



# PRACTICAL USES OF THERAPEUTIC ESSENTIAL OILS IN MASSAGE THERAPY

Continuing Education E-Book



**T E X A S**  
**M A S S A G E C E U**

Melissa Wood, ND, MTI, LMT



# PRACTICAL USES OF THERAPEUTIC ESSENTIAL OILS IN MASSAGE THERAPY

**Welcome to the Practical Uses of Therapeutic Essential Oils in  
Massage Therapy 12-credit continuing education class!**

**Class Objective:** This online class has been developed to educate Texas Licensed Massage Therapists on the uses of Aromatherapy/Essential Oils in their massage therapy practice. It is my hope that this material will be interesting, educational, and a valuable resource to assist you with working with massage therapy clients. Essential Oils are very powerful healing therapies and can greatly enhance your massage practice while also helping to improve the health and vitality of your clients.



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## Disclaimer

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*Melissa M. Wood, ND, MTI, LMT*

My name is Melissa Wood, and I am a Naturopathic Doctor, Health and Wellness Coach, Massage Therapy Instructor, Licensed Massage Therapist, and Aromatherapy Consultant located in Sherman, Texas. I have been studying alternative and natural medicine for over 25 years.



My mission is to enable everyone on this planet to be healthy and to be actively involved in their health and healing. My goal is to offer information that will provide you with new insights that are useful in your path to wellness. I envision a time when everyone will seek out herbs, essential oils, vitamins, minerals, nutritional supplements, and whole foods (not processed food!) to help heal themselves, as these are very powerful tools for enhancing your health and well-being.

### **APPROVED MASSAGE THERAPY INSTRUCTOR**

MELISSA WOOD, ND, MTI, LMT  
718 Highway 82 East, Ste 226  
Sherman, TX 75090

- Texas Licensed Massage Therapist number: MT029757
- Texas Continuing Education Provider: CE1384
- Texas Massage Therapy Instructor: MI2424

National Website: [www.onlinemassagececlasses.com](http://www.onlinemassagececlasses.com)

Texas Website: [www.texasmassageceu.com](http://www.texasmassageceu.com)



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## Chapter 1 – Introduction to Aromatherapy & Essential Oils

The dictionary states that “aroma” means **“a distinctive, agreeable odor or fragrance.”** “Therapy” refers to **“the treatment of disease or disorder as by some remedial, rehabilitative or curative process.”** Put those words together, and “Aromatherapy” means **“the therapeutic use of fragrances to promote physical and psychological wellbeing<sup>1</sup>.”**

Essential oils are highly concentrated, aromatic, volatile liquids that are distilled from plants. They can come from the leaves, bark, flowers, roots, or seeds of the plant. Bushes, plants, shrubs, trees, herbs, and flowers can all be used to make an essential oil. Think about what happens when you tear a rose petal; you will get moisture. This moisture is the highly concentrated essential oil that comes from the plant. This oil is filled with hundreds of complex, chemical unique compounds (constituents). Can you imagine how many rose petals it takes to produce PURE Rose essential oil?<sup>2</sup> About 5,000 pounds of rose petals equals about 1 pint of pure Rose Essential Oil, which explains why PURE Rose Essential Oil is so expensive! Likewise, one drop of pure Peppermint Essential Oil is equivalent to 28 cups of store-bought herbal Peppermint Tea. That’s pure plant power!

***“...essential oils are highly concentrated and far more potent than dried herbs. The distillation process is what makes essential oils so concentrated. It often requires an entire plant or more to produce a single drop of distilled essential oil.”*** - *Essential Oil Desk Reference, (Fourth Edition), compiled by Essential Science Publishing*

Aromatherapy<sup>3</sup> is a process whereby one uses the fragrance from the essential oil in a therapeutic manner. This can be done with inhalation, bathing, massage, ointments, compresses, douches, mouthwashes, foods, and (in some cases) internally via capsules. The scent of the essential oil, when inhaled, can affect



change in the body from a physiological perspective and also affect emotions and mood.<sup>4</sup> When the essential oil is massaged into the skin, it has a pharmacological action and affects body systems like circulation, organs, and glands. Since massage involves both the physical application of the oil and the inhalation of the oil, it makes essential oils a powerful healing methodology for use on your clients.



Utilizing therapeutic essential oils can be extremely healing as not only do they work from a “preventive” standpoint, but they are also very powerful allies to have in chronic and acute conditions. This makes them extremely versatile healing agents with much flexibility and power. Because this type of therapy works on both the physical and emotional aspects of a client, it naturally allows the body to find its balance again and bring about healing and homeostasis.

Each individual essential oil has a distinct function or purpose and hundreds of chemical compounds. They can be used individually or combined with other essential oils to create a “blend” that is infinitely more powerful than the individual oils by themselves. They also are “vibrational” which means that they carry an energetic frequency within them, much like an electrical charge, except it works energetically in the body<sup>5</sup>. Vibrational frequencies are complex to explain, but a simple explanation is that back in the 1920’s a medical doctor, Royal Raymond Rife<sup>6</sup>, MD, developed an instrument to detect and measure frequencies. Of course, every living thing (including humans) has energy. So he went on to measure these energy frequencies and found that at certain levels, they could help to prevent disease. Since that time, much research and development has been done in the area around frequencies but when pure, therapeutic essential oils were tested, each one was found to have their own vibrational frequency. This makes them

especially powerful when used in our body because they are able to “communicate” with our body on a cellular level.

The word “oil”<sup>7</sup> when referenced to essential oils is not really an “oil” but instead are volatile liquids. Unlike oils such as Almond, Avocado, or Jojoba oil, most essential oils will evaporate when placed on blotter paper or the skin. The other oils will certainly leave an “oily trace.” Essential oils do not clog our pores but instead are absorbed quickly into our body. Research shows after topical application essential oils can be found in our cells and organs within about 21 minutes.<sup>8</sup>

Plants play a vital role on our planet; not only in feeding us and in the formulation of natural herbal therapies, but also used as a base in many prescription drugs (see listing of [Plant Based Medicines](#)). The most powerful part of the plant, the essential oil, has been used to kill bacteria, fungi, and viruses. They are one of the greatest healing resources we have today, and although aromatherapy has been used for centuries, unfortunately, we have forgotten about these powerful oils. Manufacturers have instead started using synthetic ingredients in everything from perfumes and lotions to laundry soap and foods. All of these synthetic ingredients are not good for the human body, and it is my personal opinion (and that of others as well), that it is because of synthetic and processed ingredients in personal care products and foods that our health has been on a steady decline over the last century. Natural, therapeutic

essential oils are PURE and while they can be extremely powerful for aiding our health, they leave absolutely NO toxins behind in our body nor have any detrimental effects on us when used properly.

Oftentimes, people mistakenly assume that because an essential oil smells flowery or sweet, that it is only to be used for perfume purposes. This is simply not true, and you should be aware that behind that sweet-smelling oil is healing power. ***Of course, this is only true when dealing with “therapeutic” grade pure essential oils and not a synthetic aromatherapy product.*** There are definite differences between essential oil brands, and we will talk about that in a future chapter (see Chapter 5 – Different Grades of Essential Oils).

Finally, modern medical science is doing research and conducting medical studies that are proving these essential oils are very



therapeutic and can be used for healing in a wide variety of medical conditions. (See *Appendix C for Studies & Clinical Research*”).

***“With essential oils you can take control of your life and environment, secure in the knowledge that your wellbeing will be improved.” – Valerie Ann Worwood, The Complete Book of Essential Oils & Aromatherapy***



Field of Lavender

## Chapter 2 – History of Essential Oils

Aromatherapy dates back to antiquity<sup>9</sup>. Of course there are virtually hundreds of references to essential oils throughout the Bible<sup>10</sup> (See *Appendix B for Biblical References*). But also these oils played a significant role in the medicinal healing done in ancient Egypt, China, Greece, Rome and India. Many of these places still use these oils today to promote healing.

Ancient Egyptians<sup>11</sup> used scented oils and perfumes daily to preserve their skin from their harsh, dry climate. They also understood that plants had certain antiseptic properties and used oils like Frankincense, Myrrh, Cedarwood and Sandalwood in rituals of purification and embalming the dead. Other oils like Lemon, Cinnamon and Clove were used in rituals and healing, including massage therapy to bring about improved health. The resins from the essential oils Frankincense and Spikenard were found in King Tut's tomb dating from 1320 B.C. Recently, a 3,000 year old mummy was unwrapped, but it had retained the fragrances of Myrrh and Cedarwood on the bandages. The Greeks learned about the power of fragrance from the Egyptians. Scented oils were used in massage and were also believed to have medicinal properties. The Romans went on to develop public baths which were then followed by a scented massage using the oils.

Scents and oils have been used throughout Asia for thousands of years. Oils believed to have medicinal and cosmetic properties, are still being used today. History shows that a still was found in the Himalayan foothills and it is believed that essential oils were distilled in 3000 BC and taken from modern bazaars in Istanbul to Bombay. In 9<sup>th</sup> century Baghdad (what is now Iraq), the center of the rose



industry prospered on the sale of rosewater to India. India of course, has long used medicinal plants, including aromatic oils for the holistic system of Ayurvedic medicine. Ayurvedic medicine<sup>12</sup> is a system of medicine that today would be considered an “alternative” or “complimentary” therapy here in the West. But this system of healing has worked for thousands of years.

Evaluation of a person’s body type is made and then foods, herbal formulas and essential oil suggestions would be made to bring the person’s body back into balance.

In the 12<sup>th</sup> century, trade routes had developed between Europe and the Middle East. Herbs, spices and essential oils were

exported in to Europe and finally in the 18<sup>th</sup> century, these fragrant oils became very popular with the royals.

Over time though, the use of essential oils was forgotten. With the introduction of antibiotics and pharmaceutical drugs, natural remedies were largely overlooked, particularly here in the West. It wasn't until the early 20<sup>th</sup> century that interest in it was renewed. A French chemist, Rene-Maurice Gattefosse<sup>13</sup> had an accident in his laboratory and he was the first to use the oils to promote healing. Having been born into a perfumery family, he had started studying essential oils in 1907. In 1910, after setting his lab and himself on fire, he reacted quickly by rolling on a grassy lawn. Both his hands were severely burned and rapidly developing gas gangrene. He then rinsed his hands and arms with Lavender essential oil. He was amazed that the pain from the burn lessened a great deal and that the oil, remarkably, allowed his arm to heal from the burns he incurred....and with no scar. He then devoted his life to researching the healing properties of essential oils and he was the one who coined the word, "Aromatherapy." Not surprisingly, pure therapeutic Lavender essential oil is highly recommended for the healing of burns and scars<sup>14</sup> because of the incredible healing properties it possesses for the skin.

Dr. Gattefosse then shared his research and studies with his friend, Dr. Jean Valnet, a French physician who was practicing in Paris. During World War II, he exhausted his supplies of antibiotics and started utilizing therapeutic essential oils to heal soldiers' injuries. Their healing power resulted in combating and counteracting infections and he was able to save many soldiers during the war. Later, he successfully treated patients with psychiatric issues and found the oils had physiological AND psychological healing properties.



An Austrian biochemist, Marguerite Maury<sup>15</sup> then studied Dr. Valnet's work and established aromatherapy in Britain. She continued her research into these essential oils and eventually revived the ancient link between aromatherapy and therapeutic massage.

Finally, in the 1960's, essential oils were combined with Swedish Massage Therapy<sup>16</sup> which led to the practice of aromatherapy as a healing art. Now considered a holistic and complimentary



discipline, aromatherapy is used by many to bring about positive health changes within the body, without harmful or negative effects.

Currently, researchers and health care professionals are discovering their therapeutic medicinal action for use against bacteria, viruses, fungi and parasites. Studies done at Weber State University<sup>17</sup> have indicated that most viruses, fungi and bacteria cannot live in the presence of many essential oils; particularly the oils high in phenols, carvacrol, thymol and terpenes (essential oils like Thyme, Clove, Lemon, Rosemary, and Cinnamon are just a few). The particular chemical constituents found in these essential oils, help to protect the body and the immune system from invaders.

## Chapter 3 – Chemistry and Structure of Essential Oils

As stated earlier, essential oils come from within the plant. But why would a plant need to have an odor? Plants use their odor for two reasons: one is for defensive purposes, and the other is for attraction. Roots, leaves, and bark have a smell so that it deters animals or insects from chewing or destroying this part of the plant. Flowers, however, emit an odor to attract animals and insects to help with pollination and reproduction.

Essential oils are different from one another depending on how they are made and what part of the plant is used<sup>18</sup>. Some are light in color (like lavender, peppermint, and lemon); others are darker (like patchouli and cinnamon). Some are very fluid and watery, others thick like syrup. They are very complex, with each one consisting of hundreds of different chemical constituents (chemotypes), such as sesquiterpenes, terpenes, alcohols, esters, aldehydes, ketones, phenols, and of course, there are many constituents that are still undiscovered.<sup>19</sup> The constituents that are within an essential oil can be affected by many different variables. Therefore, it is important to determine what the manufacturer of the essential oil is doing. What part of the plant was used to produce the oil? Was the soil organic, or was fertilizer used? What geographical region did the plant grow? What about the temperature and altitude? Believe it or not, these factors are very important when producing therapeutic

essential oils. Let's take Thyme (*Thymus vulgaris*) oil<sup>20</sup> for example. This particular species can produce several different chemotypes, depending on where it is grown, what the altitude is, and how the climate is. One type of thyme might produce an essential oil with a high level of the chemotype thymol, which is dependent on the time of year it is harvested. The later in the year it is harvested, the higher the amount of thymol it contains.

So you can see that in order to produce a therapeutic-grade essential oil, preservation of the chemical constituents is extremely important. These fragile constituents can be easily destroyed by incorrect growing conditions, harvesting processes, and distillation methods.

Therapeutic essential oils<sup>21</sup> have a very positive effect on the human body. This is probably due to the fact that our chemical makeup and that of an essential oil are very similar in nature. In the bloodstream, essential oils work positively by fighting infection, bringing oxygen and nutrition to tissues while at the same time helping dispose of waste products and toxins. This increases the immune system function and aids in healing. They also act on the central nervous system and can be relaxing (like lavender or chamomile) or stimulating (like rosemary or black pepper). Many oils have the ability to bring about balance, such as geranium, which can either have a sedative effect or be stimulating depending upon the unique needs of the individual. Oils like Clary Sage<sup>22</sup> and Sage,

that both contain the constituent sclerol, have an estrogenic action on the body and are helpful for regulating and balancing hormones. Essential oils that contain limonene (like Orange, Grapefruit, and Lemon) are showing promising results in studies against cancer; both prevention and slowing and reversing cancer tumors. Other essential oils work like chelators; snapping up excessive amounts of heavy metals circulating in our bloodstream and carrying them out of our body.

When pure, therapeutic-grade essential oils are used clinically<sup>23</sup>, they exhibit significant anti-inflammatory and endocrine-balancing effects. They have a profound influence on the central nervous system, which then helps to reduce or eliminate pain, change physiology in the body, and affect brain and mood function. They contain chemical structures that allow them to rapidly penetrate cell membranes, travel through our blood supply, and improve cellular function. Their molecules are relatively small, which enhances their ability to penetrate into our cells. This unique lipid-soluble structure of the essential oils allows them to travel throughout our body in a matter of minutes when applied topically through our skin.



Being a massage therapist<sup>24</sup>, you know of the profound effect a healing touch can have on a person. Soothing achy muscles and allowing a person the freedom to relax, can have significant healing abilities. When therapeutic essential oils are combined with massage, the healing session gets intensified and oftentimes the client will report a sense of euphoria.

## Chapter 4 – Our Sense of Smell

Have you ever thought about what happens when you smell something? There is a lot that goes on behind the scenes in your body that translates that odor into something conscious in your awareness. For instance, think about growing up...perhaps your mother made homemade chocolate chip cookies or apple pie. Today, maybe years later, when you smell those things, you might get a sense of peacefulness; it might bring up warm memories of your family and childhood. Smells help us in how we perceive situations, places, and even people. To this day, whenever I come across someone wearing a particular fragrance of after-shave, it immediately reminds me of my father, who wore only that particular scent.

What about dangerous situations such as the smell of skunks or the odor associated with a gas leak (rotten egg smell). Those smells send a message to our brain to warn us of danger.

Why does that happen? More importantly, HOW does that happen? Olfaction<sup>25</sup>, which is the scientific name for the sense of smell, is what allows our nose to smell. Molecules from odors and fragrances reach the brain through our inhaling them. Inside the inner nasal cavity is the olfactory bulb. Covered in a special membrane called olfactory epithelium, this tissue consists of about 10 million nerve cells. These cells carry information directly to the

brain via the olfactory nerve. There it is interpreted by the limbic portion of the brain, which is associated with memories, feelings, and emotions. In turn, you smell “vanilla” or “peppermint” and perhaps have an instant memory surrounding that particular smell. Our sense of smell is connected intimately to our memory, which explains why when you smell that home-baked apple pie, it makes you think of a long-ago memory of childhood.

The limbic portion of our brain is connected to those parts of the brain that control heart rate, blood pressure, breathing, memory, stress, and hormone balance<sup>26</sup>. So you can see utilizing essential oils can have a profound physiological **and** psychological effect on our body.

Clinical research performed at Duke University reports that certain scents promote relaxation, reduce stress, and alleviate depression<sup>27</sup>. Other smells can increase memory, enhance sexuality, and assist with sleeping. Other research shows that the sense of smell has a strong impact on our hypothalamus – this is an area of the brain that is the hormone command center of the body. Some essential oils that are high in sesquiterpenes, like Myrrh, Sandalwood, Cedarwood, Vetiver, Melissa, and Frankincense, considerably increase oxygenation and activity in our brain; this, of course, can directly improve the function of many other systems in our body. Sesquiterpenes<sup>28</sup> are just one of the many constituents in essential oils; in particular, they are anti-

inflammatory antiseptic, help to stabilize the brain, support and nourish organs, and have the ability to increase oxygenation to the brain. Inhaling essential oils has been shown to stimulate the secretion of antibodies, neurotransmitters in the brain (like serotonin), endorphins, hormones, and enzymes.



## Chapter 5 – Different Grades of Essential Oils

As stated earlier, there are different grades of essential oils<sup>29</sup>. Unfortunately, most on the market today are made with synthetic ingredients. I cannot stress enough how important it is for you to do your due diligence and research on this subject. Since the subject matter herein discusses the use of essential oils during massage therapy, it is ***extremely important*** for you, the therapist, to ensure you are putting the purest essential oil on your client. As you know, the skin is our largest organ. When using the skin during a healing session, what you put on it gets in your client's body relatively quickly, and ***research has shown that essential oils get in every cell and organ in our body within 21 minutes of application***. The last thing you want is to use an inferior essential oil that can hurt them in any way; not to mention you! If you're using a synthetic oil, remember that that oil will be getting into YOUR body many times per day, and this can definitely lead to health problems down the road.

Unfortunately, in the United States, there really isn't a regulatory agency that ensures that manufacturers are using unadulterated plants to create pure essential oils. In Europe, there is an organization called AFNOR (Association French Normalization Organization Regulation)<sup>30</sup> and ISO (International Standards Organization)<sup>31</sup>. They have standards that have been established

that outline the chemical profile and constituents that a quality, pure, therapeutic essential oil should have. Their guidelines help consumers differentiate between a therapeutic-grade essential oil and a lesser-grade essential oil. ***All of the therapeutic-grade essential oils that I refer to in this e-book class have been graded to AFNOR and ISO Standards.***

As a Licensed Massage Therapist and Naturopathic Doctor, I have done my own research and due diligence in this area. Starting in private practice over 14 years ago, I was first introduced to essential oils by a fellow colleague and massage therapist. The brand was [Young Living Essential Oils](#). I checked into them very thoroughly. The fact that the founder, Gary Young, was also a Naturopathic Doctor was a very important factor for me. I knew then that with his background in natural therapies, he would recognize the importance of preserving the chemical constituents of the plants during the processing of the oil. After researching extensively and looking at how commercial essential oils were made, I knew that his custom-designed steam distillery ensured the oils remained therapeutically viable and would benefit the human body instead of harming it. ***Again, it is vitally important to use only pure, unadulterated essential oils while***



***doing massage therapy on your client***, so be sure to use a reputable brand like Young Living to ensure you are getting the very best quality oil. Many years later, I had the opportunity to meet Gary Young and to visit with him after a lecture he gave on essential oils. It is an experience I will not forget. After lecturing for several hours one evening, he spent another 2 hours talking with me after the event. I told him of patient cases I had where I was struggling to help certain individuals overcome particular health symptoms and get on the right track with regard to their health. He listened patiently and made many recommendations for oils I could try that would help that person with their unique symptoms. His suggestions worked, and they renewed my interest and belief in these powerful healing essential oils. Now, these therapeutic essential oils are part of my Naturopathic practice, and I use them routinely with my clients to help them attain a better level of health and to overcome their health challenges.

Because of the AFNOR and ISO standards, every batch of essential oils that Young Living



makes must be tested by highly trained, independent laboratories that are consistent with European principles to ensure the oil is pure, unadulterated, and not contaminated. Any oil that does not meet their standards is rejected and returned.

After investigating a number of different essential oil companies, I found that, unfortunately, not all essential oil companies have the same process or high standards for extracting and packaging essential oils. With hundreds and hundreds of essential oils on the market today it is more important than ever to research manufacturers. ***Approximately 98% of the essential oils produced today that are available for sale commercially are used in the perfume and cosmetic industry and, unfortunately, have NO therapeutic value at all.*** This all can be quite confusing and misleading when looking for essential oils, so here are some tips when shopping for essential oils:

1. Is “aroma” or “perfume” listed anywhere on the label? If it does not say ***100% pure therapeutic-grade essential oil***, you are looking at an inferior product. In many cases, even bottles that state 100% pure therapeutic-grade essential oils are selling an inferior product. I was in a health food store the other day, and I stopped to look at the oils they carry. A very popular brand was there, and I stopped to look at their Frankincense Essential Oil. The label clearly stated it was a 100% pure essential oil, but there was no botanical name of the plant listed, and the bottle

was for sale for \$25.00! This clearly was an altered product, as true Frankincense (*Boswellia sacra*)<sup>32</sup> grows on a tree in the Middle East. The tree produces resin, and it is from that resin that the essential oil is distilled. This process is very costly and time-consuming (about 12 hours for proper distillation). True ***pure*** Frankincense oil should be closer to \$50.00-\$100.00, depending on the size of the bottle. It's just not possible to get the correct plant, grown in the correct environment and distilled in the correct manner, for \$25.00!

2. Some suppliers dilute a pure essential oil with alcohol or other substances to save money. Be sure to check any ingredients listing to ensure nothing else, besides the plant oil, is listed.
3. Finding out the exact botanical name of the plant used in the making of the essential oil is very important. For instance, take Lavender Essential Oil<sup>33</sup>. Unfortunately, most of the lavender essential oils on the commercial market use a different plant, Lavandin, to make Lavender Essential oil. True Lavender Essential Oil, with the Latin botanical name *Lavandula Angustifolia*, has hundreds of chemical constituents and has many different therapeutic uses in the body. Other species, like Chamomile or Eucalyptus, have many different species as well; i.e., Roman, German, or Moroccan Chamomile, or Eucalyptus Radiata, Globulus, or Dives. Learning about each species and their respective medicinal chemical properties will help you

decide which one will be the most therapeutic for the healing properties you are using it for. Then, checking the labels on the essential oil bottles you are considering purchasing to look for the Latin botanical name will help ensure you are getting the exact plant species you're looking for.

4. Although this e-book class is a discussion about essential oils and how they can enhance a massage therapy practice, in certain circumstances, some “therapeutic grade essential oils” can be taken internally. Therefore, when reviewing essential oil brands, check to make sure the essential oil label has a “Supplemental, Nutritional Fact, or Dietary Supplement” statement or label. If not, the oil you're looking at definitely ***is not fit for internal human consumption***. Of course, that is outside the scope of a Massage Therapy practice, but in the event you personally want to learn more about the internal use of therapeutic essential oils, I suggest you contact a qualified healthcare provider or purchase a book on the subject of essential oils.



5. Do all the essential oils have prices that are similar? Pure Rose essential oil or Jasmine will be ***very*** expensive (approximately

\$180) for a small 5ml bottle. Remember, it takes thousands of pounds of the rose petals to make pure oil. So, if you see Rose Oil for \$10.00, you know for sure you're getting a fake!

6. Does the store where you are looking have samples to smell? If so, let your nose be a guide, too. Pure oils will smell very different from imposter oils. There should be "crispness" and a "fresh" smell; any negative, chemical, or overly "sweet" smell is a sign you're smelling a synthetic product. Also, another flag would be if you suddenly get a headache or start to sneeze or if you in any way feel repulsed by the oil. Once again, this would be a sign this oil is of inferior quality and not a PURE essential oil.
  
7. Does the manufacturer of the essential oils own their own farms on which they grow the plants for essential oils? Do they grow organic plants for use in making the essential oils? Is the farm land free from toxic chemicals or pesticides for the last 50 years? If not, then the oil made from the plants grown in these inferior conditions will be contaminated from pesticide and herbicide use and will NOT be medicinal in nature. If the company does not grow any of their own plants but instead purchases all their plants from outside suppliers, they are often known as "oil brokers" and if they don't control the growing conditions of the plants and the distillation of those plants, often those oils are produced synthetically.

8. Does the manufacturer subject their essential oils to testing not only in-house to check for purity but do they also send their samples to outside, third-party, independent labs? Do they meet the standards set in place by AFNOR and ISO?
9. If the company purchases oils from other suppliers, do they visit the farms and distilleries of those farms to ensure the growing and harvesting conditions of the plants?
10. Does the essential oil manufacturer know if the plants were tested to determine the optimal time for harvest? Plants frequently change their chemistry over days and weeks of growing, and there are certain time periods where it is optimal to harvest the plant in order to capture the most beneficial medicinal qualities of the plant, which then can be turned into a medicinal healing essential oil.<sup>34</sup>
11. Was the essential oil distilled using steam pressure at low heat? Oftentimes, a manufacturer will use steam pressure to make an essential oil, but they will use the maximum amount of pressure and heat in order to save on costs. Doing so results in damage to the delicate molecules and chemical constituents of the oil, which ultimately makes the oil an inferior product.
12. Are the oils in dark brown amber glass bottles? If not, then the delicate oils can be harmed by the light and if stored in plastic, will absolutely be toxic to the human body. Plastics, of course,



contain Bisphenol A (BPA), which is a known toxin in the human body. It significantly affects endocrine function, which results in hormone fluctuation, thyroid issues, and obesity problems, and has been linked to neurological and cancer cases. Also, be sure any oils stored in bottles do not have a rubber stopper; these are substandard and will contaminate the oil.

13. Also, extreme temperatures are not conducive to protecting the fine chemicals within an essential oil, so be sure they are not exposed to extreme cold or extreme heat.

## Chapter 6 – How Essential Oils Are Made

Different plants require different extraction methods<sup>35</sup>. As mentioned earlier, it takes approximately 5,000 pounds of Rose petals to make about 16 oz. of pure Rose Oil. A great South American essential oil, Copaiba, is tapped directly from the Copaiba (Copal) tree, much like maple syrup is tapped from the maple tree. The essential oils from the Pine family come from the needles. Orange, lemon, lime, and grapefruit oil would come from the rind and peels of the fruit. Jasmine essential oil comes from the flowers of the plant and, just like rose, requires a great deal of blossoms to make the oil, hence the extravagant (but very worthwhile!) price tag. Fortunately, when dealing with pure oils, you need only one drop.

So, a little bit goes a **really** long way.



Plants are grown in all parts of the world. Of course, since different plants sometimes have many different species, it is important to obtain the botanical name of the plant, the location in which it was grown, when it was picked, and how the essential oil was distilled. Believe it or not, the actual time the plant was picked is extremely

important when it comes to the therapeutic value of the oil. If the

plant is not harvested at the “prime time,” a lot of the therapeutic value of the essential oil will not be available. This is particularly important for flower oils, such as Rose or Jasmine.

## Extraction Methods

There are many ways to extract an essential oil from a plant. Some companies use chemical solvents, some use carbon dioxide, and others still use steam distillation. By far, the best way is steam distillation. Steam distillation captures the tiny oil droplets from the plant and carries them upward to a condenser, which then allows the essential oil to separate from the water. Because of the distillation process, this results in the essential oil being very, very concentrated and far more powerful than dried herbs.

Within the steam distillation method<sup>36</sup>, there are many different variants in this process. The amount of steam pressure, time allotted for distillation, and the temperature of the steam all have to be controlled for maximum value of obtaining the most high-quality oil. Certain plants require a longer distillation method than other plants, such as cypress. ***Finding a manufacturer that understands the plant and the therapeutically-active chemical constituents is vitally important when utilizing these precious oils for therapeutic and medicinal purposes.*** Some commercial producers will cut down on the distillation time to cut costs, but in

that process, they cut down greatly on the quality of the essential oil that is produced. Worse still is when the temperature of the steam exceeds a certain amount for the plant involved. A higher temperature can damage the chemical structure of the oil and, therefore, result in an inferior product.

Expressed essential oils come from the rind of fruits like grapefruit, lemon, and orange. It is very important that expressed oils be obtained from organically grown fruit as any pesticide or herbicide used would be in the outer rind of the fruit and, therefore, contaminate the essential oil.

Some manufacturers will put plants through a second and even a third distillation process. The resulting essential oil product is not as powerful as the essential oil that was produced from the “first round.” Use of chemical and odorless solvents, such as diethylphtalate or dipropylene glycol, are commonly used to ‘extend’ an adulterated or synthetic oil you might find on the commercial market. Just because an oil is available for purchase at a health food store doesn’t mean it is PURE.

As a Massage Therapist, you’ll be using the essential oils for therapeutic and medicinal purposes on your clients. Purity, then, should be of the utmost importance. Obviously, plants that are grown organically and in their optimal growing regions and conditions will yield the best quality oil. Be sure to check with your supplier to find out where the plant was grown, whether pesticides

were used on it, when it was picked, and how it was produced into an essential oil. Knowing those answers will allow you to choose an essential oil that will be of the most benefit to your client.



## Chapter 7 – Cautions and Contraindications

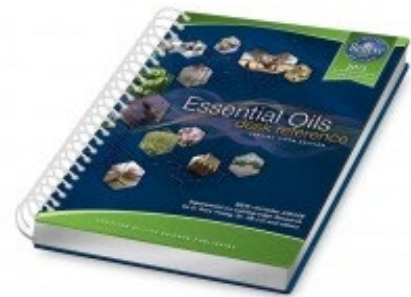
Just like prescription medications, natural therapies, and essential oils need to be used with caution and a good degree of common sense. Just because something says “natural” does not mean it can be used with reckless abandon. Since the therapeutic essential oils I recommend using are highly concentrated and pure, they need to be used carefully.

As mentioned previously, although this e-book class is a discussion about essential oils and how they can enhance a massage therapy practice, in certain circumstances, some “therapeutic grade essential oils” can be taken internally. Of course, since I am involved in the natural health field and have an active Naturopathic practice, I only recommend [Young Living Essential Oils](#). Since not all oils can be taken internally, if you are interested in furthering your study into essential oils and their use in a therapeutic/clinical environment, I would suggest you consult a qualified healthcare practitioner as well as a definitive guide on the subject to educate yourself about what would be safe or not. In addition, the book below also has a list within it that discusses GRAS (Generally Regarded As Safe).

I highly recommend this book:

Life Science Publishing, 2013).

[Essential Oils Desk Reference, 5<sup>th</sup> Edition.](#)



In this Practical Use e-book class, I have listed many popular single essential oils and many “blended” essential oils that are wonderful oils to use in your Massage Therapy practice. The individual essential oils are listed starting in Chapter 10. Please refer to that section for reference and read through the cautions and contraindications for each one.

Here are some general guidelines regarding safety and cautions when using essential oils:

- ~ Keep essential oils away from your eyes, nasal passages, and genital area.
- ~ Keep out of reach of children. Many essential oils are safe to use topically on children (consult each individual oil), but you definitely wouldn't want them to be accidentally ingested.
- ~ Practice caution when either you or your client may be pregnant and/or breastfeeding.
- ~ Use caution when dealing with epilepsy. Consult a qualified healthcare practitioner or a reference guide.

~ Certain oils (like citrus oils) increase the skin's sensitivity to sunlight, so caution should be advised when going to be in the sun. Make sure to advise your client of this in the event you use any citrus oils.

~ Some oils require dilution; again, see individual oil explanations. Be sure to always have a good carrier oil on hand in the event the essential oil causes discomfort to your client, and you need to dilute further. A carrier oil like Coconut or Olive Oil would be great to use for dilution purposes.

~ If an essential oil accidentally gets in your eyes, do NOT add water as this will only further push the oil into your eye. Instead, add a base oil such as olive oil or almond oil, which will "grab" the essential oil and absorb it, making it easier to remove with a soft cloth or tissue.

~ For massage therapists just beginning to use therapeutic essential oils, it is best not to use too many at one time. It is recommended to just start out using 1 or 2 singles or 1-2 blends. Until you gain more experience using the pure oils, keep it SIMPLE.

~ If a client has a negative reaction (redness, itching) to the use of an essential oil, be sure to add more carrier oil to dilute the essential oil. Clients that have **severe** reactions and sensitivities to the use of **therapeutic essential oils** or their fragrances, in my opinion, have levels of toxicity in their body, which would need to be



addressed by a qualified healthcare provider. In that case, you should refer them to someone who can help them cleanse their system of toxins utilizing natural therapies such as nutrition and herbal products. It is important you educate them about toxins and allergies; some people mistakenly assume they are “allergic” to essential oils or fragrances. Most of the time, what has occurred is that at some point, they were exposed to a synthetic product, perhaps a commercial “aromatherapy” product somewhere. Because of the synthetic chemicals in that product, it caused them to have a reaction...sneezing or an “instant” headache. While this is certainly a very common occurrence with regard to synthetic and adulterated products, it is NOT common when dealing with PURE, therapeutic-grade essential oils. So again, be sure to explain to them the difference in the types of oils and educate them about toxins and their sensitivities. Communicating clearly and patiently with your clients will result in them trusting you and returning to you for many massages.

## Chapter 8 – Uses of Essential Oils for Health

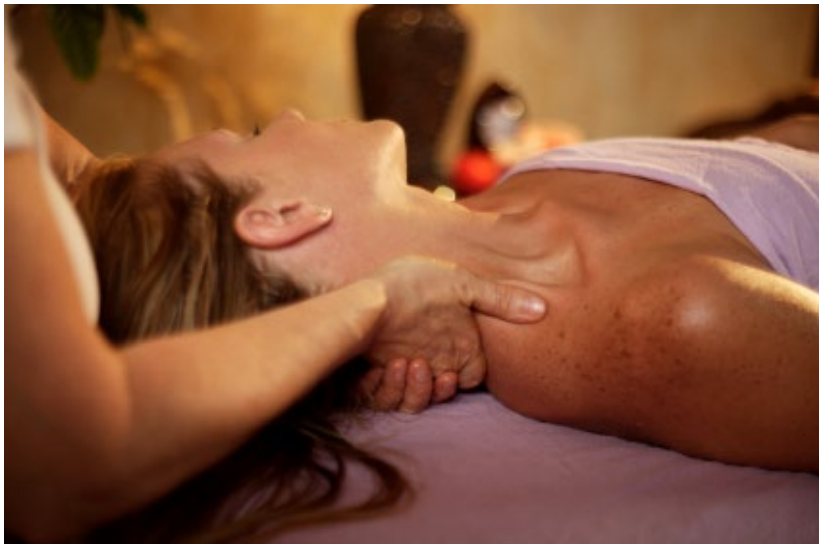
Holistic therapies<sup>37</sup> have been around for thousands of years. In ancient times, “conventional medicine” as we know it (prescription pharmaceutical drugs) was not available. People relied on the healing power of plants to help them when they were sick.

In remote parts of our world today, this is still the case. There are places on this earth where illness is relatively unknown. They don’t have obesity, high blood pressure, or diabetes (nor do they have fast food restaurants around every corner either!). Depression is unknown in their culture. The people are still living their lives based on what their forefathers did: eating a predominantly plant-based diet with no processed or synthetic foods and utilizing the earth and the plants that are here for us to help them when they do have illnesses.

Here in the United States, we are finally starting to seek out other natural therapies and have begun a transformation. Many more people are saying, “There has to be a better way than drugs.” We are becoming concerned with the side effects of chemicals, not only from prescription medication but also in our food supply and in our personal care products. Finally, people are searching for holistic and natural approaches to illness and disease.

This is where you, the massage therapist, come in. Initially, many people will search for a massage therapist to help them with not only physical symptoms but also for stress relief. ***You are in a unique situation to positively affect someone's health.*** Utilizing therapeutic essential oils during a massage allows this healing power to really penetrate into the client's body. Since our skin is the largest organ in our body, those essential oils can reach into the body into our organs to be carried through the circulatory and lymphatic system.

You also are somewhat in a position of authority with your clients. Oftentimes, when clients are first researching "alternative" or



"natural" healing approaches, a massage therapist will get the first phone call. So, educating your clients about the therapeutic and healing power of these oils could be their first exposure to something "natural." This can help secure your position in their life and in their quest for natural healing. Your client will feel as though you really care, and this will enhance their client experience with you.

## Chapter 9 – Using the Oils in Massage Therapy

Utilizing essential oils during your massage therapy<sup>38</sup> sessions will result in you providing that extra level of care to your clients. Ask them how they feel about you incorporating some essential oils into their therapeutic massage. Explain that these oils have medicinal properties and can heighten the effectiveness of the massage and aid in healing. After you educate them about the therapeutic value of essential oils and how they can help to transform their health, your client will likely be very willing to experience them during a massage, and the result is they will feel totally nurtured in the process! The powerful combination of your healing touch and gentle stroking, while incorporating therapeutic essential oils in the massage session, will be very effective for your client.

Using essential oils during the massage is not only healing for their physical body but also can result in emotional and spiritual healing as well. From a physical standpoint, the massage strokes and pressure will help to relieve tired and aching muscles, relieve back pain, increase circulation in the body, and help to remove toxins from the body. From an emotional viewpoint, the mind calms down, and they will reach a place of deep relaxation that will result in them feeling a greater sense of well-being that helps to produce spiritual and emotional benefits.

Remember when you're massaging a client or working with pure essential oils on yourself, you don't need to use much of the essential oils. ***They are highly concentrated, so really, you can start using 1-2 drops.*** Of course, if it turns out that 1-2 drops isn't enough for your purposes, you can always add more drops, but it is impossible to take out drops, so use the "less is best" approach.

First, allow the client to experience the scent by smelling from the bottle. Remember, pure oils will be VERY strong, and often holding the bottle a few inches from their nose will result in the smell wafting up to greet their nose. Initially, for some people, the scent(s) might be especially strong for them. You will come across people that are very sensitive to



odors. Try some of your more popular fragrances, like Lavender or Sandalwood, to see what your client prefers. With new clients, I often use my intuition as a guide, and sometimes I just get a "feel" for the client and what their needs are. Of course, with a new client, you'll spend several minutes talking with them about their health condition(s) and finding out why they are coming to see you. This

alone will give you some guidance as far as what oil(s) might be indicated for their particular, unique health condition. Have them smell some of the oils you think will benefit them. Sometimes, a client will really resonate with one or two oils; then, feel free to use them during the massage. Other times, a client will have a very strong negative reaction to a scent; this, of course, would be an indication to not use that oil on them at this point.



After the client comes back to see you multiple times, you'll develop a relationship with them and learn their preferences and their moods, and you'll

become very adept at picking just the right oil(s) for them depending on what is going on in their life.

Remember if initially they have a strong negative reaction to an essential oil, it doesn't mean they always will have a negative reaction to that particular oil. Try again in a few more sessions; smell interpretation can change in our body just like our taste buds change, so be sure to circle back around to an essential oil at a later time, especially if you feel like they really need it for therapeutic purposes.

## How to Use Essential Oils

Because [Young Living](#) oils are so concentrated, you really only need a very small amount. Don't be misled by other brands that encourage many, many drops. If you're going to use a commercial synthetic brand, that will be the case. But with the Young Living brand, because of their strict manufacturing process, you only need to start with 1-2 drops.

The use of a plant-based carrier oil<sup>39</sup> for massage is the preferred method, in my opinion. Lotions are often filled with contaminants and cosmetic fillers that, from a naturopathic perspective, would be considered toxic. In particular would be substances like sodium lauryl sulfate, propylene glycol, and parabens. So, I always encourage the use of plant oils during massage. Avocado Oil and Sweet Almond Oil are two of my favorite carrier oils.

Assuming you are using one of the aforementioned carrier oils, pour a little in your palm and then add your 1-2 drops of the essential oil you want to use on your client. This automatically dilutes the oil for your client's skin and, of course, with your gentle stroking, will help smooth it out over their body. There are some essential oils (Lavender) that can be applied neat (without any dilution), but since you'll be doing massage with a plant-based carrier oil, you are automatically diluting the essential oil before applying. Again, you might encounter a client who is sensitive, but most of the time, there should be no negative reaction at all.

For clients who are new to essential oils, I take extra time with them and explain what I'm doing. I allow them to smell the oil before I put it on. I want to make sure they are 100% comfortable with this process and don't want them to feel any fear at all; otherwise, this totally contradicts the point of the massage! So be very communicative with them and explain every step you're taking. They will get great benefits from the inhalation of the oil, so allowing them to smell from the bottle is wonderful for them. I always suggest they take three very slow and deep breaths.

Using Effleurage strokes<sup>40</sup> is a great way to distribute the base oil you use during massage. Of course, this stroke is gentle and noninvasive and warms up the muscles before any deep tissue work is done. A gentle essential oil like Lavender is great to use with Effleurage.

The Petrissage stroke would be good to use when a client has a particular area that is giving them discomfort. Trigger point and pressure therapy with thumbs, elbows, and fingers will reach deep into their muscle, ligaments, tendons, and nerves. When you add a couple of drops of a blended essential oil (like [PanAway®](#)) combined with Petrissage and/or trigger point therapy, the oil will help bring relief to those areas of muscle tension.

As you well know, certain clients hold more tension in their neck and shoulder areas, while other clients have more tension and pain in their lower back. Kneading those particular areas with an essential



oil can help to soothe those tense areas and bring relaxation to the muscles.

Obviously, after ANY use of essential oils, please be sure to wash your hands thoroughly. You certainly don't want to accidentally touch your eyes with even the slightest hint of an essential oil on your fingers.

### Diffusing Oils in the Air

The other thing that is very helpful during a massage therapy session is to diffuse essential oils in the air. Diffusers are small pumps (like you would use in an aquarium) that will blow air into a container that holds the essential oil. The pumped air then helps to diffuse the essential oil into the air. There are many different types of diffusers that will slowly diffuse the scent throughout your therapy room.

One of the benefits of diffusing essential oils<sup>41</sup> into the air is that the oils actually alter the chemical structure of molecules that could be creating odors. So, instead of just "masking" the odor (like a chemical room spray), using essential oils actually "cleans" the air and eliminates bad smells. They also produce negative ions, which again help to clean the air by capturing pollens, mold, and dust and eliminating them.

You can change the scent depending on your client, your mood, the time of year, etc. For instance, some of my clients really like the

“Joy™” scent, so I will diffuse that for them. In the wintertime, I always diffuse the “Thieves®” blend so that it keeps my therapy room clean and fresh smelling and also helps to kill airborne bacteria so I remain healthy during the flu season when, inevitably, people come in with all kinds of sicknesses!

Here are two of the most popular types of diffusers. There are, of course, many other types of diffusers, but these seem to be the most popular. As with anything, there are pros and cons to each one, so I encourage you to research both of them and pick whichever one resonates with you the most. I personally prefer the Ultrasonic Diffuser.

Nebulizer Diffuser



Ultrasonic Diffuser



## Chapter 10 – Single Essential Oils to Use for Massage Therapy

I have listed 30 single oils in this chapter. There are, of course, hundreds of essential oils on the market. These 30 represent the most popular ones that I have found to be useful in a massage therapy practice and the most popular oils overall. This listing and the medicinal and therapeutic uses shown, relate only to [Young Living Essential Oils](#) as they have met the AFNOR and ISO standards that are indicative of a quality, therapeutic essential oil.



## Balsam Fir (Idaho) (*Abies Balsamea*)<sup>42</sup>

Is known for its medicinal ability to heal respiratory infections, like throat/lungs/sinus. Also useful in muscular and rheumatic pain relief. Possesses anti-coagulant and anti-inflammatory properties.



Plant Origin: Bonner's Ferry, Idaho

Extraction Method: Steam distilled from needles and branches.



**Massage Use:** Wonderful to use during massage therapy as it has a soothing effect on muscle and body discomfort associated with exercise. Possesses anti-inflammatory properties and is fantastic to use on people with arthritis and rheumatism.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

## Basil (*Ocimum Basilicum*)<sup>43</sup>

Known for being a powerful anti-spasmodic and helpful for relief of headaches and migraines. Helps tired and aching muscles. When inhaled it helps restore mental alertness and sharpens the mind. Can be wonderful for pain relief. Has been helpful for digestive complaints and urinary infections. Possesses anti-viral, anti-bacterial and anti-inflammatory properties.

Warm and spicy smell.

Plant Origin: India, Utah, France

Distillation Method: Oils are distilled from leaves, stems and flowers.

**Massage Use:** Helpful for tired aching muscles as it brings about muscle relaxation. After massage, it can be useful to allow the person to inhale to help them “wake up” and feel alert and refreshed!

**Cautions:** Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.

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This product is not intended to diagnose, treat, cure or prevent disease.



## Bergamot (Citrus Bergamia)<sup>44</sup>

This is most known for the familiar flavoring in Earl Grey Tea. It is calming and uplifting. Can help to enhance confidence and mood. Has a long history of use for irritated skin like with psoriasis and eczema. Upon inhalation can be beneficial for depression and anxiety.



Fresh sweet, citrus smell.

Plant Origin: Italy, Morocco

Extraction Method: Cold pressed from the rind.

**Massage Use:** Uplifting oil. Great to use in wintertime on those clients that get affected by Seasonal Affective Disorder. Really helps to dispel depression and grief.



**Cautions:** Caution: Bergamot is very photosensitive and should NOT be applied to skin that will be exposed to direct sunlight or ultraviolet light within 48 hours. If pregnant or under a doctor's care, consult your physician.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

## Black Pepper (Piper Nigrum)<sup>45</sup>

Used by Greeks since 500 BC. Native to India. Egyptians used in mummification. Traditional Chinese use involves malaria, cholera and various digestive problems. A great analgesic is useful for nerve and muscle pain and rheumatism. Can also help to stimulate metabolism, therefore useful with obesity. Can help with toothaches. Useful for easing bronchitis.



Hot and spicy odor.

Plant Origin: Madagascar, Ceylon, England

Extraction Method: Steam distilled from the berries.

**Massage Use:** Wonderful analgesic to use during massage to sooth muscles that are tight and tense following exercise. Has a warming sensation so would be useful to massage on muscles **before** exercise and to help prevent stiffness after exercise.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

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This product is not intended to diagnose, treat, cure or prevent disease.

## Clove (*Syzygium Aromaticum*)<sup>46</sup>

Clove is the highest scoring single ingredient ever tested for antioxidant capacity on the ORAC scale.

Therefore, very powerful for disease and infection prevention. Has anti-tumoral, anti-microbial, anti-fungal, anti-viral, analgesic anti-inflammatory properties. Useful for use with cardiovascular disease, arthritis/rheumatism. Wonderful for use in toothaches as it possesses properties that “numb”. Wonderful to use for strengthening the immune system.

Sweet, spicy fragrance.

Plant origin: Madagascar, Spice Islands

Extraction Method: Steam distilled from flower bud and stem.

**Massage Use:** Because of its “warming” qualities, useful in arthritis and rheumatism cases as it is quite soothing to joints and muscles.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Check with your health care provider if taking a blood-thinning medication. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.





## Copaiba (Copaifera Reticulate) <sup>47</sup>

Historically, natives and healers from Brazil use this oil to relieve joint pain and discomfort due to the anti-inflammatory properties it



possesses. In Brazilian herbal society, it is strongly regarded as anti-inflammatory and antiseptic for use in the urinary tract system. Has been approved as a food additive in the U.S.

Spicy aroma; slight nutty smell.

Plant Origin: Oil comes from the Amazon rainforest (Brazil) where it is tapped directly from the Copaiba tree in a method that is similar to how maple syrup is obtained.

Extraction Method: Tapped directly from Copaiba (Copal) tree



**Massage Use:** Useful during massage therapy to relieve joint pain and muscle discomfort. When used with other essential oils, helps to increase their power and effectiveness.

**Cautions:** Keep out of reach of children. If pregnant, nursing, taking medication or have a medical condition, consult a healthcare practitioner prior to use.

Storage: Keep in a cool dark place.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

## Cypress (Cupressus Sempervirens)<sup>48</sup>

Is especially comforting during the winter season. Great for use on acne, oily or troubled skin. Helpful for circulation.

Eases hot flashes. Helps to

restore feelings of stability and security. Helpful for varicose veins.

Smells very fresh with a slight evergreen aroma.

Plant Origin: France, Spain

Distillation Method: Steam distilled from branches.

**Massage Use:** Great for use in massage as it stimulates circulation. Also can sometimes be helpful in reduction of cellulite. Strengthens blood capillaries and discourages fluid retention. Very refreshing when used on the feet. Helpful for rheumatic complaints.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

## Eucalyptus Globulus (Eucalyptus Globulus)<sup>49</sup>



There are many different species of Eucalyptus, but the most popular for massage is Eucalyptus Globulus. It soothes the respiratory system. It is good for Rheumatism/arthritis and helpful for sore muscles. It is wonderful to use as an expectorant as it makes mucus more watery and therefore easier to expel.



Crisp and fresh smell.

Plant Origin: China

Extraction Method: Steam distilled from leaves.

**Massage Use:** This is one of my favorite oils to use on people for when they are laying prone, get “stuffy-headed” and have trouble breathing. A few drops on the cloth that is placed over the face rest, will help keep their sinuses open while they are laying face down. In the wintertime, great to rub on upper chest and neck area for anyone suffering with respiratory congestion as it helps to “open” up airways to allow the breath to flow easier. It is also helpful for soothing sore muscles after exercise.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.

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## Frankincense (Boswellia Carteri)

50

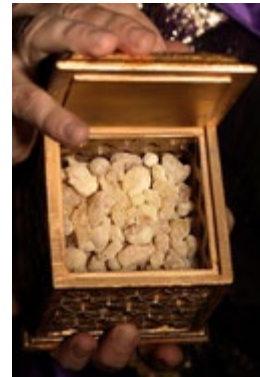
Most known for being one of the gifts presented to Christ at his birth. Has been used for thousands of years in the Middle East for religious ceremonies and holy services. Recently, in Europe/American hospitals has been studied for its role for being anti-tumoral and possessing immune building properties. Useful for stress and despair. A great anti-inflammatory is useful for rheumatism and arthritis. Good for bronchial infections. Powerful when used on the skin as it is soothing.



Sweet, warm, woody and balsamic scent.

Plant Origin: Northern Africa

Extraction Method: The purest form of Frankincense can be harvested only from May through September. It is done by placing deep cuts into the side of the Frankincense Tree; then, yellow-ish milk substance called “gum or resin” comes out. When it hardens, it is then steam distilled to extract pure Frankincense Oil.



**Massage Use:** Soothing for aches and pains. Most people really enjoy the smell of Frankincense so it can help them to be relaxed and then invigorated following the massage.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.



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## Geranium (Pelargonium Graveolens)<sup>51</sup>

Has been used for centuries to help skin conditions. Also helps anxiety and nervousness.

Helpful for fatigue and nervous disorders. Aids endometriosis.

Helps with the regulation of hormones and moods.

Sweet, floral and flowery scent.

Plant Origin: Egypt, India

Extraction Method: Steam distillation from flowers and leaves.

**Massage Use:** A “pampering” oil, the odor is wonderful to use on clients. In the event that pure Rose oil is out of your price range, this would be a good substitute. Also a good detoxifier and useful during lymphatic massage as it helps with cellulite.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.

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## Grapefruit (Citrus Paradisi)<sup>52</sup>

Known for being rich in a powerful antioxidant called limonene.

Great for helping to decrease appetite, therefore beneficial in weight management programs and treatment of obesity.

Nourishing and tonifying to the skin. Helps rid the body of cellulite by carrying away toxins; relieves water

retention. Lifts spirits in wintertime and helpful for depression.



Fresh, citrus aroma.

Plant Origin: South Africa, California

Extraction Method: Cold pressed from rind.

**Massage Use:** Useful in lymphatic drainage massage as very helpful in eliminating toxins.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children. Skin can become sensitive to sun exposure.



\*This statement has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent disease.

## Helichrysum (Helichrysum italicum) <sup>53</sup>

Known for its restorative properties and provides excellent support to the skin, liver, and nervous system. Has anti-inflammatory and anti-spasmodic properties. Can be used for hypertension, blood clots, liver disorders, and circulatory disorders.



Plant Origin: Yugoslavia, Corsica, Croatia, Spain

Extraction Method: Steam distillation from flower.

**Massage Use:** Great for use in massage therapy as it possesses anti-inflammatory properties and is wonderful for use with inflamed joints as in arthritis and rheumatism. Wonderful detoxifier for liver, gallbladder and kidneys. Helpful in lymphatic drainage massage. Helps with skin issues such as eczema, psoriasis and rashes. Lifts depression.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.

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## Jasmine (*Jasminum officinale*)<sup>54</sup>

Known for its seductive fragrance, has been used for centuries. Very uplifting to spirits and helps to enhance self-confidence. Very balancing to females.

Antidepressant and helpful with anxiety. Brings a sense of joy and wellbeing. Beneficial for skin.



Floral, exotic fragrance. Intoxicating smell.

Plant Origin: India

Extraction Method: Extremely expensive as it takes approximately 1,000 pounds of Jasmine to make 16 oz. of pure oil. Blossoms must be picked before sunrise, otherwise the fragrance evaporates, hence the name “Queen of the Night.”



**Massage Use:** Useful in massage for that special “treat”. It would be comparable to Rose Oil...only to be used one drop at a time as price is expensive. But what a gift to give a client! Even allowing them just simply to inhale the fragrance, it is not something they will forget!

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

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## Lavender (*Lavandula Angustifolia*)<sup>55</sup>

Lavender is known for being the most popular essential oil and aromatherapy product on the market. ***But also it is the most adulterated product in commercial stores.*** It is a great relaxer and sedative as it is very soothing and refreshing. It is the most versatile of all the essential oils. A great adaptogen and helps the body during great times of stress to restore balance. It is helpful for winding down at the end of the day, but also can boost stamina and energy when inhaled over a period of several minutes. Considered a natural antibiotic and is wonderful for use in depression. The best remedy for helping burned or scarred skin to heal without scarring. Also it is incredible for allergies and a powerful decongestant.



Fresh, floral scent.

Plant Origin: Utah, Idaho, France

Extraction Method: Steam distilled from flowers.



**Massage Use:** The top product used by massage therapists. Pleasant smell for most people, it aids in providing deep relaxation and enjoyment.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

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This product is not intended to diagnose, treat, cure or prevent disease.

## Lemon (Citrus Limon) <sup>56</sup>

Known for being a wonderful antiseptic and having antibacterial properties. Soothing for lymphatic system and helps to eliminate cellulite. Tones circulatory system and cleanses the blood. Useful in arthritis, rheumatism and gout conditions. Improves immune system by increasing white blood cells. Rich in limonene which has been extensively studied for its ability to combat tumor growth, hence has anti-tumoral properties. Beneficial for the skin. Useful in liver detoxification programs.



Has a clean, fresh purifying citrus scent.

Plant Origin: California, Italy

Distillation Method: Cold pressed from the rind. It takes approximately 3,000 lemons to produce 1 kilo of essential oil.

**Massage Use:** Because of its tonifying properties, is very useful during lymphatic drainage massage work as it tones the circulatory system. Helps to eliminate cellulite.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children. Skin can become sensitive to sun exposure.



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## Lemongrass (*Cymbopogon flexuosus*)<sup>57</sup>

Known for purification properties and impact on connective tissue like ligaments.

Helps to restore mental clarity.

Tightens and tones the skin and connective tissue, therefore

useful in helping to eliminate cellulite. Also useful in sports injuries like strains and sprains. Soothing for headaches.



Light, fresh citrus aroma.

Plant Origin: India, Guatemala

Extraction Method: Steam distilled from leaves.

**Massage Use:** Great for lymphatic drainage massage. Useful for helping to regenerate connective tissues and ligaments in injuries. Improves circulation and helps to promote lymph flow. Great when blended with Lavender. Acts as a sedative on nervous system.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

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## Marjoram (Origanum Majorana)<sup>58</sup>

Known for having a warming, subtle effect on both mind and body.

Possesses pain-relieving qualities and is wonderful to soothe tense muscles after exercise. Great for nervous tension and can help promote sleep.



Has a woody and spicy aroma.

Plant Origin: France, Egypt

Distillation Method: Steam distilled from leaves.

**Massage Use:** Wonderful to use for tense and stiff muscles. Particularly on people who have overworked muscles after physical activity and exercise. Also good to help ease the pain associated with rheumatism. Also helps reduce nerve pain from shingles.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.

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## Melaleuca/Tea Tree (Melaleuca Alternifolia) <sup>59</sup>

Widely known for its antiseptic properties and uses for minor wounds and fungus infections. Used in Australia by Aborigines for centuries to treat ringworm and acne.



Can be helpful in preventing flu and cold.

Plant Origin: Australia, France

Extraction Method: Steam distilled from leaves.

**Massage Use:** Since it has such antiseptic properties against fungal infections, Tea Tree is a wonderful oil to use during foot massage. Also helps to boost immune system in people suffering with long-term debilitating illness.

**Cautions:** Dilution not required, except for the most sensitive skin. Use as needed. Keep out of reach of children. Consult a healthcare practitioner prior to use if you are pregnant, nursing, taking medication, or have a medical condition.



\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

## Orange (Citrus Sinensis)<sup>60</sup>

Known to bring a sense of peacefulness to the mind. Very powerful immune support as it is rich in the antioxidant limonene which is shown to have very promising results in its use against cancer and tumors. Helps circulation. Good for hypertension, insomnia and has wonderful properties for skincare.



Fresh, fruity scent.

Plant Origin: USA, South Africa, Italy, China

Extraction Method: Cold pressed from the rind.

**Massage Use:** Uplifting scent is very calming to many people. The obvious citrus aroma is very pleasing. It helps to induce relaxation and relieves depression symptoms. Also eases stressed muscles in the back and is great for the skin.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children. Avoid using on skin exposed to direct sunlight or UV rays.

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## Oregano (*Origanum compactum*)<sup>61</sup>

Known for its strong, immune-enhancing and antioxidant properties. Useful in supporting the respiratory system. Also, therapeutic grade Oregano can be used to enhance the flavor of food. Excellent pain reliever for joint discomfort.



Strong smell. Fresh with earthy undertones.

Plant Origin: US, France, Germany, Turkey

Extraction Method: Steam distillation from leaves.

**Massage Use:** Useful in alleviating joint discomfort. Be sure to dilute as this is a “hot” oil and can cause skin redness in some people.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

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## Patchouli (*Pogostemon cablin*)<sup>62</sup>

Known for its use in Eastern cultures to provide general support for health. General tonic that helps to support the digestive system and ease nausea. Has anti-inflammatory and anti-depressant properties.



Wonderful to use on skin for wrinkles, cellulite, eczema and dermatitis as it helps to regenerate healthy new skin cells and reduce visibility of scars.

Earthy, smoky, musty, woody scent.

Plant Origin: Indonesia

Extraction Method: Steam distilled from flowers.

**Massage Use:** Very soothing and beneficial for skin conditions such as eczema and acne. Helps to combat wrinkles and cellulite. A lot of people really love the musky scent of Patchouli which makes it very calming and soothing when used during massage therapy.



**Cautions:** Possible skin sensitivity. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.



## Peppermint (Mentha Piperita)<sup>63</sup>

Known for its ability to soothe digestion and discomfort. Has great supportive effect on liver and respiratory systems. Wonderful for use in headaches (but be VERY careful not to get close to eyes).



Scientists have researched its role in improving taste and smell. Improves mental concentration and memory. Also has been noted to help with appetite control by affecting the brain's satiety center which helps to trick you into thinking you're full after a smaller meal.

Very fresh, clean and strong minty aroma.

Plant Origin: North America, Mediterranean, Great Britain

Extraction Method: Steam distilled from leaves and stems.



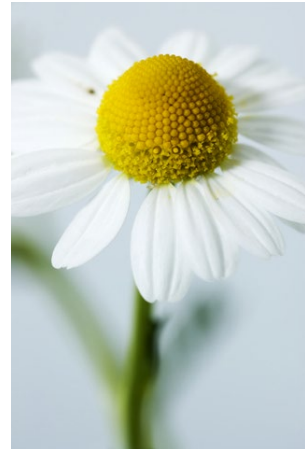
**Massage Use:** Great for use in helping to ease rheumatism and arthritis symptoms. Bring a “cooling” sensation to tired, achy muscles and helps the person feel refreshed after the massage. Helps calm nerve pain like sciatica and brings relief to headache sufferers.

**Cautions:** KEEP AWAY FROM EYES!! Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Do not apply neat to a fresh wound or burn. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.

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## Roman Chamomile (*Chamaemelum Nobile*)<sup>64</sup>

Known for being very calming, particularly for children who are upset or crying. Great for toothaches. Soothes digestive complaints. In Europe, used for skincare preparations as it is very helpful for skin conditions such as dermatitis, acne and eczema. Relaxant, anti-spasmodic, anti-inflammatory. Helps to relieve restlessness and anxiety. Useful for ADHD and depression. Can be used for nervous conditions and to help with insomnia. A natural tranquilizer, aids in calming down someone who is worried or anxious. Soothing for PMS and helps to relieve menstrual cramps.



Sweet, warm scent.

Plant Origin: Utah, Italy, France

Extraction Method: Steam distilled from flowers.

**Massage Use:** Wonderful to use for the clients that might be prone to being high-strung and anxious. Has a wonderful calming, sedative affect. Also useful during massage to help ease discomfort and tense muscles after intense exercise. Soothing for swollen joints.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

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## Rose (Rosa Damascena)<sup>65</sup>

Known for being the most popular scent in the perfume industry. Therapeutically, it brings balance and harmony to the spirit. It is wonderful to use in cases of depression, anxiety and grief. Helps to strengthen one's inner spirit.

Plant Origin: Bulgaria, Turkey

Extraction Method: Only true therapeutic grade essential oils are made from the petals themselves, which is why this is such a costly essential oil. Bulgarian Rose (Rosa Damascena) is high in citronellol and very different structurally than the Moroccan Rosa centifolia (cheaper version, which is high in phenyl ethanol). The cheaper rose is most common in stores and commercial environments. ***True rose oil will be very expensive, but well worth the investment from a therapeutic perspective.***

Strong floral, sweet fragrance that is intoxicating and romantic.

**Massage Use:** Wonderful to use on a client who is suffering from severe grief or a life-threatening illness. Can truly help “bring them out of suffering” and give them a sense of wellbeing.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

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## Rosemary (*Rosmarinus officinalis* CT cineol)<sup>66</sup>

Probably best known for its use in cooking. But also very powerful for easing arthritis symptoms and pain. Especially useful for easing muscle cramps and sprains.

Detoxifying for the lymphatic system. Helps restore mental alertness when tired. Useful in memory loss and headaches. Useful in liver conditions as it has liver protecting qualities.



Fresh, sweet medicinal scent.

Plant Origin: Tunisia, Morocco, Spain

Extraction Method: Steam distilled from leaves.

**Massage Use:** Useful to ease tired and overworked muscles. Soothing for rheumatism and arthritis. Physical and mental stimulant. Also can help to combat cellulite which makes it useful during lymphatic massage.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Do not use on children under 4 years of age.

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This product is not intended to diagnose, treat, cure or prevent disease.

## Sandalwood (*Santalum Album*)<sup>67</sup>

Known for use as incense in religious ceremonies and meditation sessions. Excellent for nourishing the skin. The Ayurvedic medicine tradition has used Sandalwood for centuries for nourishing and supporting the skin. Is anti-tumoral, anti-viral and stimulating to the immune system. Used in cancer and viral infections. Helps to promote deep, restful sleep.

Sweet, warm woody scent.

Plant Origin: India

Extraction Method: Steam distilled from the wood.

**Massage Use:** Wonderful moisturizer for the skin. Many people find this fragrance extremely appealing during massage as it is very calming. Wonderful to help decongest the lymphatic system, so would be great to use in lymphatic drainage massage.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

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## Thyme (*Thymus vulgaris*)<sup>68</sup>



Known for supporting the immune system as it is one of the strongest antioxidants known. Wonderful for respiratory, digestion, and nervous system support. Anti-spasmodic, anti-microbial, anti-fungal, anti-viral. Supports cardiovascular system. Increases production of white blood cells. Excellent for chronic fatigue.



Spicy, warm scent.

Plant Origin: Mediterranean Area

Extraction Method: Steam distilled from leaves, stems and flowers.

**Massage Use:** Very “hot” oil and must be diluted before use on the skin. With its anti-spasmodic properties, can be helpful for muscles; also great pain-reliever for rheumatism and neuralgia.



**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

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## Vetiver (*Vetiveria Zizanoides*)<sup>69</sup>

Known for anti-inflammatory properties. Traditionally has been used for aiding arthritic symptoms. Antiseptic, anti-spasmodic, useful in anxiety and depression, insomnia and good for skin care (oily, acne and aging skin issues). Psychologically can be very grounding and calming. Valuable for stress and chronic fatigue situations. Useful for children with behavior challenges (such as ADHD) as it helps them calm down.



Plant Origin: Haiti

Extraction Method: Steam distilled from roots.

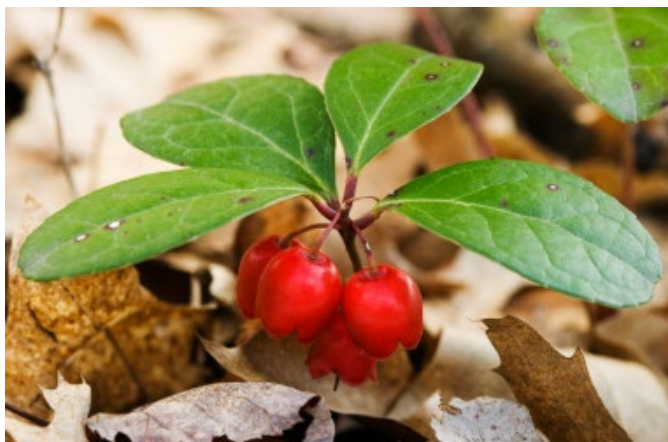
**Massage Use:** Its anti-inflammatory properties make it very useful in assisting arthritic conditions. Great to use in helping someone return to their “center” and becoming grounded and calm. Can be a strong sedative, so caution should be used before driving.

**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

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## Wintergreen (Gaultheria Procumbens)<sup>70</sup>

Known for being highly anti-inflammatory. Methyl Salicylate, which is the principal constituent of pure Wintergreen essential oil, has been incorporated into liniments and analgesics for musculoskeletal problems. Great for muscle and nerve pain; arthritis and rheumatism. Very stimulatory to the sensory system. Very sweet, minty scent.



Plant Origin: China, North America

Extraction Method: Steam distilled from leaves / bark.

**Massage Use:** Beneficial for soothing muscles, particularly after exercising or strenuous activity. Useful for headaches (keep away from eyes).

**Cautions:** Fragrance might be attractive to children; therefore a child-resistant cap comes on the bottle. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or diffusing for aromatic use. Keep out of reach of children. There is quite a lot of mis-information out regarding the use of Wintergreen Essential Oil. This exists because of the high content of Methyl Salicylate which can be dangerous if ingesting an inferior brand OR ingesting too much of a pure product. Always consult a qualified healthcare practitioner and do your research!



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## Ylang Ylang (*Cananga Odorata*)<sup>71</sup>

Known for being anti-spasmodic, anti-inflammatory, antidepressant, sedative, calming, and soothing for hypertension. Helps to ease depression, anxiety and



nervous tension. Put into an evening bath can help promote relaxation and alleviate insomnia. Has an exotic, sweet, tropical, fruity and flowery fragrance.

Plant Origin: Comoro

Extraction Method: Steam distilled from flower blossoms.

**Massage Use:** Wonderful to use on those clients that are stressed out and tend to be high-strung. It is very calming and helps the client find a sense of peace.



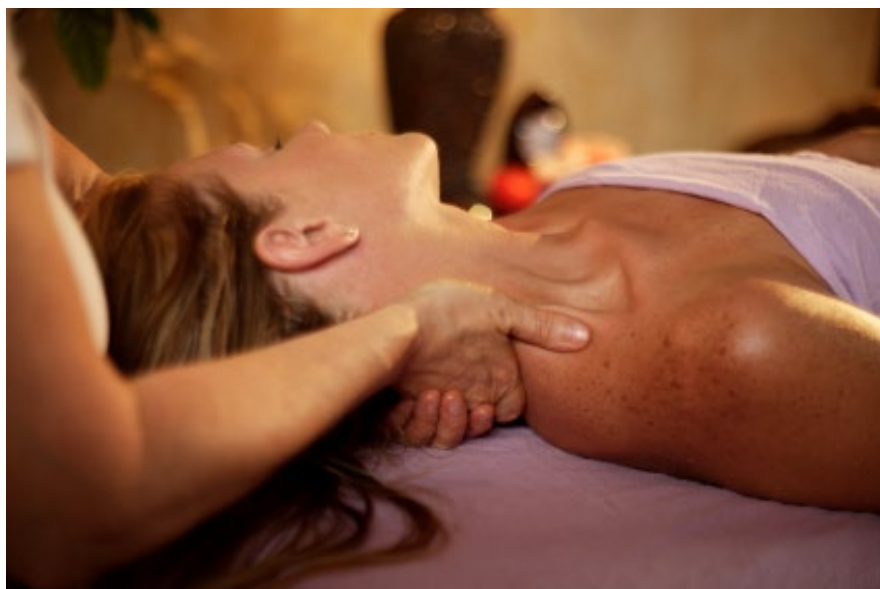
**Cautions:** Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

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## Chapter 11 – Blended Essential Oils to Use for Massage Therapy

The 12 essential oil blends listed on the following pages contain proprietary formulas by [Young Living](#) that have been created by combining particular single oils into blends. They each have a particular function and in many cases, when single oils are blended together, the “blend” is significantly more powerful and therapeutic than just the single oil by itself.

Don't be afraid to experiment and make your own unique blend, depending on what your clients' needs are. Part of the fun of massage therapy is that you can change strokes, pressure and depth depending on what is needed. Aromatherapy works the same way in that you can make a blend of oils that is uniquely yours or a unique blend for that special client.



## Aroma Life™<sup>72</sup>

A wonderful formula that helps to improve the cardiovascular, lymphatic and circulatory systems within the body.

Helps to lower high blood pressure and aids in the reduction of stress.

### **Formula contains:**

***Helichrysum*** – Great for circulation and helping to regenerate tissue and relieve pain.

***Ylang Ylang*** – Very balancing for heart; stress reducer.

***Marjoram*** – Calms muscle spasms and is soothing to tissues and the nervous system.

***Cypress*** – Helpful for circulation and lymph system.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.

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## Aroma Siez™<sup>73</sup>

A great formula of anti-inflammatory and muscle-relaxing essential oils that are very helpful for aiding with muscle spasms, inflamed muscles or any muscles that have incurred an injury or stress.

### **Formula Contains:**

***Basil*** – Helps to combat muscle spasms and inflammation.

***Marjoram*** – Calms muscle spasms and is soothing to tissues and the nervous system.

***Lavender*** – Relieves spasms and helps to relieve strains and sprains; also exceptional for any skin damage incurred with an injury.

***Peppermint*** – Powerful pain-blocking formula; Brings a cooling sensation to muscles that results in it being a great anti-inflammatory oil.

***Cypress*** – Helps to reduce inflammation, edema and improves circulation.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician.



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## Deep Relief<sup>74</sup>

(formula comes in a convenient roll-on)

This convenient roll-on is handy to take on the road if an avid exercise/sports person. This proprietary blend of pure, therapeutic essential oils has been designed to bring relief to muscle soreness and tension.

### **Formula Contains:**

**Peppermint** – Powerful pain-blocking formula; Brings a cooling sensation to muscles that results in it being a great anti-inflammatory oil.

**Lemon** – A stimulating and invigorating scent; helps to induce a sense of relaxation.

**Balsam Fir** – Very soothing for muscular and rheumatic pain; has a stimulating scent.

**Copaiba** – Helps other oils to work more powerfully; great anti-inflammatory properties.

**Clove** – Used in history as an anesthetic, therefore possesses anti-inflammatory properties.

**Wintergreen** – Analgesic and helps to reduce all pains.

**Helichrysum** – Powerful pain-blocking formula; Brings a cooling sensation to muscles that results in it being a great anti-inflammatory oil.

**Cautions:** For aromatic and topical use only. Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use.

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## Joy<sup>75</sup>™

This is an intoxicating blend of oils. Can be worn as a perfume. Combines oils like Rose, Jasmine, Ylang Ylang and others to produce a truly luxurious oil. Helps people overcome deep grief and depression. This oil is wonderful to use at the end of a massage therapy session; it smells heavenly and is very uplifting to the client.

### **Formula Contains:**

**Rose** – Highest energetic frequency of essential oils. Brings harmony and balance and love to the heart.

**Bergamot** – Helps to balance hormones, great for relieving anxiety and calms emotions and nerves.

**Mandarin** – Comes from Madagascar and is cold pressed from the rind. Has a high level of limonene which has been studied for halting tumor growth. Wonderful for digestive trouble; anxiety and insomnia. Useful in skin conditions like scarring and acne. Promotes happiness by alleviating stress and tension.

**Ylang Ylang** – Helps to increase relaxation; wonderful scent that appeals to most people. Very balancing for female and male energies.

**Lemon** – Provides a deep sense of wellbeing; boosts immune system function and helps to reduce depression.

**Geranium** – Helps relieve negative emotions and brings stability to one's life.



## Joy™ (continued)

**Jasmine** – Exquisite fragrance that revives feelings of love and joy. Wonderful aid to help combat depression and sadness.

**Palmarosa** – Comes from India and is steam distilled from leaves. Helps to stimulate new skin cell growth. The fragrance helps to reduce stress and tension and can be both stimulating and relaxing while helping the nervous system.

**Roman Chamomile** – Helps to relieve tension and is a wonderful aid in insomnia. Helps to remove toxins from liver where anger can be stored.

**Rosewood** – Comes from Brazil and is steam distilled from the wood of the tree. It is wonderful for balancing and soothing without being a sedative; regenerates cells; useful for headache, depression, chronic fatigue and anxiety and tension.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age. Skin can become sensitive to sun exposure.



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## M-Grain™<sup>76</sup>

M-Grain™ was created to help relieve pain from both regular headaches and severe migraines. Can be very calming and soothing, particularly when applied to the temples, back of the head and neck.

### **Formula Contains:**

***Marjoram*** – Calms muscle spasms and is soothing to tissues and the nervous system.

***Lavender*** – Relieves spasms and helps to relieve strains and sprains; also exceptional for any skin damage incurred with an injury.

***Peppermint*** – Powerful pain-blocking formula; Brings a cooling sensation to muscles that results in it being a great anti-inflammatory oil.

***Basil*** – Helps to combat muscle spasms and inflammation.

***Roman Chamomile*** – Helps to relieve tension and wonderful aid in insomnia. Helps to remove toxins from liver where anger can be stored.

***Helichrysum*** – Great for circulation and helping to regenerate tissue and relieve pain.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children. Keep away from eyes.

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## Pan-Away<sup>TM</sup>®

This formula was created by Gary Young, ND the founder of Young Living after a severe injury to the ligaments in his leg. It is very soothing to the skin, while at the same time providing ease from pain and discomfort. Helps to reduce inflammation, increase circulation which helps to accelerate and promote healing. This is my personal #1 recommended essential oil to use for pain management; really helps people that have muscle aches and pains and also eases arthritis and rheumatoid conditions.



### **Formula Contains:**

***Helichrysum*** – Great for circulation and helping to regenerate tissue and relieve pain.

***Wintergreen*** – Possesses wonderful anti-inflammatory properties and helps to relieve spasms in muscles. Great analgesic.

***Clove*** – Used for centuries because of its anesthetic properties with regard to tooth pain. Therefore, very helpful for easing muscle, joint and tissue discomfort.

***Peppermint*** – Powerful pain-blocking formula; Brings a cooling sensation to muscles that results in it being a great anti-inflammatory oil.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.

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## Peace & Calming<sup>78</sup>®

This oil blend promotes a deep sense of relaxation and peacefulness. Wonderful to use with children that can be difficult to manage. Helps to encourage a deep, restful sleep. Its citrusy-smell, is really appealing to a lot of people and very useful during massage. Helps calm and gently uplift the spirit. Fantastic to diffuse throughout the air.

### **Formula Contains:**

***Blue Tansy*** – Comes from Morocco and is steam distilled from the flowering plant. Possesses anti-inflammatory properties and is a wonderful relaxant. Helps to alleviate anger & instill positive emotions.

***Patchouli*** – Very grounding oil and helps to energize the mind and clarify thoughts and feelings.

***Tangerine*** – Comes from Brazil and is cold pressed from the rind. Rich in limonene; wonderful to use for insomnia and anxiety. Helps to promote happiness and eliminate negative emotion and nervousness.

***Orange*** – Helps to raise up the mind and body. Eases depression and aids in building up of confidence and security.

***Ylang Ylang*** – Helps to increase relaxation; wonderful scent that appeals to most people. Very balancing for female and male energies.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age. Skin can become sensitive to sun exposure.

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## Relieve It<sup>79</sup>™

A wonderful relaxing blend of warming oils that will soothe and bring comfort to muscles and joints that might be stressed following exercise or injury.

### **Formula Contains:**

***Spruce*** – A wonderful anti-inflammatory oil, helps to alleviate discomfort.

***Black Pepper*** – Combats deep tissue discomfort as it has a lot of anti-inflammatory properties.

***Peppermint*** – Powerful pain-blocking formula; Brings a cooling sensation to muscles that results in it being a great anti-inflammatory oil.

***Hyssop*** – Comes from France or Hungary and is steam distilled from stems and leaves. Used for centuries as a great anti-septic. Great anti-inflammatory oil also helps to assist the circulatory system.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution recommended for both topical and internal use. Dilute before using on sensitive areas such as the face, neck area, etc. Keep out of reach of children. Avoid using on infants and very small children.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## Stress Away<sup>80</sup> (formula comes in a convenient roll-on)

This proprietary formula smells absolutely heavenly and helps to relieve the stress of daily life. It promotes a deep sense of relaxation and helps to remove nervous tension and anxiety. Also showing promising results when used in people with high blood pressure that might be stress induced.

### **Formula Contains:**

***Copaiba*** – Helps other oils to work more powerfully; great anti-inflammatory properties.

***Lime*** – Comes from South Asia and is cold pressed from the rind of the unripe fruit. Very fresh and clean scent helps to support the respiratory system.

***Cedarwood*** – Comes from Morocco and is steam distilled from the bark. Has been used throughout antiquity in medicines. Inspires the limbic portion of the brain which releases melatonin. Research by Dr. Terry Friedman, MD has shown that this oil is very helpful in ADD and ADHD cases as it is very calming.

***Vanilla Absolute*** – Known for its calming aroma and scent, brings a sense of peacefulness to one's spirit.



## Stress Away (continued)

**Ocotea** – Comes from Ecuador and is steam distilled from the stem and leaves of the Ocotea Tree in South America. Helps aid the body's natural response to irritation, stress and injury.

**Lavender** – Relieves spasms and helps to relieve strains and sprains; also exceptional for any skin damage incurred with an injury.

**Cautions:** Despite the wonderful “yummy” scent this oil has, it is for aromatic and topical use only. Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, please consult a health care practitioner prior to use. Possible skin sensitivity. Do not apply to sensitive *tissues*. *Not intended for children six years of age or younger.*



\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Thieves<sup>81</sup>®

This formula was created based on the research done about thieves in the 15<sup>th</sup> century who rubbed oils on themselves to keep from contracting the plague while they robbed people that had died from the disease. Studies performed at Weber State University about this formula found it has powerful healing properties and is antibacterial against organisms. Helps support a healthy immune system, very useful during times of stress and during the winter to combat flu and cold season. This formula is so popular and effective that an entire product line has been centered around it; i.e., mouthwash, toothpaste, soaps, cleaners, throat lozenges, etc.



**Clove** – Used for centuries because of its anesthetic properties with regard to tooth pain. Therefore, very helpful for easing muscle, joint and tissue discomfort.

**Lemon** – Provides a deep sense of wellbeing; boosts immune system function and helps to reduce depression.

**Cinnamon Bark** – Comes from Madagascar and is steam distilled from the bark. Very powerful antiseptic and also anti-inflammatory, anti-viral and anti-bacterial. Great for digestive upsets and aids the cardiovascular system.

**Eucalyptus** – Anti-infectious, anti-bacterial and anti-viral this formula helps ease infections and has anti-inflammatory properties.

**Rosemary** – High in cineol which is a key ingredient in antiseptic drugs which makes this oil a powerful antiseptic. Also possesses anti-microbial properties.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Always dilute before applying to the skin or taking internally. Keep out of reach of children.

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Valor<sup>82</sup>®

This empowering formula does just what it says....helps to create a feeling of courage and strength. A wonderful formula that enhances an individual's self-esteem and confidence. Also known as 'a chiropractor in a bottle' as it has been found to assist with energetic alignment in the body. Comes in both the bottle and a convenient roll-on formula.

**Spruce** – A wonderful anti-inflammatory oil, helps to alleviate discomfort.

**Rosewood** – Comes from Brazil and is steam distilled from the wood of the tree. It is wonderful for balancing and soothing without being a sedative; regenerates cells; useful for headache, depression, chronic fatigue, anxiety and tension.

**Frankincense** -- In the Middle East, this oil is considered a holy-anointing oil and has been used for thousands of years. Since it stimulates the limbic part of the brain, very useful in helping to elevate the mind and aids in overcoming stress and feelings of despair.

**Blue Tansy** – Comes from Morocco and is steam distilled from the flowering plant. Possesses anti-inflammatory properties and is a wonderful relaxant. Helps to alleviate anger & instill positive emotions.

**Cautions:** For aromatic and topical use only. Keep out of reach of children. If pregnant, nursing, taking medication, or have a medical condition, consult a healthcare practitioner prior to use. Possible skin sensitivity. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



## White Angelica<sup>83</sup>™

This formula helps instill feelings of protection. I highly recommend it for use with all massage therapists to help protect your energetic field from that of your client. This enhances body strength and aura and when used on shoulders, offers defense against negative energy and emotions from others. Very calming and soothing blend.

**Ylang Ylang** – Helps to increase relaxation; wonderful scent that appeals to most people. Very balancing for female and male energies.

**Rose**– Highest energetic frequency of essential oils. Brings harmony and balance and love to the heart.

**Melissa** – Calming and balancing to the emotions and helps to bring out gentleness in us. Affects the limbic part of the brain and great for helping ease nervous disorders.

**Sandalwood** – Helps enhance deep sleep and aids in the removal of negative energies and emotions. High in sesquiterpenes that stimulate the part of the brain that has to do with emotions.

**Geranium** – Helps relieve negative emotion and memories.

**Spruce** – A wonderful anti-inflammatory oil, helps to alleviate discomfort.

**Myrrh** – Referenced throughout the bible. Assists the brain center that controls emotions.





## White Angelica™ (continued)

**Hyssop** – Comes from France or Hungary and is steam distilled from stems and leaves. Used for centuries as a great anti-septic. Great anti-inflammatory oil also helps to assist the circulatory system.

**Bergamot** – Helps to balance hormones, great for relieving anxiety and calms emotions and nerves.

**Rosewood** – Comes from Brazil and is steam distilled from the wood of the tree. It is wonderful for balancing and soothing without being a sedative; regenerates cells; useful for headache, depression, chronic fatigue, anxiety and tension.

**Cautions:** For aromatic and topical use only. Possible skin sensitivity. If pregnant or under a doctor's care, consult your physician. Dilution not required; suitable for all but the most sensitive skin. Generally safe for children over 2 years of age. Avoid using on skin exposed to direct sunlight or UV rays.



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## Chapter 12 – Which Oil(s) To Choose?

Well after reviewing 42 different types of therapeutic essential oils, I imagine you're feeling somewhat overwhelmed with all the detailed information. You might be wondering, "I can't get them ALL....so which one(s) should I get?" If you decide to incorporate these healing essential oils into your massage therapy practice, I can appreciate your dilemma.

Although I have listed 42 different therapeutic essential oils in the prior two chapters, the listing was simply to expose you to a small handful of oils (there are hundreds available, each with their own unique therapeutic value), so you would get a sense of their healing power.

I chose those particular oils for several reasons:

1. They all can be utilized very effectively into a massage therapy practice.
2. I think that list gives you a wide variety of oils to choose from.
3. It presents you with a sampling of the broad range of medicinal value that essential oils can possess.

If you've taken the "Introductory Class," you'll recognize the following 10 essential oils as the same 10 that were highlighted in that class. I have created this chapter to give you my personal thoughts and opinions about my "***Favorite Top 10.***" These would be "must-haves" for any massage therapist who truly wants to incorporate essential oils and their therapeutic use into their massage therapy practice.

### **Single Oil Recommendations**

***Eucalyptus*** – As mentioned previously, this fresh-smelling oil is great for the respiratory system. When people are laying prone on your massage table, place 1 drop of this oil onto the cloth that goes over the face rest. The aroma from the oil, will help to keep their sinus passages open while laying face down. In the wintertime, for clients that come in that are dealing with a cough, cold or perhaps a respiratory infection, rubbing a drop or two of this oil on their upper chest and neck area will help alleviate their respiratory congestion and help their breathing improve.

***Lavender*** – The #1 top therapeutic essential oil that all massage therapists must have. It is the basis for almost all aromatherapy products on the market today and even though most of those products are synthetically made, this scent is very familiar to most people and they enjoy the fragrance. Great for relaxation.

**Orange** – The citrus smell from pure orange essential oil is pure heaven. Most people who prefer a more-citrusy smell, rather than a “floral” smell, will enjoy the fresh scent of pure orange oil. This is a powerful oil to use to stimulate the immune system, so it would be great to use in cases where your clients are feeling run-down and not at their best. It helps to alleviate depression and brings about a sense of relaxation, therefore perfect to use during a massage.

**Peppermint** – For those clients that suffer with chronic headaches, Peppermint is the oil to have on hand. It brings a “cooling” sensation when applied so one drop on the back of the neck, crown of the head or by the temples (keep away from eyes!), can really help to ease a pesky headache. Also, because of that cooling sensation, it is wonderful to use on tired, sore and achy muscles. It is quite refreshing and should be used toward the end of the massage as it can be “stimulating” for some people.

**Sandalwood** – The warm and woody smell of Sandalwood is a favorite scent for many people. Commonly used as incense in religious ceremonies, it is a familiar odor. It invokes a sense of calm and peacefulness, so for people who don't prefer Lavender, they usually enjoy this smell and find it quite calming. Also, when mixed with a plant carrier oil (like Sweet Almond Oil or Avocado), it is very nourishing for the skin.

### **Blended Oil Recommendations**

**Joy** – This blend of oils is my absolute favorite. I wear it as perfume often as its scent is really intoxicating and invokes a feeling of pure “Joy” and happiness. For any client that might be suffering from depression, anxiety or grief, this is the oil to use for them. Even just smelling it from the bottle can help them feel better. When 1 drop is used over the chest area, the aroma will surely uplift their spirits. This is what I refer to as my “heart-centered” oil and I use it from a Naturopathic perspective when people have a “heavy-heart,” circulation problems or a heart condition. I believe the benefits from this particular blend of essential oils is very healing for the heart, both from a physiological and psychological perspective.

***PanAway*** – This oil is my favorite for relieving pain and discomfort in clients. My personal experience with this oil is that I used it during my massage therapy training many, many years ago when I developed arthritis-symptoms and strained tendons in my right hand from doing so many massages and deep trigger therapy work. I believe this oil helped to dissolve the arthritis that was forming in my wrist and after several months of continued use, my symptoms disappeared. I've used it since on clients that have had joint issues and have had great results with it. It is anti-inflammatory in nature, so it helps to calm down pain and soreness.

***Thieves*** – In my opinion, this oil is the #1 oil to have on hand to support the immune system. Not only is this oil powerful for helping ***you*** stay strong and healthy, but when a drop or two is rubbed on your client's feet, it will boost their immune system, particularly during the winter months, cold/flu season and allergy time. I also constantly diffuse this oil in my home and office during the times when bacteria and viruses are prevalent in the air. Having the powerful blend of essential oils dispersed throughout the room, not only helps to keep the air fresh and clean smelling, but also helps kill bacteria and viruses in the air.

**Valor** – I love the smell of this oil. It is especially good for alignment in the body; both physical alignment of the spine and “energetic” alignment of one’s spirit. When I’m working on someone’s back, this generally is the last oil I will put along their spine. My personal belief is that after I’ve worked extensively on their back, that “closing” with this oil helps to “seal in” whatever other essential oils I’ve used already.

**White Angelica** – Before I work on any massage client, I will put 2 drops of White Angelica in my palm and rub my palms together. I cup my hands over my face and inhale deeply 3 times. Then I start at the top of my head and basically trace an outline down my head, across each of my shoulders and down my body. This forms an “invisible shield” of protection. The special mixture of oils in this blend makes it very powerful. Since many people today are suffering not only emotionally, spiritually and physically, I believe it is very important to protect ourselves from any negative influence. During a 1 hour massage therapy appointment, you the therapist are very intimately involved with your client’s energy field. This oil will help to protect you from any of their negative influences while helping you to be uplifted and calm.

## Chapter 13 - Other Uses for Therapeutic Essential Oils

This section is comprised of a variety of other services that you can offer to your clients. These recommendations would be used for those of you who already have a good working understanding of the oils and perhaps have been using them in your practice for some time. These additional services can be implemented to offer an additional realm to your massage therapy practice. Obviously, you'll need additional training for some of these and additional equipment to incorporate some of the diverse treatments. Perhaps you're already utilizing some of these in your practice. This list is just for educational purposes to let you know about the wide variety of spa-type services that are available to you. The more customizable services you can offer your clients, the more you will have return business, retain your clients and receive referrals. Be sure to be very clear with your client about any additional time or cost involved with adding any of these types of services to your repertoire.

### **Warm Packs**

For a client that needs “deeper” work on muscles and joints, sometimes the use of a warm pack is indicated. As you know, using heat helps bring relief to sore and tired muscles. Using heat with therapeutic essential oils can allow for even deeper penetration of the oil, thus resulting in even more healing power for your client.



Obviously you would need extra towels and the ability to have warm water. Heat the water to the desired warm temperature, but obviously not too hot. Put the cloth in the water and wring out. After application of the essential oil, place the warm towel over the area and then cover with a dry towel, helping to “seal in” the heat. While continuing to work on other parts of their body, keep the towel on at least 15-30 minutes. Be sure to remove the heated towel immediately if the client experiences any discomfort.

### **Cold Packs**

If a client comes in with an obvious injury or sprain, then a cold pack would be indicated. If you are a sports or exercise massage therapist, you are probably set up to have cold packs available. If not, having a few frozen bags of peas or corn on hand, makes wonderful cold packs that will mold and contour to the body part you’re using it for. In this case, application of an essential oil that diminishes swelling and deals with injuries (like Aroma Siez), followed by the use of a cold pack, would be suggested.

## **Body Wraps**

If you work in a “spa” environment, it’s quite possible that you’ve been exposed to the body wrap phenomenon. Body wraps are used for a variety of reasons, but most notably for cleansing and weight loss.

When first on the scene, most body wraps were done with some kind of plastic wrap that resembled Saran Wrap and then the area was covered with either towels or cloths or even Ace bandages. Sometimes, lotions or other personal care products were put on before the plastic wrap. Once the person was wrapped, then usually either heat was applied to the body or the body’s own temperature allowed toxins to be expelled. Usually this resulted in weight loss and detoxification. There are many reports of substantial weight loss after a typical body wrap session. They can be useful and when done properly and within the scope of a therapeutic environment, can be very helpful. Utilizing therapeutic essential oils in this process can result in some astonishing results.

More recently though, mud, algae, seaweed or clay wraps are more popular in the salon or spa environment. This is yet another way to help the body to eliminate toxins, lose weight and extra water in the process. After the mud or seaweed has been washed away, generally some type of lotion or crème is rubbed all over the client’s body.

If you wanted to implement the use of essential oils into mud wraps, the end result is that because of the therapeutic value of the essential oils, you'd be giving your client an actual healing session! Adding particular essential oils to the mixture of mud would enhance these wraps and can result in softer, more supple skin, while also detoxifying your client's cells and diminishing the look of cellulite. Not to mention, ending your therapy session with an oil like Joy would leave them floating on air!

Grapefruit, Lemon, Lemongrass and Cypress are just a few of the oils that might be very useful in doing wraps. There is a protocol available that I'm happy to share with you; just [email me!](#)

Remember to have your client drink plenty of water before and after doing any kind of wrap as the detoxification process needs water to flush out the toxins from the body. Also use care and caution if your client is pregnant or nursing, has high blood pressure, heart or kidney problems or any other serious health condition. Because of the heat and the detoxification process, some people have adverse results when toxins are stirred up. Consult a qualified healthcare provider or a reference guide for direction if you are unsure or have questions.

## **Salt Glows and Scrubs**

These have been around the spa scene for quite some time. Consisting of some kind of salt or sugar, sometimes even coffee beans, these abrasive materials are usually combined with an aromatherapy product and literally scrubbed all over the client's body. The scrubbing action of the sugar or salt helps to exfoliate the skin and slough off any dead skin cells. This is usually combined with a mud wrap or sometimes with just a Swedish Massage. Therapeutic essential oils can easily be incorporated into a scrub. Most spas add essential oils that smell good to the client. Generally Lavender or maybe a citrus oil would be used. With the therapeutic essential oils from Young Living, you can really do quite a lot with this treatment. Certainly adding oils that your client would like such as the relaxing scent of Lavender is one option. But if you want to approach this from a therapeutic perspective, you can add oils depending on your client's unique needs. For instance, if they are really concerned about their cellulite problem-areas, you could use Grapefruit in your scrub and pay extra special attention to the areas on their body that have a lot of cellulite. If their skin is dry and flaky, then you could use Geranium or Sandalwood to help bring extra nourishment to the skin. You can create your own special blend for each client, depending on their needs and wants.

## **Reiki / Healing Energy**

For those of you who don't know about Reiki, I would encourage you to look into it. It is a wonderful complimentary therapy to use in conjunction with massage.

This treatment is generally performed while the client is dressed. Since you're a massage therapist, you can perform Reiki on your clients while doing their massage. It involves sending energy from your hands and body to the client and helps to enhance the body's natural ability to release blocked energy and restore balance to their body.

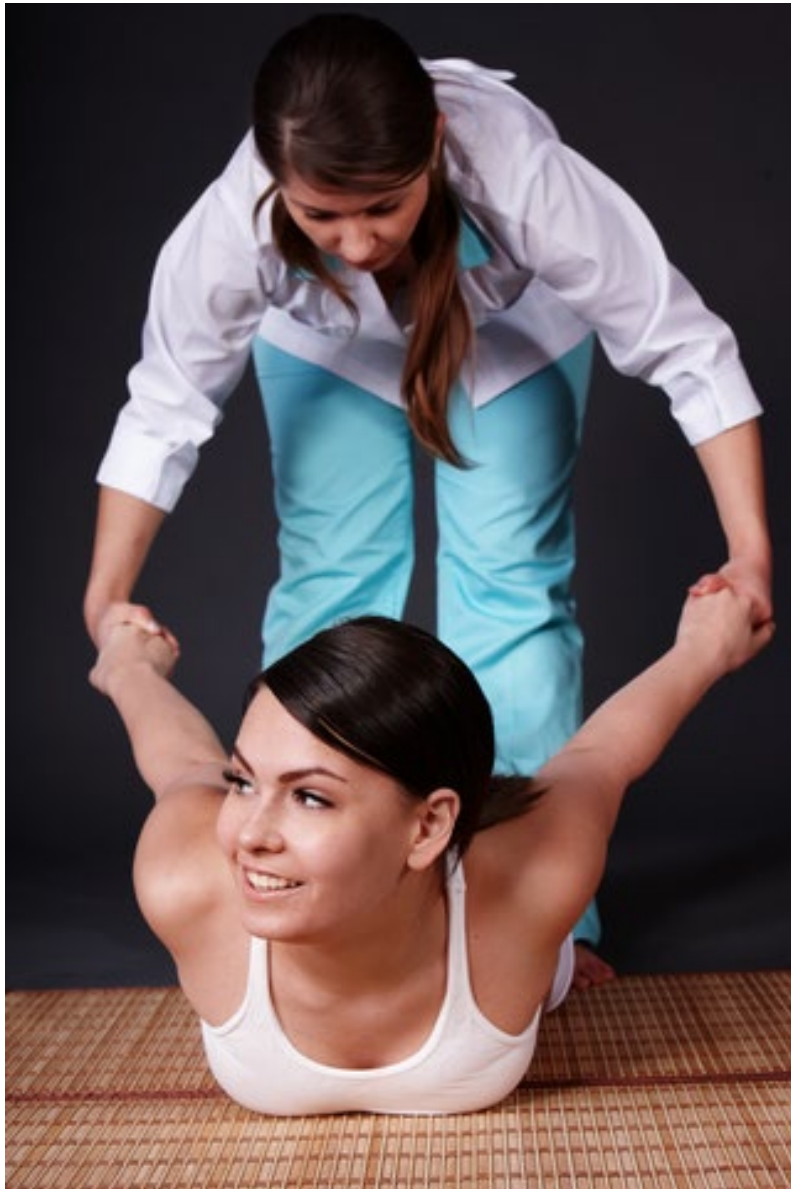


Reiki really helps with stress reduction, but can be used for any healing. I've known people that are suffering from cancer and found Reiki to be very comforting.

Essential oils work well with Reiki. Since the oils are energetic and have a vibrational frequency, they can complement and enhance the Reiki session. Great oils to use with Reiki would be Sandalwood, Ylang Ylang, Valor and Lavender.

## Thai Massage

Thai Massage is an ancient technique that helps to stimulate energy flow. Typically done on the floor on a yoga or other mat, it involves stretches and sometimes slow, rocking movements. Using their thumbs, palms, elbows, knees and even feet, the therapist gently compresses particular areas on the client's body. The compression helps to remove



energetic blockages and helps to harmonize life energy within the client. This has been described as a “Yoga Massage” and it can be very relaxing, but also leaves the client feeling flexible and energized. Typically people are clothed in this type of massage.

Again, essential oils can easily be incorporated into this therapy. Although this is not a “typical” massage where the client would be undressed and you would be using a carrier oil all over their body, essential oils can be used in this instance. I would suggest using Valor on the bottoms of the feet prior to and after the therapy. Valor helps with energetic alignment and that would be complementary to the Thai Massage.

### **Hot Stone Massage**



Using hot stones during a massage treatment induces a deep state of relaxation for your client and it is a very popular treatment in spas and salons.

In this treatment, smooth basalt (black volcanic rock) stones of various sizes are heated. Sometimes the therapist will rub the hot stones themselves directly on the client. Other times, the stones are placed in

strategic positions (along the spine or leg) to help bring heat and relaxation to particular areas on the body. The heat is very powerful and helps to soothe deep aches and pains.

I would recommend starting with hot stones on the feet, followed with an oil like Valor and then wrap the foot to keep the heat in. If the person suffers from back discomfort, I would use PanAway along their spine, then place the hot stones along the spine and allow to “cook.” The hot stones will help push the oil into the muscles, making it more effective. This can truly be a restorative and rebalancing massage. No doubt your client will have reduced stress and less tension in their muscles after a hot stone therapy massage.

### **Deep Tissue Massage**

Not all massage therapy involves deep tissue work and not all clients enjoy the deep tissue. But for those who have deep muscle pain, there is nothing like a good deep tissue massage. This type of therapy helps to break up adhesions at the muscle attachments and the connective tissue of the body. This helps to alleviate discomfort and pain, increase the client’s mobility and increase flexibility. This type of massage is especially useful for people that have chronic long-standing pain, osteoarthritis, fibromyalgia, muscle tension and spasms.

Significant pressure is often applied to very specific areas on the client’s body. Sometimes the therapist will use trigger point therapy and other times friction will be utilized to break apart adhesions.



Therapeutic essential oils like Black Pepper, Copaiba, Lemongrass, Marjoram or the blends Deep Relief and PanAway would be wonderful to use during a Deep Tissue Massage.

### **Lymphatic Drainage Massage**

Lymphatic Drainage Massage is a very useful therapy technique. It involves the use of extremely light, sequenced strokes that help to stimulate the lymphatic fluid. This in turn, helps to cleanse the body of toxins. It helps to reduce pain, fluid retention and chronic inflammation.

Our lymph system within our body is a very complex network of vessels and ducts whose primary job is the removal of toxins away from healthy cells and the bringing of germ-fighting material to cells that are under attack.

In this type of massage the therapist will focus on particular lymph points throughout the body and the natural flow of the lymphatic system. Light stroking movements are made in the direction of

lymph flow, to literally “pump” the lymphatic system to allow it to carry away toxins and gently cleanse the body.

There are many essential oils that are wonderful to use for assisting the lymphatic system. Try Geranium, Grapefruit, Lemon, Helichrysum or Aroma Life.

### **Sports Massage**

Exercise enthusiasts and sports athletes abound. That means, they will have a need for a Sports Massage Therapist. This type of therapy typically involves very deep tissue work that is tailored specifically to professional athletes and exercise junkies. It focuses on lots of stretches and working out tense, stiff muscles. This is not a typical “Swedish” or relaxing massage. For athletes, the “pain is the gain” and the discomfort that sometimes accompanies this type of massage is worth it for them as it can help to increase their strength, endurance and performance.



Essential oils can enhance a Sports Massage. Using oils that penetrate deeply into muscles while also helping to ease inflammation

can be very beneficial. Great oils to use would be: Lemongrass, Marjoram, Rosemary, Aroma Siez, Deep Relief, and PanAway.

### **Cranial Sacral**

Cranial Sacral Therapy is often performed as an adjunct to massage therapy. This technique involves a specific holding procedure that is applied to the bones of the skull and the sacrum. This helps to allow the natural flow of cerebral-spinal fluid to achieve balance and function within the nervous system. It is used successfully to treat a wide range of medical problems such as migraine headaches, chronic pain, brain and spinal cord injuries, chronic fatigue, emotional instability and much more.

This therapy was first developed in 1898-1900 by physician William Sutherland, DO. He realized that the cranial and sacral bones seemed to be beveled and found they could be gently moved and manipulated. He also recognized that both the cranial and sacral

bones seemed to move in a synchronistic fashion to one another. He went on to study this phenomenon and trained many practitioners over the life of his career.

In the late 1970's, physician John Upledger along with other clinical researchers, published results on this therapy work. In 1985, Upledger formed "The Upledger Institute" and now mentors and trains thousands of students a year in his personalized technique.

Essential oils could easily be incorporated into this therapy depending on what medical issue the client presents. If a person suffers from migraines, then utilizing M-Grain would be a wonderful addition. If they have chronic fatigue, then I would suggest Geranium, Thyme, Vetiver, Joy or Stress Away. Many essential oils can complement and enhance the Cranial Sacral Therapy depending on the condition presented.

## **Shiatsu Massage**

Shiatsu is a traditional hands-on therapy that originated in Japan. There are many different types of Shiatsu and the craft is constantly evolving to new and different styles.

Traditionally, it is used to help unblock your body's natural energy flow, otherwise known as "Chi" or "Ki". The therapist will perform a rhythmic massage using the thumb, finger and palm. The pressure points massaged will generally correspond with the body's meridian points. Usually this is done either on the floor or on a low table. It helps to improve circulation, relieve stiff and tense muscles and induce a feeling of relaxation thereby alleviating stress. Most times, the client is dressed so it would not be a typical "massage" where a carrier oil would be used.

Even though your client would be fully dressed for a Shiatsu Massage, essential oils could still add benefits to this session. Again, I would evaluate the client's history and current symptoms, and pick an oil that would help them during this therapy and complement the Shiatsu Massage.

## **Layering of the Oils**

Assuming you've got some experience using the therapeutic oils, the layering of different oils can be quite beneficial. For instance, say a client comes in with some muscle pain and discomfort from too much exercise and now the muscle is inflamed and sore. You can start by using Marjoram mixed in with your carrier oil and work out the muscle a bit. Then, you can add a few drops of Peppermint for the "cooling" effect it has on muscles and inflammation. Then you could apply a third oil like Basil. This layering effect allows multiple oils to get into the targeted muscles, bringing with them all their various therapeutic properties, resulting in an enhanced healing experience for your client.



## Chapter 14 - Additional Methodologies for Healing Utilizing Therapeutic Essential Oils

### **Vita Flex Technique**

This is a technique that is very similar to that of Reflexology. It is said to have originated in Tibet thousands of years ago. A specialized form of massage therapy that is performed on the hands and (more importantly) the feet, it is powerful for releasing blocked and stuck energy patterns in the body. When used with the oils, its therapeutic value is enhanced significantly and this benefits the entire body.

There is a complete network of reflex points on the feet and hands that correspond to organs and glands throughout the body. When those particular points are stimulated by direct contact from your fingers, electrical impulses are created that follow nerve pathways through the body. Blocked energy patterns in the body are generally caused from toxins, injuries or damaged tissues, and in my personal opinion, emotional instability.

Using the oils along with the Vita Flex Technique, helps to break up these stuck energy patterns and allows the energy to flow freely through the body. The oils bring nutrition and oxygen to the cells and this in turn helps to release the imbalance.

While traditional Reflexology stimulates precise acupressure points on the feet, the Vita Flex Technique involves more of a rolling and releasing motion. This involves finding the particular place on the foot that corresponds to the organ or gland you want to work on and then using a rolling method with your fingers. Unfortunately, the Texas Department of Health prohibits “online classes” from teaching “technique,” so I cannot give you step-by-step instructions nor go into any greater detail.

Fortunately, there is great information available from Young Living and you can read about it here:

[http://www.younglivingworld.com/resources/vitaflex\\_main.asp](http://www.younglivingworld.com/resources/vitaflex_main.asp)

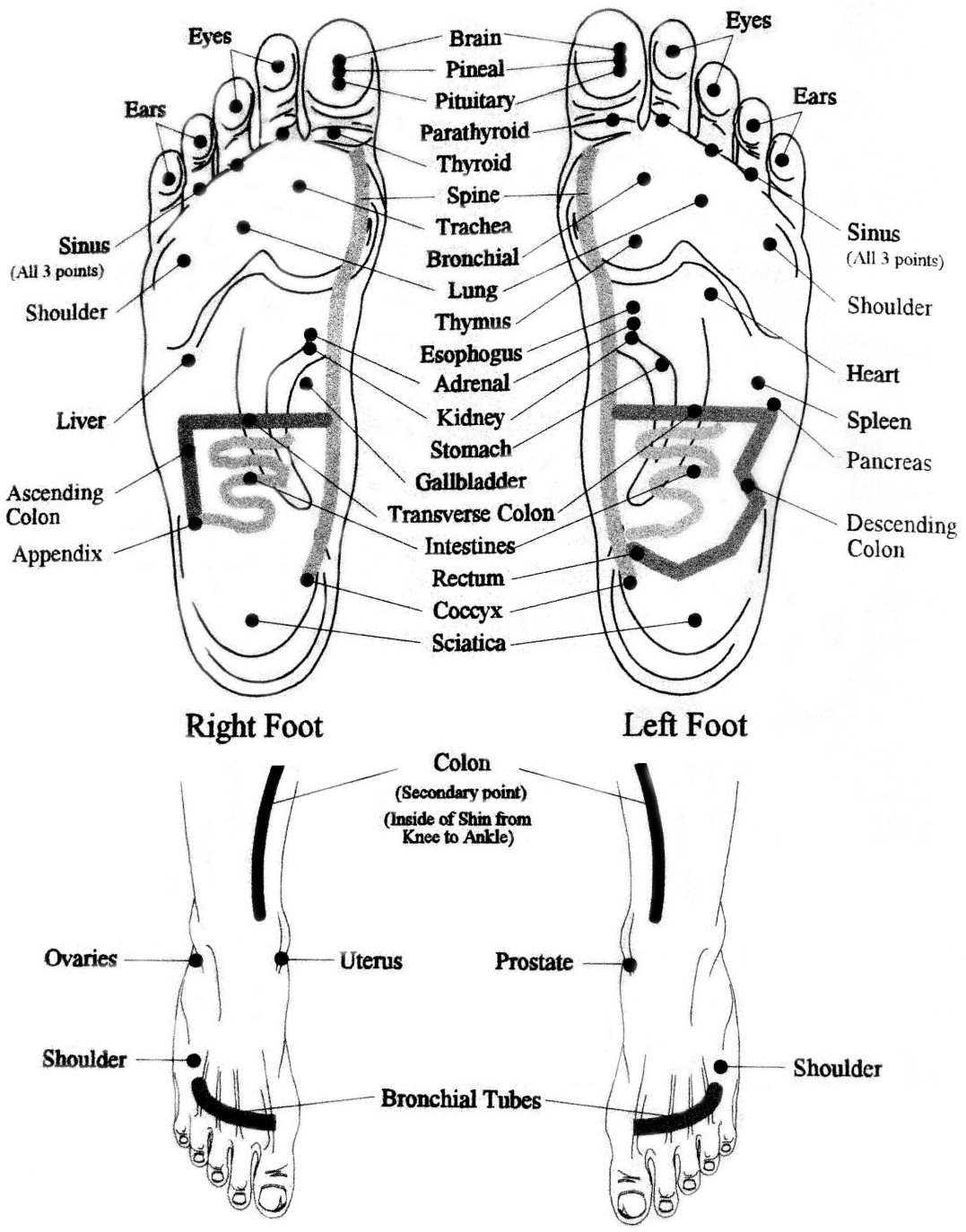
Combining the above procedure with the essential oil you want to use (for instance Valor is really wonderful to use along the spine reflex area on the foot), enhances the body’s ability to release that stuck energy.



Chart used with permission by Connie & Allan Higley from their book, [Reference Guide for Essential Oils](#).

Reference Guide For Essential Oils

# VITA FLEX FEET CHART



## **Raindrop Therapy**

Raindrop Therapy Technique was developed by Gary Young, the founder of Young Living Essential Oils. This system is based on several factors:

1. Research has shown that essential oils have incredible effectiveness against microbes and bacteria. (*See Studies in Appendix C*).
2. The VitaFlex Technique and acupressure points in the foot correspond to various organs and glands within the body.
3. An ancient system of medicine from the Lakota Indians in South Dakota who use effleurage to assist the muscles and nervous system within the body.

After spending time with the Lakota people and learning about their history of healing and how their system had evolved, he realized that incorporating the therapeutic essential oils into this practice would heighten the effectiveness of the treatment. So he created the Raindrop Technique in 1989.

Not only does it help with relaxation and stress relief, but it assists with the removal of toxins from the body that are stored deep within. It also cleanses the tissues and cells of the body. The essential oils used along the spine during this technique also help adjust spinal misalignments.

In 2001, David Stewart, PhD sent a questionnaire to 2,000 health practitioners, massage therapists and clients to gain understanding about this technique. He received 422 responses which went into detail about the 14,000 Raindrop sessions that had been performed. He published his findings in “[A Statistical Validation of Raindrop Technique](#)” and you can read more about it by clicking the link. In summary, Raindrop proved to be a valuable technique for most people and they would do it again.

This therapy is powerful, non-invasive and uses the therapeutic action of particular essential oils which possess anti-bacterial, anti-viral and anti-inflammatory properties. Because of the chemical constituents that are present with each of the oils used, the therapeutic value to the client is significant. This is normally a 1 ½ hour to 2 hour therapy session. It involves the use of 9 essential oils: Oregano, Thyme, Basil, Cypress, Wintergreen, Marjoram, Peppermint, Valor and Aroma Siez. Together these oils work synergistically to kill bacteria and viruses, reduce inflammation from muscle, bone or joint discomfort, support and increase the immune system, reduce stress and induce a sense of calm and wellbeing.

There are detailed steps and procedures that go along with performing this technique. Unfortunately, the Texas Department of Health prohibits “online classes” from teaching “technique”, so I cannot give you step-by-step instructions nor go into any greater detail.

Fortunately, there is great information about this technique available from Young Living and you can read about it here:

[http://www.younglivingworld.com/resources/raindrop\\_main.asp](http://www.younglivingworld.com/resources/raindrop_main.asp)

## Chapter 15 -- How to Be a Better Massage Therapist

It is important you build a relationship and develop a bond with your clients. This will assuredly set you apart from other massage therapists. As I'm sure you realize this is a very popular business. More and more people are turning to massage therapy for their stress relief. As we become busier in our day-to-day lives, with constant pressure and stress at work and at home, more people will continue to seek you out.

This places you in a very unique situation. If you are just like every other massage therapist in town, you won't have anything different to offer them. ***You absolutely must stand apart from the crowd.*** Offering therapeutic essential oils during your massage therapy session is one way to do that. Listening to your clients and asking them questions, is another way.

Normally, with a new client, they are ushered into the massage therapy room with the therapist. There, the therapist might spend 1-2 minutes quickly assessing their needs. "Where don't you feel comfortable getting touched?" and "Do you have any special needs or areas that need extra attention?" are the two most common and sometimes ***only*** questions asked.

I believe this is a mistake. I know time is of the essence and hopefully, you've got another massage scheduled right after this

client. But if you don't take extra time to really get to know them, you're missing out on a valuable opportunity to make a connection with them and build (hopefully!) a long-term relationship. During the massage is not the time to try to find out how they are and if they have any physical complaints. ***They are there to relax and you should not be talking unless they address you.***

Because I'm also a Naturopath, I'm used to talking to people for about an hour during a consultation. But I do take extra time with my massage therapy clients too. I'm not talking about a lot of extra time. ***Really only a few extra minutes.*** Just enough to ask them if they have any physical or psychological issues going on that might be causing them extra stress. Are they being treated for anything special? Are they experiencing extra pain? Do they suffer from headaches or insomnia? General questions like these can not only give you insight into the appropriate treatment for them, but can make them feel like you care about them as a person and you want to provide the best possible care for them. It also will help you determine which essential oils might be better suited for their therapy session. If they say they have "some challenges," a great response is, "Tell me more." This will allow them to elaborate (if they choose) and not give you just simple "yes" or "no" answers. It's a great way to discover what's going on with a client. If they reveal they have a physical illness, ask them if they have tried some other natural healing methods like acupuncture, homeopathy, herbs, etc. This will give you a clue as to the level of their open-mindedness

and is a great time for you to introduce the therapeutic essential oils you use.

If you sense hesitation or distance from them, that's OK. Perhaps they are not used to so much attention! Just gently explain to them you care and want to help them as best you can as their therapist. You have 1 hour with them and you want to be able to give them the best massage they've ever had! Quite a statement I know, but they will appreciate your caring attitude, the extra time you spend with them and will be more likely to refer your services to others.

After the massage, again take a few minutes. Assess how they are doing. Look at their body language...do they look relaxed? Ask if the areas of tension they had before the massage, have eased and if they are feeling better. Be sure to bring up any special issues they had mentioned; i.e., if they had a headache before the massage, ask how it is now. If you used any essential oils during the massage, ask them for feedback. Did they enjoy the smell? Did it make them feel any different? Again, if there was a headache or particular pain they had that you used an essential oil on, how is it now? Have them rate their pain level on a scale of 1-10; what was the rate before the massage? What about after? This helps them get in touch with their physical bodies and honestly, most people really have so much discomfort they really can't tell if there is a change, so it is up to you as their therapist to mention if you can see a difference in how they look, stand, walk, etc. Oftentimes when

you point it out, they realize that it's true and this is a wonderful moment for them. Be sure to tell them you'd like to have another opportunity to work on them and fine tune your routine with them. Mentioning you would love the chance to have another therapy session with them, will lay the groundwork for a continued relationship. If you sense they have had a positive experience, it's a great time to schedule their next appointment or mention that you appreciate referrals. You just became their favorite therapist and you surely will get this client back in your office!

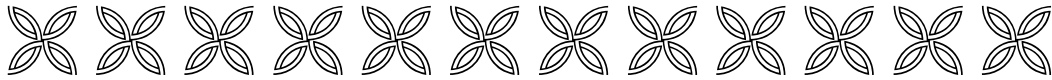
Finally, following up with them with a phone call or hand-written note is a wonderful way (again) to let them know you care. It keeps you on their mind, gives you the opportunity to tell them of any specials you have coming up or anything new about your therapy practice you want to share with them. Again be sure to ask if they have friends or family that could benefit from your services. This is relationship building and bonding at its finest.

Have you heard the popular phrase, "the fortune is in the follow-up?" I believe this to be true and again developing a relationship and caring attitude with your clients will ensure your place in their life. They will come to you when they are stressed and turn to you for advice if they have a healing challenge and need a referral.





**T E X A S**  
M A S S A G E C E U



In summary, I hope you now have an appreciation for incorporating the use of therapeutic essential oils in your massage therapy practice and the merits it has for both you and your clients. We all are involved in the natural healing field to help other people and to promote health in a natural environment. Educating people about the benefits of massage therapy and essential oils can enhance their wellbeing and enlighten them as to integrative and natural healing methodologies available to them.



**THANK YOU for taking this e-book class. I hope you found this e-book class to be informative and helpful.**



**T E X A S**  
**M A S S A G E C E U**

## **APPENDICES**

## Appendix A – Suggested Uses

Remember whenever a client is scheduled to come in for a massage, the first thing you should always ask them is how they are? Of course, they may start talking about their “aches and pains”....this being one of the many reasons they are coming to you! They want relaxation and perhaps relief from some pain or achiness that they feel. But listen beyond that. When they talk about being tired, ask them if they are not sleeping well? How are they emotionally? Do they have anxiety or any depression? Are they going through a hard time in their life....dealing with a difficult job or perhaps having marital/relationship difficulties? Is it allergy time and are their sinuses giving them fits?

All of these things would be clues for you to use particular oils that could help them in this 1 hour time slot you have with them. For new clients, this extra minute or two you spend with them to get to know them and their history, could be the difference between them coming back to you or not. So ask the questions; be sympathetic and concerned. Suggest to them that you use an essential oil during your massage treatment. If they don't know about oils, you can briefly explain how they bring about change to the body and that they do it subtly and without any harmful chemicals or adverse reactions. Let them smell several oils to see which one(s) really resonates with them.

The following is a list of suggested uses to be used as a quick reference for you to look up when someone comes in and says they have “X”. Look it up here, go and check each oil to see which one you might have on hand that you could offer them. Your clients will thank you for taking that extra time to listen to them. Remember that there are over 200 essential oils that could help your clients. What I have presented here is only a small fraction of what is available, so if these oils do not help, there are many others that you could try as well. You’re not giving medical advice or prescribing, but merely suggesting something wonderful to smell that can also work therapeutically in the body to help bring about balance and an enhanced massage experience.

# Head

## Headaches / Migraines

Basil

Lemongrass

Peppermint

Rosemary

Wintergreen

M-Grain

## Mental Alertness / Sharpness / Clarity

Basil

Lemongrass

Peppermint

Rosemary

## Memory Loss

Peppermint

Rosemary

# **Body**

## **Allergies**

Lavender

## **Chronic Fatigue**

Geranium

Thyme

Vetiver

Joy

## **Circulation**

Cypress

Helichrysum

Lemon

Lemongrass

Orange

Ylang Ylang

Aroma Life

Pan Away

Stress Away

## **Digestive**

Basil

Black Pepper

Patchouli

Peppermint

Roman Chamomile

Thyme

### **Immune System**

Clove

Frankincense

Lemon

Melaleuca

Orange

Oregano

Sandalwood

Thyme

Thieves

## **Insomnia**

Marjoram

Orange

Roman Chamomile

Sandalwood

Vetiver

Ylang Ylang

Joy

Peace & Calming

Valor

White Angelica

## **Lymphatic Drainage**

Geranium

Helichrysum

Lemon

Lemongrass

Rosemary

Sandalwood

Aroma Life



## **Respiratory**

Balsam Fir

Eucalyptus

Frankincense

Oregano

Peppermint

Thyme

## **Sinus / Nose**

Balsam Fir

Eucalyptus

## **Toothaches**

Black Pepper

Roman Chamomile

Thieves

## **Urinary**

Basil

Copaiba

## **Weight Management**

Black Pepper

Grapefruit

Peppermint

# Hormones

## Hot Flashes

Cypress

Peppermint

## Endometriosis

Geranium

Marjoram

## Regulating Hormone Balance

Geranium

Jasmine

Joy

## PMS

Roman Chamomile

# Skin

## Acne / Eczema / Psoriasis

Bergamot

Cypress

Frankincense

Geranium

Grapefruit

Helichrysum

Jasmine

Lemon

Melaleuca

Orange

Patchouli

Roman Chamomile

Sandalwood

Vetiver

## Burns / Scars

Lavender

Patchouli

## **Cellulite**

Cypress

Geranium

Lemon

Lemongrass

Patchouli

Rosemary

## **Ringworm / Athletes Foot / Fungus**

Melaleuca

## **Varicose Vein**

Cypress

## **Water Retention**

Cypress

Grapefruit

# **Joints / Muscles / Nerves**

## **Anti-Inflammatory**

Copaiba

Frankincense

Helichrysum

Patchouli

Roman Chamomile

Vetiver

Wintergreen

Ylang Ylang

Deep Relief

Pan Away

Relieve It

Valor

## **Connective Tissue / Ligaments**

Lemongrass

Pan Away

## **Joint Pain / Arthritis / Rheumatism**

Balsam Fir

Black Pepper

Clove

Copaiba

Cypress

Eucalyptus

Lemon

Marjoram

Oregano

Peppermint

Rosemary

Thyme

Vetiver

Wintergreen

Aroma Siez

Deep Relief

Pan Away

Relieve It

## **Muscles -- Tight / Sore / Spasmed / Overworked**

Balsam Fir

Basil

Clove

Copaiba

Eucalyptus

Frankincense

Helichrysum

Marjoram

Orange

Peppermint

Roman Chamomile

Rosemary

Wintergreen

Aroma Siez

Deep Relief

Pan Away

Relieve It



## **Nerve / Neuralgia**

Black Pepper

Marjoram

Peppermint

Thyme

## **Sprains / Strains / Injuries**

Basil

Lemongrass

Marjoram

Rosemary

Aroma Siez

Deep Relief

Pan Away

Relieve It

# Emotions

## ADD / ADHD

Roman Chamomile

Vetiver

## Anxiety

Bergamot

Geranium

Jasmine

Roman Chamomile

Rose

Vetiver

Ylang Ylang

Joy

Stress Away

Valor

White Angelica

## **Calming / Relaxing**

Bergamot

Vetiver

Joy

Peace & Calming

Valor

White Angelica

## **Depression**

Bergamot

Grapefruit

Helichrysum

Jasmine

Lavender

Orange

Patchouli

Roman Chamomile

Rose

Vetiver

Ylang Ylang

Joy

Valor

White Angelica

### **Grief**

Bergamot

Jasmine

Rose

Joy

### **Moodiness**

Bergamot

Geranium

Joy

White Angelica

## **Nervous Disorders**

Geranium

Helichrysum

Lemongrass

Roman Chamomile

Ylang Ylang

Joy

Peace & Calming

Stress Away

## **Seasonal Affective Disorder (SAD)**

Bergamot

Grapefruit

## **Stress**

Frankincense

Peace & Calming

Stress Away

Valor

# Children

## Behavioral

Roman Chamomile

Vetiver

Peace & Calming

## Appendix B – Quotes from Bible Referring to Essential Oils

There are over 200 references to aromatic substances throughout the Bible. Frankincense, myrrh, Galbanum, Cinnamon, Cassia, Rosemary, Hyssop and Spikenard were used for anointing and medicinal uses for the sick. Here is a small sample compilation for your reference:

Leviticus 2:15 – “And thou shalt put oil upon it and lay frankincense therein: it [is] a meat offering.”

Song of Solomon 4:6 - “Until the day break, and the shadows flee away, I will get me to the mountain of Myrrh and to the hill of Frankincense.”

Matthew 2:11 – “And when they were come into the house, they saw the young child with Mary his mother, and fell down, and worshipped him: and when they opened their treasures, they presented on him gifts: gold, and frankincense and myrrh.”

Proverbs 7:17 – “I have perfumed by me with myrrh, aloes and cinnamon.”

John 12:3 – “Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus and wipes his feet with her hair: and the house was filled with the odour of the ointment.”

Nehemiah 13:9 – “Then I commanded, and they cleansed the chambers: and thither brought I again the vessels of the house of God, with the meat offering and the Frankincense.”

Psalms 51:7 – “Purge me with hyssop and I shall be clean: wash me, and I shall be whiter than snow.”

Psalms 45:8 – “All thy garments (smell) of myrrh and aloes (and) cassia, out of the ivory palaces, whereby they have made thee glad.”

## Appendix C – Scientific Studies & Research on Essential Oils

There are hundreds and hundreds of scientific studies being conducted on the therapeutic uses of essential oils. Here is a small sampling for your information:

The effects of the inhalation method using essential oils on blood pressure and stress responses of clients with hypertension:

<http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=Search&term=Hwang%20JH.%20%2B%20essential%20oils&doptcmdl=Books>

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The effects of aromatherapy on stress and stress response in adolescents:

[http://www.ncbi.nlm.nih.gov/pubmed/19571632?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_DefaultReportPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/19571632?ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)

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Effect of aromatherapy on patients with Alzheimer's Disease:

<http://www.ncbi.nlm.nih.gov/pubmed/20377818>

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Anti-microbial Properties of Spices and Their Essential Oils:

<http://jac.oxfordjournals.org/cgi/content/full/47/5/565>

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Effect of essential oils on the course of experimental atherosclerosis:

<http://www.ncbi.nlm.nih.gov/pubmed/2293166>

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## Appendix D – Instructions for Obtaining Your Certificate of Completion for your Twelve (12) hour Continuing Education Class.

When you are ready to take the assessment for this class, please click the link on your Dashboard page.

You will need to log into the website to take the assessment.

Remember that it is YOUR responsibility to turn your Certificate of Completion into the state, along with your renewal paperwork and form. If you have any questions about this process, please contact the TDLR.

If you enjoyed this class, I would encourage you to please tell your massage therapist friends!

Stay Healthy and Well!  
*Melissa M. Wood, ND, MTI, LMT*

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<sup>69</sup> Vetiver. WebMD.. <http://www.webmd.com/vitamins-supplements/ingredientmono-695-VETIVER.aspx?activeIngredientId=695&activeIngredientName=VETIVER>

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<sup>71</sup> Ylang Ylang Oil. WebMD. <http://www.webmd.com/vitamins-supplements/ingredientmono-697-YLANG%20YLANG%20OIL.aspx?activeIngredientId=697&activeIngredientName=YLANG%20YLANG%20OIL>

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<sup>73</sup> Young Living Essential Oils. [http://www.youngliving.com/en\\_US/products/wellness/mobility/aroma-siez-essential-oil](http://www.youngliving.com/en_US/products/wellness/mobility/aroma-siez-essential-oil)

<sup>74</sup> Young Living Essential Oils. [http://www.youngliving.com/en\\_US/products/wellness/mobility/deep-relief-roll-on](http://www.youngliving.com/en_US/products/wellness/mobility/deep-relief-roll-on)

<sup>75</sup> Young Living Essential Oils. [http://www.youngliving.com/en\\_US/products/essential-oils/blends/joy-essential-oil](http://www.youngliving.com/en_US/products/essential-oils/blends/joy-essential-oil)

<sup>76</sup> Young Living Essential Oils. [http://www.youngliving.com/en\\_US/products/essential-oils/blends/m-grain-essential-oil](http://www.youngliving.com/en_US/products/essential-oils/blends/m-grain-essential-oil)

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<sup>79</sup> Young Living Essential Oils. [http://www.youngliving.com/en\\_US/products/wellness/mobility/relieve-it-essential-oil](http://www.youngliving.com/en_US/products/wellness/mobility/relieve-it-essential-oil)

<sup>80</sup> Young Living Essential Oils. [http://www.youngliving.com/en\\_US/products/essential-oils/blends/stress-away-essential-oil](http://www.youngliving.com/en_US/products/essential-oils/blends/stress-away-essential-oil)

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