

Cedarwood

Chemical Families

Sesquiterpenes
Sesquiterpenols

Latin Name

Juniperus virginiana

Botanical Family

Cupressaceae

Countries of Origin

USA

Plant Part Used

Wood

Extraction Method

Steam Distilled

Aroma

Balsamic, Sweet, Woody

Note (Evaporation Rate)

Base

Blending Ideas

Stress Reducing Massage Oil

5 drops Cedarwood
5 drops Bergamot
2 drops Jasmine
1 drop Neroli

Blend in 1 oz cream or carrier oil.

Emotional/Energetic Qualities

Increases endurance during difficult times,
Supports confidence in challenging situations,
Grounding

Notes on Chemical Components

There are many different types of Cedarwood trees. The chemistry of the various Cedarwood essential oils differ dramatically from one another. There are three essential oils with the common name of Cedarwood often used in aromatherapy. One is obtained from the Atlas Cedarwood tree called *Cedrus atlantica*, another one, Himalayan Cedarwood, *Cedrus deodara*. The other is obtained from the tree called *Juniperus virginiana*, from the Cupressaceae family

Clinical Applications

Very effective in treating coughs and respiratory concerns. It's great to blend into a chest cream to relieve congestion. It has a stimulating effect on the respiratory system, and is especially useful when an infection is present. Its astringent and antiseptic qualities make it useful in skin care, especially for acne. Also used for nourishing the hair. Its decongesting effect can support the health of the veins and lymph.

Traditionally considered a male fragrance, it's often used in cosmetic products for men. Its sweet, woody aroma is often incorporated into blends as a base note, giving strength and stability to the scent. It appears to offer these same properties on mental and emotional levels as well. Considered a tonic for the urinary and respiratory systems.

Therapeutic Properties

Astringent - contracts and tightens tissue
CNS sedative - calming to the central nervous system
Decongestant - reduces nasal mucus production and swelling
Diuretic - aids in reduction of fluids
Expectorant - removes excess mucus from respiratory system
Insecticide - kills insects
Mucolytic - breaks down mucus
Tonic - strengthens and restores vitality

Safety Data

Non-toxic. Many sources tell us to avoid Cedarwood oil during pregnancy. There is no research to support this claim with *Cedrus atlantica*, *Cedrus deodara* or *Juniperus virginiana*. The existing uncertainty may be due in part to the many different types of cedarwood trees.

Chamomile, German

Chemical Families

Sesquiterpenes
Sesquiterpenols
Oxides

Latin Name

Matricaria recutita

Botanical Family

Asteraceae (Compositae)

Countries of Origin

England, Europe, N. Asia

Plant Part Used

Flowers

Extraction Method

Steam Distilled

Aroma

Herbaceous

Note (Evaporation Rate)

Middle-base

Blending Ideas

For Swollen Muscles, Joints, and Tendons

8 drops G. Chamomile
3 drops Lavender (*angustifolia*)
3 drops Helichrysum (*italicum*)
1 drop Neroli
3 drops Patchouli

Blend into 1 oz cream or carrier oil. Rub gently onto swollen area.

Excellent for healing any injury to muscle, tendon or ligament.

Emotional/Energetic Qualities

Calms feelings of anger and frustration,
Effective on stress related conditions,
Offers support in difficult situations,
Reduces all energetic heat

Notes on Chemical Components

The high farnesene content of German Chamomile oil contributes to its antimicrobial effects. Oils high in farnesene, chamazulene and guaiazulene were shown to be efficient inhibiting oxidation. *Matricaria recutita* is produced in many parts of the world, and its chemical compositions vary greatly.

Clinical Applications

I find German Chamomile to be one of the most powerful healing oils available, especially in combination with Helichrysum. Its anti-inflammatory and cooling action is a highly effective relief for pain and heat. It's also great in a bath after a stressful day, soothing the nervous system and supporting sleep. It has a calming effect, and nourishes the skin. German Chamomile is also effective when used to treat superficial inflammations such as rashes, insect bites and burns.

Therapeutic Properties

Analgesic - provides pain relief
Anti-inflammatory - alleviates inflammation
Antiallergenic - preventing or relieving allergies
Antibacterial - destructive to bacteria
Antifungal - inhibits growth of fungus
Antihistaminic - reduces histamine
Antispasmodic - relieves spasms and cramps
Antiviral - inhibits growth of viruses
Cicatrissant - cell-regenerative for skin, healing for scars
CNS sedative - calming to the central nervous system
Cooling - cools area
Grounding - connected to self
Skin healing - supports the skin to heal
Tonic - strengthens and restores vitality
Wound healing (burns) - supports the healing of burns

Safety Data

Non-toxic, non-irritating unless oxidized. Oils containing farnesene and alpha-bisabolol (German Chamomile) inhibit some metabolizing enzymes (CYP2D6) and could potentiate the actions of some antidepressants such as quinidine, fluoxetine and paroxetine. Used topically or orally German Chamomile could also have drug interaction with codeine and tamoxifen. *Tisserand states that these risks are considered "theoretical" based on the research.* I asked him about it and he said "this safety area is really just beginning to emerge as something to be taken seriously."

Chamomile, Roman

Chemical Families

Monoterpenes
Monoterpenols
Ketones
Esters

Latin Name

Chamaemelum nobile

Botanical Family

Asteraceae (Compositae)

Countries of Origin

France, Italy, England

Plant Part Used

Flowers

Extraction Method

Steam Distilled

Aroma

Fruity, Herbaceous, Sweet

Note (Evaporation Rate)

Middle-top

Blending Ideas

For Menstrual Cramps

6 drops Roman Chamomile
1 drop Rose
3 drops Lavender (*angustifolia*)
3 drops Bergamot
3 drops Ylang Ylang

Blend into 1 oz cream or carrier oil.
Massage into cramped area several times daily.

Emotional/Energetic Qualities

Calms, soothes, and sedates,
Reduces anxiety and over-thinking,
Harmonizes

Notes on Chemical Components

The high ester content of this oil provides a balancing and antispasmodic effect.

There is another oil called "Moroccan chamomile" (*Ormenis multicaulis*), which has a very different chemistry (high in alcohols). and should not be confused with Roman Chamomile.

Clinical Applications

I recommend the regular use of Roman Chamomile when dealing with a tight, stressful, spasmodic condition. It is especially helpful for digestive issues accompanied by abdominal pain. It can be added to a massage oil, compress, cream or bath to offer great relief. The aroma is soft and often easier to enjoy than German Chamomile. I've used Roman Chamomile with babies that have colic. Just add one drop to an ounce of cream and gently massage on the belly before or after eating. Generally I do not use essential oils with babies, but this is a nice, gentle and effective formula.

Commonly used in formulations for symptoms of PMS and mood swings. The hydrosol is fantastic for irritated skin.

Therapeutic Properties

Analgesic - provides pain relief
Anti-inflammatory - alleviates inflammation
Antibacterial - destructive to bacteria
Antispasmodic - relieves spasms and cramps
Antiviral - inhibits growth of viruses
CNS sedative - calming to the central nervous system
Digestive aid - stimulates the stomach and digestion
Skin healing - supports the skin to heal
Tonic - strengthens and restores vitality

Safety Data

Non-toxic, non-irritating.

Lavender

Chemical Families

Monoterpenols
Esters

Latin Name

Lavandula angustifolia

Botanical Family

Lamiaceae (Labiatae)

Countries of Origin

India, S. France, Italy, Bulgaria

Plant Part Used

Flowers

Extraction Method

Steam Distilled

Aroma

Floral, Fresh, Herbaceous, Sweet

Note (Evaporation Rate)

Middle

Notes on Chemical Components

Lavender contains a significant percentage of Linalyl acetate, as does Bergamot. This component supports the stress reducing qualities of both oils. Lavender shows a good synergy with Tea Tree for healing athlete's foot.

Clinical Applications

Lavender has an outstanding sedative and healing effect on the nervous system. Considering that so many illnesses are stress-related, Lavender holds a special place in both preventive health care, and in the treatment of tension-related illnesses. The alcohols and esters offer soothing and antispasmodic effects that can ease tight muscles, digestive problems, spasmodic coughs, menstrual cramps, insomnia, and tension headaches.

Lavender's anti-inflammatory, skin-healing properties help heal burns, bug bites, wounds, bee stings, rashes, acne and skin irritations or infections. I use a few drops of Lavender in any blend for reducing emotional tension or unwinding physical pain, and for any sudden skin problems. Also effective against acne bacteria.

Blending Ideas

Tension Headache Blend

3 drops Lavender (*angustifolia*)
6 drops Frankincense
2 drops Rosemary (*camphor ct.*)
1 drop Eucalyptus (*globulus*)
1 drop Helichrysum

Blend in 1 oz of cream or oil. Rub on the back of your neck as soon as tension begins.

Therapeutic Properties

Airborne antimicrobial - inhibits the spread of microbes

Analgesic - provides pain relief

Anti-inflammatory - alleviates inflammation

Antibacterial - destructive to bacteria

Antidepressant - can help to prevent and alleviate depression

Antifungal (candida) - inhibits growth of candida

Antirheumatic - prevents and/or relieves chronic rheumatic pain and swelling

Antispasmodic - relieves spasms and cramps

Cicatrisant - cell-regenerative for skin, healing for scars

CNS sedative - calming to the central nervous system

Decongestant - reduces nasal mucus production and swelling

Deodorant - removes unpleasant odors

Skin healing - supports the skin to heal

Tonic - strengthens and restores vitality

Wound healing (burns) - supports the healing of burns

Emotional/Energetic Qualities

Calms, soothes, nurtures,
Encourages balance in all body systems,
Reduces anxiety and fear,
Helps calm and control panic attacks

Safety Data

Non-toxic, non-irritating.

Orange (Sweet)

Chemical Families

Monoterpenes

Latin Name

Citrus sinensis

Botanical Family

Rutaceae

Countries of Origin

Israel, Brazil, S. Africa

Plant Part Used

Fresh Fruit Rind

Extraction Method

Cold Pressed

Aroma

Citrus, Fresh, Fruity, Sweet

Note (Evaporation Rate)

Top

Blending Ideas

Irritable Bowel Syndrome (for cramps)

- 5 drops Orange
- 5 drops Roman Chamomile
- 4 drops Bergamot
- 5 drops Sandalwood

Add to 2 oz of cream. Apply to belly and lower back every few hours.

Emotional/Energetic Qualities

- Unblocks and circulates stagnant energy,
- Soothes the perfectionist who can't tolerate mistakes,
- Calms those reluctant to ask others for help,
- Combats pessimism

Notes on Chemical Components

According to *Essential Oil Safety* by Robert Tisserand, Bitter Orange is phototoxic when used in a blend at more than eight drops per ounce. We use Sweet Orange in this course, and it is not phototoxic.

Clinical Applications

Orange oil is one of the best choices in a blend for digestive disorders. Reduces constipation, gas, abdominal spasms, nausea and vomiting. Used for irritable bowel syndrome. Orange oil supports digestion, and is good for nausea, gas and vomiting. It can also be helpful in pain blends.

Orange is such a bright uplifting oil, and adds a fresh, happy note to any blend!

Therapeutic Properties

- Analgesic** - provides pain relief
- Anti-inflammatory** - alleviates inflammation
- Antibacterial** - destructive to bacteria
- Antidepressant** - can help to prevent and alleviate depression
- Antioxidant** - prevents oxidation
- Antispasmodic** - relieves spasms and cramps
- Antiviral** - inhibits growth of viruses
- Astringent** - contracts and tightens tissue
- Digestive aid** - stimulates the stomach and digestion
- Diuretic** - aids in reduction of fluids
- Immunostimulant** - stimulates immune function
- Skin penetration enhancer** - helps substances penetrate the skin
- Tonic** - strengthens and restores vitality

Safety Data

Non-toxic, though it may cause skin irritation. Use in low dilution (1%-2%) when applying to the skin, such as in bath or massage oils. Older, oxidized oils increase potential for skin irritation. It's best to buy citrus oils from organically grown fruit, as citrus trees are heavily sprayed. The citrus oils are cold-pressed, and the pesticides come through the process and are found in the oils.