

Basic Q & A

What is aromatherapy?

Aromatherapy is a gentle healing art that uses essential oils to help relieve a wide variety of emotional and physical problems.

How can it benefit me?

While aromatherapy is a complex subject that requires years to master, you can quickly and easily learn the basic principles and apply them immediately to help yourself and your family.

What are essential oils?

Essential oils are plant extracts gleaned from roots, seeds, blossoms, flowers, bark and peels. They capture the “essence” of a plant’s characteristics and therapeutic properties. Essential oils have an herbal effect similar to the original plant, but are up to 100 times more concentrated and should be used with care.

How do these oils work?

Two ways. First by our sense of smell which is hard wired to our primitive brain. We react to aromas before we identify them. Second, by passing through the bloodstream. This has an effect similar to many pharmaceuticals.

Are essential oils safe?

Oils are very safe if used properly. They should always be diluted before application to the skin. We do not recommend taking the oils internally. As with all medicinal products, greater care should be taken with the very young and very old.

How do I get started?

Try just a few oils or blends at first and see how you react to them. Remember, we are all individuals and respond differently to the oils. Not everything you try is going to work perfectly all the time. Aromatherapy is not exact and predictable.

If you experience a reaction from essential oils:

- Dilute the oils—1 to 3 drops of oil to 1tsp of Jojoba or Olive oil. More dilution may be needed.
- Consult your health care professional for direction.
- Reduce the number of oils used at one time.
- Use single oils or oil blends on at a time.
- Reduce the amount of oil used.
- Reduce the frequency of application.
- Drink more purified water.
- Ask your health care professional to monitor detoxification,
- If skin irritation or other uncomfortable side effects persist, discontinue use.

KEY TO OIL PRECAUTIONS:

N = No precautions found in the literature surveyed.

P = Avoid during pregnancy especially first 3 months.

S = Could possible irritate or sensitize delicate skin.

E = DO NOT us if epileptic.

H = Avoid if you have High Blood pressure.

V = May cause sun sensitivity for up to 24 hours.

If you cannot find the oil you are looking for here please ask an associate and we may be able to special order it for you.

If you have an emergency...

Immediate dilution is strongly recommended if skin becomes painfully irritated or if oil accidentally gets into eyes.

- Dilute with Jojoba or Olive oil. Avoid using water since essential oils are not water soluble and water may cause them to penetrate more quickly and actually increase toe irritation.
- If dilution does not provide relief, discontinue use and contact your health care professional.

If a child or infant swallows an essential oil:

- Administer milk, honey or another safe oil-soluble liquid.
- Call your poison control center or seek immediate emergency medical attention.

Information in this pamphlet has been obtained from sources deemed reliable, but is not a replacement for medical advice. Any person with a condition requiring medical attention should consult a qualified practitioner.

Therapeutic-Grade Essential Oils



WWW.SCENTUALLYOURS.COM

info@scentuallyyours.com

LOCAL PHONE/FAX: (810) 732-0240
GENESEE VALLEY MALL,
JC PENNY WING
3293 S LINDEN RD.
FLINT, MI 48507

[Facebook.com/ScentuallyYours](https://www.facebook.com/ScentuallyYours)

8 ways to make aromatherapy work for you:

Take a sniff - Inhale directly from the bottle or put a few drops on a tissue and sniff. Almost every essential oil will have some effect when used in this manner.

Try a diffuser - Diffusers range from simple evaporative devices to sophisticated nebulizers that infuse the air with microscopic droplets of pure essential oil.

Take a tub bath - Make this a warm bath because you want the oils to soak into your skin, not sweat out. Add 6 to 12 drops of essential oil to a filled tub and swish the oil around with your hand so it is evenly dispersed.

Use a compress - Add 4 to 15 drops of oil to 1 quart water. Warm for arthritis, cramps, muscle pain. Cold for tension, bruises, headaches. Mix then soak a washcloth or small towel. Wring out excess water and apply to affected area.

Make a spray mist - Take a small spray bottle, fill it with distilled water and add 5 to 10 drops of the essential oil. The spray quickly adds a wonderful therapeutic fragrance to the air in any room.

Rub your feet - Add 15 drops of oil to 1 tsp. of Jojoba. Massage onto bottom of feet and let soak in (about 10 minutes). Be extra careful when you stand or walk.

Enjoy a massage - Add 8 to 12 drops of essential oil to 1 ounce of Jojoba oil for a general whole-body massage.

Tent yourself - Add 4 to 10 drops of essential oil to 1 quart of very hot water in a glass bowl. Cover both head and bowl with a towel and deeply breathe the vapors. Do not let face touch the hot water.

How to make your experience with essential oils a pleasant one:

Exercise caution when applying essential oils to skin that has been exposed to cosmetics, personal care products, soaps and cleansers containing synthetic chemicals. Some of them—especially petroleum-based chemicals—can penetrate and remain in the skin and fatty tissues for days or even weeks. Essential oils may react with such chemicals and cause skin irritation, nausea, headaches or other uncomfortable effects. Essential oils can react with toxins built up in the body from chemicals in food, water and work environment.

If you are concerned about sensitivity to an essential oil, try a patch test:

There is a sure way to tell if you are allergic to an essential oil. Just place a drop of the essential oil on your forearm. (If you have very sensitive skin, first dilute the oil by half with a carrier oil). Loosely cover the area, wait 24 hours. No redness or burning means you are not sensitive to the essential oil.

Amyris
2 dram - \$15 15ml - \$25
Calming, reduces stress and tension, relieves anxiety, improves mental clarity. *Precautions = N*

Basil, Exotic
2 dram - \$15 15ml - \$25
Basil is energizing, elevating and anti-depressive. Helps concentration and memory. Shown good results with ADD and ADHD children when inhaled to help the mind focus on intellectual tasks. *Precautions = PS*

Bergamot
2 dram - \$15 15ml - \$25
Calming and uplifting with a delicate citrus aroma. Great in diffuser, bath or massage for anxiety, depression and nervous tension. Also helps reduce patient fears when diffused in medical and dental offices. Opens communication be breaking down interpersonal barriers. *Precautions = SV*

Birch, Sweet
2 dram - \$15 15ml - \$25
Analgesic. Use in carrier as rub for tendinitis and muscular pains. Can be toxic in high concentrations. Always dilute. *Precautions = PS*

Camphor, White
2 dram - \$15 15ml - \$25
Camphor stimulates respiration, helps clear chest congestion. Mood uplifting. Strong adrenal stimulant best used sparingly in blends with other oils. *Precautions = P*

Cedar, Himalayan
2 dram - \$15 15ml - \$25
Enlivens spiritual awareness, relaxes the analytical mind, creates harmony. Facilitates productive dreams. Helps you get in touch with your inner-self. *Precautions = PS*

Cedar, Virginia
2 dram - \$15 15ml - \$25
Excellent insect and vermin repellent. Relieve stuffy nose, congestion and coughs. *Precautions = PS*

Cinnamon Bark
2 dram-\$25 15ml—\$45
Severe irritant and sensitizer. DO NOT use on skin! Strong anti-bacterial, antiviral, antiseptic properties. Eases respiratory problems. *Precautions = PS*

Citronella
2 dram—\$15 4 dram—\$20
Effective mosquito, ant, flea and moth repellent. Smell is repugnant to cats and will keep them off furniture or out of the garden. Prevents mental fatigue. Ant-inflammatory qualities. *Precautions = PS*

Clary Sage
2 dram - \$15 15ml - \$25
Warming. Anti-depressant. Aphrodisiac. Creates euphoria in some, relaxation in others. Opens the mind, stimulates creativity. Calms underlying tensions to relieve headache and stress-related sexual dysfunction. Hot compress on stomach eases digestive problems. Useful in reducing symptoms of menopause. *Precautions = P*

Clove Bud
2 dram - \$15 15ml - \$25
Good for sore muscles and joints when well-diluted in a carrier oil. Excellent insect repellent. Great toothache remedy. Stimulates the mind and memory, has profound aphrodisiac effect on some. *Precautions = PS*

Eucalyptus Globulus
2 dram - \$15 15ml - \$25
Clean, sharp scent helps open nasal passages and clear sinus congestion. Great in massage blends for sore, stiff muscles. Anti-bacterial, anti-viral, anti-fungal. *Precautions = N*

Eucalyptus Polybractea
2 dram - \$15 15ml - \$25
Fights ear, nose and throat infections, both bacterial and viral. Reported to lessen blood congestion in the prostate. Helpful in a massage blend for inflammation and many kinds of arthritis. *Precautions = N*

Eucalyptus Radiata
2 dram—\$15 15ml—\$25
Respiratory/sinus infections, viral infections, (Fights Herpes simplex when combined with bergamot). Antibacterial, antiviral, expectorant, anti-inflammatory. *Precautions = N*

Frankincense
2 dram - \$25 15ml - \$40
Strong antiseptic properties. When used in a diffuser it reduces anxiety and tension by slowing and deepening breathing. As a compress or mixed in a facial oil, it has been long reputed to smooth wrinkles, rejuvenate tired skin and accelerate the healing of skin blemishes. *Precautions = N*

Geranium Rose, Egyptian
2 dram - \$15 15ml - \$25
Antidepressant. Soothing in small amounts and stimulating in larger quantities. Quells anxiety and nervous tension. Said to help balance secretion of hormones. Useful in treating menopausal hot flashes and PMS. *Precautions = N*

Grapefruit, Pink
2 dram - \$15 15ml - \$25
Sparkling citrus aroma helps relieve migraine, PMS and performance stress. Stimulates appetite. Helps balance emotions, brighten depressive moods. *Precautions = N*

Lavender Extra
2 dram - \$15 15ml - \$25
Helps asthma sufferers when condition is associated with emotional trauma. Great for skin inflammations, dermatitis, eczema, scarring, burns, insect bites and stings. Take several deep breaths when you can't get to sleep. Calms stormy emotions. *Precautions = N*

Lemon, Yellow (Sweet)
2 dram - \$10 15ml - \$25
Lemon has been shown to increase alertness and reduce errors in the workplace. Strongly antiseptic. *Precautions = SV*

Lemongrass

2 dram - \$15 15ml - \$25
Antiseptic. Relieves muscle cramps, tones muscles and makes them more supple when used in a massage oil. Diffusion can help with a sore throat. Beneficial in treating headaches. *Precautions = S*

Lime, Essence

2 dram - \$15 15ml - \$25
Refreshing and uplifting aroma reduces anxiety, mental fatigue, depression. Excellent in facial lotions for its astringent, toning and restorative qualities. *Precautions = N*

Mandarine, Red

2 dram - \$15 15ml - \$25
Calms emotions and rambunctious kids. Antispasmodic for cardiovascular and digestive systems. *Precautions = V*

Marjoram, Sweet

2 dram - \$15 15ml - \$25
As an inhalative it is more effective for insomnia sufferers than Lavender. Eases feeling of loneliness and rejection. Mixed in a massage blend it is reported to ease muscle tension and reduce inflammation and spasms. Also works as an anaphrodisiac which means it reduces sexual desire. *Precautions = P*

Niaouli

2 dram - \$15 15ml - \$25
A non-irritating and powerful antiseptic. Good in a diffuser for all types of respiratory tract infection. Often used as a skin treatment prior to radiation therapy to help prevent burns. *Precautions = N*

Orange, Sweet

2 dram - \$10 15ml - \$25
Creates a "sunshine" effect that makes you feel good no matter what's going on. Helps people unwind and relax and quiets even the most rambunctious kid. *Precautions = SV*

Patchouli

2 dram - \$15 15ml - \$25
Excellent for skin care. Treats cracked, weeping sores, skin allergies, dry or itchy patches, toenail fungus, scars and inflammations. Quiets anxiety and eases feelings of neglect and ennui. *Precautions = N*

Peppermint

2 dram - \$15 15ml - \$25
Excellent inhalative for mental fatigue and depression. Relieves headaches, clears the head and freshens the spirit. It eases egotism and false pride while bolstering feeling and confidence. Use sparingly in the bath to lift the spirits and invigorate. Also a safe way to keep mice and spiders out of your home. *Precautions = PS*

Ravensare

2 dram- \$25 15ml - \$40
Most effective anti-viral oil you can use. Safe for children and elderly. Helps stop or shorten duration of cold when used in nebulizer at first sign of sniffles/sneeze. *Precautions = N*

Rosemary

2 dram - \$15 15ml - \$25
Use in a diffuser to help reduce mental fatigue and chest congestion. Inhalation is said to improve memory. *Precautions = P*

Rosewood

2 dram - \$15 15ml - \$25
Balancing effect when used as an inhalative. Eases nervousness, helps in stressful situations like interviews or exams. Helpful in treating mood swings. Analgesic and antiseptic. Useful for candida, eczema and dry skin. *Precautions = N*

Spanish Sage

2 dram—\$15 15ml—\$25
Also known as Lavender Sage. Reversed as a cure all in Southern Europe and Mediterranean. Useful for arthritis, poor circulation, menopause, nervousness, insomnia, grief, overexertion. Stimulates memory. Encourages introspection. *Precautions = EP*

Spearmint

2 dram - \$15 15ml - \$25
In a diffuser it is said to stimulate the mind, raise the spirits and help relieve asthma, bronchitis, headache and sinus conditions. It brings back happy childhood memories and makes you feel like a kid again. Not compatible with homeopathic treatments. *Precautions = P*

Tangerine, Dancy

2 dram - \$15 15ml - \$25
As an inhalative it soothes the mind and emotions particularly with kids. With Marjoram it helps control stronger emotions like grief, shock and anger. *Precautions = SV*

Tea Tree

2 dram - \$15 15ml - \$25
Antiseptic, antibacterial, antifungal, immuno-stimulant. The Journal of Hospital Infections found a 1/2% solution killed 60 strains of antibiotic-resistant Staph aureus - a bacteria that causes secondary infections in hospitals and nursing homes. Mild enough to be applied directly to the skin for insect bites, pimples, scrapes and abrasions. One of the safest yet most powerful oils you can use. *Precautions = N*

3 Thieves Blend

2 dram- \$15 15ml - \$25
Thieves oil takes its name from a blend of essential oils that was used by those robbing the victims of the bubonic plague. They had created a substance that was powerful enough to kill many bacteria and protect themselves from infection. Research has shown that Thieves Oil can kill up to 99.96% of germs after diffused for 12 minutes. *Precautions = PSV*

Ylang Ylang

2 dram - \$25 15ml - \$40
This is arguably the most erotic scent on earth. Valued as an aphrodisiac and perfume. Superior anti-depressant, calmative and anxiety reducer. Used primarily as an inhalative. It is said to help lower high blood pressure and reduce tachycardia. When blended into a skin lotion, it will help restore balance to either oily or dry skin. *Precautions = N*