

# Essential Oil Blending for Perfumery or Therapeutics: Aromatherapy Guidelines

By Mindy Green

## Safety Considerations

- Essential oils (EOs) are rarely used undiluted—add to a carrier oil (nut, fruit or seed oils, coconut, and olive)
- Some citrus (and oils of *Apiaceae* family) are photosensitizing; wait 12 hrs to UV exposure
- For skin and eye irritation dilute with plain vegetable oil
- There are numerous oils with potential toxicity; study well before use
- Do not use internally, in ears, or around eyes

## Dilutions

- 0.5% = 2-3 drops of essential oil per ounce (oz) of carrier oil for face (for children, the elderly, or those of weak constitution)
- 1% = 5-6 drops of essential oil per oz of carrier oil
- 2% = 10-12 drops of essential oil per oz of carrier oil for general massage
- Do not exceed 15 drops per oz

## Methods of Application

- Massage oil: 1-2% dilution
- Bath: 2-8 drops per tub (irritants: peppermint, citrus, spice or lemon-scented oils)
- Foot bath: 5 drops per gallon of water or herb tea
- Compress: 1-4 drops per quart (qt) water
- Gargle or mouthwash: 1 drop in ½ cup water
- Inhalant: 5 drops in bowl of hot water with towel tent; sprinkle on hankie; use diffuser

## Essential Oils for a First Aid Kit

Essential oils effectively penetrate skin due to their small molecular size and lipid solubility.

- *Boswellia carterii* (frankincense)—Inflammation, wound healing, skin care, meditation aid
- *Citrus bergamia* (bergamot)—Digestive tonic, sore throat, detox, acne, lymphatic congestion, depression
- *Cupressus sempervirens* (cypress)—Astringent, tonic, varicose veins, sore throat, excessive menstruation, allergic rhinitis
- *Lavandula angustifolia* (lavender)—Insect bites/stings, sunburn, headache, bruises, sprains, acne, rash, depression
- *Eucalyptus globulus* (eucalyptus)—Congestion, inflammation, pain, colds, flu, herpes, shingles

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- *Matricaria recutita* (German chamomile)—Inflammation, bruising, sprains, tension, pain
- *Chamaemelum nobile* (Roman chamomile)—Spasms, swelling, insomnia, relax
- *Melaleuca alternifolia* (Australia tea tree)—Athlete's foot, burns, warts, acne, cold sores, flu, insect bites
- *Mentha piperita* (peppermint)—Indigestion, nausea, headache, fatigue, fever, sinusitis, pain relief; substitute spearmint for pregnancy
- *Origanum majorana* (sweet marjoram)—Antispasmodic, sore muscles, insomnia, menstrual cramps, arthritis
- *Rosa damascena* (rose)—Liver and digestive tonic, vascular tonic, menstrual aid, heartache, grief
- *Rosmarinus officinalis* (rosemary)—Headache, fatigue, hangover, constipation, muscle aches, circulatory tonic
- *Salvia sclarea* (clary sage)—Post-natal depression, low estrogen, PMS

## Specialty Oils

*Kunzea ambigua* (kunzea), *Leptospermum petersonii* (lemon tea tree), *Santalum spicatum* (Australian sandalwood), *Helichrysum italicum* (everlasting), *Laurus nobilis* (bay laurel), and *Melaleuca quinquenervia* (niaouli)

## Pregnancy—Only after 1st trimester (Floral oils are best.)

Rose, lavender, ylang, jasmine, chamomile, and neroli; also geranium, mandarin, orange, frankincense, and spearmint

Use ½ percent dilutions.

## Formulations

Combine 25 drops in 2 oz carrier oil for massage.

- **Anxiety**—7 geranium, 5 lavender, 5 ylang, 5 sandalwood, 3 rose
- **Constipation**—10 marjoram, 15 rosemary (massage abdomen)
- **Cough**—5 tea tree, 5 eucalyptus (as inhalant)
- **Cystitis**—12 sandalwood, 4 juniper, 4 lavender, 4 tea tree
- **Fatigue**—15 silver fir, 5 spruce or rosemary
- **Sinus Congestion**—Pine, niaouli, rosemary, eucalyptus (as inhalant)
- **Hangover**—Carrot seed, rosemary, peppermint, rose, helichrysum: 25 drops of any combo
- **Injury oil**—Lavender, blue chamomile, geranium, tea tree, helichrysum: 5 drops each or any combo totaling 25 drops in calendula oil
- **Insomnia**—20 lavender and 5 neroli or marjoram
- **Menstrual cramps**—Clary sage, marjoram, geranium, rose: 25 drops of any combo
- **Sore Throat**—12 clary sage, 10 sandalwood, 3 bay laurel (massage); gargle with one drop each cypress and lemon in water
- **Stress**—Roman chamomile, lavender, marjoram, neroli: Any combo totaling 25 drops

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- **Stings/Bites/Burns**—Lavender, neat. Combine with tea tree for ticks or bee sting
- **Herpes**—7 lemon eucalyptus, 4 tea tree, 4 lavender in 1 oz calendula oil
- **Ringworm**—5 geranium, 5 tea tree, and 1 peppermint in 1 oz oil applied directly
- **Warts**—Clove, thuja, lemon, blue cypress: Apply directly to wart, avoiding surrounding skin

## **Recommended Books**

*Aromatherapy: A Complete Guide to the Healing Art* by Kathi Keville and Mindy Green

*The Encyclopedia of Essential Oils* by Julia Lawless

*Clinical Aromatherapy* by Jane Buckle

*Medical Aromatherapy* by Kurt Schnaubelt

*The Practice of Aromatherapy* by Jean Valnet

*Essential Oil Safety* by Robert Tisserand and Tony Balacs

*Carrier Oils* by Len Price

## **ACHS Notes**

This handout accompanies the ACHS teleconference Essential Oil Blending for Perfumery or Therapeutics with Mindy Green taking place on July 20, 2010. The information within this handout is not intended to treat, cure, diagnose, or prescribe; always check with your primary healthcare provider.

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