

AROMATHERAPY

Angel Oil Aromatherapy Handbook



ZOË HENDERSON



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This handbook is not intended as a medical reference. The information, recipes and remedies contained in this book are generally applicable and appropriate in most cases but are not tailored to specific circumstances or individuals. The authors and publishers cannot be held responsible for any problems arising from the mistaken identity of remedies, or the inappropriate use of any remedy. Do not undertake any form of self-diagnosis or treatment for serious conditions without first seeking professional advice. Always seek professional medical advice if symptoms persist.

The power of essential oils, each with their own unique properties can have even greater results when blended with other essential oils. The art of creating successful remedies is complex and time consuming, it involves experimenting until the correct blending ratios of each essential oil work together as a formula, which after many tests and trials achieve the required results. The team who designed the Angel Oil recipes bring a total of 20 years experience to perfecting the recipes.



History of Aromatherapy

Aromatherapy has been around for thousands of years. The ancient Egyptians used it in around 3000 BC.

The ancient Chinese, Arabs, Greeks, and Romans have all benefitted from herbs, massage and natural remedies. But it took an accident in a laboratory at around the turn of the 19th Century for aromatherapy to be rediscovered in the west. A French chemist called Gattefosse burned his hand severely in a laboratory experiment and finding nothing else close by, he plunged his hand into a large pot of lavender oil. The hand healed rapidly with almost no scars and he began investigating the healing properties of essential oils.

A remarkable aspect of aromatherapy is that it is possible to work on several conditions at the same time, using different essential oils. That is, the mind can be stimulated and energised while the body is being soothed, relaxed and revitalised.





What are essential oils and where do they come from?

Essential oils are **aromatic essences** extracted in a highly concentrated form from parts of trees and plants such as flowers, leaves, roots, fruits and seeds. For example, **rose** oil from flower petals, **neroli** oil from blossom, **frankincense** oil from the gum of a tree, **lemongrass** oil from grass grown in China, **eucalyptus** oil from gum trees, **ginger** oil from roots, **cypress** oil from needles and pine cones, **lemon** and other citrus oils from peel, and **fennel** oil from seeds.

Each essential oil has its own unique properties and can be used singly or blended with others to treat many and various conditions with successful and sometimes startling results.



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Essential oils are produced worldwide. A particular plant may be grown in many different countries, for example lavender (*lavendula officinalis*), which originated in the Mediterranean. It was introduced to Britain by the Romans and is now grown all over the world but the finest source is produced in the South of France. This is due to climatic conditions, soil content and the many years of botanical farming and essential oil distillation experience. It is worth a visit to the outlying areas of Provence and to the major distilleries in Grasse, to take in the delightful sight and aroma of the many acres of lavender fields as well as the beautiful villages in the area.

The benefits of using essential oils are vast and specific oils or blends can be used for the following:

- Sedative – for anxiety, insomnia and restlessness
- Relaxing – for stress, anxiety and tension
- Memory – for poor concentration, memory, and lack of focus
- Stimulating for mind – for lack of focus, tiredness, and negative thinking
- Stimulating for body – for lethargy, toxic conditions, and poor digestion
- Grounding – in time of grief, panic and despair
- Balancing – for PMT, menopausal and hormonal balance
- First aid – for burns, bites and stings
- Skincare – for dry, aging and hard skin, scars and sunburn

These are just a few of the many conditions that can benefit from essential oils.



How does aromatherapy work?

The action of smell works through olfaction (sense of smell). The aroma travels up through the nose to the olfactory region from where impulses are conveyed to the limbic system (emotional brain), causing emotional reaction. The type of reaction depends on which area of the limbic system the odour has stimulated. The olfactory cells respond to aroma within milliseconds and it takes about one minute for the mind/body to respond to the smell.

It is a well-known fact that certain aromas can jolt the memory to recall long forgotten memories, sometimes from early childhood, relatives, school, friends, past relationships, situations, people, places and events. These memories can be related to happy, sad, angry, sharing, loving, stressful experiences, or any other emotion that a particular odour inspires.



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Essential oils are beneficial in so many ways and are used for a variety of purposes, such as to soothe, calm, relax, lift the spirits, balance, regulate, energise, revitalise and stimulate the mind and body. These highly concentrated pure oils are antiseptic and few, such as tea tree oil, are also anti-fungal, anti-viral, and anti-bacterial. Some essential oils are excellent for the skin, improving appearance and skin texture, reducing scarring, soothing and nourishing after too much sun.

Essential oils are absorbed through the skin and are carried through the bloodstream, stimulating the body's own natural healing and balancing process.

A particular essential oil or blend of oils can be used to treat specific problems, for example a stressed, tense person who is irritable, unable to sleep and feeling pressured will immediately benefit from aromatherapy treatments using appropriate relaxation oil blends.

Angel Oil is a distillation of many talents. Those of four dedicated professionals in particular, a medical herbalist, a creative perfumer, a biologist, an aromatherapy chemist.

Between these four professionals, there are many years of experience in the aromatherapy field. They strive to acquire only the purest, unadulterated essential oils from the finest sources in the world; geranium from Egypt, lavender from France, sandalwood from India, and so on.



How to use essential oils

Vaporisation

Add about 8-12 drops of up to three essential oils to the water in your vaporiser or oil burner (depending on the size of the water container and the room). Make sure there is plenty of ventilation in the room. This method is very beneficial in sick rooms to help kill germs and prevent the spread of infection. When concentration and memory retention are needed for study or work, use oils such as rosemary and basil. Burn refreshing and atmospheric oils before party/dinner guests arrive, namely lavender and bergamot, or lavender and grapefruit. Use sensual blends such as bergamot and ylang ylang for romantic evenings at home with your partner, and use lavender and marjoram to promote sleep.





Baths

Choose one to three essential oils for a total of eight drops in your daily bath, or use 8-10 drop of an appropriate blend. This will have a therapeutic effect on both the mind and body. Before getting into the bath, the oils must be swished around to make sure they are dispersed evenly, or mix them into full fat milk then add to the bath water. Relax and soak for 10 to 15 minutes. In the evening, select relaxing oils for a good night's sleep, that is lavender and marjoram. In the morning, use refreshing and stimulating oils to energise and promote vitality and creativeness, such as grapefruit and rosemary.





Foot bath

Add up to six drops of essential oils to a bowl of warm water and soak the feet for at least 10 minutes. This treatment is effective for colds, varicose veins, athlete's foot, tired, sore and painful feet and swollen ankles. Juniper is excellent for swelling and fluid retention, tea tree (also called manuka) is a must for athlete's food and other fungal infections. Geranium and peppermint for circulation.





Hot and cold compresses

Add four to five drops of essential oils into a bowl of hot or cold water. Swish the water to disperse the oils evenly. Place a facecloth on top of the water to collect the oil droplets. Squeeze out excess water and apply compress to affected area. Wrap a bandage over the compress and leave until compress reaches room temperature, then repeat the process.





Use a hot compress:

- * For **rheumatic pains** use the **Angel Oil Arthritis Relief** blend.
- * For **menstrual, back or abdominal pains**, use a blend of **clary sage, lavender** and **rose**.
- * For **toothache**, use **peppermint oil**.
- * For **ear-ache**, use one drop of **lavender** and one drop of **peppermint**; or one drop of **tea-tree** and one drop of **lavender** on a damp cotton bud and place just inside the ear.

Use a cold compress:

- * For **sunburn**, use **lavender oil**.
- * For **headaches** use a blend of **lavender, bergamot, chamomile roman** and **peppermint**.
- * For **bruises**, use **lavender** and **juniper**.
- * For **varicose veins**, use **lemongrass**.
- * For **emotional strength** and for **sprains**, use two drops each of **eucalyptus, juniper** and **lavender**.

Using the same method as above, the facecloth can be used to press onto the face. To relax and wind down in the evening, use lavender or sandalwood; or to revitalise after a long journey, use two drops each of mandarin, neroli, and rose. As a refreshing wake-up in the morning, use any of the following: bergamot, basil, juniper, grapefruit, or lavender.

Use a warm compress:

For facial care to soften and relax the skin and promote cell regeneration, use sandalwood and lavender, or use geranium and lavender. As well, use a blend of neroli, lavender and olibanum.



Steam inhalation



Add six drops of essential oils to half a bowl of almost boiling water. Cover the head with a towel, lean over the water and with your eyes closed, breathe in the vapour slowly and deeply. Continue for up to 10 minutes.

Use for the common cold, use two drops each of eucalyptus, cajuput, thyme, and cubeb. For sinus problems, use two drops each of eucalyptus, silver fir, peppermint, and black pepper.

To clear congestion and help breathing, use six drops of eucalyptus and peppermint.

Inhalation can also be administered by putting a couple of drops of essential oil onto a handkerchief or tissue. Or rubbing a few drops between your palms, holding your cupped palms over your mouth and nose, and inhaling.



Mouthwash and gargle

Good for sore throats, infected gums, mouth ulcers etc. Add two drops of essential oil to half a glass of water and stir well. Use tea tree oil or peppermint, or geranium for sore throats. Gargle/swish around the mouth and then spit out. DO NOT SWALLOW. Not recommended for children.



Oil Rub

Gym rub to use before starting your exercise work-out. Mix three drops of juniper, three drops of lemongrass and four drops of rosemary into 20mls of a carrier oil. Massage some of the oil between your hands and rub vigorously over muscle areas.



AROMATHERAPY MASSAGE

The art of healing

This is a holistic massage working on the nervous system and is the most fulfilling method of receiving the benefits of aromatherapy to release tension, relieve stress, stimulate, energise, revitalise, uplift and promote a feeling of wellbeing. These are but a few of the results achieved.



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Aromatherapy massage is a relaxing variety of techniques, such as acupressure along the sides of the spine to stimulate the nervous system, this creates an immediate effect of relaxation, and along the head meridians to stimulate pressure points and release tension.

Massage of the solar plexus, reflex points of the feet and hands are stimulating and promotes relaxation. Gentle massage of the back, shoulders, neck, arms and legs are to relax muscles.

Lymphatic drainage, combined with the other massage techniques, stimulates the lymphatic system, which eliminates waste materials/toxins through the body, this process slows down if blood circulation is sluggish.

Remarkable results can be achieved with the combination of aromatherapy massage and essential oils. The choice of oils will depend on the particular person being treated. All treatments aim to assist the body's own natural healing process to rebalance and harmonise mind and body.

Because essential oils are pure and highly concentrated, it is important that they are blended into carrier oil before use. The exception to this is lavender oil, which should be applied direct from the bottle onto burns. For every drop of essential oil, use double the amount of carrier oil in millilitres (mls). For example, one drop of essential oil is blended into 2mls of a carrier oil; five drops of essential oil into 10mls of carrier oil; 10 drops of essential oil into 20mls of carrier oil.





BASIC FIRST AID KIT

To start off your essential oil medicine cabinet, here are the oils you'll use most often for basic first aid.

Lavender

Lavender has a delightful smell and is a versatile oil with many beneficial properties. It is essential in the first aid kit for the treatment of burns and scalds and although essential oils should not normally be applied directly on the skin undiluted, it is necessary for burns and scalds that lavender should be applied direct from the bottle onto the affected area. It is naturally antibiotic, antiseptic, and antibacterial. It also promotes cellular renewal and healing, which in turn prevents scarring and is a stimulant to the immune system. Lavender is wonderful in a sick room, it is a sedative therefore encourages restful sleep, kills germs and helps to speed recovery. This is just the beginning of what this wonderful oil can do.



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Tea Tree

The antiseptic action of tea tree essential oil is widely acknowledged, it is a powerful disinfectant, germicide and bacteriostat. Because of its anti-viral, anti-bacterial, and anti-fungal properties, it is an excellent treatment for fungal conditions, for Athlete's Foot it can be used in a foot bath. For candida and thrush, put it in the bathtub and soak. For cold sores, infected and septic wounds, ringworms and abrasions, apply tea tree oil on the tip of a damp cotton bud or cotton pad. For household disinfecting, it's also excellent for wiping around toilet bowls and garbage bins, or add to water and use as a spray. Tea tree mixed in water with lavender and geranium can be used to spray plants after watering, especially if mould is present, this gives the plant a boost, strengthens its resistance and is an effective insect repellent.

Eucalyptus

Well known for its versatility and usefulness. It cools the body in summer and helps to protect it in the winter. Eucalyptus is anti-inflammatory, antiseptic, antibiotic, anti-viral, diuretic and analgesic. It is most commonly known for its effectiveness against coughs, colds, bronchitis and catarrh but is equally effective for viral infections and in the treatments of cystitis and candida. It is used as a compress to quickly reduce body temperature. Eucalyptus blended with geranium and juniper for a massage helps to lower excessive blood sugar. In a vaporiser, it effectively deodorises the area, or with two drops of grapefruit added, it gives a refreshing uplift to the senses.

Geranium

This oil is used to help regulate hormonal changes (not to be used in pregnancy), it is effective for menopausal and PMT conditions, nerve tonic, anti-depressant, balancing to moods and emotions, it is an anti-depressant.

Geranium promotes wound healing, it is a cell stimulant, used for treating scars, cuts and burns. As a skin care oil, it is slightly astringent and balancing to oily skin, aged skin, shingles, inflammation of breast (while breast feeding) and mastitis. It has a pleasant floral smell and is physically and mentally relaxing. Use two drops in water as a gargle for sore throats.

Zoë's Story

Founder of Angel Oil, Zoë Henderson

"After moving to Singapore in 1990, I was thinking about a new business for the areas of my work. The previous 10 years we had been in Bahrain, where I had set up my own clinic for holistic treatments. My speciality at that time was aromatherapy. So in Singapore I continued along the same path. By chance, I met someone who had a restaurant and a health food business. After several meetings, we decided to join forces in an aromatherapy oil business. I returned to the UK to source a team of creators for aromatherapy mixes for different ailments. The final team of four comprised: a medical herbalist, a creative perfumer, a biologist, and an aromatherapy chemist.

"We spent a couple of years testing the mixes on many guinea pigs! When we satisfied with the results, I launched my new formulae into the Asian market and started giving talks and lectures on aromatherapy and essential oils in Singapore, Kuala Lumpur, Jakarta and Brunei. Over that time, I also provided spa staff to 8 of the top hotels in Singapore (including Raffles, The Four Seasons, The Ritz Carlton, The Hyatt, Sheraton, Shangri-La, Hilton). I brought my oils and my staff of 40 therapists to give treatments to the guests.

"All the oil blends were created to help ease different conditions such as Jet Lag, Rheumatism, Arthritis, Migraine, Common Cold, Insomnia, Exam nerves, Stress, Uplifting Mix, Muscle Reviver, Relaxing, Sinus, Anxiety, PMT, and Office Mix.

"Now, I am based back in the UK and have brought this expertise and experiences to my new company, Angel Oil."

Zoë Henderson