years of experience will also be knowledgeable about this delivery method.

Generally, there are two basic dosages for the gelatin capsules used indicated by capsule size. A size 0 capsule contains a 200mg dose. A size 00 capsule contains a 400mg dose. The exact dosage is prescribed by the physician or advanced aromatherapy practitioner.

A 50-50 dilution of essential oil is made by taking 1 part essential oil to 1 part carrier oil of choice. Using a clean medicine dropper both halves of the gelatin capsule are filled with the dilution of essential oil and sealed. The capsules are taken as directed.

#### *Rice Milk*

Rice milk, goat milk, or other dairy beverage may be used. Add the essential oil to the rice milk and take as directed. Typically, 3-5 drops of undiluted essential oil are added to ½ cup of rice milk. This should be done with the supervision of a physician or an experienced aromatherapy practitioner.

#### *Syrup*

Blue agave nectar, also called agave nectar or agave syrup, or Grade B (medium color class) maple syrup can be used. Blue agave nectar is a low glycemic natural sweetener derived from the agave plant and seems to work better than the maple syrup. Typically, 3 drops of essential oil is added to 1 teaspoon of nectar or syrup. This mixture is held in the mouth for 30 seconds before swallowing.

The Food and Drug Administration (FDA) monitors the use of essential oils for ingestion. They categorize the essential oils as generally regarded as safe, food additives, or flavoring agents. These three groups are approved to ingest internally as a dietary supplement. All of the single essential oils discussed in this course belong to one or more of these FDA approved categories.

To be the most cautious and safe, the ingesting of essential oils must be carried out under the direction of a knowledgeable healthcare professional. Here are general guidelines for safe oral ingestion of essential oils in massage therapy practice:

- Take orally in very small amounts as 1 or 2 drops bring significant benefits
- Dilute in vegetable oil, blue agave nectar, or rice milk to ingest
- The amount of dilution depends on how strong the essential oil is
- As a general rule for dilution, dilute 1 drop of essential oil in 4 ounces of a beverage or in 1 teaspoon of blue agave nectar
- Use no more than 2 or 3 drops in a 4 to 8 hour period

Children under six years of age should not be given essential oils as a dietary supplement. When giving essential oils orally to children over six years of age, use extreme caution and dilute the oil prior to ingestion.

Remember that essential oils must be kept out of reach from infants and children as they are extremely concentrated. If a child does ingest a large amount (more than 5 drops) of an essential oil at one time, contact the local Poison Control Center and physician immediately.

#### Inhalation

The inhalation method of application comes from the German model of essential oil use in therapeutic treatments. They would inhale or smell the essential oil in therapeutic treatments.

Studies show fragrance and aromatic compounds exert strong effects on the brain via the sense of smell. The two most notably affected areas of the brain include the hypothalamus, which is the hormone command center or master gland of the body, and the limbic system, which is the center of memory and seat of emotions.



Inhalation may be the preferred method of delivery if the treatment goal is to balance the mood and emotions, promote weight loss, or increase growth hormone secretion. Here are three therapeutic inhalation methods:

- Diffusion
- Direct
- Vapor

### *Diffusion*

Diffusion is the process of dispersing an essential oil's aroma or fragrance for inhalation. There are numerous different methods for diffusing essential oils. Each method has its advantages or disadvantages. Usually each type of diffuser can be categorized into two groups: heat diffusers or cold air diffusers. The type of diffuser to use depends on the reason for diffusing, the essential oil used, and individual budget.

Heat diffusers are inexpensive and sold anywhere incense or candles are sold. They disperse an essential oil by heating it from below. This heat excites the molecules of the essential oil until they evaporate into the air. They are not therapeutically useful since heat damages the constituents of the essential oil which are what makes the oil therapeutic. They may be a mild fire hazard. Examples include:

- Candle diffusers
- Clay pot diffusers
- Electric heat diffusers
- Lamp ring diffusers
- Steam diffusers

Cold air diffusers or nebulizers are more expensive and elaborate. Their parts include a motor which plugs into an electrical outlet and a glass nebulizer which sits on top of the motor. Essential oils are poured into a well on the motor base and dispersed into the air by pressure. The essential oil is forced through the glass nebulizer by the motor. This creates a micro-fine vapor which stays suspended in the air. When inhaled, the oils are easily absorbed. Cold air diffusers are highly therapeutic as long as therapeutic quality oils are used. A few other examples of cold air diffusers include:

- Fan diffusers
- Ultrasonic diffusers

To use a cold air diffuser, diffuse the oil neat or undiluted. Cold air diffusers are not designed to handle carrier oils as the carrier oils clog the diffuser mechanism. Adding about 20 drops of essential oil neat to most diffusers would work. Diffuse oils anywhere from 15 minutes up to 2 hours per day or as directed by physician or aromatherapy practitioner.

### *Direct*

Inhaling the essential oil directly is another common method of inhalation. The most common method of direct inhalation is to inhale directly from the bottle 6-8 times several times during the day or as prescribed.

Another method of direct inhalation is to place 2 or more drops of essential oil in the palm of hand. Rub hands together and cup hands over nose and mouth. Inhale deeply avoiding any eye contact with the oils on the hands. Inhale vapors 6-8 times.

### *Vapor*

Vapor inhalation of essential oils is also referred to as steam inhalation. The most common method of vapor inhalation is to add 3-6 drops of essential oils to a bowl of steaming hot water. Drape a towel over the head and the steaming bowl enclosing the face. Inhale the steaming vapors deeply several times rising from the bowl. To increase the vapors inhaled, add additional hot water.

Here are some ways to educate massage therapy clients about at home use of essential oil inhalation involving diffusion, direct, and vapor methods:

- Apply essential oils to a tissue, handkerchief (no synthetic fabrics), or a cotton ball and place it in air vent of car or a room in the house
- Steam inhalation or diffusion – add essential oils to a bowl of steaming hot water and inhale the steaming vapors rising from the bowl; to increase intensity of vapors inhaled, drape a towel over head and bowl before inhaling
- Wear essential oils as a perfume or cologne and inhale throughout the day by rubbing 2 or more drops of oil on the wrists, chest, neck, upper sternum, behind ears, and under nose
- Dampen a cloth, apply essential oils to it, and place near the intake duct of the heating or cooling system
- Use a humidifier or vaporizer by adding a few drops of essential oil to it (make sure to test oil in humidifier as some oils can damage plastic parts of humidifier or vaporizer)

### Oral

There are two methods of using essential oils orally. These include:

- Gargle
- Tongue Application

#### *Gargle*

To gargle with essential oils, add 2-3 drops of essential oil with 4 tablespoons of water. Shake or mix this vigorously. Gargle for 30 seconds. Some physicians or advanced aromatherapy practitioners will recommend spitting out the gargle while others recommend swallowing. Take the gargle as prescribed.

#### *Tongue Application*

Apply 1 drop of essential oil neat or undiluted to the back of the tongue with a fingertip or Q-tip. Allow the oil to combine with the saliva for one minute and swallow. This method should only be used with oils that can be taken neat. Essential oils that are safe to use neat are listed under the topical section of this course.

### Retention

There are two main methods of using essential oils by retention. These include:

- Rectal
- Vaginal

#### *Rectal*

Rectal retention of essential oils is a powerful way to absorb them. Rectal retention of essential oils should be carried out under the supervision of a physician or an advanced aromatherapy practitioner only.

For rectal retention, dilute the recommended essential oil in a 2:3 ratio, 2 parts essential oil to 3 parts carrier or massage oil. Put 1-2 tablespoons in a bulb syringe. Deliver the essential oils mixture into rectum with the syringe. Retain for up to 8 hours or overnight.

#### *Vaginal*

Vaginal retention of essential oils should be carried out under the supervision of a physician or an advanced aromatherapy practitioner only. Vaginal retention of oils may be done externally or internally.

For external vaginal retention, dilute the recommended essential oil in a 2:3 ratio, 2 parts essential oil to 3 parts carrier or massage oil. Apply 1-2 tablespoons to a sanitary pad. Wear pad for up to 8 hours or

overnight. It's best to use only non-scented, non-perfumed organic cotton sanitary pads. This method is useful for external vaginal lesions.

For internal vaginal retention, dilute the recommended essential oil in a 2:3 ratio, 2 parts essential oil to 3 parts carrier or massage oil. Apply 1-2 tablespoons to a tampon. Insert tampon into vagina and wear for up to 8 hours or overnight. It's best to use only non-scented, non-perfumed organic cotton tampon. This method is useful for internal vaginal lesions.

### Topical

The topical method of application comes from the English model of using essential oils in therapeutic treatment. They would add a few drops of essential oil into a carrier oil or vegetable oil and massage it into the body for the purpose of relieving stress and promoting relaxation.

Topical application may be the preferred method of deliver particularly in cases of spinal or muscle injury or defect. There are many methods of therapeutic topical application. These include but are not limited to:

- Neat or Undiluted
- Dilute 1:1
- Dilute 1:4
- Massage
- Acupressure
- Layering
- Compresses
- Warm Packs
- Cold Packs
- Bath
- Showers

For clarity, each of these methods is described further and in detail below.

#### *Neat or Undiluted*

In the neat method of topical application, the essential oil is applied straight or undiluted directly onto the skin surface of the affected area as directed. Neat means dilution is usually not required. An essential oil that can be applied neat is suitable for all but those who the most sensitive skin. It is also safe for children over 2 years old. The following is a list of single essential oils covered in this home study course that may be applied to the skin neat:

- Balsam Fir
- Carrot Seed
- Cedarwood
- Celery Seed
- Chamomile, German
- Chamomile, Roman
- Cistus
- Elemi
- Fennel
- Galbanum
- Jasmine Absolute
- Lavender
- Melissa
- Myrrh

- Neroli
- Patchouli
- Petitgrain
- Rose
- Rosewood
- Sandalwood
- Spikenard
- Valerian
- Vetiver
- Yarrow, Blue
- Ylang Ylang

*Dilute 1:1*

In the dilute 1:1 method of topical application, 1 part essential oil is mixed with 1 part carrier oil. Dilute 1:1 means dilution is recommended for topical and internal use at 1 part essential oil to 1 part carrier or massage oil. This is especially true when working on sensitive areas like the face, neck, underarms, and genital area. These oils must be kept out of reach of children. The following lists single essential oils covered in this home study course that may be applied to the skin dilute 1:1:

- Angelica
- Anise
- Balsam Fir
- Basil
- Bay Laurel
- Bergamot
- Cajeput
- Cardamom
- Carrot Seed
- Celery Seed
- Citronella
- Clary Sage
- Coriander
- Cumin
- Dill
- Eucalyptus
- Fennel
- Frankincense
- Geranium
- Ginger
- Goldenrod
- Grapefruit
- Helichrysum
- Hyssop
- Juniper
- Lavandin
- Lemon
- Lime
- Mandarin
- Marjoram
- Mountain Savory

- Myrtle
- Neroli
- Nutmeg
- Orange
- Palmarosa
- Pepper, Black
- Peppermint
- Petitgrain
- Pine
- Rosemary
- Sage
- Spearmint
- Spruce
- Tangerine
- Tarragon
- Tea Tree
- Tsuga
- Wintergreen
- Yarrow, Blue
- Ylang Ylang

*Dilute 1:4*

In the dilute 1:4 method of topical application, 1 part essential oil is mixed with 4 parts carrier oil. Any of the carrier or massage oils listed previously may be used. Dilute 1:4 means always dilute 1 part essential oil with 4 parts carrier or massage oil before topical application or internal ingestion. These oils must be kept out of reach of children. The following lists single essential oils covered in this home study course that may be applied to the skin dilute 1:4:

- Cassia
- Cinnamon Bark
- Clove
- Hyssop
- Lemongrass
- Mountain Savory
- Oregano
- Thyme

A few of the essential oils are listed in more than one category of application. These oils can be used safely in either method. The following table summarizes the single essential oils used in each of these first three methods of topical application.

### Single Essential Oil Topical Application Methods Summary

Neat or Undiluted	Dilute 1:1		Dilute 1:4
Balsam Fir	Angelica	Lemon	Cassia
Carrot Seed	Anise	Lime	Cinnamon Bark
Cedarwood	Balsam Fir	Mandarin	Clove
Celery Seed	Basil	Marjoram	Hyssop
Chamomile, German	Bay Laurel	Mountain Savory	Lemongrass
Chamomile, Roman	Bergamot	Myrtle	Mountain Savory
Cistus	Cajeput	Neroli	Oregano
Elemi	Cardamom	Nutmeg	Thyme
Fennel	Carrot Seed	Orange	
Galbanum	Celery Seed	Palmarosa	
Jasmine Absolute	Citronella	Pepper, Black	
Lavender	Clary Sage	Peppermint	
Melissa	Coriander	Petitgrain	
Myrrh	Cumin	Pine	
Neroli	Dill	Rosemary	
Patchouli	Eucalyptus	Sage	
Petitgrain	Fennel	Spearmint	
Rose	Frankincense	Spruce	
Rosewood	Geranium	Tangerine	
Sandalwood	Ginger	Tarragon	
Spikenard	Goldenrod	Tea Tree	
Valerian	Grapefruit	Tsuga	
Vetiver	Helichrysum	Wintergreen	
Yarrow, Blue	Hyssop	Yarrow, Blue	
Ylang Ylang	Juniper	Ylang Ylang	
	Lavandin		

#### *Massage*

Another method of topical application of essential oils is massage. Essential oil use can be added to any standard Swedish massage routine or other massage techniques. You can chose direct or indirect application of the essential oil.

For direct application, start by applying 2 drops of a single essential oil or blend oil on the skin and massage it in. For indirect application, add of few drops of essential oil to your massage or carrier oil. Remember massage oils my stain some fabrics, so use caution around client’s clothing. Either option is an excellent way to use essential oils in massage practice.

There are many possible dilution ratios to use for indirect application in massage therapy practice. Here are a few examples:

- Add 15-30 drops of essential oil to 1 ounce of preferred carrier or massage oil
- Add 1-3 drops of essential oil to 1 teaspoon of pure carrier or massage oil
- Dilute 1:1 ratio, 1 part essential oil to 1 part massage oil
- Dilute 1:4 ratio, 1 part essential oil to 4 parts massage oil
- Any ratio or dilution that works for you and your clients

#### *Acupressure*

Combining the three modalities of massage, acupressure, and essential oils makes for a powerful and beneficial treatment. As you are progressing through your normal Swedish massage routine or another

standard routine, pick acupressure points to include in the treatment. For further information and a basic overview of acupressure point locations and indications, please refer to our *Acupressure Basics* or *Seated Acupressure* home study courses.

After you have selected points to include, apply 1-3 drops of essential oil to the acupressure point with a finger. You can also use an auricular or ear probe (commonly used in acupressure and acupuncture) to disperse the oils and enhance application. Press each point firmly for about 15 seconds or until you feel the point release. Do not apply pressure to the point for too long. Once the acupressure stimulation is complete, massage the general area with an essential oil and massage oil dilution.

### *Layering*

Layering is an effective way to apply multiple essential oils directly to the skin. This technique can be used in any standard massage routine and consists of applying multiple oils at one time. Apply one essential oil over the area and massage it into the tissues until the area is dry. Next, apply a second oil over the area and massage it into the tissue until the area is dry. Lastly, layer on the third oil and repeat the process.

### *Compresses*

A compress can be hot or cold. They are used to decrease muscular pain, increase blood and lymph circulation, reduce pain, and help sprains. It entails folding a towel into a pad, wetting it with either hot or cold water, and applying it to the treatment location. There are two ways to use a hot or cold compress with essential oils.

The first type is a stronger treatment. Massage 1-3 drops of essential oil on the location neat. Soak a towel in hot or cold water. Wring the towel out and fold it into a pad. Apply the towel pad to the location being treated. Cover the hot or cold wet towel with a dry towel for 10 – 15 minutes.

With the stronger treatment, as the oil penetrates the skin, the massage client may feel a warming or burning sensation. If this becomes too uncomfortable for the client, remove the towel and apply a little massage oil on the area to disperse the essential oil.

The second type is a gentler treatment useful for children and those with sensitive skin. Place 5-15 drops of essential oil into a basin of hot or cold water. Agitate the water vigorously and let it stand for 1 minute. Place a dry towel on top of the water to soak up the essential oils that have floated to the surface. Wring out the water and apply the towel to the location. Cover the hot or cold wet towel with a dry towel for 10 – 15 minutes.

A final type of treatment is also a gentle treatment. Dilute 1 part essential oil with 4 parts carrier or massage oil. Apply 8-10 drops of the mixture on the treatment area. Soak a towel in hot or cold water. Wring the towel out and fold it into a pad. Apply the towel pad to the location being treated. Cover the hot or cold wet towel with a dry towel for 10 – 15 minutes. Then cover the wet towel with a dry towel for 10-15 minutes.

### *Warm Packs*

For deeper penetration of an essential oil, warm packs may be applied after essential oil application. Massage 1-3 drops of an essential oil on the body location to be treated. Place a warm pack or folded towel soaked in hot/warm water over the area. If a wet towel is used, cover it with a dry towel to seal in the heat. Remove the towels or pack when they feel cool to touch or the client reports the heat is gone. This may be about 10 minutes. Remove the pack or towels right away if there is any client discomfort.

As a caution, never use hot packs in a neurological condition. Clients with neurological conditions may have a decreased ability to sense hot and cold. They may not be able to report if the hot pack is too hot.

### *Cold Packs*

Cold packs are helpful when an area is inflamed or tissues are swollen. Massage 1-3 drops of an essential oil on the body location to be treated. Place a cold pack or folded towel soaked in cold water over the area. If a wet towel is used, cover it with a dry towel. Remove the towels or pack after about 10 minutes. As always, remove the pack or towels right away if there is any client discomfort.

### *Baths*

Teaching clients to use essential oils at home in the bath is a great way for them to continue receiving the benefits. Remember, essential oils do not mix with water because they are oils. In order to get even dispersion of the essential oil and avoid skin irritation or burns, advise the client to mix 5-10 drops of essential oil in ¼ cup of Epsom salts or bath gel base. Next, have them add the mixture to the water by pouring it in under a running faucet. Soak in the tub for 20 minutes before adding or using other soaps and shampoos.

Another variation on the above method would be to thoroughly mix 10-15 drops of essential oils into 2 tablespoons of Epsom salts or baking soda. Dissolve this mixture in the bathwater as the tub is filling. Soak in the tub for 20 minutes before adding or using other soaps and shampoos.

Massage clients can also use premixed bath gels and shampoos containing essential oils as a liquid soap in the shower or bath. Instruct client to lather with the gel, let it soak in for several minutes, and rinse completely.

Massage clients can also create their own aromatic bath gels or shampoos by adding 5-15 drops of their favorite essential oil to ½ ounce of unscented bath gel base or shampoo. Have them add the mixture into the water by pouring it under a running faucet. Soak in the tub for 20 minutes before adding or using other soaps and shampoos.

### *Showers*

Special shower attachments/heads can be purchased which have an attached receptacle to fill with an essential oils/salt mixture. The benefits of this method include the contact of the oil with the skin and fragrance diffusion into the air as oils spray from the shower head.

Add 5-10 drops of essential oil to ¼ - ½ cup of Epsom or bath salts. Fill the shower head receptacle with the mixture. Follow any additional manufacturer instructions. This provides about 2 or 3 showers. Shower for about 10 minutes before adding other shampoos or soaps.

## **Sample Client Handouts for Massage Therapy Practice**

To assist clients with using essential oils at home, the professional massage therapist can send them home with a handout explaining the above methods step by step. The following three pages (unnumbered pages 16, 17, and 18) contain copyright free handouts of a few of the previously described methods. Feel free to use these three pages only for use in your massage therapy practice with clients regarding at home essential oil use.

There are two easy ways to customize the handouts to your practice. One option is to print pages 16, 17, and 18 from your PDF. Create and print a label to affix at the bottom of the handout with your massage practice information.

A second option is to copy the handout text directly from the Adobe PDF and paste it into a Microsoft Word document for editing. To do this, go to “Tools” in Adobe Reader version 8.0 or newer. Click on “Select & Zoom” in the Tools menu. Click the “Select Tool” and copy the handout text. Open and paste it into a Microsoft word document. If you chose this option, you’ll have to reformat the handout (bolding, spacing, etc.) and add your practice information.



## Using Essential Oils at Home: Compresses

Using a compress at home with essential oils may help you ease muscular pain, increase blood and lymph circulation, reduce pain, and help sprains. You can make your compresses hot or cold depending on your preference.

### **Compress Instructions**

#### For Strong Treatments:

1. Test skin with essential oil for potential allergy before beginning
2. Massage 1-3 drops of an essential oil on body location to be treated
3. Soak a towel in hot or cold water
4. Wring it out and fold wet towel into a pad
5. Apply wet towel to location
6. Cover wet towel with a dry towel
7. Leave on for 10-15 minutes
8. You may feel a warming sensation or burning sensation and if this is too intense, remove the towels and apply a little vegetable oil on the area to dilute the essential oil

#### For Gentle Treatment Type 1:

1. Test skin with essential oil for potential allergy before beginning
2. Dilute 1 part essential oil with 4 parts vegetable oil
3. Apply 8-10 drops of the mixture on the location to be treated
4. Soak a towel in hot or cold water
5. Wring it out and fold wet towel into a pad
6. Apply wet towel to location with oils on it
7. Cover wet towel with a dry towel
8. Leave on for 10-15 minutes
9. This method is useful for children or those with sensitive skin

#### For Gentle Treatment Type 2:

1. Test skin with essential oil for potential allergy before beginning
2. Place 5-15 drops of essential oil into a bowl of hot or cold water
3. Agitate water vigorously and let it stand for 1 minute
4. Place dry towel on top of water to soak up essential oils floating on water surface
5. Wring out towel and apply it to the location to be treated
6. Cover the wet towel with a dry towel
7. Leave on for 10-15 minutes
8. This method is useful for children or those with sensitive skin

Call to schedule your next massage appointment today!

Office/Practice Name  
Location Address  
Phone and Fax  
Website and Email

## **Using Essential Oils at Home: Warm Packs and Cold Packs**

Using essential oils at home with a warm pack or cold pack is easy. Warm packs are used when you want the essential oil to go deeper into your skin. Cold packs are used when you have an inflamed or swollen area.

### **Warm Pack Instructions**

#### For Deeper Skin Penetration:

1. Test skin with essential oil for potential allergy before beginning
2. Massage 1-3 drops of an essential oil on body location to be treated
3. Place a warm pack or a folded towel soaked in hot/warm water over the area
4. If you use a wet towel, cover with a dry towel
5. Remove towels or pack when they feel cool to touch or the heat is gone, usually about 10 minutes
6. You may feel a warming sensation or burning sensation and if this is too intense, remove the towels and apply a little vegetable oil on the area to dilute the essential oil

### **Cold Pack Instructions**

#### For Inflamed or Swollen Areas:

1. Test skin with essential oil for potential allergy before beginning
2. Massage 1-3 drops of an essential oil on body location to be treated
3. Place an ice pack or a folded towel soaked in cold water over the area
4. If you used a wet towel, cover with a dry towel
5. Keep pack on area for about 10 minutes

Call to schedule your next massage appointment today!

Office/Practice Name

Location Address

Phone and Fax

Website and Email

## Using Essential Oils at Home: Baths and Showers

Using essential oils in your bath and shower at home is simple. Here are some ideas to get you started!

### **Bath Instructions**

#### Bath Method 1:

1. Test skin with essential oil for potential allergy before beginning
2. Remember, essential oils do not mix with water because they are oils
3. For even dispersion of the essential oil, mix 5-10 drops of essential oil in ¼ cup of Epsom salts or bath gel base
4. Add the mixture to the water by pouring it in under a running faucet
5. Soak in the tub for 20 minutes before adding or using other soaps and shampoos

#### Bath Method 2:

1. Test skin with essential oil for potential allergy before beginning
2. Mix 10-15 drops of essential oils into 2 tablespoons of Epsom salts or baking soda
3. Dissolve this mixture in the bathwater as the tub is filling
4. Soak in the tub for 20 minutes before adding or using other soaps and shampoos

#### Bath Method 3:

1. Test skin with essential oil for potential allergy before beginning
2. Use a premixed bath gel and/or shampoo containing essential oils as a liquid soap
3. Lather with the gel, let it soak in for several minutes, and rinse completely

#### Bath Method 4:

1. Test skin with essential oil for potential allergy before beginning
2. Create your own aromatic bath gels or shampoos by adding 5-15 drops of your favorite essential oil to ½ ounce of unscented bath gel base or shampoo
3. Add the mixture to the water by pouring it in under a running faucet
4. Soak in the tub for 20 minutes before adding or using other soaps and shampoos

### **Shower Instructions**

#### Shower Method:

1. Test skin with essential oil for potential allergy before beginning
2. Purchase a special shower attachment/head that has a receptacle to fill with an essential oils/salt mixture
3. Add 5-10 drops of essential oil to ¼ - ½ cup of Epsom or bath salts
4. Fill the shower head receptacle with the mixture
5. This provides about 2 or 3 showers
6. Follow any additional manufacturer instructions
7. Shower for about 10 minutes before adding other shampoos or soaps

Call to schedule your next massage appointment today!

Office/Practice Name  
Location Address  
Phone and Fax  
Website and Email

Generally speaking, many essential oils are safe to apply directly to the skin and this is a common delivery method. Keeping in mind suggestions already covered, here are additional guidelines for safe topical essential oil use in massage therapy practice:

- Before applying oils, wash hands thoroughly with soap and water
- Apply 1-2 drops of essential oils directly to skin or apply essential oils indirectly to the skin via carrier or massage oil
- To apply via carrier or massage oil, add a few drops of essential oil to the carrier or massage oil
- When mixing essential oil blends or diluting essential oils with a massage oil, use glass containers
- Avoid using plastic containers to mix oils as plastic particles can leach into oils and cause adverse reactions
- When applying essential oils to a massage client for the first time, do not use more than 2 single oils or 2 blend oils at a time
- Start essential oil application at the bottom of the feet as this minimizes the chance of a skin reaction and allows the body to adjust to the oils
- After massage treatment is complete, send client home with a bottle of essential oil and instruct them to usage (ex.) apply 1-2 drops of oil on 2-3 locations 2-4 times daily
- Caution client to allow oil to absorb for 3 minutes before applying a second oil or getting dressed as essential oils can stain clothing
- When applying essential oils on children topically, dilute them with a carrier oil
- Usually 15-30 drops of essential oil to 1 ounce of a quality carrier oil is one of many safe dilution ratios
- Lotion may be applied or layered on top of skin to reduce evaporation of the essential oil and enhance penetration into the skin

Other uses for essential oils reported by aromatherapy practitioners are diverse. Here are a few other ideas on how to use essential oils:

- Water distillers and filters
- Dishwashing soaps
- Cleaning and disinfecting
- Laundry
- Painting
- Surface cleansers
- Floor and carpet cleaners
- Insect repellent
- Hot tubs and saunas
- Deodorizing kitchens and bathrooms
- Cooking

Each of these practices of using essential oils has specific steps and recommendations that must be followed for a positive result. For instance, throwing essential oils directly onto your carpet or into your laundry can stain them. Don't try these uses without detailed instructions from an experienced aromatherapy practitioner.

## **Main Chemical Constituents of Essential Oils and Their Effects**

Every essential oil is different and contains different chemical constituents. These constituents are made of long chains of carbon and hydrogen atoms. They are arranged in ring like structures and have oxygen, hydrogen, sulfur, nitrogen, and other carbons atoms attached at various points.

The most commonly found chemical groups in essential oils are alcohols, aldehydes, esters, ethers, ketones, phenols, and terpenes. The following table lists them and their corresponding effects:

<b>Chemical Constituent</b>	<b>Effect</b>
Alcohols	Toning
Aldehydes	Calming
Esters	Balancing
Ethers	Balancing
Ketones	Mucolytic
Phenols	Stimulant
Terpenes	Stimulant

### **Guidelines for Safe Essential Oil Use in Massage Therapy Practice**

Before starting to use essential oils, test the skin of the massage client. People react differently to essential oils, so this is a safe and cautious way to proceed. Apply one essential oil at a time on a sensitive area of skin.

Use caution applying essential oils to skin previously exposed to soaps, cosmetics, cleansers, and other products containing chemicals. Some of these types of products and chemicals remain on the skin for days. Essential oils can react with them causing nausea, headaches, skin irritation, or other unwanted side effects.

Remember essential oils may react with toxins built up in the client's body. Toxins build up from food, water, environmental factors, drugs, and many other things. If the client experiences a reaction to an essential oil, it is recommended to discontinue use. Here are suggestions to offer a client when they do experience a problem with an essential oil:

- Dilute 1-3 drops of the essential oil to ½ teaspoon of massage oil, vegetable oil, or another carrier oil
- Skin test the diluted essential oil on a small patch of skin for 30 minutes and monitor for redness or irritation
- If problems arise, dilute the essential oil immediately with pure vegetable or massage oil and cleanse with soap and water
- If the side effects persist, discontinue using the essential oil in that location and apply instead to the feet
- Apply one single oil at a time or one blend oil at a time
- Decrease the amount of essential oil used
- Decrease the frequency of applications
- Double purified or distilled water intake while using essential oils
- Start an internal detox or cleansing program
- Ask a healthcare professional to monitor the detox or cleansing program

There are other important guidelines for safe essential oil use in massage therapy practice. While the oils are mostly safe, there are cautions to know about and proper handling techniques. The following list describes what you need to be aware of as you begin or continue to use essential oils in your massage therapy practice:

- Store essential oil bottles in a cool dark location with the lids tightly closed as this helps to maintain potency for many years
- Keep essential oils out of reach of children as is done with prescription medications or potentially dangerous chemicals
- Keep essential oils away from open flames, electricity, or sparks as some oils are potentially flammable
- Pregnant women should consult a healthcare professional before using essential oils or any other healing modality

- Epileptics and those with hypertension must also consult a healthcare professional before using essential oils
- No menthol rich essential oils like Peppermint should be used on the throat or neck areas of children under 30 months of age
- Some essential oils are photosensitizing and may cause rash or dark pigmentation on skin exposed to UV rays within 3-4 days after application, so avoid sun when using these (a table of these is listed at the end of the Common Single Essential Oils section)
- Skin test allergy prone massage clients with a small amount of oil on an area of skin such as the inside of the upper arm before applying the oil in other areas
- Keep a bottle of pure carrier oil in your massage office when using essential oils as it can be applied to dilute the essential oil if it causes skin irritation or discomfort
- The bottom of the feet is one of the safest and most effective places to use essential oils
- Keep essential oils away from the eyes and never put them directly into the ears
- Avoid handling contact lenses or rubbing eyes when essential oils are on the fingers
- Before ingesting essential oils test the client's reaction by diluting 1 drop of essential oil in 1 teaspoon of blue agave, olive oil, or rice milk
- Do not consume more than a few drops of diluted essential oil without a physician's advice
- Use a dispersing agent like Epsom salts or a bath gel when putting essential oils into bath water as undiluted essential oils floating on top of water can cause irritation to skin

As a final tip for safe use of essential oils in massage practice, if a child swallows an essential oil, give them a glass of milk, cream, yogurt, or another safe oil soluble liquid to help disperse the essential oil. Call the local poison control center and seek immediate emergency medical attention.

## Common Single Essential Oils

This section covers the most common single essential oils the massage therapist will see in clinical practice. Each essential oil is described by its medicinal properties, therapeutic uses, cautions, and application methods. Pictures are available for almost all of the essential oils.



**Angelica** – *Angelica archangelica*

Medicinal Properties – relaxant, anticoagulant, antiseptic, immune stimulant

Therapeutic Uses – indigestion, flatulence throat infections, lung infections, flu, menstrual problems, premenstrual syndrome (PMS), anxiety, hopelessness, assists in release of negative feelings

Cautions – avoid using on skin exposed to sunlight or UV rays

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Anise** – *Pimpinella anisum*

Medicinal Properties – digestive stimulant, anticoagulant, antitumoral, antioxidant, anesthetic (loss of sensation), analgesic (pain reliever), diuretic (increases urination)

Therapeutic Uses – cancer, arthritis, rheumatic disease, opens emotional blocks, increases vital energy

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Balsam Fir** – *Abies balsamea*

Medicinal Properties – anticoagulant, anti-inflammatory

Therapeutic Uses – sciatica, scoliosis, lumbago, fatigue, throat infections, sinus infections, lung infections, urinary tract infections, arthritis, rheumatic disease, grounding, relaxes body, stimulates mind

Cautions – none

Application Methods – *Topical*: Neat apply 1-2 drops or Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Basil** – *Ocimum basilicum*

Medicinal Properties – antispasmodic, antibacterial, antiviral, anti-inflammatory, muscle relaxant

Therapeutic Uses – insect bites, migraines, throat infections, lung infections, fights mental fatigue

Cautions – avoid use if epileptic, avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location, temples, or neck; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Bay Laurel** – *Laurus nobilis*

Medicinal Properties – antibacterial, antifungal, antimicrobial, expectorant, mucolytic, anticoagulant, anticonvulsant

Therapeutic Uses – candida, viral infections, respiratory infections, rheumatoid arthritis, nerve regeneration, gingivitis, Staph infections, Strep infections, E. coli infections

Cautions – avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location or abdomen; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Bergamot** – *Citrus bergamia*

Medicinal Properties – antibacterial, antiseptic, antidepressant, appetite/digestive stimulant, hormonal support

Therapeutic Uses – depression, anxiety, insomnia, agitation, intestinal parasites, herpes, emotional imbalance, calming

Cautions – avoid using on skin exposed to sunlight or UV rays, avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Cajeput** – *Melaleuca leucadendra*

Medicinal Properties – antibacterial, antiparasitic, anti-inflammatory, analgesic, antispasmodic

Therapeutic Uses – cough, intestinal problems, throat infections, sinus infections, lung infections, urinary tract infections

Cautions – synthetic cajeput is known to cause skin irritation and blistering

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Cardamom** – Elettaria cardamomum

Medicinal Properties – expectorant, antiparasitic, antispasmodic

Therapeutic Uses – sinus infections, lung infections, indigestion, headaches, senility, urinary tract infections, uplifting, invigorating, refreshing

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location, stomach, solar plexus, or thighs; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed *Ingestion*:

as prescribed by physician/practitioner



**Carrot Seed** – Daucus carota

Medicinal Properties – antiseptic, antiparasitic, diuretic, vasodilator

Therapeutic Uses – liver problems, fluid retention, eczema, oily skin, wrinkles, psoriasis

Cautions – avoid in pregnancy

Application Methods – *Topical*: Neat apply 1-2 drops on location or Dilute 1:1 apply 2-4 drops on location; *Ingestion*: as prescribed by physician/practitioner



**Cassia** – Cinnamomum cassia

Medicinal Properties – anti-inflammatory, antibacterial, antifungal, antiviral, anticoagulant

Therapeutic Uses – candida, ringworm, cataracts, arteriosclerosis, atherosclerosis

Cautions – may irritate the nasal membranes if inhaled directly from bottle

Application Methods – *Topical*: Dilute 1:4 apply 1-2 drops on location; *Inhalation*: Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Cedarwood** – Cedrus atlantica

Medicinal Properties – antibacterial, lymphatic stimulant, combats hair loss

Therapeutic Uses – alopecia areata (hair loss), arteriosclerosis, acne, eczema, attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD), stimulates limbic system, stimulates pineal gland which releases melatonin, calming, purifying

Cautions – avoid in pregnancy

Application Methods – *Topical*: Neat apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Celery Seed** – Apium graveolens

Medicinal Properties – antibacterial, antioxidant, antirheumatic, digestive aid, liver protectant, diuretic

Therapeutic Uses – digestive problems, hepatitis, arthritis, rheumatic disease

Cautions – none

Application Methods – *Topical*: Neat apply 1-2 drops on location or Dilute 1:1 apply 2-4 drops on location; *Ingestion*: as prescribed by physician/practitioner





**Chamomile, German** – Matricaria recutita

Medicinal Properties – antioxidant, anti-inflammatory, antitumoral, relaxant, anesthetic, digestive aid, promotes liver and gallbladder health

Therapeutic Uses – fatty liver disease, hepatitis, colitis, gastritis, arteriosclerosis, insomnia, tension, arthritis, PMS, acne, eczema, scars, carpal tunnel syndrome, dispels anger, stabilizes emotions, clears and soothes the mind

Cautions – avoid in pregnancy

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Chamomile, Roman** – Chamaemelum nobile

Medicinal Properties – antispasmodic, anti-inflammatory, antiparasitic, relaxant, anesthetic, nerve regenerative, detoxifies blood and liver

Therapeutic Uses – restlessness, anxiety, ADHD, colitis, gastritis, insomnia, depression, acne, eczema, dermatitis, PMS, stress, irritability, nervousness, dispels anger, stabilizes emotions, releases emotions linked to past

Cautions – avoid in pregnancy

Application Methods – *Topical*: Neat apply 1-2 drops on location, ankles, or wrists; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Cinnamon Bark** – Cinnamomum verum

Medicinal Properties – anti-inflammatory, antibacterial, antifungal, antiparasitic, antiviral, anticoagulant, circulatory stimulant, stomach protectant

Therapeutic Uses – infectious disease, digestive complaints, intestinal worms, herpes, ulcers, warts, cardiovascular disease, thought to attract wealth

Cautions – may irritate the nasal membranes if inhaled directly from bottle, avoid in pregnancy

Application Methods – *Topical*: Dilute 1:4 apply 1-2 drops on location; *Inhalation*: Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Cistus (Rockrose)** – Cistus ladanifer

Medicinal Properties – antibacterial, antiviral, antihemorrhagic, anti-inflammatory, immune stimulant, supports sympathetic nervous system

Therapeutic Uses – eczema, psoriasis, oily skin, acne, arthritis, hemorrhages, calms nerves, frigidity, elevates emotions

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner

**Citronella** – Cymbopogon nardus

Medicinal Properties – antioxidant, antibacterial, antifungal, antiparasitic, insect repellent, anti-inflammatory, antispasmodic, relaxant

Therapeutic Uses – acne, eczema, oily skin, respiratory infections, muscle pain, nerve pain, digestive problems, intestinal problems, anxiety, refreshing, uplifting

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Clary Sage** – *Salvia sclarea*

Medicinal Properties – anticoagulant, antifungal, antioxidant, antispasmodic, relaxant, antitumoral, anesthetic, cholesterol-lowering, raises estrogen and progesterone levels, estrogen like, antidiabetic

Therapeutic Uses – menstrual problems, PMS, childbirth, hormonal imbalance, insomnia, high cholesterol, circulatory problems, leukemia, calming, stress relieving, enhances ability to dream

Cautions – avoid in pregnancy, do not use with alcohol, avoid use with medications containing iron

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location, feet, ankles, or wrists;

*Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Clove** – *Syzygium aromaticum*

Medicinal Properties – antitumoral, antimicrobial, antifungal, antiparasitic, antiviral, anti-aging, analgesic, anesthetic, antioxidant, anticoagulant, anti-inflammatory, stomach protectant, anticonvulsant

Therapeutic Uses – cough, acne, lice, toothache, ulcers, cataracts, anti-aging, cardiovascular disease, arthritis, rheumatic disease, hepatitis, intestinal parasites, intestinal infections, throat infections, sinus infections, lung infections, mental stimulant, encourages sleep, stimulates dreams

Cautions – anticoagulant properties enhanced when combined with warfarin or aspirin, avoid in pregnancy

Application Methods – *Topical*: Dilute 1:4 apply 2-4 drops on location, gums, or mouth; *Inhalation*: Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Coriander** – *Coriandrum sativum*

Medicinal Properties – sedative, analgesic, anti-inflammatory

Therapeutic Uses – arthritis, diabetes, intestinal problems, soothing, calming

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Cumin** – *Cuminum cyminum*

Medicinal Properties – anti-inflammatory, antitumoral, antioxidant, antiviral, digestive aid, immune stimulant, liver protectant

Therapeutic Uses – digestive problems, cancer, infectious diseases

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Dill** – *Anethum graveolens*

Medicinal Properties – antispasmodic, antibacterial, expectorant, pancreatic stimulant, insulin and blood sugar regulator, antidiabetic

Therapeutic Uses – diabetes, liver deficiencies, digestive problems, calms the autonomic nervous system, with Roman Chamomile helps ADHD

Cautions – avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location or abdomen; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Elemi** – *Canarium luzonicum*

Medicinal Properties – anti-inflammatory, antispasmodic

Therapeutic Uses – acne, wrinkles, scars, muscle pain, nerve pain, helpful for meditation

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Eucalyptus** – *Eucalyptus globulus*

Medicinal Properties – mucolytic, decongestant, expectorant, antimicrobial, antibacterial, antifungal, antiviral, anti-aging

Therapeutic Uses – asthma, bronchitis, throat infections, sinus infections, respiratory infections, kidney infections, bladder infections, arthritis, rheumatic disease, promotes health, promotes well-being, promotes purification, promotes healing

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Fennel** – *Foeniculum vulgare*

Medicinal Properties – antitumoral, anti-inflammatory, digestive aid, antiparasitic, antiseptic, antispasmodic, analgesic, increase metabolism, estrogen like

Therapeutic Uses – obesity, arthritis, rheumatic disease, cancer, urinary tract infection, fluid retention, digestive problems, intestinal parasites, menstrual problems, PMS

Cautions – avoid use if epileptic

Application Methods – *Topical*: Neat apply 1-2 drops on location or Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Frankincense** – *Boswellia carteri*

Medicinal Properties – antitumoral, antidepressant, immune stimulant, muscle relaxer

Therapeutic Uses – cancer, respiratory infections, depression, inflammation, promotes meditation, increase spiritual awareness, uplifts spirits, improves attitude, stimulates limbic system of brain, stimulates hypothalamus, stimulates pineal and pituitary glands,

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Galbanum** – *Ferula gummosa*

Medicinal Properties – analgesic, anti-inflammatory, antiseptic, antispasmodic, anticonvulsant, circulatory stimulant

Therapeutic Uses – nervous tension, rheumatic disease, scar tissue, wrinkles, diarrhea, digestive problems, diarrhea, balancing, increases spiritual awareness, promotes meditation

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Geranium** – Pelargonium graveolens

Medicinal Properties – antioxidant, antitumoral, anti-inflammatory, antispasmodic, antibacterial, antifungal, hemostatic (stops bleeding), improves blood flow, pancreas stimulant, liver stimulant, skin cell revitalizer

Therapeutic Uses – fatty liver, hepatitis, dermatitis, eczema, psoriasis, acne, vitiligo, ringworm, herpes, shingles, hormone imbalances, circulatory problems, menstrual problems, PMS, nervous tension, balances emotions, lifts spirit, fosters peace and hope, releases negative memories

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Ginger** – Zingiber officinale

Medicinal Properties – anti-inflammatory, digestive aid, anesthetic, anticoagulant, expectorant

Therapeutic Uses – arthritis, rheumatic disease, digestive disorders, respiratory infections, nausea, muscle pains or aches, respiratory congestion

Cautions – anticoagulant properties enhanced when combined with warfarin or aspirin

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Goldenrod** – Solidago canadensis

Medicinal Properties – diuretic, anti-inflammatory, liver stimulant, antihypertensive

Therapeutic Uses – liver congestion, fatty liver, hepatitis, hypertension, circulatory conditions, urinary tract problems, bladder conditions

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Grapefruit** – Citrus paradisi

Medicinal Properties – antidepressant, antitumoral, metabolic stimulant, antiseptic, diuretic, detoxifying, fat dissolving, cleansing for kidneys, cleansing for lymphatic and vascular system

Therapeutic Uses – cellulite, anxiety, liver disorders, obesity, depression, Alzheimer's, fluid retention, boosts immunity, induces relaxation, refreshing, uplifting

Cautions – avoid using on skin exposed to sunlight or UV rays

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Helichrysum** – Helichrysum italicum

Medicinal Properties – anesthetic, anticoagulant, antispasmodic, antiviral, liver protectant, liver detoxifier, liver stimulant, regenerates nerves, chelates chemicals and toxins

Therapeutic Uses – eczema, psoriasis, scar tissue, varicose veins, circulatory disorders, liver disorders, herpes virus, arteriosclerosis, atherosclerosis, hypertension, blood clots, uplifting to subconscious

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location, temples, forehead, neck, or outer ear; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Hyssop** – *Hyssopus officinalis*

Medicinal Properties – antibacterial, antiviral, antiparasitic, regulates lipid metabolism, expectorant, mucolytic, decongestant, anti-inflammatory

Therapeutic Uses – asthma, cough, bronchitis, viral infections, parasites, circulatory disorders, respiratory infections, respiratory congestion, stimulates creativity, promotes meditation

Cautions – avoid use if epileptic, avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Jasmine Absolute** – *Jasminum officinale*

Medicinal Properties – antibacterial, antidepressant, stimulating

Therapeutic Uses – depression, frigidity, anxiety, dermatitis, eczema, wrinkles, oily skin, menstrual problems, PMS, uplifting, nervous exhaustion, indifference, listlessness, improved mental accuracy and concentration

Cautions – avoid in pregnancy, do not use orally as can contain solvent residues

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Juniper** – *Juniperus osteosperma* and *Juniperus scopulorum*

Medicinal Properties – digestive stimulant, digestive cleanser, antiseptic, purifying, detoxifying, promotes nerve regeneration

Therapeutic Uses – acne, eczema, fluid retention, liver problems, urinary infections, bladder infections, elevate spiritual awareness, evoke feelings of love and peace

Cautions – avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Lavandin** – *Lavandula x hybrida*

Medicinal Properties – antibacterial, antifungal, antiseptic

Therapeutic Uses – respiratory infections, circulatory conditions, muscular conditions, calming

Cautions – avoid using for burns

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Lavender** – *Lavandula angustifolia*

Medicinal Properties – antifungal, antiseptic, analgesic, anticonvulsant, antitumoral, vasodilator, anti-inflammatory, relaxant, cholesterol-lowering, reduces excess sebum on skin

Therapeutic Uses – nervous tension, insomnia, alopecia areata, burns, scarring, stretch marks, acne, eczema, psoriasis, insect bites, dermatitis, stress, mood swings, respiratory infections, hypertension, arteriosclerosis, menstrual problems, PMS, perineal repairs, calming, relaxing, balancing, improves mental acuity and concentration, depression

Cautions – true lavender is often extended with hybrid lavender or synthetics

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Lemon** – Citrus limon

Medicinal Properties – antiseptic, antitumoral, improves microcirculation, immune stimulant, relaxant

Therapeutic Uses – colds, fevers, throat infections, increases white blood cells, improves memory, circulatory problems, arteriosclerosis, obesity, parasites, urinary tract infections, acne, digestive problems, hypertension, anxiety, varicose veins, increases clarity of thought, invigorating, warming, enhancing, improves mental acuity and concentration, depression, improves relaxation

Cautions – avoid using on skin exposed to sunlight or UV rays

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Lemongrass** – Cymbopogon flexuosus

Medicinal Properties – antifungal, antibacterial, antiparasitic, anti-inflammatory, promotes lymph flow, improves circulation, vasodilator, regenerates ligaments and connective tissue

Therapeutic Uses – respiratory infections, sinus infections, bladder infections, digestive problems, Salmonella, varicose veins, fluid retention, parasites, inability to concentrate, torn ligaments or muscles, promotes psychic awareness, purification

Cautions – none

Application Methods – *Topical*: Dilute 1:4 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Lime** – Citrus auantifolia

Medicinal Properties – antibacterial, antiviral, antirheumatic

Therapeutic Uses – acne, herpes, respiratory infections, insect bites, support immune system

Cautions – avoid using on skin exposed to sunlight or UV rays

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Mandarin** – Citrus reticulata

Medicinal Properties – antispasmodic, stimulates gallbladder, digestive aid, antifungal, antitumoral

Therapeutic Uses – digestive problems, intestinal problems, fluid retention, insomnia, anxiety, acne, stretch marks, scars, oily skin, promotes happiness, gentle, appeasing

Cautions – avoid using on skin exposed to sunlight or UV rays

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Marjoram** – Origanum majorana

Medicinal Properties – antibacterial, antifungal, mucolytic, expectorant, vasodilator, promotes intestinal peristalsis, antihypertensive

Therapeutic Uses – fluid retention, spasms, sores, shingles, ringworm, menstrual problems, PMS, arthritis, rheumatic disease, muscle pain, nerve pain, headaches, circulatory disorders, respiratory infections, calms nerves

Cautions – avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Melissa** – *Melissa officinalis*

Medicinal Properties – antiviral, relaxant, anti-inflammatory, antihypertensive

Therapeutic Uses – herpes, asthma, allergies, insomnia, anxiety, depression, stress, anger, rage, calming, uplifting, balances emotions, brings gentle characteristics out, removes emotional blocks, instills positive outlook on life

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Mountain Savory** – *Satureja montana*

Medicinal Properties – antibacterial, antifungal, antiparasitic, antiviral, anti-inflammatory, immune stimulant

Therapeutic Uses – herpes, HIV, viral infections, scoliosis, back problems, lumbago, stimulates nervous system, energizer, motivator, revitalizes nervous system

Cautions – none

Application Methods – *Topical*: Dilute 1:4 apply 2-4 drops on location; *Inhalation*: Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Myrrh** – *Commiphora myrrha*

Medicinal Properties – antioxidant, antitumoral, antiparasitic, antiviral, analgesic, anesthetic, anti-inflammatory

Therapeutic Uses – candida, ringworm, diabetes, cancer, hepatitis, eczema, tooth infections, gum infections, chapped skin, cracked skin, wrinkles, stretch marks, promotes spiritual awareness, uplifting, stimulates limbic system of brain, stimulates the hypothalamus, stimulates the pineal and pituitary glands

Cautions – avoid in pregnancy

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Myrtle** – *Myrtus communis*

Medicinal Properties – liver stimulant, prostate and thyroid stimulant, antispasmodic, decongestant

Therapeutic Uses – colds, bronchitis, thyroid problems, throat infections, sinus infections, lung infections, acne, blemishes, bruises, oily skin, psoriasis, muscle spasms, prostate problems, elevating, euphoric

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Neroli Absolute** – *Citrus aurantium*

Medicinal Properties – antidepressant, antihypertensive, digestive stimulant, stimulate skin cell regeneration

Therapeutic Uses – headaches, PMS, scars, stretch marks, wrinkles, hypertension, anxiety, depression, insomnia, hysteria, stabilizes emotions, uplifts the hopeless, encourages confidence and courage

Cautions – avoid in pregnancy

Application Methods – *Topical*: Neat apply 1-2 drops on location or Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Nutmeg** – *Myristica fragrans*

Medicinal Properties – antiseptic, antiparasitic, anticoagulant, anti-inflammatory, analgesic, stomach protectant, liver protectant, circulatory stimulant, adrenal stimulant, muscle relaxant, increases production of melatonin and growth hormone

Therapeutic Uses – nerve pain, fatigue, exhaustion, rheumatic disease, arthritis, hypertension, cardiovascular disease, hepatitis, ulcers, digestive disorders

Cautions – avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Orange** – *Citrus sinensis*

Medicinal Properties – anticoagulant, antitumoral, relaxant, circulatory stimulant

Therapeutic Uses – arteriosclerosis, insomnia, cancer, hypertension, fluid retention, wrinkles, oily skin, dull complexion, uplifting, depression, boosts immunity, induces relaxation

Cautions – avoid using on skin exposed to sunlight or UV rays

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Oregano** – *Origanum compactum*

Medicinal Properties – antibacterial, antifungal, antiparasitic, antiviral, anti-aging, anti-inflammatory, immune stimulant

Therapeutic Uses – digestive problems, respiratory infections, tuberculosis, arthritis, rheumatic disease, creates feeling of security

Cautions – may irritate nasal membranes if inhaled directly from bottle, avoid in pregnancy

Application Methods – *Topical*: Dilute 1:4 apply 1-2 drops on location; *Inhalation*: Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Palmarosa** – *Cymbopogon martinii*

Medicinal Properties – antibacterial, antifungal, antiviral, supports heart and nervous system, regulates sebum production in skin, stimulates new skin cell growth

Therapeutic Uses – candida, circulatory diseases, cardiovascular disease, digestive problems, acne, eczema, stress, tension, promotes recovery from nervous exhaustion, creates feelings of security

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Patchouli** – *Pogostemon cablin*

Medicinal Properties – relaxant, relieves itching, antimicrobial, digestive aid, anti-inflammatory

Therapeutic Uses – prevents wrinkles, prevents chapped skin, hypertension, acne, eczema, fluid retention, Listeria infection, clarifies thoughts, release insecurities and obsessions, release jealous feelings

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner





**Pepper, Black** – Piper nigrum

Medicinal Properties – antifungal, analgesic, stimulates metabolism

Therapeutic Uses – obesity, fungal infections, digestive problems, arthritis, fatigue, nerve pain, muscle pain, energizing, stimulating, empowering, increases adrenaline

Cautions – avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Peppermint** – Mentha piperita

Medicinal Properties – anti-inflammatory, antibacterial, antifungal, antiparasitic, antiviral, antitumoral, analgesic, curbs appetite, digestive stimulant, gallbladder stimulant

Therapeutic Uses – pneumonia, tuberculosis, obesity, rheumatic disease, arthritis, herpes simplex, herpes zoster, human papilloma virus, candida, digestive problems, headaches, nausea, pruritus, dermatitis, eczema, psoriasis, varicose veins, scoliosis, back problems, lumbago, stimulates conscious mind, increases mental accuracy, improves and restores sense of taste, stimulates trigeminal nerve, stimulates ventromedial nucleus (brain's satiety center) of hypothalamus, curbs appetite

Cautions – avoid in pregnancy, do not apply to infants younger than 18 months of age, and avoid contact with mucus membranes, sensitive skin, eyes, fresh wounds, or burns

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location, temples, abdomen; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner

**Petitgrain** – Citrus aurantium

Medicinal Properties – antispasmodic, anti-inflammatory, reestablish nerve equilibrium, relaxant

Therapeutic Uses – insomnia, muscle spasms, anxiety, uplifting, refreshing to senses, depression, mental fatigue, stimulates the mind, improves memory, confusion

Cautions – avoid in pregnancy

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Pine** – Pinus sylvestris

Medicinal Properties – lymphatic stimulant, antiseptic, hormone like, cortisone like, antidiabetic

Therapeutic Uses – arthritis, rheumatic disease, throat infections, sinus infections, lung infections, urinary tract infections, anxiety, revitalizes mind/body/spirit

Cautions – avoid oils adulterated with turpentine, a low cost hazardous filler

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Rose** – Rosa damascena

Medicinal Properties – anti-inflammatory, relaxant, antiseptic

Therapeutic Uses – irregular menstruation, fever, postpartum depression, scars, wrinkles, ulcers, hypertension, anxiety, herpes, brings balance and harmony, stimulates mind, helps overcome insecurities, creates sense of well-being

Cautions – avoid in pregnancy

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Rosemary** – Rosmarinus officinalis

Medicinal Properties – antibacterial, antifungal, antiparasitic, antitumoral, liver protectant, enhances mental clarity and concentration

Therapeutic Uses – impaired memory, Alzheimer's, alopecia areata, infectious disease, hepatitis, gallstones, flu, colds, liver conditions, throat infections, lung infections, mental fatigue, anxiety

Cautions – avoid in pregnancy, avoid use with hypertension

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Rosewood** – Aniba rosaeodora

Medicinal Properties – improves skin elasticity, stimulant, antibacterial, antifungal, antiparasitic, antiviral

Therapeutic Uses – candida, eczema, psoriasis, empowering, emotionally stabilizing

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Sage** – Salvia officinalis

Medicinal Properties – hormone like, estrogen like, antifungal, antiviral, antitumoral, circulatory stimulant, gallbladder stimulant

Therapeutic Uses – liver problems, menstrual problems, PMS, estrogen deficiency, progesterone deficiency, testosterone deficiency, despair, mental fatigue, balances pelvic chakra

Cautions – avoid use if epileptic, avoid use with hypertension

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Sandalwood** – Santalum album

Medicinal Properties – immune stimulant, antitumoral, antiviral, antiseptic

Therapeutic Uses – cystitis, prostatitis, acne, wrinkles, scars, throat infections, herpes simplex, herpes zoster, human papilloma virus, cancer, stimulates pineal gland and limbic system, anxiety, stress, insomnia

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner

**Spearmint** – Mentha spicata

Medicinal Properties – anti-inflammatory, antiseptic, increases metabolism, digestive aid, gallbladder stimulant, mucolytic

Therapeutic Uses – hepatitis, obesity, digestive problems, intestinal problems, releases emotional blocks, brings feelings of balance and well-being

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Spikenard** – Nardostachys jatamansi

Medicinal Properties – anti-inflammatory, relaxant, immune stimulant, antibacterial, antifungal

Therapeutic Uses – insomnia, nervous tension, heart arrhythmias, menstrual problems, PMS, regenerates and nourishes skin, relaxing, soothing

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Spruce** – Picea mariana

Medicinal Properties – anti-inflammatory, antispasmodic, antiparasitic, antiseptic, cortisone like, hormone like, immune stimulant

Therapeutic Uses – sciatica, lumbago, sinus infections, respiratory infections, candida, arthritis, rheumatic disease, releases emotional blocks, brings feelings of balance

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Tangerine** – Citrus nobilis

Medicinal Properties – antispasmodic, antitumoral, relaxant, digestive aid, improves circulation, immune stimulant

Therapeutic Uses – irritability, anxiety, insomnia, depression, obesity, liver problems, digestive problems, parasites, fluid retention, nervousness, calming, promotes happiness

Cautions – avoid using on skin exposed to sunlight or UV rays

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Tarragon** – Artemisia dracunculus

Medicinal Properties – anti-inflammatory, antispasmodic, antiparasitic, digestive aid

Therapeutic Uses – nausea, intestinal disorders, menstrual problems, PMS, urinary tract infection

Cautions – avoid use if epileptic

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Ingestion*: as prescribed by physician/practitioner



**Tea Tree** – Melaleuca alternifolia

Medicinal Properties – antibacterial, antifungal, antiparasitic, antiviral, anti-inflammatory, promotes cleansing and purity

Therapeutic Uses – candida, ringworm, sinus infections, lung infections, acne, skin sores, fluid retention, hypertension, tooth and gum disease, cleansing, purifying

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Thyme** – *Thymus vulgaris*

Medicinal Properties – antimicrobial, antifungal, antiparasitic, antiviral, anti-aging

Therapeutic Uses – fatigue and exhaustion after illness, infectious disease, hepatitis, Alzheimer's, cardiovascular disease

Cautions – may irritate nasal membranes if inhaled directly from bottle, avoid in pregnancy

Application Methods – *Topical*: Dilute 1:4 apply 1-2 drops on location; *Inhalation*: Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Tsuga** – *Tsuga canadensis*

Medicinal Properties – blood cleanser, stimulant, analgesic, antirheumatic

Therapeutic Uses – venereal disease, skin conditions, respiratory conditions, kidney and urinary infections

Cautions – none

Application Methods – *Topical*: Dilute 1:1 apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Valerian** – *Valeriana officinalis*

Medicinal Properties – sedative, tranquilizing to central nervous system

Therapeutic Uses – insomnia, anxiety, restlessness, indigestion, migraines, tension, calming, relaxing, grounding, emotionally balancing

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Vetiver** – *Vetiveria zizanioides*

Medicinal Properties – relaxant, circulatory stimulant, antiseptic, antispasmodic

Therapeutic Uses – oily skin, acne, wrinkles, insomnia, nervousness, stress, depression, postpartum depression, ADD, ADHD, anxiety, arthritis, rheumatic disease, grounding, calming, stabilizing

Cautions – none

Application Methods – *Topical*: Neat apply 2-4 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Wintergreen** – *Gaultheria procumbens*

Medicinal Properties – anti-inflammatory, anticoagulant, antispasmodic, vasodilator, analgesic, anesthetic, antihypertensive

Therapeutic Uses – arteriosclerosis, hepatitis, fatty liver, hypertension, arthritis, rheumatic disease, muscle pain, nerve pain, stimulates and increases awareness of sensory system

Cautions – avoid use if epileptic; anticoagulant properties enhanced when used with warfarin or aspirin

Application Methods – *Topical*: Dilute 1:1 apply 1-2 drops on location; *Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner



**Yarrow, Blue** – Achillea millefolium

Medicinal Properties – anti-inflammatory, prostate support, hormone like, combats scarring,

Therapeutic Uses – gastritis, menopause problems, menstrual problems, PMS, prostate problems, varicose veins, confusion, ambivalence, balances highs and lows, inspiring, grounding, supports intuition, promotes mediation

Cautions – avoid in pregnancy

Application Methods – *Topical*: Neat apply 1-2 drops on location or Dilute 1:1 apply 2-4 drops on location;

*Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed



**Ylang Ylang** – Cananga odorata

Medicinal Properties – anti-inflammatory, antispasmodic, vasodilator, antiparasitic, antidiabetic, regulates heartbeat

Therapeutic Uses – alopecia areata, intestinal problems, PMS, hypertension, depression, anxiety, cardiac arrhythmia, cardiac problems, anger, rage, low self-esteem, balances male/female energy, enhances spiritual awareness, increases focus, restores confidence, filters negative energy

Cautions – none

Application Methods – *Topical*: Neat apply 1-2 drops on location or Dilute 1:1 apply 2-4 drops on location;

*Inhalation*: Direct or Diffusion 15 minutes twice daily, as needed, or as directed; *Ingestion*: as prescribed by physician/practitioner

**Quick Reference Caution Summary Tables of Single Essential Oils**

The following tables are a quick reference for the cautions associated with each single essential oil. These tables will help the professional massage therapist maintain a high level of safe practice with essential oils.

**Avoid in Pregnancy**

Basil	Juniper
Bay Laurel	Marjoram
Bergamot	Myrrh
Carrot Seed	Neroli
Cedarwood	Nutmeg
Chamomile, German	Oregano
Chamomile, Roman	Pepper, Black
Cinnamon	Peppermint
Clary Sage	Petitgrain
Clove	Rose
Dill	Rosemary
Hyssop	Thyme
Jasmine	Yarrow, Blue

**Avoid Direct Inhalation from Bottle**

Cassia	Oregano
Cinnamon Bark	Thyme

**Photosensitizing Single Essential Oils**

Angelica	Lime
Bergamot	Orange
Grapefruit	Tangerine
Lemon	

### Avoid with Epilepsy

Basil	Sage
Fennel	Tarragon
Hyssop	Wintergreen

### Avoid Using with Anticoagulants

Clove
Ginger
Wintergreen

### Avoid with Hypertension

Rosemary
Sage

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## Essential Oils Overview Exam

1. Essential oils are known to be all of the following except:
  - A. Antibacterial
  - B. Antifungal
  - C. Antiviral
  - D. Antianginal
2. Essential oils are made from which of the following parts?
  - A. Seeds
  - B. Leaves
  - C. Flowers
  - D. All of the above
3. The key difference between herbs and essential oils is:
  - A. Therapeutic uses
  - B. Concentration
  - C. Parts of plant used
  - D. Safety
4. Essential oils:
  - A. Are greasy and clog pores
  - B. Become oxidized and rancid over time
  - C. Are not antimicrobial
  - D. None of the above
5. The purity of an essential oil is affected by:
  - A. Soil conditions
  - B. Store conditions
  - C. Attitude of purchaser
  - D. Holidays
6. Therapeutic grade essential oils are distilled at \_\_\_\_\_ temperatures and \_\_\_\_\_ pressures.
  - A. High; low
  - B. Low; low
  - C. Low; high
  - D. High; high
7. What percent of essential oils on the market is estimated to be of inferior quality?
  - A. 2%
  - B. 58%
  - C. 98%
  - D. 99%
8. Therapeutic grade essential oils should be stored in dark glass bottles because:
  - A. Heat may damage the chemical structures of the oil
  - B. Oxygen in the air may react and oxidize the oil
  - C. Sunlight may damage the chemical structures of the oil
  - D. None of the above



9. Which of the following is a carrier oil?
- A. Chamomile
  - B. Cistus
  - C. Elemi
  - D. Aloe vera
10. Which of the following are major application methods of essential oils?
- A. Ingestion
  - B. Inhalation
  - C. Topical
  - D. All of the above
11. For oral ingestion of an essential oil, size 0 gelatin capsules contain a 200mg dose, while size 00 capsules contain a \_\_\_\_\_ dose.
- A. 100mg
  - B. 400mg
  - C. 500mg
  - D. 600mg
12. When using rice milk to ingest an essential oil, how many drops are added to ½ cup of rice milk?
- A. 30-50
  - B. 20-40
  - C. 3-5
  - D. None of the above
13. A general rule for dilution of an essential oil for ingestion is 3 drops of essential oil in how many teaspoon(s) of blue agave nectar?
- A. 1
  - B. 2
  - C. 3
  - D. 4
14. The inhalation method of essential oil application comes from what model?
- A. English
  - B. German
  - C. French
  - D. Russian
15. All of the following are ways to inhale an essential oil except:
- A. Syrup
  - B. Diffusion
  - C. Direct
  - D. Vapor
16. Cold air diffusers are \_\_\_\_\_ therapeutic as long as \_\_\_\_\_ quality oils are used.
- A. Not; high
  - B. Highly; therapeutic
  - C. Highly; poor
  - D. Not; therapeutic

17. What are the two methods of using essential oils orally?
- A. Rice milk and syrup
  - B. Rectal and vaginal
  - C. Rinse and spit
  - D. Gargle and tongue application
18. What are the two methods of using essential oils by retention?
- A. Rice milk and syrup
  - B. Gargle and tongue application
  - C. Topical and oral
  - D. Rectal and vaginal
19. External vaginal retention of an essential oil may be helpful for:
- A. An internal vaginal lesion
  - B. An internal rectal lesion
  - C. An external vaginal lesion
  - D. An external rectal lesion
20. Which of the following is not a topical method of essential oil application?
- A. Neat
  - B. Dilute 1:1
  - C. Dilute 1:4
  - D. Messy
21. Which of the following essential oils is safe for neat topical application?
- A. Carrot seed
  - B. Almond oil
  - C. Aloe vera oil
  - D. Grape seed
22. Dilute 1:1 means 1 part essential oil is mixed with how many parts carrier oil?
- A. 2
  - B. 1
  - C. 4
  - D. 3
23. Which of the following essential oils are safe to use Dilute 1:1?
- A. Basil
  - B. Dill
  - C. Ginger
  - D. All of the above
24. Dilute 1:4 means 1 part essential oil is mixed with how many parts carrier oil?
- A. 2
  - B. 1
  - C. 4
  - D. 3

25. Which of the following oils should be used Dilute 1:4?
- A. Tsuga
  - B. Cassia
  - C. Wintergreen
  - D. Blue Yarrow
26. Which of the following oils may be applied neat?
- A. Spikenard
  - B. Valerian
  - C. Vetiver
  - D. All of the above
27. Which of the following oils should be used Dilute 1:1?
- A. Sage
  - B. Spearmint
  - C. Spruce
  - D. All of the above
28. Which of the following oils should be used Dilute 1:4?
- A. Cinnamon Bark
  - B. Clove
  - C. Lemongrass
  - D. All of the above
29. Acupressure is held at a point for how long?
- A. 15 minutes
  - B. 15 seconds
  - C. 30 minutes
  - D. 15 hours
30. Layering is a way to apply \_\_\_\_\_ essential oils to the skin.
- A. Multiple
  - B. Hot
  - C. Cold
  - D. None of the above
31. Compresses are beneficial because they are known to:
- A. Decrease pain, increase circulation, and help sprains
  - B. Increase pain, decrease circulation, and help sprains
  - C. Decrease pain, decrease circulation, and worsen sprains
  - D. Decrease pain, increase circulation, and worsen sprains
32. If a massage client feels uncomfortable or pain during an essential oil compress treatment, the massage therapist should:
- A. Do nothing
  - B. Press the towel into the client
  - C. Remove the towel and apply massage oil
  - D. Remove the towel and apply soap

33. Use a gentler compress treatment for what type of massage client?
- A. Children and those with tough skin
  - B. Adults and those with tough skin
  - C. Children and those with sensitive skin
  - D. Adults and those with sensitive skin
34. Warm or hot packs are not used in which of the following conditions?
- A. Heart
  - B. Neurologic
  - C. Intestinal
  - D. Urinary
35. Cold packs are helpful when:
- A. An area is inflamed
  - B. Tissues are swollen
  - C. The client prefers cold
  - D. All of the above
36. To use essential oils in the bath, it is important to remember that:
- A. Essential oils do not mix with water because they are oils
  - B. Essential oils mix easily with water because they are oils
  - C. Essential oils should never be used in the bath
  - D. None of the above
37. To use essential oils in the bath mix them with:
- A. Epsom salts
  - B. Bath gel bases
  - C. Baking soda
  - D. All of the above
38. When applying essential oils to a massage client topically for the first time, do not use more than \_\_\_\_\_ single oils or \_\_\_\_\_ blend oils at a time.
- A. 1; 1
  - B. 2; 2
  - C. 3; 3
  - D. 4; 4
39. When applying essential oils on children topically:
- A. Only apply them on the feet
  - B. Never dilute them with a carrier oil
  - C. Always dilute them with a carrier oil
  - D. Only apply them on the legs and arms
40. Some of the most commonly found chemical structures in essential oils are:
- A. Aldehydes
  - B. Esters
  - C. Ethers
  - D. All of the above

41. Alcohols are known for what effect?
- A. Toning
  - B. Balancing
  - C. Mucolytic
  - D. Stimulant
42. Terpenes are known for what effect?
- A. Toning
  - B. Balancing
  - C. Mucolytic
  - D. Stimulant
43. A photosensitizing essential oil may:
- A. Cause a nagging cough after UV ray exposure
  - B. Cause a rash on skin exposed to UV rays after application
  - C. Cause sores that don't heal on skin exposed to UV rays after application
  - D. Cause swallowing problems after UV ray exposure
44. Angelica is used therapeutically for:
- A. Pre-cancerous leukoplakia
  - B. Chest pain
  - C. Menstrual problems
  - D. None of the above
45. The medicinal properties of Anise include:
- A. Anticoagulant
  - B. Antibacterial
  - C. Relaxant
  - D. None of the above
46. Basil should be avoided in:
- A. Cancer
  - B. Epileptics and pregnancy
  - C. Heart disease and hypertension
  - D. All of the above
47. Bergamot is indicated for:
- A. Depression and anxiety
  - B. Burping and bloody noses
  - C. Hair loss and nausea
  - D. Dizziness and diarrhea
48. Cardamom is indicated for:
- A. Fatigue and shortness of breath
  - B. Nausea and vomiting
  - C. Alternating diarrhea and constipation
  - D. Throat and sinus infections

49. Cassia may:
- A. Soothe the hair if inhaled directly from the bottle
  - B. Soothe the nasal membranes if inhaled directly from the bottle
  - C. Irritate the hair if inhaled directly from the bottle
  - D. Irritate nasal membranes if inhaled directly from the bottle
50. Which of the following is not a medicinal property of German Chamomile?
- A. Antioxidant
  - B. Anti-inflammatory
  - C. Digestive aid
  - D. Diuretic
51. Which of the following is a therapeutic use for Cinnamon Bark?
- A. Herpes
  - B. ADHD
  - C. Depression
  - D. Acne
52. The Latin name for Citronella is:
- A. Cistus ladanifer
  - B. Cymbopogon nardus
  - C. Salvia sclarea
  - D. Coriandrum sativum
53. Clary Sage is indicated therapeutically for:
- A. PMS
  - B. ADHD
  - C. ADD
  - D. AIDS
54. Clove should be avoided with the use of what medications?
- A. Anticoagulants
  - B. Warfarin
  - C. Aspirin
  - D. All of the above
55. Which of the following is a medicinal property of Dill?
- A. Anti-inflammatory
  - B. Antitumoral
  - C. Antispasmodic
  - D. Immune stimulant
56. Which of the following conditions is Eucalyptus most indicated for?
- A. Sinus infections
  - B. Thyroid cancer
  - C. Scars
  - D. Obesity

57. Which of the following is Frankincense indicated for?
- A. Helps people with arthritis
  - B. Helps constipation
  - C. Helps people win the lottery
  - D. Helps respiratory infections
58. Which of the following is the Latin name for Galbanum?
- A. Pelargonium graveolens
  - B. Ferula gummosa
  - C. Zingiber officinale
  - D. Solid ago canadensis
59. Ginger is most helpful for:
- A. Fatigue
  - B. Depression
  - C. Nausea
  - D. Headaches
60. Goldenrod's medicinal properties include:
- A. Antidepressant
  - B. Liver stimulant
  - C. Antiseptic
  - D. Antispasmodic
61. Helichrysum is used for:
- A. Eczema
  - B. Psoriasis
  - C. Varicose veins
  - D. All of the above
62. Which of the following is a medicinal property of Jasmine Absolute?
- A. Digestive stimulant
  - B. Antidepressant
  - C. Anticonvulsant
  - D. Vasodilator
63. Juniper should be avoided in which condition?
- A. Acne
  - B. Epilepsy
  - C. Pregnancy
  - D. DVT
64. Lemon is used topically at what dilution?
- A. Neat
  - B. Dilute 1:1
  - C. Dilute 1:4
  - D. None of the above

65. Which of the following is Lemongrass used for?
- A. Infections
  - B. Acne
  - C. Insomnia
  - D. Alopecia areata
66. All of the following are medicinal properties of Mandarin except:
- A. Antirheumatic
  - B. Antifungal
  - C. Antispasmodic
  - D. Digestive aid
67. Melissa officinalis is applied topically:
- A. Neat
  - B. Dilute 1:1
  - C. Dilute 1:4
  - D. Dilute 1:9
68. The Latin name for Myrrh is:
- A. Citrus aurantium
  - B. Commiphora myrrha
  - C. Myrtus communis
  - D. None of these
69. Neroli Absolute may be helpful for what?
- A. Bruising
  - B. Infections
  - C. Stabilizing emotions
  - D. Attracting wealth
70. Orange or Citrus sinensis should be used with caution in which of the following situations?
- A. Fever and chills
  - B. Nausea and vomiting
  - C. Pregnancy
  - D. Skin exposed to sunlight or UV rays
71. Which of the following application methods are suitable for the essential oil Oregano?
- A. Topical
  - B. Inhalation
  - C. Ingestion
  - D. All of the above
72. How is Patchouli applied topically?
- A. It is not applied topically
  - B. Neat
  - C. Dilute 1:1
  - D. Dilute 1:4



73. Peppermint is therapeutically useful to:
- A. Help insomnia
  - B. Curb appetite
  - C. Help ADD
  - D. It is not therapeutically useful
74. Which of the following is not a property of Pine?
- A. Antifungal
  - B. Lymphatic stimulant
  - C. Antiseptic
  - D. Hormone like
75. When the client has hypertension, the massage therapist should avoid use of:
- A. Rose
  - B. Rosewood
  - C. Rosemary
  - D. All of the above
76. When the client has a history of epilepsy, the massage therapist should avoid use of:
- A. Sage
  - B. Sandalwood
  - C. Spearmint
  - D. None of the above
77. Tangerine is used for which of the following:
- A. Irritability
  - B. Anxiety
  - C. Insomnia
  - D. All of the above
78. *Melaleuca alternifolia* is the Latin name for what essential oil?
- A. Tarragon
  - B. Tea Tree
  - C. Thyme
  - D. None of these
79. When diffused for inhalation, the essential oil Valerian is:
- A. Stimulating
  - B. Irritating
  - C. Calming
  - D. Invigorating
80. The massage therapist may offer a client with low self esteem which essential oil?
- A. Ylang Ylang
  - B. Blue Yarrow
  - C. Wintergreen
  - D. Vetiver

This completes the Essential Oils Overview exam.