

NAHA 

The National Association for Holistic Aromatherapy

Aromatherapy Journal

The Leaf Issue

- **Essential Oils from Leaves**
- **Leaves: A Drink for Bees**
- **Passionate about Patchouli**
- **Aromatic Vinegars**
- **The Truth about Hand Sanitizers**

Aromatherapy E-Journal
Autumn 2020.3



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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
Leaves: A Treat for Bees.....	9
By Amanda Plunkett	
Essential Oils from Leaves for Aromatherapy Use.....	13
By Kathy Sadowski	
Passionate about Patchouli	21
By Sharon Falsetto	
Cypress (<i>Cupressus sempervirens</i>): More than Just an Ornamental	37
By Tricia Ambroziak	
Avocado Oil (<i>Persea americana</i>).....	47
By Dawn Shipley Rodriguez	
Aromatic Vinegars to Embellish Your Senses	55
By Anna Pageau	
Healing from Trauma with Aromatherapy.....	61
By Jaime Vinson	
Aromatherapy Use for the Relief of Chronic Pelvic Pain	69
By Stephanie Yeager	
The Truth About Hand Sanitizers	79
By Kayla Fioravanti	
Pivoting Your Aromatherapy Business during a Pandemic.....	87
By Haleigh Fioravanti	
NAHA Director Autumn Recipes	90
NAHA Marketplace	93

COVER IMAGE & ABOVE: Patchouli (*Pogostemon cablin*)

BACK COVER IMAGE: Patchouli (*Pogostemon cablin*)

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Editor's Note

Autumn 2020: Leaf

“Fleuris là où tu es plantée.”

Bishop of Geneva, Saint François de Sales (1567-1622)

Translation: “Bloom where you are planted.”



As summer turns into autumn once again, I find myself reflecting on what has been and what is to come in this historic year we are living through. In the garden, life has continued its cycle of life, adapting its resources to what is available. Drought and fires have decimated the western United States once again, just as hurricanes have whipped through the south and east. Yet, I see stories of resilience and courage in many, drawing on life itself to figure out a way forward. Just like the leaf, which through the process of photosynthesis draws in the necessary reserves from its environment—water, light, energy—providing a *future* for the plant, so we must adapt in order to thrive in an ever-changing world of sickness, injustices, and natural disasters.

And that is what Haleigh Fiovaranti addresses in her article in this issue, *Pivoting Your Aromatherapy Business during a Pandemic*. Kayla Fiovaranti builds on that with the hot topic of hand sanitizers and gives us the truth on how it should be done right, if you want to pivot and thrive at this time. Going back to the subject of leaves, did you know how important they are to bees? Amanda Plunkett takes us on a fascinating journey on how bees rely on leaves for survival. If you're interested in learning more about which essential oils and hydrosols are extracted from leaves, Kathy Sadowski discusses how leaves are used in aromatherapy, Tricia Amboziak takes a closer look at cypress (*Cupressus sempervirens*), and I have written about my love for patchouli (*Pogostemon cablin*) in an extended profile.

Anna Pageau talks about aromatic vinegars and how you can easily make these at home and incorporate them into your wellness plan. And who doesn't love avocado (*Persea americana*)? Dawn Shipley Rodriguez gives us an insight into how this carrier oil can be used in your aromatherapy blends. And we have a small selection of recipes from our NAHA Directors to compliment the generous number of recipes our writers have shared.

2020 has been a year of pain and suffering for many, leaving trauma in its wake. Jamie Vinson writes from the heart about a painful traumatic experience in her own life and how aromatherapy has helped her through the darker days. Stephanie Yeager writes about the subject of physical pain in the pelvic area, as suffered, yet not openly talked about, by many women. Learn how aromatherapy may help to address some of these issues.

In closing, I want to leave you with the image of the resilient leaf. It absorbs its nutrients for the plant from the environment in which it is placed. It processes that nourishment for the plant through its life cycle. It adapts to an ever-changing environment. Something many of us can identify with this year, stuck *in situ*, or affected by external situations. In other words, *bloom where you are planted*—and don't forget your toolbox of oils.

Continue to be safe and healthy as we navigate these changing seasons,

Sharon Falsetto

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

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Leaves: A Treat for Bees

By Amanda Plunkett
NAHA Certified Clinical Aromatherapist®



On a cool crisp summer morning, you wake early to step into the garden. The grass is wet, but you do not remember it raining last night. You carefully step to avoid the bees drinking from the grass. You say to yourself, *it must be dew*. You look to the recently trimmed boxwood bush and bees alight all over it, yet no blossoms adorn its stems.

These are incidences where bees are foraging xylem sap being expelled from the leaves. Most people, when asked what bees forage from plants, would answer, *nectar and pollen*. Yet, that is not all they gather. The treat of xylem sap is an understudied nutritious resource for

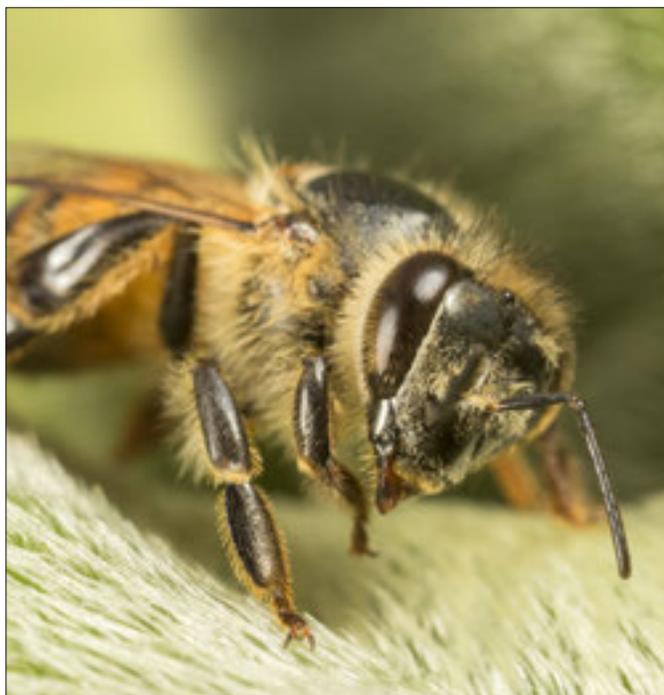
our pollinators, and pesticides within it pose a big risk to them.

Xylem and Phloem

Just as humans have arteries and veins for vascular transport, plants have vascular tissue called *xylem* and *phloem*. Phloem transports soluble organic compounds created during photosynthesis, particularly sugar sucrose, *downward* throughout the plant. Phloem is usually the inward softer parts of vascular plants such as trees. Xylem, however, carries water and nutrients *upward* from the roots to the leaves and it is generally found as the tougher external tissues of the plant.

Transpiration and Guttation

Nutrients and sugars become concentrated in the leaves as water is lost through the plant leaves by water balancing processes such as *transpiration* and *guttation*. Water loss through transpiration is regulated by the plant through stomata cells throughout the general surface area of the leaves. Conversely, *guttation* is unregulated when the plant has absorbed too much water and xylem sap exudes through pores on the margins and tips of leaves. Whereas transpiration forms pure water, *guttation* fluid contains a variety of organic and inorganic compounds, but mainly sugars concentrated at the top of the



plant. Thus, honeybees delight in this sugary substance.

Unfortunately, all too often, this nutritious substance instead becomes a poisonous trap. Guttation most commonly occurs in grasses, including such crops as wheat (*Triticum aestivum*), corn (*Zea mays*), and other grain crops.¹ Other crops such as grape (*Vitis vinifera*), tomato (*Solanum lycopersicum*), cucumber (*Cucumis sativus*), and potato (*Solanum tuberosum*) also exude guttation fluid. Sadly, these crops lure in unsuspecting pollinators with guttation fluid and yet are some of the most sprayed crops with pesticides (including herbicides and fungicides). These poisons pose lethal and sublethal dangers to our pollinators, not just through the nectar and pollen, but also through the guttation fluid on the leaves. For example, researchers in Italy tested if corn seeds coated in neonicotinoid pesticides grew into plants that would contain enough pesticide in guttation droplets to pose a danger to honeybees.² The researchers purchased seeds coated with three different systemic neonicotinoids from a distributor that sold them prepared for commercial distribution. The results showed that the plants easily contained enough pesticides in guttation droplets to immediately cause wing paralysis (irreversible) and death. Sublethal doses that do not kill foragers could be carried back to the hive where a synergy of pesticides builds up.

More sobering news came when a high school senior in Connecticut presented his research at the Regeneron Science Talent Search in 2017.³ During his project, the student, Derek Wood, observed and discovered enlightening and disheartening observations. First, he noticed

that bees preferred guttation fluid “over a pond.” It was their drink of choice. Next, using “high-performance liquid chromatography,” he found that imidacloprid (a systemic neonicotinoid) applied to the soil of plants concentrated along its climb to the leaves and exuded in guttation fluid at four times the initial concentration. Such field realistic doses would kill a honeybee sipping its favorite drink.

These studies only delve into a few pesticides and only one species, the honeybee. Synergies and the impacts on other pollinators, such as native bees, are rarely studied. Regardless, farmers and landscapers can help mitigate such dangers to our pollinators. Derek Wood discovered that biochar added to contaminated soil helped to significantly reduce the amount of pesticides that reached the leaves to only 10%, not enough to kill a bee, but still enough to sicken a forager. Converting land to a systems-based approach that nourishes the soil to prevent pest and diseases, encourages nutrient production by the soil ecosystem, and reduces irrigation needs, would be preferable to help protect pollinators and other wildlife. Non Toxic Communities,⁴ the Organic Landscape Association,⁵ and the Northeast Organic Farming Association⁶ educate the public on such methods, all of which are non-profit organizations with the exception of the Organic Landscape Association.

Start the Conversation

Our pollinators use various parts of plants such as nectar and pollen from flowers, plant resins, and xylem sap. Guttation fluid, preferred by honeybees as their drinking water, provides a tasty nutritious treat if not poisoned by humans. Whenever you see honeybees guzzling fluid from the leaves of recently cut

bushes or covering the leaves of the lawn in the morning, remember that pollinators rely on us to provide safe spaces for food, drink, and shelter. Start the conversation with friends, ask them if they know that bees drink from leaves. Saving bees involves plants from the soil up to the leaves, not just the flowers.



Gardener Cooling Spritzer

Use this recipe to refresh after working in the garden, during hot flashes, or for lifting up your spirits.

Ingredients:

1-oz. evening primrose (*Oenothera*) oil

1-oz. distilled aloe vera extract

(*Aloe barbadensis*)

1 tsp. Solubol

Essential Oils:

3 drops angelica root (*Angelica archangelica*)

3 drops geranium (*Pelargonium graveolens*)

3 drops clary sage (*Salvia sclarea*)

6 drops lavender (*Lavandula angustifolia*)

To Make: Pour the aloe vera extract, evening primrose oil, and Solubol into an amber spray bottle. Then, add the essential oils. Affix the top and label.

To Use: Shake the blend vigorously before each use. Use as a fresh, aromatic, cooling spray. Spritz a couple of times lightly over your body, avoiding your eyes.

Cautions: Avoid spraying directly into eyes. Avoid use in pregnancy. For adult use only.

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About Amanda Plunkett:

After years of suffering with an environmental illness, Amanda turned to holistic medicine. She began her aromatic education by obtaining her Advanced Aromatherapy and Internal Usage Certifications under the mentorship of Jade Shutes in 2015 with over 500 hours of training. She now serves the community as a NAHA Certified Clinical Aromatherapist®. In 2016, she launched Bee Rooted, a company dedicated to advocating for healthy environments and rescuing nuisance honeybees. Since then, she has also successfully completed a horticulture class and gained an Organic Lawn Care Accredited Professional Certification.

As an Environmental Illness survivor, she feels she has a special relationship with bees as they too are sensitive to miniscule environmental changes. She uses her experience to spread awareness for healthier environments, offering consultations and presentations around the country on holistic personal care, organic landscaping, and developing habitat for pollinators. To learn more about Amanda, visit her website at: www.beerooted.com



ACHS Graduate Shanna Bynes with President and Founder Dorene Petersen

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At ACHS you join a family of like minded people who share your passion for helping and building better lives through healing and wellness. Shanna is an Aromatherapist, Licensed Medical Aesthetician, Natural Nail Specialist, and Professional Makeup artist who completed a Diploma in Aromatherapy from ACHS in 2019. She is the CEO of her amazing company Grow Out Oils and highly respected formulation specialist for major cosmetics manufacturer. Shanna used Aromatherapy to overcome a major health condition after all traditional medicine had failed leading her to find Aromatherapy.

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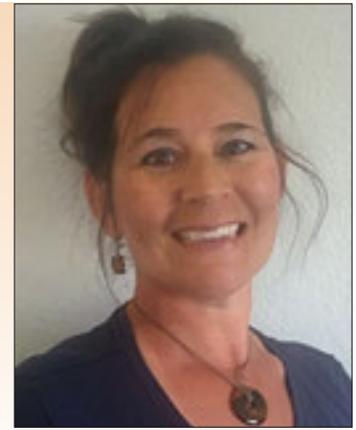
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Essential Oils from Leaves for Aromatherapy Use

By Kathy Sadowski, MS in Aromatherapy, RA, LMT



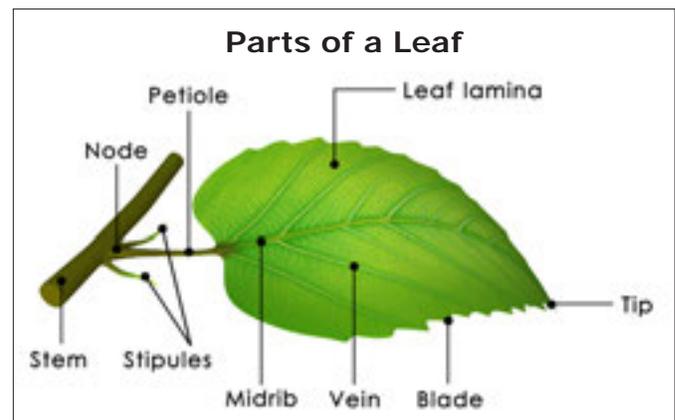
Today, it has peacefully rained upon my herbal garden, releasing a bouquet of aromas. Stepping outside, I delight in the wet-leaf scents of basil (*Ocimum basilicum*), rosemary (*Rosmarinus officinalis*), thyme (*Thymus vulgaris*), and oregano (*Origanum vulgare*): Herbaceous, fresh, camphoraceous, and green!

While essential oils can be extracted from a variety of aromatic plant parts, there are many essential oils that come from leaves. Plants around the world, from tall Australian trees to tiny herbal plants, offer a collection of aromatic leaves.

This article discusses the anatomy of a leaf, variations of leaves, and an overview of leaf essential oils. Plus, there are a few leaf essential oil recipes to enjoy!

What is a Leaf?

A leaf grows from a branch or stem of a plant with the purpose to intake water and carbon dioxide, which it then converts into carbohydrates with the help of the sun and a pigment called chlorophyll. Usually green in color, leaves take on a variety of shapes and attachment styles.



Parts of a Leaf¹

- **Stem:** The main axil of a plant.
- **Node:** The attachment point (of a leaf to a stem).
- **Stipules:** The appendages of a leaf, usually seen in pairs at the base of the petiole.
- **Base:** The point where the leaf attaches to the petiole or stalk. Bases can have a variety of shapes.
- **Petiole:** The leaf stalk.
- **Midrib:** The main vein of a leaf.
- **Veins:** Vascular transport structures. Leaf veins can be parallel, pinnate, reticulate, pinnate-parallel, anastomose, palmate, or flabellate.
- **Lamina:** The expanded parts of a leaf vein which possess a network of veinlets including both the xylem and the phloem.
- **Blade:** The outside edge of a leaf. Leaf margins can be shaped in various ways, such as smooth, serrated, lobed, etc.
- **Apex:** The tip of a leaf. The apex can be shaped in a variety of ways.

Leaves have a range of shapes from a pine needle, to a maple leaf, to a palm frond. Note that leaves can further be identified based on the pattern or shape of their base, veins, blade, and apex.¹

Leaf Divisions

Leaf divisions are first categorized as either *simple* or *compound*. Simple leaves are single leaves coming off the stem. Compound leaves have multiple leaflets attached to the middle vein while having their own stalks.^{1,2} Below is more detail on leaf division:

Simple leaves can be lobed or unlobed.

Common Leaf Shapes¹



- Needle-like
- Sword-like (lanced)
- Oblong
- Elliptical
- Oval
- Orbicular (round)
- Heart-shaped
- Fan-shaped
- Palmate
- Lobed.

Compound leaves:

- *Bifoliate, trifoliate, or quadrifoliate* represents *two, three, or four* leaves, respectively.
- *Pinnate, bipinnate, or tripinnate* leaflets arise from both sides of an axis and can be oppositely or alternately attached.
- *Palmate leaflets* radiate out from a center point.
- *Fascicles* can be described as a cluster arising from one point, as with pine needles.

Ways Leaves Attach to a Stem

When identifying a plant, you must also look at the way leaves attach to the stem. Here are the various ways to consider:¹

- *Alternate*: Inserted at differing levels along the stem.
- *Opposite*: Inserted on either side of the stem along the same level.
- *Whorled*: Arranged in a spiral arrangement.
- *Distichous*: Arranged alternatively in two opposite rows.
- *Upside Down*: When the leaf appears upside down or twists to be right side up.
- *Amplexicaul*: When a leaf clasps the stem.
- *Peltate*: A shield like shape with the attachment near the middle of the blade.
- *Perfoliate*: When the leaf surrounds the stem at the node.
- *Ligulate*: A projection of a leaf sheath, typical in grasses.

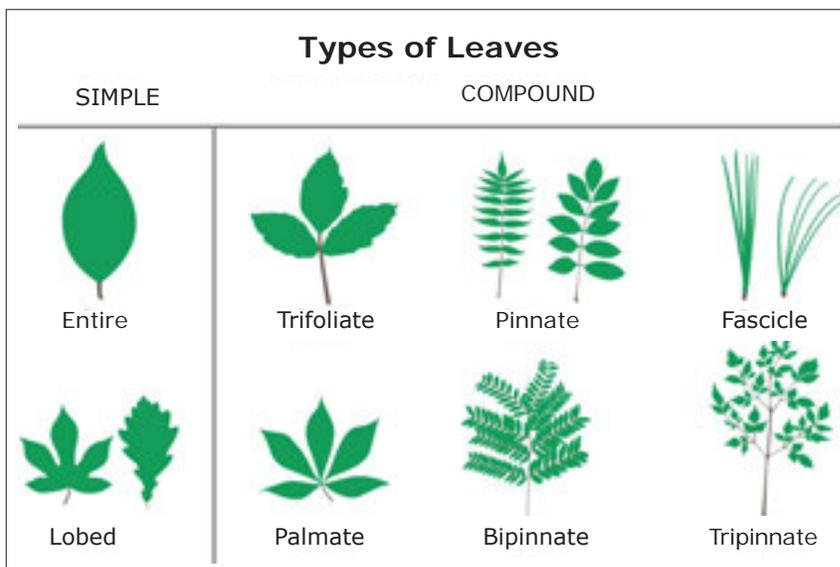
Additional Leaf Characteristics

There are a few more leaf characteristics to consider, the oddest of which might be *trigger hairs*, as found on the Venus flytrap (*Dionaea muscipula*).

- Leaves may have hair or needle-like appendages.
- Leaves can be variegated with irregular color combinations.
- Trigger hairs can help trap insects.

Essential Oils Extracted from Leaves

There is quite a wide variety of aromatic leaves including a range of forest trees, evergreen shrubs, tall grasses, and garden herbs.



Common Leaf Essential Oils

✿ **Basil** (*Ocimum basilicum* and multiple *Ocimum* ssp.)

Plant Family: *Lamiaceae*.

Leaf Description: Ovate-shaped leaves are of simple division and oppositely attached.

Essential Oil Description: Strongly green and herbaceous.

✿ **Bay** (*Laurus nobilis*)

Plant Family: *Lauraceae*.

Leaf Description: The leaf is evergreen and hardy with an ovate shape, and alternate attachment. Leaf margins may be smooth or slightly undulated.

Essential Oil Description: Spicy and clean.

✿ **Cajeput** (*Melaleuca cajuputi*)

Plant Family: *Myrtaceae*.

Leaf Description: Long, thin leaves are alternately arranged.

Essential Oil Description: Strongly camphoraceous.

✿ **Cinnamon Leaf**

(*Cinnamomum zeylanicum* or *C. verum*)

Plant Family: *Lauraceae*.

Leaf Description: This evergreen tree has ovate, oblong shaped, alternate leaves. Leaf margins are smooth.

Essential Oil Description: Spicy, sweet, and similar to cinnamon bark essential oil.

✿ **Citronella** (*Cymbopogon winterianus* or *C. nardus*)

Plant Family: *Poaceae*.

Leaf Description: This grassy leaf is simple, alternate, and has parallel veins. The leaf base forms a tubular sheath.

Essential Oil Description: Medicinal and lemony.

✿ **Clary Sage** (*Salvia sclarea*)

Plant Family: *Lamiaceae*.

Leaf Description: Leaves are hairy with an ovate shape, simple division, and opposite attachment.

Essential Oil Description: Fresh, green, and herbaceous.

Common Leaf Essential Oils *continued*

☞ **Dill** (*Anethum graveolens*)

Plant Family: *Apiaceae*.

Leaf Description: Leaves are feathery, delicate, and alternately pinnate.

Essential Oil Description: Mildly spicy and fresh.

☞ **Eucalyptus** (*Eucalyptus globulus* and multiple *Eucalyptus* ssp.)

Plant Family: *Myrtaceae*.

Leaf Description: Juvenile leaves are arranged oppositely while adult leaves are arranged alternately. Leaves are glossy and lanced shaped.

Essential Oil Description: Camphor-like and fresh.

☞ **Fir** (*Abies balsamea*)

Plant Family: *Pinaceae*.

Leaf Description: Evergreen soft needles are arranged in spiraled fascicles.

Essential Oil Description: Piney, fresh, and woody.

☞ **Geranium** (*Pelargonium graveolens*)

Plant Family: *Geraniaceae*.

Leaf Description: The simple leaf is deeply lobed and covered in soft hairs.

Essential Oil Description: Floral and slightly herbaceous.

☞ **Lemongrass**
(*Cymbopogon citratus* or *C. flexuosus*)

Plant Family: *Poaceae*.

Leaf Description: This grass leaf is simple, alternate, and has parallel veins with the leaf base forming a tubular sheath.

Essential Oil Description: Strong lemon-fresh scent and slightly green.

☞ **Manuka** (*Leptospermum scoparium*)

Plant Family: *Myrtaceae*.

Leaf Description: Small lance shaped evergreen leaves are alternately arranged.

Essential Oil Description: Lemony, woody, and fresh.

☞ **Marjoram, Sweet** (*Origanum majorana*)

Plant Family: *Lamiaceae*.

Leaf Description: Tiny leaves are simple, hairy, ovate, and have reticulate venation.

Essential Oil Description: Fresh and herbal.

☞ **Melissa** (*Melissa officinalis*)

Plant Family: *Lamiaceae*.

Leaf Description: Lobed, ovate leaves are of simple division and opposite attachment.

Essential Oil Description: Lemony and herbal.

☞ **Niaouli** (*Melaleuca quinquenervia*)

Plant Family: *Myrtaceae*.

Leaf Description: Alternately arranged leaves are lance shaped, and greyish-green in color.

Essential Oil Description: Camphoraceous, sweet, and fresh.

☞ **Palmarosa** (*Cymbopogon martinii*)

Plant Family: *Poaceae*.

Leaf Description: The grassy leaf is simple, alternate, and has parallel veins, with the leaf base forming a tubular sheath.

Common Leaf Essential Oils *continued*

Essential Oil Description: Rosy, sweet, and slightly herbal.

✿ Patchouli (*Pogostemon cablin*)

Plant Family: *Lamiaceae*.

Leaf Description: Simple leaves are serrated and have an opposite attachment.

Essential Oil Description: Earthy, deep, and smoky.

✿ Peppermint (*Mentha × piperita*)

Plant Family: *Lamiaceae*.

Leaf Description: Ovate shaped leaves are serrated, with a simple division and opposite attachment.

Essential Oil Description: Minty fresh.

✿ Petitgrain (*Citrus aurantium* var. *amara* (fol))

Plant Family: *Rutaceae*.

Leaf Description: Opposite compound leaves are ovate in shape and leathery in texture.

Essential Oil Description: Fresh, woody, and slightly citrus-y.

✿ Pine (*Pinus sylvestris*)

Plant Family: *Pinaceae*.

Leaf Description: Evergreen needles are attached to the branch in clusters.

Essential Oil Description: Fresh and woody.

✿ Rosemary (*Rosmarinus officinalis*)

Plant Family: *Lamiaceae*.

Leaf Description: Evergreen leaves are long, linear-shaped, and woody in texture.

Essential Oil Description: Camphoraceous and herbal.

✿ Spearmint (*Mentha spicata*)

Plant Family: *Lamiaceae*.

Leaf Description: Spear-shaped serrated leaves are oppositely attached.

Essential Oil Description: Minty and sweet.

✿ Spruce, Black (*Picea mariana* or *P. nigra*)

Plant Family: *Pinaceae*.

Leaf Description: Sharp, blue-green, pointy needles attached in clusters.

Essential Oil Description: Woody, medicinal, and pine-like.

✿ Tea Tree (*Melaleuca alternifolia*)

Plant Family: *Myrtaceae*.

Leaf Description: Small, soft, linear shaped leaves are arranged alternately, appearing whorled.

Essential Oil Description: Strongly medicinal.

✿ Thyme (*Thymus vulgaris*)

Plant Family: *Lamiaceae*.

Leaf Description: Tiny evergreen leaves are oppositely attached.

Essential Oil Description: Strongly herbal.

From Leaf to Bottle

Essential oils are steam distilled by placing plant material, such as leaves, in the column of a still filled with water. The water in the still is heated up, forming steam which passes through the plant material. The steam then passes along a pipe and through a cooling coil, before liquefying again into a collecting vessel.

Walk in the Forest Aromatic Oil

You will need an 8-oz. glass bottle with a cap to make this recipe.

Carrier Oil:

6-oz. jojoba (*Simmondsia chinensis*)

Essential Oils:

20 drops pine needle (*Pinus sylvestris*)

20 drops patchouli (*Pogostemon cablin*)

20 drops clary sage (*Salvia sclarea*)

To Make: Combine the essential oils in the glass bottle. Then, add the jojoba. Shake well. Label the bottle with the date made and ingredients.

To Use: Massage a dime-sized amount of the blend onto skin. Perform a skin patch test on a small area before use if you have sensitive skin. Not for use with children under the age of two or with those with certain medical conditions. Avoid in pregnancy.

Herbal Garden Essential Oil Diffuser Blend

You will need a 1-oz. amber glass bottle with a cap to make this recipe.

Essential Oils:

0.25-oz rosemary ct. cineole

(*Rosmarinus officinalis* ct. cineole)

0.25-oz peppermint (*Mentha × piperita*)

0.25-oz. melissa (*Melissa officinalis*)

To Make: Combine the essential oils in equal parts in a small amber glass bottle with a lid. Label the bottle with the ingredients and date.

To Use: Follow the guidelines of the manufacturer of your essential oil diffuser. Diffuse for a maximum of 20 minutes in a well-ventilated area. Avoid use near pets, young children, and those with certain medical conditions. Avoid use of this blend in pregnancy, with epilepsy, and with high blood pressure. Discontinue use if any type of irritation occurs.

Aromatic water collected in the process is called the hydrosol, which contains a delightful aroma, but with a high amount of water. The essential oil collected does not contain the water component of hydrosols.

Essential oils require greater care in diluting before use, while hydrosols are generally safe to use without dilution.

As we have seen in this article, there is quite a variety of leaf essential oils. As an aromatherapist, it is educational to know some basic leaf terminology and identification methods to develop a deeper understanding of the plants that create the fabulous aromas which we use in aromatherapy.

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Kathy Sadowski has a Master of Science degree in Aromatherapy from the American College of Healthcare Sciences. With a passion for reading scientific studies on herbs and essential oils, she has developed the website www.EarthtoKathy.com, which categorizes 4,000 plus scientific research articles on plants by species, therapeutic action, and constituent. The goal is to demonstrate a growing amount of evidence for the potential healthful uses of herbs and essential oils. Kathy is a professional member of NAHA and AIA, a Registered Aromatherapist (ARC), licensed massage therapist, and enthusiast for environmental protection and a natural lifestyle. Visit Kathy's website at: www.EarthtoKathy.com

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Passionate about Patchouli (*Pogostemon cablin*) (Blanco) Benth

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

An aromatherapist's love for patchouli (*Pogostemon cablin*) is much like a love for coffee; while most cannot get enough of the deep, earthy aroma, there are the few who view it as something to be avoided at all costs.

My own experiences with patchouli have been just as varied. One of the very first aromatherapy lotion blends I made fifteen years ago included patchouli essential oil. I sold that blend on not one, but two, occasions by wearing it to the grocery store. Both customers in question approached me and asked what scent I was wearing. When I listed the ingredients and uttered the word patchouli, their eyes got a faraway look and they sighed, *Ah, yes, patchouli...*

Yet, on another occasion, despite my advocacy for this beautiful scent as an ingredient in a perfume brief for a client—you will hardly know it's there, I claimed—it was quite firmly rebutted with a vehement, *No, most definitely not patchouli!* No amount of persuasion was going to permit patchouli into that particular blend.

Sometimes, I've sneaked patchouli into a sample perfume blend because of its great

fixative properties. Although patchouli did not get any credit for the happiness *this* beautiful blend provoked, it was there, silently holding its own, and the other notes together.

Patchouli is as therapeutic as it is aromatic as an essential oil and, to some extent, as a hydrosol. Its crushed aromatic leaves are used to make a calming tea. And no perfumer's box would be complete without this solid fixative. One amazing thing about patchouli essential oil is that it's like a fine wine; as it ages, it gets better, at least aromatically. Here's a closer look at this oft-overlooked botanical cousin of both lavender (*Lavandula angustifolia*) and peppermint (*Mentha × piperita*).

Botanical Profile

Botanical Name: *Pogostemon cablin* (Blanco) Benth.

Synonyms: Patchouly, puchaput, *Pogestemon patchouli*,¹ pacholi.²

Botanical Family: *Lamiaceae* (Mint).

Plant Zones: 10, 11 (tender perennial).³

Patchouli (*Pogostemon cablin*)

Plant Characteristics

Patchouli bears similar characteristics to its botanical family members. It is coveted for its aroma, yet if you walk past it in a garden, you are not going to be bowled over either by aroma or looks. It is the *crushed leaves* which release the most aromatic molecules of its penetrating scent.

- **Overall Appearance:** A short, shrubby herb with a square, hairy stem and leaves.⁴
- **Leaves:** Oval, hairy, and fragrant leaves which are green-purple in color.³ They are opposite and have a serrated edge.⁵
- **Flowers:** Flower whorls of light-purple are supported on spikes, much like peppermint flowers. The flowers have long stamens.⁵
- **Essential Oil and Hydrosol:** Extracted by steam distillation of the dried and fermented leaves. The reason the leaves are dried and fermented is to help in breaking down the leaf cell walls to release the aromatic molecules when distilling it.⁶ Fresh patchouli leaves will produce a much lower yield of oil/hydrosol with less favorable results. Fermentation, in this instance, is described by Arctander as a process of scalding the leaves with extremely hot steam or by curation of the stacked leaves. Chemistry and aroma characteristics are discussed under the *Chemistry and Aroma Profiles* in this article.

Plant Distribution

Surprisingly, at least to me, patchouli is a native of hotter climes such as Malaysia, the Philippines, and Indonesia. It first made its way to Europe, and eventually the Americas, by way of imported Indian shawls and scarves, which were scented with crushed patchouli



Patchouli (*Pogostemon cablin*)

leaves or oil.^{2,7} Keville writes that “Europeans learned to recognize imitation Asian scarves made in Scotland and England because they lacked patchouli’s characteristic aroma.”³

Today patchouli is cultivated worldwide and where it cannot be grown as a tender perennial, it might be possible to grow it as an annual plant.

Garden Profile

I haven’t grown or cultivated patchouli as a perennial in my Arizona garden, either from seed or cuttings, due to the incompatible plant zone as a perennial and relative lack of humidity as an annual. Keville states that patchouli prefers a little humidity (sadly lacking in my dry climate) and a minimum temperature of 60 degrees Fahrenheit.³ However, with the addition of a greenhouse this autumn, I am excited to try to start such

tender, and more moisture-loving, plants as patchouli next year. Grown in pots, it can be brought indoors for colder winter months if you have a more humid climate.

How to Grow Patchouli: Patchouli can be grown from seed, or root propagation and rootstock. It likes full sun with a little bit of shade. It prefers moist soil. It is said that a sunny position will produce a more aromatic plant than a plant which lacks it.⁹

Garden Benefits: Like other members of the *Lamiaceae* plant family, if patchouli is left to flower, it will attract beneficial pollinators to the garden. However, if you plan to harvest patchouli for tea or to distill into an oil or hydrosol, you will want to harvest the leaves before it bolts. Consider growing some patchouli for harvesting, and some for the sole purpose of attracting pollinators to your garden.

Historical Use

The true origins of patchouli (*Pogostemon cablin*) are not entirely certain, although Southeast Asia (as a region vs. a specific country) is probable. Peace Rhind¹⁰ states that other species within the genus of *Pogostemon* are prevalent in the region, such as Java patchouli (*P. heyneanus*), *P. hortensis* and *P. comosum*, which are also distilled for an essential oil. One thing is certain: According to multiple texts, patchouli has been revered for its aroma for centuries.

Historical Names for Patchouli¹⁰

Historical Civilization	Historical Name
Ancient China	<i>Guang huo hsiang</i>
Ancient Hindu (Sanskrit)	<i>Tamala-pattra</i>
Ancient Greece	<i>Malabathron</i>

Some of patchouli's many historical uses include:

- Buddhist monks used it to make a cleansing bath.⁹
- It was used as a perfumed ink for writing ancient Chinese scrolls.⁹
- Use as an incense, perfume, and insect repellent.^{4,9}
- For colds, stomach pain, headaches, nausea, and as a snake bite antidote (China, Malaysia, and Japan).⁷
- For fever, epidemics, and to strengthen the immune system.²

Recent history saw a revival of patchouli as the “hippy” scent of the ‘60s and early ‘70s. Many of this generation associate the scent with that particular period of their lives and, depending on individual circumstances and memories, it can provoke a strong positive or negative reaction.

Chemistry Profile

Herb: Chevallier⁴ lists the key constituents of patchouli oil (within the leaves) as *patchoulol*.

Essential Oil: All sources researched agree that the main chemical component of patchouli essential oil is patchouli alcohol (*patchoulol*), although the percentage of this can vary. Most sources quote patchouli alcohol content of between 30-35% range, but Tisserand and Young¹⁰ state that Chinese-sourced patchouli (vs. Indonesian-sourced patchouli) essential oil can be as low as 17.5% of patchouli alcohol. Battaglia states that, “The higher quantity of patchouli alcohol is considered a sign of higher quality patchouli oil.”¹¹ He also adds that “30% is the minimum percentage of patchouli alcohol in patchouli that is accepted in the essential oil market.”

Sade¹² gives a comprehensive list of the main chemical components of patchouli essential oil which include (in descending order) patchoulol, delta-guaiene, alpha-guaiene, alpha-patchoulene, gamma-patchoulene, seychellene, beta-patchoulene, beta-caryophyllene, and pogostone. Battaglia states that over sixty chemical components have been identified in patchouli essential oil, making it in indeed one of the more chemically complex essential oils.¹¹

Resinoid: Arctander⁶ talks about the availability of a patchouli resinoid but, as this book was written in 1960, availability of such might have changed over the years. I suspect this perfume material is not as available as it was back then but other perfume materials, such as patchouli absolute and patchouli CO₂, are available from exclusive suppliers at a higher cost, as I found in my research. Patchouli CO₂ may have uses in aromatherapy, but the essential oil is more readily available.

Adulteration: Both Arctander⁶ and Tisserand and Young¹⁰ state that patchouli essential oil may be adulterated with other essential oils. Adulterants include gurjun balsam (*Dipterocarpus turbinatus*) essential oil, cedarwood (spp. unspecified) essential oil, copaiba balsam (*Copaifera officinalis*) essential oil, vetiver (*Vetiveria zizanioides*) essential oil and clove (*Syzygium aromaticum*) essential oil. Other adulterants may include vegetable oils. However, due to the relative low cost of patchouli essential oil, the incentive to adulterate is not high.

Hydrosol: Limited data is available on the chemical constituents of patchouli hydrosol. However, Price and Price¹³ list patchouli leaves as having 0.12 – 0.13% of volatile oil in water distillate (hydrosol).



Patchouli (*Pogostemon cablin*)

Aroma Profile

Essential Oil: The aroma profile for patchouli as an essential oil is both varied and long. My own personal interpretation of (dark) patchouli essential oil is a strong base note oil with an earthy, balsamic, exotic, and perhaps a somewhat fruity-wine note. I find it to be a grounding oil and a great fixative in aromatic blends, even those where its use is barely detectable. I have used it to hold notes in a citrus blend creation and you would not have known that it was there, unless you had a very keen nose. I used it as the blend had to be long-lasting as part of a package for business travelers for an unnamed airline.

Peace Rhind¹⁵ describes patchouli essential oil with a varied list of adjectives including “unique, distinctive and complex” and “rich, intense, rounded, smooth, persistent, slightly sweet scent, with earthy, balsamic, woody, spicy, rooty, herbaceous, green, bitter chocolate, peppery and wine-like notes.” She discusses its importance as a raw material for perfumery in some depth and how it was used in perfumes such as *Dior* and *Clinique*.⁹ Its versatility as a fragrance, perhaps due to a complex combination of aromatic molecules, is what makes it so popular as a perfume ingredient, in addition to its staying power.

As stated in the description of dark and light patchouli essential oil which follows,

Arctander⁷ believes that what he describes as “native distilled” patchouli essential oil is less tenacious and less spicy-balsamic than European or American distilled patchouli essential oil. He describes native distilled as “rich, sweet-herbaceous, aromatic-spicy and woody-balsamic” with “an almost wine-like, ethereal-floral sweetness in the initial notes.” Arctander goes on to describe European and American distilled essential oil as having “a pronounced top note of fruity, wine-like sweetness, and less pronounced woody-earthy notes.” He adds that with aging “any

sharp-green or ‘wet-earthy,’ minty notes are subdued or vanish, and the sweetness rises to the surface of the odor pattern.” This is one of the reasons that patchouli essential oil fascinates me so, as it has a multi-dimensional aroma profile that changes with maturity, something other essential oils don’t possess to the same degree.

Plant: Keville³ is one of the few sources who gives a comprehensive description of the actual patchouli leaves. She describes the aroma as “rich and musty.” She speculates

The Difference Between Dark and Light Patchouli Essential Oil

Patchouli essential oil is often described as *dark* patchouli essential or *light* patchouli essential oil. Traditional distillation of patchouli was conducted in iron vats. Although a small amount of iron was shown to leach into the oil, it was not thought to adversely affect the oil’s properties.¹¹

Simply put, dark patchouli essential oil is steam distilled using iron vats whereas light patchouli essential oil is steam distilled using stainless steel vats.¹⁴ Perfumers may redistill iron-distilled patchouli oil to remove the undesirable color.¹¹ And you may also find light patchouli essential oil described as *iron-free* (a reference to the method of distilling).

Dark and light patchouli essential oil will exhibit a difference in both aroma and appearance. In my opinion, dark patchouli essential oil is a more tenacious, deeper, and richer essential oil than light patchouli

essential oil. As the name suggests, light patchouli essential oil is lighter than the dark variety, clearer in color, and, again in my opinion, fades more quickly. Before I knew the difference between these two types of patchouli essential oil, I mistakenly purchased light patchouli essential oil, thinking it was the same as my previous purchases of dark patchouli essential oil. I was disappointed both in the color and lighter aroma, thinking the supplier had sold me an inferior oil. That’s not to say that light patchouli essential oil doesn’t have its place; just know which type you are purchasing and watch for descriptions, or lack of them. Ask if you are unsure.

Arctander⁷ has some thoughts on the differences between the distillations of “native distilled” and “European or American” distilled patchouli essential oil which are explored in the *Aroma Profile* section of this article.

that “its perfume seems to be created from the unusual combination of sweet, damp earth, rotted wood, exotic tree resin, and a hint of rosemary.” Perhaps the reason that patchouli repulses some people is because, as Keville states, it reminds them of a “musty closet.” Not something anyone wants to be reminded of, but as with many extractions from plants, the essential oil is a lot more beautiful in aroma than its source. Peace Rhind⁹ throws a little light on the “mold” descriptor by stating that “over-fermentation [of patchouli leaves] results in a moldy note in the oil.” Perhaps this factor can some way in determining the quality of the patchouli essential oil in question.

Therapeutic Properties

Herb: Chevallier⁴ lists the use of patchouli as an herb for fever, headaches, as an antidepressant, antiseptic, and as an aphrodisiac. You will also see patchouli used in herbal tinctures, teas and, like many herbs, you can infuse into an oil such as sunflower (*Helianthus annuus*).

Essential Oil: Just as patchouli essential oil is versatile in aroma, its therapeutic properties are numerous, too. One of the most surprising uses of patchouli essential oil is an insect repellent; it is certainly a more appealing aroma than strongly scented citronella (*Cymbopogon nardus*), at least to me. Lawless¹ lists patchouli essential oil’s therapeutic properties as anti-inflammatory, antimicrobial, astringent, antiviral, bactericidal, nervine, prophylactic, antidepressant, antiseptic, cicatrizing, fungicidal, and tonic, among others.

Peace Rhind¹⁵ suggests using patchouli essential oil in a blend for all types of skin

issues and wounds, as a stress-related muscle blend, and for conditions such as depression and anxiety.

Energetics: It is worth mentioning the energetics of patchouli essential oil here as several authors list its importance as such. Mojay² lists it as a warm energetic which is earthy and sweet. He states that “the oil is particularly relevant for conditions of weak immunity, where overwork and chronic anxiety have left the person prone to infection.” Grounding, strengthening the mind, reconnecting to creative processes, and reigniting the senses are other key elements for patchouli.

Cautions for Use

Patchouli essential oil is generally non-sensitizing and a non-irritant. However, like with all plants and oils, certain individuals may react differently, and appropriate caution should always be exercised.

Clinical Studies

Patchouli has a number of therapeutic properties, as supported by the following clinical studies and trials:

- *Antibacterial and Antimicrobial:* A study on the *Evaluation of the Antibacterial Activity of Patchouli Oil* conducted by Xian Yang, Xue Zhang, Shui-Ping Yang and Wei-Qi Liu concluded that patchouli oil “had strong antimicrobial effects. Particularly, pogostone and (-)- patchouli alcohol have potent antimicrobial activity.”¹⁶
- *Potential as a Novel Anti-influenza Virus Agent (Patchouli Alcohol):* The potential anti-viral power of the chemical component patchouli alcohol was tested in the study *Inhibition Effects of Patchouli Alcohol*

Against Influenza a Virus Through Targeting Cellular PI3K/Akt and ERK/MAPK Signaling Pathways. Researchers Yunja Yu, Yang Zhang, Shuyao Wang, Wei Liu, Cui Hang and Wei Wang showed that “PA [patchouli alcohol] significantly inhibited different IAV [anti-influenza virus] strains multiplication in vitro, and may block IAV [anti-influenza virus] infection through inactivating virus particles directly and interfering with some early stages after virus adsorption.”¹⁷

- **Analgesic and Anti-inflammatory:** Tsung-Chun Lu, Jung-Chun Liao, Tai-Hung Huang, Ying-Chih Lin, Chia-Yu Liu, Yung-Jia Chiu, Wen-Huang Peng’s paper on the *Analgesic and Anti-inflammatory Activities of the Menthanol Extract from Pogostemon Cablin* demonstrated the “analgesic and anti-inflammatory effects of PCMeOH [standardized *Pogostemon cablin* menthanol extract], thus verifying its popular use in traditional medicine.”¹⁸
- **Antifungal:** A number of studies summarized in the article *A Comprehensive Review on the Phytochemical Constituents and Pharmacological Activities of Pogostemon cablin Benth.: An Aromatic Medicinal Plant of Industrial*

Importance by Mallappa Kumara Swamy and Uma Rani Sinniah demonstrate that patchouli oil “effectively inhibited *C. albans*,” “[Patchouli alcohol] showed antifungal activity against a population of *Aspergillus* species,” and the component pogostone from patchouli oil successfully treated *Candida* infections.¹⁹

Insecticidal and Repellant Action: The study *Insecticidal and Repellant Action of Pogostone Against Myzus persicae (Hemiptera: Aphididae)* by Yue Chen, Yucui Li, Ziren Su, Jidong Xian concluded that “pogostone exerts significant repellency, contact toxicity, and antifeedant activity against *M. persicae*. Pogostone may account, at least in part, for the purported insecticidal efficacy of patchouli oil. This study has provided important baseline information for the potential use of pogostone as a promising, safe insecticidal agent with low environmental toxicity.”²⁰

It is important to read the complete study to understand the full meaning behind each of these findings, as summarized here.

In Conclusion

Patchouli is a plant, and an essential oil, that you should revisit, if you’ve had misgivings about it in the past. From its leaves it produces a lasting scent of wood and earth, with tantalizing fruit, wine, and sweet notes, a feat that hardly any other plant can do. It is the last one standing when a strong perfume fixative is needed and actually improves with age.

Therapeutically, it is a multi-tasker with some hidden benefits.

Plant patchouli for today and tomorrow—and you’ll be rewarded with a multi-dimensional ally in both your garden and apothecary.



Patchouli
(*Pogostemon cablin*)

Luscious Calendula and Pach-Rose Lotion Bar Loaf

Given the amount of handwashing we are all doing these days, I think that a lotion bar is the perfect solution to counteract the sometimes-drying agents of water-based lotions. Did I mention I *love* this recipe?

Although this is a complex recipe, it allows for substitution of nearly all the ingredients if you haven't got the listed ingredient to hand. And, if you make it in the quantity stated, you will have plenty of stock to keep you going for quite a while.

This recipe is based on a 42-oz. soap silicone mold I used. Adjust as needed. For beginners and experienced aromatherapists alike. The recipe produces a beautiful, raw floral aroma, with an earthy base.

**Time Schedule (Over 2 Days):**

- Melting of cocoa butter, beeswax, and shea butter: 1-½ to 2 hours.
- Cooling Time: 2 hours plus overnight in the freezer.
- Finishing Time: 30 minutes to 1 hour.

Equipment:

- Double boiler. You can makeshift a double boiler at home by placing one smaller pan inside of a larger pan.
- Soap silicone mold and box.
- Soap cutter or large knife.
- Large cutting board.

Ingredients:

- 15-oz. organic, unrefined cocoa butter (*Theobroma cacao*)
- 8-oz. organic, unrefined beeswax (*Cera alba*)
- 7-oz. organic, unrefined shea butter (*Vitellaria paradoxa*)
- 12-oz. organic calendula (*Calendula officinalis*) oil
- 1 Tbsp. organic, dried calendula (*Calendula officinalis*) flowers
- 1 Tbsp. organic, dried rose (*Rosa* spp.) buds
- 1 tsp. mixed organic, dried flowers
- Optional: Patchouli (*Pogostemon cablin*) essential oil at between 2-5%. Use 2% dilution rate for concentrated use and for face, and up to 5% dilution for all over body use. Those with sensitive skin should use the lowest dilution rate and/or avoid inclusion of an essential oil blend.

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Directions for Making, Day One:

- Measure out each of the ingredients and set aside in separate bowls.
- Prepare the essential oil blend if you are using it. Set aside.
- Slowly heat up the water on the stove for the double boiler.
- Add cocoa butter to the double boiler and melt slowly.
- Once the cocoa butter is melted, add beeswax and continue to melt slowly.
- Once the beeswax is melted, add shea butter and continue to melt slowly.
- Add calendula oil to the mix and stir in gently, making sure all of the ingredients are blended together completely.
- Add 1 Tbsp. each of calendula flowers and rose buds. Stir in well.
- Take off the heat and add the essential oil blend if you are using it. Stir in well.
- Immediately pour the mixture into the silicone soap mold and box.
- Next, place the silicone mold and box in the fridge without spilling any liquid. Cover and leave for two hours.
- Next, remove from the fridge and place in the freezer without spilling any liquid. Leave for half an hour.
- After about half an hour, the mixture should be hardening up enough to sprinkle the remaining teaspoon of organic, dried flowers on top. Do not mix in.
- Place the box back into the freezer and leave overnight.

Directions for Making, Day Two:

- Remove the box from the freezer. The lotion bar loaf should now be solid.
- Prise the lotion bar block gently from the mold. Set on cutting board.
- Using the soap cutter or a large knife, cut into blocks.
- Wrap in tissue paper to gift or use a soap dish or small box to store at home. I advise leaving it in the refrigerator until you are ready to use the bar, especially in warm climates. You can use direct from refrigerator for a more cooling effect.

Instructions for Use: Rub the lotion bar over hands and/or body when you moisturize, or after washing hands. Leave to soak in.

Cautions: For adult use only. However, you could prepare a simple variation of this recipe for use with children (over 3 years of age) by leaving out the essential oil blend and the dried flowers. Children may need supervision to use the lotion bar effectively.

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About Sharon Falsetto:

Sharon Falsetto, BA (Hons), is a UK-certified aromatherapist through the *Penny Price Academy of Aromatherapy*. She has lived in the United States since 2006 and is the founder of *Sedona Aromatics: The Garden School*.™ Sharon has written and edited an aromatherapy education program for *Sedona Aromatics* based on the concept of *Botanical Aromatherapy*.™ *Sedona Aromatics* is a NAHA approved school educator and a NAHA approved continuing education provider.

Since the onset of COVID-19, Sharon has pivoted her aromatherapy school to a low profit business model, now offering community aromatherapy scholarships for courses and affording aromatherapy education to more during these challenging times. Her school's online *Botanical Aromatherapy*™ membership club is scheduled to go live in autumn 2020.

Sharon has worked within the healthcare industry since the 1990's. She has also been writing and editing professionally since 2008 and is both a published author and editor in aromatherapy. With a graduate degree in business (with honors), she also coordinates the *Business Botanicals*™ program for Sedona Aromatics, helping small businesses navigate changing times.

Sharon is an intuitive aromatherapy blend formulator. As a continuing student in the study of herbalism for home and garden use, she also believes in integrating herbal knowledge within her aromatherapy formulas and teachings.

Sharon works from her garden studio in Sedona, Arizona, surrounded by her one-acre homestead and aromatic gardens. She is the author of *Authentic Aromatherapy*, the chief editor of the *NAHA Aromatherapy Journal*, the NAHA Director Coordinator, and the NAHA regional director for Arizona. She will be presenting at the NAHA Conference in June 2021 on *The Garden Apothecary: Traditional Aromatics for 2021*. You can visit Sharon's website at: www.sedonaaromatics.com



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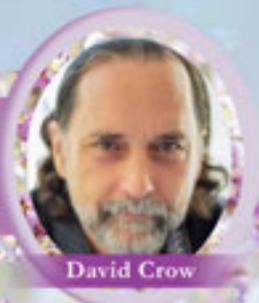
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Cypress (*Cupressus sempervirens*): More than Just an Ornamental

By Tricia Ambroziak
NAHA Certified Professional Aromatherapist®



I currently live in southern California where cypress (*Cupressus sempervirens*) trees stand tall and majestic in many landscaped areas. They look beautiful, grow surprisingly well in our chaparral climate, offer protection from high winds and road noise, and even make attractive, living fences to delineate property.

Cypress trees stand in clusters along sidewalks all throughout my community. They elegantly welcome visitors outside of neighbors' doorways. They create living walls between highways and backyards and safe perches for all types of birds.

Yet I confess, I often view *Cupressus sempervirens* as just “another pretty ornamental evergreen” and I don't tend to appreciate the essential oil or hydrosol for all it has to offer.

Interestingly in its native habitat, cypress tends to spread its wings, or should I say branches, so to speak. Rather than growing in familiar tall, narrow columns, it extends out horizontally (*Cupressus sempervirens* var. *horizontalis*).

Taking my cue from the wild tree, I'm looking to spread my knowledge and appreciation of cypress outside the garden and delve deeper into what it has to offer through its chemistry. Let's take a closer look at the botany and benefits of this beautiful tree.

Cypress: Cultivation and Botany

The Italian, Mediterranean, or common cypress (*Cupressus sempervirens*) is a member of the *Cupressaceae* family. *Sempervirens* is Latin for “always green.” It's a non-flowering, evergreen, conifer with dark grayish-green leaves and rounded fruiting cones.¹

Although its original native distribution seems to be unclear, it is believed to be native to southern Europe and western Asia, including Greece, Turkey, Northern Iran, Lebanon, Syria, and perhaps Cyprus. It may also be native to Northern Africa, specifically Tunisia and northern Libya. It is cultivated or naturalized throughout the entire Mediterranean region.²

The narrow-columnar or fastigate form of Italian cypress, familiar for ornamental landscape (*C. sempervirens* var. *sempervirens* C.s. 'Stricta' or Stricta Group), is apparently unknown in the wild but this was the tree originally described by the Swedish botanist Carl Linnaeus (1707-1778). It is the cypress of classic Italian gardens since Renaissance times.¹

Widely cultivated for millennia as an ornamental tree, *C. sempervirens* can be found frequently in areas with dry hot summers and rainy winters such as California, South Africa, and southern Australia. It also flourishes in



Cypress (*Cupressus* spp.)

the cooler, moister summers of the British Isles, New Zealand, and the Pacific Northwest from coastal Oregon, to Washington, and up to British Columbia in Canada. In addition, people in Florida and the southern coastal states in the U.S. plant *C. sempervirens* as an ornamental tree.

The classic form typically grows 65 to 100 feet (20 to 30 meters) in height with a long straight trunk. Its smooth gray bark is thin and in time turns gray-brown and develops furrows. The round, sometimes quadrangular shoots radiate in all directions and are 0.04 inch (1mm) or so in diameter.

Cypress has scale-like, oval leaves that are dark green and produce pollen cones in early spring and seed cones that begin to open in late summer. The seed cones are brown or gray with a globose or elliptical shape of 0.8 to 1.2 inches long (2-3cm) with eight to fourteen opposite scales. The cones produce tiny, flat, brown, narrow-winged seeds without resin blisters.

After shedding seeds, the cone remains on the tree for several years. Interestingly, cypress cones may remain unopened for many years until a fire induces them to open, a trait known as *serotiny*, an adaptation where seed release is in response to an environmental trigger.³

C. sempervirens tolerates both acid and alkaline soils and has a well-developed root system. It can tolerate temperatures as low as -20°C (-4°F) with a cold hardiness of -17.7°C to -12.2°C (14°F to 10°F), as well as drought once it is established. It grows best in well-drained sandy loam soil with full sun and moderate moisture.^{1,2}

Historical and Modern Use of Cypress: Plant, Herb, and Essential Oil

Cypress has associations with sorrow, mourning, and peace among the deceased. Its aromatic wood is resistant to decay and was used to manufacture sarcophagi for mummies. Its use for coffins and funeral garlands continued into the Middle Ages.

In Greek mythology, Cyparissus or Kyparissos (Greek for “cypress”) was deeply grieved after he accidentally killed his beloved pet stag. The boy was transformed into a cypress tree to eternally mourn the loss of his pet. Cypress continues to serve as a cultural symbol of mourning and the tree is planted around churches, cemeteries, and burial grounds. It is interesting to note that the essential oil is thought to support peace during transitions and offer stability during change.

The Ancient Etruscans believed the fragrance of cypress could ward off demons and the smell of decay to enable a safe journey into the afterlife.⁴

C. sempervirens use has been noted in many cultures. The Greeks mashed and steeped the cones in wine for coughs and asthma, while the Aztecs made tea from the leaves and bark to soothe battle wounds. They placed burned bark directly on sores, burns, and skin ulcers.⁵ Pliny advocated the use of cypress leaves pounded with polenta and applied to wounds inflicted by serpents, topically and internally for hernia, to soothe foot and sinew pain, for sores, and for dispersing “films of the eyes.” He suggested that “the root of the cypress, bruised with the leaves and taken in drink, is curative of diseases of the bladder, stanguary, and sting of phalangium” (I presume he is speaking about a bite from the spiderlike arachnid here). Pliny also mentions a drink made from shavings of wood which was used as an emmenagogue (increase of menstrual flow) and to neutralize scorpion venom.^{6,7}

Key actions of cypress include astringent, antispasmodic, mildly antiseptic, tonic, and vasoconstrictor. Traditionally *C. sempervirens* has been used internally to ease coughs and

loosen phlegm. Topically it has been used to soothe varicose veins and hemorrhoids. Cone footbaths are employed to cleanse the feet and counter excessive sweating.⁵

C. sempervirens essential oil is often used to open airways and support health during the change of seasons. Emotionally it can support one during transitions and support the steady flow of energy.

Some reach for *C. sempervirens* essential oil to increase focus, self-confidence, and motivation. Naturopath Robbi Zeck suggests “When change is imminent, cypress brings structure, strength, and a sense of protection... Cypress supports and holds the space for the soul to remain in balance.”⁸

Aside from its spiritual and therapeutic use, *C. sempervirens* has been cultivated as an ornamental tree for thousands of years. The durable, scented wood is used to create doors, furniture, and staves. The doors of St. Peter’s Basilica in the Vatican City were formed from cypress wood. It is also the traditional wood used for Italian harpsicords.⁹

In cosmetics, *C. sempervirens* is often used for astringent, firming, and anti-dandruff preparations as well as in fragrances.¹⁰

Therapeutic Uses of Cypress Hydrosol

The cypress hydrosol that I have smells green, woody, and fresh with the distinct aroma of cypress. Suzanne Catty describes it as delicate, dry, and warm and others describe it as “fresh, green, and coniferous” and as a “fresh, woody, slightly smokey, balsamic aroma.”^{11,12,13}

Catty describes the taste as bitter, dry, green, and soapy. To me it has a green, pleasant, slightly bitter, piney taste. While I could find

no gas chromatography mass spectrometry (GCMS) data on the hydrosol, a look at data from other members of the *Cupressaceae* family, as well as GCMS data of the essential oil can give some insights into its chemistry.

Since hydrosols are aromatic waters that remain after plant distillation, they typically contain trace amounts of essential oils and hydrophilic or water-soluble compounds found in the plant. In GCMS data of members of the *Cupressaceae* family, as well as other plants, we typically see monoterpenols, sesquiterpenols, aldehydes, alcohols, ketones, oxides, acids, and sometimes esters showing up on reports. For *C. sempervirens* we might expect to see terpinen-4-ol, linalool, and possibly bornyl acetate, and camphor making their way into the hydrosol along with perhaps other alcohols and aldehydes.

Like the essential oil, the hydrosol is useful in helping the purification and movement of fluid, supporting the respiratory system, and offering support during transitions.

Catty notes that cypress hydrosol supports circulation both topically and internally and recommends it for use with varicose veins, hemorrhoids, tired swollen feet, and heavy legs. She also notes that it is excellent, especially when combined with juniper berry (*Juniperus communis*) hydrosol, for detoxifying the body. She adds that cypress hydrosol is useful to use against inflamed conditions such as gout, arthritis, cystitis, and edema. Catty suggests that it stimulates both the liver and kidneys and promotes the release of retained fluids.

This therapeutic action can also be useful in easing premenstrual bloating or water



Cypress (*Cupressus* spp.)

retention as well as helping to expel excess mucus from the respiratory system.¹¹

Other suggested uses of the hydrosol include as a toner or after shave spritz due to its astringent and styptic properties, and for acneic skin.^{11,12} Additionally, the hydrosol is said to offer analgesic and anti-inflammatory support as well as possessing anti-microbial properties. It can be used to soothe the sting of sunburn, bug bites, or other skin challenges.¹³

Energetically the hydrosol is said to be grounding and calming and can usher in peace.

How to Incorporate Cypress Hydrosol into Your Routine or Practice

In supporting facial skin, cypress hydrosol can help to tighten and tone the skin and to staunch bleeding. Try combining equal parts of cypress (*C. sempervirens*) hydrosol, witch

hazel (*Hamamelis virginiana*) hydrosol, and rose geranium (*Pelargonium* spp.) hydrosol and use it as a toner or after shave spritz. This combination will help to address skin puffiness, tone the skin, and soothe minor nicks or irritations.

Cypress hydrosol supports circulation and elimination organs, aids in detoxification, and supports the venous system. It can be used topically to address issues with varicose veins or to soothe tired, swollen ankles, legs, or feet.

It can also be used externally to soothe the pain and itchiness of hemorrhoids. Simply add *C. sempervirens* hydrosol to a compress and place over varicose veins. Soak a clean, lint free cloth in the hydrosol and apply to the area for ten to fifteen minutes. Alternatively, dilute cypress hydrosol in a sitz bath at the rate of 100 mL of hydrosol per basin or bathtub filled with several inches of cool water. Sit for fifteen minutes.

In general, cold or cool water is useful in instances of swelling or heat. A warm compress of *C. sempervirens* hydrosol can be used to decongest and support the respiratory system. Dilute 30 mL (1-oz.) of the hydrosol per liter of warm or cool water, soak compress cloth in the mixture, and apply to the desired area until the cloth changes temperature.

For a detoxifying bath, combine 50% of cypress (*C. sempervirens*) hydrosol and 50% of juniper berry (*J. communis*) hydrosol at a rate of 30 mL to 250 mL per bathtub of water for adults. Children up to 12 years should use 5 mL or one teaspoon of hydrosol per year of age, up to a maximum of eight teaspoons or 40 mL.

In each of these instances appropriate, safe, hydrosol substitutions can be used.

Cypress (*C. sempervirens*) hydrosol can be incorporated into a scrub to support detoxification and circulation. The simplest way to create a scrub is to mist the body with hydrosol and gently scrub the area with a handful of sea salt.

Cypress Hydrosol Safety

Some suggest that both cypress hydrosol and cypress essential oil should be avoided in the first trimester of pregnancy but there is no research to support this statement.* Avoid use with those who have kidney or renal conditions and use with caution with asthmatics; cypress can either help tremendously or can prove to be an irritant.

More than just a beautiful addition to ornamental gardens or suburban landscape, *C. sempervirens* is an ally in detoxification, respiratory support, and skin support, and offers stability and peace during times of transition.

*Editor's Note

Historically, the plant has been listed as an emmenagogue, as mentioned previously in this article, although chemical components can differ between plant and oil/hydrosol. Tisserand and Young, in *Essential Oil Safety*, state that: "The low reproductive toxicity of α -pinene, β -myrcene and (+)-limonene...suggest that cypress oil is not hazardous in pregnancy."**

**Tisserand, Robert and Rodney Young, 2014, *Essential Oil Safety* 2nd Edition, UK: Churchill Livingstone Elsevier, p. 265.

Legs and Limbs Gel

Cypress hydrosol is often used to support circulation, alleviate skin puffiness or fluid accumulation, and to support the musculoskeletal system. This gel uses both the hydrosol and essential oil and can be used to soothe tired, heavy legs and feet or soothe swollen areas. The recipe makes 3.6-oz. of final product. To view a video on how to make this product visit YouTube here!

Equipment:

4-oz. glass or PET plastic bottle
 Clean measuring cup
 Clean spoon and measuring spoons
 Two clean, small mixing bowls
 Small whisk (optional)
 Scale (optional)

Ingredients:

1.65-oz. cypress (*Cupressus sempervirens*) hydrosol
 1.65-oz. juniper berry (*Juniperus communis*) hydrosol
 5g (about 1 tsp.) glycerin
 1g (about 1/5 tsp.) xanthan gum
 1.5g honeysuckle (*Lonicera caprifolium*) preservative* or 1g PhytoCide Elderberry (Sambucus Nigra) OS**
 (optional – see note in box)

Essential Oils (Optional):

25-30 drops grapefruit (*Citrus × paradisi*)
 2-5 drops cypress (*Cupressus sempervirens*)
 2-5 drops juniper berry (*Juniperus communis*)

Preservatives Used in this Recipe

*Honeysuckle preservative: *Lonicera Caprifolium* (Honeysuckle) flower extract, *Lonicera Japonica* (Honeysuckle) flower extract, water

**PhytoCide Elderberry OS: Sambucus Nigra Fruit Extract

Other options for natural preservatives include *Lactobacillus* Ferment (Leucidal®) and Lactobacillus (and) Cocos Nucifera (Coconut) Fruit Extract (AMTcide®).



Cypress (*Cupressus* spp.)

To Make: Sanitize work area and equipment with 70% isopropyl alcohol. Weigh or measure glycerin into a clean, sanitized bowl and sprinkle xanthan gum over glycerin. Combine to create a slurry. Combine the hydrosols in a second bowl and mix. Add the hydrosol mixture slowly to the glycerin/xanthan slurry by stirring. The mixture should begin to thicken into a gel. Continue to stir to create a uniform gel using a whisk if needed. Add essential oils and natural preservative if desired. Mix to combine. Add the mixture to bottle and cap.

To Use: Massage a dime-sized amount of gel onto tired legs or puffy areas to support vein health or refresh the legs. Reapply as needed.

Cautions: For adult use only. If you choose to leave out the preservative, store in the refrigerator and use within a few weeks. Avoid in pregnancy and with kidney disease.

Lavender, Cypress, and Sage Cleansing and Clearing Body Mist

Use this mist to ease feelings of stress, support yourself through rough patches, or to simply brighten and clear a space. You will need a 4-oz. glass spray bottle to make this blend.

Hydrosols:

- 30 mL cypress (*Cupressus sempervirens*) hydrosol
- 30 mL lavender (*Lavandula angustifolia*) hydrosol
- 30 mL common sage (*Salvia officinalis*) hydrosol
- 5g (1 tsp.) Solubol

Essential Oils (Optional):

- 20 drops lavender (*Lavandula angustifolia*)
- 5 drops common sage (*Salvia officinalis*)
- 5 drops cypress (*Cupressus sempervirens*)

To Make: Add essential oils to the glass bottle (if using). Add Solubol. Add the hydrosols and cap the bottle. Mix gently to combine.

To Use: Spray lightly as needed over your body (avoiding eyes) to ease feelings of stress. Spray lightly in a room to clear negative energy or to freshen up a space. Avoid eyes.

Cautions: For adult use only. Use within two weeks of making. Avoid use in pregnancy, epilepsy, and high blood pressure.

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About Tricia Ambroziak:

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 young adults. 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* and formulator and aromatherapist at *Be Keko Apothecary*. Tricia has also 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, college basketball player, and enjoys staying active running and working out. To learn more about Tricia visit her website at: www.aromatherapybytriciaambroziak.com

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Avocado Oil (*Persea americana*)

Dawn Shipley Rodriguez
Registered Aromatherapist



Growing up in central Texas, avocado (*Persea americana*) was always a favorite of mine for decadent foods like chips and guacamole. Yet, it is now known as a “superfood,” not only for its rich, creamy texture that goes so well with tangy spices and salty chips, but also for its healthy fat content and unique nutritional profile.¹ This tropical green fruit native to Central America is full of a wide array of vitamins, minerals, fatty acids, and other beneficial nutrients. The oil, which is made from the fleshy green fruit itself, has a similar unique and well-rounded nutritional profile.² Whether you’re a fan of the creamy green goodness or not, the oil is a delectable and nutrient-rich treat for aromatherapy use.

Persea americana, named for its origin, and also known as *Persea gratissima*, is commonly called avocado. It is an evergreen tree of the

Lauraceae family³ (though some varieties lose their leaves shortly before flowering, not typical of evergreens).⁴ The oldest confirmation of the avocado was found in a cave located in Coxcatlán, Puebla, Mexico, that dates to around 10,000 B.C. It was used both



for sustenance and medicine in Mexico and surrounding regions.⁵ In the 15th century, the Spaniards discovered the avocado in the Americas and introduced it to the European region.⁶ Numerous varieties of the plant are now widely distributed throughout the world.⁷

Botanical Profile

The avocado (*Persea americana*) tree is diverse and can grow short, dense and symmetrical or tall and asymmetrical. Its height is anywhere from 29.5 to 65.6 feet (9 to 20 meters). The leaves are four to eight in number and are shiny, green and elliptic, measuring 3.9 to 7.9 inches (10 to 20 centimeters) long, though some varieties have leaves of different shapes. The fruit is technically a berry with one large seed and a buttery pulp. The skin has varying textures and thicknesses and the color when ripe can range from green to black to even a reddish color depending on variety.⁸

The oil is cold pressed from the buttery pulp of the fruit, of which is comprised of about 60% oil.⁹ The fruit has to be peeled, stoned and dehydrated in an oxygen-free environment in high heat before pressing, yielding a dark greenish oil.¹⁰ Sometimes the seed is also pressed in yielding a “crude oil of avocado,” which results in an amber-color instead of a greenish-colored product.

Avocado (*Persea americana*)

Designations of Avocado Oil¹¹

Designations of avocado oil are based mostly on the quality of the fruit.

Designation of Oil	Description
Extra Virgin	Highest quality of fruit, cold pressed
Virgin	Fruit has areas of rot and physical alterations, cold pressed
Pure	Bleached and deodorized that depends heavily on quality of the fruit

As the cosmetic industry mostly prefers an oil with little scent that is a pale yellow color to avoid final cosmetic products becoming discolored, most of the marketed avocado oils are heavily refined.¹² Adulteration appears to be a common problem among commercial avocado oils as well,¹³ so careful selection is required. Be sure to look for a nice green color.¹⁴

Chemical Make-Up of Avocado Oil

Avocado (*Persea americana*) oil has a rich fatty acid profile while it's also known for its impressive amount of unsaponifiable compounds.

The rich unsaponifiable content includes vitamins A, B1, B2, D,¹⁸ and E, plus chlorophyll which gives it its green color.¹⁹ Minerals include potassium, phosphorus, magnesium, sulphur, calcium, sodium, and



Avocado (*Persea americana*)

copper.²⁰ Proteins, amino acids, a small amount of lecithin,²¹ and phytosterols like β -Sitosterol²² also enrich the oil's benefits. In particular, phytosterols support collagen and skin structures, helping to prevent age spots and cell walls weakening, and calming inflammation, regenerating tissues and protecting the skin barrier function.²³

Don't think that the nutrients stop there; the avocado has even more antioxidant activity from these phenolic compounds, which have

Fatty Acid Profile:

- Oleic acid: 50-80%¹⁵
- Palmitic acid: 10-29%¹⁶
- Linoleic acid: 6-18%
- Alpha-linolenic acid: Up to 5%
- Stearic acid: 1-2%
- Unsaponifiables: 2-11%¹⁷
- Palmitoleic acid: 2-13% (this is rare, and helps support the health of the stratum corneum)

been shown to reduce oxidation, inflammation, and platelet aggregation:

- Gallic acid
- 3,4-Dihydroxyphenylacetic acid
- 4-Hydroxybenzoic acid
- Vanillic acid
- p-Coumaric acid
- Ferulic acid
- Quercetin.²⁴

The free radical scavenger carotenoids, which have been shown to promote vascular health and have demonstrated the ability to protect the skin from ultraviolet radiation-associated oxidation and inflammation, can be broken down into:

- **Lutein.** Avocado has the highest content of lutein in all fruits. It is also noted that xanthophylls, lutein and zeaxanthin, have an effect on the color of the avocado pulp as well.
- Zeaxanthin
- β -cryptoxanthin
- α -carotene
- β -carotene (pro-vitamin A, retinol).²⁵

Therapeutic Properties of Avocado Oil

As you may have come to realize already from the rich chemical makeup of antioxidants and such, avocado (*Persea americana*) oil is quite nutritious and therapeutic,²⁵ as is the fruit itself. Traditional uses of the fruit pulp include as an aphrodisiac, as a hair growth stimulant, hastening wound suppuration, and as a wrinkle-fighting mask. It is an easily digested food that can help with gastric problems, constipation, urinary infections and liver and gallbladder conditions.²⁶

Ingesting the oil can reduce cholesterol, improve heart health, improve eye health, and even enhance absorption of nutrients.²⁷ One study of thirteen “healthy adults with a habitual hypercaloric and hyperlipidic diet,” who replaced butter with avocado oil, showed that “incorporation of avocado oil for a period of six days reflected an improvement in the postprandial profile of insulin, glycemia, total cholesterol, low-density lipoproteins, triglycerides, and inflammatory parameters, such as C-reactive protein (CRP) and interleukin-6.”²⁸ Another study using oil from Mexican creole genotypes of avocado showed

Topical Benefits of Avocado Oil:

- Superb emollient
- Higher degree of penetration into the skin than most carrier oils
- Skin/wound healing²⁹
- Nourishes the skin
- Supports the health of the stratum corneum
- Increases water soluble collagen content in the dermis, decreasing the appearance of wrinkles/aged skin
- Supports collagen and skin structures
- Prevents age spots
- Calms inflammation
- Regenerates tissues
- Protects barrier function of the skin
- Softens and heals scaly skin and scalp
- Provides natural protection against the sun’s ultraviolet rays³⁰
- One study found that avocado oil mixed with vitamin B12 was effective in treating plaque psoriasis.³¹

anti-inflammatory activity by inhibiting the enzymes COX1 and COX2, similar to the actions of the drug ibuprofen and also of extra virgin olive (*Olea europaea* L.) oil.²⁸

Usage, Shelf Life, and Cautions

Avocado (*Persea americana*) oil is best used for dry, chapped skin, dry hair, scar tissue, and stretch marks.³² Topically it is suggested to use from 5-10% in most cases for face and massage formulations,³³ though it can be used up to 30% for very dry formulations for the face, and up to 100% for hands, legs and feet. In this case, however, a range of 30-70% avocado oil is usually sufficient due to the thickness of the oil. Some suggested oils to mix it with are grapeseed (*Vitis vinifera*) oil and sweet almond (*Prunus dulcis*) oil.³⁴

Avocado (*Persea americana*) oil has no known contraindications, and does not appear to be sensitizing, though a shampoo containing the oil showed some irritation when tested on animals and humans.³⁵

The oil has a fair shelf life of one to two years. Do not refrigerate it, as it may harm some of the beneficial components.³⁶

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Quenching and Healing Body Oil

Carrier Oils:

- 0.3-oz. avocado (*Persea americana*) oil
- 0.1-oz. pomegranate (*Punica Granatum*) seed oil or CO2 extract
- 0.6-oz. sweet almond (*Prunus dulcis*) oil

Essential Oils:

- 5 drops palmarosa (*Cymbopogon martinii*)
- 8 drops lavender (*Lavandula angustifolia*)
- 2 drops cistus (*Cistus ladaniferis*)
- 1 drop carrot seed (*Daucus carota* L.)

To Make: Mix together carrier oils in a 1-oz. bottle with cap. Add essential oils to the carrier oil blend and shake gently to mix.

To Use: Apply to body as needed. Store away from heat and light.

Cautions: For adult use only. Avoid during pregnancy. If sensitivity occurs, discontinue use.

Luscious Lips Citrus Lip Balm

Ingredients:

- 0.2-oz. beeswax (*Cera alba*)
- 0.35-oz. shea (*Butyrospermum Parkii*) butter
- 0.2-oz. avocado (*Persea americana*) seed oil

Essential Oils:

- 4 drops lavender (*Lavandula angustifolia*)
- 8 drops sweet orange (*Citrus sinensis*)
- 3 drops mandarin (*Citrus reticulata*)
(red is preferred)

To Make: Measure out ingredients. Heat beeswax over a double boiler. Add shea butter when melted. Add avocado oil once shea butter has melted into beeswax. Stir and heat for about five minutes. Add essential oils and pour into lip balm tubes. Place in refrigerator immediately. This recipe makes five lip balms.

To Use: Apply to lips as needed.

Cautions: For adult use only. Discontinue use if sensitivity occurs.

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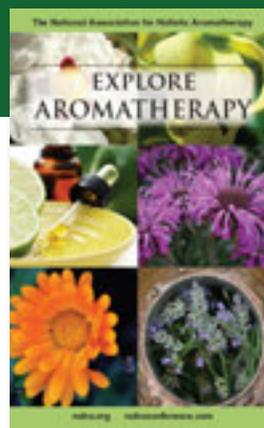
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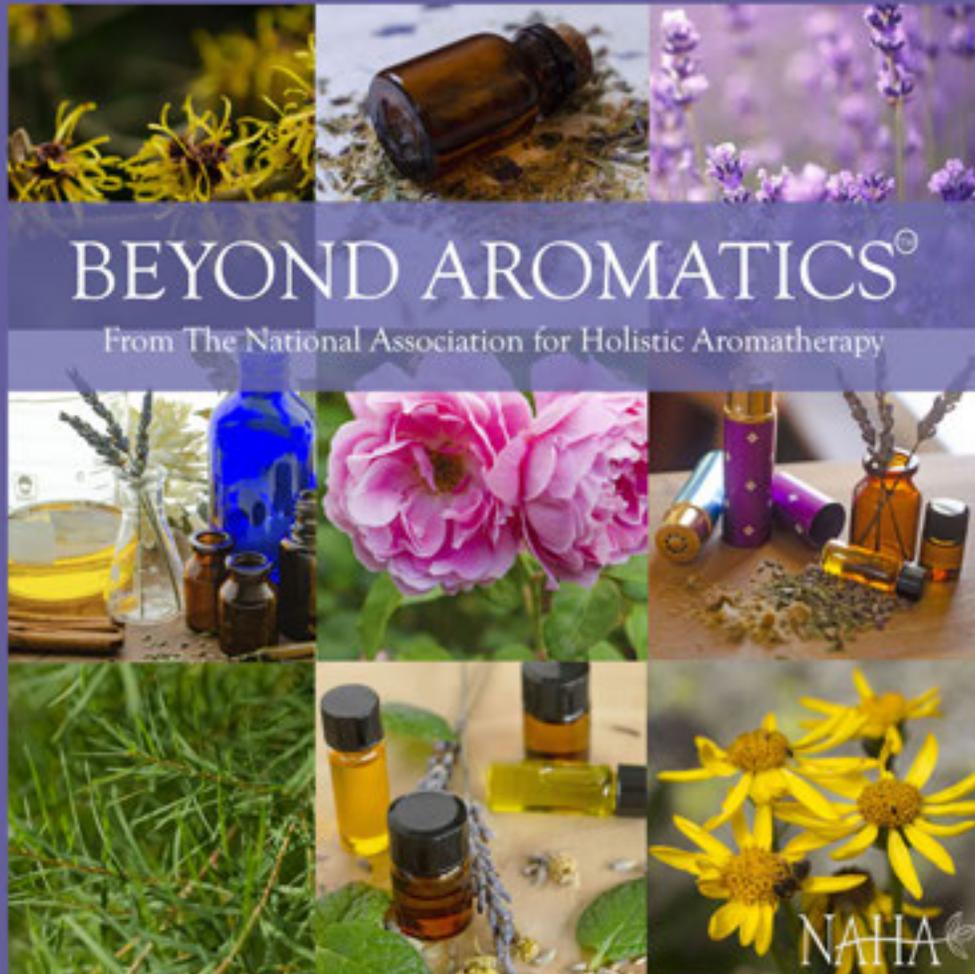
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Aromatic Vinegars to Embellish Your Senses

By Anna Pageau, NAHA Certified Professional Aromatherapist®

Vinegar has a varied history. According to *Wikipedia*, the first documented evidence of the making and use of vinegar was by the Ancient Babylonians around 3,000 BC.¹ Vinegar is now found in almost every kitchen around the world.

But what is vinegar? Vinegar is an aqueous solution made up of acetic acid and trace chemicals. Most store-bought variety vinegars contain 5–8% acetic acid by volume. Acetic acid is produced by the fermentation of ethanol or sugars by acetic acid bacteria.¹

The word “vinegar” comes from the French words of *vin* and *aigre*, which translate to “sour wine.” An accurate description of this pungent liquid. History records that Hippocrates (c. 460 – 370 BC) prescribed vinegar to treat wounds, coughs, and colds. In addition, *Food Revolution Network* states that: “Tommaso Del Garbo, a famous Italian physician, recommended people wash their hands, faces, and mouths with vinegar during a 1348 outbreak of plague in hopes of avoiding infection.”²

During the 19th century the Germans improved the process of making distilled white vinegar by

circulating alcohol over beechwood shavings. This process cut the fermentation time from several months to one to two weeks.²

Types of Vinegar

There is a wide range of different vinegars. Here are some of the common ones:

- **Distilled white vinegar** is the most common variety. It is the sharpest and cleanest vinegar, it doesn't come with a ton of flavor, and therefore it pairs well with just about everything. White vinegar is commonly used for pickling.
- **Apple cider vinegar** is often described as tasting like hard apple cider. It combines well in dishes that already incorporate fruit like apples or pears. This variety is commonly used by herbalists for creating herbal infusions. The taste is not as sharp as white vinegar making it easier to consume.
- **Red wine vinegar** is made from red wine and has a tangy, fruity taste. Red wine vinegar works well in marinades, salad dressings, and Italian dishes.
- **White wine vinegar** is less robust than red wine vinegar with a mild flavor. Consider it

for light sauces, marinades, and more delicate salad dressings.

- **Balsamic vinegar** is made from *Trebbiano* (red) or *Spergola* (white) grapes grown in specific regions of Italy. Balsamic vinegar has a dark color and a caramelized flavor which makes it a good addition to desserts. It is also a unique addition drizzled over fresh fruits and grilled vegetables.

- **Malt vinegar** is less common. It is a dark vinegar made from ale. The toasty, nutty flavor lends well to homemade fries. I enjoy malt vinegar over fried fish.

- **Rice vinegar** is sweeter than other vinegars. It is often used in Asian cuisine, especially sweet and sour dishes.

Creating Vinegar Infusions

You can use the various vinegars listed above for infusing herbs. However, distilled white vinegar or apple cider vinegar are the most com-

mon ones. By creating an herbal infusion, you add in vitamins and minerals, as well as amino acids and polyphenolic compounds to your diet. Unlike alcohol, vinegar can extract these plant constituents. Such minerals are important for building strong bones, teeth, and hair. They may also provide added health benefits.

Here are some fragrant herbs or fruits to consider when creating an infusion:

- **Thyme (*Thymus vulgaris*)** has been used to ward off infections and colds. It has anti-microbial properties.³

- **Lavender (*Lavandula angustifolia*)** has many beneficial properties including being antimicrobial. I often recommend lavender for herbal vinegar infusions because it softens the harsh scent of the vinegar.³

- Use the peel from **lemon (*Citrus × limon*)** or **orange (*Citrus sinensis*)** to create a fruity vinegar. I generally use this type of vinegar infusion for cleaning, as the vinegar and citrus oils seem to combine and work as a good degreaser.

- **Nettle (*Urtica dioica*)** is a powerhouse plant full of nutrients, but the sting can be intimidating to people just beginning to explore herbs. Creating an herbal vinegar infusion with this plant will produce a vinegar high in calcium, iron, magnesium, manganese, phosphorus, and zinc.³

- **Dandelion (*Taraxacum officinale*)** leaves and roots are high in minerals like potassium and calcium. They also both contain inulin, an important prebiotic that can support healthy gut flora.³



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• **Pear (*Pyrus communis*)** can be used to create a fruity infusion for *shrubs*. We will explore the concept of *shrub creations* later on in this article.

One of the most common kitchen uses of vinegar is as a salad dressing mixed with oil. Depending on the variety, one tablespoon of vinegar contains anywhere from two to fifteen calories. This makes vinegar a positive choice if you are watching calories.

One study showed that using oil and vinegar salad dressing can reduce a woman's risk of ischemic heart disease. In the study it reported that this salad dressing is an important source of alpha-linolenic acid.⁴

Herbal Shrubs

A few years ago, I was visiting a local farm. They introduced me to a forgotten drink option: The herbal shrub. A shrub is a unique blend of fruit juice, organic apple cider vinegar and sugar. Shrubs were common in colonial America during the 17th century, serving as a method to preserve fruit long after harvest. In recent years they are being celebrated for their health benefits. Shrubs are tasty in both non-alcoholic sodas and craft cocktails.⁵

Cleaning with Vinegar

In aromatherapy it is often recommended to use vinegar as the base for cleaning products. Due to its acidic content it can dissolve mineral deposits from glass, coffee makers, and other smooth surfaces. Distilled white vinegar is a natural disinfectant due to the acetic acid content.⁶ You do need to be cautious using it on stone countertops or some hardwood floors. These porous surfaces can be damaged by the acid present in vinegar.⁷

For most of our cleaning needs though an advantage of using distilled white vinegar is the cost. You can pick up a gallon for approximately \$2-4 at any store. It is important to consider that even "natural" cleaners at the grocery store can include "not-so-natural" chemicals and usually cost more.

To enhance the cleaning properties of vinegar, add essential oils. Remember that vinegar is mostly made up of water. You must add castile soap or a similar substance to properly disperse the essential oil. Instead, I prefer to make an infused herbal vinegar from the garden which is a great way to bring my outdoor joys into my home.

Safety Considerations

Some things to be aware of when consuming vinegar:

- It is highly acidic so drinking it undiluted may damage the enamel of your teeth. Swish your mouth out with water after consuming vinegar.
- Consuming undiluted vinegar may also cause stomach discomfort or nausea. If you experience any discomfort discontinue use for a while. It is best to consume vinegar diluted as mentioned above, either as a salad dressing mixture or diluted into a beverage.
- Any solution of vinegar above 10% requires careful handling. Vinegars are corrosive and will cause damage to the skin.
- In agriculture, a 20% acetic acid vinegar can be used as an herbicide. A benefit of doing this is the acetic acid is not absorbed into root systems. So the vinegar will only kill the top growth and perennial plants may reshoot.¹

Do you take full advantage of the diversity of vinegar? I hope that this article has given you some more ideas on how to utilize vinegars aromatically.

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About Anna Pageau:

Anna Pageau is a certified aromatherapist. She completed her Level 2 certification with the Aromahead Institute in 2015 and took her animal aromatherapy certification with Ashi Aromatics in 2017. Over the last several years Anna has dedicated her time to working at a rescue farm, helping farm animals overcome physical and emotional abuse. The farm also hosts many children and adult programs where Anna has taught about the benefits of plants and aromatherapy. At the end of 2019 Anna relocated with her family to Northern Nevada. She will be reaching out to local community programs to continue her work with animal rescues and different programs. Anna is the NAHA Regional Director for Nevada. To learn more about Anna, visit: www.annasmusings.com



Aromatic Shrub

Ingredients:

- 2 cups of fruit of choice (clean, peel, seed and chopped)
- 2 cups of vinegar (preferably apple cider vinegar)
- 1-1/2 to 2 cups of sugar

To Make: Put all the fruit in a sterile quart sized glass jar (32-oz. with lid). Warm the vinegar just below boiling and pour over the fruit. Leave 1/4-inch headspace, wipe the rim, and cap the jar tightly. If you are using a metal lid put cheese cloth or wax paper in between the lid and the jar to protect it from the acid. Let the vinegar infuse with the fruit a minimum of 24 hours up to 4 weeks. When it has reached a desired flavor strain the fruit out. In a saucepan add the sugar and infused vinegar and bring it to a boil. After it boils you can use the original jar to store this sweetened vinegar/shrub syrup. Use within six months.

To Use: To make a shrub drink mix one tablespoon of shrub over ice and top with sparkling water. Adjust the amounts for your desired taste.

Cautions: For adult use only.



Aromatherapy by Anna Pageau

Certified Aromatherapist

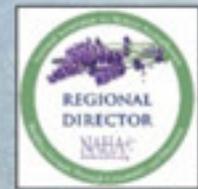
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Healing from Trauma with Aromatherapy

By Jaime Vinson, BSN, RN, HN-BC, RYT



I live with post-traumatic stress disorder. It was brought on by my brother's suicide. This is the first time I have ever written about the event that changed my life. I can still feel the pressure of his head against my right shoulder as he took his own life. Yes, I was there. Yes, I was lucky I was not injured. Yes, it was as horrible as you think it was, if not worse. I do not wish that kind of pain or memory on my worst enemy. It has now been fifteen years and I can still see it, like it was yesterday.

"I don't share this story for sympathy. I share this piece of my story with you to let you know that *I know, I get it.*"
—Jaime Vinson on *Healing from Trauma*

I know a thing or two about living with depression, anxiety, guilt, and trauma. Coping with the pain of trauma looks different for everyone. I use many modalities to help me cope on particularly hard days. Aromatherapy is most certainly one of the coping modalities I use to soothe my soul.

Types of Trauma

Trauma comes in many forms. It can be emotional or physical. Something that affects one person one way may manifest its lingering scars on another person differently. Traumatic

experiences often involve an extraordinary threat to one's safety or life but any event that leaves you feeling overwhelmed and/or isolated can result in trauma. Trauma can be caused by a one-time life event or be caused by ongoing stress. Many people live with the effects of trauma and often go undiagnosed, not knowing that what they experienced in the past may be causing issues in their daily lives. Natural disasters are great example of this. Adverse Childhood Experiences (ACE) can also be an example of some trauma that people often just "live with."

According to the American Society for Positive Care of Children (ASPCC), ACEs include but are not limited to: Physical abuse, emotional abuse, sexual abuse, physical neglect, emotional neglect, domestic violence, parental substance abuse, household mental illness, suicide or death, crime or imprisoned family members, and even parental separation or divorce.¹ ACEs are also linked to things like risky behaviors, chronic health conditions, low life potential, and early death.¹ However, these adverse experiences are not limited to children. We can face these issues as adults too. Rejection, incivility, and insecurities (home, food, work, family) can trigger conditions like anxiety, anger, and depression.

2020 has amassed a plethora of adverse experiences for many people. From illness to social isolation, and working from home to being an essential worker, most have not been without obstacles to overcome. These things can be overwhelming. Please, seek your primary care provider's council if you are feeling hopeless, no longer experience joy or interest in life, or feel like you need help. Do not feel ashamed. The world is better with you in it!

Aromatherapy and Trauma

Including aromatherapy in a self-care routine is a way to help cope with the stress that life dishes out. Aromatherapy can promote grounding when anxiety is high. It can help invigorate if you are feeling a bit blue. Smell is a magical sense. Many aromas can transport us back in time, even teleport us to distant lands. Scent memory lives deep in the most primitive parts of the brain and can trigger very strong emotions. This means that aromatherapy, although we know about the organic compounds found in plants and essential oils and what they do, is unique to everyone.

For example, lavender (*Lavandula angustifolia*) essential oil is high in constituents of linalool and 1,8-cineole which is thought to be calming. However, it triggers anxiety and anger in a friend of mine. It reminds him of his childhood and how his abusive mother would always douse herself in the oil of lavender (*Lavandula angustifolia*) after she had snuck outside to smoke cigarettes. Another friend of mine, who was a victim of rape, begins to shake uncontrollably when she catches a whiff of a certain popular men's cologne.



Blue Tansy (*Tanacetum annuum* L.)

The following essential oils and plants, and how I use them, are a basic guide for incorporating aromatherapy as a modality for self-care in overcoming trauma and dealing with adverse events. Use what speaks to you. Get to know the essential oils and plants you use. Learn where they can take your mind and emotions. I suggest trying essential oils individually (not as part of an essential oil blend) while meditating or while practicing deep breathing techniques like *Ujjayi Pranayama* (deep breathing alone can help to calm your body and mind). Then, record the thoughts and emotions you experience, while using the essential oil, in a journal. After you get to know the single essential oils, begin to dabble in essential oil blends, noting the thoughts and emotions they help to manifest. Aromatherapy can easily be used in combination with other complementary modalities such as acupressure, massage, tapping, yoga, deep touch pressure,

mindfulness, *Healing Touch*, and reiki. In this article, I have listed some of my favorite go-tos for coping, and what I love about each of them.

🌀 **Blue Tansy (*Tanacetum annuum* L.)**

This inky blue beauty is what I reach for when in doubt. It is an all-around fabulous essential oil for coping. I feel a general sense of wellbeing when using this essential oil in conjunction with meditation. I find myself adding it to massage oils and lotions that I use to help alleviate discomfort. The essential oil is high in terpenes. The constituent chamazulene, a sesquiterpene, can range from 17.0% to 38.2% in the essential oil of blue tansy (*Tanacetum annuum* L.).³ Blue tansy (*Tanacetum annuum* L.) can be high in a monoterpene called beta-myrcene (1.1 – 13%).³ Beta-myrcene is a mild sedative which is also abundant in the cannabis (*Cannabis sativa*) plant.⁴ Beta-myrcene found in lemongrass (*Cymbopogon citratus*) was found to have analgesic properties.⁵ Other monoterpenes found in blue tansy (*Tanacetum annuum* L.) essential oil include: Camphor, sabinene, and beta-pinene.⁴ Generally speaking, blue tansy (*Tanacetum annuum* L.) helps to support self-esteem, confidence, and may help to relieve suffering and symptoms of pollen related allergies. I find its scent to be a bit herby, sweet, refreshing, only slightly floral, and a bit fruity like a pear. It definitely helps to boost my mood and balance me.

🌀 **Roman Chamomile (*Anthemis nobilis*)**

Roman chamomile (*Anthemis nobilis*) essential oil makes me smile. I find its aroma to be similar to honey with just a touch of apple orchard after the rain. It has a light

scent that my children enjoy very much (thank goodness!). Roman chamomile (*Anthemis nobilis*) is a beloved herb for tea and can be found in several skincare products. It is used to calm the mind and provoke sleep when drunk in tea. It can calm redness, itching, and irritation in the skin when used topically. Roman chamomile (*Anthemis nobilis*) essential oil has a high amount of esters including isobutyl angelate (an amazing antispasmodic), butyl angelate, 3-methylpentyl angelate, isobutyl butyrate, and isoamyl angelate.³ Esters are generally known to be antispasmodic, anti-inflammatory, emotionally uplifting, soothing, calming, and have a sedative-like effect.⁶ Roman chamomile (*Anthemis nobilis*) essential oil is dreamy and reminds me of springtime. I use this one in my linen spray and in other several blends. I feel like its sweetness adds a kiss of childhood to just about everything.

🌀 **Black Spruce (*Picea mariana*)**

This is the essential oil that I reach for when I need a reset. It is immediately grounding for me. It makes me feel safe. The smell just makes me feel “at home.” Known to be calming yet uplifting, black spruce (*Picea mariana*) essential oil has a balancing aroma that can help reduce stress and promote easy breathing. Because black spruce (*Picea mariana*) essential oil is rich in monoterpenes like alpha and beta-pinene, camphene, and limonene and the monoterpene ester Bornyl acetate (up to 36.8%), it also carries anti-inflammatory, analgesic, and mucolytic properties.³ I love to blend this essential oil with patchouli (*Pogostemon cablin*) essential oil or vetiver (*Vetiveria zizanioides*) essential oil. The blend brings me back to long walks in the woods, enjoying nature with my brother.

Indian Sandalwood (*Santalum album* L.)

🌀 Indian Sandalwood (*Santalum album* L.)

If Indian sandalwood (*Santalum album* L.) essential oil is not diluted enough it can smell sharp, almost like dill (*Anethum graveolens*) essential oil. However, if you use it sparingly and give the aroma a chance to mellow out, sandalwood (*Santalum album* L.) essential oil morphs into a smooth, soft scent. This is an essential oil I highly recommend you take the time to sit with and get to know. When using it, the initial inhalation brings me to the present moment. As I continue to inhale, it transports me to a distant forest where I am the wind whistling through exotic trees. Indian sandalwood (*Santalum album* L.) essential oil is very high in sesquiterpenes, alpha-santalol (46.2-59.9%), and beta-santalol (20.5-29.0%).³ Sandalwood (*Santalum album* L.) essential oil has anti-inflammatory, antioxidant, antibacterial, antifungal, antiviral and has a cytotoxic effect (due to its high alpha-santalol content) against some cancer cells.⁷ Sandalwood (*Santalum album* L.) essential oil is sought after for its skin soothing properties as well as its ability to soothe the mind.

🌀 Vetiver (*Vetiveria zizanioides*)

Vetiver (*Vetiveria zizanioides*) essential oil has a deep, smoky fragrance that reminds me of walking out of my tent, to a smoldering bonfire left to burn out overnight, on the first camping trip of the year. When its aroma is light it reminds me of a vintage bookstore (one of my favorite places). Vetiver (*Vetiveria zizanioides*) essential oil's key constituents are khusimol (3.4-13.7%) and vetiselinol (1.3-7.8%).³ Vetiver (*Vetiveria zizanioides*) essential oil has anti-inflammatory, antimicrobial, antioxidative, and anxiolytic properties.⁸ Inhaling the essential oil increases brain activity, alertness, and could be beneficial to learning and memory.⁸ Vetiver (*Vetiveria zizanioides*) essential oil is super grounding to me. I like to use it when I have a headache and in conjunction with tapping techniques. I even use it as a stand-alone essential oil in a rollerball for pulse points and acupressure.

🌀 Grapefruit (*Citrus × paradisi*)

Grapefruit (*Citrus × paradisi*) essential oil smells like sunshine. If there is one essential oil that I grab when I need a quick pick-me-up, it is grapefruit (*Citrus × paradisi*). It is bright and refreshing. I can't help but exhale a smile after drawing a deep breath of this lovely essential oil. Grapefruit (*Citrus × paradisi*) essential oil is uplifting, detoxifying, and reduces anxiety/depression.⁹ The most prominent constituent in grapefruit (*Citrus × paradisi*) essential oil is the monoterpenoid, limonene (84.8-95.4%).³ Terpenoids are generally thought to be antiseptic, antiviral, and uplifting.¹⁰ I love blending it with black pepper (*Piper nigrum*) essential oil for diffusing when I need a little sunshine in my life.

🌹 Rose (*Rosa × damascena*)

I use rose (*Rosa × damascena*) essential oil very sparingly. In fact, I prefer to use rose (*Rosa × damascena*) as a hydrosol. When the scent is too heavy, it tends to give me a headache. However, when used with a very gentle hand, I love its comforting qualities. It smells like kindness. The essential oil has a very strong floral aroma almost everyone can recognize immediately. Rose (*Rosa × damascena*) essential oil, like a true queen, is powerful yet feminine. The main constituents are the monoterpenoids citronellol (16.0-35.9%) and geraniol (15.7-25.7%).³ The anti-inflammatory, cell regenerative, and stress reducing effects coupled with the feminine scent and aphrodisiac qualities of rose (*Rosa × damascena*) make it a popular choice for use in cosmetics, skin care, and perfumes. Aromatherapy with rose (*Rosa × damascena*) essential oil has been associated with a reduction of severity of psychological and physical symptoms in women suffering from premenstrual syndrome.¹¹ I like to make my own facial skincare mask with rose (*Rosa × damascena*) hydrosol and calcium bentonite clay when I need to pamper myself. I love rose in food and beverages. Rose tea always helps me to unwind when I feel stressed out and how can you beat rose (*Rosa × damascena*) and cardamom (*Elettaria cardamomum*) crème brûlée as a comfort food?

Here are some of my favorite recipes and ways I use aromatherapy for coping when life gets heavy.

Perfect Chamomile and Rose Tea

This is a cup of pure heaven. It is naturally sweet and intoxicatingly floral.

Ingredients:

- 1 tablespoon dried organic chamomile (*Anthemis nobilis* or *Matricaria recutita*) flowers
- 1 tablespoon dried organic rose (*Rosa × damascena*) buds or petals
- 2- 2 ½ cups water

To Make: I make this tea in a small tea pot because one cup is just not enough. Add the dried organic flowers to your tea pot basket. Heat water until it is just about to boil (between 200-212 degrees F). Add hot water to the tea pot and let steep for five minutes.

To Use: I like this tea without any sweetener most of the time. However, I have used honey to bring out the chamomile flavor. If you are feeling like having an extra exotic cup, add a spoonful of vanilla infused sugar! Vanilla infused sugar is simple to make. After you have used a vanilla (*Vanilla planifolia*) bean to make that delicious crème brûlée I mentioned earlier, just put the empty vanilla bean pod in a jar of white sugar and close the lid. The longer it sets, the yummiest it gets.

Alternative Way of Making: This tea can also be made as a sun tea. To do so, fill a quart jar with fresh spring water, add 2 tablespoons of dried organic chamomile (*Anthemis nobilis* or *Matricaria recutita*) flowers and 2 tablespoons dried organic rose (*Rosa × damascena*) buds or petals. Close the lid and then let the sun do its magic for at least 6 hours. To infuse extra magic, try leaving it out overnight by the light of the full moon!

Cautions: For adult use only.

The National Suicide Prevention Lifeline 1-800-273-TALK (8255)

- for those in suicidal crisis
 - for those suffering from emotional stress
 - for those needing access to crisis resources for yourself or a loved one.
- Free and confidential emotional support 24 hours a day, 7 days a week.²

Simple Milk Bath

Long baths are part of my self-care routine. Cleopatra took milk baths and was said to have beautiful skin. Milk contains lactic acid, an alpha hydroxy acid. Alpha hydroxy acid helps to get rid of the dead skin cells on the surface of your skin. You can chase away wrinkles and chase down smooth skin while you soak your cares away with this simple milk bath recipe.

If you want to elevate your simple bath to a royal level fit for Cleopatra, you can add dried flowers, calamine powder, colloidal oatmeal, honey, or shimmering mica powder if you like a glittery touch. If you are not a fan of having to clean out your bath tub after you take your bath, I suggest putting the “extras” (everything but the mica—you can never have too much glitter in your life) in a mesh/muslin cloth bag before adding it to your bath. This recipe will make enough for 1-3 baths depending on how big your bathtub is and how intense you want to make your milk bath.

Ingredients:

- 1 cup Epsom salt
- 2 cups powdered milk (cow or goat)
- Optional:*
- 1-2-oz. flower petals
- ¼- ½ cup colloidal oatmeal
- ½ cup sea salt
- ½ cup baking soda
- ¼-1 teaspoon shimmer mica powder/colored mica powder (yes, glitter is my favorite color!)
- 2 tablespoons honey—This will be harder to incorporate. Make sure you add it with the essential oils and mix well into the Epsom salt before adding the other ingredients.

Essential Oils:

- 1-3 drops rose (*Rosa × damascena*)
- 1-3 drops Indian sandalwood (*Santalum album* L.)
- 10-20 drops Roman chamomile (*Anthemis nobilis*)

To Make: Pour Epsom salt into a large mixing bowl. Add essential oils, making the fragrance as light or strong as you choose. Note that you may want to make it a bit stronger if you are going to use it in more than one bath. Blend completely (I prefer mixing with gloved hands especially if you are adding honey). If you are adding honey you need to do it now. Add the powdered milk (here is where you would also add colloidal oatmeal, sea salt, or baking soda). Blend thoroughly. Add mica powder as the last dry ingredient as it helps to keep it from clumping together and helps to keep the color consistent. If you choose to add dried flowers, it should be the very last thing you add. Mix them gently so that you do not break up their beautiful petals. Store in an air-tight jar and keep it in a cool, dark, dry location.

To Use: Add 2 – 3 tablespoons to warm bath water. Swirl water to mix.

Cautions: For adult use only. Possible skin sensitivity in some people.

I Can Do This Roller Ball

I carry this roller ball with me when I know I will be faced with challenges. Though I have done several presentations, I still get nervous when I speak. I get even more nervous when I have to take an exam. I keep this roller ball blend in my desk drawer at work.

Ingredients:

- 10 mL avocado (*Persea americana*) oil

Essential Oils:

- 4 drops blue tansy (*Tanacetum annuum* L.)
- 4 drops black spruce (*Picea mariana*)
- 2 drops vetiver (*Vetiveria zizanioides*)

To Make: Add the essential oils to a 10 mL rollerball. Fill the remaining space with the avocado oil. Cap. Shake gently to mix.

To Use: Apply to wrists and temples when you are shaking in your boots.

Cautions: For adult use only.



Detoxifying Face Mask

What better to go with your milk bath than this facial skincare mask? The hydrosols provide the perfect amount of aromatherapy for your brain to detox from negative thoughts while calcium bentonite clay provides deep cleaning and detoxification to your skin. You only need to use it once or twice a week to reap the reward of smooth glowing skin.

Ingredients:

- 2 tablespoons calcium bentonite clay
- 2 tablespoons rose (*Rosa × damascena*) hydrosol
- 1 tablespoon helichrysum (*Helichrysum italicum*) hydrosol

To Make: In a small bowl combine the calcium bentonite clay and both of the hydrosols. Mix and mash well. You may have to work a bit to get out the bigger lumps.

To Use: Smooth mask onto a clean dry face. Relax. Let the mask dry and tighten while breathing deeply for 10-15 minutes. Massage and rinse thoroughly with warm water. Discard any leftover mask.

Cautions: For adult use only.

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About Jaime Vinson:

Jaime Vinson is a certified holistic nurse and works as a clinical nurse specialist fellow, specializing in complementary health and Holistic Nursing Committee coordinator for her healthcare system. She is an adjunct clinical lecturer at Indiana University Fort Wayne School of Nursing. Jaime is the recipient of the 2019 American Holistic Nurses Association (AHNA) Research Grant Award and the 2020 AHNA Rising Star Award. As Indiana director for the National Association for Holistic Aromatherapy (NAHA), she enjoys providing aromatherapy education, presentations, and workshops. Her passion is to research and incorporate complementary health approaches into the acute care setting.



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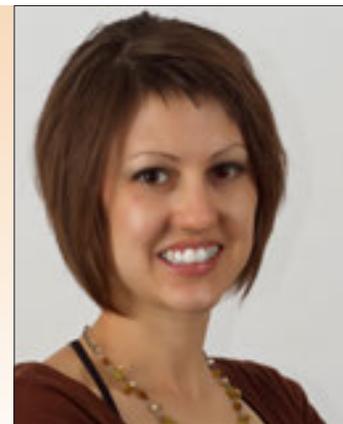
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Aromatherapy Use for the Relief of Chronic Pelvic Pain

By Stephanie Yeager



When I was twenty-six years of age, I got married and discovered that sex was excruciatingly painful for me. Not just once, but every time. It took two and a half years and five practitioners later before I finally had a diagnosis that made sense to me and I started receiving appropriate care.

Chronic Pelvic Pain (CPP) is defined as pain in the pelvic region that is intermittent or all month long (non-cyclical) lasting for at least six months.^{1,2} Persistent pelvic pain problems in women's sexual and reproductive health affect not only sexual functioning but also psychological wellbeing and quality of life. Yet, as I personally experienced, these conditions are often poorly understood, misdiagnosed, or ignored.³

Prevalence of CCP among women of childbearing age varies across sample sizes from 5.6% to 26.6%.¹ Cumulative research has shown that at least 80% of the time it is triggered by non-gynecological functional disorders of the bladder, lower bowel, and/or supportive structures of the pelvis.² The typical problems associated with persistent pain in the pelvic region are likely to occur in various combinations including Painful Bladder Syndrome (Interstitial Cystitis or IC), Irritable Bowel Syndrome (IBS), endometriosis, hypertonic pelvic floor dysfunction, recurrent vaginal and urinary tract infections, and

Vulvodynia (vaginal burning, itching, pain, or sensitivity either provoked or generalized).² Predisposing factors that may bring the onset of these conditions include genetic and hormonal influences, injuries, falls, traumas, abuse, stress, anxiety, depression, or long term cumulative pelvic stress from sports or other activities.²

The available data suggests that a multidisciplinary approach to care generates significantly better outcomes in the management of CPP than any given medical or alternative intervention alone.⁴ Some Complementary and Alternative Medicine (CAM) approaches to CPP that have been researched include mind-body therapies such as acupuncture and meditation and pelvic floor therapies including biofeedback and myofascial massage.⁵ Research into essential oils for the reduction of persistent pain and discomfort in the pelvic region are limited and very new. However, there is research basis for the use of aromatherapy for aspects of CPP conditions due to their anti-microbial, anti-inflammatory, analgesic, antispasmodic, and psychosomatic properties.

Tea Tree Essential Oil Research

Several in vitro studies found anti-fungal effects of tea tree (*Melaleuca alternifolia*) essential oil affective against *Candida albicans*

strains commonly found in the vaginal microbiota of patients with vaginitis.^{6,7} In vivo activity of the main bioactive constituent in tea tree essential oil, terpinen-4-ol, demonstrated the clearance of *C. albicans* pathogenic species even against resistant strains.⁸ Tea tree oil suppositories have made an appearance on the marketplace from several manufacturers and are readily available online or in stores.

Other essential oils to consider for topical use to reduce symptoms of rawness or itching that may present along with pathogenic yeast overgrowth include frankincense (*Boswellia carterii*) essential oil for its skin cell healing and preserving properties;⁹ lavender (*Lavandula angustifolia*) essential oil for its antiseptic and analgesic properties to reduce pain and inflammation;⁹ helichrysum (*Helichrysum angustifolium*) essential oil for its anti-inflammatory and tissue regeneration properties.⁹

Urinary Issues and Essential Oil Use

Urinary tract ailments such as bladder infections, Interstitial Cystitis (IC), and UTIs can be helped with antimicrobial and anti-inflammatory essential oils that are also gentle enough to be used on very sensitive tissues. Sandalwood (*Santalum album*) essential oil is a gentle astringent and urinary antiseptic¹⁰ suited for use in a sitz bath, a shallow bath just up to the hips of tepid (92-97 degrees Fahrenheit) water.¹⁰

Other essential oils well suited to urinary tract problems include Roman chamomile (*Anthemis nobilis*) essential oil for its soothing, calming nature and it is considered one of the most gentle essential oils;⁹ lavender (*Lavandula angustifolia*) essential oil for its analgesic and anti-inflammatory properties;⁹ cedarwood

(*Cedrus atlantica*) essential oil for its gentle antiseptic, astringent, and diuretic properties;⁹ and bergamot (*Citrus bergamia*) essential oil for its use in the early stages to prevent the infection from spreading.⁹ For burning and irritation that's commonly associated with UTIs after urinating and also commonly associated with entrance pain in provoked vulvodynia, these essential oils can be used to cleanse and soothe the perineum in an aromatic wash blotted dry with a soft, clean towel.¹⁰

Irritable Bowel Syndrome and Essential Oil Use

Irritable bowel syndrome (IBS) and other lower bowel and gastrointestinal related conditions may seem unrelated to pain and sensitivities in the lower vaginal regions like the vestibule and labia. However, sensations from the lower bowel, bladder, and reproductive organs go into our sacral nerves. And the pudendal nerve, which branches out and innervates the entire vulvar region, originates from those sacral nerve roots.²

Essential oils to reduce symptoms associated with IBS include those essential oils with antispasmodic properties.



Tea tree (*Melaleuca alternifolia*)



Left-to-Right: Clary sage (*Salvia sclarea*), Lavender (*Lavandula angustifolia*), Sweet marjoram (*Origanum majorana*)

These essential oils include:

- angelica (*Angelica archangelica*)
- basil (*Ocimum basilicum*)
- bergamot (*Citrus bergamia*)
- cardamom (*Elettaria cardamomum*)
- clary sage (*Salvia sclarea*)
- cypress (*Cupressus sempervirens*)
- sweet fennel
(*Foeniculum vulgare* var. *dulce*)
- frankincense (*Boswellia carterii*)
- geranium (*Pelargonium graveolens*)
- ginger (*Zingiber officinale*)
- helichrysum (*Helichrysum italicum*)
- jasmine (*Jasminum officinale*)
- lavender (*Lavandula angustifolia*)
- lemon (*Citrus × limon*)
- sweet marjoram (*Origanum majorana*)
- myrrh (*Commiphora myrrha*)
- peppermint (*Mentha × piperita*)
- ravensara (*Ravensara aromatica*)
- Roman chamomile (*Anthemis nobilis*)
- rosemary
(*Rosmarinus officinalis* ct. *verbenone*)
- thyme (*Thymus vulgaris* ct. *linalool*)
- vetiver (*Vetiveria zizanoides*)
- ylang ylang (*Cananga odorata*).¹²

Neuropathic Pain Relief and Essential Oil Use

Pudendal tenderness is commonly found in patients with combinations of diagnoses such as IBS, IC, endometriosis, and pelvic floor dysfunction, actually due to a peripheral neuropathy (or neuralgia) of the pudendal nerves themselves. The site of sensitivity is near the bony prominence we sit on, our sit bones, precisely where the pudendal nerve exits from its tiny canal and branches out into the entire vulvar region.

Essential oils for neuropathic pain relief are those with analgesic and neuroprotective properties, specifically those with the major sesquiterpene Beta-caryophyllene.²¹ These essential oils include oregano (*Origanum vulgare*), cinnamon (*Cinnamomum zeylanicum*), black pepper (*Piper nigrum*), rosemary (*Rosmarinus officinalis*), clove (*Syzygium aromaticum*), and the oleoresin of copaiba (*Copiafera reticulata*). These essential oils should only be applied externally, as in the recipe, *Concentrated Topical Blend*, given in this article.

While acute pain is likely to arise from tissue damage, chronic pain may be experienced in the absence of tissue damage or any

pathophysiological cause.¹³ This is not to say that the pain isn't real. Quite to the contrary, there are numerous studies demonstrating alterations in brain regions involved in the modulation of pain in patients with chronic pain unrelated to tissue damage.¹³ Case in-point: Phantom limb pain.¹⁴ The physiology of the central amplification of pain and how the brain "decides" what is painful is just now becoming understood. If we think of pain as a danger signal and our nervous system as a volume dial, it's like the nervous system is stuck on "max" volume, in a state of hyper activity all the time.² Any added stressor or trigger can subsequently crank the volume up even higher, compounding the pain/danger signals. So how can we "turn the volume dial down" through self-care with essential oils while simultaneously addressing any physiological triggers that may be amplifying the pain response?

Chronic Pelvic Pain (CPP) affects not only sexual functioning but also psychological wellbeing and quality of life. The complex anatomy of the pelvic region and the various combinations of conditions likely to occur in association with persistent pelvic pain make the diagnosis, understanding, and treatment of CPP challenging. A multidisciplinary approach has been founded in the research to provide better outcomes than any single treatment modality alone.

So, while research into aromatherapy for chronic pelvic pain is very limited and new, there is research basis for the use of essential oils for aspects of conditions associated with CPP. Thus, the use of essential oils as a viable

complementary and alternative therapy could be included in the multidisciplinary approach to the treatment of CPP.

The essential oils useful in these conditions include those with antimicrobial, anti-inflammatory, analgesic, antispasmodic, and psychosomatic effects. For the reduction of pain, inflammation, pathogens, and spasms and for stress and anxiety management

including the deepening of mindfulness-based stress

reduction practices to "turn the pain volume dial down."

Meditation, Mindfulness, and Essential Oil Practice

Essential oils are well-suited to self-care and stress reduction techniques to help

to bring the central nervous system into the parasympathetic branch where we can rest, relax, and "turn the volume dial down." Our "fight or flight" mode (the sympathetic branch of the autonomic nervous system) is meant to help us survive in very imminent, dangerous situations. We are not meant to operate in this mode on an ongoing, daily basis.

Meditation and mindfulness practice has been shown to create physiological reactions in the body and brain consistent with parasympathetic activity.¹⁵ One study, though small in sample size, found the greatest reduction in anxiety scores among participants who used mindfulness meditation and aromatherapy together.¹⁶ Essential oils used in the study were that of *Satureja brevicalyx* and *Satureja boliviana* (which is not commercially produced) aromatic plants belonging to the *Lamiaceae* family and high in the bio-constituent linalool



Angelica (*Angelica archangelica*)

(21.1%).¹⁶ Participants were administered the essential oil by inhalation via the use of environmental diffusers.

Other essential oils for inhalation that may be well suited to supporting a mindfulness meditation practice include angelica (*Angelica archangelica*) for its grounding and comforting effects useful in stress related disorders; basil (*Ocimum basilicum*) as it can reduce anxiety and regulate the nervous system; bergamot (*Citrus bergamia*) for its tonic effect on the central nervous system; cardamom (*Elettaria cardamomum*) to cleanse the room and for its historic use in rituals; cedarwood (*Cedrus atlantica*) for its aid in relieving tension and regulating the

nervous system; clary sage (*Salvia sclarea*) for its calming and restorative qualities; elemi (*Canarium luzonicum*) for bringing about feelings of peace and assisting with visualization; frankincense (*Boswellia carterii*) as it aids contemplation and removes unwanted energies; juniper (*Juniperus communis*) to uplift and aid in anxiety and stress relief; patchouli (*Pogostemon cablin*) as it's thought to support cognition and concentration; scotch pine (*Pinus sylvestris*) to clear the environment and promote self-awareness; sandalwood (*Santalum album*), an earth element useful in enhancing devotion; and vetiver (*Vetiveria zizanoides*) for its subtle ability to reduce fears and balance the central nervous system.¹²

Sitz Bath for Urinary Tract Infections

Ingredients:

- 1/2 cup Epsom salts
- 1 Tablespoon baking soda (*Sodium bicarbonate*)
- 2 Tablespoons honey
- 2 Tablespoons apple cider vinegar

Essential Oils:

- 2 drops lavender (*Lavandula angustifolia*)
- 2 drops sandalwood (*Santalum album*)
- 1 drop Roman chamomile (*Anthemis nobilis*)

To Make and to Use: Mix together the Epsom salts, baking soda, honey, apple cider vinegar and essential oils in a cup or mug. Add the aromatic mixture to the running bathwater. Fill the bathtub* to hip level with tepid water (92-97 degrees Fahrenheit). Soak for 15-20 minutes.

*If you don't have access to a bathtub, use a small foot bath and place it in the bottom of the bathtub or shower. You can squat in this like a sitz bath.

Cautions: For adult use only. Possible sensitivity in some people. If irritation occurs, discontinue use.

Massage Oil Concentrate

for urinary bladder cystitis

Carrier Oils:

- 0.5-oz. fractionated coconut (*Cocos nucifera*)
- 0.5-oz. calendula (*Calendula officinalis*)

Essential Oils:

- 12 drops lavender (*Lavandula angustifolia*)
- 6 drops sandalwood (*Santalum album*)
- 6 drops Roman chamomile (*Anthemis nobilis*)

To Make: Add the essential oils to an amber glass bottle. Add fractionated coconut oil and calendula oil and shake gently to mix. Add essential oils and shake again to mix.

To Use: Morning and night, gently massage two drops of the blend into the lower abdomen area, over the bladder and two drops into the lower back area over the kidneys. Cup hands over nose and inhale the essences deeply several times.

Cautions: For adult use only. Possible sensitivity in some people. If irritation occurs, discontinue use.



Moringa (*Moringa oleifera*)

Topical Spray

for itching, rawness, and irritation that may accompany vaginal yeast infections

Carrier Oil:

2-oz. moringa (*Moringa oleifera*) oil

Essential Oils:

- 10 drops tea tree (*Melaleuca alternifolia*)
- 8 drops lavender (*Lavandula angustifolia*)
- 4 drops frankincense (*Boswellia carteri*)
- 2 drops helichrysum (*Helichrysum italicum*)

To Make: Add the essential oils to an amber glass bottle with spray top. Add the moringa oil and shake gently to mix well. Label contents and add the date.

To Use: Spray on the perineal area twice a day, especially at night before bed. Blot excess oil with non-irritant toilet paper or a soft, clean towel.

Cautions: For adult use only. Possible sensitivity in some people. If irritation occurs, discontinue use.

Lifestyle and integrative recommendations include strictly avoiding sugar and refined carbohydrates, eliminating food sensitivities, improving digestive function,⁹ using probiotic strains of *Lacobacillus* including *rhamnosus*, *acidophilus*, and *paracasei*¹⁷ and herbal extracts of henna (*Lawsonia inermis*), ashwagandha (*Withania somnifera*), turmeric (*Curcuma longa*), and ginger (*Zingiber officinale*).¹⁸

Aromatic Perineum Wash

for burning and irritation associated with UTI urination and entrance pain of provoked Vulvodynia

Hydrosol:

3-oz. hydrosol*

*Suggested Hydrosol Options:

- Roman chamomile (*Anthemis nobilis*)
- Lavender (*Lavandula angustifolia*)
- Sandalwood (*Santalum album*)
- Rose (*Rosa × damascena*)

To Make: In a clean plastic 3-oz. squeeze bottle add hydrosol. Label and cap.

To Use: Rinse the perineal area with a few squirts of the aromatic wash and blot dry with non-irritant toilet paper or a soft, clean towel.

Cautions: For adult use only. Possible sensitivity in some people. If irritation occurs discontinue use.

Lifestyle and integrative recommendations for urinary tract health include drinking plenty of water,¹ at least half of your body weight in ounces of water a day, getting plenty of rest, avoiding sugar and avoiding stimulants like caffeine and alcohol.¹⁰ Herbal extracts and teas to consider include cranberry (*Vaccinium macrocarpon*), sage (*Salvia officinalis*), holy basil (*Ocimum sanctum*), Chinese cinnamon (*Cinnamomum cassia*), field horsetail (*Equisetum arvense*), barberry (*Berberis vulgaris*)¹⁹ and Horse mint (*Mentha longifolia*).²⁰



St. Johns Wort (*Hypericum perforatum*)

Topical Blend

for pudendal nerve pain and CPP

Carrier Oils:

2-oz. St. Johns wort (*Hypericum perforatum*)

Essential Oils:

9 drops black pepper (*Piper nigrum*)

9 drops oleoresin of copaiba (*Copaifera reticulata*)

5 drops clove (*Syzygium aromaticum*)

1 drop cinnamon (*Cinnamomum zeylanicum*)

To Make: Add the essential oils to an amber glass bottle then add the St. Johns wort oil and shake gently to combine. Label contents and date.

To Use: Apply 2-3 drops of the blend gently to the external sit bones area, no more than twice a day.

Cautions: For adult use only. Avoid use in conjunction with homeopathic treatment. Possible skin sensitivity. Discontinue use if sensitivity occurs.

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Inhalation Blend

for stress relief and mindfulness meditation

Irritable bowel conditions are often associated with high amounts of stress.⁹ The inhalation blend can be used to help alleviate stress and anxiety and also to deepen and support mindfulness-based stress reduction meditation practices.

Dietary and lifestyle interventions have been shown to improve IBS symptoms.¹¹ These include eliminating food sensitivities, increasing digestive function by chewing food more thoroughly and in a relaxed atmosphere, avoiding products that further irritate the stomach and intestinal lining such as alcohol and smoking, avoiding caffeine, dairy, sugar, spicy foods, fried foods, processed and junk food while eating plenty of whole foods including fruits and vegetables.⁹ Herbal extracts or teas to relieve IBS symptoms include chamomile, fenugreek, ginger, goldenseal, slippery elm, marshmallow, skullcap, and valerian root as well as green tea (*Camellia sinensis*).⁹

Essential Oils:

2 drops elemi (*Canarium luzonicum*)

2 drops juniper berry (*Juniperus communis*)

1 drop clary sage (*Salvia sclarea*)

1 drop angelica (*Angelica archangelica*)

To Use: Fill a 150mL home diffuser to the fill-line with distilled water. Add essential oils. Let the diffuser run for 10-20 minutes during your mindfulness meditation practice or at anytime during the day, up to 3 times a day.

Cautions: Avoid diffusing around pets, pregnant women, and babies and children. Diffuse in a well-ventilated space.

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About Stephanie Yeager:

Stephanie is passionate about spreading the word of hope and healing for those suffering from persistent genital, sexual, and pelvic pain. She is dedicated to influencing a paradigm shift in the medical community toward greater understanding of these conditions, and prevention initiatives that may protect young women before onset can occur. Stephanie has a B.Sc. degree from Indiana Wesleyan University. She is a certified women's health and functional nutrition coach, as well as a certified integrative aromatherapist from the Institute of Integrative Aromatherapy. To learn more about Stephanie, visit her website at: <https://www.paindownthere.com/>

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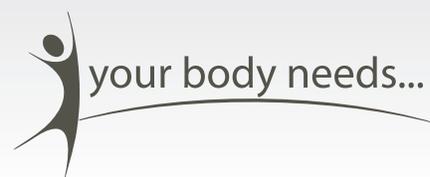


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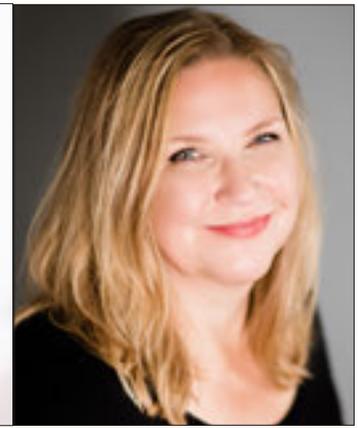
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The Truth about Hand Sanitizers

By Kayla Fioravanti



In March 2020, the pandemic called *coronavirus (COVID-19)* triggered a rush on hand sanitizers. Consumers and businesses alike rapidly jumped on the DIY hand sanitizer bandwagon. Unsafe and inaccurate DIY recipes swept social media. The U.S. Food & Drug Administration (FDA) warned consumers, “FDA recommends that consumers do not make their own hand sanitizer. If made incorrectly, hand sanitizer can be ineffective, and there have been reports of skin burns from homemade hand sanitizer. The agency lacks verifiable information on the methods being used to prepare hand sanitizer at home and whether they are safe for use on human skin.”¹

Antimicrobial Sanitizers as OTC Drugs

In the United States, the Center for Drug Evaluation and Research (CDER), a division of the U.S. Food and Drug Administration (FDA), regulates all antimicrobial sanitizers as over-the-counter drugs (OTC). Any and all topical products making anti-microbial claims must follow all of the regulations. The FDA also regulates what type of claims can be made on OTC hand sanitizers. In fact, PURELL® received a strong warning letter from the FDA for breaking those rules. On their product web pages for PURELL® Healthcare Advanced Hand Sanitizer the company claimed it: “Kills more than 99.99% of most common germs that may cause illness in a healthcare setting, in-

cluding MRSA & VRE.” There were also more unsubstantiated claims that converted their OTC product into an unapproved new drug.²

During the pandemic, businesses also started making hand sanitizers without complying with the Center for Drug Evaluation and Research (CDER) regulations of over-the-counter (OTC) drugs. The FDA began sending out warning letters to businesses who were selling *Unapproved and Misbranded Products Related to Coronavirus Disease 2019 (COVID-19)*. Between March 6, 2020 and June 30, 2020 a **total of forty-three warning letters went out to companies requiring immediate cessation of all claims** that misbranded products in violation of the FD&C Act on social media, website, and in all printed material.³

The Federal Trade Commission (FTC) also has regulatory power over the claims made about products. As of June 30, 2020, there were **sixty-five companies who were cited by the FTC for breaking the FTC Act.**⁴ According to the FTC, “It is unlawful under the FTC Act ... to advertise that a product can prevent, treat, or cure human disease unless you possess competent and reliable scientific evidence, including, when appropriate, well-controlled human clinical studies, substantiating that the claims are true at the time they are made. For COVID-19, no such study is currently known to exist for the product identified above. Thus,

any coronavirus-related prevention or treatment claims regarding such product is not supported by competent and reliable scientific evidence. You must immediately cease making all such claims.”⁵

As small business owners it is vital that we follow the laws that govern products and that we share formulation advice that is completely accurate and safe. The unsound formulation advice and selling of unproven DIY hand sanitizers puts liability on your business for products that may or may not mitigate a disease, let alone coronavirus (COVID-19).

Temporary Guidance on Preparation and Distribution of Hand Sanitizer

In response to the hand sanitizer shortage, the U.S. Department of Health and Human Services, Food and Drug Administration, Center for Drug Evaluation and Research (CDER) issued a *Temporary Policy for Preparation of Certain Alcohol-Based Hand Sanitizer Products During the Public Health Emergency (COVID-19) Guidance for Industry* in March of 2020. This measure gave an avenue for businesses that were not previously regulated by the FDA as drug manufacturers to have temporary guidance on the preparation and distribution of hand sanitizer.

According to the *Temporary Policy for Preparation of Certain Alcohol-Based Hand Sanitizer Products During the Public Health Emergency (COVID-19) Guidance for Industry*, action will not be taken by the FDA for the duration of the COVID-19 public health emergency against companies that produce hand sanitizer with very specific conditions set by the FDA. I will break down the basics here, but I have also included the full text.

The Key Points of the Temporary Guidance for Hand Sanitizers for Businesses

The simplified key points that anyone considering selling hand sanitizer must meet include:

- Only a specific list of ingredients is allowed.
- The alcohol must be denatured and meet the standards set for in the temporary guidance.
- Only formulas that are consistent with the World Health Organization’s (WHO) recommendations are allowed.
- Absolutely no active or inactive ingredients may be used (including essential oils).
- There must be accurate record keeping of all batches.
- Testing using accurate methods of analysis must be run on every batch to ensure the correct level of alcohol.
- All manufacturing must be done under sanitary conditions with appropriate equipment.
- The final formula must be aqueous and not be a gel, foam, or aerosol spray.
- Labeling must use the standards for the principal display and drug panels set forth in Appendix A, B, C, or D which can be currently found on page 16 of the *Temporary Policy for Preparation of Certain Alcohol-Based Hand Sanitizer Products During the Public Health Emergency (COVID-19) Guidance for Industry*.⁶
- The facility and product must be registered in the FDA Drug Registration and Listing System.⁷



Updates to the Temporary Guidelines

On June 1, 2020 the FDA did an update on the document to further clarify several details

including what kind of alcohols are safe for use for hand sanitizers. This was very likely triggered by the warning letter against the company *Eskbiochem* due to the potential presence of a toxic substance known as methanol (wood alcohol) that is toxic both through skin absorption and ingestion.⁸ In the updated information, the FDA allowed for alcohol (ethanol) produced for consumption and alcohol derived from synthetic processes that met United States Pharmacopeia (USP) and Food Chemicals Codex (FCC) grade. In addition, they made a path for alcohol produced by facilities that normally produce fuel or technical grade alcohol (ethanol) as long as it is produced by fermentation or distillation used for consumables, it contains no other additives or chemicals, it meets USP or FCC grade requirements, and the alcohol has been screened for impurities.

Types of Alcohol

The form of alcohol used is critical to the success of a hand sanitizer formula. If you are making hand sanitizer for your personal use it is important to be aware that rubbing alcohol, a.k.a. isopropyl alcohol, and the alcohol that you drink are very different. The alcohol that you drink is **ethyl alcohol** (C₂H₅OH) and rubbing alcohol is **isopropyl alcohol** (C₃H₈O). Another alcohol that you may see on the market is **denatured alcohol**. It has been denatured to deter people from drinking it. The Poison Control website warns that isopropyl alcohol is poisonous in small amounts to children and also poisonous for adults.

“Please, if you are stockpiling alcohol for hand sanitizers, be extra cautious that children do not have access to isopropyl alcohol.” –Kayla Fioravanti

Alcohol-based Product	Percentage of Alcohol Content
Witch Hazel USP	14%
Vodka	40-95%
190 Proof Everclear	95%

Alcohol Content by Numbers

When you look at alcohol you can find the percentage of alcohol in consumable liquor by checking the proof on the label. A label that reads 50% alcohol by volume is 100-proof. *Why is this important?* One, because you must reach at least the minimum level of alcohol for the hand sanitizer to be effective. If your alcohol is too weak the math will never work out. And two, you need to know how much alcohol is in a finished product, but also the fact that water and essential oils do not mix. This is just a fact of nature. So many DIY hand sanitizers’ recipes on the internet are recommending the use of essential oils. There are so many things wrong with these recipes. One, dangerous levels of essential oils are being recommended, and two, the essential oils are not being dispersed or emulsified into the finished product. Essential oils left improperly diluted and/or dispersed increase your risk of injury or sensitization.

Don’t be discouraged by the standards set forth in the *Temporary Policy for Preparation of Certain Alcohol-Based Hand Sanitizer Products During the Public Health Emergency (COVID-19) Guidance for Industry*. It is very doable. My company was able to register a hand sanitizer with significant ease compared to any other over-the-counter product in the past. And if you really want to provide hand sanitizers it is possible to work with a registered company to sell it either wholesale or private label.

Selling Bulk Hand Sanitizer by a Registered Company

So, what about repackaging bulk hand sanitizer manufacturer by a registered company? I have received countless questions on the legality of repackaging bulk hand sanitizers. I turned to other experts to confirm my suspicions. The consensus was that anything repackaged would be out of compliance with the National Drug Code (NDC). The NDC is a universal product identifier for human drugs in the United States. It uses a three-segment number that identifies the labeler (manufacturer, re-packer, or distributor), the product code (identifying strength, dosage, form, and formulation of drug for a company), and the commercial package size.⁹ If you choose to sell the bulk hand sanitizer in the packaging you purchase it in, or if you have the registered company private label it for you, that would then meet the National Drug Code standards.

Essential Oils and COVID-19

As an aromatherapist, I simply must touch on the use of essential oils to prevent or cure coronavirus (COVID-19). The FDA is not allowing the use of **any essential oils or other additives in the temporary measure to any hand sanitizer.** If you previously were a registered drug manufacturer of OTC hand sanitizer and that formula uses essential oils, then you can continue manufacturing and selling that product. If you are new and using the temporary measures, then you cannot add any material to fragrance or enhance the formula.

Also, keep in mind that absolutely no essential oils have been clinically proven to destroy the coronavirus (COVID-19). Shannon Becker, PhD RA further explains, “Essential oils



considered to be ‘antiviral’ are not universal virus killers. Before we explain the existing research on ‘antiviral essential oils,’ it is important to clarify the difference between virucidal and antiviral. ‘Antiviral’ means that a compound inhibits the proliferation of a virus, while ‘virucidal’ means a virus is destroyed or deactivated. In many instances, essential oils may be effective in killing one specific virus, but not another. Tea tree (*Melaleuca alternifolia*) essential oil inhibits the proliferation of influenza viruses inside cells (making it antiviral), but only modestly inhibits HSV-1 and HSV-2 (Garozzo et al 2009). Tea tree essential oil was not able to inhibit proliferation of the non-enveloped viruses’ poliovirus 1, adenovirus 2, echovirus 9, and Coxsackie B1 (Garozzo et al 2009).¹⁰

Business Insurance for Temporary Hand Sanitizer Production and Sales

From one business owner to another, I would be remiss to skip advising you to check if your business insurance will allow for you to sell this temporary OTC formula. I do know that *Indie Business Network* (IBN) members with product liability insurance through IBN’s program with Veracity Insurance Services have coverage for handmade hand sanitizer, so long as they are in compliance with *FDA’s Temporary Policy for Preparation of Certain Alcohol-Based Hand Sanitizer Products During the Public Health Emergency.* Check with your insurance manufacturing hand sanitizer. **Remember that this is a temporary measure.** Do not totally revamp your business to solely depend on hand sanitizer sales long term. This is a temporary way to pivot during the crisis caused by the COVID 19 pandemic. Also, don’t make any outrageous claims. Just keep it simple.

QUOTED DIRECTLY FROM THE FDA *Temporary Policy for Preparation of Certain Alcohol-Based Hand Sanitizer Products During the Public Health Emergency (COVID-19) Guidance for Industry* sourced from <https://www.fda.gov/media/136289/download>

1. The hand sanitizer is manufactured using only the following ingredients in the preparation of the product

a. *Select one of two options:*

(i) Alcohol (ethanol) that is not less than 94.9% ethanol by volume¹¹; OR

(ii) United States Pharmacopeia (USP grade) Isopropyl Alcohol (IPA)^{12,13}

b. Glycerin (glycerol) USP or Food Chemical Codex (FCC) (also known as “food grade”)

c. Hydrogen peroxide.

d. Sterile water (e.g., by boiling, distillation, or other process that results in water that meets the specifications for Purified Water USP). Water should be used as quickly as possible after it is rendered sterile or purified.

Additional Considerations for Ingredients in Preparation of the Product:

Alcohol (ethanol) that is produced using fermentation and distillation processes typically used for consumable goods, and that is made in a facility used for producing consumable goods, may be considered for use in hand sanitizer.

Alcohol derived from synthetic processes may be considered for use in hand sanitizer only if it meets USP or FCC grade.

Alcohol produced in facilities normally producing fuel or technical grade alcohol (ethanol) may be considered for use in hand sanitizer provided the following circumstances are present:

- (i) the alcohol is produced using fermentation and distillation processes typically used for consumable goods, and no other additives or other chemicals have been added to the ethanol;
- (ii) the alcohol meets USP or FCC¹⁷ grade

requirements or the conditions in Attachment 1; and,

(iii) the alcohol has been screened for any other potentially harmful impurities not specified in the USP or FCC requirements but potentially present based on the specific manufacturing environment.

Ingredients that are described as only meeting American Chemical Society (ACS) grade standards should generally not be used in hand sanitizers.

2. The alcohol (ethanol) is denatured either by the alcohol producer or at the point of production of the finished hand sanitizer product. Alcohol and Tobacco Tax and Trade Bureau regulations in 27 CFR part 20 and 21, respectively, describe requirements pertaining to, and provide a number of formulas for, denaturing alcohol. Formulas for use in hand sanitizers under FDA’s temporary policies include:

- a. Formula No. 40A or No. 40B with or without the tert-butyl alcohol
- b. Formula No. 3C (isopropyl alcohol)

Denaturing is critical because there have been reports of adverse events, including deaths, from ingestion of hand sanitizer. Most reports are from unintentional ingestion by young children. The alcohol should be denatured at either (1) the point of production by the alcohol production firm or (2) the point of manufacture or compounding of the hand sanitizer. Attachment 2 provides more information on the formulas used to denature alcohol before it is used in alcohol-based hand sanitizers. Attachment 2 reproduces Appendix C from FDA guidance for industry *Temporary Policy for Manufacture of Alcohol for Incorporation into Alcohol-Based Hand Sanitizer Products During the Public Health Emergency (COVID-19)*.

QUOTED DIRECTLY FROM THE FDA *continued*

3. The hand sanitizer is manufactured using only the following United States Pharmacopoeia (USP) grade ingredients in the preparation of the product (percentage in final product formulation) consistent with World Health Organization (WHO) recommendations.

- a. Alcohol (ethanol) (USP or Food Chemical Codex (FCC) grade) (80%, volume/volume (v/v)) in an aqueous solution denatured according to Alcohol and Tobacco Tax and Trade Bureau regulations in 27 CFR part 20; or Isopropyl Alcohol (75%, v/v) in an aqueous solution.⁹
- b. Glycerol (1.45% v/v).¹⁰
- c. Hydrogen peroxide (0.125% v/v).
- d. Sterile distilled water or boiled cold water.

4. The firm does not add other active or inactive ingredients, such as ingredients to improve the smell or taste, due to the risk of accidental ingestion in children. Different or additional ingredients may impact the quality and potency of the product.

5. The firm pays particular attention to ensure the ethanol or isopropyl alcohol active ingredient is correct and the correct amount of the active ingredient is used. A simple record should be used to document key steps and controls to assure each batch matches the formula developed for the drug product.

6. The hand sanitizer is prepared under sanitary conditions and equipment utilized is well maintained and fit for this purpose.

7. The firm uses the most accurate method of analysis available at the site for verification of alcohol content in samples of the finished drug product before each batch is released for distribution. Methods can include gas chromatography (GC), alcoholmeter, hydrometer, or other chemical analysis of at least equivalent accuracy. The sample tested can be performed on in-process material before filling into the final containers to be distributed.

8. The hand sanitizer product is produced as an aqueous solution and not as a gel, foam, or aerosol spray. The firm packages the finished hand sanitizer product in packaging appropriate for liquid drug products that will seal sufficiently to prevent evaporation of the alcohol or IPA. Manual pump sprays that seal sufficiently to prevent evaporation are consistent with this policy.

9. The hand sanitizer is labeled consistent with the attached labeling in Appendix A (Labeling for Ethanol Formulation Consumer Use), Appendix B (Labeling for Isopropyl Alcohol Formulation Consumer Use), Appendix C (Labeling for Ethanol Formulation Health Care Personnel Hand Rub Use), or Appendix D (Labeling for Isopropyl Alcohol Formulation Health Care Personnel Hand Rub Use).

10. Firms register their facility and list these products in the FDA Drug Registration and Listing System (DRLS, <https://www.fda.gov/drugs/guidance-compliance-regulatoryinformation/drug-registration-and-listing-system-drls-and-edrls>). Firms that are required to register their foreign establishment with FDA must list all known importers in the United States in their registration in accordance with Section 510(i)(1)(A) of the FD&C Act. See also 21 CFR 207.25(h)(2). Upon completion of registration and listing, firms receive automatic confirmation from the FDA and do not need to wait for a further communication from FDA before the firm can begin to distribute these products. FDA relies on registration and listing information to help manage drug shortages, monitor safety issues that may arise with product distributed to the public, and manage product recalls, among other important FDA public safety activities. Our help desk is standing by to assist with facilitating this process and can be contacted by sending an email to: edrls@fda.hhs.gov.⁶

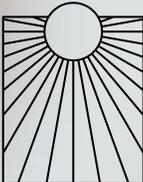
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About Kayla Fioravanti:

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/




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The central graphic features a circular collage of aromatherapy-related images. On the left, a large circle shows several glass bottles of essential oils and a pile of dried herbs and spices. On the right, a smaller circle shows a bouquet of purple lavender flowers. Below these, another circle shows a cluster of pink and purple flowers. Overlaid on the right side of the collage is a circular badge with a purple border. The badge contains the text "National Association for Holistic Aromatherapy" at the top, "NAHA APPROVED CONTINUING EDUCATION PROVIDER" in the center, and the NAHA logo and website "www.naha.org" at the bottom. The bottom of the badge also features the text "Through Community and Education".

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Pivoting Your Aromatherapy Business During a Pandemic

By Haleigh Fioravanti



As with any new year, 2020 came with so much promise: Goals were set, resolutions made, and hope was in the air. It felt like this was our year for significant growth! Did *you* also feel like this?

And then, *WHAM!* Coronavirus hit. I don't think any of us could have predicted the impact of this virus. As business owners, we plan for other roadblocks, like an issue with our finances, hiring the wrong person, or not enough customers, but certainly not for a pandemic. Unfortunately, this pandemic that we could have never planned for has had devastating effects on many small businesses around the world.

I think it goes without saying that we all experienced initial anxieties about what the future would hold. *Will I be able to continue to operate during this time? Will I have to shut down my shop? Will I be able to pay business and personal expenses?* These were fears running through every small business owner's head, and the one thing that seemed to keep us all going was that we truly were "in this together."

Lessons Learned from a Pandemic

As overwhelming as 2020 has been and as much as we all probably thought about throwing in the towel, this year has also been full of valuable lessons. First, we can be the

most organized business owner, but we can't plan for everything. But the most important lesson from this year **has been learning how to pivot.**

As business owners, we can allow ourselves a few minutes of panic time, and then we need to get to work. This is the time to think clearly and hone in on how you can make small changes in your business so that you can survive the storm – so that you can survive *any* storm.

My company, *Ology Essentials*, is a research driven brand of high-quality hemp CBD and luxury CBD skin care. Our product offerings include extracts and almost any topical you can think of – muscle gel, body butter, serums, lotions, and even eye creams!

Before this particular storm, we had around fifty products, and we had a **white and private label program** sitting on the back burner. **White labeling** is when you take the manufacturer's exact product and put your brand label on it. **Private labeling** is when the brand comes to the table with a formula to be manufactured or works with the manufacturer on a custom or semi-custom formula.

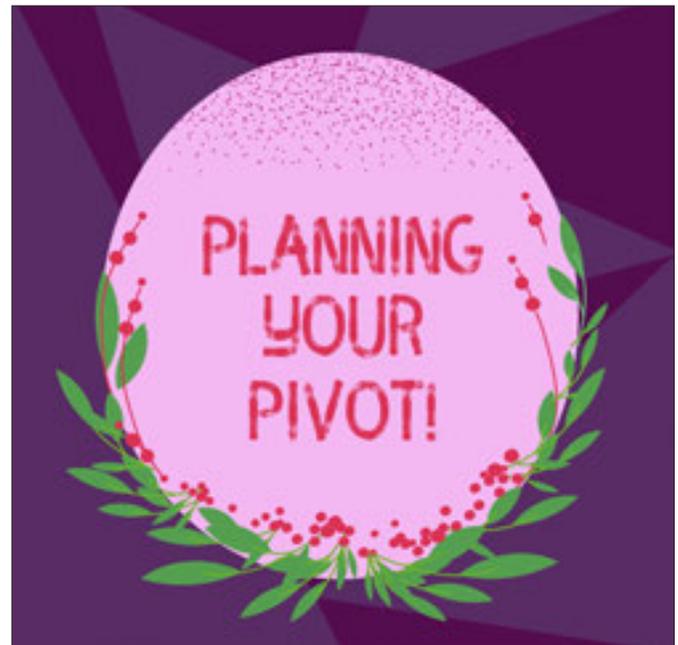
Our company saw this time as an opportunity to reevaluate some of our product offerings. We took note of what we were wasting our

time on, which products weren't selling, and we eliminated those products. Out of **fifty** products, we ended up eliminating around **eighteen** in total. We had to say goodbye to our *He* CBD line, which included a deodorant, beard and body oil, lotion and aftershave. The *He* line had a delicious musky and earthy aroma with ingredients like oak moss (*Evernia prunastri*) absolute, balsam (*Copaiba officinalis*) essential oil and Himalayan cedarwood (*Cedrus deodara*) essential oil. It was yummy, but it wasn't selling. We also eliminated *two* of our skincare lines, but in their place launched *one* powerhouse skincare line that could be used by *all* skin types. All of these products were loved by many team members, but we had to do what was best for the business.

"I highly recommend conducting a similar inventory in your business. There might be a product that you love, but it's not helping your company in any way if it's not selling." –Haleigh Fiovaranti

During this time, we also leaned into our **white label and private label programs**. We found that for many people, this lull in the year inspired them to launch their own products. We also saw many people decide that pivoting out of manufacturing on their own was the best option for their business. Because of the high demand in white and private label, we restructured and put more effort into these programs. Our company is now **30% white label and private label manufacturing**, whereas before it was approximately **10% of our business**.

One of the most important pivots we implemented was **adding a hand soap**



and FDA approved hand sanitizer production line at our manufacturing facility. We saw a need, and we felt that it was important to help out in the little ways we could, to fill that need. Take a look at *your* offerings and *your* skillset – is there anything you can offer that would help people during this crisis?

As aromatherapy businesses, we are in a very unique position. We are able to offer products and services that have the **ability to provide a sense of calm**. People are looking for products and ideas to help ease their anxieties. Now, I know we can't technically say these products or ideas will *cure* anxiety, but you know what I mean.

If you don't know what I mean, it's okay, but you should take a look at **your product names and marketing**. Are you making claims like your product will cure, heal, or provide relief? By making these claims, you are putting yourself at risk for getting in trouble with the FDA. Your products are considered

Questions to Ask Yourself on How to Pivot Your Business

1. What do people want/need right now?
2. Instead of asking yourself *how can I sell more during these times*, you should ask yourself, *how can I help during these times*?
3. What products aren't serving me and my business?
4. How can I revamp my online presence? Virtual Markets? Masterminds? More blog posts?

cosmetics, which means it is not regulated by the FDA. You cannot make any claims about your product other than cosmetic usage. It is only when your product is an FDA regulated drug that you can use words like *cure*, *treat* or *prevent*. Take this time to make sure that your products are not making any claims that they shouldn't do.

The last pivot, but certainly not the least, is about **online presence**. Our company has always been very active on social media platforms like *Instagram*, *Facebook* and *Twitter*. But we were also very active in the event and tradeshow space. During the pandemic, we have adapted to participating in virtual events with ease. Our team has also taken the opportunity to speak at several virtual events about hemp CBD awareness, as well as operating and marketing a business during a global crisis.

Now more than ever, **learning to pivot is the single most important thing to be able to do as a business owner.**

About Haleigh Fioravanti:

Haleigh is a true Nashville Native—a unicorn as some would say. You can always find Haleigh bouncing from passion to passion, wholeheartedly diving into a subject and then moving on to the next (a true Aries at heart). Her background is in cultural anthropology and filmmaking, but she's also found passion in health and sustainability. In fact, her interest in hemp was originally for its sustainability promises, but CBD came on the scene, and she hasn't looked back! Haleigh is a co-founder and Chief Marketing Officer (CMO) at: www.ologyessentials.com



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Autumn Recipes



Our autumn issue focuses on leaves. We asked our directors to dig out their favorite recipes to share which featured leaf oils as ingredients. Thank you to those directors who responded with their leaf oil recipes for our readers!

Submitted recipes are subject to change at Editors' discretion to meet NAHA safety guidelines.



Peppermint
(*Mentha × piperita*)

Re-hydrating Body Oil

By Christine Stalsonburg (Michigan North)

The following makes a 1-oz. body oil blend.

Carrier Oils:

0.5-oz. avocado (*Persea americana*)

0.5-oz. marula (*Sclerocarya birrea*)

Essential Oils:

3 drops lavender (*Lavandula angustifolia*)

2 drops neroli (*Citrus aurantium* var. *amara* (flos))

1 drop German chamomile (*Matricaria recutita*)

To Make: Blend all the ingredients together in a PET plastic bottle with a flip top. Cap and label.

To Use: Apply a dime-sized amount to hands and massage into body up to twice a day.

Cautions: For adult use only.

Christine's Tips: Use whenever your skin needs a little extra TLC!



Patchouli (*Pogostemon cablin*)

Eucalyptus Muscle Rub

By Irene Cook (Montana)

You will need a clean, dark glass 30 mL bottle with a roller top to make this blend.

Carrier Oil:

1-oz. jojoba (*Simmondsia chinensis*)

Essential Oils:

4 drops eucalyptus radiata (*Eucalyptus radiata*)

4 drops neroli/petitgrain co-distill
(*Citrus aurantium* var. *amara*)

4 drops spike lavender (*Lavandula latifolia*)

4 drops juniper berry (*Juniperus communis*)

2 drops peppermint (*Mentha × piperita*)

To Make: Fill a 30 mL glass bottle to just below the neck with 1-oz. of jojoba. Add the essential oils. Cap. Shake gently to mix thoroughly.

To Use: Massage the roller ball blend gently over sore muscles (or the area of pain or inflammation). Apply between 2-4 times a day.

Cautions: For adult use only. Perform a skin test before use if you have sensitive skin as some people may experience skin sensitivity. If sensitivity occurs discontinue use. Avoid in pregnancy. Avoid with kidney disease.

Irene's Tips: This blend helps to let go of pain or tightness in the muscles. I use it before going to sleep at night and anytime during the day when stiffness starts to begin. You may substitute *Trauma Oil* as the carrier for even more healing properties.

Release and Ground Nasal Atomizer Blend

By Jennifer Pressimone (Vice President, Florida)

RELEASE the burdens weighing you down and *GROUND* yourself during stressful times. You will need an empty nasal atomizer with a scent wick to make this blend.

Essential Oils:

6 drops patchouli (*Pogostemon cablin*)

5 drops cypress (*Cupressus sempervirens*)

3 drops blue gum eucalyptus
(*Eucalyptus globulus*)

3 drops tea tree (*Melaleuca alternifolia*)

3 drops peppermint (*Mentha × piperita*)

To Make: Add essentials evenly to the unscented scent wick. Seal up the scent wick in the glass tube and secure the cap.

To Use: Use 2-3 times daily by uncapping and inhaling the aroma as needed.

Cautions: For adult use only. Use caution during breastfeeding as peppermint essential oil is an anti-galactagogue.

Jennifer's Tips: This blend can help to promote a restful sleep, quiet mental chatter, and combat any gastrointestinal upset due to worry and apprehension. Smell this blend to calm nerves, release past hurt and to help you feel more grounded. The leaf and branch essential oils in this blend help you adapt with flexibility, strengthens resilience, and connect to your inner strength.

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American College has a heritage of excellence in distance education for over 40+ years. Our Aromatherapy Department offers uniquely tailored accredited degrees, certificates, professional focus credentials, general interest, and FREE online classes ranging from beginner level to those needing advanced clinical aromatherapy professional credentialing. Our programs are designed for student success with research, a science-based curriculum taught by industry-leading experts and a collaborative experiential online learning environment. We are DEAC accredited and fully online for ease of education. See why 98% of ACHS students would recommend us to a friend. Your success is our reputation.

achs.edu

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

Aroma Hut Institute

Aroma Hut Institute offers professional quality clinical aromatherapy courses online and in-person. Training includes Aromatherapy Certification programs for Level 1 Foundation (50 hours) and Level 2 Advanced Clinical (200 hours). Continuing Education approved by NCBTMB, and available for Florida LMT's. Teacher Training courses are available to graduates who are interested in starting their own Aroma Hut School. Rebecca Park Totilo, in-house apothecary formulator and instructor, is a best-selling author of over 40 books including, Organic Beauty With Essential Oil, Therapeutic Blending With Essential Oil and Heal With Oil. Rebecca has over twenty-five years of experience as an international educator, specializing in the ancient biblical healing arts.

www.aromahut.com

Aromahead Institute School of Essential Oil Studies

Instructor: Andrea Butje. Learn online or in person. 200 hour NAHA approved Certification Program (level 1 and 2 covered in a single course). Improve your skills and advance the Aromatherapy Profession by completing Aromahead's Scholar's Program, a 400 hour certification consisting of advanced aromatherapy chemistry, therapeutic blending, business skills, teacher training. and incorporating a wider range of essential oils. Classes approved for Massage Therapy CEU's in Florida, New York and by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB).

aromahead.com

NAHA Marketplace

Ashi Aromatics – Animal Aromatherapy Education

Do you love animals? Looking for an exciting career working with animals? If so, check out our: Animal Aromatherapy Practitioner Certification Course(sm). Our course offers a 300+ hour educational module program, individual mentor-based training with course content specific to animal aromatherapy/flower essences. Approved by NAHA, H.A.A. & NCBTMB. Instructor: Kelly Holland Azzaro, RA, CCAP, CBFP, LMT offers over 25 years professional animal aromatherapy experience. PETA Approved Cruelty-free Vegan products for people and their animal friends.

animalaromatherapy.com

Institute of Integrative Aromatherapy

Institute of Integrative Aromatherapy: The Certificate Program in Integrative Aromatherapy offers a very comprehensive, clinical and holistic focused, correspondence course for health professionals and non-professionals. You will be personally mentored by author and Holistic Nurse Aromatherapist, Valerie Cooksley. The certification is fully endorsed by the AHNA, NCBTMB and NAHA (Approved School Levels 1-3). Contact hours available for Nurses and Massage therapists. Contact: Valerie Cooksley, RN OCN, FAAIM.

floramedica.com

JennScents Aromaversity

Level 1 2 & 3 Aromatherapy Certification Programs designed to educate, empower and inspire comprehensive, professional and clinical level training with a multi-modal, experiential learning experience. Author of Holistic Aromatherapy Comprehensive Guide and Aromatherapy

for Pets. JennScents provides a unique, custom blending olfactory experience at conventions and corporate events to make a memorable impression.

jennscents.com

Sedona Aromatics

The Garden School.™ UK-certified aromatherapist, published author and editor, Sharon Falsetto, BA (Hons), has been working in healthcare-related services since the 1990's. She wrote and tutors Sedona Aromatic's Botanical Aromatherapy online program. Sedona Aromatics is a NAHA approved school and a NAHA approved continuing education provider. The school also offers a new aromatherapy membership club. Sharon is an intuitive custom blend formulator, small business consultant, aromatic gardener, and herbalist in training. She works exclusively from her garden studio and aromatic gardens on a one-acre sanctuary near Sedona, Arizona.

www.sedonaaromatics.com

West Coast Institute of Aromatherapy

Beverly Hawkins has taught aromatherapy courses through the West Coast Institute of Aromatherapy for over 20 years. Her in-depth detailed information is presented in a clear, fun and easy to understand way. Aromatherapy 101 (180 hours) is where everyone starts. To become an Aromatherapy Professional one continues on to Aromatherapy 201 (445 hours). Graduates will complete a 625 hour program. As a practitioner Beverly continues to hone her skills and gather hands on experience. It is the depth of this clinical experience, together with her drive to learn more, that makes her an incredible mentor and guide to her students.

westcoastaromatherapy.com

NAHA Marketplace

NATURAL HEALTH CLINICS

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

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



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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

AROMATHERAPY PUBLICATIONS

NAHA Aromatherapy Journal

www.naha.org

Aromatherapy Today Journal

www.aromatherapytoday.com

International Journal of

Clinical Aromatherapy www.ijca.net

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www.ifparoma.org



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NAHA 

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