

NAHA 

The National Association for Holistic Aromatherapy

Aromatherapy Journal

The Evergreens Issue

- **Defining Conifer Oils**
- **“Topsy” Black Spruce**
- **The Nuances of Nutmeg**
- **From the Hive: Propolis**
- **The Scoop on Body Scrubs**

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COVER IMAGE: Fir (*Abies* spp.)

BACK COVER IMAGE: Ponderosa Pine (*Pinus ponderosa*)

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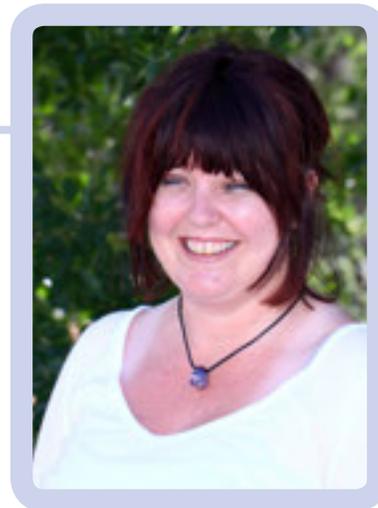
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Editor's Note



Winter 2020: Evergreens

When I first began writing professionally, one of the first lessons I learned was that there was “evergreen” content, and there was content which was newsworthy right now. Evergreen content would stand the test of time whereas newsworthy would die away almost immediately. Essentially it had no shelf life and would be “old hat” by the time that the next news cycle came around.

Evergreen content takes its name from evergreen plants, some of the longest living plants in the plant kingdom. Stolid, dependable, and comforting, they are always there in the background of the more fast living annuals and biennials. And as 2020 has progressed we have been challenged to look deep within ourselves to find our own evergreen content. What is really important? What do we value – personally and professionally? What (or who) will be there once everything (or everyone) else has faded away? Evergreens are sometimes not what (or who) we expect, so don't dismiss some of these ideas (or people) too quickly. What (or who) is on your evergreen list?

If you need some inspiration to get you started, particularly from a business perspective, you might enjoy Haleigh Fiovaranti's article in this issue about *The Demand of Online Presence for Your Business*. The world moved online in a huge way in 2020, and doing business online is here to stay, more so than it ever was before. Learn how you can get yourself more prepared for this fast-growing market. And if you want to spruce up your aromatherapy scrubs product line, either personally or professionally, Kayla Fiovaranti lends her expertise to making lasting scrubs in *The Scoop on Aromatherapy Body Scrubs*.

Looking for some unusual evergreen content? Both tamanu (*Calophyllum inophyllum* L.) and nutmeg (*Myristica fragrans* Houtt.) are not the first two plants or oils that you automatically think about when talking about evergreens. Dawn Shipley Rodriguez writes about the benefits of tamanu oil and my extended profile on nutmeg gives an inside look at the nuances of this particular botanical.

More traditional evergreens such as pine (*Pinus* spp.), black spruce (*Picea mariana*), and an overall look at conifers are discussed by Marie Olson, Tricia Ambroziak, Kathy Sadowski and Rehne Burge. Amanda Plunkett treats us to another inside look at the life of bees while Anna Pageau talks about the unusual use of tinctures in aromatherapy products. Finally, Dr. Lian Chu Li discusses Traditional Chinese Medicine (TCM) and essential oils. As always, we have some beautiful aromatherapy recipes shared by our team of directors. And Sara Holmes shares a case study about the use of hydrosols and essential oils in massage therapy.

As you move forward into 2021, perhaps slowing down and prioritizing your evergreen list that rose from the ashes of what was 2020, make sure that aromatherapy, and botanicals in general, make it onto *that* list. Plants have been around since the dawn of time. Plants support and nourish us in this life on earth. Without plants, we would be shorter-lived than that “newsworthy” content I mentioned at the start of this Editor's Note. Cut out the noise and focus on the evergreens.

Have a safe, healthy and evergreen start to 2021,

Sharon Falsetto

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

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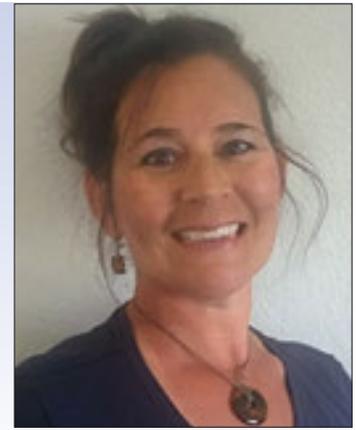
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Defining Conifer Oils in Aromatherapy

By Kathy Sadowski, MS in Aromatherapy, RA, LMT



Conifer essential oils offer a grounding woody aroma that connects us with Mother Earth. These evergreen trees and shrubs include pine, cedarwood, fir, spruce, and juniper species.

This article reviews the botany of conifers with monographs for five of the most common conifer essential oils: Balsam fir (*Abies balsamea*), black spruce (*Picea nigra*), juniper berry (*Juniperus communis*), pine needle (*Pinus sylvestris*), and Virginian cedarwood (*Juniperus virginiana*).

What is a Conifer?

For the most part, conifers are perennial woody trees and shrubs with needle-like leaves that stay green year-round. These include pine (*Pinus* spp.), cedar (*Cedrus* spp.), cypress (*Cupressus* spp.), fir (*Abies* spp.), juniper (*Juniperus* spp.), spruce (*Picea* spp.), larch (*Larix* spp.), hemlock (*Tsuga* spp.), redwood (*Sequoia* spp.), and yew (*Taxus* spp.). These individual species are classified into different plant families, as listed below.

Conifer comes from the Latin words *conus* which means *cone*, and *ferre* which means *to bear*. These gymnosperm plants have “naked seeds” most typically seen as woody cones.

Conifers with aromatic qualities belong to either the *Pinaceae* or the *Cupressaceae*

family. The *Pinaceae* family includes pine, fir, spruce, true cedar, larch, and hemlock species. Their long needles grow in clusters and they also produce large open cones.¹

The *Cupressaceae* family includes cedar, cypress, juniper, and redwood species. Their needles are small, flat, and look like scaled leaves. Their cones are closed and typically smaller than those of pine.¹

The Pine (*Pinaceae*) Family

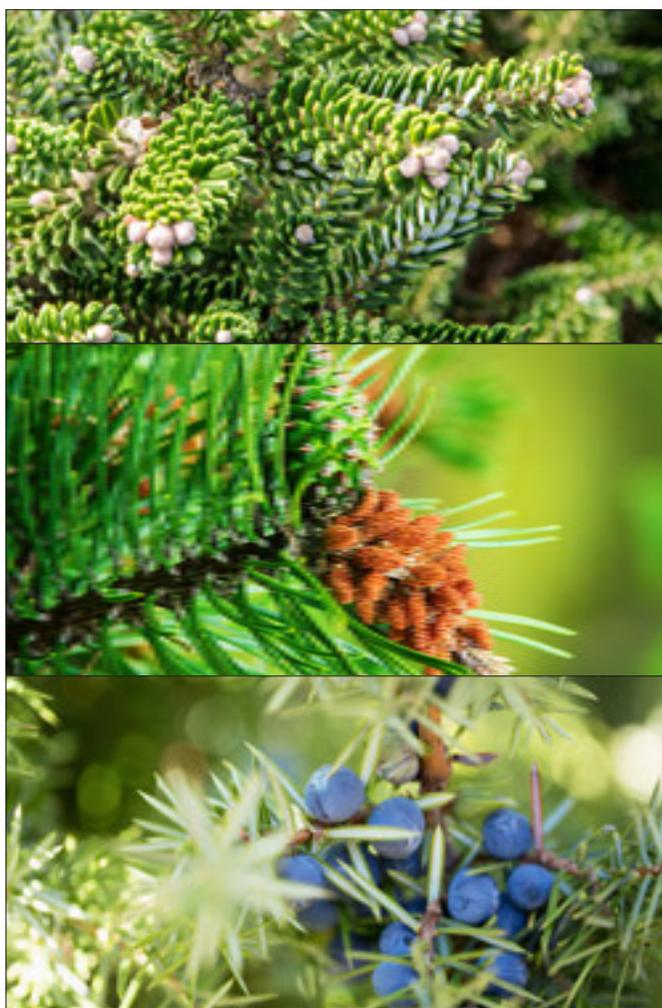
- Firs are classified in the *Abies* genus and includes the species Balsam fir (*Abies balsamea*).
- True cedars, in the genus *Cedrus*, include species such as Atlas cedarwood (*Cedrus atlantica*).
- Spruces are classified in the *Picea* genus and include the species black spruce (*Picea nigra*).
- The *Pinus* genus includes pine species such as Scotch pine (*Pinus sylvestris*).
- *Tsuga* and *Pseudotsuga* genera include hemlock spruce (*Tsuga canadensis*) and the Douglas fir (*Pseudotsuga menziesii*) species respectively.

The Cypress and Cedar (*Cupressaceae*) Family

- Cedars are found in the genera *Calocedrus*, *Chamaecyparis*, and *Thuja*. A species

example is white cedar/arborvitae (*Thuja occidentalis*).

- Cypress trees are found in the genera *Cupressus* or *Taxodium* with species such as juniper (*Cupressus sempervirens*) and bald cypress (*Taxodium distichum*).
- The *Juniperus* genus includes juniper species such as juniper (*Juniperus communis*) and juniper cedarwood (*Juniperus virginiana*), also known as Virginian cedarwood. Confusingly, juniper cedarwood is also called red cedarwood, and is not in fact a cedarwood at all.



Photos (top to bottom):
Balsam Fir (*Abies balsamea*), Scotch Pine (*Pinus sylvestris*),
Juniper Berry (*Juniperus communis*)

Monographs of Conifer Essential Oils

Balsam Fir (*Abies balsamea*)

Botanical Family: *Pinaceae*.

Plant Description: This North American evergreen tree grows to a height of 45 -65 feet tall. Its one inch long dark green needles are spirally attached and become shorter in length, the higher up the tree you go. Cones are 1.5 – 3 inches long and release their seeds in late summer.

Essential Oil

Key Constituents: β -pinene, 3-carene, bornyl acetate, α -pinene, limonene, β -phellandrene, and camphene.²

Method of Extraction: The essential oil is steam distilled from the needles and twigs.

Aroma: Woody, clean, and pine-like.

Potential Therapeutic Uses: Antimicrobial, decongestant, expectorant, muscle soreness, and for improved sleep.

Possible Contraindications: Skin sensitizing if oxidized.²

Scientific Evidence for the Use of Balsam Fir Extract

While it has been used as a folk remedy to help improve breathing and reduce muscle aches, there is very limited scientific studies on the therapeutic uses of balsam fir. Following is one in vitro and one in vivo study concerning balsam fir. More research is needed to demonstrate a safe and effective use in humans.

- In vitro: Balsam fir (*Abies balsamea*) and its constituents of **α -pinene**, **β -caryophyllene**, and **α -humulene** were shown to be effective



Black Spruce (*Picea nigra*)

against the bacteria *Staphylococcus aureus* in vitro.³

- In vivo: α -pinene, a major constituent in many *Pinaceae* species, was shown to improve sleep in mice.⁴

Black Spruce (*Picea nigra*)

Botanical Family: *Pinaceae*.

Plant Description: This tall European pine can grow to 160 feet tall and forty feet in width. It has splitting grey bark, 4-6 inch long needles, and cones that are 2-4 inches long.

Essential Oil

Key Constituents: Bornyl acetate, β -pinene, α -pinene, camphene, limonene, camphor, and 3-carene.²

Method of Extraction: Essential oil is steam distilled from the needles and branches.

Aroma: Woody and pine-like.

Potential Therapeutic Uses: Muscle pain relief, anti-inflammatory, antimicrobial, antitussive, and anxiolytic.

Possible Contraindications: Possible skin irritant if oxidized.

Scientific Evidence for the Use of Black Spruce Extract

Limited studies indicate potential antioxidant, anti-inflammatory, and antimicrobial activities. Further, in a few human studies, the aroma of woody essential oils and the bornyl acetate constituent may have a calming effect. More research is needed.

- Low exposure to the aroma of bornyl acetate demonstrated a calming effect in people taking part in the study.⁵
- In a study with 498 people, time spent walking in the forest and breathing in forest air was shown to help to reduce stress.⁶

Juniper Berry (*Juniperus communis*)

Botanical Family: *Cupressaceae*.

Plant Description: Juniper grows in the Northern hemisphere, including places such as Europe, Asia, and North America. It is a short tree/tall shrub with triplet whorled waxy needles. Plants are either male or female. Males have small yellow cones and females have berry-like cones that ripen to become blueish in color with a diameter of up to half an inch.

Essential Oil

Key Constituents: α -pinene, sabinene, β -myrcene, terpinen-4-ol, limonene, and β -pinene.²

Method of Extraction: Essential oil is steam distilled from the berries.

Aroma: Woody, green, and earthy.

Potential Therapeutic Uses: Anti-inflammatory, analgesic, rubefacient, antimicrobial, repellent, and for wound health.

Possible Contraindications: Essential Oil can be skin sensitizing if oxidized.²

Scientific Evidence for the Use of Juniper Berry Extract

Scientific studies have shown therapeutic properties such as antioxidant, antimicrobial, anti-inflammatory, insecticidal, repelling, anti-arthritic, wound reduction, analgesic, respiratory aid, anxiolytic, anti-insomnia, and anti-dementia potential. More research, and especially human studies, are needed.

- Extractions from cade juniper (*Juniperus oxycedrus*) and common juniper (*J. communis*) showed remarkable anti-inflammatory and antinociceptive actions in vivo.⁷
- *Eucalyptus smithii* (*Eucalyptus smithii*) and common juniper (*Juniperus communis*) were both found to be active against respiratory bacteria biofilms. They might be useful as an inhalation treatment with upper respiratory tract infections. More research is warranted.⁸

Pine Needle, Scotch Pine (*Pinus sylvestris*)

Botanical Family: *Pinaceae*.

Plant Description: This Eurasian evergreen tree reaches a height of up to 145 feet. Its spiral arranged 1-inch blue-green needles appear to be more of a dark green color during winter months. Mature brown cones can be up to three inches long.

Essential Oil

Key Constituents: α -pinene, β -pinene, 3-carene, β -phellandrene, cadinene, and camphene.²

Method of Extraction:

Essential oil is steam distilled from the needles.

Aroma: Clean, woody, and uplifting.

Potential Therapeutic Uses:

For respiratory afflictions, analgesic, anti-inflammatory, antimicrobial, and for wound health.



Black Spruce (*Picea nigra*)

Possible Contraindications: This essential oil can be skin sensitizing if oxidized.²

Scientific Evidence for the Use of Pine Needle Extract

- In a two-week treatment period with 676 patients having chronic bronchitis, myrtol (which contains α -pinene, cineole, and d-limonene) showed to be both safe and effective in reducing symptoms. Pine essential oil typically contains high amounts of α -pinene and small amounts of cineole and limonene.⁹
- In a small double blind placebo controlled study with sixty-two women over the age of forty-four years, improved skin elasticity and reduced skin roughness was demonstrated using a product that contained a maritime pine (*Pinus pinaster*) bark extraction, plus vitamins C and E, carotenoids, selenium, zinc, amino acids, glycosaminoglycans, and blueberry extract. More research is needed to determine the safety and effectiveness of this product, as well as other products containing pine extractions.¹⁰

Virginian Cedarwood (*Juniperus virginiana*)

Botanical Family: *Cupressaceae*.

Plant Description: This North American evergreen tree/shrub grows to sixty feet tall. It has reddish, peeling bark. Adult leaves are short and scale-like. Cones are small, purple, waxy, and berry-like.

Essential Oil

Key Constituents: α -cedrene, thujopsene, cedrol, and β -cedrene.²

Method of Extraction: Essential oil is steam distilled from the leaves.

Aroma: Earthy, deep, and woody.

Potential Therapeutic Uses: Expectorant, antitussive, insect repellent, antimicrobial, analgesic, anti-inflammatory, and anxiolytic.

Possible Contraindications: May interact with sedative medications.

Scientific Evidence for the Use of Virginian Cedarwood (*Juniperus virginiana*) Extract

- Virginian cedarwood (*Juniperus virginiana*) essential oil was found to be an effective repellent against several species of ants and cedrol was determined to be toxic against ticks.¹¹
- In a small study with twenty-six participants, cedrol inhalation, the key constituent found in Virginian cedarwood essential oil, had a relaxant effect in humans. It increased parasympathetic activity and reduced sympathetic measures.¹²

Conclusion

Extracts from evergreen trees have been used in the past as a folk remedy to help with muscle aches and pains, respiratory complaints, and as an antiseptic for wounds. The aroma is also thought to help boost mood and calm anxiety. Limited scientific studies are available but some studies do help to expand on the common folk uses.

Easy Juniper Pine Muscle Rub

Carrier Oil:

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

Essential Oils:

30 drops of juniper berry (*Juniperus communis*)

30 drops of pine needle (*Pinus sylvestris*)

To Make: Wear gloves. Combine all three ingredients in a 4-oz. bottle with a flip-top lid. Cap and shake well. Label the bottle with the date made and ingredients.

To Use: For healthy adults: Massage about 1-oz. of the blend into the muscle area of the skin where needed.

Cautions: For adult use only. Avoid contact with mucus membranes. Skin patch test before use for those with sensitive skin. Discontinue use if any irritations occur. Avoid use in pregnancy. Avoid use with kidney disease.

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About Kathy Sadoswki:

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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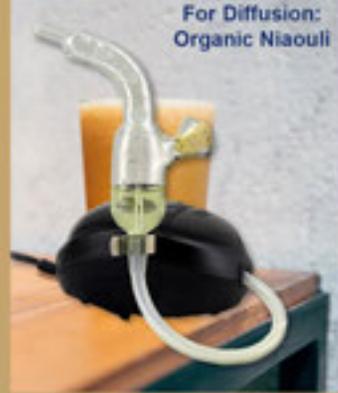
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The Chemical Components of Conifers

Compiled by Rehne Burge, C.A.



A landscape orientation of the chart in this article is available as a separate PDF download that members can find in their membership dashboard.

	Chemical Component (More than 5% constituent, although all contribute to therapeutic abilities)			
	α-Pinene	β-Pinene	Camphene	Delta-3-Carene
Therapeutic Effects	Anti-inflammatory, anti-bacterial, antifungal (candida), antispasmodic, antiviral	Anti-inflammatory, antioxidant, antispasmodic	Antioxidant, mucolytic	Anti-inflammatory, inhibits acetylcholinesterase, mucolytic, prevents bone loss
Balsam Fir (<i>Abies balsamea</i>)	6.2-14.3	28.1-56.1	3.5-9.7	
Black Spruce (<i>Picea mariana</i>)	13.7	14.2	8.1	
Douglas Fir (<i>Pseudo tsuga menziesii</i> (Mirbel))	13	11.6	16.7	
Englemann Spruce (<i>Picea englemannii</i>)	16.44		12.6	
Hemlock Spruce (<i>Tsuga canadensis</i>)	8.2	20.8		11.5
Juniper (<i>Juniperus communis</i>)	28.52			
Norway Red Pine (<i>Pinus resinosa</i>)	42.35	36.28		
Piñon Pine (<i>Pinus edulis</i>)	37.25	9.59		
Ponderosa Pine (<i>Pinus ponderosa</i>)	8.8	28.9		17.2
Scotch Pine (<i>Pinus sylvestris</i>)	40.69	32.14		
Siberian Fir (<i>Abies sibirica</i>)	13.7		24.2	12.2
Silver Fir (<i>Abies alba</i>) **	18.0-31.7	3.0-22.5	5.8-8.0	
White Pine (<i>Pinus strobus</i>)	27.33	40.67		
White Spruce (<i>Picea glauca</i>)	16.6	23	9.9	
White Fir (<i>Abies concolor</i>)**	9.79	17.67	19.96	

**See note on page 20.

Chemical Components of Conifers *continued*



Juniper (*Juniperus communis*)

	Chemical Component (More than 5% constituent, although all contribute to therapeutic abilities)			
	D-Limonene	β-Myrcene	β-Phellandrene	Bornyl acetate
Therapeutic Effects	Activates white blood cells, analgesic, anti-inflammatory, antibacterial, anti-obesity, antioxidant, antitumoral, antiulcerogenic, immune-stimulant, skin penetration enhancer	Analgesic, sedative, anti-inflammatory	Anti-bacterial, anti-spasmodic	Analgesic, anti-inflammatory, CNS (Central Nervous System) depressant, prevents bone loss, sedative
Balsam Fir (<i>Abies balsamea</i>)	1.8-15.6		4.4-12.6	4.9-16.2
Black Spruce (<i>Picea mariana</i>)	5.2			36.8
Douglas Fir (<i>Pseudo tsuga menziesii</i> (Mirbel))	12.37			10
Englemann Spruce (<i>Picea englemanni</i>)	22.62	11.27		5.97
Hemlock Spruce (<i>Tsuga canadensis</i>)	9.2			
Juniper (<i>Juniperus communis</i>)	7.98			15.93
Norway Red Pine (<i>Pinus resinosa</i>)		6.56		
Piñon Pine (<i>Pinus edulis</i>)		6.53	16.53	
Ponderosa Pine (<i>Pinus ponderosa</i>)				
Scotch Pine (<i>Pinus sylvestris</i>)				
Siberian Fir (<i>Abies sibirica</i>)				31
Silver Fir (<i>Abies alba</i>) **	28.5-34.1			
White Pine (<i>Pinus strobus</i>)		10.61		
White Spruce (<i>Picea glauca</i>)	13			14.1
White Fir (<i>Abies concolor</i>) **			7.73	17.96

**See note on page 20.

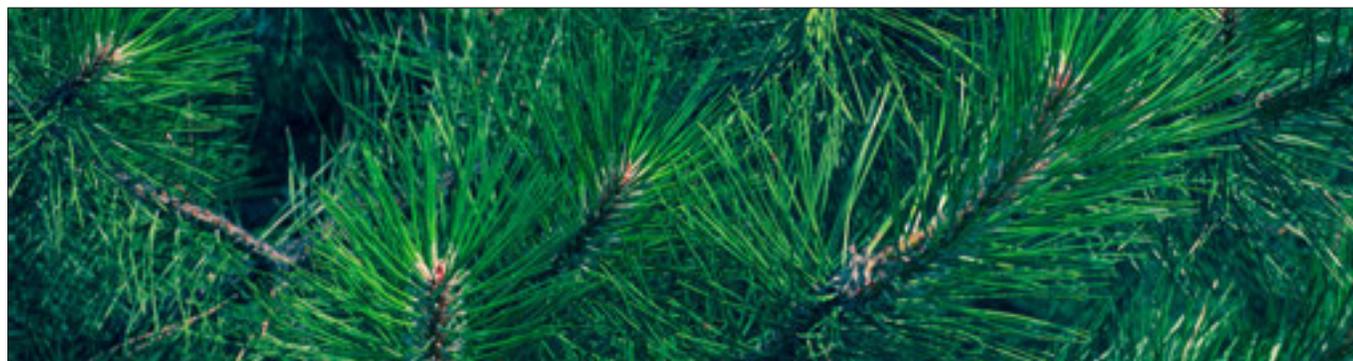
Chemical Components of Conifers *continued*



Silver Fir (*Abies alba*)

	Chemical Component (More than 5% constituent, although all contribute to therapeutic abilities)			
	Isobornyl acetate	Camphor	Sabinene	Terpinolene
Therapeutic Effects	Analgesic, anti-inflammatory, CNS (Central Nervous System) depressant, prevents bone loss, sedative	Analgesic, antitussive, CNS (Central Nervous System) stimulant, mucolytic, prevents bone loss	Antibacterial, antimicrobial, antifungal	Analgesic, antiviral, antirheumatic
Balsam Fir (<i>Abies balsamea</i>)				
Black Spruce (<i>Picea mariana</i>)		4.9		
Douglas Fir (<i>Pseudo tsuga menziesii</i> (Mirbel))			7.4	9.1
Englemann Spruce (<i>Picea engelmannii</i>)		9.47		
Hemlock Spruce (<i>Tsuga canadensis</i>)	34.7			
Juniper (<i>Juniperus communis</i>)		5.92		
Norway Red Pine (<i>Pinus resinosa</i>)				
Piñon Pine (<i>Pinus edulis</i>)				
Ponderosa Pine (<i>Pinus ponderosa</i>)				
Scotch Pine (<i>Pinus sylvestris</i>)				
Siberian Fir (<i>Abies sibirica</i>)				
Silver Fir (<i>Abies alba</i>) **				
White Pine (<i>Pinus strobus</i>)				
White Spruce (<i>Picea glauca</i>)				
White Fir (<i>Abies concolor</i>) **				

**See note on page 20.



Scotch Pine (*Pinus sylvestris*)

	Chemical Component (More than 5% constituent, although all contribute to therapeutic abilities)	
	Estragole	p-Cymene
Therapeutic Effects	Genotoxic and carcinogenic	Analgesic, anti-bacterial, anti-viral, antinociceptive, vasorelaxant
Balsam Fir (<i>Abies balsamea</i>)		
Black Spruce (<i>Picea mariana</i>)		
Douglas Fir (<i>Pseudo tsuga menziesii</i> (Mirbel))		
Englemann Spruce (<i>Picea englemannii</i>)		
Hemlock Spruce (<i>Tsuga canadensis</i>)		
Juniper (<i>Juniperus communis</i>)		
Norway Red Pine (<i>Pinus resinosa</i>)		
Piñon Pine (<i>Pinus edulis</i>)		
Ponderosa Pine (<i>Pinus ponderosa</i>)	22	
Scotch Pine (<i>Pinus sylvestris</i>)		
Siberian Fir (<i>Abies sibirica</i>)		
Silver Fir (<i>Abies alba</i>) **		0.1-7.5
White Pine (<i>Pinus strobus</i>)		
White Spruce (<i>Picea glauca</i>)		
White Fir (<i>Abies concolor</i>) **		

**Because silver fir and white fir are both referred to as white fir, although both are firs, their growing locations are different and have different, although similar chemical make-up. However, the silver fir (*Abies alba*) is also known as the European fir. This particular fir is native to the mountains of Europe, Pyrenees north to Normandy, east to the Alps and the Carpathians, Slovenia, Croatia, Bosnia and Herzegovina, Montenegro, Serbia and south to Italy, Bulgaria, Albania and northern Greece. It's often grown for Christmas trees in the North East region of North America, spanning New England in the US to the Maritime Provinces of Canada.¹

The white fir (*Abies concolor*) is native to the mountains of western North America from the southern Cascade Range in Oregon, California, Sierra de San Pedro Martis, northern Baja California; east through parts of southern Idaho, Wyoming; Colorado Plateau and southern Rocky Mountains, Colorado, and into the isolated mountain ranges of southern Arizona, Nevada, New Mexico and northern Mexico. It can live over 300 years and naturally occurs at the elevation of 900-3400 m.²



White Spruce (*Picea glauca*)

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About Rehne Burge:

Rehne is a certified aromatherapist through the Aromahead Institute, a former Medical Auditor, and an instructor/educator in aromatherapy. She is also a professional member of the Alliance of International Aromatherapists (AIA). In her former career, Rehne served on the Board of the Advisory Committee for Medicare which involved intense research. These same research habits have been beneficial to her in aromatherapy teaching and practice. As part of her teaching curriculum, she taught anatomy and physiology which gave her an insight into the connection between the body and essential oils.

Rehne has taken further education in aromatherapy with The Tisserand Institute's Essential Oil Masterclass, Dr. Joy Bowles' Essential Oil Fundamental Chemistry course, and chemistry for aromatherapy with Dr. Tim Miller. She has written for two magazines, the eBook site, The Biblical Herbal and the Healthy Living magazine, and a publication of Nature's Warehouse. She was honored to speak during The Aroma-therapy Online Summit in 2018 with Elizabeth Ashley Starns and 50 other amazing speakers.

Rehne is the NAHA Director for Louisiana. To learn more about Rehne, visit her Facebook group page, Aromatherapy by Soul Essentials Duo, or her website at: www.soulessentialsduo.com

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The Tipsiness of Black Spruce (*Picea mariana*)

By Tricia Ambroziak
NAHA Certified Professional Aromatherapist®



Black Spruce (*Picea nigra*)

As a child some of my most magical memories happened in the forests of Ohio State Park. My family would weave through the cool shade of trails riddled with oak (*Quercus* spp.), hickory (*Carya* spp.), maple (*Acer* spp.), poplar and aspen (*Populus* spp.), cherry (*Prunus* spp.), hemlock (*Tsuga* spp.), and ash (*Fraxinus* spp.), and head over to the natural water slides. The rushing waters of the Youghiogheny river would carry us along a sandstone channel lined with rhododendron and eastern hemlock (*Tsuga canadensis*), plopping us in a deep pool. We'd spot deer and then have sandwiches at the picnic tables in the meadows. We'd gaze at the falls and even braved the rapids on a guided rafting outing. While the park may not have had suitable habitat for black spruce (*Picea mariana*), the aroma of the hydrosol and essential oil nonetheless ushers in memories of hiking through forest trails and glorious days of adventure and fun.

Aromatherapist and hydrosol advocate Suzanne Catty suggests that *Picea mariana* should be in the toolbox of every devoted aromatherapist. Let's explore the benefits and properties of this boreal conifer, savor the

woody aroma of the hydrosol and essential oil from these "tipsy trees," and learn why we should get to know *P. mariana* better.

Tipsy Trees and Takeout: *Picea mariana* Botany, Habitat, and Uses

Native to Canada and the extreme northern parts of the United States, *P. mariana* is found in all ten Canadian provinces and its three Arctic territories as well as from Alaska to Newfoundland, reaching north to the Hudson Bay, and dipping south through Minnesota, the Great Lakes region, and the upper Northeastern states. It is often found in boggy areas and on muskegs.¹

P. mariana is a member of the *Pinaceae* or pine family and its older taxonomic synonyms include *Abies mariana*, *Picea brevifolia*, or *Picea nigra*.

Black spruce, also known as bog spruce or swamp spruce, is a small, slow growing, evergreen tree or shrub with dark blue-green needles, descending branches with upturned ends, and a cone-shaped crown.

P. mariana typically grows from 8 to 20 m (25 to 65 feet) in height with a trunk diameter of

13 to 23 cm (5 to 9 inches) depending on the habitat. Its size can vary from semi-prostrate shrubs or trees 3 to 6 m (10 to 20 feet) tall and 3 to 5 cm (1 to 2 inches) in diameter to the occasional individual far north reaching 27 m (90 ft) tall with a diameter of 46 cm (18 inches) in the vast tract of fertile soil known as the Ontario Clay Belt.²

Black spruce usually grows in wet organic soils, but stands are found in a variety of soil types, from deep humus, clays, loams, sands, course tills, and boulder pavement to shallow soils over bedrock. Dark brown to black peat is home to the most productive stands of black spruce.²

Black spruce is monoecious, with both male and female strobili growing on the same plant. The ovulate strobili (female) are usually cylindrical and green to purplish in color. They are found on the upper part of the crown. The female cone varies from 15 to 25 mm (0.6 to 1.0 inches) in length.

The staminate strobili (male) are found on the outer branches of the crown below the female strobili. They range from 12 to 20 mm (0.5 to 0.8 inches) and are deep red to purple in color with yellow pollen sacs. A few cones may appear after ten years, with main cone-bearing age from thirty to 250 years. The cones range from 1 to 4 cm (0.4 to 1.6 inches) in length, are round to spindle-shaped, with a deep purple hue that matures to reddish-brown.²

The bark is thin and scaly and described as greenish-brown to grey-brown. *P. mariana*

twigs, leaves, and seeds are valuable food for wildlife and the tree provides important nesting sites for birds.³

Its shallow and wide root system make *P. mariana* susceptible to windthrow, with the thawing of permafrost giving rise to stands playfully referred to as “tipsy,” tilted, or “drunken” trees.⁴

And these “tipsy” trees have found their way into takeout restaurants. *P. mariana* is not typically used for timber due to the small size of trees but is an important source of pulpwood, especially in Canada, and is often used for fast-food chopsticks.^{5,6}

Due to the tight growth rings, *P. mariana* is increasingly being used for cross laminated timber. It is also used to manufacture spruce beer and gum.⁷



Beer, Boats, and Boosts: Therapeutic Uses of *P. mariana* Essential Oil, Hydrosol, and Tree

As many aromatherapists know, black spruce essential oil is considered a “must have” for supporting health and wellness especially during the cooler months. The tree also yields a resin or gum that has been used medicinally and practically for hundreds of years.

The essential oil is typically rich in the ester bornyl acetate as well as β -pinene, α -pinene, camphene and other monoterpenes.⁸ These compounds offer analgesic, anti-inflammatory, sedative, anti-microbial, anti-spasmodic, and mucolytic properties making black

Photo this page: Black Spruce (*Picea mariana*)



Resin of Black Spruce (*Picea mariana*)

spruce essential oil ideal for easing aches and supporting the body during cold and flu season.

The tree resin is used to produce spruce gum, which has been used medicinally and as an adhesive. The resin was chewed by Native American cultures and used to join the seams of canoes.⁹ The gum was also used for deep cuts and sores in the Dené (indigenous Canadian) culture. In the 1870s a syrup was created from the gum and used for coughs and bronchitis.¹⁰

Black spruce buds, needles, and essence is also used to create spruce beer, which can be alcoholic or non-alcoholic. This practice originated with North America natives who used the drink to combat scurvy during months when fresh fruits and vegetables were unavailable. The fresh shoots of many spruces are rich in vitamin C. European sailors adopted the practice and spread it globally.¹¹

The female cones or “flowers,” inner bark, young male catkins, needles, and shoots have been used as food or medicinally. Infusion of the bark is a folk remedy for stomach pains, kidney stones, and achy joints. A poultice of the inner bark has been used for inflammation. Infusions of the needles have been used for dry skin or sores.¹²

Overall, the black spruce tree offers nourishment, vitamins and minerals, analgesic, anti-inflammatory, skin supportive, and respiratory supportive properties. And it apparently makes a pretty tasty beer.

The hydrosol is likewise prized for its therapeutic benefits. The hydrosol I use is reminiscent of a cool, damp forest with a hint of musty, earthy aroma and is quite pleasant. The taste is actually a bit minty with a woody flavor, but not unpleasant.

Suzanne Catty describes it as like the “air in a winter forest” with “complex evergreen odors and frost” followed by a “slightly musty resin aroma.” She describes the taste as “distinctly minty” with a “dry, sawdust edge” like chewing on a twig.¹³

The hydrosol is very stable and can last for two years easily. The hydrosol is susceptible to developing faint, grey particulate matter after several years. Tests have revealed it is not contamination, rather a phenomenon related to tree hydrosols.¹³

The hydrosol is ideal for adrenal support. In Traditional Chinese Medicine (TCM) it is used a drop at a time on acupuncture points for the adrenals and is said to have “extraordinary effects.” Catty suggests using the hydrosol along with the essential oil for three weeks at the change of each season.¹³

Dilute 30 mL (1-oz.) of hydrosol in one and a half liters of water and sip daily. The essential oil can be diluted at 2 to 3% in a carrier such as jojoba (*Simmondsia chinensis*) and massaged on the external back/kidney area daily.

During stressful times the hydrosol can be used to recharge and rejuvenate rather than

turning to caffeine by simply spritzing it on the face or in one's space or diluting and sipping as mentioned above.

Black spruce hydrosol is also thought to support the thymus gland and to help ease muscle and joint aches. Diluting the hydrosol in water as above and sipping daily for three weeks then taking a week off will support the thymus gland and offer benefits to the muscles and joints.

A compress would be appropriate to ease aches or repetitive strain injuries. Simply soak a cotton pad or lint free cloth with hydrosol until saturated, but not dripping, apply to the affected area, secure in place with plastic or wax wrap, cover with a wool cloth, and rest for thirty minutes. Catty suggests using equal parts of black spruce (*Picea mariana*) and Scotch pine (*Pinus sylvestris*) hydrosol for muscle and joint aches. The compress can be warm or cold depending on what feels good and the nature of the pain or injury.¹³

Interestingly, some use *P. mariana* along with peppermint (*Mentha ×piperita*) hydrosol and frankincense (*Boswellia carterii*) hydrosol to “spruce up” the breasts. A combination of 50% black spruce, 30% peppermint, and 20% frankincense hydrosols is spritzed daily on the décolleté. This is alleged to help tone and uplift, but the effects disappear within weeks of stopping daily application of the hydrosol blend.¹³

Black spruce hydrosol is also ideal as an aftershave and body spray and a wonderful way to connect with nature. It can be used alone or combined with an appropriate hydrosol.



Black Spruce (*Picea mariana*)

Gas chromatography and mass spectrometry data for the hydrosol is limited but indicates that as both steam (SD) and water distilled (WD), *P. mariana* yields hydrosol rich in α -terpineol (29.3% SD; 33.5% WD), trans-pinocarveol (5.2% SD; 3.7% WD), terpinen-4-ol (5.0% SD; 5.8% WD), verbenone (4.9% SD; 5.4% WD), borneol (4.9% SD; 3.9% WD), and pinocarvone (4.6% SD; 4.3% WD).¹⁴

Together these compounds are responsible for the analgesic, anti-inflammatory, anti-microbial, neuroprotective, immune supportive, and numerous other benefits seen in black spruce hydrosol.

As we emerge from our exploration of *P. mariana* my hope is that we'll each feel more empowered to employ and explore its lovely and powerful hydrosol.

Weighing Ingredients vs. Volume:

Weighing ingredients is the preferred way of creating a consistent cream recipe due to differences in the density of ingredients. If you formulate a lot of lotions, it pays to invest in a scale. Postal scales are inexpensive and work well to start. Admittedly, when creating a small amount of a recipe weighing smaller amounts of ingredients can be a challenge. For the smaller volume of essential oils, I use an estimated density of 0.9 g/mL to convert the weights into volume and estimated 25 drops per mL to convert the mL into drops. For water-based ingredients like the preservative I estimate 1g/mL.

Black Spruce Adrenal and Respiratory Support Lotion

Equipment:

Two beakers, glass measuring cups, or stainless-steel bowls
 Double boiler set up or bain-marie
 Sanitized jars (5 x 2-oz.)
 Small whisk or immersion blender
 Stirring rods or spoons
 70% isopropyl or ethanol alcohol for sanitizing

Ingredients:

219 g black spruce (*P. mariana*) hydrosol
 15 g mango (*Mangifera indica*) butter
 45 g apricot kernel (*Prunus dulcis*) oil
 15 g Olivem 1000 (*Cetearyl olivate* (and) sorbitan olivate) emulsifier
 3 g or 3 mL of preservative eco (benzyl alcohol, salicylic acid, glycerin, and sorbic acid)

Essential Oils:

2.4 g or 2.7 mL of black spruce (*P. mariana*)
 0.3 g or 0.33 mL or 8 drops lemon (*Citrus × limon*)
 0.3 g or 0.33 mL or 8 drops rosemary ct. cineole (*Salvia rosmarinus* ct. cineole)

Order of Adding the Ingredients in This Recipe:

1. Heat the oil/butter phase and water phase separately to 158 degrees Fahrenheit/70 Celsius.
2. Drizzle the oil mixture into the water mixture, and blend to create an emulsion.
3. Once cooled, add the preservative and lastly the essential oils as they are heat sensitive.

To Make: Prepare the water bath or bain-marie set-up and begin heating the water to 158F/70C. Sanitize your work surfaces and your equipment with 70% alcohol solution and wipe dry with a paper towel or lint free cloth. Weigh the black spruce hydrosol into your beaker, measuring cup or bowl. Weigh the mango butter, apricot kernel oil, and Olivem 1000 into another beaker, measuring cup or bowl. Place both of the containers over or in the double boiler or bain-marie set up and heat both to 158F/70C.

Once the butters and Olivem have melted and both containers reach 158F/70C, remove the containers from the heat, wipe away any condensation, and slowly drizzle the oil/butter/Olivem phase into the water (hydrosol) phase. Whisk or use the immersion blender for several minutes to create an emulsion. Allow the mixture to cool below 104F/40C then add the preservative and essential oils. Spoon the mixture into the jars.

To Use: This cream is wonderful to use as a hand and body cream or to support respiratory and adrenal health. Use as needed to moisturize the hands or body. Apply a dime-sized amount to the chest area as needed to support respiratory health. Massage over the kidney areas two to three times daily to support adrenal health during stressful times or use for a maximum of two to three weeks for general support.

Cautions: Avoid using rosemary ct. cineole (*Salvia rosmarinus* ct. cineole) essential oil on or around the face of children under 5 years of age. Use with caution with children ages 5 – 10 years. Black spruce (*Picea mariana*) essential oil and hydrosol is generally regarded as safe but may be a respiratory irritant to some people. Possible photosensitivity with lemon (*Citrus × limon*) essential oil. Old or oxidized essential oils may cause skin irritation or sensitization.

Adrenal Support Room Refresher Spray

This is a beautiful blend for the winter months. It smells wonderful, woody and uplifting. You will need a 1-oz. to 2-oz. clean, glass spray bottle to make this blend.

Ingredients:

30 mL black spruce (*Picea mariana*) hydrosol
10 drops Solubol

Essential Oils:

6 drops black spruce (*Picea mariana*)
2 drops lemon (*Citrus × limon*)
2 drops rosemary ct. cineole
(*Salvia rosmarinus* ct. cineole)

To Make: Combine the Solubol with essential oils in a clean bottle. Cap and gently roll or shake the bottle to combine the mixture. Add the black spruce hydrosol, cap the bottle again, and gently roll or shake to mix. Since there is no preservative make in small batches and use within a few weeks.

To Use: Use one to three sprays of this mist to freshen up your space, support respiratory health, and support adrenals. Avoid getting the mist into the eyes.

Cautions: Avoid using rosemary ct. cineole (*Salvia rosmarinus* ct. cineole) essential oil on or around the face of children under 5 years of age. Use with caution with children ages 5 – 10 years. Black spruce (*Picea mariana*) essential oil and hydrosol is generally regarded as safe but may be a respiratory irritant to some people. Possible photosensitivity with lemon (*Citrus × limon*) essential oil. Old or oxidized essential oils may cause skin irritation or sensitization.

If you create these recipes, please share and tag @beyondaromatics and @aromatherapy_by_tricia Instagram or Facebook accounts. We'd love to see your work and hear your thoughts. And if you have questions about these recipes feel free to contact me at tricia@aromatherapybytriciaambroziak.com.

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Black Spruce (*Picea mariana*)

About Tricia Ambroziak:

Patricia (Tricia) Ambroziak is a certified aromatherapist, cosmetic formulator, 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

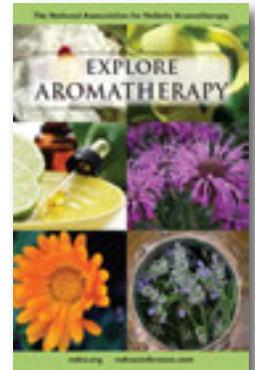
The Tipsiness of Black Spruce *continued*

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 formulates products for a number of local small businesses including *Be Kekoa Hair Salon, Pure Silk Skincare & Beauty boutique, and Holbody Healing Massage Therapy*. 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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Products from the Hive: Propolis

By Amanda Plunkett
NAHA Certified Clinical Aromatherapist®



What if there was an ooey gooey substance purported in traditional cultures and modern scientific literature to support the respiratory system, to support the pulmonary system, to promote growth of healthy tissue, to promote healthy gums and teeth, to reduce bad breath, and to contain anti-microbial and anti-inflammatory properties? What if the Food and Agriculture Organization of the United Nations (FAO) said, “General medicinal uses ... include treatment of the cardiovascular and blood systems (anemia), respiratory apparatus (for various infections), dental care, dermatology (tissue regeneration, ulcers, eczema, wound

healing – particularly burn wounds, mycosis, mucous membrane infections and lesions), cancer treatment, immune system support and improvement, digestive tracts (ulcers and infections), liver protection and support and many others”?¹ Would you be excited to learn more?

The Emergence of Bee Glue

Although ooey gooey golden honey often receives the greatest glory for its medicinal use by humans, honeybees produce various substances which contribute to the overall health of their community. A honeybee colony

behaves as a collective organism to benefit the entirety of their society and research into social immunity is a rapidly emerging field in biology. One substance, propolis, often referred to as “bee glue,” is the ooey gooey sticky material that female foraging honeybees collect from leaves, flower buds, sap, and other botanical sources. They mix such material with enzymes in their saliva which ferments the material. They then blend it with beeswax for storage. Popular sources for propolis include trees such as poplar (*Populus* spp.),



pine (*Pinus* spp.), eucalyptus (*Eucalyptus* spp.), oak (*Quercus* spp.), birch (*Betula* spp.), and willow (*Salix* spp.). In addition, foragers may also collect from bushes such as plumeria (*Plumeria* spp.), rosemary (*Salvia rosmarinus*), ragweed (*Ambrosia* spp.), and brittle bush (*Encelia farinosa*).

This sticky substance, propolis, can frustrate beekeepers attempting to open a hive. With enough propolis, it can take a sharp instrument and quite the muscle strength, nearly impossible, to open a hive for inspection as it “glues” together the hive pieces. My second mentor mistakenly instructed me to discourage the production of propolis. Hoyt (1965) states that propolis “is the bane of a beekeeper’s existence,”² and apiculturists have bred honeybee lines with reduced propolis production. Yet, increased honey and pollen stores have been found to be significantly and positively correlated with increased propolis production.³ In addition, increased propolis positively correlates to honeybee colony health.

In Defense of the Honeybee City

The word “propolis” originates from the Greek words, “pro” (*in defense* or *for*), and “polis” (*city*). Thus, it translates as “in defense

for city,” that is, the honeybee city. Propolis protects as a sealant for unwanted gaps and spaces against invaders and aids thermoregulation of the hive. Even though propolis has been used medicinally by ancient humans, protection of the honeybee city, through self-medication with propolis, has only recently been discovered. A 2012 study showed that “colonies increase resin foraging rates after a challenge with a fungal parasite.”⁴

Apitherapy Benefits

As humans, we practice *apitherapy*, which is the science and art of prolonging, sustaining, and retaining health by using products obtained from honeybee hives, including propolis. This practice has been extensively studied. Propolis is composed mainly of resin (50%), wax (30%), essential oils (10%), pollen (5%), and other organic compounds (5%).⁵ Propolis has been found to have antiseptic, antibacterial, antimycotic, astringent, spasmolytic, anti-inflammatory, anesthetic, antioxidant, antitumoural, antifungal, antiulcer, anticancer, and immunomodulatory properties. However, its composition varies depending on the colony, season, and region as vegetation changes with up to 300 different components.⁶





Historical Use of Propolis

Recorded medicinal use dates back as far as Hippocrates (c. 460 BC – c. 370 BC) who applied propolis for use with internal and external wounds and ulcers.⁷ Shabbir, Ambreen, et al. state that “Roman soldiers carried it as emergency war-wound medicine, Egyptians used it to embalm their dead, Aristotle recommended it to treat abscesses, ancient Greeks called it a “cure for bruises and suppurating sores,” and records from 12th-century Europe describe propolis use for the treatment of mouth and throat infections and dental caries.”⁸ Recent studies report its use for inflammation, oral surgery, tooth decay, vaginal infections, cancer prevention, canker sores, and giardiasis. As a matter of fact, in just the last thirty years, researchers around the world attracted to its biological and pharmacological properties, have published

over 2500 articles on the website *PubMed®* alone. Some ideas for use include ointments and creams in wound healing, treatment of burns, mouthwash for oral health, throat spray, and so much more.

Therapeutic Properties of Propolis

Propolis has proven to be an effective antiviral in multiple studies. For example, in 2000, a study tested a propolis ointment, an antibiotic ointment, and a placebo ointment. The results showed that the antibiotic ointment and placebo ointment produced similar results in patients with genital herpes. However, the propolis far outperformed both by almost double.⁹ Another study in 2002 proved that a 5% propolis extract resulted in a 50% inhibition of the Herpes Simplex Virus (HSV) infection.¹⁰ In addition, in a single-blind, randomized, 3-months trial, 135 patients with



Propolis Tincture

This recipe will produce a 30% extract of propolis tincture. Amounts are by weight (not volume).

Ingredients:

17-oz. (700 g) propolis

7.25-oz. (300 g) food-grade alcohol
(75 proof or higher)

To Make: Mix the ingredients in a clean glass jar. Cap. Store in a dark place and shake gently each day for two weeks. Strain and store in another clean glass jar. The strained propolis can be reused to make another tincture.

To Use: 10 Drops (0.5 mg) yields approximately 150 mg of propolis extract if made at 30% as instructed according to this recipe.

Average dosing is for 150-pound adult: Use 10-20 drops of the tincture in a dose (up to (and no more than) 600 mg daily).

Cautions: The maximum dose (total of 40 drops daily) can cause adverse reactions in some people. Although 300 mg propolis was taken 3 times daily for 12 weeks (total of 900 mg daily) in patients with type 2 diabetes that improved glycemic and some lipid parameters,¹⁵ many people are sensitive to bee products, **so extra caution should be taken.**

Avoid use with children, in those with asthma or other allergenic diseases, in those with bleeding disorders or on blood thinners, and in those with adverse reactions to other bee products.

different types of warts received oral propolis, *Echinacea*, or a placebo. In patients with plane and common warts treated with propolis, a cure was achieved in 75% and 73% of patients, respectively.¹¹ Topical propolis has also been shown in human studies to be a well-tolerated and successful therapy for diabetic foot ulcers when applied weekly, demonstrating its effectiveness in wound care.¹² Oryan, Ahmad, et al. found that “most of the in vivo studies on various wound models suggested the beneficial roles of propolis on experimental wound healing and this has also been approved in the clinical trial studies.”¹³ Propolis has also been found to be effective against gram-positive bacteria such as *Staphylococcus aureus*, *Staphylococcus spp.*, and *Streptococcus spp.*¹⁴

With so many uses for human and honeybee health and tied to increase honey production, what is there not to love about this sticky powerhouse substance? Such a super food should not be frowned upon by beekeepers frustrated with opening their hives, but rather, beekeepers should view propolis as another valued product for bee and human health.

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Further Resources for Readers:

- Historical Aspects of Propolis Research in Modern Times: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3655583/>
- Inside Honeybee Hives: Impact of Natural Propolis on the Ectoparasitic Mite *Varroa destructor* and Viruses: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5371943/>
- Honey, Propolis, and Royal Jelly: A Comprehensive Review of Their Biological Actions and Health Benefits: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5549483/>

- Mateescu, Cristina. *PROPOLIS – A MEDICINE*. APIMONDIA Scientific Commission of Apitherapy, 2013: http://www.cari.be/medias/temporaire/beecome/mateescu_propolis-1.pdf

- Propolis Counteracts Some Threats to Honey Bee: Health: <https://www.ars.usda.gov/ARSUserFiles/60500500/PDFFiles/501-600/561-Simone-Finstrom--Propolis%20Insects%20review.pdf>

- Propolis and bee health: the natural history and significance of resin use by honey bees: <https://link.springer.com/article/10.1051/apido/2010016>

- Propolis: A Wonder Bees Product and Its Pharmacological Potentials: <https://www.hindawi.com/journals/aps/2013/308249/>

- Propolis: Properties, Application, and Its Potential: <https://www.hindawi.com/journals/ecam/2013/807578/>

- Does Propolis Help to Maintain Oral Health? <https://pubmed.ncbi.nlm.nih.gov/23365605/>

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 through the Organic Landscape Association and the Northeast Organic Farming Association.

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: <http://www.beerooted.com>

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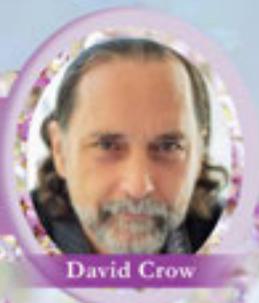


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Tamanu Oil

(*Calophyllum inophyllum* L.)

Dawn Shipley Rodriguez
Registered Aromatherapist



The extensive bounties of nature found in French Polynesia never cease to amaze me. I'd learned about tamanu (*Calophyllum inophyllum* L.) oil in my aromatherapy certification class, but it wasn't until a trip to Tahiti and learning first hand from locals (natives and transplants alike) of the countless uses, benefits and reverence for the plant and oil that I was able to truly understand and appreciate the gift that is tamanu.

Botanical Profile

The tamanu (*Calophyllum inophyllum* L.) tree of the family *Clusiaceae* is indigenous to Southeast Asia¹ and is widespread from tropical East Africa to Eastern Polynesia,² found throughout the islands of Polynesia, and other coastal areas such as Thailand, Vietnam, Malaysia, South India, and Sri Lanka.³ It is speculated to have been introduced to its more eastern lying regions such as Hawaii by Polynesian introduction as opposed to the seeds drifting and taking roots as often happens.⁴ Though the tree can successfully grow inland, it is naturally occurring most abundantly along coastal areas.⁵ This is greatly in part due to the floating fruits that are well adapted to seawater dispersal⁶ and the fact that the tree favors salty, sandy soil.⁷ It is frequently found in rocky, cliff-bound coasts where it is often the dominant species.⁸ The botanical name of *Calophyllum* derives from

the Greek words *kalos* (beautiful) and *phullon* (leaf), thus meaning "beautiful leaf."⁹ It has many other names across various regions, such as Alexandrian laurel, ballnut, 'ati (another Tahitian name), *kamani* (Hawaiian), and *fetau* (Samoan) to name a few.¹⁰

The evergreen pantropical tree¹¹ is large, growing up to 25 meters (roughly 82 feet) in height with four-angled stems of opposite elliptic to ovate leaves characterizing finely veined blades 10-25 centimeters (4 - 10 inches) long. The bark is deeply furrowed and cracked with sticky yellow sap, while the hard, fine-grained wood is easily worked by metal or stone tools, making it highly esteemed in Polynesia. The small white petaled flowers with similar white sepals have numerous yellow stamens and grow axillary (at leaf node) or terminal (at the end of the stem) in several-flowered racemes (which grow on long shoots from a center axis).¹² The fruit is a small green oval drupe 3-4 centimeters (1 - 1.5 inches) across that turns wrinkly and yellow to brownish-red when ripe and contains a single oily seed (also called a nut).¹³

The nuts must be sun-dried for about 4-6 weeks after gently cracking open the shell. This process oxidizes the kernel, making it become darker and brownish with a sweet-smelling viscous oil developing. It is only at this point that the nut can be cold pressed to obtain the

dark green-brown, nutty smelling oil. Resins are present initially and must be removed. The annual average yield per tree is relatively low at about 200 pounds of fruits and about 4-5 liters of oil, making the supply limited and relatively expensive.¹⁴

Historical Use

The tamanu (*Calophyllum inophyllum* L.) tree has a rich history in ancient Polynesian culture and is considered sacred in many of the Pacific islands. Not only was the wood used for boats¹⁵ and nuts, it was sometimes used for lighting (though kukui (*Aleurites moluccanus*) nuts were more popular for this use). The seeds and leaves were often used in traditional medicine throughout the islands in different forms for skin rashes, achy joints, rheumatism, infections, inflammation, scabies, and conjunctivitis and sore eyes. In Tonga, it was also used for “ghost sickness” or one being thought to be caused by ancestral spirits.¹⁶ However, it is also noted in one reference to have been thought to be a virulent poison in Samoa at one time, with the milky juice causing blindness and the sap causing death if introduced into the bloodstream, and thus was used for poisoning arrows.¹⁷

Chemical Make-Up of Tamanu Oil

Tamanu (*Calophyllum inophyllum* L.) oil has a pretty typical and sound fatty acid profile except for the one unique component, calophyllic acid, produced upon saponification of calophyllolide with sea water.¹⁸

Tamanu oil’s fatty acid profile makes it very absorbent, while its unique strengths lie in its unique components. The oil contains 7% wax, and the lipid profile can be separated into 92% neutral lipids, 6.4% glycolipids (fatty acids with starches attached) and 1.6% phospholipids²¹ (fatty acids with phosphate group and a glycerol that often make up cell membranes²²) such as phosphatidylethanolamine, phosphatidylcholine and phosphatidylserine.²³

Balsam, xanthenes of jacareubin which inhibit multiple strains of bacteria (*Staphylococcus aureus*, *Staphylococcus typhimurium*, *Pseudomonas aeruginosa*, and *Bacillus subtilis*), plus benzoic and oxybenzoic acids are also present.²⁴ Though perhaps the most important compound of tamanu oil is calophyllolide, a coumarin that is a resinous component unique to this tree/oil and provides strong anti-inflammatory and

Fatty Acid Profile:

- Oleic acid: 35-49%
- Linoleic acid: 21-40%
- Palmitic acid: 12-15%
- Stearic acid: 8-13%
- Alpha-linolenic acid: 0.3-1.3%¹⁹
- Unsaponifiables: 0.15-0.85%
- Resinous components: 10-20%²⁰

Tamanu (*Calophyllum inophyllum* L.)



Topical Properties Found in Literature:

- Anti-inflammatory
- Anti-bacterial
- Analgesic
- Non-toxic
- Highly absorbent into all three layers of the skin
- Antioxidant: Specifically inhibits lipid peroxidation and protects skin against damage from reactive oxygen species (ROS)³¹, as well as limiting intracellular ROS production³²
- Absorbs ultra-violet (UV) light, with significant absorption in the 260-400 nm range. 1% of tamanu oil has been shown to prevent 85% of DNA damage induced by UV radiation.
- Increases collagen and glycosaminoglycan (GAG) production.³³
- Non-irritating
- Skin/wound healing
- Rapidly regenerates new skin
- Repairs nerves
- Diminishes scarring²⁹
- Stimulates phagocytosis
- Rubefacient³⁰
- Antifungal

Tamanu oil can be used to treat/heal:

- Sciatica
- Rheumatism
- Shingles
- Skin conditions such as eczema, psoriasis
- Burns
- Chapping, cracked skin
- Skin infections³⁴
- Acne
- Scalp conditions
- Scarring
- Anal fissures
- Vaginitis
- Cracked nipples
- Rashes
- Sores
- Swellings
- Abrasions³⁵
- Wrinkles.³⁶

healing properties.²⁵ The remaining resinous components are categorized as neoflavinoids and pyranocoumarines, specifically inophyllums (C, D, E, P), calanolides, and tamanolides, and also contribute to the oil’s bioactive properties.²⁶

I’d like to mention here that in “Carrier Oils for Aromatherapy and Massage,” Len and Shirley Price note that the resins are separated out of the oil,²⁷ though I do not see note of that in my resources listing the resinous compounds at 10-20%. However, it does state that the oil was filtered after cold pressing.²⁸ Yet, many of the bioactive components listed as resinous in the latter reference are also listed in the former

as being present, but I cannot confirm the amount present in the case that the resins are separated out.

There are also comments about oils from different areas being more or less effective. I can only confirm that the tamanu oil that I bought in Tahiti is thicker and more heavily balsamic and nutty in scent than the oil I bought through a typical cosmetic oil provider which is organic and unrefined but came from a different location.

Therapeutic Properties of Tamanu Oil

Tamanu (*Calophyllum inophyllum* L.) oil has been used essentially as a “cure-all” according

to local Tahitians I talked with. Any problems with sunburn, wounds, rashes, inflammation, pain, bug bites, sprains, etc., are all treated with tamanu oil, as long as the person doesn't mind the somewhat strong nutty scent of the oil.

Specific research studies show that the anti-inflammatory effect of tamanu (*Calophyllum inophyllum* L.) oil's calophyllolide component is due specifically to a reduction of myeloperoxidase (MPO) activity, down-regulation of pro-inflammatory cytokines-IL-1 β , IL-6, and TNF- α , and also an up-regulation of the anti-inflammatory cytokine IL-10.³⁷

Research also shows the specific bacteria that tamanu (*Calophyllum inophyllum* L.) oil is effective against is not confined to just the above-mentioned strains, namely *Staphylococcus aureus*, *S. typhimurium*, *P. aeruginosa*, and *Bacillus subtilis*,³⁸ but it also appears to be effective against *Bacillus cereus*, *Staphylococcus epidermidis*, *Staphylococcus haemolyticus*, *Corynebacterium minutissimum*, and *Propionibacterium* species. *Propionibacterium* species are associated with acne.³⁹

Usage/Shelf Life/ Cautions

Tamanu (*Calophyllum inophyllum* L.) oil can be used for pretty much all skin types, and though it is suggested to use it at between 10-20% in cosmetic formulations and in massage (especially due to the expensive nature of the oil), it can be used up to 100% for spot treatments and specific conditions. Tamanu oil does not have any known contraindications, though it is suggested it is not suitable for ingestion.⁴⁰

The oil has a shelf life of one year.⁴¹ It is noted to watch out for the oil's viscosity. If it is too thin, it has most likely had many of the bioactive components removed.⁴²



Tamanu (*Calophyllum inophyllum* L.)

Neuralgia and Shingles Body Oil

Carrier Oils:

- 0.2-oz. tamanu (*Calophyllum inophyllum* L.)
- 0.05-oz. borage seed (*Borago officinalis*)
- 0.75-oz. sweet almond (*Prunus dulcis*)

Essential Oils:

- 6 drops copaiba balsam (*Copaifera officinalis*)
- 4 drops lavender (*Lavandula angustifolia*)
- 2 drops nutmeg (*Myristica fragrans*)
- 3 drops marjoram, sweet (*Origanum majorana*)
- 1 drop helichrysum (*Helichrysum italicum*)

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

To Use: Apply to hands and massage over body as needed. Store away from heat and light. If using for shingles vs. neuralgia, add the blend to a spray bottle and spray onto shingle lesions instead of applying by hand.

Cautions: Avoid use in pregnancy. If there is a risk of possible sensitivity when using for shingles, leave nutmeg essential oil out of the blend. Discontinue use if any further sensitivity occurs or if condition worsens, and seek medical attention. For adult use only.

Healing Skin Face and Body Mask

Ingredients:

0.6-oz. kaolin clay
 0.3-oz. tamanu (*Calophyllum inophyllum* L.) oil
 0.7-oz. rose alba (*Rosa alba*) hydrosol

Essential Oils:

8 drops frankincense (*Boswellia carterii*)
 10 drops tangerine
 (*Citrus reticulata blanco* var. tangerine)

To Make: Measure out ingredients, placing the clay in the largest container. Mix tamanu oil with essential oils. Mix oil blend into clay. Add rosa alba hydrosol and mix until all ingredients are blended together fully.

To Use: Apply the mixture to skin and allow to dry. Once dry, rinse off with water. This blend can be used on face or any area which needs healing. Use immediately or store up to four days in the refrigerator.

Cautions: For adult use only.

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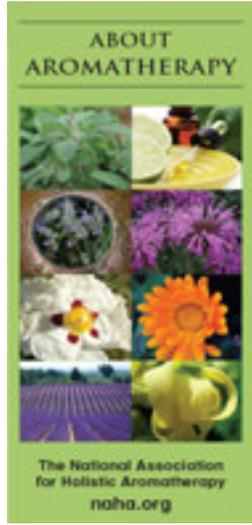
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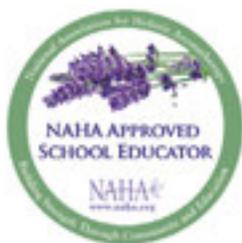
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The Nuances of Nutmeg (*Myristica fragrans* Houtt.)

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



As a familiar ingredient of pumpkin-spice lattes and seasonal pumpkin pies, nutmeg (*Myristica fragrans*) has a bit of a perceived reputation as a “fun spice!” Yet, therapeutically, and aromatically, there are a lot more in-depth nuances to this well-loved winter spice.

Nutmeg has traditionally been used for digestive complaints and pain. As an essential oil, nutmeg lends warmth to a perfume blend with cooling citrus notes, such as lime (*Citrus aurantifolia*) and pink grapefruit (*Citrus × paradisi*), combining the sweetness of all the ingredients. As a tropical native, nutmeg is not well used by western herbalists but it does have some redeeming properties as a plant which might encourage you to grow it in your garden if you are well placed to do so.

Nutmeg doesn't come without cautions for use in aromatherapy, so make sure you are familiar with this unconventional spice before using it.

Aromatherapy Latin:

fragrans (pronounced FRAY-granz) means fragrant.¹

Botanical Profile

Botanical Name: *Myristica fragrans* Houtt.²

Synonyms: *Myristica officinalis* Mart., *Myristica aromatica* Lam., *Myristica moschata* Thunb.,³ myristica.⁴

Botanical Family: *Myristicaceae* (Nutmeg).

Plant Zones: 10, 11
(perennial in tropical climates).⁵

Plant Profile

Nutmeg (*Myristica fragrans*) is an evergreen, tropical tree with fruits comparable to apricot (*Prunus armeniaca* L.) or peach (*Prunus persica* L.). Although not familiar as a plant to many of us in the western hemisphere, it is a familiar sight to those residing in tropical countries with a suitable climate for growing it. The tree may live up to eighty years in some instances.⁷

- **Overall Appearance:** A tall, evergreen tree which reaches heights of sixty-five feet, according to Lawless,⁴ but perhaps only heights of fifty feet, according to the *National Parks Flora and Fauna* website.⁸ This may

Photo this page: Nutmeg (*Myristica fragrans*)

well indicate a difference in location, as nutmeg grows in various countries.

- **Leaves:** The leaves are fragrant if crushed, alternate, ovate, smooth, glossy, narrow to a slender point at the base, and are dark green in color.⁹
- **Flowers:** The flowers are dioecious; male and female flowers are very similar in shape and color with minimal differences. They are yellow, small and rise from the leaf base. The flowers are also fragrant.
- **Fruit:** The fruit of the nutmeg tree is a pendulous drupe. The inside of the drupe is two-part: The smooth, brown seed of nutmeg, and the crimson-red aril of mace. However, it is eight years before a nutmeg tree will fruit and twenty-five years before it truly blossoms.¹⁰
- **Essential Oil and CO₂ Extract:** Nutmeg essential oil is extracted by steam or water distillation from the dried kernel.⁹ A CO₂ extract of nutmeg is also available using the standard carbon dioxide method of extraction. The chemical composition of each is discussed under the *Chemistry* section of this article.

Plant Distribution

All sources researched cite nutmeg (*Myristica fragrans*) as a native of the Molucca islands in Indonesia. Battaglia expands on that as specifically the Banda and Amboina islands in the Molucca archipelago.¹¹ He continues that nutmeg is today cultivated in Sri Lanka, Grenada, and Indonesia for commercial use.

Peace Rhind mentions that there are actually two “types” of nutmeg (*Myristica fragrans*) essential oil, depending on where the extraction was made. Plants in Grenada

Nutmeg (*Myristica fragrans*)



The Difference Between Nutmeg and Mace

Nutmeg and mace are extracted from the same tree—but they are not the same and should not be used interchangeably. In simple terms, nutmeg is the actual *kernel* (seed) of the tree. A hard casing envelopes the kernel (loosely termed an *arillus* or *aril* in this instance as it’s not a true *arillus* or *aril* in the botanical sense) and the fleshy appendage of this surround is called mace.⁶ Once dried, the *arillus* or *aril* is used to extract mace oil. The dried kernel produces nutmeg essential oil through distillation.

produce a “West Indian” essential oil whereas plants in Indonesia and Sri Lanka produce an “East Indian” essential oil.¹² The differing chemistry of these two essential oils is discussed under the *Chemistry* section of this article.

Nutmeg (*Myristica fragrans*) can be grown from seed and is now cultivated worldwide.

Garden Profile

I have personally not had the opportunity to grow nutmeg (*Myristica fragrans*) as I live in a plant zone which isn’t conducive to its successful growth. In addition, it is quite a finicky

plant to grow for domestic reasons, given its requirements. However, if you live in an area that is conducive to its successful growth, you might be able to identify it commercially and/or attempt to grow it yourself.

The *National Parks Flora and Fauna* website⁸ states that nutmeg's native habitat is primary, tropical rainforest. Sun and water are two elements which help nutmeg to thrive, along with specific soil needs. Nutmeg can be grown from seed or from a graft or stem cutting.

How to Grow Nutmeg:

Nutmeg prefers a rich, loamy, acidic soil that doesn't hold water. It should also have a low pH.^{5,8} It likes a little shade. You'll need patience to grow nutmeg from seed as it can take up to two months for seeds to germinate.⁸ The website, *Hunker*, has some detailed information on growing nutmeg from seed including tips on keeping seeds fresh and moist for good germination rates, correct seed storing, and overnight soaking of seeds before planting for a more successful germination.¹³

Garden Benefits: Nutmeg attracts birds to your garden. In the Molucca Islands, nutmeg pigeons (*Ducula spilorrhoea*) help to disperse nutmeg seeds.⁸

Historical Profile

Nutmeg (*Myristica fragrans*) has a bit of a dark and shameful history, at least for those of us who live in the western world. Like some of the other familiar spices that we use today,

nutmeg made its way to the western world through trade routes and spice wars. Spices were once considered more valuable than gold, and consequently many a battle was fought over them to retain "control" of such prized plants.

Battaglia states that nutmeg was not known to the Greeks or Romans and that its first recorded appearance was in 540AD by Actius of Constantinople.¹¹ Battaglia also writes that, "Arab traders [most probably] brought it to

Europe from the Moluccas via Java and India." Indeed, its name could be a derivative of the Arab word *mesk*, meaning *musky* or *fragrant*.⁶

Nutmeg soon became a favorite as a strewing aromatic, like many other aromatic herbs in medieval Europe. Because of its popularity, the original source of nutmeg became a quest for western explorers, including the Portuguese and the Dutch, who each headed to the

Molucca islands and laid claim to the trade of nutmegs for a lengthy period of hundreds of years from about the 12th century. Battles were won and lost between these two countries, as each fought to retain control of the trade, in addition to a brief British occupation of the Molucca islands in the 18th century. Sadly, many nutmeg trees were destroyed in the battle for control over the years.^{6, 11}

Nutmeg (*Myristica fragrans*) was traditionally used to flavor drinks and food before coffee (*Coffea* spp.) and chocolate (*Theobroma cacao*) became the preferred accompaniments.⁶



Nutmeg (*Myristica fragrans*)

However, traditionally nutmeg has been used medicinally as an aphrodisiac, for digestive issues, and for insomnia. It has also been used for rheumatism and eczema.¹⁴ But take note that it is **key to use in low amounts** to avoid toxicity, over stimulation or hallucinogenic effects.

Lawless adds that nutmeg has also been used for kidney issues and to “tone the uterine muscles [in pregnancy].” A fixed oil, not an essential oil, can be used in soap and candle making.⁴

Chemistry Profile

Herb: Chevallier¹⁴ states that the main components of nutmeg are a volatile oil and a fixed oil. The volatile oil includes such chemical components as “alpha-pinene, beta-pinene, alpha-terpinene, beta-terpinene, myristicin, elincine, [and] safrole.” The fixed oil, also called “nutmeg butter,” contains butyryn and myristine. Mabey¹⁵ expands on this description by stating that within the volatile oil component 5-15% of that is eugenol

and iso-eugenol. The chemical components of nutmeg include 25-40% of a fixed oil and within that particular component 60% is myristic acid.

Essential Oil: Two “types” of nutmeg essential oil are generally produced. Plants in Grenada produce a “West Indian” essential oil whereas plants in Indonesia and Sri Lanka produce an “East Indian” essential oil.¹² Tisserand and Young, Battaglia, and Peace-Rhind compare the main chemical components of these two types of nutmeg essential oil, as curated in the following table. I have included both the safrole and methyl eugenol component percentages due to the safety note included by Tisserand and Young on differing dermal amounts in using each essential oil. Note that each essential oil contains many other chemical components as well. In all cases, the percentage range can vary in each.

CO2: Kerkhof¹⁷ is one of the only resources to profile nutmeg CO2 extract. She lists the chemical components of the CO2 as “...fatty acids and 80% EO [essential oil] with some

Comparison of Main Chemical Components in Different Types of Nutmeg Essential Oil

Chemical Component	West Indian Nutmeg Essential Oil	East Indian Nutmeg Essential Oil
Sabinene	42.0–57.0%	14.0–45%
α -Pinene	1.6–13.2%	18.0–27%
β -Pinene	7.8–12.1%	8.7–18%
Myristicin	0.5–1.0%	3.3–14%
Terpinen-4-ol	3.0–6.4%	1.0–10.9%
Safrole	0.1–0.5%	0.3–3.3%
Methyl Eugenol	0.1–0.2%	0.1–1.2%

Sources: Battaglia, Peace-Rhind and Tisserand and Young^{11,12,16} **Note:** Refer to the *Safety Profile* in this article for advice on dermal limits in applying each type of nutmeg essential oil.

16% α -pinene, around 12% β -pinene, [and] 2% myrcene...It also contains high levels (higher than distilled oil) [of] sabinene (26.7%) and myristicine (20%).”

Adulteration: Battaglia¹¹ adds an interesting point on the adulteration of nutmeg essential oil. He states that it is frequently adulterated with tea tree (*Melaleuca alternifolia*) essential oil, not the first oil that would spring to mind with regard to adulteration of a warm, spicy oil. However, one of the original sources of this statement, Arctander,¹⁸ expands on this with the similar chemical components found in each, namely the monoterpenes. Indeed, if you compare the Caddy¹⁹ profile for both nutmeg (*Myristica fragrans*) essential oil and tea tree (*Melaleuca alternifolia*) essential oil, there are several common denominators. Arctander also writes that the terpenes are removed in nutmeg essential oil for flavor materials such as for use in meat sauces.

Aroma Profile

Essential Oil: I always think of nutmeg essential oil as warm, spicy, and soft. But it can be a little sharp in large amounts and there are certainly other nuances and notes to it. Peace-Rhind¹² adds that nutmeg essential oil is sweet, fresh, and has “pine-like, ethereal notes.” Remember that pinene content? That’s what brings in those more unusual pine notes. Moriel²⁰ classifies nutmeg as a “dry, spicy oriental” fragrance, in the same class as patchouli (*Pogostemon cablin*), myrrh (*Commiphora myrrha*), and ginger (*Zingiber officinale*). Arctander¹⁸ adds that nutmeg essential oil has a somewhat woody note on the drydown. He compares nutmeg essential oil’s aroma as similar to sweet marjoram (*Origanum majorana*) essential oil.



Nutmeg (*Myristica fragrans*)

Nutmeg Worms

Both Lawless⁴ and Arctander¹⁸ discuss nutmeg worms. Worms will eat the fixed oil within the nutmeg seed but not the essential oil constituents. The fixed oil contains starch and fat, presumably more appetite-friendly and non-toxic to the worm.

The essential oil is clear white or pale-yellow in color.⁴

CO2 Extract: Kerkhof¹⁷ describes nutmeg CO2 extract as “warm, sweet-spicy and characteristic nutty, yet richer than the distilled oil and smooth.” It is a clear, orange-red liquid.

Hydrosol: There was very little verifiable information I could find on nutmeg as a hydrosol. *Aromaweb* states that the hydrosol has an aroma “reminiscent to that of diluted nutmeg essential oil, but it almost smells a bit rubbery.”²¹

Therapeutic Profile

Herb: The central therapeutic properties of nutmeg as an herbal plant include carminative (for example, for flatulence), stimulant, staves off nausea and vomiting, and offers some relief from muscle spasms.^{9,14}

Essential Oil: Nutmeg essential oil is anti-inflammatory, aphrodisiac, anti-convulsant, antioxidant, digestive, emmenagogue, anti-emetic, anti-rheumatic, antispasmodic, a prostaglandin inhibitor, stimulant and a tonic.^{4,12} Use nutmeg essential oil for conditions such as flatulence, diarrhea, hemorrhoids, rheumatism and other similar

types of pain and inflammation (including Raynaud’s disease), stress, nausea, digestive problems, fatigue caused by anxiety and stress, poor circulation, gout, amenorrhea, and bacterial infection with immune issues.^{4,12,19}

Energetics: Battaglia suggests that nutmeg essential oil, as a warming oil, can be used to alleviate conditions which are associated with *cold*. In Traditional Chinese Medicine (TCM), cold indicates issues with digestion, pain and immune support for fever, colds, and chills. Nutmeg essential oil is aligned with the elements of *Earth* and *Water*.¹¹

CO2 Extract: Nutmeg CO2 extract can be grounding, energizing, anxiolytic, anti-inflammatory, analgesic, neuroprotective, helps mental exhaustion, boosts memory, reduces feelings of isolation, helps digestive issues, and it is an aphrodisiac.¹⁷

Clinical Research

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

- **Pain:** In a study entitled *Nutmeg oil alleviates chronic inflammatory pain through inhibition of COX-2 expression and substance P release in vivo* by Wei Kevin Zhang, Shan-Shan Tao, Ting-Ting Li, Yu-Sang Li, Xiao-Jun Li, and He-Bin Tang it was found that “nutmeg oil could potentially alleviate the CFA-injection induced joint swelling, mechanical allodynia and heat hyperanalgesia of rats through inhibition of COX-2 expression and blood substance P level, which made it possible for nutmeg oil to be a potential chronic pain reliever.”²² A Complete Freund’s Adjuvant (CFA) injection was used which is known to cause pain. Guidelines are issued for its use in animal research.



Nutmeg (*Myristica fragrans*)

- **Insomnia:** Nutmeg was recommended as an herb to aid in falling back sleep in an article entitled *Herbal Medicine for Insomnia* by Eric Yarnell in an Alternative Complimentary Therapies Journal.²³ However, note this is use of the specific herb, not the essential oil, and should be used under the guidance of an herbal practitioner.

- **Happiness and Calm:** In an article, *Aromatherapy as Mind-Body Medicine*, by Robert Tisserand in the International Journal of Aromatherapy, Tisserand states (as summarized in the American Botanical Council's HerbClip™ Online extract) that nutmeg is one of several oils which can “significantly increase happiness and calmness” and “decrease embarrassment and anger.”²⁴

Clinical studies need to be read in context with many factors including size of study, control methodology, number of participants and location. The above are extracts or summaries of studies and their stated perceived outcomes. Research each study fully and correctly to learn more.

Nutmeg in Full Profile

It's fair to say that nutmeg had a turbulent history of “trade rights” in its early days for use in the Western world. It is one of several spices that made its way to us for use in our aromatic apothecaries and kitchens. Next time you add some nutmeg to your pumpkin-spice latte or pie, remember what it and others went through to make it available to you. And remember its *real, true* value in any aromatherapy blends you make in the future, beyond its components and therapeutic properties.

Safety Profile

Cautions for Use

Herb: Safe in low doses for medicinal and culinary use as a spice. High doses of the herb may cause hallucinations, double vision, convulsion, disorientation, be strongly stimulant, and cause toxicity (believed to be the myristicin content), even leading to death.^{14,15} Chevallier states that “...the consumption of just two whole nutmegs has been known to cause death.”¹⁴

Essential Oil: Use in low doses. Avoid in pregnancy.¹² The chemical components of safrole and methyl eugenol found within the essential oil are thought to be carcinogenic.¹⁶ Due to this fact, Tisserand and Young advise a maximum dermal use of 0.8% for East Indian nutmeg essential oil and a maximum dermal use of 5% for West Indian nutmeg essential oil. See the Chemistry Profile in this article for the amounts of safrole and methyl eugenol found within each type of essential oil. However, if nutmeg essential oil is used responsibly and in the advised quantities, there should be little worry of the same hallucinogen and toxicity effects when compared to use of the whole plant (seed).

CO2 Extract: Avoid use in pregnancy (unless diffusing), with children under six years of age, reduce dilution rate to 10-50% of general dose for children aged seven to twelve, and to 50-75% of general dose for seniors over the age of sixty-five.¹⁷ Kerkhof recommends a maximum topical use at 0.25-0.5% for general use.¹⁷

To the Rescue Salve

This is a multi-purpose, jill-of-all-trades salve, designed for emergency, acute conditions when nothing else is available.

Uses: Pain, inflammation, digestive issues, or just for a quick-pick-me-up when life overwhelms. It's a great salve to have around these days as pain, stomachache and stress are common occurrences as we navigate the current pandemic.

Aroma: This blend has a strong, grounding spicy-medicinal aroma, with an elusive, zesty top note.

*Step One: The Infused Oil***To Make:**

1. Take two organic whole nutmegs and place them in a coffee grinder.
2. Grind until you have ground them down to small grains.
3. Pour the sunflower oil into a 6-oz. jar.
4. Stir in ¼ tsp. of the ground nutmeg to the sunflower oil.
5. Pack the jar with dried organic rosebuds. Make sure that the oil covers all botanicals in the jar.
6. Cap and label the jar.
7. Store in a dark closet for 6-8 weeks, remembering to shake the jar gently intermittently.**
8. After 6-8 weeks, strain off the botanicals, and repour the oil into a storage container. Label.
9. Store in a cool, dark place or the refrigerator to prolong shelf life.

Pro Tip: Co-infuse the rose and nutmeg oil with the calendula oil required for this recipe!

Note: You will only use a proportion of the finished oil for the *To the Rescue* salve recipe as listed.

Ingredients:

6-fl.oz. organic sunflower (*Helianthus annuus*) oil
¼ tsp. of ground organic, whole nutmegs
Dried organic rosebuds to pack the jar.

Essential Stats

- 6:1 ratio.
- 3% (approximately) dilution rate.*
- Recipe makes 9 x 2-oz. glass jar salves.

*The dilution rate reflects acute, not chronic, use and could even go up to 5% under the supervision of a certified aromatherapist.

Recipe and photo this page © Sharon Falsetto. Permission is given to use this recipe for personal use but not for commercial reproduction or gain.

****Why a long, cold infusion?**

Infusing oils is an art. I have come to believe that a long, cold infusion is more in line with nature. However, some plant materials, such as resins, need to be gently warmed to release an aromatic's healing qualities. You could also do this with nutmeg if you prefer. Simply infuse the nutmeg (on its own) in the sunflower oil by heating gently on the stove for between 6 to 8 hours. Then add in the dried rosebuds and infuse as directed above.



© Sharon Falsetto

Step Two: The Salve

Ingredients:

- 2-oz. organic beeswax (*Cera alba*)
- 6-fl.oz. infused rose (*Rosa* spp.) and nutmeg (*Myristica fragrans*) oil
- 6-fl.oz. calendula (*Calendula officinalis*) oil

Essential Oils:

- 28 drops nutmeg (*Myristica fragrans*)
- 40 drops vetiver (*Vetiveria zizanioides*)
- 60 drops cypress (*Cupressus sempervirens*)
- 40 drops sweet marjoram (*Origanum majorana*)
- 28 drops ginger (*Zingiber officinale*)
- 40 drops lime (*Citrus aurantifolia*)

To Make:

1. Weigh out the beeswax (by weight) and infused oils (by volume) in separate Pyrex® jugs. Set aside.
2. Mix the essential oils in a glass beaker. Set aside.
3. Set up the glass jars ready to pour the mixture into. Label them with the date and contents.

4. Using the Bain Marie method, gently heat regular water in a small pan on the stove top, enough to create a light steam.
5. Place the beeswax Pyrex® jug into the pan (resting just above the steam but not touching the water) and wait for the beeswax to melt. Make sure that the jug will accommodate 18-oz. of liquid when complete.
6. Once the beeswax is melted, stir in the calendula oil, followed by the rose and nutmeg infused oil.
7. Take off the heat. Add the essential oil blend and stir in.
8. Pour the blend into the glass jars. Leave to set, then cap.

To Use: Apply a dime-sized amount of salve to places of pain as needed. Dab wrists and inhale for stress and anxiety release. Massage a dime-sized amount of salve clockwise over abdomen for stomach upsets.

Cautions: Avoid use in pregnancy. Risk of photosensitivity. Do not apply before going out into sunlight or other forms of ultra-violet light. For adult use only.

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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 wrote 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 fully live in early 2021.

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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The Hidden Power of Pine Nuts

By Marie Olson, RWP, FNT, CA



Pine nuts, edible seeds from the pinecone of pine trees of the *Pinaceae* family, of the genus *Pinus*, are native to Asia, Russia and Mongolia, with Russia being the largest source in the world. They can be found in many places, and I can remember eating them in New Mexico as a child when my uncle would harvest them. There they are known as *piñons*.¹

When you think of pine trees, you may not consider that there is such a delicious nut produced by them, but I am sure many people have tried pine nuts, especially with the popularity of pesto sauce! Pesto sauce may be one of the most well-known uses of pine nuts culinarily. It is also common in many Italian pastries, and has been used in Europe and Asia culinarily since the Paleolithic period. It is considered a rich source of manganese, phosphorous, magnesium, zinc, copper, vitamins E and K, along with B vitamins thiamin and niacin. As with most nuts, pine nuts are composed primarily of fat, with lesser amounts of both protein and carbohydrates, and can provide 673 calories per 100 gram serving size. They may be consumed raw or cooked. Additionally, piñon coffee can be found in New Mexico, where it is dark roasted and provides a deep, nutty flavor.¹

Creating a delicious dish with pine nuts is as easy as snacking on a handful of raw or roasted

and salted nuts or throwing them into a food processor with some basil, garlic, cheese and olive oil for a quick pesto sauce. They are nutritious and delicious, and a great way to increase important micronutrients in your diet.

To enjoy pine nuts, you must buy shelled, or first shell the nuts; the shells are very small and hard. One way to successfully shell the nuts is by placing in a strong food storage bag, removing all of the air and sealing it tightly (or by placing them between two clean towels), and then use a rolling pin to crush the shells. You will want to be careful not to hit the shells, or you will risk crushing the nuts. You will need to apply some force with the rolling pin to crack the shells successfully. Remove the shells and consume them raw, add some to a meal, or roast and enjoy! They are best consumed immediately after shelling.²

To roast pine nuts, it is best to do so on a stove top or in an oven. You will want to place them in a single layer in a dry pan to roast on the stovetop, or in a dry, rimmed baking sheet in the oven. When roasting small batches, it is recommended to roast them on the stovetop. Place the pan of pine nuts on medium-low heat and cook until fragrant and golden brown. You will want to make sure you are stirring the pine nuts frequently to prevent burning. You can roast larger batches easily in the oven, and this



method provides the most even toasting and color. Preheat your oven to 375° F and bake for 5-10 minutes, stirring every 2-3 minutes, until fragrant and golden brown. Remove from the pan immediately to prevent further cooking.³

One of my favorite snacks is a handful of pine nuts mixed with a handful of some assorted dried fruits (I love cranberries or cherries) and a handful of some dark chocolate chunks. I just toss them together in a small bowl trail-mix style and snack on it throughout the afternoon for a little pick-me-up!

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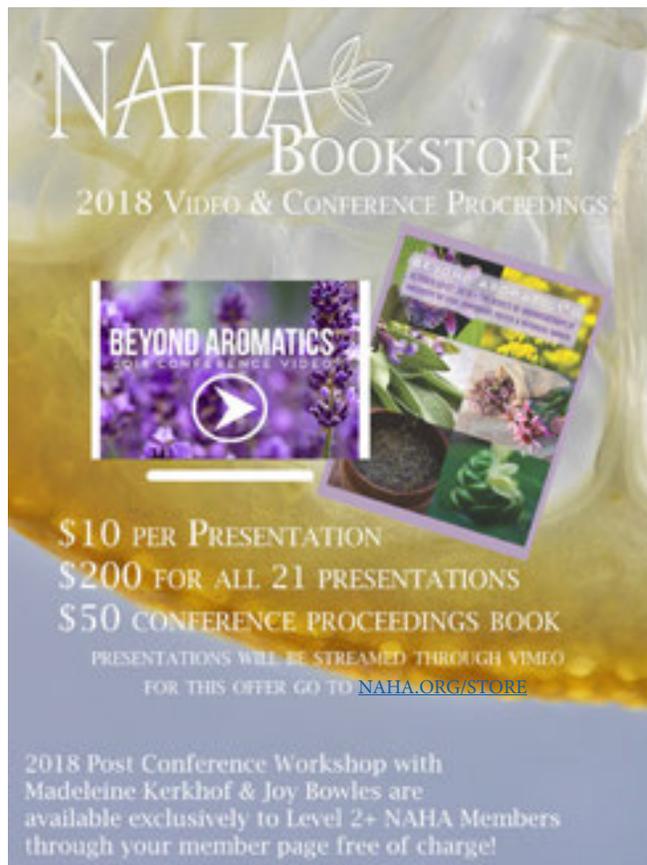
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About Marie Olson:

After several years of working as a Special Investigator, Marie went back to school to become a Functional Nutritional Therapy Practitioner (FNTPT). She always had an interest in natural medicine, holistic health, and how things work, and felt called to learn more about foundational holistic nutrition. A friend of hers introduced her to essential oils while she was studying to be an FNTPT, and she sought out quality education to learn more, and happily came across Aromahead Institute School of Essential Oil Studies. She took her first aromatherapy class sometime in 2015.

The Hidden Power of Pine Nuts *continued*

After completing FNTTP training, she opened a private practice and taught Culinary Nutrition at the Culinary Institute of Virginia, where she discovered that teaching was a passion of hers! Additionally, in her private practice, she combined her investigation skills with her nutrition and teaching passions, and helped people get to the root cause of their digestive and health issues. She continued taking classes at Aromahead, and become the first Certified Aromatherapist in Guam in 2018. She currently resides in Delaware. Essential oils are a perfect complement to her nutrition practice, and she loves custom making products to serve her clients' needs! Marie is the NAHA Regional Director for Delaware. You can learn more about Marie at: www.NutriSimplicity.com.



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The Scoop on Aromatherapy Body Scrubs

By Kayla Fioravanti



Bath products are some of my very favorite products to use as a consumer. *What's not to love about a good bath?* Nothing! Nothing at all! But you can improve on your bathing *experience* and nothing improves a bath more than aromatherapy. As an aromatherapist, coming up with creative ways to introduce essential oils into the bathtub is always a challenge. A scrub can be used in both the shower and bathtub. I particularly like to use a scrub in the bath because it means all the beneficial oils, butters, salts and sugars from your scrub end up as part of your soaking experience. During a bath or hot shower, the pores and respiratory system are opened up and absorb the essential oils used in such products.

If your skin is looking dull and irritated, it is time for a body scrub. In the winter it is important to exfoliate, moisturize and hydrate your skin. This means that now is the perfect time to make body scrubs.

A scrub can be used to accomplish all of your skin's winter goals and can be used 2-3 times per week in the winter. Colder seasons cause dry skin that can become chapped and cracked. The cool weather of winter can be rough on your skin. Fall and winter climates force the skin to deal with a lot of harsh environments: Strong winds, cold air, indoor heating, rain, snow, sleet, and an overall lack

of a good healthy dose of sunlight. Add insult to injury by layering under loads of clothes to keep warm while also trapping in dead skin cells and bacteria. Removing the layer of dry, dead skin cells also makes your moisturizer work well, which is more important than ever in the winter.

According to Dr. Debbie Palmer, medical director and co-founder of Dermatology Associates of New York and founder of Replere, "When we exfoliate, our superficial skin cells send signals to the layers of cells below to increase new cell production. This speeds up cell renewal and returns our radiance or youthful glow."¹

Ingredients of Scrubs

Exfoliant:

- coffee (*Coffea* spp.)
- walnut (*Juglans* spp.) shell powder
- jojoba (*Simmondsia chinensis*) beads
- various grades of salt and sugar.

Other:

- mustard powder (*Sinapis alba*)
- sea kelp (*Macrocystis pyrifera*)
- herbs
- cayenne pepper (*Capsicum* spp.)
- turmeric (*Curcuma longa*)
- essential oils.



Left-to-Right: Mango (*Mangifera indica*) butter, Shea (*Vitellaria paradoxa*) butter and cacao (*Theobroma cacao*)

Body Scrub Ingredients

Central heating plays havoc on the sebum our skin normally produces, which makes our skin lose the water that should be retained in the lower dermis. During the winter months there are thousands of dry skin cells ready to be sloughed off the surface, and they become clumped together with oil, which forms what appears to be flaky skin. Body scrubs remove toxins, increase circulation, rehydrate and moisturize the skin, and release a natural radiance.

There are many ingredient options when it comes to body scrubs, but they do need to include oils or butters to protect the skin.

Bringing the Spa Experience into Your Home

Holistic spa body treatments include the use of aromatherapy, hydrotherapy, herbal therapy, body scrubs, thalassotherapy, and baths in order to revitalize and boost the immune system all while relaxing the client. Creating home products that allow the consumer to treat themselves is priceless in the midst of a global pandemic such as we are experiencing today. It is important to create products that will bring joy, therapy, and skin treatment now more than ever. All of these holistic treatments can be easily created in a good body scrub recipe.

Hydrotherapy: Hydrotherapy can be done in most homes with a simple hot, steamy shower on a daily basis. However, just towards the end, switch the water from hot to cold for about fifteen seconds. Repeat the process for two minutes. This hydrotherapy technique will revitalize skin by stimulating the flow of blood through the skin. Using a body scrub before starting this hydrotherapy cycle introduces aromatherapy to the experience.

Thalassotherapy: Thalassotherapy is even easier to do at home. Thalassotherapy is the medicinal use of seawater. It was developed in the seaside towns of Brittany, France in the 19th century. There are trace elements of magnesium, potassium, calcium sulfates and sodium found in seawater. Creating a scrub which utilizes some of these ingredients can introduce sea salt and other great trace mineral into the bathwater. The main objective of thalassotherapy is to increase blood circulation by replenishing the mineral content of the body with the minerals from the sea. Vital minerals are depleted from our body due to stress, pollution, and poor diets. Good health, mental wellness, and healthy skin are dependent on the correct balance of sodium, potassium, and fluids in the body.

Physical and Chemical Exfoliants

Here is a quick review of the differences between a scrub, polish, exfoliant, and peel. In reality there are really only two types of exfoliants—*physical* and *chemical*.

- **Physical:** A physical exfoliant is applied and then scrubbed into the skin.
- **Chemical:** A chemical exfoliant is a peel or mask that contains active ingredients which chemically remove the skin.

The recipes in this article are *physical exfoliants*—whether you name your product a *scrub*, *polish*, or *exfoliant* is totally up to you. It is essentially a marketing decision. With each of these recipes you can swap out the carrier oils, butters, essential oils, and even the exfoliating ingredients. These recipes are designed to give you a jumping off point to make your own creations. I've chosen carrier oils that have an extremely stable shelf life so that the scrubs won't cause your customers' towels to get a rancid aroma over time.

Preservatives and Scrubs

Let me just squeeze in a quick word on preservatives in scrubs. I can be militant about preservatives in products with water activity, but body scrubs don't contain water. However, they are at risk of *water contamination* while being used. So, the short answer is—they end up with the potential for water activity **so they should be preserved**. You will find recipes with different preservatives and many with no preservatives all over the Internet. I chose phenoxyethanol as a preservative for these recipes because it is oil soluble. A preservative system that doesn't take into account the fact that these are oil-based formulas is not an effective system for scrubs. Phenoxyethanol is a broad-spectrum preservative that is soluble in

both oil and water at a pH level between 4 and 8.

- **Oil-based Scrubs:** The most common form of body scrubs that you will find on the market are oil-based scrubs which use carrier oils, salt and/or sugar. These are lovely formulations, but they do have some downsides. First, they tend to leak no matter what type of seal, shrink band or packaging you use. It is just too easy for the oil to ooze out of the jar and into shipping boxes. The other downside is that the weight of the carrier oils can cause the salt or sugar used to become compacted and hard to access. For that reason, I tend to use less oil in my oil-based scrubs.

- **Solid Scrubs:** Solid scrubs can be poured into tiny molds, like guest soap molds, for single use products or into a larger soap mold tray. The wonders of solid scrubs are that they are easy to use, cute to package up, and less messy than an oil scrub.

- **Butter-based Scrubs:** One of my favorite scrubs is a whipped butter scrub. I discovered the wonders of whipped butters while trying to eliminate the issue of crystallization in shea butter (*Vitellaria paradoxa*) and cocoa butter (*Theobroma cacao*) based formulas. The process of whipping butters while cooling quickly eliminates the problem of crystallization that often happens when shea butter is heated and cooled. It can also happen with mango butter (*Mangifera indica*) and cocoa butter. The only other way to avoid the formation of crystals in shea butter is to use a fractionated shea butter that has filtered off the short-chain fatty acids that form crystals or to whip it while it cools.

- **Emulsified Scrubs:** Emulsified Scrubs are not as common on the market as other types of scrubs. They help to eliminate leakage from packaging and make a great, luxurious scrub.



Note: All scrub recipes are for adult use only.

Basic Oil-based Body Scrub

This recipe makes about 36-oz. of final product.

Type of Packaging Needed: Basic oil-based scrubs tend to leak. Look for wide mouth jars that have an extra seal. Jars should also be made from PET plastic or glass.

Ingredients:

30-oz. sea salt (*Sodium chloride*), sugar, Epsom salt (*Magnesium sulphate*), or ground coffee (*Coffea spp.*)

4-oz. fractionated coconut oil (*Caprylic/Capric triglyceride*)

2-oz. jojoba (*Simmondsia chinensis*)

0.4-oz. phenoxyethanol

Essential Oils:

0.3-oz. lavender (*Lavandula angustifolia*)

0.1-oz. lemon (*Citrus x limon*)

To Make: Measure all ingredients and mix together. Check the aroma. If it is enough aroma, package up your creation. If you want to make it stronger add up to 1.6-oz. total of essential oils.

To Use: Scoop a handful of the product out with a dry hand or spoon, rub between hands and apply to wet body. Gently scrub. This product can be used on your entire body, but it is not recommended for facial skin use.

Cautions: Avoid applying over cuts or delicate areas of the body. Do not exfoliate sunburned or irritated skin. Scrubs can make the shower or bathtub area slippery, so use caution to avoid slipping. Possibly skin sensitivity in some people. Stop use immediately if irritation occurs.

Basic Solid Scrub

This recipe makes about 36-oz. of final product.

Type of Packaging Needed: Basic solid scrubs can be packaged into jars or cellophane bags. Avoid shrink wrap systems as they will cause the product to melt.

Type of Molds Needed: Use silicone or plastic molds. You can use molds with multiple cavities or a tray mold. When you use a tray mold, cut the scrub once it has completely cooled and solidified.

Ingredients:

4-oz. cocoa butter (*Theobroma cacao*)

6.25-oz. shea butter, refined (*Butyrospermum parkii*)

25.5-oz. sea salt (*Sodium chloride*), sugar, or Epsom salt (*Magnesium sulphate*)

0.4-oz. phenoxyethanol

Essential Oils:

0.4-oz. tangerine (*Citrus reticulata blanco* var. tangerine)

To Make: Melt cocoa butter using the Bain Marie method on the stove top. Remove from heat. Stir in shea butter until it melts and then your exfoliant of choice (sea salt, Epsom salt, or sugar). Stir. Add essential oils. Stir again. Check aroma. If it is fragrant enough pour the mixture into soap molds. If you want a stronger fragrance, add up to 1-oz. total of essential oils.

To Use: Hold the solid scrub in your hand while gently applying to wet body. This product can be used on your entire body but is not recommended for facial skin use.

Cautions: Avoid applying over cuts or delicate areas of the body. Do not exfoliate sunburned or irritated skin. Scrubs can make the shower or bathtub area slippery, so use caution to avoid slipping. Possibly skin sensitivity in some people. Stop use immediately if irritation occurs.

Basic Whipped Butter Scrub

This recipe makes about 36-oz. of final product.

Type of Packaging Needed: Basic whipped butter scrubs do NOT have a tendency to leak. Use PET plastic or glass jars. The scrub is easiest to get into jars with a piping bag.

Ingredients:

- 19.75-oz. shea butter, refined
(*Butyrospermum parkii*)
- 5-oz. fractionated coconut oil
(*Caprylic/Capric triglyceride*)
- 2-oz. jojoba (*Simmondsia chinensis*)
- 8.5-oz. sea salt (*Sodium chloride*), sugar,
Epsom salt (*Magnesium sulphate*), or
ground coffee (*Coffea spp.*)
- 0.3-oz. vitamin E
- 0.3-oz. phenoxyethanol

Essential Oils:

- 0.3-oz. grapefruit (*Citrus x paradisi*)
-

To Make: Warm up jojoba and fractionated coconut oil on the stove top. Take off heat. Chop shea butter into small pieces to allow them to melt quickly without too much heat. Add shea butter to warm jojoba and fractionated coconut oil and add vitamin E. Using a handheld mixer, whip the shea butter into the mix and vitamin E until there is no separation between oil and shea butter. Whip essential oils of your choice into the mixture. Check aroma. If it is fragrant enough scoop the mixture into molds. A cake piping bag can make this an easy process. If you want a stronger fragrance, add up to 1.6-oz. total of essential oils.

To Use: Scoop a handful of the product out with a dry hand or spoon, rub between hands and apply to wet body. Gently scrub. This product can be used on your entire body, but it is not recommended for facial skin use.

Cautions: Avoid applying over cuts or delicate areas of the body. Do not exfoliate sunburned or irritated skin. Scrubs can make the shower or bathtub area slippery, so use caution to avoid slipping. Possibly skin sensitivity in some people. Stop use immediately if irritation occurs.

Basic Emulsified Scrub

This recipe makes about 36-oz. of final product.

Type of Packaging Needed: Basic emulsified scrubs do NOT have a tendency to leak. Use PET plastic or glass jars.

Ingredients:

- 24-oz. sea salt (*Sodium chloride*) or sugar
- 5-oz. fractionated coconut oil
(*Caprylic/Capric triglyceride*)
- 2-oz. jojoba (*Simmondsia chinensis*)
- 2.5-oz. shea butter (*Butyrospermum parkii*),
mango butter (*Mangifera indica*), or
kokum butter (*Garcinia indica*)
- 1-oz. emulsifying wax
- 1-oz. stearic acid
- 0.35-oz. vitamin E
- 0.35-oz. phenoxyethanol

Essential Oils:

- 0.2-oz. lime (*Citrus aurantifolia*)
 - 0.15-oz. ginger (*Zingiber officinale*)
-

To Make: Heat and melt together carrier oils, butters, emulsifying wax, and stearic acid using the Bain Marie method on the stove top. Take off heat the heat. Add vitamin E. Stir. Using a stick blender blend together. Stir in the exfoliant (sea salt or sugar) and essential oils. Check aroma. If it is fragrant enough fill containers. If you want to make the fragrance stronger, add up to 2-oz. total of essential oils.

To Use: Scoop a handful of the product out with a dry hand or spoon, rub between hands and apply to wet body. Gently scrub. This product can be used on your entire body, but it is not recommended for facial skin use.

Cautions: Avoid applying over cuts or delicate areas of the body. Do not exfoliate sunburned or irritated skin. Scrubs can make the shower or bathtub area slippery, so use caution to avoid slipping. Possibly skin sensitivity in some people. Stop use immediately if irritation occurs.

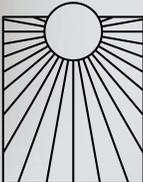
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About Kayla Fioravanti:

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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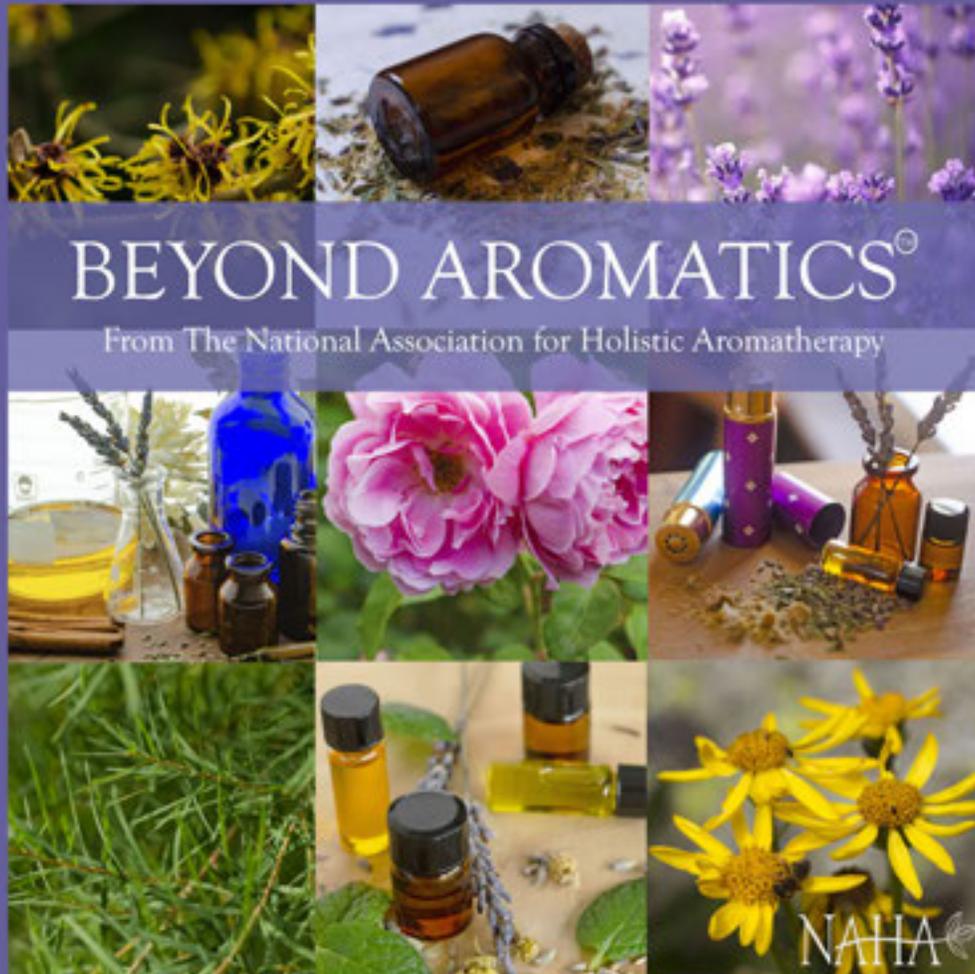
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Tinctures for Use in Aromatherapy

By Anna Pageau
NAHA Certified Professional Aromatherapist®



What is a tincture and why is it useful in aromatherapy?

A tincture is a concentrated liquid extract of herbs. Generally, a tincture is made using alcohol as a solvent. However, if you wish to avoid alcohol you can use glycerin or apple cider vinegar instead.

Terms used in herbalism to describe products can be confusing due to the crossover of solvents used in various processes. In the *NAHA Aromatherapy Autumn Journal 2020.3*, I wrote about using vinegars and infusing them with aromatic herbs. If you are avoiding using alcohol, vinegar infusions can be used as you would use a tincture. The other option for making tinctures is to use vegetable glycerin. However, using either vinegar or glycerin will not provide you with a tincture that will be as potent as an alcohol-based tincture. The solvent used is part of the reason for the various terms used to describe different herbalism products. For a long-life tincture, you do need to use alcohol.

Alcohol as a Solvent

Alcohol is the recommended solvent for making a tincture as it can extract components like resins and alkaloids that are not water-soluble. It also allows the finished product to have a long shelf life. When choosing an alcohol, you want to select one that is at least

80-proof. The proof is a measure of the actual alcohol content in the spirit. Half of the proof is the percentage of alcohol. As an example, an 80-proof vodka is 40 percent alcohol. The remaining liquid is water.

Herbalism Terms

Infusion: In general, this term is used to describe infusing one substance into another for combined use. Examples are a tea (water-based) or oil-based infusion.

Extraction: This term usually indicates that something has been extracted into something else, but not using alcohol. If you are purchasing an extract, look at the ingredient label to see what the base is.

Tincture: This term is usually reserved for an alcohol-based extraction. The process of creating a tincture is a maceration of herbs infused into an alcohol base for fourteen days or more.

Glycerite: This term is used to describe the combination of an herb being infused into glycerin. However, some people will refer to this product as a tincture. Again, when purchasing products commercially make sure you read the labels or reach out to the manufacturer so that you know what your product base is.¹

Ideally you want to use a 100-proof spirit, as this will provide a ratio of 50 percent alcohol to 50 percent water. This ratio is believed to be the perfect medium for extracting most of the medicinal properties of herbs. The alcohol is also a natural preservative making tinctures long lasting.

How to Use a Tincture for Aromatherapy

Tinctures are easy to make and inexpensive to purchase. Since tinctures are available in small bottles, they are good to add into an emergency supply kit. Because you can use most tinctures for internal and external issues, they are beneficial to have on hand for acute situations.

Internal: Tinctures are often used as an herbal supplement. They allow us to consume the natural health boosting chemicals found in plants.

For example, rosemary (*Salvia rosmarinus*) is approved by the German Commission E for use in treating indigestion, joint ailments, and stomach problems. An adult could take 10 drops to 3 mL up to 3 times a day to assist with these ailments.¹

In aromatherapy, rosemary (*Salvia rosmarinus*) has many benefits. Gabriel Mojay shares that it energizes the Qi-energy of the heart and encourages the flow of arterial blood.² When you use an inhaler with rosemary essential oil it benefits your memory and brain function. Combining a daily regimen of sniffing an inhaler periodically and taking a

dose of tincture (10 drops to 3 mL, up to three times a day)¹ can help to improve circulation and support our brain and blood vessels.

External:

Room or Linen Spray: A safe aromatic product for external use that you can create with a tincture is a room spray or linen spray. I use tinctures as therapeutic sprays instead of trying to create one using essential oils. If you go online, you will find countless recipes for do-it-yourself products using essential oils. The problem with many of these products is they are not properly formulated. Even if you are making a linen spray, you want to ensure that an essential oil is solubilized in a proper medium. The Tisserand Institute explains that to properly solubilize an essential oil for use you would need at least 75% (150 proof) alcohol.³ In many states purchasing such a high proof alcohol can be difficult. For any product that you plan to use on your skin, make sure that it is properly formulated and preserved.



Bug Spray: Another option is to create a bug spray with a tincture. Rosalee de la Forêt writes that yarrow (*Achillea millefolium*) or catnip (*Nepeta cataria*) can repel mosquitoes.⁴ Following her advice, I decided to tincture both plants separately. I didn't want to use essential oils since I needed to use it often. I experimented with several combinations in a small spray bottle to find a pleasant fragrance. Each option that I formulated was successful in repelling mosquitoes.

I started with a 50/50 blend of both yarrow (*Achillea millefolium*) and catnip (*Nepeta cataria*) herbal tinctures. The catnip tincture in the blend was rather potent so I adjusted the blend to a 60/40 ratio of yarrow and catnip tincture respectively. Also, since I was working in small batches to avoid drying out my skin, I created a 50/30/20 blend with yarrow and catnip tincture, and aloe vera gel (*Aloe barbadensis*). Note that it is important to not increase the water content in the blend too much as it will encourage bacterial growth. See the recipe box at the end of this article for my final recipe.

Tincture Use with Animals*

In my work with animals, I use essential oils with caution and generally only through inhalation. Herbal tinctures (in the form of glycerites) offer me a way of working with aromatics to assist animals with a variety of issues. Animals can benefit from herbs in similar ways that humans can.

As an example, devil's claw (*Harpagophytum procumbens*) is an herb that has been used to treat pain in humans. I have used this herb with a donkey that had pain in his legs due to severely overgrown hooves. While you can use a powdered herb, it isn't always easy to have an animal ingest it.

*Editor's Note:

Before using herbal tinctures/glycerites with animals, make sure that you have herbal training and/or the necessary experience in using tinctures/glycerites in this way. This is a specialized area of herbalism and doesn't fall into the usual use of aromatherapy practice.



How to Make a Tincture

- Place your chopped herbs into a glass jar. If using fresh allow them to wilt.
- Completely cover the herbs by two inches or more with alcohol. Cap.
- Place the jar in a warm location. Shake daily for 4 to 6 weeks.
- After macerating, strain herbs with a stainless-steel strainer and cheese cloth.
- Place your liquid in an amber bottle or divide into smaller bottles with dropper tops.⁵
- Label.

Safety

It is important to know the plants you are working with in both aromatherapy and herbalism as some plants are toxic.

Herbal tinctures can add an additional way to benefit from various plants. Although tinctures are generally an alcohol-based product they do have some water content, so you want to ensure that if you are adding them to any sort of product, you find a way to properly formulate your product. Each plant tincture may have specific cautions attached to using it. When working with any substance it is important that you take the time to do research and learn details from more than one source to ensure you are making informed decisions. I find tinctures to be a nice addition to my natural wellness toolkit.



Yarrow (*Achillea millefolium*)

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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

Tincture Bug Spray

You will need a 2-oz. spray bottle to make this blend. I found that this recipe allowed me to use a spray bottle, but if you add more gel to the blend, you may need to use a pop top bottle.

Ingredients:

1-oz. yarrow (*Achillea millefolium*) herbal tincture
 2/3-oz. catnip (*Nepeta cataria*) herbal tincture
 1/3-oz. aloe vera (*Aloe barbadensis*) gel

To Make: Combine the ingredients together in the spray bottle. Cap and shake gently.

To Use: Spray lightly on clothing and skin before leaving the house. If you are going to be outdoors for an extended period of time and sweating a lot, you may need to reapply.

Cautions: For external use with adults only. Avoid use during pregnancy.

Aromatherapy by Anna Pageau

Certified Aromatherapist

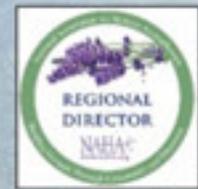
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The Qi Connected to Heaven and Earth I: The Properties of Scents and Meridian Tropism of Essential Oils

Part I of 2

By Dr. Li Chun Lian



Recently, many students are reading my books and have raised a lot of questions regarding the disparities among current theories of aromatherapy in Traditional Chinese Medicine (TCM). In particular, there has been interest in the parts regarding the properties of scents and the meridian tropism of each essential oil in my latest book, *A Comprehensive Application Book for Aromatherapy in Traditional Chinese Medicine*.¹ In this article, I will further elaborate on my basis and reasons in this regard.

The property of scents and their meridian tropism may be checked in the essential oil profiles of various Chinese and Western herbs listed in *A Comprehensive Application Book for Aromatherapy in Traditional Chinese Medicine*. My taxonomy of the properties of scents and the meridian tropism of essential oils is based on *The Yellow Emperor's Classic of Internal Medicine*² and the deep-rooted concept regarding the correlation of Medicine-Yi-ology in the Chinese culture.

The Nature of Things and the Qi Connection to Heaven and Earth

The Chinese cultural system is fundamentally different from other cultural systems. Our understanding of things is based on a unique part, which is “nature,” the properties of things. Humans have human nature.

Medicines have medicinal properties. Water has properties of water. So does nature have its own. When we plant a flower or keep a pet, whether a cat or a dog, we must first know its characteristic properties. Then, we plant or feed it according to those properties.

The Yellow Emperor's Classic of Internal Medicine divides all living things in the world into five types of “insects” according to the philosophy of the five elemental phases. In Chinese culture, the living creatures are categorized into “five insects.” The hairy ones are called “hairy insects,” whose nature is wood. The ones with body covered with feathers are called “feathered insects,” whose nature is fire. The ones with crustaceans are called “ostracods,” whose nature is metal. The scaly ones are called “scale insects,” whose nature is water. The bare, naked ones are called “naked worms,” whose nature is earth.³

Each type of insects have their own leaders. “Ostracods” have turtles; “hairy insects” have Kirin; “feathered insects” have phoenix; “scale insects” have Long (Chinese dragon); as for “naked worms,” they have human as their leader. According to the philosophy of five elements, the nature of human is “earth,” which is also the basic property for each one of us. That is why, in the field of Traditional Chinese Medicine, we always say that the “spleen,” whose nature is also earth, is the

material basis for the acquired constitution of the human body. When it comes to the maintaining of health, we usually start from the strengthening of “earth,” which is the strengthening of the spleen and stomach. By strengthening the energy of our spleen and stomach, we are also strengthening the genuine energy of the human body.

Therefore, what we do in our daily life should ultimately be carried out in a way that maintains the “earth nature” of human beings. Now that we understand the above concept, what I would like to ask is, “then, which part of the body is the center of humans?” The answer is not the spleen and stomach but *Renzhong* acupoint at the philtrum. In Chinese, *Renzhong* means “the middle of people.” Why? For the upper part of *Renzhong* is the nose, which breathes in the qi of the heaven, and the lower part of it is the mouth, which eats food cultured from the earth. In other words, *Renzhong* is *in the middle of heaven and earth*. That’s also why we pinch people’s *Renzhong* area when people fall in shock or coma in first aid practice. We do so in order to open the gate for the qi of heaven and earth.

The Basis for Judging the Nature of Things

The Yellow Emperor’s Classic of Internal Medicine discusses the energetic cycles of the universe and their effects on human beings in the chapter of “Liuji cangxiang.” In this chapter, it mentions that “the heaven feeds people with five smells.” What does this mean? It means that the heaven nourishes our body with five types of smells. “Foul smells go to the liver, burning smells go to the heart, sweet smell goes to the spleen, fishy smells go to the lung, and rotten smells go to the kidney.”

As for the earth, “the earth feeds people with five tastes,” which are sour, bitter, sweet, spicy, and salty. Sour tastes have a nature of wood and go to the liver; bitter tastes have a nature of fire and go to the heart; sweet tastes have a nature of earth and go to the spleen and the stomach; spicy tastes have a nature of metal and go to the lung; salty tastes have a nature of water and go to the kidney.

Another thing is that the nature of everything in the world is determined by the qi of heaven and earth. In addition to smells and tastes, the color of things is another property that determines the nature of things. When it comes to cooking, we pay attention to color, smell, and taste. When cuisine is done with its own color, smell and taste, the nature of the food is then born. Smell, taste and color are the most important basis for judging the nature of things. That is also how we determine the nature of medicinal herbs, as well as that of essential oils.

“Naïve Consummation” and Essential Oils

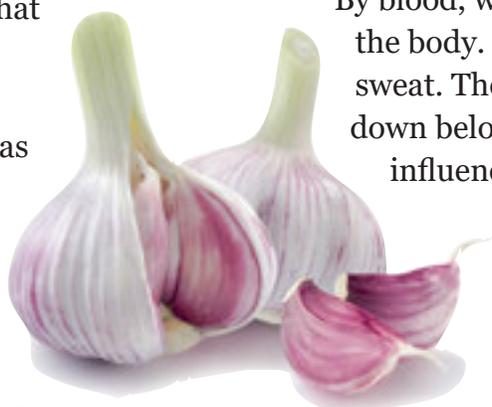
Another important concept in *The Yellow Emperor’s Classic of Internal Medicine* is the concept of “naive consummation.” In its opening chapter, “Shanggu tianzhen,” it mentions a universal truth that the Chinese culture is a perfect culture. That is, we want everything we use and consume to be perfect. For instance, we prefer to drink water with viability than that which is dead. We prefer to use food materials that are nourished by the Qi of heaven and earth than the ones that are artificially made. As for the aromatic plants we use for extracting essential oils, we choose according to the plants’ growth time, the properties of the soil the plants grow in, of the

plants and their origins, and of the extraction method—these are the factors that determine whether the consummation would be partial or total.

Lao Tzu says in *Tao Te Ching*, “accept and you become complete.”³ A possible explanation is that things experience to complete a circle. This is an expression of consummation in Chinese culture. When it comes to a plant, the plant’s circle will only be completed after it experiences the qi of heaven and earth throughout all the four seasons, as it germinates in the spring, flourishes in the summer, bears fruit in the autumn and becomes snow-covered in the winter.

When it comes to the degree of consummation of essential oils, the first thing we need to take into consideration is that whether the plant is distilled in its full shape. For instance, an herbaceous plant distilled as a whole may be seen as the completeness of a plant with its bud tips, flower spikes, and rhizomes.

The second thing we take into consideration is the qi of heaven and earth a plant contains. In this regard, the stem of a woody plant nourished by the qi of four seasons throughout the years may contain more qi of heaven and earth than the whole body of an herbaceous plant does. When we select and use essential oils for the maintenance of our health, the ones that are extracted as a full plant and the ones that contain more qi of the heaven and earth are the ones that we prefer.



Garlic (*Allium sativum*)

The Properties of Ascending and Descending

When it comes to smell and taste, one has to talk about the ascending and descending properties of the two. Smell ascends while taste descends. Take garlic and chili as an example. While garlic has a strong taste, it has a stronger smell, whose qi moves upward. That is why after we eat garlic, the mouth will be full of smell. What about chili? Compared with garlic, chili has a weak smell, yet, it has a very irritating taste, whose qi moves downward. After you eat chili, people around you won’t smell it yet. But you might feel it when you go to the toilet because its qi moves downward.

In addition, the garlic’s property of moving up belongs to the property of yang and influences the qi of the body instead of the “blood.”

By blood, we mean all the liquid within the body. When we eat garlic, we don’t sweat. The chili’s property of moving down belongs to the property of yin and influences the blood. So, when we eat chili, our blood circulates faster, and our body becomes heated. Then, we sweat.

Seeing euphoria, irritability, strong desires and insomnia from this respect, we say that there is more than enough to ascend and insufficient to descend. To ease the situation, we may do something to take things down. There are many ways and aromatherapy is one of them. Essential oils with stronger aroma have a stronger property of moving upward and the ones with milder aroma usually have a property of moving downward. The latter usually have the effects of restraining and calming things down. The stronger this



Japanese cypress
(*Chamaecyparis taiwanensis*)

property is, the stronger the effects of calming the nerves and the mind.

The Properties of Cold and Heat

Next, we have to talk about the properties of cold and heat, including the cold and heat properties of food and the cold and heat properties of essential oils. The basis for recognition and identification is still smell and taste. In Chinese culture, smell and taste are distinguished by strength and thickness. In the following section, I use fruits that people are familiar with for illustration.*

When something has a mild aroma, tastes fresh and light and has high water content—such as pear (*Pyrus* spp.), grapefruit (*Citrus × paradisi*) fruits, and watermelon (*Citrullus lanatus*) fruits—we can basically identify it as

*Editor's Note:

The fruits used in these examples are not referring to essential oils (even though some fruits may produce an essential oil) in this instance. They are used as illustration points only when comparing to the fruit's TCM properties, i.e. watermelon has cold property.

cold. Peppermint (*Mentha × piperita*), rosemary (*Salvia rosmarinus*), eucalyptus (*Eucalyptus globulus*) and other essential oils that are usually obtained through the distillation of leaf water are also usually cold.

When something has a scent that is slightly thicker and tastes not too greasy—such as peach (*Prunus persica*), apple (*Malus domestica*), and banana (*Musa* spp.) fruits—we may identify it as neutral. Lavender (*Lavandula angustifolia*), jasmine (*Jasminum sambac*), cypress (*Cupressus sempervirens*), fir (*Abies balsamea*) and sweet marjoram (*Origanum majorana*) fall into this category.

When something has a thick smell and taste—such as mango (*Mangifera indica*), jackfruit (*Artocarpus heterophyllus*), and durian (*Durio* spp.) fruits—it may be recognized as heat. If we eat too much of it, we might feel a bit “heaty” from within. Rose geranium (*Pelargonium graveolens*), Atlas cedar (*Cedrus atlantica*), Japanese cypress (*Chamaecyparis taiwanensis*), black pepper (*Piper nigrum*), fennel (*Foeniculum vulgare*) and cinnamon (*Cinnamomum zeylanicum*) are heat.

When something has an extreme property, its smell might disappear and leave only

the taste. Lychee (*Litchi chinensis*) and longan (*Dimocarpus longan*) fruits are such examples. They have no smell but only have heat taste. Frankincense (*Boswellia carteri*), sandalwood (*Santalum album*), and rose (*Rosa × damascena*) also have this kind of extreme property. These essential oils do not have a strong volatile fragrance but have a timeless and mellow flavor. They have a very thick and heavy scent that restrains and calms.

In this article, I provided a preliminary introduction regarding the nature of things and the basis for the taxonomy of things. I discussed the relationship between ascending and descending and between cold and heat. In the next article, I will focus on the nature of essential oils in relation to their growing environment, the nature of body organs and the generation among the five elements.

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About Dr. Li Chun Lian:

Dr. Li Chun Lian is the founder of CAREIN Co. Ltd and CAREIN Aromatherapy Institute, the director of International Institute of Meridian Essence and the author of *A Comprehensive Application Book for Aromatherapy in Traditional Chinese Medicine*, *The Theory of Meridian Essence*, *Theory of Essential Oil and Meridian I*, *Theory of Essential Oil and Meridian II: Health Preserving According to the Five Phases of Chinese Philosophy*.

Dr. Li Chun Lian is a NAHA Certified Clinical Aromatherapist and has been involved in the field of essential oils for more than twenty years. As a traditional Chinese medical doctor, she is also familiar with the compatibility of traditional Chinese herbs, the use of essential oils and how they can work together and benefit people through the operation of meridians. She believes that by application, massage, manipulation or acupuncture, the incredible power of the plant is able to come into effect through breathing and the circulation of qi and blood. To learn more about Dr. Li Chun Lian visit:

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The Nurturing Table: A Case Study on Aromatherapy for Chronic Pain

By Sara Jo Holmes, BS, RA, LMT, NCBTMB



“I think we need more of the wordless in our lives. We need more stillness, more of a sense of wonder, a feeling for the mystery of life. We need more, more silence, more deep listening and more deep giving.” – Ben Orki

As a professional massage therapist and a certified, registered aromatherapist, I have found that the combination of aromatherapy and massage therapy often produce positive results with a variety of problems. In this article, I will discuss the results of one of my professional case studies, which I conducted over a three-month period in the spring of 2017.

Case Study A

This case study was conducted over a period of three months, and the client was seen once a month. There are three factors that I consider for every client when choosing the appropriate materials:

- personal preference
- physical and emotional issues presented
- my professional judgement based on my training and experience.

This 68-year-old female presents with long-term chronic pain from fibromyalgia and spinal stenosis. Fibromyalgia is a condition which produces a number of common symptoms such as pain, fatigue, and mental fog (often termed as “brain fog”). Her pain scale on the Likert scale of 1-10 (1 being the lowest and 10 being the highest) is generally rated as 7-9. She is being seen by a physician who prescribes the medications Lyrica® and Effexor® for her pain and discomfort. She has had this condition for approximately 10 years. She has general complaints of sciatica pain, fatigue and body aches. Sciatic pain originates from the sciatic nerve but can cause pain and radiates throughout the lower back, hips, buttocks, and legs. In addition, there is pain, inflammation and numbness (generally on one side).

The treatment plan formulated included the use of a compress, spray, and a massage blend for the specific issues.

MONTH 1

Table 1: Table of Aromatherapy Blends Chosen

Method of Application	Essential Oils Used	Carrier Oils Used	Hydrosols Used
Compress	N/A	N/A	Helichrysum (<i>Helichrysum italicum</i>), Clove (<i>Eugenia caryophyllata</i>), Sweet Orange (<i>Citrus sinensis</i>)
Mist spray	N/A	N/A	Rosemary (<i>Salvia rosmarinus</i>), Lavender (<i>Lavandula angustifolia</i>)
Massage	Lavender (<i>Lavandula angustifolia</i>), Peppermint (<i>Mentha × piperita</i>), Frankincense (<i>Boswellia serrata</i>)	20% Trauma Oil Blend (Calendula (<i>Calendula officinalis</i>), St John's Wort (<i>Hypericum perforatum</i>), Arnica (<i>Arnica montana</i>)) and 80% jojoba (<i>Simmondsia chinensis</i>)	N/A

Reasons for Choosing the Above Essential Oils and Hydrosols:

- **Helichrysum** (*Helichrysum italicum*): Anti-inflammatory.¹
- **Sweet Orange** (*Citrus sinensis*): Generally regarded as aromatically uplifting.
- **Lavender** (*Lavandula angustifolia*): Anti-inflammatory, analgesic.
- **Peppermint** (*Mentha × piperita*): Cooling, increases circulatory activity.
- **Frankincense** (*Boswellia serrata*): Analgesic, neuroactive, anti-inflammatory.²
- **Clove** (*Eugenia caryophyllata*): Generally recognized as having tissue-warming properties.

Reasons for Choosing the Above Hydrosols in the Mist Spray:

- **Rosemary** (*Salvia rosmarinus*): Mental fatigue.⁴
- **Lavender** (*Lavandula angustifolia*): Calming, sedative.⁵

Reasons for Choosing the Carrier Oils Used in the Trauma Oil Blend:

- **Arnica** (*Arnica montana*): Anti-inflammatory, analgesic.³
- **Calendula** (*Calendula officinalis*): Anti-inflammatory, analgesic.³
- **St. John's Wort** (*Hypericum perforatum*): Analgesic, topical nerveine.

Arnica, calendula, and St. John's wort oils are often formulated together to promote healing to injured areas of skin and tissue.



Table 2: Essential Oil Massage Blend Used

This is a blend at a 4% dilution rate.

Essential Oil/Carrier Oil	Amount
Trauma Oil	2-oz.
Essential Oils	Amount
Helichrysum (<i>Helichrysum italicum</i>)	12 drops
Sweet Orange (<i>Citrus sinensis</i>)	6 drops
Lavender (<i>Lavandula angustifolia</i>)	8 drops
Peppermint (<i>Mentha × piperita</i>)	8 drops
Frankincense (<i>Boswellia serrata</i>)	10 drops
Clove (<i>Eugenia caryophyllata</i>)	4 drops

Methods of Application

The session always started with a single moment of plant/client connection. In the first session, before commencing bodywork on the client, I sprayed a hydrosol mist spray over the client's head and upper torso, accompanied by some deep breathing exercises. This was to help with the energetics of the session. I do this prior to using the hydrosol compress and starting any bodywork.

For this client I chose to use 0.5-oz. rosemary (*Salvia rosmarinus*) hydrosol as a facial mist to address fatigue. I asked the client to close her eyes and sprayed the hydrosol in a gentle mist from the crown of the head to the chest area.

The area of greatest pain and complaint was the sciatic nerve area. I addressed this issue with a blend of the hydrosols listed in the table above to make a compress, using 2-oz. of each hydrosol. They were soaked with a warm cotton towel until fully absorbed. Once ready, I applied the compress to the specific area of pain. I left it on the body for 15-20 minutes.

After applying the compress, I addressed the client's other concerns via massage with the essential oil blend listed in Table 2. I used Swedish massage with some deep tissue massage in the gluteal area.

After the client's treatment finished, and the session was ending, I offered her a second hydrosol mist spray. The client requested lavender (*Lavandula angustifolia*) hydrosol for this mist spray. I used 0.5-oz. of hydrosol. As at the start of the session, I asked the client to close her eyes and sprayed the hydrosol in a gentle mist from the crown of the head to the chest area.

Results of Session One: The hydrosol compress proved an effective and convenient way to address the sciatic pain and I was able to create a healing synergy with the essential oil and cold pressed plant oils to address her pain issues via massage therapy. Client reported pain level as 3-4 post therapy.



MONTH 2

Table 3: Table of Aromatherapy Blends Chosen

Method of Application	Essential Oils Used	Carrier Oils Used	Hydrosols Used
Compress	N/A	N/A	German Chamomile (<i>Matricaria recutita</i>), Lavender (<i>Lavandula angustifolia</i>), Peppermint (<i>Mentha × piperita</i>)
Mist spray	N/A	N/A	Frankincense (<i>Boswellia serrata</i>), Lavender (<i>Lavandula angustifolia</i>)
Massage	Helichrysum (<i>Helichrysum italicum</i>), Sweet Marjoram (<i>Origanum majorana</i>) German Chamomile CO2 Select (<i>Matricaria recutita</i>), Peppermint (<i>Mentha × piperita</i>)	20% Trauma Oil Blend (Calendula (<i>Calendula officinalis</i>), St John's Wort (<i>Hypericum perforatum</i>), Arnica (<i>Arnica montana</i>)) and 80% jojoba (<i>Simmondsia chinensis</i>)	N/A

Reasons for Choosing the Above Essential Oils and Hydrosols:

- **Helichrysum** (*Helichrysum italicum*): Anti-inflammatory and relieves joint and muscle inflammation.¹
- **Peppermint** (*Mentha × piperita*): Cooling, increases circulatory activity.
- **Lavender** (*Lavandula angustifolia*): Eases muscle tension, relaxing, analgesic.
- **Sweet Marjoram** (*Origanum majorana*): Warming oil especially helpful for pain and spasm of fibromyalgia.⁶
- **German Chamomile** (*Matricaria recutita*) **CO2 Select**: A relieving analgesic and calming for those who feel powerless and frustrated.⁷

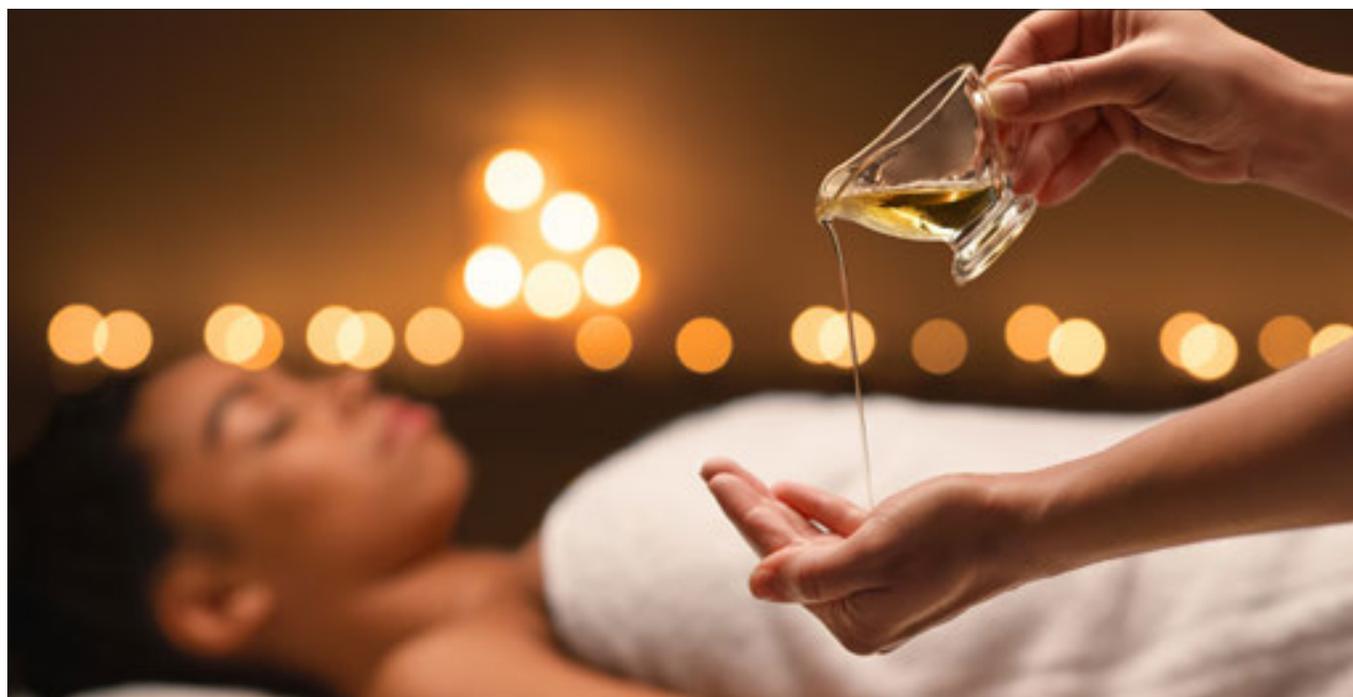
Reasons for Choosing the Carrier Oils Used in the Trauma Oil Blend:

- **Arnica** (*Arnica montana*): Anti-inflammatory, analgesic.³
- **Calendula** (*Calendula officinalis*): Anti-inflammatory, analgesic.³
- **St. John's Wort** (*Hypericum perforatum*): Analgesic, topical nerveine.

Reasons for Choosing the Above Hydrosols in the Mist Spray:

- **Lavender** (*Lavandula angustifolia*): Calming, sedative.⁵
- **Frankincense** (*Boswellia serrata*): Meditative, calming, anti-inflammatory.⁸

Arnica, calendula, and St. John's wort oils are often formulated together to promote healing to injured areas of skin and tissue.



Moringa (*Moringa oleifera*)

Table 4: Essential Oil Massage Blend Used

This is a blend at a 4% dilution rate used topically on the specific treatment areas. The blend was diluted to 2% to work on other areas of the body during massage.

Essential Oil/Carrier Oil	Amount
Trauma Oil	2-oz.
Essential Oils:	Amount
<i>Helichrysum (Helichrysum italicum)</i>	14 drops
Peppermint (<i>Mentha x piperita</i>)	6 drops
Lavender (<i>Lavandula angustifolia</i>)	8 drops
Sweet Marjoram (<i>Origanum majorana</i>)	10 drops
German Chamomile CO2 Select (<i>Matricaria recutita</i>)	10 drops

Methods of Application

This month the client reported pain in the sacral area vs. sciatic pain. I decided to use a warm compress on the sacral area. I made it as before and left it on the area for 15-20 minutes.

The essential oil blend listed in Table 4 was used during the massage and was formulated to ease the symptoms of fibromyalgia. As listed, I used a 4% dilution blend to concentrate on the treatment area and diluted this to 2% to work on other areas of the body during massage.

At the start of the session, I used 0.5-oz. frankincense (*Boswellia serrata*) hydrosol as the mist spray. I applied it in the same way as in the last session. I used 0.5-oz. lavender (*Lavandula angustifolia*) hydrosol as a mist spray at the end of the session, in the same way as I had done last time.

Results of Session Two: This session provided good results using the hydrosol compress, facial/torso misting, full body Swedish massage with light to moderate pressure and a finishing facial/torso mist to complete the mind, body, spirit session. The client reported that post treatment her pain level was now between a 2-3 versus the 7-9 at arrival.

MONTH 3

Table 5: Table of Aromatherapy Blends Chosen

Method of Application	Essential Oils Used	Carrier Oils Used	Hydrosols Used
Compress	N/A	N/A	Helichrysum (<i>Helichrysum italicum</i>), Lavender (<i>Lavandula angustifolia</i>), Peppermint (<i>Mentha × piperita</i>)
Mist spray	N/A	N/A	Rose (<i>Rosa × damascena</i>), Peppermint (<i>Mentha × piperita</i>)
Massage	Ginger CO2 Select (<i>Zingiber officinale</i>), German chamomile CO2 Select (<i>Matricaria recutita</i>), Lavender (<i>Lavandula angustifolia</i>), Sweet orange (<i>Citrus sinensis</i>)	20% Trauma Oil Blend (<i>Calendula officinalis</i>), St John's Wort (<i>Hypericum perforatum</i>), Arnica (<i>Arnica montana</i>) and 80% jojoba (<i>Simmondsia chinensis</i>)	N/A

Reasons for Choosing the Above Essential Oils and Hydrosols:

- **Helichrysum** (*Helichrysum italicum*): Deep healing properties and anti-inflammatory.
- **Peppermint** (*Mentha × piperita*): Cooling, increases circulatory activity.
- **Lavender** (*Lavandula angustifolia*): Anti-inflammatory, analgesic.
- **Ginger** (*Zingiber officinale*) **CO2 Select**: Analgesic, warming, promotes energy flow.⁹
- **Sweet Orange** (*Citrus sinensis*): To increase blood flow, energy and lift mood.
- **German Chamomile** (*Matricaria recutita*) **CO2 Select**: A relieving analgesic and calming for those who feel powerless and frustrated.⁷

Reasons for Choosing the Above Hydrosols in the Mist Spray:

- **Rose** (*Rosa × damascena*): Relaxation.¹⁰
- **Peppermint** (*Mentha × piperita*): Energize.¹¹

Reasons for Choosing the Carrier Oils Used in the Trauma Oil Blend

- **Arnica** (*Arnica montana*): Anti-inflammatory, analgesic.³
- **Calendula** (*Calendula officinalis*): Anti-inflammatory, analgesic.³
- **St. John's Wort** (*Hypericum perforatum*): Analgesic, topical nerveine.

Arnica, calendula, and St. John's wort oils are often formulated together to promote healing to injured areas of skin and tissue.

Table 6: Essential Oil Massage Blend Used

This is a blend at a 4% dilution rate used on treatment area. The blend was diluted to 2% to work on other areas of the body during massage.

Essential Oil/Carrier Oil	Amount
Trauma Oil	2-oz.
Essential Oils:	
Helichrysum (<i>Helichrysum italicum</i>)	10 drops
Peppermint (<i>Mentha × piperita</i>)	6 drops
Lavender (<i>Lavandula angustifolia</i>)	8 drops
Ginger CO2 Select (<i>Zingiber officinale</i>)	6 drops
Sweet Orange (<i>Citrus sinensis</i>)	8 drops
German Chamomile CO2 Select (<i>Matricaria recutita</i>)	10 drops

Methods of Application

This time I used a hydrosol compress, using the hydrosols listed in Table 5. I used 2-oz. of each hydrosol, soaked them with a warm cotton towel, and applied to the sacral area, which was an area of general pain that the client indicated. I held it in place for 15-20 minutes.

I used the essential oil blend, as listed in Table 6, during massage to help address the client's fibromyalgia pain. As listed, I used a 4% dilution blend to concentrate on the treatment area and diluted this to 2% to work on other areas of the body during massage.

At the start of the session, I used 2-oz. rose (*Rosa × damascena*) hydrosol as the mist spray to help with relaxation: "A source of beauty, joy, happiness and to unite the spiritual with the physical."¹⁰ I applied it in the same way as in the last session. I used 2-oz. peppermint (*Mentha × piperita*) hydrosol as a

mist spray to energize, cool, and stimulate¹¹ at the end of the session, in the same way as I had done previously.

Results of Session Three: The client reported that in each session she found the addition of the hydrosol compress helped with pain relief during treatment and extended relief post-treatment. The 4% blend of the above oils proved to be significantly successful in reducing the fibromyalgia pain experienced by the client. The noted improvement generally lasts around 48 hours.

Final Results

Due to the case study having a positive outcome and the client being highly satisfied (especially with the hydrosol compresses), I now offer these as standard protocols in my practice for clients with chronic pain issues. Overall, I think that the decision to add hydrosol compresses for physical pain and hydrosol inhalations for emotional issues has resulted in a significant outcome that enhances the total pain relief/perception for the client. The client's feedback reflects noticeable improvement in whole health recovery.

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About Sara Holmes:

Sara obtained a BS degree in Organizational Management from Greenville College which has proved to be beneficial throughout her career, specifically with regard to aromatherapy and massage. After a life-long fascination with plants and natural healing, Sara decided to become a Certified and Registered Aromatherapist. Her initial certification was via distance learning studies with Bev Hawkins of the West Coast Institute of Aromatherapy in 1999. She later attended live classes with blending experience via Sylla Sheppard Hanger at the Atlantic Institute of Aromatherapy from 2000 to 2003. She has now been working in such a capacity for almost 20 years. Sara has also completed a 50-hour class, *Hydrosol Encounter*, with Cathy Skipper through The School of Aromatic Studies. She began teaching Aromatherapy Certification and Complementary and Alternative Therapies in Health at Parkland College in 2004. At that time, she decided to become a Licensed Massage Therapist (LMT).

She has also taught Pathology for Massage, and Massage Therapy Foundations and Ethics for Parkland College. Sara is certified by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a Continuing Education (CE) instructor for massage therapists and teaches aromatherapy, massage and Complementary and Alternative

Medicine (CAM) therapies at local colleges, retreats and in community classes.

Sara is a member of the National Association for Holistic Aromatherapy (NAHA) and the Alliance of International Aromatherapists (AIA). She has learned from a long list of teachers she admires and adores including Sylla Sheppard Hanger, Robert Tisserand, Jane Buckle, Madeleine Kerkhof, Jade Shutes, Cathy Skipper, Jeanne Rose, Rhiannon Lewis, and Rosemary Gladstar. She lives in Tuscola, IL with her husband of 48 years, Chuck. They have 4 beautiful children and 7 amazing grandchildren. Love and peace are at the heart of all that she does. To find out more about Sara, visit her website at: www.sarajoholmes.com.



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Case Study Writing Guidelines

1. Identify the individual's chief complaints.
2. Summarize the individual's background, relevant facts, and any key factors leading to the current complaints.
3. Formulate a thesis statement.
4. List your aromatherapy recommendations for the individual.
5. Demonstrate that you have researched your recommendations for the individual and/or explain your reasoning for choosing specific essential oils and any other recommendations.
6. Explain any constraints and recommend alternatives (e.g., alternatives to oils that are out of budget, allergies, sensitivities, personal preferences of the individual).
7. After following your individual for a minimum of 3 months, summarize the outcome. Include details on compliance, any improvements, set-backs or challenges that the individual experienced. (Case studies of less than 3 months can be submitted for acute conditions).
8. Summarize your action plan for the future.

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The New Normal of Online Business: Why You Need to Turn Up

By Haleigh Fioravanti



This year has been the year of change and pivots especially for entrepreneurs. And while the changes you've had to make might have seemed inconvenient and overwhelming at the time, they have certainly made you and your business stronger. With that being said, please don't feel overwhelmed when I tell you that there is yet another pivot that you must make, if you haven't already done so. Remember, it will only make you **stronger!**

Now, more than ever, people are heading online to do their shopping. To take advantage of this, you need to be ready with a strong online presence. Can you *truthfully* answer the following questions?

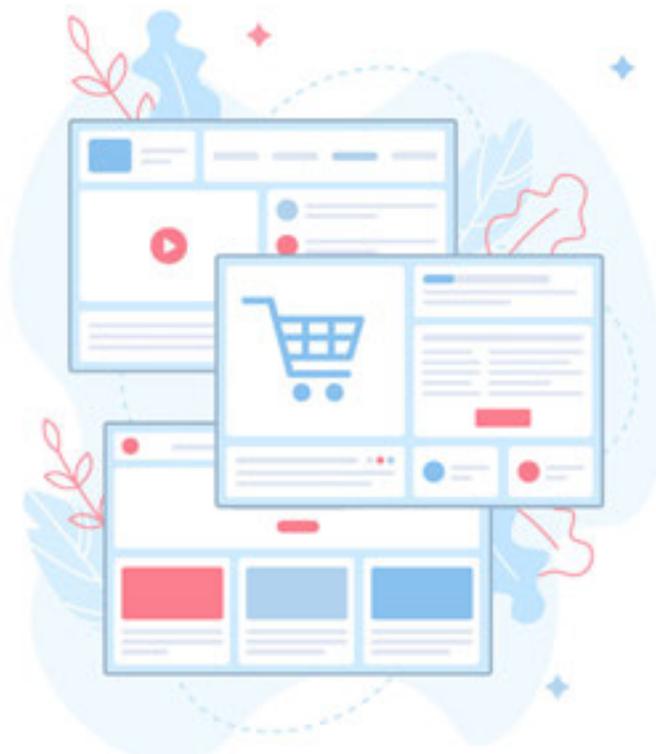
- Do you have a website?
- Is your website up to date?
- Are you on social media platforms that will send people over to your website?
- Are you keeping track of online trends?

This might seem like a lot to undertake, but don't worry, I'm going to discuss each point a little bit more one at time!

Setting Up a Website

There are many companies that make setting up and managing a website easy. I personally use the content management system of *WordPress*, but other platforms

like *Squarespace* and *Wix* are also extremely popular. All you have to do is upload your product and service photos to the website and write copy about it, targeted directly at the customers who are searching for it. *Why is this important?* Creating good copy and content is just one piece of the search engine optimization (SEO) puzzle. I could write a whole article about SEO and why it is important, but I'll just give you a few basics for now. SEO is the practice of increasing your website's visibility through organic search engine results online.



While you are working on your website content, be mindful of what content people are wanting and how they are searching for it. For example, if I type in the search engine bar (such as *Google*) the words “essential oils,” it generates a whole list of options for me to choose from; “essential oils for stress,” “essential oils for sleep,” etc. This is clearly content people are searching for, so how can you utilize these key phrases in your website copy so that people can find you online? I’m barely skimming the surface on SEO here, but this is one great place to start.



Just like there are platforms that make building a website easy, there are programs that offer SEO help. Download one of these programs (such as the *Yoast SEO* plugin for *WordPress*), or if you want to make it really easy on yourself—hire a specialist! I know as entrepreneurs, we like to manage everything, but you don’t have to do it alone.

Keeping Your Website Up to Date

Don’t leave your website sitting there, untouched, for months or even years without any updates. You should always be measuring the performance of your website. If people aren’t interacting with your site in the ways you want them to, you need to make changes. Customers want to see fresh content because it shows that you are busy and invested!

A great way to stay on top of this is to create a blog and add regular content to it. Once a week or once a month, give your customers another reason to visit your website other than for

purchasing. This will also help to improve SEO for your website. Just remember to add key phrases (like I talked about above) to each post that your target audience will be searching for.

During your once a week or once a month blog post, check in to see if there are any other updates that need to be made on your website. There is always something that can be improved upon such as product or service descriptions, prices, offers, new photos, and website maintenance updates.

Utilizing Social Media to Drive Website Traffic

I can’t stress this enough. If you are not on any social media platform, you need to hop on one immediately! Figure out who your target audience is and find out which social networking sites they are on. Chances are they are on either *Facebook* or *Instagram*, so go grab yourself a username and start creating content there!

These days, a lot of people are discovering entrepreneurs and brands through social media rather than stumbling on them through a *Google* search. You are missing out on a *huge* opportunity by not driving traffic through social media.

Both *Facebook* and *Instagram* are phenomenal ways to keep your customers engaged so that they do not forget about you. These platforms are also where you can optimize your call-to-actions which are designed to elicit an immediate response from your customers. What do you want customers to do after you post about your favorite essential oil blend? Head to your website to buy those essential oils, of course, so tell them to go to your website!

Online Trends

An online presence doesn't mean much unless you're up to date on the online trends. It seems like the trends these days change daily, but don't let that overwhelm you. Pick a few tried and true trends and do those well.

For example, 2020 has truly been the year of self-care, mindfulness and emotional wellness. 2021 is set to continue these trends. As an aromatherapist, you are well placed to promote your products or services through one of these trends.

I know this seems like a lot to undertake, especially after going through these unprecedented times. So, take things one step at a time. And remember that your online presence must be tackled from different angles, it must be fresh, and it has to be topical. Good luck and have fun creating your virtual business!

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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Winter Recipes

Contributed by NAHA Directors



Our winter issue focuses on evergreens. We asked our directors to dig out their favorite recipes to share which featured evergreen oils as ingredients. Here are some great roll-on blends for winter!

Ode to the Forest Roll-on Blend

By Shanti Dechen

CCAP, CAI, LMT, Southern Colorado

You will need a 10 mL roll-on bottle to make this blend.

Carrier Oil:

10 mL jojoba (*Simmondsia chinensis*)

Essential Oils:

5 drops balsam fir absolute (*Abies balsamea*)*

5 drops Virginian cedarwood (*Juniperus virginiana*)

5 drops black spruce (*Picea mariana*)

*Balsam fir absolute has a sweeter and richer aroma than the steam distilled essential oil.

To Make: Combine the jojoba with the essential oils in the roll-on bottle. Cap. Shake gently to mix.

To Use: Apply to the upper chest and two inches below the navel on the Dantian (the energy and grounding center of the abdomen).

Cautions: For adult use only. Be mindful of the conifer essential oils' shelf life as they are subject to oxidization and will become skin irritants. This essential oil blend is not advised to be used in the bath.

Shanti's Tips: If you want the blend to be a sweeter aroma, you could add 2-3 drops of Osmanthus absolute (*Osmanthus fragrans*). This combination of essential oils is also lovely in a nasal inhaler.

Warming, Digestive Calm, and
Anti-stress Roll-on

By Cécile Ellert, New Hampshire

You will need a 50 mL roll-on bottle to make this blend.

Carrier Oils:

10 mL tamanu (*Calophyllum inophyllum L.*) oil

30 mL evening primrose (*Oenothera biennis*) oil

Essential Oils:

12 drops sweet orange (*Citrus sinensis*)

10 drops nutmeg (*Myristica fragrans*)

8 drops black spruce (*Picea mariana*)

2 drops clove (*Syzygium aromaticum*)

8 drops ginger (*Zingiber officinale*)

To Make: Combine the carrier oils together in the roll-on bottle. Add the essential oils. Cap and shake gently.

To Use: Apply the blend to your belly, massaging on tension points. Use before bedtime or as needed throughout the day.

Cautions: For adult use only. Possible photosensitivity. Possible skin sensitivity. If irritation occurs, discontinue use.

Cécile's Tips: Use in conjunction with a heating pad to help soothe abdominal cramping. This blend is an immune stimulant and anti-stress blend. It is very efficient in protecting against viral threats, but it is also good to use if you already feel sick.

Editor's Note: This blend is between 3-4% dilution and should be used for short term, acute use.

To adapt this blend for use with children over 5 years of age:

For children over 5 years of age, combine 6 drops of sweet orange (*Citrus sinensis*) and 4 drops of ginger (*Zingiber officinale*) essential oils with 30 mL of sweet almond (*Prunus dulcis*) oil. Apply the blend with your fingertips over the belly.

Do not use a heating pad with small children.

Evergreen Resilience Roll-on

By Jennifer Pressimone
Vice President, Florida

You will need a 10 mL roll-on bottle to make this blend.

Carrier Oil:

10 mL tamanu (*Calophyllum inophyllum L.*) oil

Essential Oils:

4 drops black spruce (*Picea mariana*)

3 drops Douglas fir (*Pseudotsuga menziesii*)

2 drops myrtle (*Myrtus communis*)

2 drops blue cypress (*Callitris intratropica*)

1 drop nutmeg (*Myristica fragrans*)

1 drop bay laurel (*Laurus nobilis*)

1 drop sweet orange (*Citrus sinensis*)

To Make: Combine the carrier oils together in the roll-on bottle. Add the essential oils. Cap and shake gently.

To Use: Apply this roll-on to your wrists and neckline daily to prevent and/or combat stress, anxiety, and to offer support during a challenging time, whether that is physical, mental, or emotional. Inhale the scent 4-6 times, while doing deep breathing exercises.

Cautions: For adult use only. For topical use only. Use caution if you have allergies to any of these essential oil species. Possible skin sensitivity.

Jennifer's Tips: Apply this blend to the temples to combat winter headaches, alleviate sinus congestion and body aches, promote cognitive strength and decisiveness, strengthen self-confidence and be more flexible to shift and pivot in life and business. These scents infuse and inspire connection with your inner strength to help shift mental chatter into in a positive and productive direction. Feel more resilient is managing daily and situational stress. Evergreen essential oils represent perseverance, the ability to be resilient through challenging environments, inspire stability, confidence and support personal growth without limitations.

Respiratory Issues and Symptoms Blend

By Rehne Burge, C.A., Louisiana

You will need a 1-oz. glass container to make this blend.

Carrier Oil:

1-oz. unscented lotion

Essential Oils:

5 drops copaiba balsam (*Copaifera officinalis*)
5 drops lavender (*Lavandula angustifolia*)
5 drops tea tree (*Melaleuca alternifolia*)
5 drops Virginian cedarwood
(*Juniperus virginiana*)

To Make: Combine essential oils in a glass container such as a graduated cylinder. Add unscented lotion to a glass mixing bowl. Add the essential oil blend and mix thoroughly, gently mixing so that the essential oil blend does not splash out. Store in glass containers, label, and seal immediately.

To Use: Apply a dime-sized amount of the blend to chest and neck every 3-4 hours or as needed.

Cautions: For adult use only. See *Rehne's Tips* to adjust recipe for use with children over 5 years of age. Possible skin sensitivity. Discontinue use if sensitivity occurs. Avoid in pregnancy.

Rehne's Tips: For children over 5 years of age, reduce each essential oil to 2 drops each in 1-oz. of unscented lotion. Apply to upper back where little fingers cannot reach.

Balsam Muscle Roller

By Jamie Michaels, RN, CCA, CAI, Wisconsin

You will need a 10 mL roll-on bottle to make this blend.

Carrier Oil:

10 mL jojoba (*Simmondsia chinensis*)

Essential Oils:

1 drop balsam fir (*Abies balsamea*)
1 drop grapefruit (*Citrus × paradisi*)
1 drop lavender (*Lavandula angustifolia*)
1 drop peppermint (*Mentha × piperita*)
4 drops blue gum eucalyptus
(*Eucalyptus globulus*)

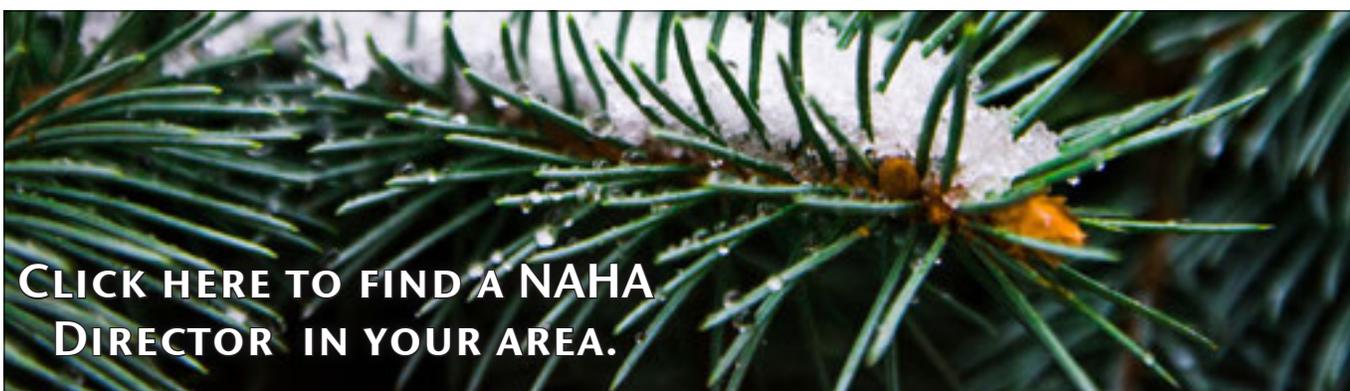
To make: Combine the jojoba with the essential oils in the roll-on bottle. Cap. Shake gently to mix.

To Use: Roll gently over sore muscle areas up to four times daily.

Cautions: For adult use only. Avoid use with babies, children, geriatrics, in pregnancy and with nursing mothers. Discontinue use if sensitivity occurs. Avoid use near eyes. Avoid use with asthma or whooping cough. Avoid use with high blood pressure, with epilepsy or with homeopathic remedies. Possible photosensitivity.

Jamie's Tips: Lightly rub into sore muscle area.

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



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AROMATHERAPY COMPANIES

Amrita Aromatherapy Inc

Amrita is the only certified-organic aromatherapy company in the U.S. Amrita is run by therapists for therapists. NEW certified-organic oils: Himalayan Cedar, Lemongrass, Citronella, East Indian Sandalwood, Vetiver and much more. Certified-organic perfumes. All oils GC verified. Can supply any oil in a certified-organic version upon request. Now in its 23rd year, Amrita was founded by master aromatherapist Dr. Christoph Streicher. Full line of nebulizing diffusers. 100% natural, chemical-free skin care.

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ArlysNaturals.com

AromaWeb

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

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Artisan Aromatics

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

www.artisanessentialoils.com

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www.birchhillhappenings.net

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www.bluedawnaromatherapy.com

Dreaming Earth Botanicals

At Dreaming Earth, we've been offering therapeutic quality essential oils and aromatherapy supplies since 1997. We custom blend healing aromatic blends, fragrant bath salts, aromatherapy lotions and search out beautiful aromatherapy diffusers and essential oil jewelry. We have two aromatherapists on staff who source our products, and we're happy to offer both a practitioner discount and wholesale pricing. Want to private label your own line? We can help! We believe in offering excellent quality aromatherapy

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ecuadorianhands.com

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Plant Therapy is the premier destination for essential oils, KidSafe blends, carrier oils, hydrosols, USDA Certified Organic products, and more! At Plant Therapy we have always believed in exceptional quality, the purest ingredients, and the desire to positively impact as many people as humanly possible. Ultimately, we feel this is possible by providing our customers with an exceptional experience that keeps them coming back. Plant Therapy's quality control procedures are some of the strictest in the industry. Each oil offered by Plant Therapy has gone through multiple rounds of testing and has been approved by Robert Tisserand and our team of Certified Aromatherapists. Every bottle of oil that you purchase from Plant Therapy will have a specific batch code that is linked to batch specific GC-MS reports which can be found on the product page. With free shipping and free returns, you can't go wrong with Plant Therapy!

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shamanoils.com

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ACHS.edu American College

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Certification Board for Therapeutic Massage and Bodywork (NCBTMB), since 2002.

www.learnaroma.com

Aroma Hut Institute

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aromahead.com

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floramedica.com

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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

Beverley 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 Beverley 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.

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