

Essential Oils: Therapeutic Uses Home Study Course

8 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: Therapeutic Uses home study course

Thank you for investing in the *Essential Oils: Therapeutic Uses* home study course, an 8 CE hour course designed to further your knowledge of how essential oils can be used to treat common conditions you may encounter in your massage practice.

This guide will contain all of the instructions you will need to complete this course. This is an 8 CE hour course, so that means it should take you approximately 8 hours to read the text, complete the examination and course evaluation. This course is not meant to teach advanced aromatherapy practices. It is meant to introduce you to essential oils and their uses.

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.**
- 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. 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: Therapeutic Uses* home study course.

Essentials Oils: Therapeutic Uses Text

Introduction

The *Essential Oils: Therapeutic Uses* course is a practical reference guide for use in massage practice. This home study course is divided into three parts: how to use this reference guide, basic essential oil application methods, and commonly seen medical conditions in massage practice. All parts must be used together in order to safely develop treatment plans for essential oil use in clinical massage practice.

In the first part, a general overview of how to use this reference guide in massage practice is given. It includes tips on safe use, how to select a single essential oil when several are indicated, and a sample lookup case which explains how to use parts two and three together.

In the second part of the course, 16 standard application methods of single essential oils are discussed. The details of each application method are covered in part one to avoid repetition throughout the course. Being familiar with these 16 standard application methods is highly recommended.

In the third part, over 120 different medical conditions commonly seen in massage therapy practice are covered in alphabetical order. The single essential oils indicated for use in each of these conditions and the best methods of application are listed under each medical condition.

It is helpful if the massage therapist is already familiar with what an essential oil is, what therapeutic grade essential oils are, common carrier oils, chemical constituents of essential oils, guidelines for safe essential oil use, and the most common single essential oils. For this basic knowledge and more, please see our *Essential Oils Overview* home study course. For additional information on essential oil blends and their indications, please see our *General Aromatherapy* home study course.

Part 1: How to Use this Reference Guide

Safety Tips

Safe essential oils use in massage therapy is a top priority. Always recommend your massage clients consult their healthcare professional or physician for medical problems. Massage therapists are not licensed to diagnose medical conditions. They should not attempt to diagnose or prescribe essential oils for medical conditions that require professional medical attention. Essential oils should be used as a complimentary healing art to the mainstream medical treatment for each condition.

Remember, although essential oils have powerful medicinal properties, they are not a total and complete solution to health problems. For optimal results, the use of essential oils must be in conjunction with a healthy lifestyle. A healthy lifestyle includes things like a proper diet, exercise, yoga, rest, meditation, stress free situations, dietary supplements/vitamins, and regular detoxing/cleansing.

Use caution applying essential oils to skin exposed to lotions, cosmetics, or other personal care products. Many of these products contain synthetic or petroleum based chemicals. These chemicals may react with the essential oil and cause skin irritation, headaches, or nausea. If a client experiences a negative reaction to an essential oil, temporarily discontinue use and have them consider a detox or cleansing program.

Skin test the essential oil diluted with a carrier oil (massage oils used to dilute and extend the essential oil) on a small patch of skin. Another method of skin testing an essential oil is to put 1 drop of undiluted essential oil on the inside of the upper arm.

If any redness or irritation results from either method of skin testing, clean the skin thoroughly and reapply the diluted essential oil. As mentioned, essential oils can react with cosmetic products on the skin. Cleaning the

area thoroughly and reapplying helps determine if this has happened or if the person is having a true reaction. If the skin irritation persists, this is a true reaction. Do not use the oil with that person.

How to Select an Essential Oil

The essential oils listed in part three under each medical condition are not a complete or comprehensive list of all possible essential oils indicated. Rather, they serve as a starting point of clinical experience and research studies. Other essential oils not on the list may be effective for clinical conditions.

Also, the essential oils are listed alphabetically in part three under each condition, not in the order of effectiveness or importance. Realize that one essential oil may work well for one massage client but not for another. This can be due to each client's body chemistry, skin sensitivity, or many other factors. If your massage client does not feel results with one essential oil, try another oil on the next application.

As a general rule, when the text lists several oils to use, select 2-3 of the oils listed and use 1-3 drops of each oil. Ideally, it is best to use no more than 3 single essential oils when creating your own blends for use in massage therapy practice. For example, if the text lists citronella, lemon, lemongrass, and mandarin, select 2 or 3, use 1-3 drops of each, and create a synergistic blend for the medical condition(s) your massage client has.

Sample Lookup Case

The following case will help you determine how to create and safely develop treatment plans for essential oil use in clinical massage practice using all three parts of this reference guide.

A 32 year old female presents to the clinic with tension headaches. She has at least 4 headaches per week. The pain character is dull. Sometimes they last all day. She is seeing the chiropractor at the clinic for treatment and thinks massage will help her condition. She would like have you incorporate essential oils into her massage sessions.

Here is the order of steps to follow to create an effective massage treatment plan for her using essential oils:

1. Locate the specific medical condition alphabetically in part 3 of the text. In this case, tension headaches are on page 19.
2. Note the recommended single essential oils to be used. In this case, 8 essential oils are listed. Select 1-3 of the oils listed for use with your client. These can be selected on availability, aroma, and budget.
3. Note the different application methods recommended. In this case, there is only one, topical application of dilute 1:1. In other medical conditions, several may be listed and you choose 1-3 of the methods. Only 1-3 of the methods should be used in one massage session for convenience and safety.
4. Incorporate the essential oil use into your massage treatment. In this case, the essential oils are massaged in topically dilute 1:1 around the hairline, the back of the neck, and the forehead.
5. Write these 1-3 essential oils and 1-3 application methods down for the client for them to use at home.
6. Make sure the client understands the dilution ratios used in all application methods so mistakes are not made.
7. Be consistent with application in the massage sessions. Stress the importance of consistent at home application to your client. These things increase the effectiveness of essential oils.

Part 2: Basic Essential Oil Application Methods

Sixteen standard application methods of essential oils are discussed. These 16 applications are not a complete or comprehensive list of all possible ways to apply or use essential oils. Rather, they are a starting point of 16 standard and common ways to use the oils. Other application methods not in this list may be effective ways to apply essential oils.

The sixteen standard application methods discussed in this course are capsules, rice milk, syrup, diffusion, direct, vapor, gargle, tongue, rectal, vaginal, neat, dilute 1:1, dilute 1:4, body massage, compress, and bath salt. These methods are divided into five basic groups: ingestion, inhalation, oral, retention, and topical. This course explains each of the five major groups and the different ways to apply the oils in each category.

Ingestion

In aromatherapy practice today, three standard ways used to ingest an essential oil therapeutically include capsules, rice milk, and syrup. The specifics for each of these methods are covered next.

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.

The essential oil is diluted to a 1:1 ratio 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, almond milk, goat milk, or soy milk may be used. Add the essential oil to the 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.

Inhalation

In essential oil practice, three standard ways used to inhale essential oils therapeutically are diffusion, direct, and vapor. The specifics for each of these methods are covered next.

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 with its advantages or disadvantages. Generally, cold air diffusers or nebulizers are the most therapeutic way to diffuse an essential oil and are considered the gold standard for this course.

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

Direct

A 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 or as directed by physician or aromatherapy practitioner.

Vapor

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.

Oral

There are two main methods of using essential oils orally. These include gargle and tongue methods.

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

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 not be used with oils that require a dilution ratio of 1:4. Dilution of essential oils is discussed further under “Topical”.

Retention

There are two main methods of using essential oils by retention. These include rectal and vaginal retention.

Rectal

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. Rectal retention of essential oils should be carried out under the supervision of a physician or an advanced aromatherapy practitioner only.

Vaginal

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 (for external vaginal infections) or to a tampon (for internal vaginal infections). Wear pad or tampon for up to 8 hours or overnight. It's best to use only non-scented, non-perfumed organic cotton sanitary pads and tampons. Vaginal retention of essential oils should be carried out under the supervision of a physician or an advanced aromatherapy practitioner only.

Topical

Topical application is probably the most common way of using essential oils. There are many methods of therapeutic topical application, but only five will be discussed. These five are neat, dilute 1:1, dilute 1:4, body massage, compress, and bath salt application.

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 that are safe to apply 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. The following is a list of single essential oils that need to be applied 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. The following is a list of single essential oils that need to be applied 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		

Body Massage

Essential oils can be added to any standard Swedish massage routine or other massage techniques by simply adding them to your massage oil. Dilute the essential oil at a 1:4 ratio, 1 part essential oil to 4 parts massage oil.

Compresses

A compress can be hot or cold. 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.

Bath Salts

Thoroughly mix 10-15 drops of essential oils into 2 tablespoons of Epsom salts or baking soda. Dissolve this mixture into a warm bath as the tub is filling. Soak in the tub for 20 minutes before adding or using other soaps or shampoos. For use in the shower instead of the tub, purchase a shower head designed to hold essential oil/salt mixture. Place mixture in shower head and shower for 10 minutes before adding or using other soaps or shampoos.

Part 3: Commonly Seen Medical Conditions in Massage Practice

A

Abuse, Physical and Mental

Definition – improper treatment including but not limited to physical or verbal maltreatment, injury, sexual assault, rape, violation, offenses, crime, or verbal aggression

Single Oils – geranium, melissa, sandalwood

Application Methods

Inhalation – *Diffusion* 15 minutes every 2 hours and *Direct* 2-3 times daily

Topical – *Neat* massage 1-2 drops on temples, under nose, and back of neck as needed

Acne

Definition – also called acne vulgaris, a general term for eruptive skin disease of which there are many types

Single Oils – cedarwood, clove, geranium, German chamomile, lavender, lemongrass, orange, patchouli, Roman chamomile, rosewood, tea tree, vetiver

Application Methods

Topical – *Neat* or *Dilute 1:1* gently massage 3-5 drops into oily areas 1-3 times daily and alternate oils daily for maximum effect

ADD and ADHD (Attention Deficit Disorder and Attention Deficit Hyperactivity Disorder)

Definition – a neurobehavioral developmental disorder characterized by attention problems and hyperactivity

Single Oils – cardamom, cedarwood, lavender, peppermint, sandalwood, vetiver

Application Methods

Inhalation – *Diffusion* 15 minutes 4-8 times daily and *Direct* 4-8 times daily

AIDS (Acquired Immune Deficiency Syndrome)

Definition: disease of the human immune system caused by the human immunodeficiency virus (HIV)

Single Oils: cistus, cumin, frankincense, grapefruit, lavender, lemon, myrrh, sandalwood, thyme, tsuga

Application Methods

Topical – *Dilute 1:1* massage 6-8 drops along spine 3 times weekly and *Body Massage* weekly

Agitation

Definition – restlessness, emotional irritation

Single Oils – lavender, orange, Roman chamomile

Application Methods

Inhalation – *Diffusion* 15 minutes every 2 hours and *Direct* 2-3 times daily

Topical – *Neat* massage 1-2 drops on temples and back of neck as needed

Allergies

Definition – also known as hay fever or allergic rhinitis, a hypersensitive disorder of the immune system

Single Oils – German chamomile, lavender, Roman chamomile

Application Methods

Ingestion – *Capsule* 400mg 2 times daily or as prescribed

Inhalation – *Diffusion* 15 minutes every 2 hours and *Direct* 2-4 times daily

Amyotrophic Lateral Sclerosis (ALS)

Definition – also called Lou Gehrig’s disease, a form of motor neuron disease which is progressive, degenerative, and fatal

Single Oils – cardamom, clove, frankincense, helichrysum, juniper, oregano, rosemary, sage

Application Methods

Inhalation – *Diffusion* 30 minutes 2-3 times daily and *Direct* 3-4 times daily

Topical – *Dilute 1:1* massage 1-3 drops on forehead, temples, and behind ears or use direct pressure massaging 6-10 drops of diluted oil from the base of the skull down the neck and spine, and *Body Massage* weekly

Arthritis

Definition – a group of over 100 conditions involving damage to joints of the body

Osteoarthritis (OA)

Definition – also known as degenerative arthritis or degenerative joint disease, a group of mechanical abnormalities involving degradation of joints, articular cartilage, and subchondral bone

Single Oils – balsam fir, basil, black pepper, clove, elemi, German chamomile, helichrysum, lavender, lemongrass, marjoram, nutmeg, oregano, peppermint, pine, rosemary, spruce, wintergreen, vetiver

Application Methods

Topical – *Neat* massage 1-2 drops on location as needed and *Dilute* 5-10 drops of essential oils in 1 teaspoon carrier oil and massage on location as needed, and *Body Massage* weekly

Rheumatoid Arthritis (RA)

Definition – a chronic system inflammatory disorder affecting many tissues and organs, but principally attacks synovial joints

Single Oils – balsam fir, clove, helichrysum, marjoram, mountain savory, nutmeg, oregano, peppermint, wintergreen, valerian, vetiver

Application Methods

Ingestion – *Capsule* 400mg 2 times daily or as prescribed

Topical – *Neat* or *Dilute* according to the summary table on page 9 and massage to affected area 1-3 times daily and *Compress* cold 1-2 times daily, and *Body Massage* weekly

Asthma

Definition: a chronic inflammatory disease of the airway characterized by variable and recurring symptoms, bronchospasm, and reversible airflow obstruction

Single Oils: balsam fir, frankincense, juniper, lavender, lemon, marjoram, mountain savory, myrtle, peppermint, pine, Roman chamomile, rose, spruce, thyme

Application Methods

Ingestion – *Capsule* 400mg 2 times daily or as prescribed

Topical – *Neat* massage 2-4 drops on soles of feet 2-3 times daily

B

Back Pain or Backache

Definition – pain anywhere along the back

Single Oils – basil, elemi, geranium, lavender, German chamomile, peppermint

Application Methods

Topical – *Neat* massage 2-4 drops to aching area 1-3 times daily, *Compress* warm if not inflamed, cold if inflamed, 1-2 times daily, and *Body Massage* weekly

Bone

The following are conditions that may be seen clinically in massage practice in a bone or the bones.

Fracture (broken)

Definition – a break in the continuity of the bone

Single Oils – balsam fir, basil, clove, elemi, ginger, helichrysum, lemongrass, pine, peppermint, rosemary, spruce, wintergreen

Application Methods

Topical – *Neat* or *Dilute 1:1* apply 2-4 drops on location as needed

Pain

Definition – debilitating form of pain from bone tissue

Single Oils – balsam fir, helichrysum, pine, spruce, wintergreen

Application Methods

Topical – *Neat* apply 2-4 drops on location 2-5 times daily

Trauma

Definition – injury to bone tissue

Single Oils – balsam fir, spruce, wintergreen

Application Methods

Topical – *Neat* or *Dilute 1:1* apply 4-6 drops on location 2-4 times daily, *Compress* cold 2-4 times daily, and for swelling elevate and use ice packs

C

Cancer

Definition – class of diseases in which cells display uncontrolled growth, invasion of nearby tissues, and metastasis (spread to other body locations via blood or lymph)

*NOTE: Cancer treatment is done under the supervision of a licensed medical practitioner. The essential oil applications listed here are to be used to complement conventional cancer therapies. Use the essential oils until the cancer is in remission.

Single Oils – balsam fir, clove, frankincense, helichrysum, lavender, lemon, myrtle, orange, sandalwood, tangerine, thyme, tsuga

Application Methods

Ingestion – *Capsule* 800mg 2-4 times daily or as prescribed

Retention – *Rectal* 3 times weekly using 1:4 dilution or as prescribed

Topical – *Neat* or *Dilute 1:1* massage 1-3 drops directly on skin cancers or cancerous nodes 2-5 times daily

Breast Cancer

Definition – also called malignant breast neoplasm, cancer originating from breast tissue from inner lining of the milk ducts or lobules that supply ducts with milk

Single Oils – clove, frankincense, lemon, myrtle, orange, sandalwood, tangerine, tsuga

Application Methods

Ingestion – *Capsule* 400mg 2-4 times daily or as prescribed and *Rice Milk* 2-4 times daily

Topical – *Dilute 1:1* massage 4-10 drops on location daily

Cervical Cancer

Definition – malignant neoplasm of the cervical area

Single Oils – galbanum, hyssop, nutmeg, patchouli, sage, sandalwood, thyme, tsuga

Application Methods

Ingestion – *Capsule* 400mg 2-4 times daily or as prescribed

Retention – *Tampon* 3 times per week or as prescribed

Colon Cancer

Definition – also called colorectal cancer or large bowel cancer, cancer originating from the colon, rectum, and appendix

Single Oils – clove, frankincense, lavender, orange, tsuga

Application Methods

Ingestion – *Capsule* 400mg 2-4 times daily or as prescribed and *Rice Milk* 2-4 times daily

Lung Cancer

Definition – cancer originating from lung tissue

Single Oils – balsam fir, frankincense, orange, sage

Application Methods

Ingestion – *Capsule* 400mg 3 times daily or as prescribed

Inhalation – *Diffusion* 15 minutes 3-5 times daily

Retention – *Rectal* nightly retain for 8 hours or as prescribed

Prostate Cancer

Definition – cancer originates from prostate gland

Single Oils – balsam fir, cumin, frankincense, myrrh, orange, sage, tangerine, tsuga

Application Methods

Ingestion – *Capsule* 400mg 3 times daily or as prescribed and *Rice Milk* 2-4 times daily

Retention – *Rectal* nightly or as prescribed

Topical – *Dilute 1:1* massage 1-3 drops between rectum and scrotum daily

Skin Cancer

Definition – also called skin neoplasms, common skin cancers are basal cell, squamous cell, and melanoma, each named after the type of skin cell from which it arises

Single Oils – balsam fir, cumin, frankincense, lavender, lemongrass, myrrh, orange, sage, sandalwood, tangerine, tea tree, tsuga

Application Methods

Ingestion – *Capsule* 400mg 2 times daily or as prescribed and *Rice Milk* 2-4 times daily

Topical – *Neat* massage 2-5 drops on location 3-5 times daily

Carpal Tunnel Syndrome

Definition – also called CTS, a set of signs and symptoms resulting from compression of median nerve travelling through the carpal tunnel

Single Oils – basil, helichrysum, lemongrass, marjoram, peppermint, wintergreen

Application Methods

Topical – *Neat* or *Dilute 1:1* massage 2-4 drops on location 3-5 times daily and *Compress* cold on location 2-3 times daily, and *Body Massage* weekly

Chronic Fatigue Syndrome (CFS)

Definition – variably debilitating disorder defined by persistent fatigue, not relieved by rest, and the presence of other specific symptoms for a minimum of six months

Single Oils – clove, grapefruit, mountain savory, nutmeg, oregano, rosemary, sandalwood, tea tree, thyme

Application Methods

Ingestion – *Capsule* 400mg 3 times daily or as prescribed

Inhalation – *Direct* 4-5 times daily

Colds

Definition – also known as the common cold, viral upper respiratory tract infection, acute coryza, and acute viral rhinopharyngitis, a common viral infection of the upper respiratory system caused by rhinoviruses and coronaviruses

Single Oils – bay laurel, mountain savory, oregano, peppermint, rosemary, rosewood, tea tree, thyme

Application Methods

Ingestion – *Syrup* 3-6 times daily

Inhalation – *Direct* 3-5 times daily and *Vapor* 2-3 times daily

Oral – *Gargle* 3-6 times daily

Topical – *Dilute 1:1* massage 1-3 drops on forehead, nose, cheeks, lower throat, chest, and upper back 1-3 times daily, and *Bath Salts*

Head Cold

Definition – same as cold, more symptoms of present in head

Single Oils – balsam fir, frankincense, German chamomile, lemon, peppermint, pine, rosemary

Application Methods

Ingestion – *Syrup* 3-6 times daily

Inhalation – *Direct* 3-5 times daily and *Vapor* 2-3 times daily

Oral – *Gargle* 3-6 times daily

Topical – *Dilute 1:1* massage 1-3 drops on forehead, nose, cheeks, throat, chest, and upper back as needed, and *Bath Salts* daily

Constipation

Definition – bowel movements that are hard to pass or infrequent

Single Oils – anise, fennel, ginger, peppermint, tarragon

Application Methods

Ingestion – *Capsule* 400mg 2-3 times daily or as prescribed and *Rice Milk* 2-4 times daily

Cough

Definition – sudden reflex which clears the large breathing passages from irritants, foreign particles, secretions, and microbes

Single Oils – cedarwood, eucalyptus, frankincense, lemon, myrrh, oregano, peppermint, thyme

Application Methods

Ingestion – *Rice Milk* heat and sip slowly 2-4 times daily for soothing relief and *Syrup* 3-5 times daily

Inhalation – *Direct* 3-6 times daily and *Vapor* 2-3 times daily

Oral – *Gargle* 4-8 times daily and *Tongue* 2-6 times daily

Topical – *Dilute 1:1* massage 1-3 drops on throat, back of neck, and chest 2-4 times daily

Congestive

Definition – productive cough

Single Oils – cedarwood, eucalyptus, goldenrod, hyssop, marjoram, spruce

Application Methods

Ingestion – *Syrup* 2-4 times daily

Inhalation – *Direct* 3-6 times daily and *Vapor* 1-3 times daily

Oral – *Gargle* 4-6 times daily

Topical – *Compress* warm 1-2 times daily over chest, throat, and upper back

Dry

Definition – nonproductive cough

Single Oils – lemon, eucalyptus

Application Methods

Ingestion – *Syrup* mix 2 drops lemon and 3 drops eucalyptus in 1 teaspoon of blue agave nectar or maple syrup, dissolve in 4 ounces of hot water, and sip slowly as needed for relief

D

Dermatitis

Definition – also known as a rash, it is an inflammation of the skin

Single Oils – celery seed, cistus, geranium, German chamomile, juniper, lavender, Roman chamomile, rosewood, thyme

Application Methods

Topical – *Dilute 1:1* massage on location as needed

Diabetes Mellitus

Definition – also called diabetes, metabolic disease with high blood sugars due to poor insulin production or lack of cell response to insulin produced

Single Oils – clove, cinnamon bark, coriander, dill, fennel, rosemary

Application Methods

Ingestion – *Capsule* 200mg 3 times daily or as prescribed

Diarrhea

Definition – having more than 3 loose liquid bowel movements per day

Single Oils – clove, ginger, lemon, mountain savory, nutmeg, oregano, peppermint

Application Methods

Ingestion – *Capsule* 200mg 2 times daily or as prescribed and *Rice Milk* 1-3 times daily

Topical – *Dilute 1:1* massage 6-10 drops over stomach area 2 times daily and *Compress* warm 1-2 times daily

Dizziness

Definition – nonspecific term meaning impairment in spatial perception and stability

Single Oils – basil, cardamom, frankincense, peppermint, tangerine

Application Methods

Inhalation – *Direct* 1-2 times daily

Topical – *Neat* massage 1-3 drops on the temples, back of neck, and shoulders as needed

E

Eczema

Definition – a form of dermatitis, it is an inflammation of the epidermis or outer layer of skin

Single Oils – celery seed, cistus, geranium, German chamomile, juniper, lavender, Roman chamomile, rosewood, thyme

Application Methods

Topical – *Dilute 1:1* massage on location as needed

Edema

Definition – also known as swelling, oedema, dropsy, or hydropsy, an abnormal accumulation of fluid under the skin or body cavity

Single Oils – cedarwood, clove, fennel, geranium, German chamomile, grapefruit, juniper, lavender, orange, peppermint, wintergreen

Application Methods

Ingestion – *Capsule* 200mg 2 times daily or as prescribed

Topical – *Dilute 1:1* massage 3-5 drops into affected area 2-3 times daily and *Compress* cold 1-2 times daily

Emotional Trauma

Definition – damage to the emotions or psyche as a result of a traumatic event

Single Oils – balsam fir, frankincense, galbanum, German chamomile, lavender, lemon, rose, valerian

Application Methods

Ingestion – *Syrup* 1-2 times daily

Inhalation – *Direct* 3-4 times daily

Topical – *Neat* massage 1-2 drops on crown of head and forehead in a quiet darkened room as needed

Epstein-Barr Virus (EBV)

Definition – also called human herpes virus 4 (HHV-4), a cancer causing virus of the herpes family known to cause infectious mononucleosis

Single Oils – clove, grapefruit, mountain savory, nutmeg, oregano, rosemary, sandalwood, tea tree, thyme

Application Methods

Ingestion – *Capsule* 400mg 3 times daily or as prescribed

Inhalation – *Direct* 4-5 times daily

F

Fatigue

Definition – also called exhaustion, languidness, languor, lassitude, lethargy, and listlessness, it describes a range of afflictions associated with physical or mental weakness varying from state of lethargy to burning sensation in the muscles

Mental

Definition – manifests as somnolence or sleepiness

Single Oils – black pepper, cardamom, cedarwood, frankincense, nutmeg, peppermint, pine, rosemary, sage, spearmint, vetiver

Application Methods

Ingestion – *Syrup* 1-3 times daily

Inhalation – *Direct* 2-4 times daily

Topical – *Neat* massage 1-2 drops or *Dilute 1:1* massage 2-4 drops on forehead, temples, behind ears, throat, and back of neck as needed

Nervous

Definition – can cause motor skill problems

Single Oils – blue yarrow, goldenrod, helichrysum, juniper, peppermint, thyme

Application Methods

Inhalation – *Direct* 4-8 times daily

Topical – *Dilute 1:1* massage 1-2 drops on forehead, temples, behind ears, under nose, and base of neck

Physical

Definition – inability to function at level of normal abilities

Single Oils – basil, black pepper, juniper, lemon, lemongrass, melissa, nutmeg, peppermint, rosemary, thyme

Application Methods

Inhalation – *Diffusion* 10 minutes 3 times daily and *Direct* 2-5 times daily

Topical – *Dilute 1:1* massage 2-3 drops on temples, over thyroid, and behind ears 2-4 times daily and *Body Massage* weekly

Feet

The following are conditions that may be seen clinically in massage practice in a foot or the feet.

Blisters

Definition – small pocket of fluid within the outer layer of skin typically caused by rubbing, burning, freezing, infection, or chemical exposure

Single Oils – cistus, frankincense, German chamomile, lavender, melissa, Roman chamomile, sandalwood, tea tree

Application Methods

Topical – *Dilute 1:1* apply to blistered area 3-5 times daily

Boils

Definition – a deep infection of the hair follicle

Single Oils – cassia, cinnamon bark, clove, oregano, tea tree, thyme

Application Methods

Topical – *Dilute 1:1* apply on location 3-5 times daily

Corns

Definition – thickened layers of skin caused by repeated friction and pressure

Single Oils – grapefruit, lemon, myrrh, oregano, tangerine

Application Methods

Topical – *Neat* apply 1 drop directly on corn 2-3 times daily

Sore

Definition – tender, painful, or tired sensation in feet

Single Oils – frankincense, lavender, myrrh, patchouli, peppermint, sandalwood, vetiver

Application Methods

Topical – *Dilute 1:1* massage 6-9 drops onto each foot at night, *Compress* warm, and *Bath Salts* mix 10 drops of essential oil in 1 tablespoon of Epsom salts, add hot water in large basin, and soak feet

Fever

Definition – also called pyrexia, an elevation of temperature above normal 98-100°F

Single Oils – balsam fir, peppermint, rosemary

Application Methods

Ingestion – *Capsule* 400mg 2 times daily or as prescribed, *Rice Milk* sip slowly 1-2 times daily and *Syrup* dissolve 1 teaspoon of syrup/essential oil mixture in 8oz glass of cool water and sip slowly

Inhalation – *Direct* 3-4 times daily

Topical – *Dilute 1:1* massage 2-3 drops on forehead, temples, and back of neck as needed

Fibromyalgia

Definition – also know as FM or FMS, a medical disorder characterized by widespread chronic pain and a heightened painful response to pressure

Single Oils – balsam fir, German chamomile, nutmeg

Application Methods

Ingestion – *Capsule* 200mg 2 times daily or as prescribed

Topical – *Dilute 1:1* massage 2-4 drops on pain locations as needed, *Compress* warm on location 3 times weekly, and *Body Massage* weekly

Flu

Definition – also known as influenza, an infectious disease caused by the influenza viruses

Single Oils – lemon, mountain savory, myrtle, oregano, peppermint

Application Methods

Inhalation – *Direct* 2-4 times daily

Ingestion – *Capsule* 400mg 3 times daily or as prescribed and *Rice Milk* 2-4 times daily

Topical – *Dilute 1:1* massage 2-4 drops on chest, stomach, and lower back 2 times daily, *Compress* warm over lower abdomen 1-2 times daily, and *Bath Salts*

G

Gas

Definition – also called flatulence, a mixture of gases and air that are byproducts of the digestion process which are released through the rectum

Single Oils – anise, carrot seed, fennel, nutmeg, peppermint, tarragon

Application Methods

Ingestion – *Capsule* 200mg 2 times daily or as prescribed

Topical – *Dilute 1:1* massage 6-10 drops over stomach area 2 times daily and *Compress* warm 1-2 times daily

Gout

Definition – medical condition characterized by attacks of acute inflammatory arthritis with red, tender, swollen, hot joint(s)

Single Oils – carrot seed, celery seed, geranium, lemon, juniper, Roman chamomile

Application Methods

Ingestion – *Capsule* 200mg 3 times daily for 10 days, rest 4 days, and repeat as needed and *Rice Milk* 3 times daily

Topical – *Neat* gently massage 1-3 drops on affected joints 2-3 times daily

H

Headaches

Definition – also called cephalgia, pain anywhere in the head or neck region

Single Oils – balsam fir, basil, clove, eucalyptus, German chamomile, lavender, peppermint, Roman chamomile, rosemary, spearmint, valerian

Application Methods

Inhalation – *Diffusion* 15 minutes 3-5 times daily and *Direct* 3-8 times daily

Oral – *Tongue* place drop on tongue and push against roof of the mouth

Topical – *Dilute 1:1* massage 1-3 drops on forehead, temples, behind ears, under nose, and back of neck as needed

Children's

Definition – head pain in children ages 2-18

Single Oils – German chamomile, grapefruit, lavender, peppermint, rosemary

Application Methods

Topical – *Dilute 1:1* massage 2-4 drops on temples, forehead, back of neck, thumbs, and big toes as needed

Migraine

Definition – neurological condition characterized by severe headaches, nausea, and altered body perceptions

Single Oils – basil, German chamomile, helichrysum, lavender, marjoram, melissa, peppermint, rosemary, sandalwood

Application Methods

Inhalation – *Direct* as needed

Topical – *Neat* massage 1-2 drops on temples, forehead, back of neck, under nose, thumbs, and big toes as needed

Tension

Definition – most common type of headache with pain radiating from neck, eyes, back, or other muscle group in the body

Single Oils – balsam fir, cardamom, lavender, lemongrass, marjoram, peppermint, rosemary, valerian

Application Methods

Topical – *Dilute 1:1* massage 1-2 drops around hairline, forehead, and back of neck as needed

Heartburn

Definition – also called pyrosis or acid indigestion, a burning sensation in the chest behind the breastbone or in the epigastrium

Single Oils – ginger, lemon, peppermint, spearmint

Application Methods

Ingestion – *Capsule* 200mg 2 times daily or as prescribed

Topical – *Dilute 1:1* massage 6-10 drops over stomach area 2 times daily and *Compress* warm 1-2 times daily

Hepatitis

Definition – inflammation of liver

Single Oils – clove, celery seed, German chamomile, thyme

Application Methods

Ingestion – *Capsule* 200mg 3 times daily or as prescribed and *Rice Milk* 2-4 times daily

Topical – *Dilute 1:1* massage 1-3 drops on carotid arteries 2-5 times daily and *Compress* warm over liver 1-2 times daily

Herniated Disk or Disk Deterioration

Definition – also called spinal disc herniation and slipped disc, a tear in the annulus fibrosus (outer ring) of an intervertebral disc which allows the nucleus pulposus (central portion) to bulge out

Single Oils – balsam fir, basil, helichrysum, melissa, spruce, thyme, valerian, vetiver

Application Methods

Topical – *Dilute 1:1* massage on location for pain relief, *Compress* cold on location as needed, and *Body Massage* weekly

Huntington's Chorea

Definition – also called Huntington's disease or Huntington's disorder (HD), a progressive neurodegenerative genetic disorder affecting muscle coordination and leading to cognitive decline and dementia

Single Oils – basil, juniper, peppermint

Application Methods

Inhalation – *Diffusion* 30 minutes 2-3 times daily and *Direct* 3-4 times daily

Topical – *Dilute 1:1* massage 1-3 drops on forehead, temples, and behind ears or use direct pressure massaging 6-10 drops of diluted oil from the base of the skull down the neck and spine and *Body Massage* weekly

Hypercholesterolemia

Definition – high blood cholesterol

Single Oils – clove, fennel, geranium, German chamomile, helichrysum, Roman chamomile, rosemary, spikenard

Application Methods

Ingestion – *Capsule* 400mg 3 times daily or as prescribed and *Rice Milk* 1-2 times daily

Topical – *Neat* or *Dilute 1:1* massage 2-4 drops on wrists, inside of elbows, and base of throat 2-3 times daily or massage 6-10 drops along spine 3 times daily and *Body Massage* weekly

Hypertension

Definition – high blood pressure

Single Oils – jasmine absolute, lavender, marjoram, ylang ylang

Application Methods

Ingestion – *Capsule* 400mg 1-2 times daily or as prescribed

Inhalation – *Diffusion* 20 minutes 3 times daily

Topical – *Dilute 1:4* full body massage daily

Hyperthyroid, Grave's Disease

Definition – also called thyrotoxicosis, autoimmune disease where thyroid produces excessive amount of thyroid hormones

Single Oils – lemongrass, myrrh, spruce

Application Methods

Topical – *Dilute 1:1* massage 3-5 drops over the thyroid 1-3 times daily

Hypoglycemia

Definition – low blood sugar

Single Oils – clove, cinnamon bark, coriander, cumin, dill, lavender, lemon, thyme

Application Methods

Ingestion – *Capsule* 400mg 1 time daily or as prescribed

Inhalation – *Direct* 2-5 times daily

Hypotension

Definition – low blood pressure

Single Oils – pine, rosemary, sage

Application Methods

Ingestion – *Capsule* 400mg 1-2 times daily or as prescribed

Inhalation – *Diffusion* 20 minutes 3 times daily

Topical – *Dilute 1:4* full body massage daily

Hypothyroid

Definition – deficiency of thyroid hormones

Single Oils – clove, lemongrass, myrrh, myrtle, peppermint, spearmint

Application Methods

Ingestion – *Capsule* 400mg 2 times daily or as prescribed

Topical – *Dilute 1:1* massage 3-5 drops over the thyroid 1-3 times daily

I

Infections, Bacterial and Viral

Definition – infectious diseases caused by pathogenic bacteria and viruses

Single Oils – cistus, clove, lemongrass, mountain savory, oregano, rosemary, rosewood, sage, spruce, tea tree, thyme

Application Methods

Ingestion – *Capsule* 400mg 2 times daily or as prescribed

Topical – *Dilute 1:4* massage 4-6 drops on location 2-3 times daily

Inflammation

Definition – a protective and complex biological response of vascular tissues to pathogens, irritants, or damaged cells in order to remove the injurious stimuli and to start the healing process

Single Oils – clove, German chamomile, helichrysum, hyssop, lavender, myrrh, nutmeg, peppermint, Roman chamomile, spruce, thyme, wintergreen

Application Methods

Ingestion – *Capsule* 200mg 2 times daily or as prescribed

Topical – *Dilute 1:1* massage 2-4 drops on inflamed area 2 times daily and *Compress* cold 1-3 times daily

Insomnia

Definition – sleeping difficulties

Single Oils – balsam fir, cedarwood, German chamomile, lavender, lemon, mandarin, Roman chamomile, rosemary, valerian

Application Methods

Inhalation – *Diffusion* 30-60 minutes at night or apply 1-3 drops to a cotton ball and place on/near your pillow

Topical – *Neat* massage 1-3 drops to shoulders, stomach, and feet bottoms and *Bath Salts* just before going to sleep at night

K

Knee Cartilage Injury

Definition – injury to the flexible connective tissue within the knee

Single Oils – balsam fir, peppermint, wintergreen

Application Methods

Topical – *Neat* or *Dilute 1:1* massage 4-6 drops on location 2-4 times daily, *Compress* cold 2-4 times daily, and for swelling elevate and use ice packs

L

Ligament(s)

The following are conditions that may be seen clinically in massage practice in a ligament or the ligaments.

Torn

Definition – also called a sprain, a tear to a ligament caused by being stretched beyond normal capacity

Single Oils – valerian, vetiver

Application Methods

Topical – *Neat* or *Dilute 1:1* 4-6 drops on location 2-4 times daily, *Compress* cold 2-4 times daily, and for swelling elevate and use ice packs

Trauma

Definition – injury to ligament tissue

Single Oils – elemi, helichrysum, lavender, lemongrass

Application Methods

Topical – *Neat* or *Dilute 1:1* gently massage 4-6 drops on location 2-4 times daily, *Compress* cold 2-4 times daily, and for swelling elevate and use ice packs

Low Back Pain or Lumbago

Definition – a common musculoskeletal disorder

Single Oils – basil, elemi, helichrysum, German chamomile, marjoram, nutmeg, peppermint, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 6-10 drops on location or naval 2 times daily, *Compress* warm if not inflamed, cold if inflamed, 1-2 times daily, and *Body Massage* weekly

M

Mixed Connective Tissue Disease (MCTD)

Definition – also called Sharp’s syndrome, an autoimmune disease in which the body attacks itself especially the connective tissues

Single Oils – clove, lemongrass, marjoram, nutmeg, peppermint, rosemary, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 4-8 drops on location 2-3 times daily

Mononucleosis

Definition – also known as infectious mononucleosis (IM), EBV infectious mononucleosis, kissing disease, mono, Pfeiffer’s disease, Filatov’s disease, or glandular fever, an infectious viral disease caused by EBV

Single Oils – frankincense, hyssop, mountain savory, thyme

Application Methods

Ingestion – *Capsule* 400mg 2 times daily or as prescribed

Multiple Sclerosis (MS)

Definition – also called disseminated sclerosis or encephalomyelitis disseminate, an inflammatory disease where myelin sheaths of brain and spinal cord axons are damaged leading to demyelination, scarring, and a slowing or blocking of nerve transmission

Single Oils – basil, geranium, helichrysum, juniper, marjoram, oregano, peppermint, rosemary, thyme, wintergreen

Application Methods

Inhalation – *Diffusion* 30 minutes 2-3 times daily and *Direct* 3-4 times daily

Topical – *Dilute 1:1* massage 1-3 drops on forehead, temples, and behind ears or use direct pressure massaging 6-10 drops of diluted oil from the base of the skull down the neck and spine and *Body Massage* weekly

Muscle(s)

The following are conditions that may be seen clinically in massage practice in a muscle or the muscles.

Contusion

Definition – bruise or hematoma of the muscle tissue

Single Oils – clove, geranium, German chamomile, helichrysum, lavender, peppermint, wintergreen, valerian, vetiver

Application Methods

Topical – *Dilute 1:1* gently massage 2-3 drops to bruised area 3 times daily and *Body Massage* weekly

Cramps

Definition – also known as Charley Horses, unpleasant or painful sensation caused by muscle contraction or over shortening

Single Oils – elemi, German chamomile, lavender, marjoram, rosemary

Application Methods

Topical – *Dilute 1:1* massage 2-4 drops on cramped muscle 3 times daily and *Body Massage* weekly

Inflammation Due to Infection

Definition – presence of swelling, local congestion, and redness due to a pathogenic microorganism presence

Single Oils – hyssop

Application Methods

Topical – *Dilute 1:1* massage 2-4 drops on muscle 3 times daily and *Compress* cold 1-3 times daily

Inflammation Due to Injury

Definition – presence of swelling, local congestion, and redness due to a trauma

Single Oils – clove, German chamomile, marjoram, myrrh, peppermint, Roman chamomile, spearmint, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 2-4 drops on inflamed muscle 3 times daily and *Body Massage* weekly

Sore

Definition – tenderness, stiffness, or pain in muscle

Single Oils – basil, black pepper, elemi, marjoram, nutmeg, peppermint, Roman chamomile, rosemary, spruce, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 4-6 drops on sore muscle 3 times daily, *Compress* warm 1-3 times daily, and *Body Massage* weekly

Spasmed or Tight

Definition – contracted muscle fibers causing pain

Single Oils – balsam fir, basil, elemi, lemongrass, marjoram, peppermint, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 2-6 drops on affected area as needed and *Body Massage* weekly

Torn

Definition – also known as strain, tear to a muscle caused by being stretched beyond normal capacity

Single Oils – balsam fir, basil, elemi, lavender, lemongrass, marjoram, peppermint, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 2-6 drops on affected area

Trauma

Definition – injury to muscle tissue

Single Oils – basil, lavender, marjoram

Application Methods

Topical – *Neat* or *Dilute 1:1* gently massage 4-6 drops on location 2-4 times daily, *Compress* cold 2-4 times daily, and for swelling elevate and use ice packs

Weakness

Definition – fatigued or tired muscle lacking strength

Single Oils – balsam fir, lemongrass, juniper, nutmeg

Application Methods

Topical – *Dilute 1:1* massage 4-6 drops on weak muscle 3 times daily and *Body Massage* weekly

Muscular Dystrophy

Definition – group of hereditary muscle diseases that weaken the muscles of the body

Single Oils – balsam fir, lavender, lemongrass, marjoram, pine, vetiver

Application Methods

Topical – *Dilute 1:1* massage 4-6 drops along spine 3 times daily and *Body Massage* weekly

N

Nasopharyngitis

Definition – a common viral infection of the upper respiratory system caused by rhinoviruses and coronaviruses

Single Oils – thyme

Application Methods

Inhalation – *Direct* 4-8 times daily

Oral – *Gargle* 2-5 times daily

Topical – *Dilute 1:1* massage 1-3 drops on under jawbone on the right and left sides 4-8 times daily

Nausea

Definition – sensation of discomfort in stomach with urge to vomit

Single Oils – ginger, nutmeg, patchouli, peppermint

Application Methods

Inhalation – *Direct* 4-6 times hourly

Oral – *Tongue* 1-4 times daily

Topical – *Dilute 1:1* massage 1-3 drops behind ears, over naval, and in between the tendons of the wrist 2-3 times hourly and *Compress* warm over stomach as needed

Morning Sickness

Definition – also called nausea gravidarum, nausea, vomiting of pregnancy, emesis gravidarum, or pregnancy sickness, it is nausea in pregnancy

Single Oils – ginger, peppermint, spearmint

Application Methods

Inhalation – *Direct* 4-6 times hourly

Oral – *Tongue* 1-4 times daily

Topical – *Dilute 1:1* massage 1-3 drops behind ears, over naval, and in between the tendons of the wrist 2-3 times hourly and *Compress* warm over stomach as needed

Motion Sickness

Definition – also called travel sickness or kinetosis, condition in which a disagreement exists between the vestibular system's sense of movement and the visually perceived movement causing nausea

Single Oils – ginger, lavender, patchouli, peppermint, spearmint

Application Methods

Ingestion – *Rice Milk* 1-2 times daily

Inhalation – *Direct* 4-6 times hourly

Oral – *Tongue* 1-4 times daily

Topical – *Dilute 1:1* massage 1-3 drops behind ears, over naval, and in between the tendons of the wrist 2-3 times hourly and *Compress* warm over stomach as needed

Neck Pain and Stiffness

Definition – also called cervicalgia, a common musculoskeletal disorder

Single Oils – basil, balsam fir, elemi, helichrysum, marjoram, nutmeg, peppermint, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 4-6 drops on neck area 2 times daily, *Compress* warm if not inflamed, cold if inflamed 1 time daily, and *Body Massage* weekly

Neuralgia

Definition – pain in one or more nerves without stimulation of pain receptor cells

Single Oils – helichrysum, juniper, marjoram, nutmeg, peppermint

Application Methods

Inhalation – *Direct* 2-4 times daily

Topical – *Neat* or *Dilute 1:1* massage 2-4 drops on affected area 3-5 times daily and *Compress* cold on location 2-3 times daily

Neuritis

Definition – inflammation of the nerve cells

Single Oils – blue yarrow, clove, juniper, lavender, oregano, peppermint, thyme

Application Methods

Inhalation – *Direct* 2-4 times daily

Topical – *Neat* or *Dilute 1:1* massage 2-4 drops on affected area 3-5 times daily and *Compress* cold on location 2-3 times daily

Neuropathy

Definition – damage to nerves caused by side effects of systemic illness or diseases of the nerve

Single Oils – blue yarrow, goldenrod, helichrysum, juniper, lemongrass, peppermint

Application Methods

Inhalation – *Direct* 2-4 times daily

Topical – *Neat* or *Dilute 1:1* massage 2-4 drops on affected area 3-5 times daily and *Compress* cold on location 2-3 times daily

O

Obesity

Definition – medical condition of excess body fat which has adverse effects on health leading to shortened life span and increased health problems

Single Oils – jasmine absolute, peppermint, ylang ylang

Application Methods

Inhalation – *Direct* 5-20 times daily

Osteoporosis

Definition – disease of the bone leading to increased fracture risk

Single Oils – balsam fir, basil, elemi, marjoram, peppermint, pine, rosemary, spruce, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 6-10 drops on spine or affected areas 2-3 times daily

P

Pain

Definition – uncomfortable and unpleasant sensory and emotional experience associated with actual or potential tissue damage

Chronic

Definition – long term and lasting discomfort, stiffness, and tenderness anywhere in the body

Single Oils – balsam fir, clove, elemi, ginger, helichrysum, oregano, peppermint, rosemary, spruce, wintergreen

Application Methods

Ingestion – *Capsule* 200mg 2 times per day or as prescribed

Topical – *Dilute 1:1* massage 2-4 drops on location and repeat as needed to control pain, *Compress* warm on location as needed to control pain, and *Body Massage* weekly

Joint

Definition – stiffness, discomfort, loss of motion, tenderness, or loss of range of motion in joint

Single Oils – balsam fir, elemi, German chamomile, helichrysum, spruce, peppermint, pine, spruce, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 3-6 drops on location and repeat as needed to control pain

Muscle

Definition – stiffness, discomfort, or tenderness in the muscle or muscles

Single Oils – marjoram, nutmeg, peppermint, rosemary

Application Methods

Topical – *Dilute 1:1* massage 2-4 drops on location and repeat as needed to control pain and *Body Massage* weekly

Trauma

Definition – stiffness, discomfort, or tenderness from an injury

Single Oils – geranium, sandalwood

Application Methods

Topical – *Dilute 1:1* massage 2-4 drops on location, hairline, and tops of toes 2-4 times daily and *Compress* warm on location as needed to control pain

Parkinson's Disease

Definition – also called Parkinson's or Parkinson disease (PD), a degenerative disorder of the central nervous system impairing motor skills, cognitive thinking, and other functions

Single Oils – juniper, peppermint

Application Methods

Inhalation – *Diffusion* 30 minutes 2-3 times daily and *Direct* 3-4 times daily

Topical – *Dilute 1:1* massage 1-3 drops on forehead, temples, and behind ears or use direct pressure massaging 6-10 drops of diluted oil from the base of the skull down the neck and spine and *Body Massage* weekly

Psoriasis

Definition – chronic autoimmune disease of the skin

Single Oils – German chamomile, helichrysum, lavender, patchouli, Roman chamomile, rose, tea tree

Application Methods

Ingestion – *Capsule* 200mg 1 time daily or as prescribed

Topical – *Neat* massage 2-4 drops to affected area 2 times daily or 6-10 drops can be added to 1 teaspoon of a quality non-perfumed lotion base or high grade skin oil and applied daily

R

Restless Legs Syndrome

Definition – also called Wittmaack-Ekbom syndrome, characterized by irresistible urge to move one's body to stop uncomfortable or odd sensations

Single Oils – basil, lavender, marjoram, peppermint, Roman chamomile, valerian

Application Methods

Inhalation – *Diffusion* 20 minutes 4 times daily and *Direct* 6-8 times daily

Topical – *Dilute 1:1* massage 6-10 drops on legs daily and *Body Massage* weekly

Rhinitis

Definition – also called stuffy nose, a condition of irritation and inflammation of internal areas of the nose

Single Oils – basil, peppermint, tea tree

Application Methods

Inhalation – *Direct* 4-8 times daily

Topical – *Neat* massage 2-4 drops on forehead and bridge of nose 3-6 times daily

S

Scar Tissue

Definition – area of fibrous tissue or fibrosis that replaces normal skin after injury or disease

Single Oils – blue yarrow, cistus, elemi, helichrysum, lavender, myrrh, rose, sandalwood

Application Methods

Topical – *Neat* gently massage 2-6 drops over wound or cut daily until healed

Sciatica

Definition – also called sciatic neuritis, a set of symptoms including pain caused by compression/irritation of the left, right, or both sciatic nerves or compression/irritation of the spinal nerve roots that give rise to the sciatic nerve

Single Oils – basil, clove, helichrysum, nutmeg, peppermint, rosemary, spruce, tarragon, thyme, wintergreen

Application Methods

Ingestion – *Capsule* 200mg 2 times daily or as prescribed

Topical – *Dilute 1:1* massage 6-10 drops on location 2 times daily, *Compress* warm if not inflamed, cold if inflamed, 1-2 times daily, and *Body Massage* weekly

Scleroderma

Definition – chronic systemic autoimmune disease characterized by hardening or fibrosis, vascular alterations, and autoantibodies

Single Oils – frankincense, lavender, myrrh, patchouli, Roman chamomile, sandalwood

Application Methods

Topical – *Dilute 1:1* massage 4-6 drops on location 3 times daily

Scoliosis

Definition – medical condition where the spine is curved from side to side

Single Oils – basil, marjoram, oregano, peppermint, thyme, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 3-6 drops along spine daily as needed and *Body Massage* weekly

Sinus

The following are conditions that may be seen clinically in massage practice in the sinus or sinuses.

Congestion

Definition – fluid accumulation in the sinus

Single Oils – balsam fir, fennel, goldenrod, peppermint, rosemary, sandalwood, tea tree, thyme

Application Methods

Ingestion – *Syrup* 3-6 times daily

Inhalation – *Direct* 3-8 times daily and *Vapor* 2-5 times daily

Oral – *Gargle* 3-6 times daily

Topical – *Dilute 1:1* massage 1-3 drops on forehead, nose, cheeks, throat, chest, and upper back as needed and *Bath Salts*

Headache

Definition – pressure or pain in the sinuses caused by infection, congestion, or sinusitis

Single Oils – geranium, lavender, lemon, rosemary, tea tree

Application Methods

Inhalation – *Diffusion* 10 minutes 2-5 times daily and *Direct* 2-5 times daily

Sinusitis

Definition – inflammation of the paranasal sinuses

Single Oils – clove, eucalyptus, lemon, lemongrass, myrtle, rosemary, thyme

Application Methods

Inhalation – *Direct* 3-5 times daily

Oral – *Gargle* 2-5 times daily

Topical – *Dilute 1:1* apply 1-2 drops to cotton swab, swab inside of nostrils 3 times daily

Skin

The following are nonspecific conditions that may be seen clinically in massage practice on the skin.

Clogged Pores

Definition – excess oil trapped in skin pore

Single Oils – geranium, lemon, orange, tea tree

Application Methods

Topical – *Neat* massage 2-4 drops to affected area and gently remove with cotton ball

Dry, Cracked, or Chapped

Definition – skin flakey, split, chafed, scaly, or lacking moisture with varying causes

Single Oils – cedarwood, lavender, myrrh, neroli, palmarosa, Roman chamomile, rose, rosewood, sandalwood, spikenard

Application Methods

Topical – *Dilute 1:4* in a quality non-perfumed lotion base or high grade skin oil and apply as lotion as often as needed

Itching

Definition – also called pruritis, an unpleasant sensation causing the reflex desire to scratch

Single Oils – German chamomile, helichrysum, lavender, nutmeg, oregano, patchouli, peppermint

Application Methods

Topical – *Dilute 1:1* apply 2-6 drops on location as needed

Smoking Cessation

Definition – help for massage clients to stop smoking

Single Oils – clove, cinnamon bark, nutmeg

Application Methods

Inhalation – *Diffusion* 30 minutes 3 times daily and *Direct* whenever the urge for a cigarette arises

Sore Throat

Definition – throat pain usually caused by acute throat inflammation

Single Oils – frankincense, lemon, myrrh, oregano, peppermint, sage, thyme

Application Methods

Ingestion – *Rice Milk* heat and sip slowly 2-4 times daily for soothing relief and *Syrup* 3-5 times daily

Inhalation – *Direct* 3-6 times daily and *Vapor* 2-3 times daily

Oral – *Gargle* 4-8 times daily and *Tongue* 2-6 times daily

Topical – *Dilute 1:1* massage 1-3 drops on throat, back of neck, and chest 2-4 times daily and *Compress* warm 2-3 times daily over chest

Spinal Calcification

Definition – calcium salts build up in the soft tissue of the spine causing it to harden

Single Oils – elemi, geranium, oregano, rosemary, vetiver

Application Methods

Topical – *Dilute 1:1* massage 6-10 drops along spine 2 times daily and *Body Massage* weekly

Spinal Pain

Definition – pain anywhere along the spine

Single Oils – basil, marjoram, peppermint, spruce, wintergreen

Application Methods

Topical – *Dilute 1:1* massage 6-10 drops on location 2 times daily, *Compress* warm if not inflamed, cold if inflamed, 1-2 times daily, and *Body Massage* weekly

Strep Throat

Definition – also called streptococcal pharyngitis, streptococcal tonsillitis, or streptococcal sore throat, a form of group A streptococcal infection affecting the pharynx and possibly the larynx

Single Oils – eucalyptus, frankincense, mountain savory, myrrh, oregano, thyme

Application Methods

Ingestion – *Rice Milk* heat and sip slowly 2-4 times daily for soothing relief and *Syrup* 3-5 times daily

Inhalation – *Direct* 3-6 times daily and *Vapor* 2-3 times daily

Oral – *Gargle* 4-8 times daily and *Tongue* 2-6 times daily

Topical – *Dilute 1:1* massage 1-3 drops on throat, back of neck, and chest as needed and *Compress* warm over chest 2-3 times daily

Stress

Definition – physiological or psychological irritants

Single Oils – cedarwood, frankincense, German chamomile, lavender, marjoram, Roman chamomile, rose, sandalwood

Application Methods

Ingestion – *Capsule* 200mg 2 times daily or as prescribed

Inhalation – *Diffusion* 30 minutes 1-3 times daily and *Direct* as needed

Topical – *Dilute 1:1* massage on temples, neck, and shoulders 2 times daily, *Bath Salts* daily, and *Body Massage* weekly

Systemic Lupus Erythematosus (SLE)

Definition – also called lupus, a chronic systemic autoimmune disease affecting any part of the body

Single Oils – lemongrass

Application Methods

Topical – *Body Massage* once every other day and *Bath Salts*

T

Tendon Trauma

Definition – injury to tendon tissue

Single Oils – lavender, lemongrass, marjoram

Application Methods

Topical – *Neat* or *Dilute 1:1* massage 4-6 drops on location 2-4 times daily, *Compress* cold 2-4 times daily, and for swelling elevate and use ice packs

Tendonitis

Definition – inflammation of a tendon

Single Oils – rosemary, peppermint, valerian, vetiver

Application Methods

Topical – *Neat* or *Dilute 1:1* massage 4-6 drops on location 2-4 times daily, *Compress* cold 2-4 times daily, and for swelling elevate and use ice packs

Tonsillitis

Definition – inflammation of the tonsils usually caused by a virus or bacteria

Single Oils – clove, goldenrod, mountain savory, oregano, tea tree, thyme

Application Methods

Ingestion – *Rice Milk* heat and sip slowly 2-4 times daily for soothing relief and *Syrup* 3-5 times daily

Oral – *Gargle* 4-8 times daily and *Tongue* 2-6 times daily

Topical – *Dilute 1:1* massage 1-3 drops on throat, back of neck, and chest as needed and *Compress* warm over chest 2-3 times daily or as needed

V

Varicose Veins

Definition – veins which are enlarged and tortuous, commonly refers to veins on legs

Single Oils – basil, helichrysum, lavender, lemon, peppermint, wintergreen

Application Methods

Topical – *Neat* massage toward the heart 2-4 drops on veins 3-6 times daily

Quick Reference Avoidance Summary Tables of Single Essential Oils

The following tables are a quick reference for the essential oils that should be avoided in specific medical conditions or situations. 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 Bark	Peppermint
Clary Sage	Petitgrain
Clove	Rose
Dill	Rosemary
Hyssop	Thyme
Jasmine	Yarrow, Blue

Avoid Direct Inhalation from Bottle

Cassia	Oregano
Cinnamon Bark	Thyme

Avoid Sunlight Exposure after Topical Use

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 Science Publishing. 2007. Essential Oils Desk Reference, Fourth Edition.

Fischer-Rizzi, S. 1990. Complete Aromatherapy Handbook: Essential Oils for Radiant Health. New York, NY: Sterling.

Schiller, C. and Schiller, D. 1994. 500 Formulas for Aromatherapy: Mixing Essential Oils for Every Use. New York, NY: Sterling.

Essential Oils: Therapeutic Uses Exam

1. The use of essential oils works best with a healthy lifestyle of:
 - A. Proper diet
 - B. Exercise
 - C. Rest
 - D. All of the above
2. Essential oils may react with petroleum based personal care products and cause what?
 - A. Headaches
 - B. Dizziness
 - C. Runny nose
 - D. Bloody nose
3. Skin testing an essential oil means:
 - A. Diluting it with a carrier oil and placing on a large patch of skin
 - B. Diluting it with a carrier oil and placing on a small patch of skin
 - C. Using it undiluted and placing on a large patch of skin
 - D. Using it undiluted and placing it in the hair
4. Reasons an essential oil may work well for one client but not another include:
 - A. Body chemistry and skin sensitivity
 - B. Personality and attitude
 - C. Family and relatives
 - D. None of the above
5. Some standard application methods of essential oils include all of the following except:
 - A. Capsules
 - B. Diffusion
 - C. Messy
 - D. Neat
6. A size 0 gelatin capsule contains a 200mg dose, while size 00 capsule contains a _____ dose.
 - A. 100mg
 - B. 400mg
 - C. 500mg
 - D. 600mg
7. Essential oils are safely ingested by adding them to all of the following except:
 - A. Goat milk
 - B. Almond milk
 - C. Rice milk
 - D. Alcoholic beverages
8. Diffusion is the process of:
 - A. Dispersing the colors of an essential oil for visual effects
 - B. Ingesting an essential oil for therapeutic effects
 - C. Dispersing an aroma or fragrance for inhalation
 - D. Drinking an essential oil for ingestion

9. 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
10. To create an essential oil gargle, add 2-3 drops of oil with:
- A. 4 tablespoons of water
 - B. 4 teaspoons of water
 - C. 4 glasses of water
 - D. None of the above
11. 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
12. 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
13. Which of the following is not a topical method of essential oil application?
- A. Neat
 - B. Dilute 1:1
 - C. Dilute 1:4
 - D. Sloppy
14. Which of the following essential oils is safe for neat topical application?
- A. Cedarwood
 - B. Almond oil
 - C. Aloe vera oil
 - D. Grape seed oil
15. Dilute 1:1 means 1 part essential oil is mixed with how many parts carrier oil?
- A. 2
 - B. 1
 - C. 4
 - D. 3
16. Which of the following essential oils are safe to use Dilute 1:1?
- A. Bay Laurel
 - B. Cardamom
 - C. Goldenrod
 - D. All of the above

17. Dilute 1:4 means 1 part essential oil is mixed with how many parts carrier oil?
- A. 2
 - B. 1
 - C. 4
 - D. 3
18. Which of the following essential oils should be used Dilute 1:4?
- A. Tea Tree
 - B. Clove
 - C. Wintergreen
 - D. Yarrow
19. Which of the following essential oils may be applied neat?
- A. Elemi
 - B. Valerian
 - C. Patchouli
 - D. All of the above
20. Which of the following essential oils should be used Dilute 1:1?
- A. Dill
 - B. Spearmint
 - C. Ylang Ylang
 - D. All of the above
21. Which of the following oils should be used Dilute 1:4?
- A. Oregano
 - B. Thyme
 - C. Lemongrass
 - D. All of the above
22. To create a bath salt mixture, mix how many drops of essential oil in 2 tablespoons of Epsom salts?
- A. 30-50
 - B. 20-40
 - C. 10-15
 - D. None of the above
23. Which of the following essential oils may be helpful for acne?
- A. Lemongrass
 - B. Basil
 - C. Bay laurel
 - D. All of the above
24. Which two essential oils help calm agitation?
- A. Cardamom and Cedarwood
 - B. Lavender and Roman Chamomile
 - C. Anise and Basil
 - D. Dill and Eucalyptus

25. What methods of application are helpful in ALS?
- A. Inhalation – Diffusion
 - B. Inhalation – Direct
 - C. Topical – Dilute 1:1
 - D. All of the above
26. A client presents with a back pain and inflammation in the back. The massage therapist uses a _____ in the massage session.
- A. Warm Compress
 - B. Cold Compress
 - C. Capsule
 - D. None of the above
27. For bone trauma, what essential oil may be helpful?
- A. Anise
 - B. Ginger
 - C. Balsam Fir
 - D. Spearmint
28. Cancer treatment is done under the supervision of a:
- A. Licensed medical practitioner
 - B. Licensed massage therapist
 - C. Licensed registered nurse
 - D. None of the above
29. Carpal tunnel syndrome results from the compression of the:
- A. Median nerve
 - B. Radial nerve
 - C. Ulnar nerve
 - D. Brachial nerve
30. Chronic fatigue syndrome is diagnosed after symptoms are present for how long?
- A. 4 months
 - B. 6 months
 - C. 8 months
 - D. 6 weeks
31. Which two essential oils may be helpful in constipation?
- A. Basil and Balsam Fir
 - B. Spruce and Spearmint
 - C. Ginger and Peppermint
 - D. Valerian and Vetiver
32. Which of the following essential oils is not indicated for dermatitis?
- A. Celery Seed
 - B. Basil
 - C. Cistus
 - D. Geranium

33. All of the following essential oils are indicated for diarrhea except:
- A. Nutmeg
 - B. Oregano
 - C. Peppermint
 - D. Wintergreen
34. Two ways to treat edema topically include:
- A. Syrup and Rice Milk
 - B. Compress and Dilute 1:1
 - C. Gargle and Tongue
 - D. Diffusion and Direct
35. Using direct inhalation of essential oils for mental fatigue is done how many times per day?
- A. 1-2 times daily
 - B. 2-4 times daily
 - C. 50-60 times daily
 - D. None of the above
36. Diffusing essential oils for physical fatigue is done for how many minutes and times per day?
- A. 10 minutes 3 times daily
 - B. 20 minutes 4 times daily
 - C. 30 minutes 5 times daily
 - D. 40 minutes 6 times daily
37. When massaging a client with sore feet, which essential oils may be helpful?
- A. Anise and Spruce
 - B. Basil and Geranium
 - C. Lavender and Peppermint
 - D. Dill and Clove
38. Fibromyalgia is characterized by:
- A. Widespread pain
 - B. Chronic pain
 - C. Heightened pain response
 - D. All of the above
39. When using essential oils with gout, massage the oil where?
- A. On affected joints
 - B. On chest and upper back
 - C. On unaffected joints
 - D. On forehead and temples
40. Which of the following essential oils is not used with headaches?
- A. Balsam Fir
 - B. Basil
 - C. Clove
 - D. Dill

41. Hepatitis is inflammation of the:
- A. Skin
 - B. Liver
 - C. Lungs
 - D. Heart
42. All of the following topical methods of application are helpful with a herniated disk except:
- A. Dilute 1:1
 - B. Compress
 - C. Diffusion
 - D. Body Massage
43. Which of the following essential oils may be helpful with Huntington's chorea?
- A. Basil, Juniper, and Peppermint
 - B. Balsam Fir, Dill, and Eucalyptus
 - C. Clove, Cassia, and Thyme
 - D. None of the above
44. Which of the following essential oils are helpful in viral and bacterial infections?
- A. Lemongrass
 - B. Oregano
 - C. Tea Tree
 - D. All of the above
45. Diffusing which essential oils at bedtime may be helpful for insomnia?
- A. Spruce
 - B. Lavender
 - C. Basil
 - D. Dill
46. Peppermint is indicated for:
- A. Torn ligament
 - B. Ligament trauma
 - C. Knee cartilage injury
 - D. Mononucleosis
47. Frankincense is indicated for:
- A. Low back pain
 - B. Ligament trauma
 - C. Knee cartilage injury
 - D. Mononucleosis
48. For muscle cramps elemi, German chamomile, and which essential oil may help?
- A. Dill
 - B. Basil
 - C. Oregano
 - D. Lavender

49. For sore muscles marjoram, peppermint, and which essential oil may help?
- A. Wintergreen
 - B. Fennel
 - C. Hyssop
 - D. Sage
50. Which of the following essential oils may help spasmed or tight muscles?
- A. Clary Sage
 - B. Neroli
 - C. Marjoram
 - D. Oregano
51. Which of the following essential oils may help muscle weakness?
- A. Nutmeg
 - B. Blue Yarrow
 - C. Black Pepper
 - D. Rose
52. To help neck pain, the massage therapist may use an essential oil dilute 1:1 and apply where?
- A. Legs
 - B. Arms
 - C. Head
 - D. Neck
53. In the conditions of neuritis and neuropathy, an essential oil compress should be used:
- A. Hot
 - B. Warm
 - C. Cold
 - D. Not at all
54. Which of the following conditions is jasmine absolute helpful in?
- A. Chronic pain
 - B. Osteoporosis
 - C. Joint pain
 - D. Obesity
55. Sandalwood may be helpful in which type of pain?
- A. Trauma
 - B. Muscle
 - C. Joint
 - D. Chronic
56. Restless legs syndrome may be helped by which essential oils?
- A. Lavender
 - B. Marjoram
 - C. Valerian
 - D. All of the above

57. Tarragon is most helpful for:
- A. Psoriasis
 - B. Rhinitis
 - C. Sciatica
 - D. Scar tissue
58. One way to use essential oils topically with scoliosis is to:
- A. Neat and massage 3-6 drops along spine
 - B. Dilute 1:1 and massage 3-6 drops along spine
 - C. Dilute 1:4 and massage 30-60 drops along spine
 - D. Neat and massage 30-60 drops along spine
59. Sinusitis may be helped by direct inhalation of essential oils how many times per day?
- A. 1-2
 - B. 30-50
 - C. 100-200
 - D. 3-5
60. Which of the following is an essential oil used in smoking cessation?
- A. Clove
 - B. Frankincense
 - C. Myrrh
 - D. Vetiver
61. All of the following essential oils are helpful in spinal pain except:
- A. Marjoram
 - B. Peppermint
 - C. Geranium
 - D. Wintergreen
62. Which of the following essential oils are used to help stress?
- A. Dill
 - B. Marjoram
 - C. Oregano
 - D. None of the above
63. Tendonitis is the inflammation of:
- A. The tendons
 - B. The ligaments
 - C. The muscles
 - D. The nerves
64. Which of the following is useful with varicose veins?
- A. Chamomile
 - B. Cistus
 - C. Elemi
 - D. Helichrysum

65. Which of the following essential oils should be avoided with those using anticoagulants?
- A. Clove
 - B. Ginger
 - C. Wintergreen
 - D. All of the above

This completes the *Essential Oils: Therapeutic Uses* exam.