Chapter 3

Quick Reference Guide to Essential Oils

This reference guide is a very important part of the book for understanding the complexity of the essential oils. For the novice, this section will have to be read several times. Each time you read it, more of the information will be retained in your memory. Do not let the complexity overwhelm you. Learning about essential oils takes time and a lot of practice. The author hopes that the simplicity of the material will help the readers to gain confidence in their ability to create formulas on their own.

Essential Oils: Common and Latin Names

Each essential oil has a common name and a Latin name. The list gives the common name followed by the Latin name. The Latin name is being offered for those advanced beauty (skin care only) professionals who may want to investigate the medical side of aromatherapy. The Latin name is used more often in the medical community. With the increased awareness of estheticians who want to deal with more medical practices, the Latin terms may be helpful.

This is a fairly comprehensive list. The professionals in the beauty industry WILL NEVER use all of them. Aromatherapy treatments are largely based in the medical practices. Essential oils work for the body and the mind. This book only addresses the part of aromatherapy fitting the TOPICAL/EXTERNAL usage of essential oils. The essential oils listed in **BOLD PRINT**, are the ones most often used, in hair care, skin care and nail care treatments. You should not interpret this to mean that the other essential oils cannot be used. They will, however, only take a greater understanding of all of the components of the client's condition, the condition you are trying to treat, and how the oils will affect or react once entered into the skin, hair, or nails. In dealing with the skin, hair, and nails, it is the hair, *NOT* the scalp, that will have the greatest freedom from a negative reaction.

Essential Oil Names			
Common	**Latin**	**Common**	**Latin**
ANGELICA	*Angelica archangelic*	**JASMINE**	*Jasminum officinale*
ANISEED	*Pimpinella anisum*	**JUNIPER**	*Juniperus communis*
BASIL	*Ocimum basilicum*	LAVANDIN	*Lavandula fragrans*
BAY	*Pimenta racemosa*	**LAVENDER**	*Lavandula officinalis*
BENZOIN	*Styrax benzoin*	**LEMON**	*Citrus limonum*
BERGAMOT	*Citrus bergamia*	**LEMONGRASS**	*Cymbopogon citratus*
BIRCH	*Betula lenta*	**LIME**	*Citrus aurantifolia*
BLACK PEPPER	*Piper nigrum*	LOVAGE ROOT	*Levisticum officinale*
BOIS DE ROSE	*Aniba rosaeodora*	MACE	*Myristica fragrans*
CAJEPUT	*Melaleuca leucadendron*	MANDARIN	*Citrus nobilis*
CAMPHOR	*Cinnamomum camphora*	**MARJORAM**	*Origanum marjorana*
CARAWAY SEEDS	*Carum carvi*	**MELISSA**	*Melissa officinalis*
CARDAMOM	*Elettaria cardamomum*	MUGWORT	*Artemisia vulgaris*
CARROT	*Daucus carota*	MYRRH	*Commiphora myrrha*
CEDARWOOD	*Cedrus atlantica*	MYRTLE	*Myrtus communis*
CHAMOMILE-BLUE	*Ormensis multicolis*	**NEROLI** (orange blossom)	*Citrus bagaradia*
CHAMOMILE GERMAN	*Matricaria chamomilla*	**NIAOULI**	*Melaleuca viridiflora*
		NUTMEG	*Myristica fragrans*
CHAMOMILE-MIXTA	*Anthemis mixta*	**ORANGE**	*Citrus aurantium*
		OREGANO	*Origanum vulgare*
CHAMOMILE ROMAN	*Anthemis nobilis*	**PALMAROSA**	*Cymbopogon martini*
		PARSLEY	*Petroselinum sativum*
CINNAMON BARK	*Cinnamomum zeylanicum*	**PATCHOULI**	*Pogostemon patchouli*
		PENNYROYAL	*Mentha pulegium*
CINNAMON	*Cinnamomum zeylanicum*	PEPPER	*Piper nigrum*
		PEPPERMINT	*Mentha piperanta*
CISTUS	*Cistus laudaniferus*	**PETITGRAIN**	*Citrus aurantium*
CITRONELLA	*Cymbopogon nardus*	PIMIENTO	*Pimienta officinalis*
CLARY SAGE	*Salvia sclarea*	PINE	*Pinus sylvestris*
CLOVE	*Eugenia caryophyllata*	RAVENSARA	*Ravensara aromatica*
CORIANDER	*Coriandrum sativum*	**ROSE BULGAR**	*Rosa damascena*
CUMIN	*Cuminum cyminum*	**ROSE MAROC**	*Rosa damasacena*
CYPRESS	*Cupressis sempervirens*	**ROSEMARY**	*Rosmarinus officinalis*
DILL	*Anethum graveolens*	**SAGE**	*Salvia officinalis*
ELEMI	*Canarium luzonicum*	**SANDALWOOD**	*Santalum album*
EUCALYPTUS	*Eucalyptus globulus*	SAVORY	*Satureia montana*
EUCALYPTUS LEMON	*Eucalyptus citriodora*	**SPEARMINT**	*Mentha spicata*
		SPIKE	*Lavandula spica*
EUCALYPTUS PEPPERMINT	*Eucalyptus dives*	SPRUCE	*Picea mariana*
		TAGETES	*Tagetes patula*
EUCALYPTUS RADIATA	*(same—Eucalyptus dives)*	TANGERINE	*Citrus reticulata*
		TARRAGON	*Artemisia dracunculus*
EVERLASTING	*Gnaphalium polycephalum*	**TEA TREE**	*Melaleuca alternifolia*
		THEREBENTINE	*Pinus maritimus*
FENNEL	*Foeniculum vulgare*	LEMON THYME	*Thymus hiemalis*
FIR	*Abies balsamea*	RED THYME	*Vulgaris thymus*
FRANKINCENSE	*Boswellia thurifera*	THYME	*Thymus*
GALBANUM	*Ferula galbaniflua*	VALERIAN	*Valeriana officinalis*
GERANIUM	*Pelargonium graveolens*	LEMON VERBENA	*Citroidora lippia*
GINGER or GINGER ROOT	*Zingiber officinale*		
		VETIVER	*Vetiveria zizanoides*
GRAPEFRUIT	*Citrus paradisi*	**VIOLET LEAF**	*Viola odorata*
HOPS	*Humulus lupulus*	YARROW	*Achillea millefolium*
HYSSOP	*Hyssopus officinalis*	**YLANG-YLANG**	*Cananga odorata*
IMMORTELLE (Italian Everlasting)	*Helichrysum angustifolium*		

NOTE

Although essential oils have the name "oil," they are *not oily.* They have very little slippage by themselves, and a *very small* amount of essential oil is used when doing *any kind of treatment.*

Only the **KEY** essential oils, that are known to work within the beauty industry, will be explored here. All the Latin names have already been listed. The common names are used here. In understanding how to work with essential oils, it is important to grasp the concept of "notes" described below. Essential oils are used for making perfumes and it is for the creation of a perfume that the "notes" are the most important. They determine the final fragrance of the blend of oils. When making a formula for the purpose of an aromatherapy treatment, the "note" is not as important as the action that the essential oil is known to have on the body, skin, nails, and hair.

Categorizing Essential Oils

The essential oil's aroma is important in making the experience a pleasant one for the client. It does not matter if the formula will work if the smell of the mixture sends your client running out the door! There are three categories that all the essential oils fall into. These are: Top notes, middle notes, and base notes. Some oils fall into all three, others in two, but every essential oil will always fit into at least one note level. The classification of these three note levels is very subjective. It is based on how long the natural scent actually lasts. The ultimate test is to place a few drops of any essential oil on a clean, unscented cotton ball, place it in a closed room that is at room temperature (69°F–73°F) and leave it for 24 hours, checking it every 6 hours for the intensity of the aroma. Obviously, this is impractical and unlikely to be accomplished by each individual beauty professional.

Essential oil note classifications are listed below.[1] The reader should use these as a guide and let their own noses be the final judge for themselves.

Top Notes

Essential oils in the top note category are all deep penetrating, sharp smelling, stimulating, uplifting, and volatile in nature. The aroma can last up to 24 hours, however the impact is truly in the first mo-

ment of contact. This is the strongest group of essential oils. When they are placed on the surface of the skin, the client experiences either a cold sensation or a hot one. These essential oils do not feel warm. As a rule of thumb, use LESS drops of top notes in the formula. Not all top notes need to be handled in this manner, some of the exceptions are: lemon and petitgrain.

Middle Notes

As the name implies, middle notes are the essential oils that make up the bulk of the formula. They round out the sharpness of the top notes. These aromas can last up to three days. In the formulas these act as equalizers, being able to control the intensity of the more active essential oils. These essential oils have fragrances that people really like, and therefore they often make up at least 50% of the formula.

Base Notes

Base notes make the most lasting impression, since their aromas can last as long as one week. In the formula, the depth and intensity of the base notes deepen and enrich the blend. Many of the essential oils that fall into this category have the ability to penetrate the skin far more thoroughly than all the others. Upon initial contact with the nose, the aroma may not be particularly noticeable, but left on the skin results in a very strong smell. Similar to the way a musk perfume takes awhile to unfold when worn, once it mixes with the chemistry of the skin, it can last longer than other perfumes.

List of Essential Oils

BASIL (top note) An herb belonging to the Labiate (mint) family. **USE WITH CARE.** An area of confusion in aromatherapy often comes in the use of herbs that are regularly used in food recipes. Basil is a fine example. Basil leaves are placed in cooking water for taste. It is a powerful herb that has many fine properties, but must also be used carefully. It is extracted from the whole plant. Originally from Asia, and now found in France, Cyprus, Madagascar, and the United States.

Other essential oils that blend well are: bergamot, fennel **(remember to only use small amounts of fennel)**, geranium, grapefruit, juniper and lavender.

BENZOIN (base note) A tree belonging to the Styraceae family. Collected as a resin after cutting the bark. If require benzoin in a liquid form, much more of the tree has to be sacrificed. Native to Thailand and Sumatra, also Borneo and Java.

Other essential oils that work well with it are: carrot, cedarwood, neroli, petitgrain, rose, and sandalwood.

BERGAMOT (top note) This tree belongs to the Rutaceae family. The oil is expressed from the peel of the fruit off of the tree. Newly ripe fruit is picked in winter for the best oil. 100 kilos of fruit produce 1/2 kilo of oil, which ranges in color from yellow to browny green. Italy is the primary area it comes from, but Morocco and Guinea grow it too.

Other essential oils that work well with it are: cypress, jasmine, lavender, neroli, patchouli, and ylang-ylang.

CAMPHOR (middle note) Derived from the Asian evergreen tree that belongs to the Lauraceae family. It is extracted in solid form and as an oil, from the camphor found trees naturally in Borneo, China, Japan and Sumatra. In California and Sri Lanka they are cultivated. The oil is not easy to extract.

Other essential oils that work well with it are: clary-sage, cypress, eucalyptus, frankincense, and sandalwood.

CARROT (middle note) A vegetable in the Umbelliferae family from which the essential oil is obtained from its root and seeds. Primarily grown for aromatherapy in England and France.

Other essential oils that work well with it are: chamomile German, cypress, lavender, and lemon.

CEDARWOOD (base note) This tree belongs to the Pinaceae family found in North America. Earliest use was by Native Americans who used it as a way to preserve their dead. The essential oil is extracted through steam distillation.

Other essential oils that work well with it are: bergamot, cypress, jasmine, juniper, neroli, and rosemary.

CHAMOMILE GERMAN (middle note) Also referred to as German chamomile. An herb from the Compositae family. Distilled from Matricaria chamomilla, it has more azulene (an anti-inflammatory and soothing agent) than the others. Which explains its rich blue color. Predominantly from Germany and Hungary. England and South America are cultivating it.

Other essential oils that work well with it are: carrot, geranium, lavender, palmarosa, patchouli, rose, and thyme.

CHAMOMILE ROMAN (middle note) An herb distilled from *Anthemis noblis* family of dried flowers. Found in Bulgaria, England, France, and Hungary.

It works well with the essential oils that work with the other chamomile (German). Its color is lighter and will change to yellow-brown color when exposed to light.

CINNAMON (top note) A tree that belongs to the Lauraceae family. The essential oil is extracted from the twigs and leaves. Originated in Madagascar, India and Sri Lanka.

Other essential oils that work well with it are: chamomile German, clove, fennel **(be careful when mixing these two very strong oils),** and geranium.

CLARY SAGE (top note) An herb from the Labiate family. Found most abundantly in Russia; France and Spain also have cultivated it. The essential oil comes from the tops of the flowers of the plant. It is very sensitive to the way it is grown. Be sure to ask the supplier questions as to its origin.

Other essential oils that work well with it are: cedarwood, geranium, jasmine, juniper, and sandalwood.

CLOVE (top note) An essential oil that comes from the flower beds of the tree of the Myrtaceae family. Zambia is the best known country to have the trees naturally; but Molucca Islands, the Indies and the Phillipines all cultivate them.

Other essential oils that work well with it are: clary sage, juniper, peppermint, sage, and thyme.

CYPRESS (middle note) The tree belongs to the Cupressaceae family. The essential oil is extracted from the tree's flowers, twigs and leaves. Germany and France are where they grow naturally, and the Mediterranean cultivate them. Often compared to witch hazel, it is a multipurpose oil.

Other essential oils that work well with it are: chamomile German, juniper, lavender, parsley, pine, and sandalwood.

EUCALYPTUS, EUCALYPTUS LEMON, EUCALYPTUS PEPPERMINT, EUCALYPTUS RADIATA (top notes) All are trees that belong to the Myrtaceae family. Essential oils are rich, being extracted from fresh leaves. The trees are abundant, grow-

ing in Australia, China, Brazil, Spain, Tasmania, and the U.S. (California).

Other essential oils that work well with these are: benzoin, lavender, peppermint, petitgrain, and pine.

EVERLASTING (top note) A flower from the Compositae family. The essential oil is extracted from the flower tops. Grown throughout Europe. Its aroma has a wide appeal.

Other essential oils that work well with it are: basil, clary sage, pine, and rosemary.

FENNEL (sweet) (middle note) An herb belonging to the Umbelliferae family. Widely grown worldwide: the United States, Asia, Europe, India, and the Mediterranean.

Other essential oils that work well with it are: basil, cinnamon, geranium, lavender, rose, and sandalwood.

FRANKINCENSE (base note) A tree that belongs to the Burseraceae family. Originated in East Africa, it has the longest history with Christianity and involved in stories relating the birth of Jesus.

Other essential oils that work well with it are: basil, camphor, geranium, lavender, neroli, orange, and pine.

GERANIUM (middle note) A plant belonging to the Geranaceae family. Originated in Reunion (a French island in the Indian Ocean), it now flourishes in Algeria, China, Egypt, France, Madagascar, Morocco, and Russia.

Other essential oils that work well with it are: clary sage, frankincense, lavender, rosemary **(use VERY sparingly),** and sage.

GRAPEFRUIT (middle note) A tree belonging to the Rutaceae family. The essential oil is extracted from the rind of the fruit. Cultivated in Israel and the United States. It is a particularly wide-ranging oil.

There are almost too many other essential oils that work well with it to mention. It works well with most oils. Cedarwood, cypress, lavender, lemon, orange, and parsley are just a few examples.

HYSSOP (middle note) An herb belonging to the Labiate family. The essential oil is extracted from the flower tops and leaves. Used in biblical times for respiratory treatments. It is a

very strong herb, which makes an exceptionally potent oil. Cultivated in Brazil, Europe, and Israel.

Other essential oils that work well with it are: benzoin, chamomile Roman, clary sage, lavender, palma-rosa, rosemary **(remember to use it very sparingly),** and sage.

JASMINE (base note) A bush that belongs to the Oleaceae family. The essential oil is extracted from the flowers of the bush. Only very small amounts of the oil are required. Cultivated in Algeria, China, Egypt, France, and Morocco.

Like grapefruit oil, this works well with most essential oils.

JUNIPER (middle note) This bush belongs to the Cupressaceae family. The essential oils are extracted from the dried berries of the bush. The oil is basically colorless, and darkens and thickens as it gets older and exposed to air. Originating in Europe, it now is cultivated in Canada, parts of Africa, and Asia.

Other essential oils that work well with it are: benzoin, clary sage, clove, cypress, lavender, and sandalwood.

LAVENDER (middle note) This plant belongs to the Labiate family. The essential oil is extracted from the flower tops of the plant. Often mixed with a close member of the same family—Lavandin—to make the oil. The lavandin yields a greater volume than that of the pure lavender. In the lavender plant, the flowers are very fragile, with their tiny star-like shape. Instead of seedlings, cuttings are replanted to cultivate the plant. Originally found in its best form in Provence. Other mountainous areas in England, and Tasmania cultivate the plants.

Other essential oils that work well with it are: carrot, chamomile German, clary sage, patchouli, pine, rose, and rosemary **(remember to use sparingly, and NEVER during pregnancy).**

LEMON (top note) This tree belongs to the Rutaceae family. The essential oil is extracted from the rind of the fruit. Originally hand-cared for in Sicily, this essential oil made Italy the center of all the lemon oil industry. Though prepared by machines, hand processing still makes the richest essential oil. By 1887, it was brought over from Europe to the U.S. (California) and later to Florida.

Lavender and neroli are just two of the many other essential oils that work well with lemon.

LEMONGRASS (top note) This grass belongs to the Poaceae family. The essential oil is extracted from the whole wild grass. Cultivated in some parts of Africa, Brazil, Madras, Sri Lanka and West Indies. It is harvested from midsummer to midwinter. It takes a great deal of lemongrass to extract the essential oil (approximately 100 kilos to extract approximately 20 kilograms). With the color similar to what dry sherry looks like, its natural aroma is very strong and resembles a lemon.

Other essential oils that work well with it are: basil, cedarwood, geranium, jasmine, lavender, orange, and oregano.

LIME (top note) This tree belongs to the Rutaceae family. The essential oil is extracted from the rind of the fruit. Brazil, Italy, Mexico and West Indies cultivate the tree. California and Florida began cultivation of lime in the late nineteenth century.

Other essential oils that work well with it are: bergamot, jasmine, mandarin and orange.

MARJORAM (middle note) This herb belongs to the Labiate family. The essential oil is extracted from the flower tops and leaves. Originating from Egypt, it is now widely cultivated in Spain, France, Germany, Hungary, and Portugal. If you purchase the essential oil from Spain, make sure to use its Latin name (origanum majorana), because the Spanish refer to their Spanish thyme (*thymus mastichina*) as "marjoram" and although it, too, is an essential oil, it is not the same oil, nor is it used for the same reasons.

Other essential oils that work well with it are: benzoin, bergamot, cypress, lavender, petitgrain, and rosemary **(remember to use sparingly whenever selecting rosemary for any reason or blend).**

MELISSA (middle note) This herb belongs to the Labiate family. More commonly referred to as balm oil. It originated in Europe and is cultivated in the Mediterranean. The essential oil is extracted from the leaves of the herb, but yields such small quantities of oil that its use is limited due to its extremely high price and limited supply. It has a strong positive effect on people. It is the first choice to make people feel happier, though usually in a highly adulterated form (with other oils) since it is so expensive.

Other essential oils that work well with it are: geranium, lavender, neroli, and ylang-ylang.

MYRRH (base note) This tree belongs to the Burseraceae family. The essential oil is extracted as a gum resin from the bark of the tree. All essential oils are all considered to be the hormone of the plant, herb, or tree, however this essential oil is a hormonal oil. This essential oil is especially recognized from its relationship with biblical history.

Other essential oils that work well with it are: basil, camphor, cypress, eucalyptus, lavender, niaouli, and thyme.

NEROLI (top note) The tree belongs to the Rutaceae family. The exact tree is the bitter orange tree. It is a close relation to the sweet orange tree, which makes a different essential oil. This essential oil is extracted from the flower petals. Originating in Italy, where it got its name, it is cultivated in Egypt, France, Morocco, and Tunisia. The oil obtained from France is of extreme high quality.

Other essential oils that work well with it are: benzoin, bergamot, clary sage, geranium, jasmine, lavender, and orange.

NIAOULI (top note) This bush belongs to the Myrtaceae family. The essential oil is extracted from the leaves and twigs of the bush. It is cultivated in Australia, East Indies, and Tasmania.

Other essential oils that work well with it are: clary sage, eucalyptus, geranium, lavender, myrrh, patchouli, and tea tree.

ORANGE (top note) This tree belongs to the Rutaceae family. The essential oil is extracted from the rind of the fruit. Two other essential oils (neroli and petitgrain) are obtained from this tree, but extracted from different parts. Originating in China, it is now cultivated in Brazil, France, Spain and the United States (California and Florida). Always make sure that the orange essential oil that you use is of top quality. A key test for this is its natural orange color.

Other essential oils that work well with it are: cedarwood, geranium, ginger, lemon, lime, neroli, and petitgrain.

OREGANO (middle note) This herb belongs to the Labiate family. The essential oil is extracted from the flower tops and leaves. Cultivated in Africa, Asia, Egypt, and Europe.

Other essential oils that work well with it are: grapefruit, juniper, lemongrass, and parsley.

PALMAROSA (middle note) This grass plant belongs to the Graminae family. The essential oil is extracted from the whole plant. Cultivated in Brazil and Central America.

Other essential oils that work well with it are: carrot, chamomile Roman, hyssop, patchouli, and sandalwood.

PARSLEY (base note) An herb that belongs to the Labiate family. The essential oil is extracted from the seeds of the plant. Cultivated throughout Europe.

Other essential oils that work well with it are: cypress, geranium, grapefruit, and sage.

PATCHOULI (base note) A plant belonging to the Labiate family. The essential oil is extracted from the young leaves. As the plant matures, it loses the ability to make the oil. Originated in the Philippines. It is cultivated in China, Indonesia, Madagascar, and Japan.

Other essential oils that work well with it are: bergamot, geranium, lavender, myrrh, and neroli.

PEPPERMINT (top note) This herb belongs to the Labiate family. The essential oil is extracted from the whole plant. The flower tops create the better oil. Cultivated in China, England, throughout Europe, and in the United States. England has the reputation of providing the finest peppermint oils.

Other essential oils that work well with it are: benzoin, cedarwood, lemon, myrrh, rosemary **(remember to use sparingly and NEVER during pregnancy)**, and tea tree.

PETITGRAIN (top note) This tree belongs to the Rutaceae family. This is the bitter orange tree that produces neroli from its flowers, and this essential oil is extracted from the leaves and twigs. Therefore Petitgrain is not as potent as neroli, its sister oil. Cultivated in Africa, Brazil, France, Italy and Paraguay. The French have the reputation of producing the finest petitgrain oils.

Other essential oils that work well with it are: carrot, chamomile Roman, geranium, lavender, lemon and palmarosa.

ROSE BULGAR and **ROSE MAROC** (base notes) These rose bushes belong to the Rosaceae family and are grown in two different countries: Bulgaria and Morocco. Their essential oils are extracted from the flower petals. It takes so many petals to create the oil that the pure oil is very expensive. Due to the large amounts of flowers it takes to make just one drop of pure oil, rose water is used more often. The potent aroma of rose oil makes it one of the most powerful and loved.

The list of other essential oils that work well with these can be almost endless, for these two oils are extremely flexible for

blending, a partial list would look like this: bergamot, chamomile, clary sage, cypress, geranium, jasmine, juniper, parsley, patchouli, and sandalwood.

ROSEMARY (middle note) This herb belongs to the Labiate family. The essential oil is extracted from the flower tops from the plant and the leaves. The flower tops create a purer oil. It originated in Spain. It is cultivated in France, Japan, Tunisia, and what used to be called Yugoslavia. Tunisia has the reputation of producing the finer oil. Rosemary is extremely powerful and can be highly toxic. Part of what contributes to its volatile nature is that sage, spike and turpentine can be used to adulterate the composition of the oil, thus reducing its purity.

Other essential oils that work well with it are: basil, cedarwood, frankincense, lavender, and peppermint.

SAGE (top note) This herb belongs to the Labiate family. The essential oil is extracted from the sun-dried leaves and flower tops from the plant. The purer oil comes from the flower tops. Originating in the Mediterranean, it is cultivated in China. Its natural yellow color tends to make one believe it will smell sweet, when in reality the aroma mimics camphor.

Other essential oils that work well with it are: lemongrass, sandalwood, and violet leaf oil.

SANDALWOOD (base note) This tree belongs to the Santalaceae family. The essential oil is extracted from the heart of the center of the tree. This means that the oil is only available when the tree is old and ready to be cut down. This has a direct impact on the price of the oil, due to its limited availability. It can take more than three decades for a tree to mature. The trees grow in India and Indonesia.

Other essential oils that work well with it are: benzoin, cypress, frankincense, juniper, neroli, palmarosa, rose bulgar, rose maroc, and ylang-ylang.

SPEARMINT (top note) This herb belongs to the Labiate family. The essential oil is extracted from the plant's flower tops and leaves. The flower tops produce the purer oil. It is cultivated in Europe, the Mediterranean, Soviet Union and the United States.

Other essential oils that work well with it are: basil, lavender, parsley, and petitgrain.

TAGETES (base note) This essential oil is extracted from the plant's flowers. Cultivated in France and Africa. Also referred to as marigold, it has a brownish-orange color.

Other essential oils that work well with it are: eucalyptus-lemon, lavender, lemon, myrrh, and tea tree.

TEA TREE (top note) This tree belongs to the Myrtaceae family. The essential oil is extracted from the leaves and twigs of the tree. Cultivated in Australia, China, India, and Tasmania. Australia has the reputation of producing the best oil. Although the name tea tree is misleading, it is not a tea, as we know tea to be.

Other essential oils that work well with it are: chamomile German, cypress, lemon, myrrh, neroli, and orange.

THYME (Sweet and Lemon) (top notes) These are herbs and belong to the Labiate family. The essential oils are extracted from the flower tops and leaves from the plant. The flower tops produce the better quality oil. Cultivated in the Mediterranean.

> **NOTE**
> It is important to know the exact kind of thyme you are purchasing. They are not all the same.

In fact, **red thyme** must be avoided for all young children, and for many adults, due to its powerful composition of phenol. All thyme has some alcohols and phenols, but the sweet and lemon variations can be successfully incorporated into beauty care products.

Other essential oils that work well with it are: bergamot, cedarwood, grapefruit, lemon, melissa, rosemary **(remember to use with care, and NEVER during pregnancy),** and sage.

VIOLET LEAVES (middle note) This plant belongs to the Labiate family. The essential oil is extracted from the leaves of the plant. Cultivated in England, France, Greece and Italy. England is known for the quality of its oil.

Other essential oils that work well with it are: benzoin, carrot, cypress, fennel **(remember that only a very small amount is used),** neroli, and rose bulgar/rose maroc.

YLANG-YLANG (base note) This tree belongs to the Annonaceae family. The essential oil is extracted from the blooming flowers of the trees. Early summer is when the flowers are

best to harvest, although they are gathered year-round. There are several grades of oil, and the best and lightest molecular portions are taken away for expensive and exotic perfumes. The rest are then available for aromatherapy purposes. Unfortunately, these grades do not have as pleasant an aroma. Therefore, in aromatherapy, this essential oil does not have as wonderful an experience as the perfumes. Cultivated in the Comoro Islands, Indonesia, and the Philippines. Manila has the reputation of creating the best ylang-ylang oils.

Other essential oils that work well with it are: bergamot, clary sage, frankincense, jasmine, lavender, lemon, neroli, orange, and sandalwood.

Carrier/Base Oils

Not to be confused with the "base note," a base oil or carrier oil is the substance used to "carry" the essential oil into the body. The terms "base oil" and "carrier oil" are used interchangeably.

As mentioned before, some essential oils possess the full range of notes. Jasmine and ylang-ylang are just two examples of essential oils that have all three characteristics. These two, along with the others, such as rose, can be used alone with a carrier oil. All essential oils are mixed with one carrier/base oil.

The base oil works as the vehicle for essential oils to be massaged into the specific body part, hair, scalp, skin, and nails. There are 17 different carrier/base oils:

1. almond oil
2. apricot kernel oil
3. avocado oil
4. borage seed oil
5. hazelnut oil
6. carrot oil
7. corn oil
8. evening primrose oil
9. grapeseed oil
10. jojoba oil
11. olive oil
12. peanut oil
13. safflower oil
14. sesame oil
15. soya bean oil
16. sunflower oil
17. wheatgerm oil

Part of why aromatherapy can be so complicated, is that each carrier oil has its own reaction to the skin, hair, and nails. Some, such as avocado or hazelnut, will penetrate more quickly. Some, like wheatgerm, will be more nourishing to the skin. Do not get overwhelmed. Many of the oils, such as almond, corn, grapeseed, olive,

peanut, soya bean and sunflower, react very much in the same manner. Their differences are in their specific aromas.

As you become more comfortable with aromatherapy treatments, you will find some of the carrier oils easier to work with than others. Some will have a more pleasant "feel" to them, along with having their own aroma. Not everyone will get the same reaction to the various carrier oils. Experimentation is the best way to find what suits you and your clients.

Besides selecting the carrier oil based on "feel," and "smell," the third and possibly the most controlling factor will be "price." Not all the carrier oils are the same. When letting price be the deciding factor, make sure the base oil is 100% pure.

When creating an aromatherapy formula, try to make up what will be needed for the day. The vegetable base oils keep fairly well alone; however, once the essential oils are added, the mixture will turn rancid as it oxidizes. To keep the solution from turning bad, add enough wheatgerm oil into the mixture to make up only 5% of the complete formula.

In Appendix A at the end of the book is a list of suppliers of aromatherapy oils and equipment. Do not hesitate to ask them as many questions about the processing of the products as necessary to insure your confidence in the quality of the materials. Creating the essential oils is a long and complicated process. A partial description of available stock/parameters is provided in the supplier's section.

Primary Uses of Essential Oils

Some general misconceptions can easily be created in the minds of the newcomers to aromatherapy. Most of the essential oils are derived from natural food sources. It would be easy to mistake the potency of the essential oil, if the potency is based on how often we would find the plant, fruit, or vegetable on our dinner plate. Using any essential oil is using the strongest, most volatile part of the plant, fruit, or vegetable. The concentrations are unequal and can NOT be paralleled to the amount served in a recipe for a meal. The Golden Rule for using essential oils is: LESS WILL ALWAYS BE THE BETTER CHOICE.

BASIL **(CAUTION:** Use with care.) Although this herb is used in many food recipes, do NOT misinterpret it to be a gentle aromatherapy oil.

Primary use: To unclog congested, sluggish skin. Works as a natural insect repellent.

BENZOIN "Friar Balsam" is a common nickname for this essential oil.

Primary use: To regenerate mature, inelastic skin. It helps to moisturize dry skin. Also good for chapped, dry and cracked hands. As in all base notes, it is warm and sedating to the skin. The clients should enjoy this essential oil as it is being massaged on them.

BERGAMOT (**CAUTION:** Extra care must be used, because the oil makes the skin photosensitive.) Bergamot is never to be used directly on the skin. It is strongly suggested that the clients wear sunscreens on areas bergamot is to be used. Apply sunscreen before applying bergamot.

Primary use: For all oily skin and hair, and seborrhea of the scalp. Acne conditions and rosacea also respond well to it. IF you know that the client is an active outdoors person and will NOT use sun protection, choose another essential oil for your formula. The practitioner who uses this essential oil as part of their treatment, must also protect their own hands with a sunscreen.

CAMPHOR (**CAUTION**: It must not be used during pregnancy.) Very small amounts should be used. The Golden Rule particularly applies to this essential oil. Where 4–5 drops of other oils would be fine, 1–3 drops will do nicely for this one.

Primary use: For oily skin and hair. If used, is generally included in products that are washed off; such as cleansers, shampoos, and masks rather than moisturizers.

CARROT This essential oil has the power to stain the skin, nails, and scalp. Care must be taken not to use it "neat" (straight on the skin).

Primary use: For all skin, hair, and nail care that needs revitalizing and moisturizing. It also has a calming effect on the skin and cuticles.

CEDARWOOD With its natural woodsy aroma, this essential oil will appeal to men and anyone else who enjoys the smell of the outdoors. However, clients who have allergies to wood spurs and other forest elements, will not do well with this essential oil.

Primary use: Hair care: this essential oil is helpful in treating alopecia, dandruff, and seborrhea of the scalp. Skin care: for oily skin and irritations.

CHAMOMILE GERMAN It is particularly mild and gentle and can be used on young children. The practitioner will find that this essential oil has broad appeal for its natural aroma and versatile usage.

Primary use: For all skin and nails that are sensitive, dry, or irritated. With nails, if they are cracked and chapped, this essential oil is very effective. Use on scalps that are dry or flaky. Capillary distention such as couperose, is helped. It will also soothe acne and eczema.

CHAMOMILE ROMAN Used similarly to chamomile German, above. It also shares its treatment selection variety and broad appeal.

CINNAMON A very potent essential oil. USE VERY SPARINGLY. Too much in skin potions can cause irritations. Not to be used "neat," or unadulterated. It performs well in blends where it is just a small part of the formula.

Primary use: Skin and nail care. It works very well to tone the skin, and as an antiviral in skin and nails.

CLARY SAGE This herb is a winner with all aromatherapists. It works very quickly on the body, in many different applications. It does not have a strong positive or negative response to its aroma. It is not a scent that is widely recognized upon first contact.

Primary use: On mature skin to perk up the complexion, as a cell regenerator. It soothes any skin or nails that are inflamed. Stimulates hair growth and helps to regulate seborrhea of the scalp.

CLOVE A very powerful and potent essential oil, so USE ONLY THE TINIEST OF DROPS. Most people are aware of it as a spice in cooking. And many will have a predetermined idea as to whether they like its natural aroma. Check with your client first, before deciding to select this as part of a blended formula.

Primary use: Helps fight bacteria in nails and skin.

CYPRESS Another woodsy aroma that will have a certain appeal to "outdoor lovers." But check with your client on the

possibility of their having allergies to tree pollens, before selecting this oil.

Primary use: Toning the body, balancing oily skin, strengthening nails. Works as an antiseptic to all skin and nails, oxygenates broken capillaries.

EUCALYPTUS, EUCALYPTUS LEMON, EUCALYPTUS PEPPERMINT, EUCALYPTUS RADIATA **(CAUTION:** Do not use on young children, or anyone with even the mildest asthmatic condition.) This oil's aroma does not blend in with other essential oils' aromas. It will always dominate the blend's smell. One drop of this essential oil can equal the aroma power of 10 drops of other less aromatic selections. Once again, check with your client's preference to its smell. Many will relate its aroma to medicinal products used in their youths.

Primary use: Acne and oily skin. Great for increasing the circulation of the nail beds and cuticles. Superb scalp stimulator. An excellent antiseptic.

EVERLASTING Similar to eucalyptus, this oil's aroma does not blend in with the aromas of other essential oils. It will always dominate the blend's smell. Once again, check with your client's preference to its smell.

Primary use: It has strong anti-inflammatory properties that are wonderful on sensitive skin, acne conditions, or any inflamed nails, cuticles, or skin. If the scalp gets inflamed after a chemical service, it will aide in reducing the redness.

FENNEL (sweet) **(CAUTION:** Use with care, and never during pregnancy.) Inside of the herb is a high phenolic ether content, thus a VERY VERY small amount is to be used in the formula. It is hard to predict your client's response to the aroma. It will go either way. Most often, the formula will only have one drop of this essential oil. The Golden Rule ALWAYS fits this oil.

Primary use: For cleansers for oily skin. To revitalize mature skin and hands.

FRANKINCENSE Not as pungent as eucalyptus, still it will dominate the blends's aroma. Check your client's preference. It will not be as recognizable as eucalyptus. Only the more advanced practitioners will find themselves turning to this essential oil a lot.

Primary use: Skin: For calming any inflamed tissue and for toning loose skin. Nails: Excellent for treating damaged cuticles. Hair: Adds body to limp hair.

GERANIUM Its natural aroma has broad appeal to women of all ages. Most often men will find the aroma of this essential oil "too flowery." They might think that you are covering them in a woman's perfume.

Primary use: Multifunctional. Can be effective as a cell generator for mature skin, an astringent for oily skin, and decrease the slick found on acne skin. Offers quick repair for chapped, cracked hands and cuticles. Helps reduce the "greasy" hair sensation.

GRAPEFRUIT It has large universal appeal, partly due to its overwhelmingly popular aroma, and for its wide-ranging abilities.

Primary use: Uniformly used for hair, skin, and nails. No one area is stronger than the others. Hair: It reduces the slick formed by seborrhea and reduces dandruff scales. It increases the fresh bounce to most hair. Skin: It works with toning facial and body tissue, especially tissue with cellulite. Nails: It brightens yellow nails, helps increase the oxygen flow to nails to rid buildup of residue on the nail beds. It strengthens the cuticle tissue.

HYSSOP (**CAUTION:** Must be used with care, because it is so strong an oil. It cannot be used during pregnancy.) This herb's natural aroma may not be on everyone's top ten list. Check with your client first. Very small amounts of oil are used in any formula. For most formulas, the maximum amount of drops will be two.

Primary use: For moisturizing any sensitive skin and reducing redness of couperose. Excellent for treating eczema of the scalp and skin. Will treat hands and feet for weak nails or damaged cuticles.

JASMINE A solvent must be used to extract the oil out of the flower. Often ether is the chosen solvent. The process creates an increase in the financial pricing of the end product, the essential oil. Careful selection of the pure absolute of the jasmine flower will assure the proper oil for use. Only very small amounts of the oil are required. This flower has a strong oriental aroma, and the reaction to it will be close to 50–50 positive or negative. Clients who suffer greatly from hayfever-style allergies might not have a positive reaction to this oil.

Primary use: It has exceptional versatility. In some formulations it will reduce the oily slick off of skin and hair. While in

other formulations it can be an overall moisturizer for dry skin, scalp, and nails. Due to its gentle nature, it works well with all sensitive bodies, hands and feet.

JUNIPER In ancient times it was the antiseptic of choice. It was considered the "rubbing alcohol" of the aromatherapy world.

Primary use: Still used as an active antiseptic for all skin and body areas, including the hands and feet. It is often part of the toning formulations for treating cellulite and flabby arms. In skin care, many acne conditions are improved and oily skin reduces its sebum levels.

LAVENDER Its aroma makes this essential oil very popular with all ages. It has a fine calming reaction to the internal and external parts of the body.

Primary use: This essential oil can be used on all parts of the body, even the eyes and lips. Hair: To treat alopecia and dry, brittle hair. Skin: Acne, rosacea and oily skins respond well to lavender. Most inflammation of the skin, as well as psoriasis, is reduced. On mature skin, it aids in moisture. For the hands and feet: it works beautifully to soothe and relieve chapping and cracking.

LEMON: (**CAUTION:** Keep away from area directly around the eyes.) It tops the list of the most favored essential oil, due to the powerful aroma of the fruit and its wide appeal with men and women alike. It would be very hard to find a person that does not like the natural fragrance of this oil.

Primary use: One of the most flexible oils of all. It can be used on every body part from the top of the scalp and hair, to the bottoms of the feet. Depending on how it is mixed, it works with oily or dry skin. It energizes the mature skin and repairs wrinkled skin to a new smoothness. For nails it clears yellowing and refreshes the nail beds and cuticles. Whether you are a beginning or an advanced practitioner, you will find that you use this essential oil often.

LEMONGRASS: (**CAUTIONS:** Do not use this on children. Do not use directly on the skin. Do not use on clients allergic to grass or pollens.) This essential oil is known for its antiseptic properties. However, it does have the ability to act as an irritant if applied directly on the skin. It should NOT be used DIRECTLY on the skin—straight, also known as "neat." In blends, use just a

little bit of this essential oil. For most formulas, do not go over the four drop level.

Primary use: Predominantly used in body care, for toning, and as an antiseptic. Also used on oily or acne skin to reduce pustules—BUT only as a blend, not straight on its own.

LIME **(CAUTION:** Keep away from the eyes.) A close choice to its "cousin" the lemon, its natural aroma is strongly popular with men. It is not as diversified as the lemon and not used as often.

Primary use: On the skin as an astringent and tonic.

MARJORAM Although it is colorless, it is also very pungent. It does not appeal to everyone. Check with your clients before selecting this essential oil for your blend.

Primary use: For treating bruising of any tissue or black-and-blue marks on the scalp, skin, hands, and feet. For damaged nail beds, such as "blackened nails," it has a positive healing quality.

MELISSA Clients will either find this essential oil very pleasant smelling or be repelled by its aroma. Check with the client first before making your blend.

Primary use: Nails and feet: It is a wonderful antifungal solution. Skin: Depending on the blend of the formula, acne and eczema are aided, and mature skin can be regenerated. This essential oil can be custom fit into oily or dry skin treatments.

MYRRH A hormonal oil, this essential oil is highly recognized for its involvement in biblical history. Due to its connection, this oil has a strong aura surrounding it. Clients may respond from a deep emotional reaction to this oil, solely based on its connection to Jesus.

Primary use: Skin care: Regenerates and revitalizes mature skin. For skin that is red and sore looking, it acts as an anti-inflammatory. Nails: Reduces redness in dry, cracked hands and cuticles. Hair: Acts as an anti-inflammatory oil for scalps.

NEROLI It has a pale yellow color. Its aroma is particularly strong and will be pleasant to many people.

Primary use: Hair: Treats scalps that are sore, or cracked and picked at. Nails: Treats bitten and torn cuticles or reddened, cracked hands and feet. Skin: Treats skin that is showing signs of irritation. This oil is perfect for treating sensitive skin.

NIAOULI Its natural aura is very similar to lavender, which makes it very popular with most people.

Primary use: As a broad spectrum antiseptic solution. Skin: Improves acne and oily skin. Feet: Treats any cuts and sores.

ORANGE It is very mild, which makes it a good choice for children and anyone with sensitive skin. Its aroma makes it one of the most popular essential oils. From the beginners to the advanced, this essential oil will be chosen often.

Primary use: Hair: It makes the hair silky smooth and shiny. Nails: It is perfect for treating rough, dry hands and feet. If the skin is weak and flabby-looking, it will revitalize it. Skin: Reduces the oil on oily and acne conditions. It helps treat congested skin. On mature skin, it improves tone and smoothness.

OREGANO (**CAUTION:** Must be used sparingly.) This is a strong essential oil. The aroma is so connected to food, that your clients may actually get hungry when the blend is created. It has broad appeal for both men and women.

Primary use: Body: It works very well on cellulite. Nails: It brightens the nail beds.

PALMAROSA This essential oil is extremely versatile. The only possible limitation will be for clients with allergies to pollens and grasses. The aroma is neither engaging nor repelling.

Primary use: Hair: It is effective in reducing limp hair. Nails: Revitalizes dry, cracked hands and nails. Also for tired feet that are dry and flaky. Skin: It energizes mature, wrinkled skin.

PARSLEY This essential oil's appeal is based on its overall acceptance in food preparation. It helps the body clear itself of toxins.

Primary use: An effective antiseptic for skin, nails and feet. Skin: It is effective on couperose and it tones skin. Hair: It helps rid cigarette toxins from the follicles.

PATCHOULI This oil has the ability to perform two different actions based on the quantity of the oil. Very few drops will energize, whereas many drops will relax. The exact reason is not known.

Primary use: As part of its ability to work in different reactions: it is excellent for cracked, dry hands and feet. Skin: Oily and acne skin conditions are improved and put back into balance. Hair: Restores body to oily hair.

PEPPERMINT A very powerful essential oil, partly due to its cellular composition and partly due to its aroma. A strong favorite with young clientele. It can overwhelm the formula if its percentage of drops is significantly higher than the others. However, it can also create a popular aroma when mixed with other essential oils that have aromas that are not as pleasant.

Primary use: A major aid in reducing inflammation, irritation, and couperose. Ashy coloring of skin from smoking or prolonged sickness will brighten. On oily or acne skin, it helps reduce the congestion. Hair: It is a major tool in stimulating the scalp and loosening scales of dandruff and eczema. Nails: With its ability to oxygenate the area, it helps nails restore a healthy coloring.

PETITGRAIN It is not as favorable in aroma to its sister oil, neroli.

Primary use: It works as a great balancer for oily conditions. Skin: Reduces oily sebum slicks and waxy buildup on acne skin. Hair: Reduces the greasy sensation on hair and scalp.

ROSE BULGAR and **ROSE MAROC** The potent aroma of rose oil makes it one of the most powerful and loved by women and not favored by most men. It is so gentle that it can be used on the most sensitive skins and on very young children.

Primary use: For treating all sensitive skin that is dry. On mature skin it helps reduce the signs of aging. On oily skin it reduces redness. It has a calming effect on any couperose. It soothes rough, cracked, and dry conditions on hands and feet.

ROSEMARY (**CAUTION:** Because it naturally possesses ketones of camphor, never use it under any conditions on a pregnant woman.) This essential oil will frighten the beginner, though it is NOT an oil that the practitioner should stay away from. Rather it is suggested that care and understanding be used. Ask questions of your supplier to assure that the oil is pure. Do not let the "purse strings" determine which oil is purchased. The best rosemary oil will be costly and worth it! It is a natural cleanser of toxins, reducer of sebum, and a cellular regenerator. This makes this essential oil one of the most diverse.

Primary use: Hair: Alopecia, dandruff, and seborrhea of the scalp all improve with use. Skin: Oily plugs and acne conditions lessen. On mature skin the cells perk up, become less wrinkled. Nails: Feet and hands will gain smoothness and increase in circulation with use.

SAGE (**CAUTION:** It should not be used on pregnant women.) Be careful when using sage in a blend. Its aroma may not mix well with everything.

Primary use: Hair: It is effective in reducing alopecia. Skin: It works to unclog congested skin, or improve skin that has a tendency to be sluggish.

SANDALWOOD The woodsy aroma makes it particularly popular with men and many actively outdoor-loving women. It would be wise to check if the client has a history of allergies to grasses, trees and pollens, before choosing this oil.

Primary use: It works as a terrific antiseptic and antifungal solution. Nails: This is great for any nail care needs when dealing with fungus. Skin: Perfect for treating dry, cracked hands or feet. It also works on dry, mature, wrinkled conditions. Hair: It is added to solutions to make brittle hair have more moisture.

SPEARMINT Its minty aroma makes it a hit with most people. It has an uplifting effect to clients just walking in. Some salons choose to use this oil as a natural fragrance to brighten up the atmosphere.

Primary use: Besides using its natural aroma to uplift the room, it is used as a body toning oil.

TAGETES (**CAUTION:** This essential oil, must be used with extreme care. It is toxic if used directly on the skin, hands and feet. Never use during pregnancy, it has a naturally abortive reaction.)

Primary use: With all the warnings of its being toxic, if used in a very diluted blend, it is extremely effective when treating athlete's foot and any fungal infections of the nails.

TEA TREE This essential oil has a very pungent aroma and, by itself, is not particularly appealing. It has strong antiseptic and antifungal properties, and works well in all areas of the body.

Primary use: Hair: On the scalp it is very effective in controlling dandruff and any irritations. Skin: Improves acne conditions and reduces excess sebum. It is one of nature's best ointments for herpes. Nails: It works incredibly well to control nail fungus.

THYME (Sweet and Lemon) Both oils work very well as antibiotics, antiseptics, and antifungals.

Primary use: Due to their special properties, they are extremely effective during a pedicure. Treats any fungal infections

on the nails, hands and feet. Used as an antiseptic for the scalp and skin.

VIOLET LEAF It has a very light and pleasant aroma, which makes it particularly favorable with mature women. It is a relatively mild oil.

Primary use: Skin and nails: It is used to moisturize skin on the body, face, hands, and feet. It softens the appearance of wrinkles on mature skin.

YLANG-YLANG The grades of oil available for aromatherapy are of a lesser quality. They tend to resemble jasmine in fragrance, although not quite as distinct. Its aroma can be repelling to some; therefore, check with your client before adding it to the blend. As in all tree oils, check for allergies to tree pollens before deciding to use this essential oil.

Primary use: Hair: It helps to degrease oily hair and scalp. Skin: Can help control acne and oily skin conditions. Nails: During pedicures, ylang-ylang acts to soften rough calluses.

Hair and Scalp Care Formulas: General Guidelines

NOTE
When creating any formula, always keep in mind and/or review the previous sections detailing the characteristics of essential oils, "note" categories, and carrier/base oils.

There are three major considerations to take into account when making up the formulations.

1. Is it for the scalp or hair?
2. If for the hair, how long is it?
3. How sensitive is the client's scalp?

The longer the hair, more product will be needed. The more sensitive the scalp, the milder the formulation. Although not always the case, the fewer the drops of essential oil determines the strength of the solution. In the case of essential oils such as rosemary, fennel, and clove, few drops are always used. When working on the scalp, less solution is created than is with the hair. The area is smaller, so less product is needed.

Aromatherapy Shampoo Formulas

Begin with two ounces of the base. In most cases this will be a mild, unscented, pH-balanced shampoo.

When mixing in the essential oils, always keep the blend to no more than four different essential oils. In many formulations, three will be all that is needed. The total number of drops of a combined mixture of essential oils should range from six to forty drops.

Use the following guidelines as a rough meter to gauge by:

For mild formulations: Make the formula with six to fifteen drops. Although not an ironclad rule, try to mix a middle note oil in with any of the other two to make the solution more balanced.

For moderate formulations: Make the formula with fifteen to twenty-five drops.

For very intense and powerful formulations: Make the formula with twenty-five to forty drops.

For extra long hair: Add one more ounce of base oil, do NOT add additional drops of essential oils.

For the Scalp

Remember that the solution will be massaged deeply into the scalp and left on for several minutes. Most of the formulations will tingle, and that is OK. Check with the client to make sure it is not a "burning sensation." Once the time is up, thorough rinsing is very important.

For a mild condition or tender scalp: your essential oil mixture should be comprised of up to six total drops of oil. And leave it on for two to five minutes.

For a moderate condition: the essential oil blend should be comprised of a total of ten drops of oil. Leave it on for five to ten minutes.

Skin Care Formulas: General Guidelines

NOTE

When creating any formula, always keep in mind and/or review the previous sections detailing the characteristics of essential oils, "note" categories, and carrier/base oils.

Consult with your client while assessing the skin's general condition. Note any areas of sensitivity. Discuss your findings with the

client, obtaining the most accurate information that will assist you in preparing the proper formula.

For skin care, the practitioner will be massaging the solution directly into the skin. And it will stay in the tissue for hours, if not days. The penetration ability of essential oil is why it is so effective. In ranking the three areas of the professional market—hair, skin, and nail care—aromatherapy was best designed for the skin. Essential oils travel through the epidermal tissue with ease due to their minute molecular structure, and their compatibility to the cell structure in the epidermal layers. Another element to the success of essential oils' ability to penetrate the skin is that they are lipophilic. This means that they have an affinity for fat cells. Since fat cells of the skin are found in the subcutaneous layer, the absorption rate of most essential oils is immediate.

For all cleansers you begin with a base: two ounces for each client. Add the essential oils into the base.

For sensitive skin and/or mild solutions: the mixture should be comprised of up to ten drops of essential oils. Use less top note oils.

For moderate solutions: the mixture should be comprised of up to twenty drops of essential oils. You have more freedom in selecting the various potent oils.

For powerful solutions: mix up to thirty drops of essential oils. Using the strongest top note oils may mean that the number of drops is drastically reduced. ALWAYS REMEMBER THAT LESS IS BETTER.

Nail Care Formulas: General Guidelines

Assess your client's nails and hands to determine their condition and subsequent choice of formula to use. Discuss any preliminary findings and options with the client.

In nail care, some of the work will require that the solutions be soaked in, while others will be directly massaged into the cuticle tissue, nail beds, hands and feet. For a full day's supply of an all-purpose massage oil: start with eight ounces of any base oil and add: a total of three tablespoons of three essential oils, one ounce of each.

For a single application, begin with one teaspoon of the base oil and add any one of the essential oils to it. The total number of drops should fall into the 6–10 drops range. An exception is for fighting fungi; see the listed formulas in Part II, chapters 9 and 10, to judge those differently.