

NAHA 

The National Association for Holistic Aromatherapy

# *Aromatherapy Journal*

## **In this Issue:**

- **Rose: A Favorite Floral for Winter Woes**
- **Essential Oils for the Winter of Our Lives**
- **Rose and Pain Reduction**
- **Rosehip Seed Oil**
- **Review of the WOA IX Conference**

**Aromatherapy E-Journal  
Winter 2018.4**

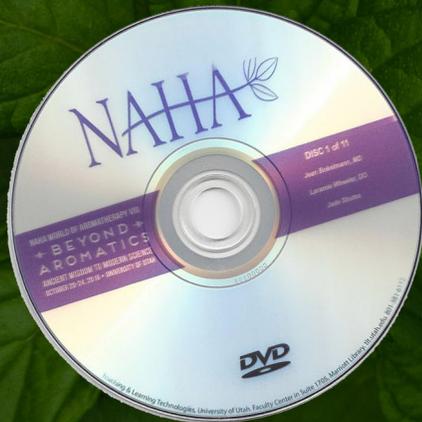
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# Aromatherapy Journal

A Quarterly Publication of NAHA  
Winter 2018.4 AJ571

The National Association for  
Holistic Aromatherapy, Inc. (NAHA)  
A non-profit educational organization  
Boulder, CO 80309

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**PAGE NAVIGATION:** Click on the relevant page number to take you a specific article. To go back to the Table of Contents, click on the arrow in the bottom outside corner of the page.

Editor's Note .....	5
Rose: A Favorite Floral for Winter Woes .....	9
By Sharon Falsetto	
The Rosaceae Plant Family .....	17
By Cheryl Murphy	
Rosehip Seed Oil.....	21
By Dawn Shipley	
Rose Geranium ( <i>Pelargonium graveolens</i> var. <i>roseum</i> and Variants): Hydrosol and Plant.....	27
By Tricia Ambroziak	
Rose and Pain Reduction.....	35
By Kathy Sadowski	
Essential Oils for the Winter of Our Lives.....	41
By KG Stiles	
Books as Business Cards for the Modern-day Aromatherapist .....	47
By Kayla Fioravanti	
NAHA Director Winter Recipes .....	54
NAHA WOA IX Conference Review and Collages .....	58
NAHA Market Place .....	65

COVER IMAGE & ABOVE: Rose (*Rosa* spp.)

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# Editor's Note

## Winter 2018

Winter landscapes conjure up images of bare branches, icy views, and distant memories of green meadows blanketed under a layer of snow. Green has turned to brown and flowers are few and far between until spring arrives again.

So, why does our 2018 winter journal feature rose, instead of “traditional” winter images of plants? After all, isn't rose a summer scent? Yes, although it's true that roses are traditionally associated with summer (here in the Northern Hemisphere at least), rose as an essential oil, herb, hydrosol, and infused oil can be very appropriate to use at this time of year. In addition, rose is a gentle enough aroma for those new to aromatherapy to dig into and use!



And we met a lot of people new to aromatherapy at the NAHA Conference in October. It was both amazing and humble to see both new and old alike enjoy what was this time, one of the best conferences we've experienced to date! There was much to get excited about – and you can read all about in my conference review in this issue.

So, what about rose and winter? I start out by taking an in-depth look at rose (*Rosa* spp.) in my plant profile and address its use as an essential oil, hydrosol, and herb. Tricia Ambroziak has written a beautiful profile of rose geranium (*Pelargonium* spp.) hydrosol – a plant which has a rose-like aroma and similar therapeutic properties. Dawn Shipley discusses how we can use rosehip (*Rosa rugosa*) carrier oil, from the *Rosaceae* plant family, and Cheryl Murphy gives us a quick insight into some of the other botanical relations of rose and rosehip in her article, *The Rosaceae Plant Family*. Kathy Sadoswki looks at the way in which rose can be utilized for pain management, not the first thing that we perhaps think of when using rose. And Kayla Fioravanti has been kind enough to share with us her experiences of writing and publishing books in today's world – and how every aromatherapist can do so. Finally, gather round the winter fire to learn how to use rose in some winter recipes, as told by our experienced and talented NAHA directors. I would also like to add a special note of thanks to Savannah Rose, NAHA's photographer for the conference. You will see many of her beautiful images throughout this issue of the journal.

I hope that our issue on rose brings some love, warmth, and cheer to your winter season – and gives you some new ideas to carry forward through 2019.

With aromatic blessings,

*Sharon Falsetto*

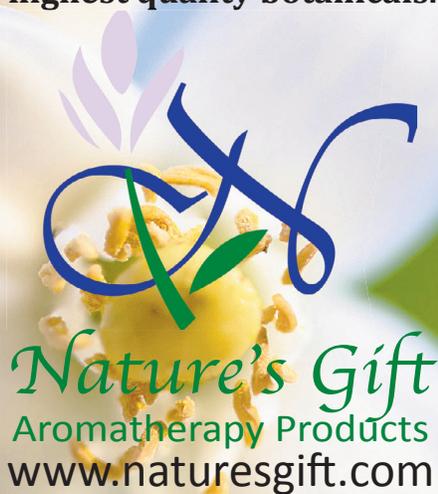
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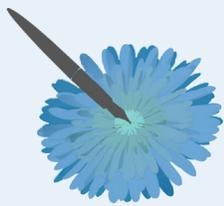
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# Rose: A Favorite Floral for Winter Woes

By Sharon Falsetto, BA (Hons)  
NAHA Certified Professional Aromatherapist®



Rose, the queen of flowers, summons up a fragrant vision of summer gardens, yet it is in winter when we perhaps need its therapeutic powers the most. Rose is used in aromatherapy for winter skin problems and emotional issues which often arise at this time of year. It also has a place in children's emotional health and many women are thankful for its powers relating to reproductive issues.

In herbal medicine, the fruits of dog rose (*Rosa canina*) are used for various conditions. Indeed, it is this traditional rose species that I recall from childhood, nestled in hedgerows and gardens which today seems less apparent, replaced by the modern day rose with its rainbow of colors, but sadly lacking (for the most part) in fragrance. The fruit, the rosehip,

can also be used as a carrier oil or CO2 extract in aromatherapy.

Rose is one of the most luxurious ingredients in natural perfumery, with a tenacious middle to base note, depending upon both the species and extraction method. It can be distilled as an essential oil or used as an absolute or concrete.

Throughout 2018, I have profiled various plants in the *NAHA Aromatherapy Journal*, and for the final issue of the year, I have turned to familiar rose for a more in-depth look at how this well-known flower can help us both aromatically and herbally, in addition to identifying it in the garden.

## Botanical Profile

**Botanical Name:** *Rosa* spp.

**Main Species:** Damask rose or rose otto (*Rosa x damascena*), cabbage rose or *rose de Mai* (*Rosa x centifolia*), dog rose (*Rosa canina*) sweetbriar rose (*Rosa rubiginosa*), white rose (*Rosa x alba*), Gallic rose or the apothecary rose (*Rosa gallica*), musk rose (*Rosa moschata*).

**Botanical Family:** *Rosaceae*.

**Plant Characteristics:**<sup>1,2</sup>

**Old Garden Roses (Traditional):** Old garden rose species are often, but not always,



Rose (*Rosa* spp.), Image credit: Savannah Rose/NAHA

hardier and disease resistant than most of the modern rose species. Old garden roses are also extremely fragrant and are more like woody shrubs. They are however often single bloomers.

**Modern Garden Roses:** Modern garden roses are, in general, not as highly fragrant as old garden roses but they are more vibrant in color with larger blooms. Modern garden roses are often bright in color, unlike the “pastel” colors of old garden roses. In addition, most modern garden roses species are repeat flowering, but many species are not as hardy as old garden roses and do not do as well in colder climates.

**Flowers:** Most rose species have five petals (which are then divided into lobes). Roses range in size from half an inch in flower diameter to seven inches in flower diameter. Old garden roses have smaller blooms than modern garden roses, which are often described as “cabbage-like.” Old garden rose

species are available in many different colors including pink, yellow, purple, red and white.

**Leaves:** The leaves are usually pinnate. The prickles of a rose are commonly referred to as thorns. The prickles of a rose are designed to allow the rose to attach itself to other vegetation, although some rose species have prickles which are designed to protect them from being eaten by animals.

**Fruit:** The fruit of a rose is referred to as a rose hip. A rose hip is shaped like a berry and it is produced by open-pollinated rose species which are pollinated by insects. However, many modern rose hybrids do not provide the facility for pollination due to their “closed” flowers. The fruit is made up of 70% by weight of seeds.<sup>3</sup> Rose hips are, in general, red in color although some rose hips may be black or dark purple.

**Plant Distribution:** Rose is a perennial plant with over 100 species worldwide (mostly in the Northern hemisphere).

### Examples of Old Garden Rose Species (Specific to Aromatherapy)

Common Name	Botanical Name	Color	Scent	Other
Damask rose	<i>Rosa x damascena</i>	White to pink	Highly fragrant, floral balsam, butter, scent of honey. <sup>4</sup>	Ancient Syrian roots.
Cabbage rose	<i>Rosa x centifolia</i>	Pink to lavender	Sweet and soft with green undertones.	Hybrid of Damask and Alba roses.
White rose	<i>Rosa x alba</i>	White to pale pink	Highly fragrant, rich, sweet and floral.	Sometimes called "The White Rose of York."
Apothecary rose	<i>Rosa gallica</i>	Red to purple	Highly fragrant and sweet.	Popular in the herb gardens of Medieval monasteries.
Musk rose	<i>Rosa moschata</i>	Ivory to white	Highly fragrant, sweet, touch of spice, and honey-like.	Thought to be the species of rose mentioned in William Shakespeare's 16th century play "A Midsummer's Night Dream."



Rose (*Rosa* spp.)

### Garden Profile

**Natural Habitat:** Rose originated from Asia, with a few species native to North America and Europe.<sup>2</sup> Many of today's hybridized species can be traced back to Asia, although exact parentage can be difficult to track. Most of those species used in aromatherapy and herbal medicine are actually hybrids including damask rose, white rose, and cabbage rose.

**How to Grow from Seed:** It is possible to grow some rose species from seed although it is more usual to grow from root stock or young bushes. Native rose species are often easier to grow from seed rather than non-native species, as they are more acclimatized to the climate, geography, and soil. Various native rose species seeds can be purchased online. In addition, check out rose specialist retailers for root stock. Note: If you are after fragrance, make sure that the rose species you purchase does in fact have an aroma.

**Plant Zones:** 3-10.<sup>4</sup>

**Garden Benefits:** Who wouldn't want the rose in their garden! Depending upon species, the fragrant aroma of rose fills the air on a summer day, drawing in pollinators who are

also enticed by the rainbow of colors. As part of a healing garden, rose invites the visitor to linger, sit, and relax in a cool corner.

### Historical Use

The rose is said to be one of the most ancient flowers in existence; rose fossil remains, dating back over 35 million years, have been discovered in Colorado, North America, as well as throughout Europe and Asia.<sup>5</sup> It is thought that these early flowers, which resembled the wild sweetbrier rose (*Rosa rubiginosa*), were used for food and medicine. The Greeks decorated the ceilings of their conference rooms with roses, wherever a secret meeting was held. Everything discussed in the room was confidential; hence *sub rosa*. Roses were used in Roman houses for table decorations and the floors of banqueting halls were strewn with rose petals. Guests were showered in fragrant rose petals, in the belief that the rose was both an aphrodisiac and an antidote to combat drunkenness.

Lawless writes that rose was used for digestive and menstrual problems, nervous tension, skin complaints, and the plague up to Medieval times.<sup>6</sup> In addition, damask rose was used to cool inflammations.

Most *materia medica*, and historical documentation on rose, record the use of rosehips for their high content of vitamins, particularly vitamin C. Rose hip syrup was a popular drink for young children.<sup>7</sup>

### Chemistry Profile

Rose is a complex plant and the duplication of its scent is a challenge for many natural perfumists. According to Chevallier, *Rosa gallica* is composed of an oil made up of nerol, geraniol, geranic acid, citronellol, terpenes and other constituents.<sup>7</sup> Actual dog rose (*Rosa canina*) hips contain vitamins C, A, B (various), K, tannins, flavonoids, plant acids, pectin, polyphenols, vanillin, carotenoids, invert sugar and volatile oil.<sup>7</sup>

Rose essential oil is predominately made up of alcohols and monoterpenes, although its chemical profile is a lot more complex than that statement leads you to believe; it has over 300 components.<sup>6</sup> In fact, almost all of the chemical families are represented in rose, albeit in minute quantities for some. Citronellol, geraniol, nerol, linalool, and phenylethyl alcohol are some of the main alcohol components in rose.<sup>8</sup>

### Ways to Use Rose

Rose Petals	Rosehip
Essential Oil	Carrier Oil
Absolute	CO2 Extract
Infused Oil	Syrup
Hydrosol	Tea
Flower Essence	Infused Oil
Tincture	Tincture



Rosehip (*Rosa canina* L.)

Rhind states that, “Chemically, the essential oil and absolutes [of rose] are different. Rose essential oil is characterized by the presence of monoterpenes and their alcohols – geraniol and citronellol and small amounts of phenylethanol” whereas “Rose absolutes have much greater amounts of phenylethanol than the essential oils – usually around 60 per cent...along with geraniol, citronellol, nerol, and farnesol.”<sup>9</sup>

Rosehip carrier oil is composed of palmitic acid, stearic acid, oleic acid, linoleic acid, linolenic acid, and trace amounts of other acids.<sup>10</sup>

### Aroma Profile

It would be amiss not to mention a brief aromatic profile for rose here, given its chemical complexity and its inclusion in many natural perfume blends. Think about the many species of rose and then think about how to describe the rose’s aroma. Keville, in *The Aromatherapy Garden*, writes that the color of a rose can dictate, to some extent, the fragrance of the rose.<sup>4</sup> Her descriptors for the many species of rose available include sweet, clover-like, fruity, citrus, pepper-like, anise-like, bay-like, raspberry-like, fern-like, and moss-like.

A rose is not just one aroma and the same can be said of the essential oil or absolute. Rose can be a melody of aromas such as spicy, floral, heady, light, green, soft, rich, sweet, and cloying with varying degrees of top through base notes within one drop of essential oil or absolute. Rose must be one of the most challenging, yet beautiful, aromas to work with.

Within my workshop, *The Healing Garden: The Restoration of the Five Senses*, which I presented at the NAHA Conference in Salt Lake City, Utah this past Fall, I challenged participants to identify ten essential oils, absolutes and hydrosols. All of them were extracts with a rose-like aroma and which could be substituted in a rose-like aromatic blend. I also demonstrated the blending of a few of these extracts in an oil base and how a similar aroma to rose could be reproduced with different extracts. It was a fun yet informative exercise demonstrating the complexity of the chemical make-up of rose.

### Therapeutic Properties

Rose essential oil (one of the main species used for extraction including *Rosa x damascena*, *Rosa x centifolia*, or *Rosa x alba*) is primarily used for skin care issues such as dry skin, mature skin, wrinkles, eczema, and sensitive skin; depression, grief, loss, heartache, anxiety, insomnia, and wound healing; increasing confidence and reducing jealousy in children\*; baby skin care\*; PMS; aphrodisiac.<sup>11</sup>

*\*Rose hydrosol can be substituted for use with babies and children instead of using rose essential oil.*

Rose essential oil resonates with heart energetics and that is why it is often used in love (aphrodisiac) blends.

The fragrance of rose has also been found to relieve emotional tension, pain, and relax the sympathetic nervous system.<sup>4</sup> Another amazing find from this same study was that rose was a beneficial aroma to ease long-term stress and it can reduce the adrenaline stress response by one third.

Rose oil (species not specified) was used in a study in conjunction with a warm foot bath for anxiety in women in the first stage of labor who had never given birth before. The results indicated that it was effective in reducing anxiety.<sup>12</sup>

According to Chevallier, mixed results were produced from clinical studies using rosehip extracts for rheumatoid arthritis, osteoarthritis, and lower back pain.<sup>7</sup>

Rosehip carrier oil is often used for skin scars, skin texture, and skin discoloration as it contains components useful to tissue regeneration.<sup>10</sup> It is also used in the management of wrinkles. It is a rich oil and it is best combined with other lighter carrier oils – or added to a lotion base recipe.

### Conclusion

Rose produces a myriad of extracts for aromatherapy, herbal, and natural perfumery use. Its aroma is just as complex as the number of extracts available. Use rose to relieve winter woes and repair winter skin. Although the essential oil is expensive, one drop might be enough in an aromatherapy blend – or use the hydrosol in its place.

If you are fortunate enough to be able to grow a rose bush or two, choose some of the old garden favorites, high in fragrance, beauty, and nostalgia.

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### **Floral Dreams Solid Perfume**

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This is an exotic blend of oils which I love! It is heavenly in scent, beneficial for skin care, and uplifting for the soul.

*Adapted from my Natural Perfumes with Essential Oils Tutorial (currently under revision and available again in 2019).*

#### **Ingredients:**

0.4-oz. beeswax (*Cera alba*)

0.5-oz. jojoba oil (*Simmondsia chinensis*)

#### **Essential Oils:**

10 drops ylang ylang (*Cananga odorata*)

5 drops rose (*Rosa x damascena*)

15 drops bergamot (*Citrus bergamia*)

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#### **Instructions for Use:**

Blend together the essential oils in a glass beaker and set to one side. Fill up a small pan with water and heat it up on the stove. Add the beeswax to a Pyrex® jug. Place the Pyrex® jug containing the beeswax into the pan of water (using the Bain-marie method). Wait for the beeswax to melt.

Once the beeswax is melted, pour in the jojoba and stir together. Take the Pyrex® jug off the heat. Pour in the essential oil blend. Stir all of the ingredients together. Pour the blend into salve type tins or glass jars before the mixture hardens.

Leave the mixture to set before moving, and capping, the tin/jar. Label and store in a cool, dry, dark place.

*To Use:* Apply a small amount of the blend to inner wrist pulse points and/or to temples as needed.

**Cautions:** Photosensitive; avoid use prior to going out in sunlight. Use sparingly on wrists and temples as this is a high dilution rate. It is intended for use as an aromatic perfume.



Dog Rose (*Rosa canina*)

Image credit: Savannah Rose/NAHA

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### **Hero Support Inhaler (for ages 5 and up)**

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This simple blend for children will help to boost their confidence and suppress jealousy, making them feel like the super hero of the hour!

*Adapted from my Certificate in Holistic Aromatherapy course modules.*

#### **Essential Oils:**

2 drops lemon (*Citrus x limon*)

1 drop geranium (*Pelargonium graveolens*)

1 drop sweet orange (*Citrus sinensis*)

1 drop rose (*Rosa x damascena*)

-----

#### **Instructions for Use:**

Pre-blend the essential oils required for the blend in a glass beaker.

Add the wick from the inhaler to the essential oil blend and allow it to fully absorb the blend. Avoid touching the soaked wick with your hands (use gloves if necessary) as you may have a reaction.

Insert the soaked wick into the inhaler. Make sure that you fix the bottom cap on securely.

Your inhaler is now ready to use! Make sure that you cap it when not in use and affix a label with the contents for reference.

**Cautions:** Avoid contact with mucous membranes. For inhalation purposes only. Supervise young children in the use of the inhaler. Older children, once they know how to use it, can then use it on their own as needed.



Rose (*Rosa* spp.)

### Winter Blues Facial Skin Toner

#### Hydrosols:

- 1 part rose (*Rosa x damascena*)
  - 1 part geranium (*Pelargonium graveolens*)
  - 2 parts frankincense (*Boswellia carteri*)
- 

#### Instructions for Use:

Blend all of the hydrosols together in a glass bottle. Take a cotton pad and soak the pad enough to wipe gently over your face. Pat with a towel to remove excess water. Store the remaining hydrosol blend in a cool, dark place.

**Cautions:** Do a patch test first if you have sensitive skin. Discontinue use if reaction occurs.

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#### About Sharon Falsetto:

Sharon Falsetto is a UK-certified aromatherapist. She has been living in the United States since 2006 and is the founder of *Sedona Aromatics: The Garden School*.<sup>TM</sup> Sharon offers a home study aromatherapy education program: *The Linguistics of Aromatics*<sup>TM</sup> Program, approved by NAHA. Sharon is both a published author and editor in aromatherapy. She is also an aromatherapy consultant, a custom blend formulator, and an herbal studies student. She works from her garden studio in Sedona, Arizona, where she offers small workshops and retreats on-site in her *Botanical Workroom* and classroom, surrounded by her one-acre homestead and aromatic gardens. Sharon is the author of *Authentic Aromatherapy*, the current chief editor of the *NAHA Aromatherapy Journal*, the NAHA Director Coordinator, and the NAHA regional director for Arizona. She presented at the 2018 NAHA Conference on the topic of *The Healing Garden*. You can visit Sharon's website at: [www.sedonaaromatics.com](http://www.sedonaaromatics.com)



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Rose (*Rosa* spp.), Image credit: Savannah Rose/NAHA

## The *Rosaceae* Plant Family

By Cheryl Murphy  
NAHA Certified Professional Aromatherapist®

The *Rosaceae* plant family is a group of flowering plants composed of 2500 species and at least 90 genera. Species are found mainly in northern temperate zones in a variety of habitats. Members of the *Rosaceae* plant family are generally woody plants in the form of shrubs and medium sized trees. Many of them have thorns, spines or prickles for protection. A lot of species are grown as food crops and play a vital economic role worldwide. These species include trees that bear fleshy (or non-fleshy) fruits such as apple, cherry, plum, apricot, almond and pear. Other species, such as strawberries, raspberries and blackberries are low growing shrubs or plants that consist of clumps of small drupes. Some varieties of these trees are also grown for their wood, which is used in the making of furniture and musical instruments. Some members of the *Rosaceae* plant family, most notably the rose (*Rosa* spp.), are grown for ornamental use as well as for their use in perfumery and aromatherapy.<sup>1</sup>

### The Importance of the *Rosaceae* Plant Family in Aromatherapy

The most important plant used in aromatherapy to produce an essential oil is rose (*Rosa* spp.). Due to the large amount of plant matter needed to produce the essential oil, rose essential oil is quite costly, making it too pricey for many aromatherapy practitioners. However, there are many carrier oils produced from members of the *Rosaceae* plant family that are more affordable and also therapeutic. These are profiled below. Additionally, some essential oil distributors carry a co-distillation of Damask rose (*Rosa x damascena*) and geranium (*Pelargonium graveolens*) essential oils that can be used in place of a single rose essential oil. Rose hydrosol is also a good option for those wanting to experience the benefits of rose without the high cost. Members of this plant family are extremely good for all types of skincare.

## Essential Oils from the *Rosaceae* Plant Family

### Rose (Damask)

**Botanical Name:** *Rosa x damascena*.

**Plant Description:** A small prickly shrub with very fragrant pink to red blossoms.<sup>2</sup>

**Method of Extraction:** Steam distilled from the fresh rose petals, or a solvent extraction to produce an absolute.

**Synonyms:** Rose otto, Damascus rose, Turkish rose, rose attar, Bulgarian Rose, otto of rose, attar of rose.

**Main Chemical Components:** Monoterpenes and alcohols.

**Main Therapeutic Properties:** Anti-anxiety, anti-bacterial, antidepressant, anti-microbial, anti-spasmodic, aphrodisiac, calming, cicatrizant, hormone balancer, nervine, sedative, tonic.

**Uses in Aromatherapy:** Dry skin, mature skin and wrinkles, eczema, depression, insomnia, headaches, stress, wounds, PMS, irregular menstruation.

**Contraindications:** None noted.



Sweet Almond (*Prunus dulcis*)

*Editor's Note:* There are several other species of rose used as an essential oil and/or absolute in aromatherapy practice. See Sharon Falsetto's article on Rose in this issue for further details.

## Carrier Oils from the *Rosaceae* Plant Family

### Sweet Almond

**Botanical Name:** *Prunus dulcis*.

**Plant Description:** A small tree growing between 10-23 feet with green fruit and producing white-pink blossoms in the Spring.<sup>3</sup>

**Method of Extraction:** Cold pressing of the kernels (fruit).

**Main Chemical Components:** Oleic acid, linoleic acid.

**Uses in Aromatherapy:** Dry skin, itchy skin, eczema, dermatitis, psoriasis, sunburn.

**Contraindications:** Possible allergic reaction to those with a sensitivity to tree nuts.

### Apricot Kernel

**Botanical Name:** *Prunus armeniaca*.

**Plant Description:** A deciduous tree with white blossoms, growing to a height of thirty feet.

**Method of Extraction:** Cold expression of the kernels (fruit) of the tree.

**Main Chemical Components:** Oleic acid, linoleic acid.

**Uses in Aromatherapy:** Sensitive skin, dry skin, mature skin, eczema.

**Contraindications:** None noted.

## Rosehip

### Botanical

#### Name:

*Rosa canina*.

#### Plant Description:

A bushy shrub growing to about eight feet high with white or pink flowers, and fruits of red berries known as rose hips.

**Method of Extraction:** Cold expression of the rose hips.

**Main Chemical Components:** Linoleic acid, alpha-linolenic acid, palmitic acid, oleic acid, stearic acid.

**Uses in Aromatherapy:** Skincare, burns, eczema, wounds, scars, wrinkles, sun damaged skin.

**Contraindications:** Use in moderation.



### Mature Skin Facial Toner

#### Ingredients:

1-oz. rose (*Rosa x damascena*) hydrosol

1-oz. distilled water

#### Essential Oils:

1 drop rose (*Rosa x damascena*)

OR 1 drop rose/geranium (*Rosa x damascena/ Pelargonium roseum x asperum*)

OR 1 drop of any other essential oil with beneficial skin properties such as lavender (*Lavandula angustifolia*), carrot seed (*Daucus carota*), or helichrysum (*Helichrysum italicum*).

#### Instructions for Making and Use:

Combine all ingredients in a two-ounce spray bottle, cap and shake well. Lightly spritz face and neck after cleansing (and before applying facial serum) or to set makeup or refresh makeup during the day.

**Contraindications:** None noted.

### Hydrating Body/Massage Oil

#### Carrier Oils:

1-oz. sweet almond (*Prunus dulcis*) oil

1-oz. apricot kernel (*Prunus armeniaca*) oil

#### Essential Oils:

6 drops lavender (*Lavandula angustifolia*)

6 drops frankincense (*Boswellia carterii*)

**Instructions for Making and Use:** Combine all ingredients in a two-ounce bottle with dropper or orifice reducer, cap and shake well.

Apply liberally to skin after showering or apply as a massage oil.

**Contraindications:** Possible allergic reaction to those with a sensitivity to tree nuts.

### Mature Skin Facial Serum

#### Carrier Oils:

1/2-oz. rosehip (*Rosa canina*) oil

1/2-oz. apricot kernel (*Prunus armeniaca*) oil

#### Essential Oils:

2 drops rose (*Rosa x damascena*)

OR 2 drops rose/geranium essential oil (*Rosa x damascena/Pelargonium roseum x asperum*)

#### Instructions for Making and Use:

Combine all of the ingredients in a one-ounce bottle with dropper or orifice reducer. Cap and shake well.

Apply a small amount of the blend to face and neck after cleansing in the morning and/or at bedtime.

**Contraindications:** None noted.

Image this page: Rosehip (*Rosa canina*)

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### About Cheryl Murphy:

Cheryl Murphy holds a BS degree in Elementary Education and a Master of Arts degree in Teaching. She has over 30 years of classroom experience and she is a professor at Virginia Western College. Cheryl graduated from *Sedona Aromatherapie LLC* as a certified aromatherapist in the Level 2 (250 hour) *Certificate in Professional Aromatherapy*

*Course*, has completed additional aromatherapy training with *Stillpoint Studies*, and she is the NAHA Regional Director for Virginia (Southwest).

In addition to her role as an educator, Cheryl designs aromatherapy jewelry (*FYB Bracelets*) and is co-owner of *Essential Bliss*, offering bath/body products, consultations, and essential oil education. Cheryl resides in rural Virginia where she enjoys life on her mini-homestead growing her own herbs, flowers and vegetables and raising a flock of chickens.

To learn more about Cheryl, please visit her website at: [www.fybbracelets.com](http://www.fybbracelets.com)



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## Rosehip Seed Oil

By Dawn Shipley  
Registered Aromatherapist



Most likely you have already heard that rosehip (*Rosa canina L.*) seed oil is great for skin, and that is definitely true! It once was even described as the “Fountain of Youth.”<sup>1</sup> Rosehips, in general, are great for health, and have been used for thousands of years in traditional medicine. In fact, rosehip was first described as a medicinal plant by Pliny the Elder (23-79 BC), noting its use in the treatment of dog bites among French tribes.<sup>2</sup> Lately, trends in health topics have stimulated new curiosity about rosehip, which has spawned many studies that help us understand exactly why rosehip seed oil is so good for us, and in particular, for the skin.

Rosehips are the pseudo fruit of the rose bush, the plants of genus *Rosa* of the *Roseaceae* family.<sup>3</sup> Though a rosehip could technically be found on pretty much any type of rose bush, the rosehips of *Rosa canina L.* are of particular interest for their medicinal properties. *Rosa canina L.* is a wild shrub, also known as dog rose that grows throughout Europe, western Asia and northwest Africa.<sup>4</sup> The rosehips are aggregate fruit composed of enlarged, fleshy, red floral cups (*hypanthium*) that enclose multiple dry fruitlets. The red fleshy pulp that comprises the shell is not actually part of the botanical fruit. The actual fruit is the *achene*, or thin membrane, surrounding the individual rose hip seeds, thus the term “pseudo fruit.”<sup>5</sup>

### Chemical Make-Up

Rosehip (*Rosa canina L.*) seed oil contains a plethora of beneficial substances. It is rich in polyunsaturated fatty acids: Linoleic acid (54%), linolenic acid (19%), and phytosterols, which are similar in composition to cholesterol, but are much healthier.<sup>6</sup> The main phytosterol is  $\beta$ -sitosterol at 82% concentration. Also present are bioactive compounds such as carotenoids, tocopherols and phenolic compounds.<sup>7</sup>

The pseudo fruit of the rosehip (*Rosa canina L.*) is known to contain the greatest amount of vitamin C of all horticultural crops, fruits and vegetables.<sup>8</sup> However, one thing that seems to be contradictory in many texts regarding the content of the oil is whether or not it contains vitamin C, like the fruit. Recent studies find that it does NOT contain vitamin C (or ascorbic acid). Vitamin C is water soluble, which explains its absence.<sup>9</sup>

Don't let the lack of vitamin C get you down. Rosehip (*Rosa canina L.*) seed oil still shines in so many ways. In fact, its percentage of linolenic acid is found to be higher than that of grapeseed (*Vitis vinifera*) oil and pomegranate (*Punica granatum*) seed oil, as well as vegetable oils such as canola (*Brassica napus*) and soybean (*Glycine max*) that are considered the main dietary sources of

Image this page: Rosehip (*Rosa canina*)

linolenic acid, making it a valuable source for omega fatty acids.<sup>10</sup>

The phytosterol composition is greater than most economically available vegetable oils. Phytosterols are known to have a lowering effect on cholesterol absorbed in the intestine.<sup>11</sup> And the high content of antioxidants in the form of phenolic acids, tocopherols and carotenoids give rosehip (*Rosa canina L.*) seed oil the ability to protect against inflammation and oxidative stress.<sup>12</sup>

There is evidence that oxidative stress caused by *Reactive Oxygen Species* (ROS) is associated with aging. This is a normal part of cell metabolism to begin with, and ultraviolet (UV) radiation (sun exposure) also stimulates the production of ROS, thus accelerating the aging process. These free radicals (a type of ROS) created by the process of oxidative cell metabolism, are reactive chemical species that contain one or more unpaired electrons. Antioxidants are chemical compounds that can donate electrons to stabilize these free radicals, thus stopping the damage to the body. For example, phenolic compounds have a great ability to donate electron and hydrogen, which make them exceptional antioxidants.<sup>13</sup>

Vitamin E, or tocopherol, also protects against free radicals, and may have an anti-inflammatory effect on the skin as well.<sup>14</sup> It's also suggested that vitamin E can absorb the energy from ultraviolet (UV) light, though its sunscreen activity is considered limited due to the fact that it can only absorb light in the ultraviolet B (UVB) spectrum, not the ultraviolet A (UVA) spectrum.<sup>15</sup>

Lastly, the carotenoids in rosehip (*Rosa canina L.*) seed oil are mainly comprised of



beta-carotene, a pre-cursor to vitamin A.<sup>16</sup> It also shows antioxidant activity, plus its corrective properties can help heal wounds, prevent scarring, reduce skin irritation and itchiness.<sup>17</sup>

### Therapeutic Properties of Rosehip Seed Oil

Overall, rosehip (*Rosa canina L.*) seed oil is thought to have the following properties:

- Wound healing
- Reduces the appearance of scars
- Decreases the appearance of fine lines and wrinkles
- Accelerates skin regeneration
- Skin brightening properties
- Soothes skin dryness
- Anti-inflammatory.<sup>18</sup>

It is also considered a “dry oil” due to its thin consistency. It is easily absorbed and does not leave an oily residue.<sup>19</sup> There are no cautions for topical use, except in the case of overuse where irritation can occur.<sup>20</sup> The oil is fragile and should be stored appropriately (refrigerated, and away from light and heat), and it should then last about six months.<sup>21</sup>

*Anti-aging Serum*

**Carrier Oils:**

0.1-oz. rosehip (*Rosa canina L.*) seed oil  
(preferably CO2 extract for longer shelf life)  
0.9-oz. apricot (*Prunis armeniaca*) kernel oil

**Essential Oils:**

2 drops rose (*Rosa x damascena*)  
3 drops ylang ylang (*Cananga odorata*)

-----

**Directions for Making:** Mix all of the ingredients together thoroughly and store the blend in a cool, dry place. Apply two to three drops of the blend to the face before applying moisturizer or in place of moisturizer.

**Directions for Use:** May be used morning and night, or just at night depending on skin needs.



Rosehip (*Rosa canina*)

*Gentle Wound Repair Cream*

**Ingredients:**

1 oz.-shea (*Butyrospermum parkii*) butter  
0.7-oz. emulsifying wax  
1-oz. jojoba (*Simmondsia chinensis*)  
0.3-oz. rosehip (*Rosa canina L.*) seed oil  
5-oz. distilled water

**Essential Oils:**

60 drops lavender (*Lavandula angustifolia*)  
20 drops Roman chamomile (*Chamaemelum nobile*)  
5 drops frankincense (*Boswellia carterii*)  
8 drops vetiver (*Vetiveria zizanioides*)

-----

**Directions for Making:** Melt the shea butter in a double boiler, add emulsifying wax and melt together. Next, add jojoba and rosehip seed oil (just until melted). Put the mixture into a blender or mixer and slowly add the water (slightly warmed). Mix for 5-10 minutes until slightly thickened. Add essential oils (and any preservatives you'd like to add) and mix for one more minute. Let the mixture cool completely (it will continue to thicken).

**Directions for Use:** Store in a cool, dry place, and use within six months (if preserved, or use within a week if not preserved). Apply a small amount of the blend to the wound as needed.

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## About Dawn Shipley:

Dawn Shipley graduated from *the Sedona Aromatics Linguistics of Aromatics™* Program, completing a 250-hour Certificate in Professional Aromatherapy. She is a Registered Aromatherapist (RA), House Aromatherapy Artist at *Cote d'Azur Spa* in Pasadena, CA, and founder of *Blue Dawn Aromatherapy*, which she created to promote quality of life through aromatherapy based natural skin care and wellness products. Dawn also hosts relaxation parties to educate others on the importance of self-care in our daily lives, and at *Cote d'Azur* she offers a Custom Aromatherapy Experience, entailing personalizing a blend to take home. She also loves to create custom skin care products for both retail and wholesale customers, and loves to educate others on everything about aromatherapy, health and skin care. Dawn is also the NAHA Regional Director for Southern California. For more information about Dawn, visit her website at: [www.bluedawnaromatherapy.com](http://www.bluedawnaromatherapy.com).

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# Rose Geranium (*Pelargonium graveolens* var. *roseum* and Variants): Hydrosol and Plant

By Tricia Ambroziak, Certified Aromatherapist



An air of mystery as well as a rich, floral fragrance surrounds rose geranium, the plant from which we obtain the aromatic hydrosol and essential oil.

Carl Linnaeus (1707 – 1778), who standardized binomial nomenclature, originally placed rose geranium in the genus *Geranium*. But by 1789, Charles L’Héritier (1746 – 1800), a French botanist, placed it in the distinct genera of *Pelargonium* due to differences in flower, fruit, and nectar tube shape.<sup>1</sup>

## Botanical Nomenclature of Rose Geranium

The *Pelargonium* genus of flowering plants belongs to the *Geraniaceae* family, which contains three genera: *Geranium*, *Erodium*, and *Pelargonium*. The names are derived from the Greek words for *crane*, *heron*, and *stork* respectively and refer to the shape of the seed case and its resemblance to the slender bill of each bird.

The genus *Pelargonium* is said to contain 280 species of shrubs, perennials, and succulents commonly known as geraniums or storksbills, the majority of which are native to South Africa.<sup>2</sup>

It’s no mystery that we obtain rose geranium hydrosol and essential oil from the

*Pelargonium* genera. The mystery lies in which species yields the lovely fragrant hydrosol.

If you search for rose geranium hydrosol or essential oil you may notice that the botanical name varies from one supplier to the next. Which one shows up when you purchase rose geranium hydrosol? Is it *Pelargonium graveolens*? Or perhaps *Pelargonium graveolens* var. *roseum*? *Pelargonium x asperum* perchance? *Pelargonium roseum* is that you? Hello *Pelargonium* spp. here to join in! Hey *Pelargonium capitatum* here.

According to one producer of rose geranium essential oil the “rose” geranium comes from *Pelargonium graveolens* var. *roseum* while “regular” geranium essential oil comes from *Pelargonium graveolens*.

Traditionally, the distiller says, “rose” geranium was applied to specific cultivars of geranium known as geranium bourbon,



Geranium (*Pelargonium graveolens*)

produced on the island of Reunion. This cultivar, they note, was originally produced in only small amounts, but it is now produced in other countries. These also note that several species of *Pelargonium* yield an essential oil but the one used most frequently is *P. graveolens*.<sup>3</sup>

But what about the botanical names listed by other suppliers?

As many avid gardeners know, *Pelargonium*, or geraniums, are easy to grow. What may not be so readily discerned is that they hybridize easily.

So, if several *Pelargonium* species are growing alongside one another and bees are busy pollinating amongst them the resulting offspring may be a bit of a mystery – that is a cultivar or hybrid. There is confusion over which *Pelargonium* are actually true species and which are cultivars.

And to truly dissect the botany of *Pelargonium* is beyond the scope of this article. So we'll just take a look at which species tend to show up in the rose scented *Pelargonium* group.

### Rose-scented *Pelargoniums*

Cultivated *Pelargoniums* are commonly divided into six groups as well as species *Pelargoniums* and primary hybrids. The scented-leaved variety (Sc) is grown chiefly for its fragrance and includes a plethora of scents such as almond, coconut, citrus, cinnamon, rose, and many more.

Rose-scented *Pelargonium* species include *Pelargonium graveolens* (syn. *Pelargonium*

*roseum*), *Pelargonium capitatum*, and *Pelargonium radens*. And from these species, a variety of cultivars are produced such as “Attar of Roses” a cultivar of *P. capitatum*, “Crowfoot Rose” a cultivar of *P. radens*, and “Grey Lady Plymouth” a cultivar of *P. graveolens*.<sup>4</sup>

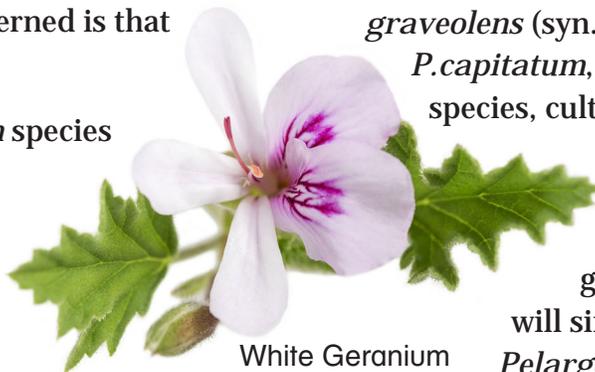
The designation *P. spp.* refers to all species in the *Pelargonium* genus. If the exact species is not known the abbreviation *spp.* is used.<sup>5</sup>

Thus, it appears that rose-scented geranium hydrosol is most likely from the *Pelargonium graveolens* (syn. *Pelargonium roseum*), *P. capitatum*, or possibly *P. radens* species, cultivar, or hybrid. If a distiller is uncertain which specific species, cultivar, or hybrid of rose scented geranium was used they will simply treat it as *Pelargonium spp.*

*Pelargonium* growth forms exhibit a wide range of variation and include herbaceous annuals, shrubs, subshrubs, succulents, and geophytes. The plants bear five petal flowers with zygomorphic or single plane symmetry, where the two upper petals are differentiated from the three lower petals. The flowers form pseudo umbel clusters. The nectary tube can range from a few millimeters to several centimeters and stamen number can vary from two to seven.<sup>6</sup>

The number of stamen, position, and curvature can be used to identify individual species. Leaves tend to be alternate, palmately lobed or sometimes pinnate, sometimes have light and dark patterns, and are often on long stalks.<sup>6</sup>

The *Pelargonium* is a large genus within the family *Geraniaceae* with a worldwide



White Geranium  
(*Pelargonium spp.*)



Geranium (*Pelargonium capitatum*)

spread in temperate to subtropical zones. *Pelargoniums* are tolerant of heat and drought but tolerant of only minor frosts.

Native to South Africa, which harbors 90% of the genus, only about thirty species are found elsewhere. The majority are found in the East African rift valley and Southern Australia and the remaining in southern Madagascar, Yemen, Asia minor, Iraq, northern New Zealand, and isolated islands of Saint Helena and Tristan da Cunha in the southern Atlantic, and Socotra in the Indian Ocean.<sup>6</sup>

The German botanist Johann J. Dillenius (1684 – 1747) first proposed the name *Pelargonium* in 1732. He described and illustrated seven species of geraniums from South Africa that are now in these genera.

Johannes Burman (1707 – 1780), a Dutch botanist, formally introduced the name in 1738, but Carl Linnaeus grouped the three similar genera *Geranium*, *Erodium*, and *Pelargonium* together in the genus *Geranium*. Given Linnaeus' reputation, the grouping stood for some forty years with the eventual distinction being made based on the number of stamens or anthers by Charles L'Héritier.<sup>1</sup>

### Cultivation History

*Pelargonium triste*, a native of South Africa was the first species of *Pelargonium* to be cultivated. Most likely it was brought to the Botanical Garden in Leiden (Netherlands) on ships that had stopped at the Cape of Good Hope before 1600. John Tradescant the elder (1570 – 1638), an English gardener and naturalist, purchased seeds from Rene Morin, a French nurseryman and collector of natural history objects, in Paris in 1631 and introduced the plant to England. By 1724 at least five additional species of *Pelargonium* were introduced to Europe.<sup>7</sup>

While there was no real attempt to group the cultivars early on, attention to their growth and grouping was revived in the mid twentieth century by the American botanist Liberty Hyde Bailey (1858 – 1954), who introduced new terms for zonal and regal *Pelargoniums*.<sup>8</sup>

Listings began by the late 1950s and *Pelargonium* and *Geranium* societies (such as the Australian Geranium Society, the British Pelargonium and Geranium society) furthered these efforts by producing checklists and more complete lists.

The Pelargonium and Geranium Society (PAGS) now administers the International Register of Pelargonium cultivars.<sup>9</sup>

### ***Pelargonium* Therapeutic Benefits**

*Pelargonium* has been used for wounds, respiratory issues, and digestive support as well as for kidney complaints and fevers.<sup>10</sup> In aromatherapy rose geranium essential oil is considered grounding and balancing. Although the exact species may vary it will no doubt be an aromatic scented *Pelargonium* composed of a good amount of citronellol and geraniol. Rose geranium essential oil is used to reduce feelings of worry or stress and is considered a tonic to the body. It is wonderful for supporting skin health, can soothe nerve issues, and is said to be a bringer of grace and harmony.<sup>11</sup> For respiratory complaints the roots of *Pelargonium sidoides*, also known as *umckaloabo*, are used.<sup>12</sup>

### **Rose Geranium Hydrosol Characteristics, Uses, and Benefits**

Rose geranium hydrosol, like the plant, has a sweet, floral fragrance with a rose-like afternote much like the essential oil. Undiluted, it tastes overly floral, but when diluted it is palatable. The pH typically falls between 4.9 and 5.2.<sup>13</sup>

Gas Chromatography and Mass Spectrometry analysis of hydrosols can be tricky as compounds can react and transform more readily in the water-based hydrosols. GC/MS reports on rose geranium hydrosol share similarities but are variable. The main components of the hydrosol typically include citronellol, geraniol, and linalool. Bisabolol oxide A was present in an analysis of the first of four fractions of one *Pelargonium*

*captiatum* distillation but did not appear in subsequent fractions.<sup>14</sup> The African varieties tend to last fourteen to sixteen months, while European varieties are less stable. Catty suggests constant monitoring of rose geranium hydrosols as they can rapidly develop a “very curious white, ball like bloom shortly after contamination.” Filtering before such growth can take place is important.<sup>13</sup>

Rose geranium hydrosol is a favorite for skin care. It’s suitable for all ages and adaptogenic and balancing for a variety of skin types, from oily to dry and both sensitive and acneic. Rose geranium is a welcome addition to lotions, toners, face masks, moisturizers, cleansers, or simply spritzed on the face and skin.<sup>13</sup>

Rose geranium hydrosol is a humectant and attracts and holds moisture in the skin. Thus, when used as a compress it is excellent for rough, dry skin or calluses.<sup>13</sup>

The hydrosol also has cooling and anti-inflammatory properties. It can be used to calm sunburn, soothe a rash or insect bite, or dispel heat related issues when used topically.<sup>13</sup>

Alone or combined with German chamomile (*Matricaria recutita*), cornflower (*Centaurea cyanus*), or rock rose (*Cistus ladaniferus*) hydrosol, rose geranium hydrosol can be useful for redness, broken capillaries, or rosacea.<sup>13</sup>

Rose geranium hydrosol is also noted as a hemostatic, making it useful for cleaning cuts and scrapes. Children and adults enjoy the scent and it can work wonders to soothe the itch of scabs and promotes healing.<sup>13</sup>

Given its cooling effects, rose geranium hydrosol can be useful for menopausal hot flashes when used as a spritz as well as for

balancing the emotions and supporting the endocrine system. It's also useful for PMS and hormone-related moodiness, especially when used in conjunction with omega-3 and omega-6 fatty acids or alongside *Vitex agnus-castus* or fleabane (*Conyza canadensis*) hydrosol.<sup>13</sup>

This hydrosol is said to balance the twin spirits of the male and female energy and makes a wonderful perfume or body spray. Some men enjoy using rose geranium hydrosol combined with other hydrosols such as wild ginger (*Zingiber officinale*), yarrow (*Achillea millefolium*), rock rose (*Cistus ladaniferus*), or German chamomile (*Matricaria recutita*) as an aftershave.<sup>13</sup>

A bit mysterious but sweetly sophisticated, luscious and floral, rose geranium hydrosol has much to offer. Rose geranium soothes and supports the skin, balances the body, cools heat, or simply makes a lovely body spray, even if you're not quite sure precisely who she is.

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**Properties of clays:**

- Bentonite clay: Detoxifying, soothes skin irritations, improves circulation.
- French green clay: Detoxifying, decongesting, useful for blemishes and spot treatments.
- Rhassoul clay: Detoxifying, decreases skin dryness, improves skin tone.
- Kaolin clay: Draws out impurities, reduces swelling, improves circulation, exfoliates.

**Rose Geranium Clay Mask**

Cleansing and cooling rose geranium hydrosol can benefit all skin types and works wonderfully in a mask. You can try different types of clay and add in skin safe essential oils. Package the dry mixture in a glass jar and pair with a bottle of rose geranium hydrosol for a unique gift.

**Ingredients and Equipment:**

- One 4-oz. new/clean glass jar with lid
- Measuring spoons
- Stainless steel or glass bowl for mixing
- Spoon for mixing
- 8 tsp. of kaolin, Rhassoul, French green, or Bentonite clay (see box at left)
- 4 tsp. arrowroot (*Maranta arundinacea*) powder
- 2 tsp. finely ground oats (*Avena sativa*)
- 2 tsp. finely ground almond (*Prunus amygdalus* syn. *Prunus dulcis*) meal (omit if sensitive to nuts and replace with 2 tsp. oats).

**Essential Oils and Hydrosols:**

- 10 drops total of skin safe essential oils (optional)
- 0.2-oz. rose geranium (*Pelargonium* spp.) hydrosol

**Directions for Making the Mask Base:**

Clean equipment with 70% isopropyl alcohol and/or warm water and dish soap. Add clay, arrowroot powder, oats, and almond meal to the bowl and mix well. Add essential oils if using and stir well to prevent clumping. Spoon the mixture into jar and store in cool place or freezer.

**Directions for Mixing and Using the Face Mask:**

Use 3 tsp. of mask base and add enough rose geranium hydrosol (1 to 1 ½ tsp.) to form a soft paste. Spread mask on face and neck. Relax for 10 to 20 minutes. Rinse mask with warm water and pat face dry. Enjoy your radiant skin.

## Rose Geranium and Witch Hazel Hydrosol Aftershave

Rose geranium hydrosol paired with witch hazel (*Hamamelis virginiana*) hydrosol plus glycerin and *Aloe vera* gel makes a fantastic cooling, tonic aftershave for both men and women. This version does not contain essential oils but can be added if desired for further benefit. This recipe makes approximately 4-oz. of aftershave. It is not preserved so it should be used within a few weeks.

### Ingredients and Equipment:

- One 4- to 8-oz. new/clean glass spray bottle
  - Measuring spoons
  - Glass or stainless steel mixing bowl
  - Stirring rod or spoon for mixing, Funnel (optional)
  - 70% Isopropyl alcohol for sanitizing equipment
  - 2.75-oz. distilled water
  - 0.5-oz aloe vera gel (preferably organic)
  - 0.1-oz. glycerin (preferably organic and palm free)
- Hydrosols:**
- 0.75-oz. witch hazel (*Hamamelis virginiana*)
  - 0.5-oz. rose geranium (*Pelargonium* spp.)
- 

### Directions for Making:

Clean equipment with 70% isopropyl alcohol (you can put the alcohol in a spray bottle and spritz the bowl and spoons and let air dry or wipe with a clean towel or paper towel). Combine together the water, aloe vera gel, glycerin, witch hazel hydrosol and rose geranium hydrosol. Mix the ingredients with a spoon or stirring rod until well combined. Pour the aftershave into your glass spray bottle (a funnel may make this easier if available).

Close eyes and spritz onto facial area after shaving or to refresh the skin. Women: It can be used on legs after shaving as well. Avoid eyes and sensitive areas.

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Patricia (Tricia) Ambroziak is a certified aromatherapist, writer, educator, biologist, and tutor, as well as a wife of 26 years and mom of two amazing teens. She enjoys exploring the wonder and power of plants, herbs, hydrosols, and essential oils and their role in supporting wellness. She is the owner of *Aromatherapy by Tricia Ambroziak*, which specializes in custom aromatherapy and cosmetic chemistry for individuals and businesses. Tricia has worked as an educator at Elon University, Drew College Preparatory High School and Great Oak High School and as a researcher at the University of Pittsburgh, The Gladstone Institute, and Genentech. She is also a former martial arts instructor and a 3rd degree black belt in Tae-Kwon-Do and enjoys staying active with everything from running and bag boxing to yoga and TRX training. To learn more about Tricia visit her website at: [www.aromatherapybytriciaambroziak.com](http://www.aromatherapybytriciaambroziak.com)



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# Rose and Pain Reduction

By Kathy Sadoswki  
MS in Aromatherapy, RA, LMT



Are you surprised that the aroma of rose has been found, in multiple human studies, to show some relief from pain? As a Licensed Massage Therapist (LMT), my initial thought in choosing essential oils or herbs to reduce physical discomfort is to focus on those oils or herbs which have demonstrated an analgesic effect on local pain nerve nociceptors topically, such as with peppermint (*Mentha x piperita*),<sup>1</sup> eucalyptus (*Eucalyptus* spp.),<sup>2</sup> comfrey (*Symphytum officinale*),<sup>3</sup> or arnica (*Arnica montana*).<sup>4</sup>

However, I was surprised to find several human studies demonstrating that Damask rose (*Rosa x damascena*) essential oil, rose water, and rose extracts have effectively reduced pain through non-invasive aromatherapy treatments for fragile populations such as the elderly, pregnant women, children, and people

who had been severely burned. Furthermore, the route of delivery in these studies was not topical, but via inhalation. How is this physiologically possible?

## How Inhalation Works

Ah, the science of smell! Here is how sniffing the scent of rose may have helped to reduce pain for the patients in the studies listed below. When patients inhaled the rose aroma, it delivered the scent to the olfactory receptors in their nose. Nerves then transmitted a message to their brain's limbic system, triggering the secretion of certain neurotransmitters like endorphins and enkephalin, which then aided in reducing the perception of pain.<sup>5</sup> This is because these types of neurotransmitters bind to the body's opioid receptors to inhibit the communication delivery of the pain signals being sent.

## Pain Reduction via the Aroma of Rose

The human body's ability to reduce the pain perception via the aroma of Damask rose has been demonstrated in the following scientific studies:

- In a randomized clinical trial of fifty patients with severe burns, the diffusion of Damask rose (*Rosa x damascena*) essential oil significantly reduced pain intensity during and after wound dressing changes.<sup>6</sup>



Rose (*Rosa* spp.)



- In a double-blind study with sixty-four children aged three to six years old, inhalation of Damask rose (*Rosa x damascena*) essential oil reduced post-surgery pain. Analysis was taken three, six, nine and twelve hours after surgery.<sup>7</sup>

- Inhalation of Damask rose (*Rosa x damascena*) essential oil significantly reduced pain in a study with eighty elderly patients who had undergone knee arthroplasty surgery. Dilution rate of the inhalation was 3-4 drops in 5 mL of saline (about 4% dilution) placed in a plastic zip lock bag and inhaled for one to two minutes.<sup>8</sup>

- In a study of 111 women giving birth, rose water was poured over the hands of women in labor. The women were asked to sniff the scent of the rose water, and it was shown to significantly reduce pain compared to the placebo of distilled water used.<sup>9</sup>

### **Pain Reduction via Rose's Ability to Relax the Central Nervous System**

When dealing with those in pain, it is also important to consider the cognitive factors that

contribute to the perception of pain, such as anxiety, stress, and depression. Rose aroma has shown in human studies to reduce anxiety, and depression.<sup>10</sup> Multiple animal studies have further demonstrated a central nervous system (CNS) depressing effect with the internal administration of rose extracts, increasing sleep time and reducing pain.<sup>11</sup>

While typical hospital protocols for reducing these cognitive components involve writing an oral prescription for sedative or opiate drugs to calm the mind, these medications can come with harsh side effects. For fragile populations, aromatherapy via inhalation can be a less invasive complimentary or alternative option to reduce the amounts of pharmacological drugs needed to calm the mind and reduce pain.

### **Pain Reduction Using Rose as a Topical Anti-inflammatory**

Furthermore, Damask rose (*Rosa x damascena*) may have a topical anti-inflammatory and analgesic effect. Multiple human studies have shown topical use resulting in pain reductions. In a study of 120 pregnant women with lower back pain, rose essential oil combined with sweet almond (*Prunus dulcis*) carrier oil and applied topically over four weeks significantly reduced pain without side effects.<sup>12</sup> In a double-blind placebo-controlled study of forty patients with migraine headaches, a topical formulation containing Damask rose (*Rosa x damascena*) essential oil reduced pain, especially in those with "hot" type headaches.<sup>13</sup>

### **Rose for the Reduction of Menstrual Pain**

Rose has been used for centuries as a folk

remedy to reduce pain related to the menstrual cycle. In two human studies, an abdominal massage with essential oil blends that included rose demonstrated reduced dysmenorrhea. In a 2006 study including sixty-seven female college students, an abdominal massage using lavender (*Lavandula officinalis*) essential oil, clary sage (*Salvia sclarea*) essential oil, and cabbage rose (*Rosa centifolia*) essential oil in a blend with sweet almond (*Prunus dulcis*) oil reduced the severity of menstrual cramps.<sup>14</sup> In another study of forty-eight women, an aromatherapy abdominal massage with rose (*Rosa* spp.) essential oil, lavender (*Lavandula angustifolia*) essential oil, clove (*Eugenia caryophyllata*) essential oil, and cinnamon (*Cinnamomum zeylanicum*) essential oil in a blend with sweet almond (*Prunus dulcis*) oil was effective in alleviating menstrual pain and bleeding heaviness.<sup>15</sup> Circling back to the power of rose's aroma, in a 2016 study of 100 women with dysmenorrhea who inhaled rose scent experienced reduced menstrual pain.<sup>16</sup>

### **Ingestion of the Rose Herb to Reduce Pain**

Internal use of herbal extracts of rose have also showed pain reduction. In a study of ninety-two women who had just had a C-section, the ingestion of rosehip extracts reduced pain without side effects compared to the placebo.<sup>17</sup> In a double-blind study of ninety-two young women, pain associated with menstruation was significantly reduced with the intake of Damask rose (*Rosa x damascena*) extract.<sup>18</sup> For the safe internal use of rose at home, try the rose hip tea blend



listed in the recipe section of this article.

In summary, Damask rose (*Rosa x damascena*) is an age-old herb used by our ancestors to reduce pain, and multiple modern human studies have demonstrated it to be an effective analgesic via inhalation, topical application, and internal routes. Inhalation has proven effective, possibly related to the release of pain reducing neurotransmitters. Furthermore, rose has shown the ability to calm the mind, relax the central nervous system (CNS), and lessen the body's perception of pain. Topical use has shown an analgesic effect as demonstrated in a few studies of women with dysmenorrhea, and internal use of the herb has also provided pain reduction in a few human studies.

There are multiple ways we can enjoy rose by using blends to make at home. For aromatherapy, rose hydrosols and infusions can be used as an alternative to the extremely expensive rose essential oil. Furthermore, rose geranium (*Pelargonium graveolens*) essential oil and palmarosa (*Cymbopogon martinii*) essential oil offer a similar aroma profile to rose at a cheaper price.

### Rose Water Face Spray

Combine the calming aroma of rose and geranium with witch hazel to create a facial toner that can help tighten, tone, and improve skin texture. You will need one four-ounce spray bottle to make this blend.

**Hydrosols:**

- 2-oz. rose (*Rosa x damascena*)
- 2-oz. witch hazel (*Hamamelis virginiana*)

**Essential Oils:**

- 6 drops of rose geranium  
(*Pelargonium graveolens*)
- 

**Directions for Making and Use:** Combine all of the ingredients together in a 4-ounce spray bottle. Cap and shake well. Spray one or two pumps on the face for use as a toner. **For adult use only.**

**Cautions for Use:** Avoid use during the first trimester of pregnancy. If you have sensitive skin, patch test on the wrist or arm before spraying on the face. Rose may interact with certain medications such as diabetic drugs; consult a medical practitioner for further advice before using.

### Rose Hip Tea

Try this calming rose tea that tastes delicate, smooth, mildly sweet, and fruity.

**Ingredients:**

- 2 Tbsp. fresh, organically-grown rose hips  
(*Rosa* spp.) gently rinsed
  - OR 1 Tbsp. dried rose hips gently crushed
  - 16-oz. hot (not boiling) water.
- 

**Directions for Use:** Pour the hot water over rose hips. Steep for about three minutes. Strain and then drink.

**Cautions for Use:** Rose may interact with certain medications such as diabetic drugs. Consult a medical practitioner for further advice before using.

### Infused Rose Petal Oil

Enjoy the aroma of roses infused into a carrier oil! This blend is great to massage on the skin or pour directly into the bath! You will need one 18-ounce or larger mason jar with lid to make this blend.

**Ingredients:**

- 8-oz. fresh, organically-grown rose petals  
(preferably *Rosa x damascena*)
  - 8-oz. light carrier oil such as grapeseed  
(*Vitis vinifera*), sweet almond (*Prunus dulcis*),  
or jojoba (*Simmondsia chinensis*)
  - Optional:* 20 drops of rose geranium  
(*Pelargonium graveolens*) essential oil
- 

**Directions for Making:** Make sure your roses have been organically grown and not exposed to chemicals or pollutants. Pick enough rose blossoms to get one cup of rose petals. Remove the petals from the roses, gently rinse in a colander, and shake off as much water as possible. Place on paper towels to dry for about two hours. Once dried, put the rose petals in a jar, and pour the light carrier oil over the top of them.

Seal the jar, shake, and place near a sunny window sill for about two weeks. Shake the jar about once a day. Thoroughly remove petals after two weeks, using a cheese cloth or coffee filter to strain out all the plant parts from the oil. The remaining oil is a rose-infused oil.

*Optional:* Add about twenty drops of rose geranium essential oil to the completed infusion to enhance the soft and sweet rose aroma. Shake well.

**Directions for Use:** For adult use only. Apply about a tablespoon of the blend to the skin or pour directly into warm bath water.

**Cautions for Use:** Avoid use during first trimester of pregnancy. If you have sensitive skin, patch test on the wrist or arm before using all over the body. Rose may interact with certain medications such as diabetic drugs; consult a medical practitioner for further advice before using.

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## About Kathy Sadowski:

Kathy Sadowski has a Master of Science degree in Aromatherapy from the American College of Healthcare Sciences in Portland, Oregon. With a passion for reading scientific studies on herbs and essential oils, she has developed the website [EarthtoKathy.com](http://EarthtoKathy.com), which categorizes 4,000 plus scientific research documents on plants by species, therapeutic action, and constituent; demonstrating that there is a growing amount of evidence for the potential healthful uses of herbs and essential oils. Kathy is a Registered Aromatherapist, professional member of NAHA and AIA, a licensed massage therapist, registered yoga teacher, and enthusiast for environmental protection and a natural lifestyle. To learn more about Kathy, visit her website at: [www.earthtokathy.com](http://www.earthtokathy.com)

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# Essential Oils for the Winter of Our Lives

*By KG Stiles*



Winter is the coldest season of the year when the weather can turn severe and bitterly harsh with cold. Yet, when it's winter in the northern hemisphere it's summer in the southern hemisphere. Life is filled with such contrasts and contradictions.

The natural cycles of life are frequently intertwined with one another. In other words, you can be experiencing the "springtime" of a romantic relationship while at the same time experiencing the "winter" season of a career path. What once delighted and warmed your heart has now grown cold and holds no interest for you.

The season of winter is essential for rebirth and for a new season to occur. However, even though we understand "intellectually" the necessity of winter few of us are willing to embrace the winter season of our life. We resist the bitter and cold experiences that life can bring.

In winter, when all the world appears bleak and dismal, we are challenged to hold on to our hope and the promise of a new spring. Learning to let go and trust that the cycle of life will renew itself takes courage.

Winter can be likened unto sleep. Most of us look forward to and enjoy deep and dreamless sleep. We know that deep sleep renews and refreshes us. In fact, a study in the *Journal of Neuroscience*, showed that our body's ability to heal is significantly reduced when we are sleep-deprived.<sup>1</sup> Winter is such a time of deep healing and renewal. It is a "time-out" from the usual routines of life, so that we can rest and heal.

During the winter season of our life we can feel chilled down to the bone. At these times our worst fears about the unknown can surface and run rampant. Essential oils can help us transcend our fears and move more gracefully through this winter period.

The cycle of the female hormonal system is another example of nature's cycle of renewal at work. You might say that, during a woman's child bearing years, she ovulates in "springtime" and in "winter" her garden lies fallow.

Of course, the final winter of the natural hormonal cycle for women occurs at menopause, between the ages of 45-55, when a woman no longer menstruates. Studies suggest

that certain essential oils like geranium (*Pelargonium graveolens*) essential oil can help a woman to move more easily through the menopausal transition.<sup>2</sup>

### Crone, Wise Woman and Sage

At the time of the winter season the archetype of the crone becomes most active. The crone represents the wisdom of the eternal female nature and her masculine counterpart.

The crone can see the “unseen.” She is the prophetess, mediator and communicator of secret knowledge. The wise woman within us represents our seed potential to act as a spiritual healer, counselor and teacher.

As with all the Jungian archetypes the crone must transcend the tendency to abuse her power. The negative manifestation of the crone is the witch who practices the dark arts.<sup>3</sup>

Research on essential oils suggests that they can be used to positively affect human behavior. Aromatherapy can be useful for helping us to make “higher” choices when faced with dilemmas of right and wrong.<sup>4</sup>

### The Final Curtain Call

There comes a point in our earthly life when our body must fall away. At this time, no one has yet found an eternal youth elixir. Though, if you could live forever would you want to?

In recent years essential oils have become popular for use during end-of-life care and the transition to death. I’ve trained numerous end-of-life and hospice care workers in the use of essential oils with remarkable results.

### Some favorite life transition essential oils include:

- Frankincense/Olibanum (*Boswellia carterii*) - Known as the comforter of sorrow, traditionally frankincense essential oil has been used to increase cellular respiration and slow down breathing and heart rate. The majority of the world’s frankincense is produced in Somalia from which the Roman Catholic church purchases most of its stock.<sup>5</sup>
- Neroli (*Citrus aurantium* var. *amara* (flos)) - An aphrodisiac, neroli essential oil promotes inner peace and happiness. It may be helpful for relieving symptoms of shock, trauma, depression and anxiety.<sup>6</sup>
- Rose otto (*Rosa x damascena*) - A wonderful woman’s essential oil, rose otto may help to promote hormone balance. It is one of the best essential oils for freeing the emotions and for emotional expression.<sup>7</sup>
- Lavender (*Lavandula angustifolia*) - A universal first aid healing essential oil, lavender is helpful for calming agitated mental and emotional states.<sup>8</sup>
- Bergamot (*Citrus bergamia*) - Studies show that bergamot essential oil helps to soothe extreme emotions, fear and anxiety.<sup>9</sup>
- Cypress (*Cupressus sempervirens*) - Considered a symbol of life after death, the ancient Greek’s dedicated the cypress tree to the God Pluto, lord of the underworld. Used since ancient times for cleansing and purification, cypress essential oil has a reputation for strengthening the heart’s energies.<sup>10</sup>
- Spikenard (*Nardostachys jatamansi*) - Its sedative action can help to calm the nervous system and to promote sleep.<sup>11</sup>

**Warm Your Bones Blend**

This blend promotes hormone balance and may be effective for warming the body, mind and soul.

**Essential Oils:**

- 50 drops geranium (*Pelargonium roseum*  
or *P. graveolens*)<sup>12</sup>  
30 drops palmarosa (*Cymbopogon martinii*)<sup>13</sup>  
20 drops bergamot (*Citrus bergamia*)  
5 drops cinnamon leaf (*Cinnamomum zeylanicum*)<sup>14</sup>  
5 drops ginger (*Zingiber officinale*)<sup>15</sup>

**Directions for Use:** Add all of the essential oils to a 5 mL colored glass euro-dropper bottle. Cap the bottle tightly and shake vigorously to thoroughly blend oils together. Allow the oils to synergize for twelve hours or longer before using.

**Methods of Application:**

**Direct Inhalation:** Dispense 1-3 drops of the blend on a cotton ball or perfume smell strip and inhale for three cycles of breathing. May repeat as needed.

**Diffusion:** Start by diffusing 8-12 drops of the blend for 3-5 minutes. Add to an aromatherapy electric diffuser, following the manufacturer's guidelines for use. Increase your time of exposure as you become familiar with how the oils are affecting you.

**Cautions for Use:**

- **Bergamot** (*Citrus bergamia*): Phototoxic (moderate risk), may be photocarcinogenic. Avoid direct exposure to sun or sun bed for twelve hours after application.<sup>5</sup>
- **Cinnamon** (*Cinnamomum zeylanicum*): Drug interaction, may inhibit blood clotting, skin sensitization (moderate risk), mucous membrane irritant (low risk).<sup>6</sup>
- **Cypress** (*Cupressus sempervirens*): Skin sensitization if oxidized.<sup>8</sup>
- **Frankincense/Olibanum** (*Boswellia carterii*): Skin sensitization if oxidized (refrigeration recommended).
- **Geranium** (*Pelargonium roseum* and *P. graveolens*): Skin sensitization (low risk). Possible drug interaction with oral use for diabetes

**Winter Cheer Blend**

This blend has hormone balancing properties and may be effective for lifting the mood.

**Essential Oils:**

- 10 drops rose otto (*Rosa x damascena*)  
40 drops cypress (*Cupressus sempervirens*)  
50 drops tangerine (*Citrus reticulata*)<sup>16</sup>

**Directions for Use:** Add all of the essential oils to a 5 mL colored glass euro-dropper bottle. Cap the bottle tightly and shake vigorously to thoroughly blend oils together. Allow the oils to synergize for twelve hours or longer before using.

**Methods of Application:**

**Direct Inhalation:** Dispense 1-3 drops of the blend on a cotton ball or perfume smell strip and inhale for three cycles of breathing. May repeat as needed.

**Diffusion:** Start by diffusing 8-12 drops of the blend for 3-5 minutes. Add to an aromatherapy electric diffuser, following the manufacturer's guidelines for use. Increase your time of exposure as you become familiar with how the oils are affecting you.

**Bath Therapy:** Add 8-12 drops of the blend to 1 teaspoon of unscented bath gel and mix thoroughly together. Combine the mixture with 1-2 cups of sea salts. Stir the aromatic salts blend into your warm bath water. Soak for thirty minutes or longer. Remember to hydrate with pure, fresh water during and after your bath.

medication, drugs metabolized by CYP2B6. Maximum dermal use level 17.5%.<sup>9</sup>

- **Ginger** (*Zingiber officinale*): Possible skin irritant. For skin applications use in a weak dilution of less than 1%.<sup>1</sup>
- **Lavender** (*Lavandula angustifolia*): Skin sensitization (moderate risk). Maximum dermal use level 0.1%.
- **Neroli** (*Citrus aurantium* var. *amara* (flos)): None known.
- **Rose Otto** (*Rosa x damascena*): Maximum dermal use level 0.6%.
- **Spikenard** (*Nardostachys jatamansi*): None known.
- **Tangerine** (*Citrus reticulata*): Skin sensitization if oxidized, recommend refrigeration.

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## About KG Stiles:

KG STILES, BA, CBT, CBP, LMT is a metaphysician, holistic health educator, certified clinical aromatherapist and consultant providing expert essential oil services since 1980. Her advice and services have included internationally famous celebrities, athletes, entrepreneurs, top executives, individuals, entrepreneurs, spa therapists and hospitals. KG is the founder of PurePlant Essentials aromatherapy company and has published hundreds of articles, which have appeared in Massage Therapy Journal, Massage Today, Breast Cancer Wellness, Aromatherapy Today (Australia) and NAHA Aromatherapy Journal. Her newest awarding winning book, *The Essential Oils Complete Reference Guide: Over 250 Recipes for Natural Wholesome Aromatherapy*, available in the NAHA bookstore, won an IPPY 'Living Now' Gold Medal and was a Nautilus and Indie Next Generation Book Award Winner. KG lives in Ashland, Oregon and is the NAHA Oregon (South) Director. Visit KG at: [www.kgstiles.com](http://www.kgstiles.com).

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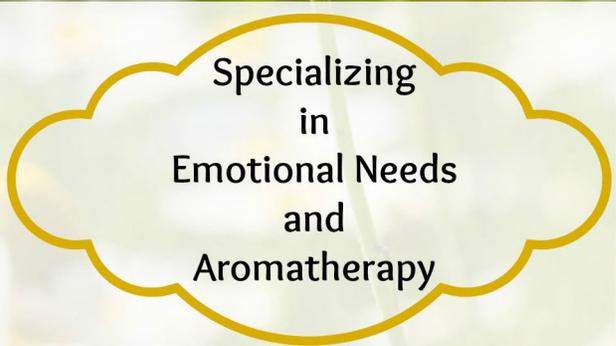
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# Books as Business Cards for the Modern-day Aromatherapist

By Kayla Fioravanti



Books are the new business cards of today. Having a published book tells consumers that you are expert in your field. The entire publishing world was turned upside down by Amazon. Today you can become an *author-preneur*. Being an author-preneur in the self-publishing industry today is like opening a small business. Your books are your products. You must wear the hat of writer, editor (for early edits), publisher, publicist, social media manager and entrepreneur.

Being an author is a challenging career choice whether you decide to go the traditional or self-publishing route. You expose your soul and knowledge to the world and brace yourself for reviews. But as the new year dawns it is a good time to consider whether you should publish a book or not this year. It isn't really a question of whether you should publish a book, the question is whether *this* is the year or not.

## Self-publishing vs. Traditional Publishing

If you decide to go the route of self-publishing, you give up the team behind the traditional publisher. You will need to do a lot of work yourself, hire people and ask for help. You will be your own cheerleader and will need to give yourself a daily pep talk as you work in solitude, a necessary environment for writing. It is the most rewarding gig ever, yet very tough.

When I was younger, I dreamt of getting an agent and following the traditional route of publishing. Landing a writing contract, with all of the prestige associated with it, was part of my dream. That was, until I had the opportunity in 2011 to listen to David Sanford speak about the publishing world at Multnomah University. It was then that the prospect of self-publishing wove its magic over me and the doors were flung wide open for my new career path. Since that fateful day I have self-published twelve of my own books, and acted as the publisher for dozens more.

Maybe the question isn't, "Who can self-publish?" but instead, "Who should write a book?" My belief is that God gave each of us unique gifts and perspectives. Everyone has a voice and something important to write, say, or teach. Do you have the confidence in yourself to believe that what you know is worth sharing and you are worth the income earned from sharing it? You don't have to write a giant book. You can write multiple small books on subjects that you are expert in. I will never write another book as large as *The Art, Science and Business of Aromatherapy*. Today small is better. Bite-sized books that have affordable price points and are packed full of information are the way to go. Write what you love, write from your heart and write what you are uniquely gifted to share.

## Author-preneurship

I use the term *author-preneur* because being both author and entrepreneur is critical to be a successful writer today. Self-publishing is the entrepreneurship route to publication. You are in control of deadlines, cover design, concept, price, as well as your potential success or failure. It's all yours, baby! You will see other terms commonly used for today's author including *indie* (independent) and *artisan* (skilled hand-crafter or workman). I like all the terms because to me being an author-preneur, indie or artisan encompasses the innovative and risk-taking spirit it takes to succeed in today's ever-changing marketplace.

Whether you call this form of publishing indie, artisan or author-preneurship, the truth is that at the end of the day, readers don't care *how* your book was published. What they do care about is *content*, what it can do to help or inspire them, in addition to how much your book will cost them.

Once upon a time, self-publishing was equated with failure for an author, but it wasn't a true perception then and it most definitely isn't true today. It is just as exciting to hold a self-published book in your hand as it is to hold a traditionally published book. Maybe more so, because you get to keep a bigger piece of the profit; and you successfully accomplished your goal. My youngest daughter Caiden used to say, "I do it my own self" as she asserted her independence to the world. You can do it "your own self" too.

## Long-Term Profit from Self-publishing

You are probably not going to get rich unless you are among the few one-in-a-million runaway success stories. In the meantime, why not create a long-term source of income that will outlive you? Your royalty checks will continue rolling in forever. The book publishing industry is a multi-billion-dollar industry. It is a risk to reach for the moon, but it's more exciting than studying the lint in your belly button as you hold your dreams in.



Well-known and profitable authors are walking away from traditional publishing to self-publish using *On Demand Publishing* for paperback editions, Digital options for eReaders such as *Kindle*, *Nook* and other devices. In the book, *Be the Monkey*, co-author Barry Eisler discusses how he turned down a half million-dollar book deal with a traditional publisher to self-publish. Not too long ago, he would have been considered crazy to walk away from such a deal, but he did the math. The decision to self-publish, just like any business decision, is a mathematical equation in which you commit to put your time, energy and resources into the most profitable route.

You don't have to look too far to find articles by established authors and publishers who look down upon self-published authors, but the ability to keep your book in print forever, earn higher royalties, achieve better eBook profits, set your own price and increase the speed that a book can enter the market, is swaying many towards the self-publishing world.

Joe Konrath, co-author of the book, *Be the Monkey*, puts it bluntly, "There are so many writers now defending the Big 6 (publishers) that I liken their behavior to Stockholm syndrome." Later in the same book Eisler says in regard to legacy deals, "The final argument I've been hearing . . . is that, 'Okay, some people are making money in self-publishing, but it's always the same names.' But the list of names keeps getting longer. The critics are going to be reduced to saying, 'Okay, some people are making money in self-publishing, but it's always the same five thousand names.' The critics will be self-publishing themselves before then."

There has never been a better time in history for you to write your own book. The only

things that stand between you and your published book are self-limiting fear, excuses or not making your dreams of writing and publishing your book a priority.

## Publishing Options

### • Traditional Publishing

Once upon a time there were two avenues for publishing a book: Traditional publishing and vanity publishing. Because traditional publishing is costly, publishers have to be extremely picky about selecting their authors. With traditional publishing, the publisher can take a book out of print at any time, leaving the author with no recourse or rights for future editions. If approached by a publisher with what seems like an amazing deal, you should consider it. Read all the fine print and know exactly what you are getting yourself into. A traditional publisher does have the advantage of experience and credibility. Traditional publishing is a hard place to get in the door, but you may end up there down the road. Some major hits were first self-published including: *Ulysses* by James Joyce, *The Adventures of Peter Rabbit* by Beatrix Potter, *What Color is Your Parachute* by Richard Nelson Bolles, *The Joy of Cooking* by Irma Rombauer and *A Time to Kill* by John Grisham.

### • Vanity Publishing

Vanity publishing was the old school, traditional method of self-publishing. It was a brutal and painful way to get your book into the marketplace. You had to spend tens of thousands of dollars up front and ended up with a garage full of books that you had to promote and sell out of your home. But today these publishing costs are a barrier that

simply no longer exists. There are still some traditional self-publishing houses out there that charge the author an arm and a leg, but why go through unnecessary pain? Leave your garage space for your car, not for your books to collect dust.

• **On-demand Publishing**

Today on-demand publishing has rendered storing hundreds or thousands of self-published books an obsolete method of publishing. This method of publishing is low cost and easy to use. Your book prints on-demand, which means the printer only prints a copy when the book is purchased so there is no stockpile of books for you to carry and sell on your own. On-demand books yield high profits for the author and are available almost instantly online. There are lots of companies you can use for print on-demand book publishing. I chose to use *Amazon* services because they are the largest book seller in the world. Recently their publishing arm for paperback books, known as *CreateSpace*, merged with *Kindle Direct Publishing*, which traditionally was *Amazon's Kindle* arm for publishing. (Note: If you are already published

on *CreateSpace* you must move your book to *Kindle Direct Publishing*.)

*Kindle Direct Publishing* allows you to get a book into the marketplace for minimal costs. It provides a royalty calculator, so you can see your potential royalty payments by using different sales channels including *Amazon.com*, expanded distribution to other online bookstores and *Amazon Europe*. Once you approve your proof with *Kindle Direct Publishing*, a pop-up window will notify you about how long it will take to populate *Amazon* with your book. In my experience, it has always occurred within a 24-hour period.

There are other intermediary publishers available including *Lulu*, *Outskirts Press*, *Blurb*, *Book Baby*, *Virtual Bookworm* and more. There are also companies, like my company *Selah Press*, which will help you with editing, formatting, uploading and more using *Kindle Direct Publishing* or the intermediary publisher of your choice. One of the many reasons I highly recommend using *Amazon-owned* platforms is because I have watched so many intermediary publishers go out of business since 2011, which leaves authors in need of a new platform.

**Comparison of Routes to Publishing**

	Traditional	Vanity	PDF eBooks	On Demand	Kindle
<b>Acceptance</b>	Required	None	None	None	None
<b>Costs</b>	Publisher	\$4000-15,000	Minimal	Minimal	Minimal
<b>Time to Market</b>	12-18 months	Varies	Immediate	24-48 hours	48 hours
<b>Royalty</b>	10-17.5%	100%	100%	35-70%	35-70%
<b>Inventory</b>	Publisher	100-5000	None	None	None
<b>Advance</b>	Yes	No	No	No	No
<b>Copyright</b>	Publisher	Author	Author	Author	Author
<b>On Market</b>	Months to Years	Forever	Forever	Forever	Forever



## • eBook Publishing

Another popular option today is sometimes called an eBook, but that term has two traditional meanings. One kind of eBook encompasses the PDF version of a book that is emailed to a buyer's inbox. The term is used interchangeably with the other version of eBooks that are bought online and go directly to a *Kindle* or other electronic devices. In this section I am referring to the kind of eBook that is emailed in PDF format to the reader's inbox.



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## Using What You Already Have

If you are a business owner, an aromatherapist, you have a blog, you are a

speaker, teacher, comedian, doctor, instructor, singer, preacher, social media maven, artist, photographer or otherwise already engaged in communicating with the public, then you've probably already written dozens of books worth of material. You simply have not organized your thoughts, committed them to paper, or utilized channels of self-publishing to turn them into a book to create a long term (and low, one-time effort) profit yet.

I'm here to tell you that you have a gaping hole in your pocket. Day in and day out, you are ignoring cash lying on the table that you could easily pick up and put to good use. By simply organizing your past efforts you can create future profits. Writing a book is not a get rich quick scheme in any way, shape or form. It is a method of sharing your knowledge with a larger audience and by doing so, profiting. If you are seeking to get rich quick, then you are on the wrong path. If your life story will inspire others and your knowledge is empowering then by all means start typing, organizing, publishing and getting paid for your efforts.

Don't get tied up in knots wondering who would read your inspirations, jokes or life story since you aren't world famous yet. People won't care whether you are famous as long as your story is well written, and it is interesting. People enjoy reading interesting stories. Don't you?

You might think that people won't buy your book because you have already given the information away on your blog, teachings, hand-outs or a PDF. My experience has taught me that people prefer having all the information they want at their fingertips, rather than having to search all over the Internet to find it for free.

My book, *DIY Kitchen Chemistry*, is a collection of information I had already given away for free on YouTube videos titled Kitchen Chemistry, as well as on my blogs and website. I put on the cover, "As Seen on YouTube" and people still prefer to buy the book rather than watch videos or download and save all the information.

Not everyone has a treasure trove of old notes, teaching material and blogs to pull from to write a book. Many of you simply have a dream to turn your idea into a book. A dream is the first big step. Take the second step by harnessing the power of action. You might stand in the way of your dream, but if you are mentally and emotionally tough enough and if you can toss your excuses and fears aside, you are half way there. Nothing can stand in the way of you writing that book—except you.

### **Stand Out in the Crowd**

Authors face a new challenge today that wasn't present just a few years ago. The virtual bookstore is crowded! And I mean *really*

crowded because self-publishing has removed the barriers to the publishing world and everyone can jump in. You need to stand out in the crowd. Your book should virtually pop and be full of good content that will send the reader back to buy more of your books.

Focus on your niche because that is what sells and brings people back for more. Out of all of my books my best seller is, *How to Make Melt & Pour Soap Base from Scratch*. I was surprised because it is a very niche book. I expected it to drop off in sales, yet it continues to outsell my broader range books covering aromatherapy and DIY crafts. What makes it stand out in the crowd of soap books to virtual strangers is that it teaches a form of soap making that none of the other books on the market teach. Most soap making books teach how to make handmade soap or how to use a bulk base called melt & pour soap. My book shares the previously well-kept industry secret recipe and techniques for making it from scratch.

So, what about your knowledge, career choice, specialty or life choice can make your book stand out in a crowd? Start there. Start by writing. Once you do that you can find the resources.

### **About Kayla Fioravanti:**

Kayla Fioravanti is the co-founder of Ology Essentials and is an award-winning author, certified aromatherapist and cosmetic formulator. She is the author of *The Art, Science and Business of Aromatherapy* and the co-author of the Amazon #1 New Release *The Unspoken Truth About Essential Oils*. To learn more about Kayla, visit her website at: [www.ologyessentials.com/](http://www.ologyessentials.com/)

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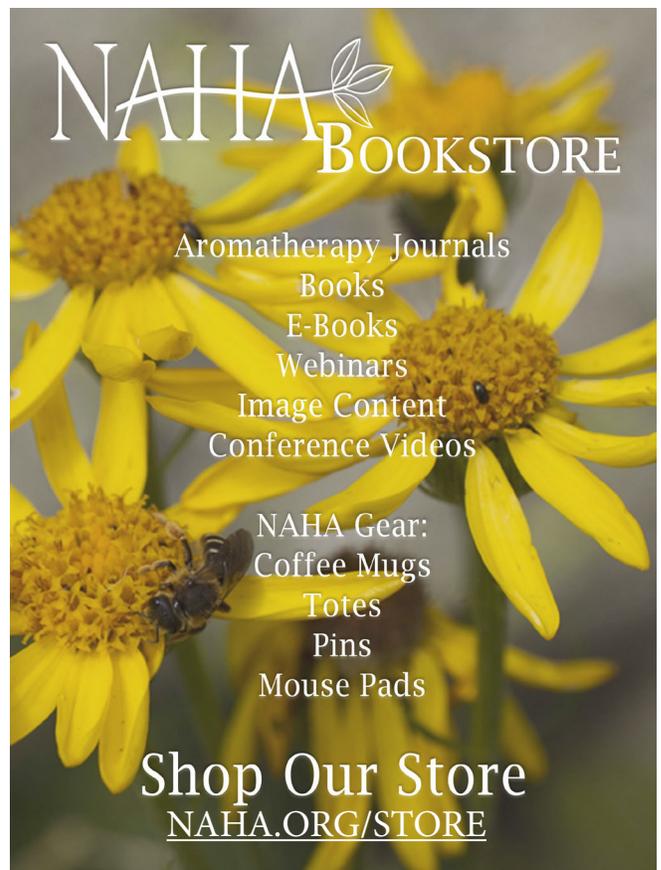


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# Winter Recipes

*Contributed by NAHA Directors: Our NAHA Directors continue to grow in number and with that comes a vast array of combined experience and knowledge. Each issue, we ask directors for some of their favorite seasonal recipes to share with you. Our winter issue features rose and some other favorite winter remedies from our directors.*

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## Immune Support Blend

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By Margo Hertzfield (Ohio)

**Carrier Oils:**

15 mL organic jojoba (*Simmondsia chinensis*)

**Essential Oils:**

5 drops eucalyptus (*Eucalyptus globulus*)

5 drops lemon (*Citrus x limon*)

4 drops clove bud (*Eugenia caryophyllata*)

3 drops cinnamon leaf

(*Cinnamomum zeylanicum*)

3 drops rosemary (*Rosmarinus officinalis*)

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**Directions for Making and Use:** *Traditional Use:* add 3-4 drops of the blend to the palm of the hand, rub together to absorb, then cup hands over nose, avoiding contact with mucous membranes. Inhale deeply at least three times.

**Margo's Tip:** A gentle take on the well-known immune blend. Recommended use is once a day, or twice per day if a virus is beginning.

**Cautions:** Lemon essential oil has phototoxic properties; avoid sun exposure after application. Rosemary essential oil can be neurotoxic due to its camphor content. Avoid in pregnancy. Avoid with epilepsy. Avoid in cases of high blood pressure, Possible irritation of the mucus membranes.

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## Upset Stomach Blend

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By Jamie Michaels, RN, CCA, CAI (Wisconsin)

**Carrier Oils:**

15 mL sesame seed (*Sesamum indicum*) oil

5 mL jojoba (*Simmondsia chinensis*)

10 mL sweet almond (*Prunus dulcis*) oil

**Essential Oils:**

5 drops sweet orange (*Citrus sinensis*)

3 drops ginger (*Zingiber officinale*)

2 drops lemon (*Citrus limonum*)

2 drops spearmint (*Mentha spicata*)

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**Directions for Making and Use:** Blend carrier oils and essential oils together in a glass bowl. Mix well. Massage a small amount on abdomen in a clockwise motion up to four times a day as needed for stomach upset and nausea.

**Jamie's Tip:** The blend can be added to an amber glass dropper bottle or it can be split into three, 10 mL amber glass roller bottles. Label and date.

**Cautions:** Keep out of children's reach. Phototoxic. Do not use within 12 hours of sun exposure. Avoid use with homeopathic remedies. Avoid use in pregnancy, with children under 12 years of age, with elderly, or in skin sensitivity. Not for internal use. Not for use with nut allergy.

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## Winter Herbal Facial Steam

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[By Valerie Cooksley, RN, OCN, FAAIM, CERT \(Texas\)](#)

Give your face an herbal bath with nature's finest anti-aging herbs and flowers to revitalize dry and aging skin during the winter months (or any season). Adding hydrogen peroxide (3%) is optional but highly recommended to enhance the oxygen content of this treatment.

### Ingredients:

16 to 24-oz. hot water

(mineral or purified water, not boiling)

1 to 2-oz. organic dried herbs and flowers

(Favorites: Calendula, comfrey, elderflower, German chamomile, horsetail, lavender, rosemary, and rose petals)

2-oz. hydrogen peroxide 3% solution (optional)

### Essential Oils:

1 drop clary sage (*Salvia sclarea*)

1 drop rose otto (*Rosa x damascena*)

1 drop rose geranium (*Pelargonium graveolens*)

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**Directions for Making and Use:** Bring the water to a near boil, add the herbs and flower petals. Add the hydrogen peroxide, if using. Lastly, add the drops of essential oils. Move the pot to a place where you can comfortably sit over it. Hold your face approximately eight inches from the pot and place a towel over your head to create a tent. With your eyes closed, steam for 10 – 15 minutes. Follow with a gentle toner and nourishing face cream.

**Valerie's Tips:** A simple, but wonderful, way I love to end my relaxing facial steam is with a few spritzes of chilled rose hydrosol directly from the refrigerator!

**Cautions:** Avoid use of clary sage essential oil in pregnancy.

**CLICK HERE TO FIND A NAHA DIRECTOR IN YOUR AREA.**



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## Dream Ritual Foot Massage Oil

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[By Betty Torres \(Northern California\)](#)

### Carrier Oils:

2-oz. jojoba (*Simmondsia chinensis*)

### Essential Oils:

10 drops Roman chamomile (*Anthemis nobilis*)

20 drops lavender (*Lavandula angustifolia*)

5 drops clary sage (*Salvia sclarea*)

1 drop jatamansi (*Nardostachys jatamansi*)

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**Directions for Making and Use:** Combine all the ingredients in an amber glass bottle and gently shake or stir well. For a deep and restful sleep, massage your legs and feet with this blend to move your energy from your Crown chakra (the top of your head) to your Root chakra (tailbone) and send that energy down to your feet. By moving your thoughts from your mind into your body, as you massage this soothing blend into your feet, you will start to relax and wind down from your busy day in order to transition into a restful night's sleep.

**Betty's Tips:** Allow your inner wisdom to guide you by asking a question you need an answer to before falling asleep. For example, think of an issue that needs resolving or a tough decision you are trying to make. Utilize these essential oils, as well as your subconscious mind to receive a clear and powerful answer in your dreams!

**Cautions:** Avoid use in pregnancy.

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## Frankincense Resin Hot Chocolate or Chocolate Shake

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[By Robin B. Kessler, CA \(New Jersey\)](#)

### Ingredients and Supplies:

0.33-oz. semi-sweet dark chocolate nondairy  
mini morsels (add approximately 0.15-oz. extra  
when making chocolate shake)  
1-oz. frankincense *Boswellia sacra resin powder*\*  
6-oz. fresh water  
1 x 6-oz. coffee mug  
1 organic empty tea bag  
4-oz. ice if making into a shake  
Zip-lock bag  
Blender  
1 large glass for shake.

\* You can purchase the powder or grind up the  
resin yourself into a powder. You will only need  
0.15-oz. of the powder. Any remaining powder  
can be saved in a zip-lock bag and stored in the  
refrigerator for use at another time.

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### Directions for Making and Use:

#### *Hot Chocolate:*

Put the resin into a zip-lock bag and freeze it  
overnight. (You do not have to do this if you  
purchased the powder.) Grind up resin in a coffee  
grinder or pound down in a mortar and pestle into  
powder. Once it is a fine powder, take 1-tsp. and put  
it into the empty teabag and close it tight.

Put 2 tsps. (0.33-oz.) of the chocolate morsels into a  
6-oz. mug, add water, and place it in the microwave  
for two minutes. Alternatively, boil a pan of water  
on the stove and then pour it into the mug. Mix well  
to melt all the chocolate.

Put the frankincense *Boswellia sacra* teabag into the  
mug and seep it for a few minutes until you smell  
the resin more than the chocolate. Stir together  
thoroughly. The mix of chocolate and resin has a  
soothing and calming scent.

#### *Shake:*

Put the resin into a zip-lock bag and freeze it  
overnight. You do not have to do this if you  
purchased the powder. Grind up resin in a coffee  
grinder or pound down in a mortar and pestle into  
powder. Once it is a fine powder, take 1-tsp. and put  
it into the empty teabag and close it tight.

Put 3-tsps. (approximately 0.5-oz.) of the chocolate  
morsels into a 6-oz. mug, add water, and place it in  
the microwave for two minutes. Alternatively, boil a  
pan of water on the stove and then pour it into the  
mug. Mix well to melt all the chocolate.

Put the frankincense *Boswellia sacra* teabag into the  
mug and seep it for a few minutes until you smell  
the resin more than the chocolate. Stir together  
thoroughly. Pour everything (first take out the  
teabag) into a blender and add ice. Blend together.  
Pour into a tall glass and enjoy.

**Robin's Tip:** Melt your stress and anxiety away  
and enjoy something sweet!

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## Anti-aging Oil Blend

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[By Annette Davis \(Idaho Director, NAHA President\)](#)

### Carrier Oils:

5 mL evening primrose (*Oenothera biennis*) oil  
5 mL borage (*Borago officinalis*) oil  
5 mL rose hip seed (*Rosa mosqueta*) oil

### Essential Oils:

5 drops rose (*Rosa x damascena*)  
5 drops neroli (*Citrus aurantium* var. *amara (flos)*)  
5 drops sandalwood (*Santalum album*)  
2 drops vetiver (*Vetiveria zizanioides*)

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**Directions for Making:** Combine the carrier oils  
together with the essential oils in a 0.5-oz. (15mL)  
bottle. Mix well.

**Annette's Tip:** Apply a few drops of the blend  
to face and neck before bed each night. This  
wonderful facial oil helps reduce the signs of  
aging while leaving the skin soft and radiant.

**Cautions:** None noted.

# BEYOND AROMATICS

NAHA WORLD OF AROMATHERAPY • UNIVERSITY OF UTAH CONFERENCE CENTER & BOTANICAL GARDEN

NAHA Beyond Aromatics® III

October 24 – 28, 2018

**Review by Sharon Falsetto, BA (Hons), Chief Editor of the *NAHA Aromatherapy Journal***

It hardly seems like two years have passed since the last NAHA Conference in 2016, but once again the corridors and lecture rooms of the University of Utah Guest House and Conference Center were filled with aromas from around the world when aromatherapy enthusiasts, professionals, and vendors descended on Salt Lake City in Utah on October 24, 2018.

As a second-time conference attendee and volunteer, and now Board member, I knew that the next few days would be filled with many new memories, friendships, and educational opportunities. However, I was not prepared for the huge impact of the renewal of old friendships, unconditional support, and above all else, community spirit, that I experienced this time. Like many others, I went away from the conference feeling like I had been part of one of the best conference events that I had had the good fortune to attend. So, where to begin in reviewing such an event?

## **Red Butte Garden Tour**

The first stop for those who arrived on October 23, the day before the main conference began, could not have been more fitting or beautiful: The Red Butte Garden. The garden is located at the heart of the university campus and it is only a short walk (or drive) from the conference center to the garden.

NAHA President Annette Davis and I spent two hours leading a walk in the garden with many enthusiastic, if not somewhat jet-lagged, attendees who had made the effort to join us on a beautiful autumnal afternoon. It was surprising to see so many species still blooming, including many varieties in the herb and medicinal gardens, and even in the rose garden. Some of the plant species that we saw were rosemary (*Rosmarinus officinalis*), sweet alyssum (*Lobularia maritima*), German chamomile (*Matricaria recutita*), and *Crocus* spp. The garden was decorated for Halloween, which made it more special to see!

## **The Guest House and Conference Center**

The Guest House is where many conference attendees stayed. The conference center is located on the lower floor, below the main guest house hotel rooms, so it was just a

short elevator ride down each morning from the breakfast area to the fragrant-filled corridors of the conference center. Three rooms, and the main corridor down to the conference hall, were packed with aromatherapy vendors from around the world selling such items as essential oils, hydrosols, gifts, and even access to testing services for oils. The NAHA book store was packed with a wide range of aromatherapy books and, due to its location directly before the conference hall, it was difficult not to stop and browse and purchase that book you “just had to have!”

Guest house hotel rooms included all of the luxuries of a regular hotel room. One of my favorite features as a guest was the availability of twenty-four-hour beverages in the centrally located reception and lounge area. Yes, you could get a beverage at 2 am in your PJs if you wanted to! Beverages included coffee, a wide range of herbal teas, iced water, and juices. It was the first stop in the morning and the last stop before bed for many.

Outside of the guest house, the trees were putting on their best autumn displays in hues of gold, green, red and every color in between. As many of the roads are tree lined, window views usually included a glimpse of autumnal beauty. And as lunch and dinner was served in the Officer’s Club, just one building over from the Guest House and Conference Center, a few minutes’ walk twice a day in the autumn sunshine and nature helped to boost flagging energy.

### **Aromatherapy Goody Bags**

If you missed this conference, you missed an *amazing* goody bag! I don’t know what to say except that it was a phenomenal feast of butters, inhalers, lotions, sprays, oils, and much, much more. All goody bag products were donated by sponsors, schools, vendors and NAHA members. All I can say is, a huge *thank you* to everyone who donated and gave all of the attendees so much pleasure!

### **NAHA Board of Directors, Executive Committee**

The NAHA Board had spent two years planning the conference and making sure that every detail was taken into account. All the Board and a dedicated team of volunteers worked extremely hard during the conference. Despite long hours, they went out of their way to make sure that everyone – and everything – was taken care of.

*President:* Annette Davis. Annette invested a huge amount of heartfelt time, effort and passion into this conference to make sure everything went off according to plan.

*Vice-President:* Jennifer Pressimone. Jennifer was our amazing emcee for the conference and her vibrant personality made sure that attendees and speakers were entertained while also making sure that everyone was in the right place at the right time.

*Public Relations and Past President:* Kelly Holland Azzaro. Kelly always puts her heart

and soul into NAHA and was responsible for many tasks to make sure that the conference was a success. She was part of the production and editing team of the beautiful Conference Proceedings, helped to coordinate directors and volunteers, plus so much more.

*Secretary:* Rose Chard. If you went by the bookstore during the conference, you probably met Rose. Rose always made sure that attendees were well looked after and had everything they needed during the conference, and with such a cheerful attitude.

*Treasurer:* Eric Davis. Eric was so much more than the treasurer during the conference! He was responsible for the coordination of sound and video recording, along with IT genius Bill Sowle and graphic designer and photographer Savannah Rose.

*Director Coordinator:* Sharon Falsetto. Along with Kelly, I helped to edit the Conference Proceedings and made sure that our wonderful team of directors and volunteers had everything they needed to take care of attendees during the conference.

### **Volunteers, Directors and Staff**

Our team of volunteers, directors, and staff to help coordinate the conference was increased in size from 2016 but it still didn't seem enough! These amazing people worked from dawn to dusk (and beyond) helping attendees through a myriad of questions and concerns. They were often tired but that didn't stop the smiles or

welcomes. Without these amazing people, the conference wouldn't function. This year's team of volunteers, directors and staff included:

Ginger Andro, Dr. Nikolas Arvis, Kelly Holland Azzaro, Rehne Burge, Bert Burge, Sharon Byorick-Bibb, Rose Chard, Annette Davis, Eric Davis, Shanti Dechen, DelLisa Eddington, Sharon Falsetto, Belen Flores, Robin Schiller-Kessler, Raghda Maksoud, Jennifer Hochell Pressimone, Anna Pageau, Savannah Rose, Phil Shepherd, Dawn Shipley, Sandra Shuff, Angela Sidlo, Bill Sowle, and Betty Torres.

### **Conference Speakers**

Conference speakers had travelled from as far as Australia and Europe and we were truly blessed with the quality and personality of those speaking at this event. The range of topics was also vast ranging from medical to animal to garden and everything else aromatherapy-related in between. Speakers and topics were:

*Chemistry:* Key note speaker Joy Bowles, Timothy Miller, Marco Valussi.

*Specific Health Issues:* Amanda Plunkett, Jessie Hawkins, Madeline Kerkhof, Jennifer Pressimone.

*Clinical:* Dawn Langley-Brady, Annette Davis, Jean Bokelmann.

*Ayurveda and TCM:* Farida Irani, Gabriel Mojay.

*Science:* Salvatore Battaglia.

*Conservation Issues:* Remi Clero, Kelly Ablard.

*Plants and Aromatherapy:*

Valerie Cooksley, Shanti Dechen,  
Sharon Falsetto, Raghda Maksoud.

*Animals and Hydrosols:*

Kelly Holland Azzaro.

*Creative Practices:* Nyssa Hanger.

### Conference Gala Banquet

The conference gala banquet was held on Friday evening at the Alumni House Ballroom, just a short bus ride away, and on university campus. The beautiful flower arrangements on the table – a simple bouquet in a Mason jar – had been created earlier in the day by volunteers. After a beautiful dinner, on behalf of the NAHA Board, President Annette Davis presented ‘World of Aromatherapy Outstanding Contributor Awards’ to both Marge Clark and Sylla Sheppard-Hanger (who couldn’t attend due to illness, but her award was accepted on her behalf by her daughter Nyssa Hanger) to honor the decades of giving of themselves and their work to the aromatherapy community. Donations were also made by NAHA to several worthy causes including: the United Aromatherapy Effort Founder Sylla Sheppard Hanger, the Uncommon Scents Documentary project, Kelly Ablard’s Conservation & Education Peru Project, and Laramie Wheeler’s Team Han Wheeler Health Fund.

Attendees at the gala banquet were also treated to a special showing of the *Uncommon Scents Movie*. Written by Kristina Bauer and directed by Angela Jensen Ehmke, the movie is a documentary of a series of interviews with reputable

aromatherapy experts discussing the field of aromatherapy as it has emerged, grown, and is understood. It is hoped that the movie will be completed in 2019, further donations pending.

NAHA’s IT manager, Bill Sowle, gave us a look behind-the-scenes on the full screen of NAHA’s website member’s only area, and highlighted some of the newer features which members can now utilize in their accounts, such as accessing past recordings of webinars for continuing education credits, printing member certificates, accessing NAHA journals, and much more. There is also direct access to technical help if you are technically challenged!

The gala banquet was followed by a social and dance which was kicked off with a dance by several NAHA directors and members in witch costumes, given the closeness to the Halloween holiday!

### Post-Conference Workshops

Although the main conference closed on Saturday evening, a number of attendees stayed for the post-conference workshop of either Joy Bowles (Inside Aromatherapy – How essential oils get into the body and what they do when they get there) or Madeleine Kerkhof (Fusion Aromatherapy™ in Motion). I was fortunate enough to be able to attend most of Madeleine’s workshop and, as a fibromyalgia sufferer who experiences pain on a regular basis, I learned how different CO2s (and some essential oils I had not used before) were beneficial in managing chronic pain.

And so, we came to the end of another conference, as the final attendees dispersed on Monday morning. I think that I speak for many when I say that this conference experience was incredible. The sense of community, old connections renewed, new connections made, laughter and smiles, stories shared, healing experiences shared, all with one central bond: The aromatic plants and oils which were the true stars of the show and the reason why several hundred people traveled from all over the world to share a few beautiful days in one corner of Utah.

I will most definitely be there next time when the next NAHA Beyond Aromatics®-The World of Aromatherapy X Conference, takes place at the University of Utah Conference Center between October 14 through 17, 2020 (Post Conference October 18, 2020). We hope to see you there!

**Footnotes:**

Copies of the 2018 Conference Proceedings and video recording of the event will be available for sale the [NAHA Bookstore](#).

A special THANK YOU to all of the conference sponsors, vendors, and goody bag donators.



NAHA WOA IX Conference Volunteers, Image Credit: Savannah Rose/NAHA

The World of Aromatherapy IX Conference *continued*



NAHA WOA IX Tradeshow Exhibitors

Image Credit: Savannah Rose (NAHA)



## NAHA WOA IX Conference Speakers and Workshop Presenters

Image Credit: Savannah Rose (NAHA)

The World of Aromatherapy IX Conference *continued*



**NAHA WOA IX Conference Speakers and Workshop Presenters**

Image Credit: Savannah Rose (NAHA)

The World of Aromatherapy IX Conference *continued*



Above, Left-to-Right: NAHA WOA Outstanding Contributor Award Recipients: Marge Clark (Nature's Way) and Sylla Sheppard Hanger (United Aromatherapy Effort) (accepted on her behalf by her daughter Nyssa Hanger)



**NAHA WOA IX Conference Gala, Award Ceremony and Celebration**

Image Credit: Savannah Rose, Kelly Holland Azzaro (NAHA)

The World of Aromatherapy IX Conference *continued*



NAHA IT Manager & Board of Directors

## Hardworking NAHA Conference Volunteers

Image Credits this page: Savannah Rose, Kelly Holland Azzaro, DeLisa Eddington (NAHA)



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Left: WOA IX Silver & Gold Leaf Sponsors

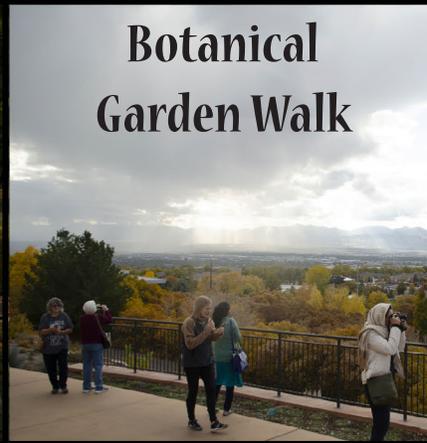


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AromaWeb provides over 450 pages of essential and carrier oil profiles, a vast aromatherapy article library, recipes, book reviews and directories of aromatherapy retailers, wholesalers, educators and distillers. Over 3.5 million page views annually. AromaWeb can play a powerful role in

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### Artisan Aromatics

Artisan Aromatics provides therapeutic quality essential oils procured from smaller suppliers and artisan distillers worldwide. We've been in the essential oil business since 1993 when we first began importing therapeutic quality essential oils for healthcare practitioners, clinics and hospitals. Our aromatherapy quality essential oils are selected with the help of our aromatherapy consultant, Dr. Joie Power, internationally known aromatherapy expert. We offer 150+ therapeutic quality essential oils, blends, rare organic enfleurage oils and more. NAHA members who register as Practitioners receive up to a 30% discount. Bulk, wholesale and private labeling is also available.

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Non-GMO, and Kosher certifications. We've traveled thousands of miles and devoted hundreds of hours to offer only the best essential oils. From farm to bottle to you, many of our essential oils never leave our hands until they're in your hands.

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### Aroma Apothecary Healing Arts Academy

Aroma Apothecary Healing Arts Academy is an aromatherapy and holistic healing school. We invite you to learn nature's pharmacy and natural healing methods. We offer professional aromatherapy certification courses and quality products for health professionals, holistic retailers and those who have an interest in aromatherapy and natural healing. Aroma Apothecary Healing Arts Academy has been an Approved School and Continuing Education Provider by the National Association for Holistic Aromatherapy (NAHA) and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), since 2002.

[www.learnaroma.com](http://www.learnaroma.com)

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[aromahead.com](http://aromahead.com)

# NAHA Marketplace

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The Garden School. With a decade of professional experience in the United States, and a decade spent in the UK healthcare services, UK-certified aromatherapist Sharon Falsetto tutors the comprehensive home study aromatherapy program, The Linguistics of Aromatics™ (NAHA approved levels 1 and 2). She also works as a consultant, custom blend formulator, and a professional writer and editor. Sharon works exclusively from her aromatic studio, distillation room, and aromatic garden on a one-acre homestead in Sedona, Arizona, where she leads 2-day workshops in specialist subjects.

[www.sedonaaromatics.com](http://www.sedonaaromatics.com)

# NAHA Marketplace

## NATURAL HEALTH CLINICS

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### Be Hive of Healing

Be Hive of Healing is about the manifestation of a holistic vision of integrated healing. Integrative Medicine is a time-tested medical protocol that merges the practices and philosophies of both conventional and alternative medicine to create a new paradigm for optimum health. Treatments are individualized to each patient's condition, and are developed to activate the body's natural healing processes. Integrative medicine is a holistic approach to healing, and acknowledges the person as a whole being, rather than a collection of symptoms.

We attend to your health through a doctor-patient relationship founded on listening to your needs, empathizing with your pain, and meeting your expectations. Our holistic healing methodology includes all aspects of you—body, mind and spirit. Medical Team: Dr. Habib Sadeghi, Dr. Sherry Sami, Dr. Robert Gross.

[www.behiveofhealing.com](http://www.behiveofhealing.com)

### Endobiogenic Integrative Medical Center (EIMC)

CHALLENGING HEALTH ISSUES? JUST DON'T FEEL WELL? WE CAN HELP! We use innovative techniques to treat a wide range of conditions. Our clinic was founded in 2005 in cooperation with Dr. Jean Bokelmann and the Idaho State University Integrative Health Clinic. The Endobiogenic Concept® was developed by French medical doctors Christian Duraffourd and Jean Claude Lapraz. Our Endobiogeny team uses this personalized approach to wellness to focus on the cause of disease rather than just symptoms. Based on modern physiology and endocrinology, Endobiogeny is an innovative natural approach to wellness that identifies the imbalances, unique to the human body, that are causing suffering. Endobiogeny

focuses on the root causes of disease, not just symptoms. Individualized Phyto-Aromatherapy treatments include essential oils, herbs, supplements, diet & lifestyle changes. Location: Pocatello, Idaho. Face-to-face and remote appointments available.

[www.endobiogenic.com](http://www.endobiogenic.com)

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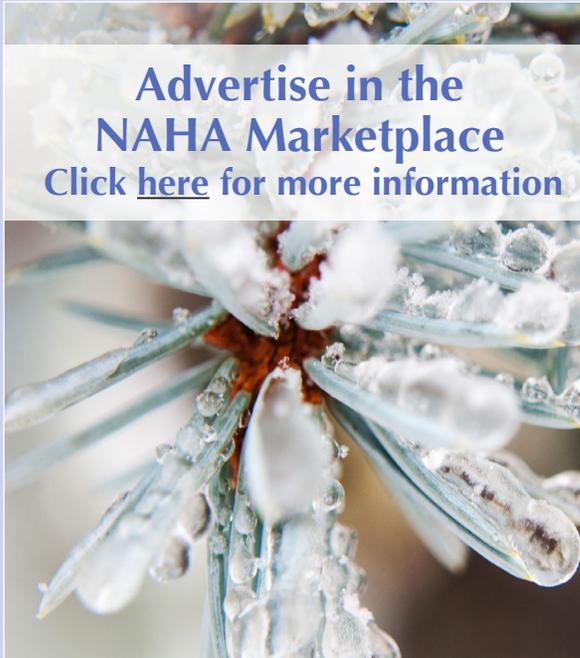
## NATURAL HEALTH RESOURCES

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### Alternatives for Healing

Alternatives for Healing is a leading alternative and complementary medicine directory for finding holistic practitioners, products, books, CDs, DVDs, stores, magazines, schools, workshops, retreats, newsletters, talk radio, videos and more. NAHA arranged a discount for our member Practitioners who want to be listed in their directory. This discounted rate is a \$15.00 savings. To take advantage of this opportunity, use coupon code ADFAFH14 when joining through the website or contact Sonja Torres at 303-476-1714.

[AlternativesForHealing.com](http://AlternativesForHealing.com)



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Please consult your health care practitioner if you are pregnant or have been diagnosed with any serious healthcare problems before using essential oils. Keep all aromatherapy products out of reach of children and pets. Before using essential oils and aromatherapy products please consult with a professional aromatherapist.

NAHA asks that all authors and contributors include information on safe use of essential oils and clearly define each essential oil's common name and Latin binomial(s). NAHA has the right to accept or reject any articles, advertisements or content submitted. NAHA website is a resource-full area for information on Aromatherapy Safety, Applications and Uses.

[www.naha.org](http://www.naha.org)



## AROMATHERAPY PUBLICATIONS

**NAHA Aromatherapy Journal** [www.naha.org](http://www.naha.org)

**Aromatherapy Thymes**  
[www.aromatherapythymes.com](http://www.aromatherapythymes.com)

**Aromatherapy Today Journal**  
[www.aromatherapytoday.com](http://www.aromatherapytoday.com)

**International Journal of  
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[www.ijca.net](http://www.ijca.net)

**International Journal of Professional  
Holistic Aromatherapy**  
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# AROMACULTURE

HERBALISM & AROMATHERAPY MAGAZINE



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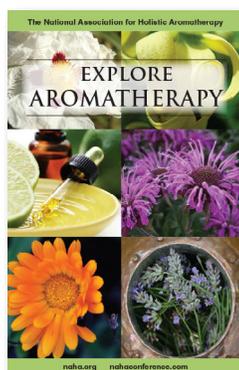
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# NAHA PRESENTS

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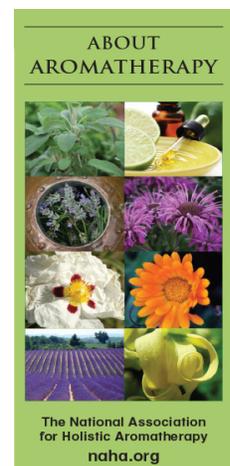
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# NAHA PRESENTS

## About Aromatherapy

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