



The National Association for Holistic Aromatherapy

Aromatherapy Journal

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Seasonal Self Care

Profile: Eucalyptus globulus & 1,8 cineole

Herbal Infusions and Decoctions

The Language of Nature in Spring

**Labeling Aromatherapy Products for Retail Sale
and Much More!**



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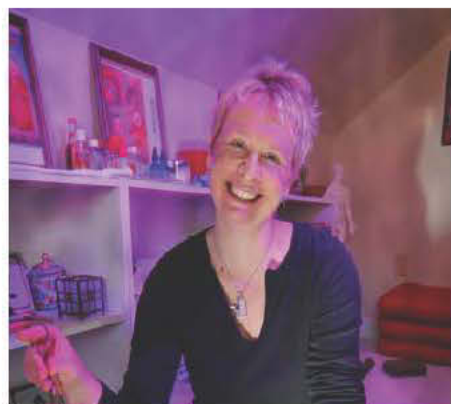


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Kelly Holland Azzaro is a Registered Aromatherapist, Certified Clinical Aromatherapy Practitioner, Certified Bach Flower Practitioner, Licensed Massage Therapist, Reiki Practitioner and Two-Term Vice President and current Past President of NAHA. Kelly is part of the NAHA Aromatherapy Journal Committee and helps with gathering, compiling, editing and layout of articles and educational content for both the Aromatherapy Journal and Newsletters. She also oversees the NAHA Safety Committee and participates in dispersion of information about safe use of essential oils for the general public and NAHA Members via the NAHA website, publications, committees and regional directors. www.ashitherapy.com

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Vice President: Annette Davis

Annette Davis is a Clinical Nutritionist with over 20 years of Aromatherapy experience. She began her Aromatherapy career as the Secretary of the first American Aromatherapy Association (AATA) founded in 1987. She regularly teaches aromatherapy and clinical phytotherapy classes to health professionals and medical students. Annette has studied under Dr. Jean Claude Lapraz for 20 years. Dr. Lapraz is a practicing French Medical Doctor, world-renowned pioneer in the field of clinical phytotherapy and aromatherapy, and the co-innovator of Endobiogénie. Annette practices Endobiogénie at the Endobiogenic Integrative Medical Center (EIMC) located in Pocatello, ID. Annette is also the customer relations manager for Time Laboratories, a longtime, well-respected natural products manufacturer founded by her Grandmother, Annemarie Buhler. www.eimcenter.com

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Jennifer Hochell Pressimone is a Holistic Aromatherapist, Herbalist, Educator, Author and Owner of JennScents, Inc., a custom blending aromatherapy bar in Clermont, Florida. She has blended, formulated and created essential oil products for therapeutic use since 1999. Jennifer has been a professional donor member of NAHA since 2004, a Director since 2005 and Public Relations Coordinator since 2010. Jennifer is dedicated to bringing more awareness to the use and benefits of true aromatherapy. Through her books, educational classes and research, she hopes to make significant contributions to the world of aromatherapy and help others help themselves. www.jennscents.com

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Secretary: Sharon Falsetto

Sharon Falsetto is a UK certified Clinical Aromatherapist who trained with Penny Price Aromatherapy. After traveling widely, personal circumstances led her to move to the United States in 2006; she founded her own aromatherapy practice, Sedona Aromatherapie, in 2007. Sharon has training at one of the highest levels in English aromatherapy but with an understanding of the American market. She also has a graduate honors degree in business, a diploma in reflexology and over ten years experience of UK government health related services. Sharon loves to write about aromatherapy, share information about aromatherapy, and to teach and inform others about true aromatherapy! www.sedonaaromatherapie.com

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2013 March Teleseminar

March 14 with Dr. Aviva Romm



Essential Oils in the Treatment of Common Vaginal Infections

Most women will have a vaginal infection at some time in their lives; some women will have chronic problems. While conventional medications can be helpful, issues around safety as well as drug resistance, and women's desires for a more natural approach, require us to seek alternatives in the botanical world. As a midwife and MD for 25 years, I have successfully used essential oil and botanical medicine combinations to treat common infections and will share my favorite preparations with you!

About Aviva Romm:

Aviva Romm is a Yale-trained physician, a home birth midwife, an award winning herbalist and the author of seven books, including Botanical Medicine for Women's health, a textbook. She practices Functional

Medicine with Mark Hyman at The UltraWellness Center in Lenox, MA. Aviva is dedicated to vitality and optimal health for women and children. She is also a mother, a teacher and speaker, an artist, and a woman who lives from the heart.

When: March 14, 2013

Times: 5:30 pm Pacific, 6:30 pm Mountain, 7:30 pm Central, 8:30 pm Eastern

Fee: Tele-conferences are free to NAHA Members and \$50. for non-members.
(the only fees you may incur are from your long distance phone service)

Tele-conferences can be applied towards ARC required credit hours towards renewal.
www.aromatherapycouncil.org

To Register: Please send email to
naha2013president@gmail.com
by March 7th to register for this teleseminar.

Beauty and Self Care

Seasonal Self Care

by Katie Vie



Over the long winter months I chose to pass some time by watching several documentaries in the “interesting people” section of my movie rental store. One was a film about Vidal Sassoon, you know, “if you don’t look good, we don’t look good”. I gleaned a pearl of wisdom from this 81 year old legend, one that I’ve skirted around for a long while. It is this: you must develop a disciplined self care practice so that you may survive doing what you love. It was that last bit that really hit home; practicing self care is not just following the most current list of healthy-things-to-do, or an attempt to retain a youthful glow, or have an “ideal” body. It is an offering to yourself so that you can do the thing/s that you love for as absolutely long as possible, and enjoy it fully. The youthful glow, focused mind and healthy body are gravy; it’s getting the opportunity to throw yourself at what you love that matters.

Aromatherapy is an ideal component to self care. Aromatic botanicals offer so many benefits; they reach us on every level, they soothe or excite nearly all of our senses. Over the next year, I will be writing Seasonal Self Care with hope that you will be inspired to incorporate aromatherapy into your own self care practice.

Our self care practices shift with the seasons. With the turn of the earth, there are different resources available, different opportunities and different challenges. Our self care routines inevitably reflect and accommodate this. And so, without further ado...

It’s spring! We made it! Here on the East coast of the Northern hemisphere we have survived the long nights, the cold temperatures, the drying indoor heat, colds and flu, cabin fever, and fading tan lines. Now, as the daylight lengthens, we begin to see new life popping up

through the snow, we hear different bird-songs and we get to eat fresh asparagus and zesty, evergreen buds. With the promise of spring comes, also, some challenges: warm dampness increases and pollen begins to drift through the air. We are tempted to start a gazillion projects, and plant rows and rows of zucchini (literally and metaphorically), leaving us feeling burdened and overwhelmed. For me, it helps to look at what is opposite us in the yearly cycle: autumn equinox, a time when we harvest the many things that we planted, or compost what dies, or what was too much. There is dryness, finally, to meet the dampness. There is darkness, finally, to allow for rest from such productive months. We are able to co-create our seasonal experiences with what nature effortlessly, and predictably, presents.

Now, for some practical self care tips and recipes for springtime!

Breathe Deep Steam Inhalation

This blend is soothing to sinuses that are irritated from pollen, and a fantastic, stimulating facial steam.



- 1 drop rosemary (*Rosmarinus officinalis*)
- 3 drops spike lavender (*Lavandula latifolia*)
- 4 drops lemon (*Citrus limon*)
- 2 drops eucalyptus (*Eucalyptus globulus*)

Blend these essential oils together in a small dish and then add them all at once to a bowl of steamy water. Cover your head with a towel or cloth, creating a tent in which the fragrant steam can linger. Keep your eyes closed as you bend over the steamy bowl.

Take cautious inhalations through your mouth and nose until you can comfortably take long, deep breaths through your nose. Inhale until the steam has dissipated. Repeat up to 3 times a day. Let the aroma linger on your skin and in your hair.

Spring Clean Body Powder

This blend is nice for several things: chasing off/preventing dermal fungus presence; drying out odoriferous, wet feet; and also as a nice full body pick-me-up to help meet the exuberant energy of the season.

- 11 drops lemon (*Citrus limon*)
- 20 drops lavender (*Lavandula angustifolia*)
- 2.5 oz or ¼ cups baking soda

Combine the three components, making sure that the essential oils are distributed thoroughly. You may need to use your fingers to blend it in, just like you are making pie crust. Store in an airtight container.

Apply once or twice throughout the day to the affected area, or to your whole body after bathing. Dust the powder onto your body with a puff or your hands. Do not inhale it! A tip: you can also blend this with a little water to make a thick paste to scrub counter tops and bathrooms, or with a little vinegar to scrub wooden cutting boards.

Spring Meditation Oil

This blend is designed as a meditation aid, a way to be present with the season of spring: new beginnings, inspiration, playfulness and joy. While designing this blend, I was inspired by the work of aromatherapist: Robbi Zeck, and have indicated her emotional pairings along side each essential oil listed below:

- 4 drops lavender (*Lavandula angustifolia*) - nurtured
- 5 drops nutmeg (*Myristica fragrans*)-revitalized
- 4 drops bergamot (*Citrus bergamia*) - encouraged
- 1 drop eucalyptus (*Eucalyptus globulus*)-integrated
- 1 drop ginger (*Zingiber officinale*)-sustained

Blend components together in a one dram amber bottle, or the equivalent. Fill the remainder of the bottle with jojoba (*Simmondsia sinensis*) oil, if you

like to apply it topically, or salt, if you want to simply inhale it. If the aroma is not strong enough for you, simply double or triple the recipe within the same one dram bottle.

Take long, luxurious whiffs as you are moved to do so.

Feel-Better Bathing Salts

These salts are designed to sooth bodies which are tired and sore from digging garden beds and playing a lot.

- 10 drops basil (*Ocimum basilicum*)
- 12 drops black pepper (*Piper nigrum*)
- 40 drops grapefruit (*Citrus paradisi*)
- 25 drops lavender (*Lavandula angustifolia*)
- 14.5oz / 1.5 cup Epsom salt
- 14.5oz / 1.5 cup coarse sea salt

Blend all components together into a glass jar, making sure that the essential oils are distributed thoroughly. The aroma should be quite strong.

Draw your bath, and as you are perched at the side of the tub, ready to sink in, add 1-3 cups of the salts. You don't want to miss out on the olfactory component. Soak in these salts until you are sufficiently soothed. Store a batch of these salts in a glass jar, away from light and heat.

Happy spring to you all! I will hold an image of us as an aromatic tribe, exemplifying the delights of spring, the importance of self care, and the power of aromatics. See you in the summer!

About Katie Vie

Katie Vie has been immersed in the fragrant world of aromatherapy nearly half of her life. She lives in the mountains of Western North Carolina with her dogs and a Pirate. Currently, Katie designs and blends a product line called River Island Apothecary. From her studio she also maintains a small aromatherapy practice and teaches. Katie's work is a marriage of therapy and beauty; a delight for the senses.

To learn more about Katie, please visit:
www.katievie.com

ESSENTIAL OIL MONOGRAPH:

Eucalyptus globulus

by Jade Shutes



Taxonomy

Botanical Family: Myrtaceae

Common Names: Blue gum Eucalyptus, Australian fever tree leaf, fever tree leaf, Tasmanian blue gum leaf

Botany and History

Botany: *Eucalyptus globulus* is a medium-sized evergreen woodland tree that can grow up to 60m. It is native to Australia. Mature woodland trees usually have extensive roots that are frequently deeply penetrating, but in plantations the roots are often more shallow. There is usually a single trunk, much branched. The lower bark is rough, grayish or brownish, the upper bark smooth, pale, and often with a bluish tinge, decorticating in long strips. The mature leaves are dark glossy green and firm. It bears fragrant white flowers as it matures.



History and Myth: Eucalyptus species have a history of traditional use by the Australian aboriginal people who refer to it as 'malee'. The genus name Eucalyptus comes from Greek eukalyptos, meaning 'well-covered', and refers to its flowers that, in bud, are covered with a cup-like membrane that is thrown off when the flower expands. Eucalyptus has been integrated into traditional medicine systems of the Chinese, Indian Ayurvedic, and Greco-European.

It is utilized for its counter-irritant and expectorant activity in India and for its ability to relieve nerve pain in China. The present Ayurvedic Pharmacopoeia indicates its topical application for headache due to colds. Eucalyptus oil is used extensively in the United States and Germany as an expectorant component of cough and cold compounds in various oral dosage forms, including lozenges and syrups, and as an inhalant in vapor baths.

Regulatory Information

CAS #: 8000-48-4 (TSCA) and 84625-32-1

EINECS No: 283-406-2

FEMA #: 2466

INCI Name: Eucalyptus globulus oil

Extraction Information

Country of Origin: Australia, South Africa

Part of Plant Used: Leaves and mature branches

Extraction Method: Distillation

Oil Yield: 1-3%

Color of Oil: Pale yellow to clear

Blending Information

Odor Description: Strong, camphor like, balsamic, fresh

Blending Factor: 1

Note: Top note

Safety Information

- May antidote homeopathic remedies, generally safe to use
- Avoid applying near the nostrils of infants due to risk of spasm of the glottis, due to the cooling effect on the respiratory system, use *Eucalyptus smithii* or *E. radiata* with children
- Keep essential oil out of reach of children. Ingestion of the oil is toxic and can affect the central nervous, gastrointestinal, and respiratory systems. (Blumenthal, et al 1996)
- 1,8 cineole containing oils (e.g. Ravintsara, all *Eucalyptus* species, Rosemary ct. camphor and ct. 1,8 cineole, Cardamom, and many species of *Helichrysum*, Laurel Leaf, Myrtle, Spike Lavender) should not be used with barbiturates. 1,8 cineole increases the metabolic detoxification of these drugs, thus decreasing their effectiveness (reducing the dose more quickly than expected). (Butje, 2011)
- For infants and children, use low dilutions (1-2% only), or use *Eucalyptus smithii* or *E. radiata*

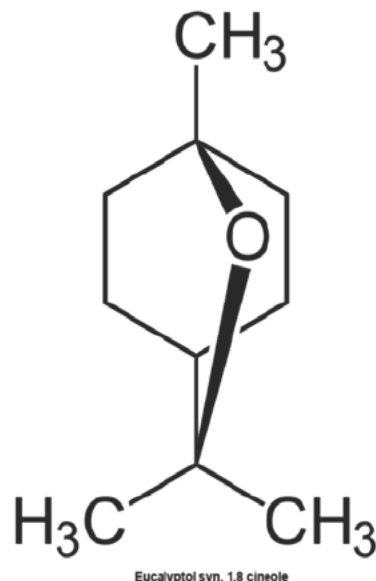
Chemical Components:

Chemical Feature: Rich in the oxide 1,8 cineole syn eucalyptol and monoterpenes

Research on 1,8 Cineole and Eucalyptus

• 1,8 cineole syn. eucalyptol or cajeputol is an oxide and an ether. The name 1,8 refers to the fact that the oxygen atom is bonded to the first and eighth carbon atoms. 1,8 cineole is found in high concentrations in such essential oils as: *Eucalyptus* species, *Laurus nobilis*, *Lavandula latifolia*, *Melaleuca quinquenervia*, *Myrtus communis*, *Rosmarinus officinalis* ct. cineole and *Elettaria cardamomum*.

• 1,8 cineole possesses noted antiviral activity, antitussive effects (relieves coughs), bronchodilator effects (helps to open the bronchial tubes (airways) of the lungs, allowing more air to flow through them),



mucolytic and mucociliary effects (mucolytics break down or dissolve mucus and thus facilitate the easier removal of these secretions from the respiratory tract by the ciliated epithelium, a process known as mucociliary clearance) and anti-inflammatory activity. 1,8 cineole also has positive effects on lung function parameters whether for the common cold or chronic obstructive pulmonary disease. (Harris, 2007)

• 1,8 cineole has been used in traditional medicine as a secretolytic remedy for bronchitis, sinusitis, and colds. (Juergens, et al. 2003)

• 1,8 cineole acts as an anti-inflammatory agent. (Bastos, et al. 2010 and Juergens, et al 2003)

1,8 cineole has clinically relevant anti-inflammatory activity in the treatment of bronchial asthma. This study had patients receiving 200mg t.i.d. orally. (Juergens, et al. 2003)

• Concomitant therapy with 1,8 cineole reduces exacerbations in chronic obstructive pulmonary disease (COPD). In a placebo-controlled double-blind trial, patients receiving 200mg of cineole internally 3 times a day experienced a reduced frequency, duration and severity of exacerbations associated with COPD. Secondary outcomes included: improved lung function, reduced dyspnea (shortness of breath) and increased quality of life. (Worth, et al. 2009)

Eucalyptus globulus continued

- 1,8 cineole showed bacteriostatic and bactericidal activity. (Sokovic, et al.) **Note: A bacteriostatic agent is a biological or chemical agent that stops bacteria from reproducing, while not necessarily harming them otherwise. A bactericidal, on the other hand, actually kills the bacteria.

- *Eucalyptus globulus* has growth inhibiting activity against bacterial strains which have been isolated from respiratory infections such as: *Staphylococcus aureus*, *Streptococcus pyogenes*, *S. pneumoniae* and *Haemophilus influenzae*, *H. parainfluenzae*, *Stenotrophomonas maltophilia*. (Cermelli, et al. 2008)

- Eucalyptol oil used in respiratory diseases has strong bactericidal activity and also antiinflammatory, expectorant and stimulating secretions of bronchial challenge properties. (Sienkiewicz, et al. 2011)

- Eucalyptus essential oil, due to its highly antibacterial activity, is used in combination with tea tree (*Melaleuca alternifolia*) and grapefruit (*Citrus paradisi*) essential oils to treat the malodor of necrotic ulcers. (Warnke et al. 2004)

- Eucalyptus oil is thought to increase the motility of the ciliated epithelium in the bronchia, thus explaining the expectorant effect of this oil. (Grassmann and Elstner, 2003)

- *Eucalyptus globulus* is able to implement the innate cell-mediated immune response and may serve as a new class of immuno-regulatory agents useful as adjuvant in immuno-suppressive pathologies, in infectious disease as well as in tumor chemotherapy. (Serafino, et al. 2008)

- *Eucalyptus citriodora* and *Eucalyptus globulus* demonstrated analgesic and anti-inflammatory activity. (Silva, et al. 2003)

- *Eucalyptus globulus* leaves taken internally showed a considerable inhibitory effect on the growth of *Candida albicans* in both normal and diabetic rats. (Bokaeian, et al. 2010)

- *Eucalyptus globulus* essential oil showed anti-candidal activity and inhibited filamentation of these fungi. (Noumi, et al. 2010)



According to the German Commission E report:

The Commission E reported secretomotor, expectorant, mildly antispasmodic, and mild local hyperemic activity for cineole rich *Eucalyptus* species. In Germany, eucalyptus leaf is licensed as a standard medicinal tea, used for bronchitis and inflammation of the throat. In the United States, it is used mainly as a component of decongestant compounds, available in galenical dosage forms including aqueous infusion, alcoholic fluid extract or tincture, inhalants, essential oil, and native extract in solid dosage forms.

In both the United States and Germany, eucalyptus oil is used extensively as an expectorant component of cough and cold compounds in various oral dosage forms, including lozenges and syrups, and as an inhalant in vapor baths.

The Commission E approved the internal use of eucalyptus oil for catarrhs of the respiratory tract and its external use for rheumatic complaints.

Interactions with Other Drugs

The Commission E notes that eucalyptus oil induces the enzyme system of the liver involved in the detoxification process. Therefore, the effects of other drugs can be weakened and/or shortened when taken internally.

Dosage and Administration

Internal: Unless otherwise prescribed: 0.3-0.6 g per day essential oil or other equivalent galenical preparations.

Tincture: Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

Eucalyptus globulus continued

External:

Essential Oil: Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

Ointment: Semi-solid preparation containing 5-20% essential oil (in a base of paraffin, petroleum jelly, or vegetable oil) for local application. (Salve)

Inhalant: Add a few drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

The German Commission E report information was obtained from: <http://cms.herbalgram.org/expandedE/Eucalyptusoil.html>

Therapeutic Actions:

Analgesic (Silva et al., 2003), antibacterial (Ghalem and Mohamed, 2008), anti-inflammatory (Silva et al. 2003), antirheumatic, antiseptic, antispasmodic, antitussive, antiviral, balsamic, decongestant, depurative, diuretic, expectorant, febrifuge, insecticide, rubefacient, stimulant, vermifuge, vulnerary

Keywords:

Clearing, stimulating, antimicrobial, expectorant

Core Aromatic Applications

Circulatory System: stimulating, good support oil for the stimulating properties of black pepper or juniper, can support detoxification programs

Digestive System: diarrhea (caused by viral infection), intestinal parasites, candida albicans

Musculoskeletal System: muscular aches and pains, arthritis, rheumatism, plantar fasciitis, sprains

Respiratory System: chronic bronchitis, acute bronchitis, sinusitis, asthma, antiseptic qualities good for sore throat and infections, laryngitis, clears the head especially when used with rosemary and peppermint essential oil, nasal congestion, coughs, cold, flu, pertussis

Skin: herpes simplex (Schnitzler et al., 2001),

shingles, chickenpox, measles, acne, ulcers, wounds, boils, burns, cuts

Psyche and Emotion: uplifting, refreshing, can have a “cooling” emotional effect, clears and stimulates the mind, aids concentration, good for exhaustion, balancing when there is an energy imbalance, purifying and cleansing to negative energies, especially after an argument

Ayurveda: Useful for Kapha excess conditions presenting as mucus or lethargy. Cooling and light. According to Lad and Durve (2008), ‘*Eucalyptus globulus* has a pungent rasa and vipaka. In moderate doses it is cooling, but in higher doses it is heating. Pacifies Vata and Kapha, it primarily acts on the lungs and sinuses (decongesting and bronchodilator). *Eucalyptus* has a cooling effect on the surface of the skin, but is heating on the mucus lining’.

Traditional Chinese Medicine: *Eucalyptus* is unparalleled in its ability to clear Lung-Phlegm for TCM work and as a general tonic to Lung-Qi; is suited to the individual who feels emotionally “hemmed-in” or constricted by their surroundings and can help to provide “room to breathe”.

Sample Blends with *Eucalyptus globulus*:

Respiratory Salve

1 ounce jojoba oil and 1 ounce of beeswax. Melt down beeswax in double boiler and slowly add in jojoba oil. Stir well. While this is heating and melting, prepare jars.

For each 25ml jar add: 10 drops *Eucalyptus globulus*, 4 drops *Melaleuca alternifolia*, 3 drops *Citrus limon*, 7 drops *Mentha x piperita*, and 10 drops *Rosmarinus officinalis* (either camphor or cineole chemotype).

Once the salve is completely melted add to jars. Cap quickly, shake and then set aside to harden. Once hardened, the salve is ready for use.

Eucalyptus Muscle Rub

- 1 ounce jojoba or other organic vegetable oil
- 14 drops *Eucalyptus globulus*

- 7 drops *Mentha x piperita*
- 12 drops *Lavandula x intermedia*

Combine all ingredients in glass container, shake well. Apply to muscular aches and pains as needed.

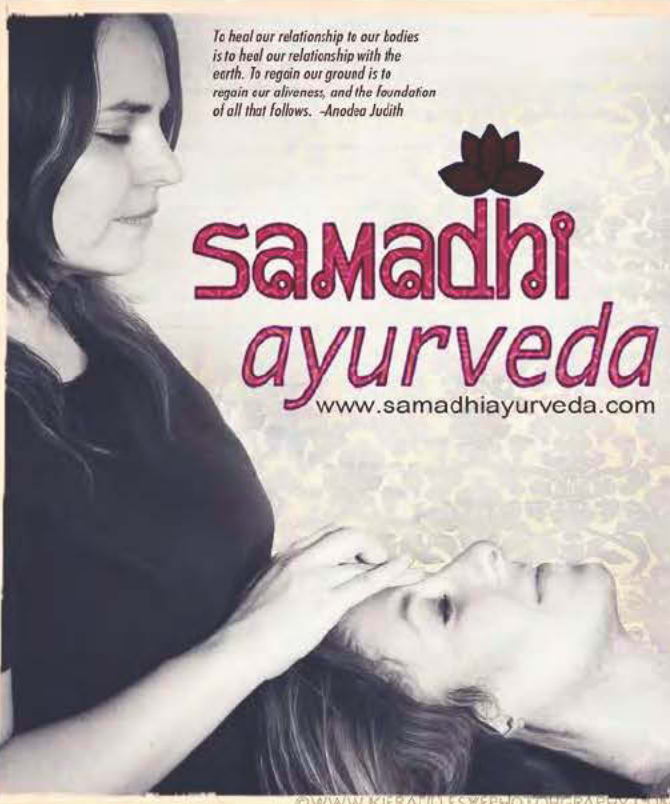
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To heal our relationship to our bodies is to heal our relationship with the earth. To regain our ground is to regain our aliveness, and the foundation of all that follows. -Anodea Judith



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EXPLORING AYURVEDA

The Language of Nature in Spring

by Radha Crawley

In Sanskrit, the ancient vibrational language of India, Ayur means life and Veda means science/knowledge of; thus Ayurveda translates to the science/knowledge of life.

Spring is a time for new growth, ascendancy and fresh potential. Buds begin to burst and their baby leaves begin to unfurl while once dormant seeds germinate. Spring is a time of increased warmth and wetness from a thawing of the winter snow. Because of the wetness and coldness from the winter, Kapha has accumulated by this time. Spring in Ayurveda is considered a Kapha time of the year.

Kapha is a Sanskrit word meaning, “that which binds things.” It is one of the three doshas, or elemental combinations in Ayurveda. Kapha is a mixture of earth and water. This kaphic mixture produces the qualities of heaviness, dampness, moisture, stability, and slowness. Spring is a perfect representation of these qualities, think “mud”. It is also important to note here that the elements found in the seasons and the environment, are also found in the body; our thoughts, the food we eat, and the way in which we move through life.

In Ayurveda, good health is defined by harmony in the physical body, mind, emotions, and the spirit with the goal to always to find balance. The primary principle being: Like increases like; opposites decrease. For most people this principle is common sense. For example, if we are out on a hot summer day in the sun we naturally seek shade after a while. In the spring our goal is to bring lightness, warmth, movement, and dryness to the body, as these are the opposite qualities than those present in the atmosphere; and thus, they will bring balance to the whole being.



In the spring everyone will feel, to some degree, the influence of earth and water in the atmosphere. In the body when kapha is predominant, at the point of conception, individuals will often be large framed, soft and easily gain weight. They are loyal, compassionate, great listeners, nurturing, calm and peaceful. Their sleep is long and sound and they are slow to learn new things; however, once learned, they never forget. When a person has too much kapha accumulation from their lifestyle or the presence of spring, they tend to feel unusually sluggish, have difficulty waking, feel overly attached to people and material possessions, and are likely to experience respiratory imbalances; such as sinus infections, chronic colds, coughs, thick white tongue coating, water retention, and weight gain.

There are many ways to balance kapha in the body. Remembering like increases like and opposites decrease, we would naturally turn to activities, thoughts, foods, and practices that encourage warmth, stimulation, cleansing, lightness, dryness, and movement to the body. Kapha also tends to accumulate in the lungs, and so, is best treated by focusing on clearing mucus from the stomach and

The Language of Nature In Spring *continued*

lungs with expectorants such as; ginger (*Zingiber officinalis*), black pepper (*Piper nigrum*), and cinnamon (*Cinnamomum zeylanicum*). Below you will find some specific ways to balance kapha in the spring:

- **Rise with the sun.**
- **Daily aerobic activity such as dancing and brisk walking.**
- **Daily Dry Skin Brushing to increase lymphatic flow.**
- **Daily deep, brisk massage with Kapha balancing massage oil:**
 - 2 oz organic sesame oil (*Sesamum indicum*)
 - 5 drops rosemary ct. verbenone (*Rosmarinus officinalis*)
 - 3 drops eucalyptus (*Eucalyptus smithii*)
 - 3 drops eucalyptus (*Eucalyptus dives*)
 - 5 drops tulsi (*Ocimum sanctum*)
 - 6 drops Himalayan cinnamon (*Cinnamomum cecidodaphne*)
 - 5 drops lemon (*Citrus limon*)
- **Sip homemade Chai Tea daily:**
 - 4 cups Fresh spring water
 - 8 whole organic cloves (*Syzygium aromaticum*)
 - 10 whole cardamom pods (*Elettaria cardamomum*)
 - 6 whole black peppercorns (*Piper nigrum*)
 - 4 whole pippali (*Piper longum*)
 - 2 sticks of cinnamon (*Cinnamomum zeylanicum*)
 - 4 slices fresh ginger root (*Zingiber officinalis*), cut ¼ inches thick
 - 1 cup of milk of choice
 - Maple syrup or honey to taste

Crush whole spices slightly in a mortar and pestle. Bring water and spices to boil in a pot. Lower heat and simmer 15-20 minutes. Add milk, strain into cup, and add sweetener.



- **Sauna with kapha balancing mist**
 - 4 oz Spray bottle
 - 2 oz organic frankincense (*Boswellia frereana*) hydrosol
 - 2 oz fresh spring water
 - 3 drops lemongrass (*Cymbopogon citratus*)
 - 6 drops *Eucalyptus citriodora*
 - 5 drops sweet Orange (*Citrus sinensis*)
 - 5 drops ruby grapefruit (*Citrus paradisi*)
- **Maintain your spiritual practice with meditation, journaling, art and creative projects.**
- **Utilize Sound Therapy with drumming, chimes, gongs and tuning forks.**
- **Foods should focus on the astringent, bitter, and pungent. Tastes such as sweet, salty, and sour increase Kapha.**

Examples of beneficial foods are: small legumes such as lentils, split peas, split mung beans, adzuki beans, lacinato kale, swiss chard, collard greens, dandelion greens, mustard greens, chilies, ginger, millet, quinoa, brown rice, and barley.

Overall, spring is a marvelous time to go within; to nurture, develop and plan your dreams and goals. Just as it is natural to plant seeds for our summer

The Language of Nature In Spring *continued*

garden in spring, nature is also holding space for us to plant our own seeds now, to be harvested in the fall. Anything done steeped in the energy of earth and water (kapha) is sure to take root and become a stable, nurturing endeavor.

About Radha Crawley

Radha Crawley is a Licensed Massage Therapist (LMT) and Certified Ayurvedic Educator. Radha has successfully incorporated holistic health into her families' lives for well over a decade. Her Ayurvedic training began at Kayakumari School of Ayurveda where she studied Ayurvedic Body therapies, Panchakarma and received her Certificate in Ayurvedic Education.

Radha will complete her Bachelor of Arts degree from Prescott College in 2013 in Holistic Health and Transpersonal Psychology. She is also honored to be currently studying with an Ayurvedic Doctor, Vaidya Mishra, BAMS, of the Shankya Vansya Ayurveda lineage and Maya Tiwari of Wise Earth Ayurveda®. She is the owner of Samadhi Ayurveda in beautifully diverse Northern Arizona.

To learn more about Radha, please visit:

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BUSINESS AND LEGISLATION

Labeling Aromatherapy Products for Retail Sale

by Marie Gale



There is a vast difference between aromatherapy products developed for, and used in, massage therapy or other therapies and aromatherapy products for retail sale. The difference is not in the product itself, but in the manner in which it is regulated at a state and federal level. Once a product is entered into “commerce,” it falls under the jurisdiction of the Federal Trade Commission (FTC). If it is considered or marketed as a food, drug or cosmetic, it falls under the jurisdiction of the Food and Drug Administration (FDA).

The Federal Trade Commission (FTC), through the authority of the Fair Packaging and Labeling Act (FPLA), sets the standard for the labeling of all consumer commodities. A consumer commodity, as defined by the FPLA, includes:

“any food, drug, device, or cosmetic ... and any other article, product, or commodity of any kind or class which is customarily produced or distributed for sale through retail sales agencies or instrumentalities for consumption by individuals, or use by individuals for purposes of personal care or in the performance of services ordinarily rendered within the household, and which usually is consumed or expended in the course of such consumption or use.”

The difficulty with labeling aromatherapy products is that a single product could be identified, for regulatory purposes, as a food, drug, cosmetic or household product based solely on the use of the product and/or the claims made about the product. It is important to understand that the claims made about the product are not just those on the product label itself, but also those claims made in any material accompanying the product, including website text, and may also include claims made in any advertising about the product.

Consider lavender (*Lavandula angustifolia*) essential oil. If lavender essential oil (*Lavandula angustifolia*) were to be used in a diffuser for its pleasant fragrance, it would be a household product, but if a claim of “curing insomnia” were to be made, it would be a drug. If it were intended to be added to salad dressing and consumed (unlikely, but possible), it would be a food. If it were to be applied to the skin through massage as a topical blend in almond (*Prunus amygdalus*) oil because the fragrance is “nice”, it would be a cosmetic, but if applied to the skin as an anti-bacterial, it would be a drug.

The key, then, in labeling an aromatherapy product for retail sale, is determining the use or application of the product and the intent or claims made about the product.

Household Products

Household products are ones that are not intended to be used on the body and include aromatherapy products such as; room sprays, candles and essential oil diffusers. Providing there are no drug claims, there are virtually no restrictions on these products other than safety considerations (e.g. for burning candles).

Drugs and Drug Claims

The FDA defines a drug as: “articles intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease,” and “articles (other than food) intended to affect the structure or any function of the body of man or other animals” [FD&C Act, sec. 201(g),(1)]

Based on this definition; many of the traditional, anecdotal, or even proven qualities of essential oils commonly used in aromatherapy fall under

the class of drug claims. To make a statement that a room spray contains lavender (*Lavandula angustifolia*) essential oil “which helps you sleep” or a topical treatment contains “anti-bacterial” tea tree (*Melaleuca alternifolia*) essential oil, renders the product a drug in the eyes of the FDA.

In order for a drug to be sold in the United States, it must have premarket approval by the FDA for the intended use (following a very strict, detailed, time-consuming and expensive process), or be included in a specific, approved monograph for the intended use for over-the-counter (OTC) drugs. It also must be manufactured in accordance with drug manufacturing regulations in an approved facility. A product for which drug claims are made, and which is not approved by the FDA, is subject to enforcement actions by the FDA.

Cosmetics

The FDA defines a cosmetic as: “*articles intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body...for cleansing, beautifying, promoting attractiveness, or altering the appearance*” [FD&C Act, sec. 201(i)].

Typical cosmetics are lotions and creams, bath products, make-up and hair products. Massage oil, provided no drug claims are made, is considered a cosmetic in that it is “promoting attractiveness” or “beautifying,” but not actually altering physical function or structure.

Traditionally, perfumes or fragrance products applied to the body are considered cosmetics by the FDA. In the eyes of the FDA, aromatherapy products are another version of a perfume – unless claims are made that imply the, “diagnosis, cure, mitigation, treatment, or prevention of disease,” or a change to the function or structure of the body.

Cosmetics are overseen by the FDA, but do not require approval in advance of being marketed. Facilities manufacturing cosmetics do not need to be approved or registered with the FDA, (although there is a Voluntary Cosmetic Registration Program administered by the FDA).

Mental and Spiritual Well-Being

The area of mental and spiritual well-being is not explicitly addressed by the FDA. Aromatherapy products which promote spiritual well-being could, for the sake of argument, be considered to be “beautifying” or “promoting attractiveness,” as spiritual well-being on the inside creates beauty and attractiveness on the outside.

Certainly there are drugs approved for the prevention, cure, or mitigation of mental “diseases,” and an aromatherapy product that specifically claimed to relieve symptoms of, say, ADHD (Attention deficit-hyperactivity disorder), would be considered a drug.

However, claims of improving mental focus, relaxation or calmness – all of which might affect the symptoms of ADHD, but are more in the realm of mental and spiritual well-being – are less clearly defined by the FDA. The FDA states on their website, that the agency will, “make judgments on a case-by-case basis.”

Product Labeling Requirements

The type of product, as determined by the use of the product and/or the claims made about the product, establishes the requirements for the content of the label on the product.

Under the Fair Packaging and Labeling Act, the label on any consumer commodity must contain:

1. Name of the item
2. Net Contents (including metric measurements)
3. Name and Address (of manufacturer or distributor)

Therefore, all aromatherapy products, regardless of what they are, how they are used or what claims are made, must have the three items above on the product label.

For cosmetics, the FDA, which is responsible for implementing and enforcing the FPLA requirements as applied to foods, drugs and cosmetics, requires:

4. Declaration of ingredients (in descending order of predominance)

Labeling Aromatherapy Products for Retail Sale *continued*

Finally, for drugs, there are additional approval and label requirements which can be found on the FDA website (www.fda.gov).

As an additional note, there are specific requirements as to placement of these four items on the label, required font sizes based on the container size, and the way the net contents are displayed. There are also some alternatives to listing all ingredients in descending order of predominance and specifications on how to handle "blended" ingredients (such as infusions or tinctures) which are added to the final product. Details are available on the FDA website.

In Summary

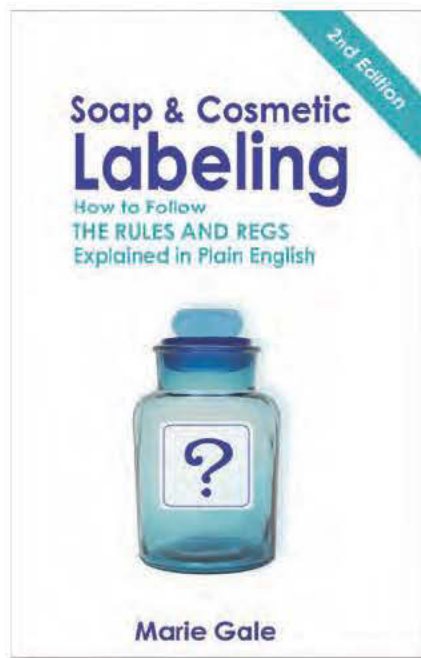
When preparing labels for aromatherapy products to be sold in a retail environment, always include the name of the product, name and address of the manufacturer or distributor, and the net contents of the package. Include the ingredient declaration if the product is to be applied to the body in any way. Carefully consider the type of claims that are being made about the product, and determine if any of the statements being made should be revised

or removed in view of how they might affect the regulatory authority over the product.

Aromatherapy, in its many forms, is a valuable alternative or adjunct to established forms of treatment. Introducing aromatherapy products into retail channels can help make the benefits of aromatherapy available to a wider public audience. When aromatherapy products are correctly labeled, they will withstand the scrutiny of the FDA and stay on the market to the benefit of all consumers.

About Marie Gale

Marie Gale is the author of *Soap and Cosmetic Labeling: How to Follow the Rules and Regs Explained in Plain English* and *Good Manufacturing Practices for Soap and Cosmetic Handcrafters*. She has been a member of the Handcrafted Soapmakers Guild since 1999 and is Past President of the HSMG (2004-2009). Marie currently resides on her family's ranch in southwest Oregon. **To learn more about Marie**, please visit: www.mariegale.com



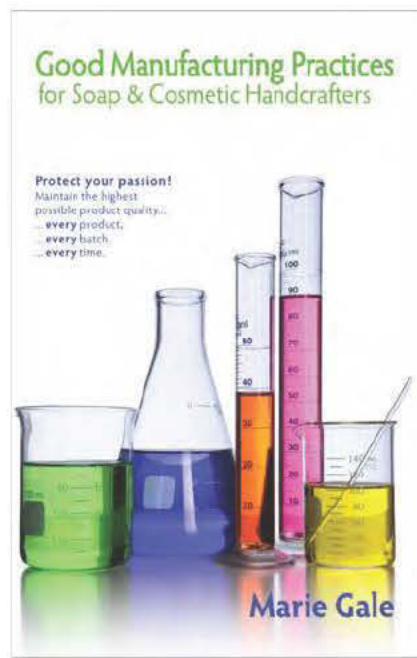
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ROOTS OF HERBALISM

Herbal Infusions and Decoctions

by Juliet Blankespoor



If you've ever made a cup of tea with a teabag then you've made an herbal infusion. Teabags are certainly convenient, but if you want to prepare your own herbal blends or concentrated medicinal teas, then learning how to use dried herbs, in the form of infusions and decoctions, is indispensable. Buying herbs in bulk, or growing and gathering your own, is also substantially cheaper than purchasing teabags. Personally, I love the sensory pleasures of preparing dried herbs—homemade tea blends enhance my enjoyment of each herb's texture, color and aroma.

Before we delve into the details of tea preparation let's take a look at the benefits and downsides of water extraction as a delivery method for medicinal botanicals. Tea is one of the most ancient forms of medicine, and can be very comforting and pleasurable to drink. It is cheaper than capsules

or tinctures (alcohol extracts), and the body is able to assimilate it easily. Many medicinal herbs have a strongly unpleasant flavor, so most people opt to ingest these herbs in the form of capsules or tinctures. Certain herbs, however, can help to mask these bitter flavors: cinnamon (*Cinnamomum verum* and cassia, Lauraceae), cardamom (*Elettaria cardamomum*, Zingiberaceae), and licorice (*Glycyrrhiza glabra*, Fabaceae) are a few examples. Medicinal teas also have the added benefit of hydration, except, of course, if the herbs are diuretic, i.e. (promote water loss). In addition, teas are a better choice than tinctures for those who want, or need, to avoid alcohol. Water is an excellent solvent for minerals, mucilage, volatile oils, and most medicinal constituents, although it doesn't easily extract resins or some alkaloids. For that reason, alcohol is the preferred solvent for resinous herbs; such as poplar buds, or Balm of Gilead (*Populus* spp., Salicaceae).

If you have the time, make your tea fresh daily. I will typically prepare a quart of tea in the morning and slowly sip on it all day. It is easy to bring your tea out and about with you in a glass mason jar, thermos, or stainless steel beverage container. Tea will keep fresh at room temperature for about twelve hours, and then it will develop an off, or stale, flavor.

Many people find it more convenient to make three days worth of tea at a time, and while the tea is not as fresh, it is a viable option if it makes the difference between drinking tea or not. You can make a triple batch of tea and place it in the refrigerator. It is then easy to heat up individual cups of tea.



Herbal Infusions and Decoctions *continued*



Many beverage teas are quite enjoyable cooled in the summer heat, and if you have a big batch in the refrigerator it is easy to reach for a cup. Also, consider preparing ice cubes of herbal tea. I freeze hibiscus (*Hibiscus sabdariffa*, Malvaceae) and schisandra (*Schisandra chinensis*, Schisandraceae) tea into ice cubes, and then on busy days I pop the ice cubes into my water container as I'm heading out the door.

Infusions

An herbal infusion is made from lightweight plant material— namely leaves, flowers and fruits. Herbs with a high percentage of volatile oils are also typically prepared as an infusion, even if they are thicker plant parts, like roots and bark. The infusion can be prepared in a French press, stainless steel pot, ceramic or glass teapot, or a stainless steel or bamboo infuser. Some herbalists use mason jars for their infusions, but I do not recommend this practice as mason jars can sometimes have cracks, and break when exposed to boiling water. If you really want to use a mason jar, make sure to place it in the sink when you pour your water, in case it breaks. An

infusion is prepared by bringing the desired amount of water to a boil, pouring it over the herb, and letting it sit covered, for twenty minutes. After straining the herb, the tea can be drunk immediately, or cooled to room temperature and refrigerated.

Decoctions

A decoction is basically a simmered tea, and is the preferred form of preparation for bark, roots, medicinal mushrooms, and hard non-aromatic seeds. Decoctions are typically made in a stainless steel or stovetop-safe glass pot. The herb is placed in water and brought to a boil, then simmered with a lid on for 20 minutes to a half hour. Take off the heat, strain and enjoy. It is possible to simmer your decocted herbs again for a few more rounds; as long as they are still yielding a strong tasting tea, they are still good. Store your roots in the refrigerator between decoctions to reduce microbial growth.

If you are making a tea mixture containing herbs to be infused and decocted, simply make your decoction, turn off the heat, and add your herbs to be infused.





Proportions for Herbal Infusions and Decoctions

Folk method: Here is a general guideline in figuring herbal proportions: 1 teaspoon of dried, cut, and sifted herb, or herbal formula, or 2 tablespoons of fresh herb per 8 ounces of water. Note this strength is not exact as different herbs have varying densities and surface area. (This is a volume measurement and not a weight measurement.) Alternately, many herbalists use the following proportions: one handful of an herb, or herbal blend, to one quart of water. Typically a daily dose would comprise of three to four cups of tea. This form of loose measurement is fine for most situations, but is not appropriate for herbs that have a high potential for side effects. After you gain a greater familiarity with each herb, you will easily be able to throw together a daily herbal tea blend without even thinking— it becomes second nature.

Weight method: 0.5-5 grams of dried herb, or herbal combination, for each 1 cup of water (Note this is a more exact measure since it is using weight.). The dosage is typically one cup (8 ounces) of tea, three times a day. When using multiple herbs in a formula, decrease the amount of each individual herb. The dosage varies depending on the herb(s) being employed; you will want to research each herb and its particular dosage. Another factor is the person's constitution – if the individual is weak or sensitive, smaller dosages will be needed.

Experiment with herbs as simples (single herbs) in order to familiarize yourself with each botanical's unique flavor and aroma.

Some herbs are generally very safe and are used as food, examples are: chickweed (*Stellaria media*, Caryophyllaceae), hibiscus (*Hibiscus sabdariffa*, Malvaceae), burdock (*Arctium lappa* and minus, Asteraceae), violet (*Viola* spp., Violaceae), nettles (*Urtica dioica*, Urticaceae), rosehips (*Rosa* spp., Rosaceae) and hawthorn (*Crataegus* spp., Rosaceae). The proportions of these teas are more flexible. Pungent herbs such as clove (*Syzygium aromaticum*, Myrtaceae), cayenne (*Capsicum annuum*, Solanaceae), and black pepper (*Piper nigrum*, Piperaceae) will obviously have a smaller dosage and a more pronounced effect on the imbiber.

Note, that the above proportions are typical in western herbalism; however, many traditional forms of medicine, such as Ayurveda or TCM (Traditional Chinese Medicine), favor more concentrated medicinal teas. I tend to use higher dosages than most other western herbalists, especially in acute situations, as I have more success with stronger medicine. That being said, stronger is not always better. Find your own strategies; use common sense, research, and use your senses and intuition. Many herbs, including beverage teas, can have adverse reactions when combined with pharmaceuticals; consult a trusted health care practitioner if you have concerns.

Determining dosage in children by weight:

To determine the child's dosage by weight, you can assume that the adult dosage is for a 150-pound adult. Divide the child's weight by 150. Take that number and multiply it by the recommended adult dosage. For example, if your child weighs 50 pounds, she will need one-third the recommended dose for a 150-pound adult. If the adult dosage is three droppers full of a tincture, she will need one third of that dose, which is one dropper full (1/3 of 3 droppers full). A 25-pound child would need one-sixth the adult dose, so she would receive one half of a dropper full (1/6 of 3 droppers full).

Resources:

Mountain Rose Herbs Bulk: organic herbs, spices, and essential oils. Bottles, presses, strainers and infusers, seeds, extracts, books

Mushroom Harvest: Medicinal mushroom powders, extracts, and capsules. Ohio

Pacific Botanicals: Growers and Suppliers of Organic bulk herbs, ships fresh herbs

Frontier Natural Products Co-op: Bulk herbs, spices, bottles, presses, strainers and infusers

About Juliet Blankespoor:

Juliet Blankespoor is the director and primary instructor at the Chestnut School of Herbal Medicine in Asheville, North Carolina, where she teaches botany, plant identification, human anatomy and physiology, wild foods, and bioregional community herbalism. Juliet also shares her love of plants through her herbal articles and botanical photography in her Blog Castanea (<http://blog.chestnutherbs.com>).

To learn more about Juliet and her school, please visit her website at: <http://chestnutherbs.com>



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BUSINESS SUCCESS

Outsourcing Work to Fiverr.com

by Liz Fulcher



Why Outsource?

Whether you're working your aromatherapy business on a full-time or part-time basis, most of us have limited hours in the day to get everything done. Even if you have time, you may not have the necessary skill to get a particular aspect of your work completed. Let's say you're superb at making products, but can't figure out how to create attractive labels. Maybe you have mad skills at everything, but no time to produce what you want because you're spread thin with raising a family and filling orders.

Outsourcing, i.e., paying someone else to do work for you, can be a good way to grow a new business or to turn a profitable business into a powerhouse. The problem is that outsourcing can be very expensive. Fiverr.com is a great place to try outsourcing and getting some work off your desk.

What is Fiverr.com?

Fiverr.com is a website that connects service providers and customers. The uniqueness of this site is that every service offered is \$5.00 (thus the name Fiverr). If you think you can't get much for \$5.00, look again. You can often find services on Fiverr that you can't get anywhere else, for any price.

Fiverr.com is easy to use and the only fee incurred is the service that you pay for. Just sign-up for a free account and begin reading all the benefits and offerings. Be warned: this website can be way too much fun to browse! There are celebrity impersonators who will sing to your mother-in-law like Frank Sinatra or you can create a custom Magic Mike dance video, all for just \$5.00. Enter with a plan and a budget in mind, or you may be browsing for hours or buying services you don't need!

Buying on Fiverr.com

Bizarre services aside, if you're looking to outsource work for your aromatherapy business, you'll find some real gems here. Of course, as with any outsourcing service, you'll find both good and bad providers on Fiverr.com, so be sure to check feedback before hiring anyone. But for just \$5.00, it's an affordable way to experiment.

Because of the high competition on Fiverr.com, most providers are very fast to respond. They often turn work around in just a few hours. However, if you need something immediately, and don't have a Fiverr.com provider you're familiar with, I suggest you find another way to get the job done. The last thing you want is to miss a critical deadline because you relied on an untested (and unreliable) Fiverr.com seller!

Things You Can Outsource Using Fiverr.com

The website offers an extensive menu of services:

- Gifts (video greetings, handmade jewelry, postcards from foreign countries)
- Graphics & Design
- Video & Animation
- Online Marketing
- Writing & Translation
- Advertising
- Business
- Programming and Tech
- Music & Audio
- Fun & Bizarre
- Lifestyle
- Other

I Picked Out Two Services I Thought Would Be a Good Place to Start:

1. Graphics and Design Services

- ♦ Logo Designs
- ♦ Photography
- ♦ Presentation Design
- ♦ E-book Covers
- ♦ Flyers and Brochures
- ♦ Business Cards

Whether you need a new logo, a few button ads, or an e-book cover, Fiverr.com has a lot of designers that can create affordable graphics. Look for someone with a good reputation and request samples of their work to ensure that their style matches what you want in your design.

Graphics can be tricky to outsource until the person you are working with really knows you and your branding needs. Keep this in mind when hiring and either be willing to try something new or be open to making a few attempts before you find someone who really hits on a look you want.

Look for a graphics designer that will do at least one or more revisions so you have the chance to provide feedback and have some tweaks made if needed. Don't expect them to move mountains and recreate graphics for just \$5.00. Compare what you're getting to hiring the services of a professional who charges the current rate and you'll really get a good idea of the kind of deal you're getting on Fiverr.com. If you find someone good, keep their information and hire them again because good graphics people are very hard to find!

2. Video Services

Video is a fun category to browse on Fiverr.com. Service Providers will offer to make all sorts of fun recordings, like creating a Lego animation with your message for example. If you find you're comfortable making your own video but don't have a clue about editing, for \$5.00 you can have a Service Provider edit your video and even add music and titles. Another interesting service to consider is voice-over. You can record a short video, even a simple PowerPoint presentation, and have a voice-over artist read your script. These short videos make fantastic promotional pieces.

Making a Job Request on Fiverr.com

If you have a specialized task that needs to be done but you don't see it listed under the available services, consider posting a job request. Requests are listed on the Fiverr.com website and service providers then have the option to get in touch with you.

For \$5.00, it's Worth a Try

Fiverr.com can be a boost to your business if you do a little research. The tips I've shared here are just the beginning. With a little creativity and time on the Fiverr.com website, you'll find many more ways to use the services offered to help you grow your aromatherapy business.

About Liz Fulcher

Liz Fulcher is a Clinical Aromatherapist, Essential Oil Educator, Speaker, and Writer with over 21 years experience working with essential oils. Also known as 'The Fragrant Muse', Liz specializes in empowering others to succeed in their own aromatherapy practice. She owns the Aromatic Wisdom Institute, School of Creative Aromatherapy in Selinsgrove PA. **To learn more about Liz, please visit:** www.aromaticwisdominstitute.com





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AROMATHERAPY AND YOUR ANIMAL FRIENDS

Sniff and Scratch-Springtime Season Allergy Relief

by Kelly Holland Azzaro

In this article I will share some basic aromatherapy blends and helpful tips that can be useful for springtime seasonal allergy symptoms.

For most people, springtime is a time for breaking free from the cold winter weather and cabin fever of being inside too long without a daily dose of fresh air and sunshine. But for many, both people and pets, springtime also sprouts seasonal allergies due to an increase of pollens and other airborne allergens, ragweed, grasses and even moldy tree leaves and dirt. Just before spring begins, take this time of transitioning from the cold to warmer weather as a way to prepare both yourself and your animal friends for any spring allergies.

Instead of 'scratch and sniff', springtime pollens and allergens are often instigated from a 'sniff and scratch' response. Just a simple walk outside, a hike in the woods or a stint in your garden can lead to an instant bombardment by pollens and airborne particles. You may find yourself scratching or rubbing your face, nose, scalp and arms and legs (if exposed), or you may start to cough, sneeze or your eyes begin to itch. The same holds true for our animal friends, and if outside for longer periods of time, such as a horse turned out in a pasture 24-7, their exposure-time to pollens and other allergens is constant, and pollens cling to their skin and fur.

We've all seen a cat, dog or even a horse roll in the grass or pasture field. They can't wait to take that first post-winter roll in the grass to scratch their body and then shake off any excess tension. When watching this natural activity (especially with a big

horse) of rolling back and forth, back and forth, you can see the sheer pleasure it brings them. Yet, if your animal friend also suffers from seasonal allergies, the simple joy of rolling and walking in the grass can agitate their body systems, followed by an allergic response which can consist of: sneezing, coughing, itching, scratching, skin rashes (and worse), added stress to the respiratory system, and more chronic health issues such as asthma or COPD (Chronic Obstructive Pulmonary Disease).

Like clockwork each year; springtime also brings out all the biting bugs. With these creatures about, we have to be aware of bee and wasp stings, fly and spider bites, and of course any type of allergy that may occur from stings and bites. Biting midges (very annoying little gnats) are for some horses a nightmare! The horse will get an allergic response to the actual midge bite and from there it's a domino-effect of itching, scratching and even obsessive biting of the itchy area, followed by loss of hair and damaged skin tissue that resembles elephant-looking skin. Similar behavior/reaction can often be seen in dogs who suffer from hot spots (future column topic). The poor animal is miserable and so is the caregiver that may feel helpless and wants to bring quick relief to their animal friend.

We ask: how can we help ourselves and our animals naturally? There are many different options available to help those who suffer from seasonal allergies and who are in need of some immune system



Sniff and Scratch-Springtime Season Allergy Relief *continued*

support. Ayurvedic Medicine, Traditional Chinese Medicine, Naturopathic Medicine, Homeopathy and Aromatherapy all offer a more holistic and natural approach to supporting the body to help heal itself.

I like to create an 'allergy-relief care kit' to keep on hand year round. We have a dog, cats and two horses. We keep an extra kit at the barn for our horses.

Place items in an insulated lunch carrier, tool box or Rubbermaid type container. Label container and items. Include a list of emergency numbers and information: Veterinarian, Animal Poison Control, Ferrier and your contact phone numbers. (List the animal's name, age, known allergies and health issues).

The Allergy-Relief Care Kit includes the following items:

- Witch Hazel (skin wipes, bug bites/stings, rashes)
- Dr. Bronner's Liquid Baby Soap
- Saline Eye Wash (itchy allergy eyes)
- Aloe Vera Gel
- Essential Oils: Eucalyptus (*Eucalyptus radiata*), Lavender (*Lavandula angustifolia*), Helichrysum (*Helichrysum italicum*)
- Flower Essence: Bach Rescue Remedy
- Herbal tinctures of: Calendula and Yarrow Root
- Dry Green Clay in a jar or plastic baggie
- Epsom Salts in a jar or plastic baggie
- Ichthammol Salve/Ointment
- Calamine Lotion (clear or pink)
- Tweezers (for removing bee stingers/ticks)
- Instant Ice Pack, or ice pack holder with access to ice cubes
- Bottle of distilled water
- Clean Cotton Wash Cloths
- Organic Cotton Wipes
- Quick-dissolving Benadryl* for emergencies (*check with your veterinarian for dosage amounts for animals).

If you have access to a refrigerator in your barn or kennel area, consider keeping a few hydrosols on hand: (lavender, witch hazel and helichrysum), as well as ice packs and ice cubes.

Gentle Aromatherapy Tips and Blends:

Hydrosols are a gentle way to incorporate aromatherapy for use with your animal friends.

Hydrosols also offer an alternative to the more potent aromas of essential oils; for those who suffer with seasonal allergies and who may become hypersensitive to smells in general, especially during an allergy attack, hydrosols are a very useful aromatic-tool to keep on hand. You can also make hydrosol ice cubes to apply to the skin to help decrease inflammation, or soothe a bug bite or rash welts.

The following recipe blends are for use with dogs and horses. Avoid use with cats. Blends are for topical use only. If irritation occurs, discontinue use. Do not get in or near eyes, ears or nose.

Water...the Great Healer:

Make sure that your animal always has access to fresh clean water for internal consumption; you can also use water topically to help cleanse the outer body and give some relief from allergens.

Bath time (oh boy!): most horses love to have a bath by way of a hose water wash and rinse. And believe it or not, dogs who suffer from allergies, once they get a nice bath, feel such relief to have those pollens washed away, leaving their skin and coat clean and less greasy from all the scratching. They'll be thanking you for bath time! Bathing is a must once a week during seasonal allergy time.

Some animals may require additional bathing during high-pollen count zones.

Foot bath: for pets (dogs in particular that suffer from red, itchy, irritated paws due to grass pollens). Set up a mini plastic tub and jug of clean water near the door where your pets come in and out from the outdoors. Immerse your dog's paws into the water to wash off any dirt, pollens and particles that can work their way up in between the paw pads and toes. Dry with a clean cotton cloth.



Dry bath: in between bath time, use a wet cotton cloth or paper towel to wipe off pollens from your animal friend's coat, skin, paws and facial areas. I keep a set of cotton washcloths for each animal and wash those separately in a natural non-scented laundry detergent and dry in a dryer (avoid air drying the cloths outside due to pollens, or use an indoor wash rack to air dry). Having one face washcloth per horse/dog is a wonderful way to remove pollens from their facial and itchy skin areas.

Bath Time Blend:

To create a soothing body-wash for use with your animal friend/s: Dilute hydrosol/s with distilled water and mix with a non-scented liquid soap (such as Dr. Bronner's baby soap brand). Oatmeal shampoo is useful for sensitive skin and helps with itching.

In an aroma-safe jar or bottle, mix the following ingredients together:

- Lavender Hydrosol: ¼ cup
- Distilled Water: 1 cup
- Liquid Soap: approximately 1 capful (more if needed for larger animals).

Stir gently to mix all the liquids together.

Saturate the animal's coat and skin with warm water, apply the above mixture to animal's coat/skin

with gentle massage, and rinse with warm water. Follow with an ACV/water rinse if skin is greasy (see below).

Apple Cider Vinegar (ACV) Tea Body Rinse:

This body rinse can be useful for restoring skin pH, soothe itchy skin, calm rashes and welts, and has some added benefits for keeping biting flies, fleas and gnats at bay.

After bathing, apply a warm water/apple cider vinegar rinse to your animal friend's coat/skin. Rinse well or allow ACV mix to air dry for added bug relief benefit.

Mix the following ingredients together in an aroma-safe bottle/jar with cap, shake well before use:

- Apple Cider Vinegar (ACV): ½ cup
- Brewed Green Tea (cooled): ½ cup
- Distilled Water: 1 cup.

Apply to clean skin/coat, massage, rinse, pat dry.

This blend mixture can also be pre-made and kept in a glass jar in the refrigerator (for approximately 1-2 weeks, discard if moldy), and used for spot treatments to bug bites and stings.

Bug Bite Relief:

The following items in your natural allergy relief kit can be useful for bug bites and stings:

- **Witch Hazel** (soothes, cools and cleanses). Mix 1 drop of helichrysum and 1 drop of lavender essential oils with one teaspoon of aloe vera gel and ½ teaspoon of green clay, mix with enough witch hazel to create a topical paste to apply to bee and wasp sting welts. If you do not have any natural clay on hand, opt for calamine lotion (pink calamine works better for bug bites).

- **Ichthammol Salve/Ointment:** useful to draw out toxins, stingers, splinters and foreign materials from the skin, paw or hoof area. And don't forget about a simple ice pack to help with swelling and inflammation.

Sniff and Scratch-Springtime Season Allergy Relief *continued*



Natural Allergy Health Tips:

A healthy diet is one of the best places to start in order to maintain and strengthen the immune system. Speak with your holistic veterinarian to create a balanced diet for your animal friend's individual needs. A diet of natural and whole foods

can go a long way in preventing some seasonal allergy responses. Adding some fresh veggies and fruits, such as apples which contain Quercetin (a bio-flavonoid also known as the 'anti-allergy' supplement which offers natural antihistamine properties that can be useful for allergy symptoms (1)) to your dog or horse's food regime is a healthy way to add natural fiber and enzymes to their diet. There are also herbs that are useful for allergies too. Please check with your veterinarian for more information and resources.

Online Article 'Pets who suffer from Seasonal Allergies': <http://healthypets.mercola.com/sites/healthypets/archive/2011/07/05/valuable-nutrients-for-pets-who-suffer-from-seasonal-allergies.aspx>

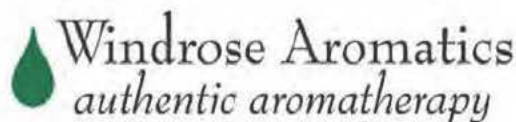
About Kelly Holland Azzaro

Kelly Holland Azzaro is a Registered Aromatherapist, Certified Clinical Aromatherapy Practitioner, Certified Bach Flower Practitioner, Licensed Massage Therapist, Reiki Practitioner, Past Vice President (NAHA) and current Past President of NAHA (National Association for Holistic Aromatherapy). Kelly has over 20 years professional experience in holistic aromatherapy and massage therapies for both people and their pets. She offers NCBTMB CEU Approved courses in Animal Aromatherapy and Flower Essences.

Kelly, and her husband Marco who is a Licensed Acupuncturist and Qigong Practitioner, have a Holistic Healing Center in the Blue Ridge Mountains of North Carolina. **To learn more please visit our website at:** www.ashitherapy.com

References and Resources:

(1) University of Maryland Medical Center: <http://www.umm.edu/altmed/articles/quercetin-000322.htm>



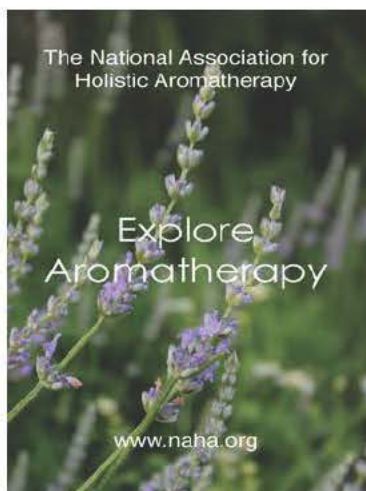
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SPRING CLEANING WITH ESSENTIAL OILS

by Nikki Loscocco-VanZandt



Introduction

While studying aromatherapy I became intrigued with the idea of using essential oils to clean my home. I thought, "why not use essential oils to clean with," as they contain antiseptic, antibacterial, antiviral and antimicrobial properties that make them ideal candidates. As I began to experiment with cleaning using essential oils I started to notice how pleasant the rooms smelled; I really enjoyed the aroma. Now that was something new; never before had I cleaned and liked the way the cleaning products smelled. In fact I began to look forward to cleaning; well I am still not over enthusiastic about it but it is a lot more fun to clean now that I am not breathing in strong chemicals. When using essential oils it is easy to customize the scent, based on mood and seasons, all the while using them for their disinfecting properties. When utilizing essential oils in this manner you end up with a clean house and the benefit of aromatherapy at the same time.

I have been cleaning with essential oils for almost a year and no longer use commercial cleaners. It wasn't until after I started using essential oils to clean with that I started to look into the ingredients in commercial cleaners and that's where this research comes in. This article focuses on what makes essential oils beneficial for cleaning, as well as reasons to avoid commercial cleaning products.

If you have walked down the aisle at any grocery store, or big box store, you will notice the plethora of cleaning products. There is a product for everything imaginable, and on top of that a variety of synthetic scents to choose from. I was in a store not too long ago and took a moment to observe the long aisle of cleaning products which appeared to go on forever; it was five shelves high, I felt flabbergasted. There are so many products and so many chemicals available in these products; not to mention very

costly, wasteful and harmful to the environment. Meanwhile, I have been using a simple method involving essential oils, distilled water, white distilled vinegar and baking soda to clean with. Simple, natural, and quite frankly, affordable and it smells wonderful to boot! Using these products produces less waste, is better for the home environment and the external environment; it's a win-win situation.

The Rise of the Synthetic Age

After World War II a huge increase was seen in the production of petrochemicals and synthetics. Production of these chemicals has increased greatly over the years. In 1940 petrochemicals and synthetics were produced at the rate of one billion pounds per year; compare that to 1980 when over 400 billion pounds per year were produced (Steinman & Epstein, 1995). Since 1965 more than four million distinct chemical compounds have been reported in scientific literature, and of these seventy thousand are used in commercial production (Steinman & Epstein, 1995).

With the onset of this chemical production "boom" an increase in health problems has been observed, such as asthma and allergies. Other conditions have been noted as well; such as headaches, insomnia, reproductive issues and mild depression. This increase of symptoms has been linked to synthetic chemicals and petrochemicals in our environment.

While you cannot avoid everything, it is important to make your home a safe place and control what you can. After all you do have complete control as to what you use and bring into your home.

The Increase in Allergies and Asthma

The number of Americans suffering from asthma and allergies has increased significantly over the years. Researchers do not know the exact cause of this increase; however, genetics and stress are

looked at as contributing factors, as well as the role of indoor environments. Studies show that asthma rates doubled between 1980-1994 (Groman, 2007). According to Groman (2007) the numbers show that over fifty million Americans have allergies and fourteen million have asthma. Asthma is also the most common childhood disease according to the American Academy of Allergy, Asthma and Immunology (Groman, 2007). The question is why are these conditions becoming more widespread? The answer is not completely known, but indoor air quality is suspect, and indoor environments are being researched. Indoor air quality has been steadily declining through the years.

Studies show that indoor environments are typically five to ten times more polluted than outdoor environment (Groman, 2007). Indoor air quality has been declining as the use of petrochemical and synthetic ingredients (such as cleaning products) has been increasing. Other symptoms that are commonly associated with the use of these petrochemical and synthetic cleaners are sore throat, insomnia, headaches and mild depression. So what is in these products? That is a question which is not that easy to answer.

A Look at Commercial Cleaners

If you have ever looked at a label on a cleaning product you are aware that it is somewhat of a mystery as to what the ingredients are. If you have not looked at a label on one of these many products then the next time you have the chance to look, check it out. I had never really given it a thought before; I figured the ingredients were listed on the product label. In fact, the ingredients are not all listed.

Typically a label lists the main ingredient followed by the broad name of "inert ingredients" which often makes up 90-95 percent of the product. "Inert ingredients" do not tell you what is in that bottle of cleaner. I looked to the MSDS (Material Safety Data Sheets) as well and found that if it is not an industrial cleaner a full list of ingredients is not needed, nor is it provided. As it turns out commercial cleaning product companies are not required to list the products contents; they are viewed as proprietary information.

There is no government law for these companies to list ingredients on their labels, furthermore; there are no standards to test cleaning products for safety. Because there are no standards for ingredient testing the toxic screening process varies from company to company (Women's Voices for the Earth website, 2008). The Environmental Protection Agency (EPA) only regulates pesticides. Occupational Safety and Health Administration (OSHA) only regulates occupational exposure to industrial chemicals. Household cleaners fall under the U.S Consumer Product Safety Commission (CPSC) which is an independent regulatory agency. This group is responsible for ensuring household products are safe from unreasonable risk of injury or death (Steinman & Epstein, 1995) and they have jurisdiction for over more than fifteen thousand consumer products.

While federal regulations require manufactures to provide minimal information on their product labels, it is limited and does not tell the consumer whether it is a carcinogenic, neurotoxic, or a product with possible negative reproductive effects. Since all ingredients are not disclosed on labels, various independent scientists and health organizations have tested home cleaning products. Listed below are some of the harmful chemicals commonly found in what the average consumers uses to clean their homes.

- **Phthalates:** carriers for fragrance which are found in a wide variety of cleaning products, from glass cleaners, deodorizers, laundry detergents and fabric softeners. They have been linked to adverse effects on males, i.e. reduced sperm count. Also, increased allergies and asthma symptoms in children (Gorman, 2007).
- **Monoethanolamine (MEA):** A surfactant found in all-purpose cleaners, floor cleaners and some laundry detergents. An inducer of occupational asthma.
- **Ammonium quaternary compounds:** disinfectants found in disinfectant sprays and toilet cleaners. Inducers of occupational asthma.
- **Glycol ethers:** 2-butoxyethanol is a common example and is found in glass cleaners and all-

Spring Cleaning with Essential Oils continued

purpose spray cleaners. It has been linked to reduced fertility and low birth weight in exposed mice. It is considered to be a neurotoxin and is a possible carcinogen.

- **Alkyl phenol ethoxiates (APEs):** a surfactant. Found in laundry detergents, stain removers, and all-purpose cleaners. They have been shown to be endocrine disrupters and are commonly found as contaminants in rivers and streams.

- **Fragrance oils:** contain highly toxic substances and can be lung and skin irritants. They may also have a negative effect on the nervous system. "Fragrance" can be a mixture of up to several hundred ingredients (University of Washington, 2010).

Making your own cleaning products is an excellent alternative to any of the cleaners on the market as you can regulate what goes in them. Creating your own products gives peace of mind and they are easy to make. Most of all you know the exact ingredients, you have complete control, it is fun, it smells so much better and it has therapeutic value! For some this may seem like a daunting task. When purchasing "safer" or "green" products there are certain logos to keep in mind and look for; the USDA Organic logo, the Green Seal logo, the Leaping Bunny logo and FSC (Forest Stewardship Council) seal. All of these seals are the most reliable (Delaney, 2009).

A Look at Essential Cleaning; a Safer Alternative

Essential oils and cleaning go hand in hand. You end up with a clean home that smells great, all the while receiving the therapeutic benefits of the essential oils! Another benefit is you avoid all the chemicals found in commercial cleaners. Using essential oils to clean your home creates a healthier environment, saves money and produces less waste. This greener way of cleaning involves the use of items you more than likely already have in your home. Items such as white distilled vinegar, distilled water, baking soda, borax, castile soap, vegetable glycerin and of course essential oils. Essential oils bring not only a pleasant aroma, that



also bring their antiseptic, antiviral and antibacterial properties, which also reduces the likelihood of illness during cold and flu season.

Items needed for your home cleaning arsenal:

- **White distilled vinegar:** A great disinfectant, removes stains, makes a great base for an all-purpose cleaner.

- **Baking soda:** Great for scrubbing the stubborn areas. It is abrasive but just enough, it won't damage most surfaces (always test on a small area if in doubt). This makes a great base for a soft scrub, and is also beneficial for cleaning caked on, baked on pots and pans; no need for the commercial scrubbing pads here.

- **Castile soap:** Is versatile and can be added to cleaning products. Add to baking soda to make a soft scrub. Also great to use as hand soap at home. Purchase the unscented variety and have fun creating aromatic blends for hand washing for every room of the house!

- **Borax:** A safe alternative to bleach in the wash to whiten clothes. Can be used as a base for a mold and mildew scrub in the bathroom.

- **Distilled water:** Does not contain any contaminants that may be in tap water. Great to mix with vinegar in all-purpose cleaning sprays. Excellent to use in room sprays and in aromatic diffusers.

Spring Cleaning with Essential Oils continued

- **Vegetable glycerin:** Use as an additive to keep powdered base scrubs from going hard.



Chemical Properties of Essential Oils for Cleaning

Phenols: These are excellent to use in cleaning as they possess strong antibacterial and germicidal properties. Essential oil choices from this group include: Cinnamon (*Cinnamomum zeylanicum*), Clove (*Eugenia caryophyllus*), Basil (*Ocimum basilicum*), Bay laurel (*Laurus nobilis*), and Thyme (*Thymus vulgaris*).

Monoterpene Alcohols: Strong antimicrobial, antibacterial, antifungal and antiviral properties. Essential oil choices from this group include: Petitgrain (*Citrus aurantium*), Thyme (*Thymus vulgaris*), Geranium (*Pelargonium graveolens*), Palmarosa (*Cymbopogon martinii*), *Eucalyptus radiata*, Tea tree (*Melaleuca alternifolia*), Ravensara (*Ravensara aromatica*), Peppermint (*Mentha piperita*), Lavander (*Lavandula angustifolia*), and Spearmint (*Mentha spicata*).

Aldehydes: Have antimicrobial, antiviral properties. Essential oil choices include: Citronella (*Cymbopogon winterianus*), *Eucalyptus citriodora*, Lemongrass (*Cymbopogon citratus*), Melissa (*Melissa officinalis*), and May chang (*Litsea cubeba*).

This is not an exhaustive list, be creative blending your oils and making your cleaning products. Monoterpene hydrocarbons are found in all essential oils, to a greater or lesser degree, therefore they all contain antiseptic and antiviral properties; some a little more than others (Battaglia, Salvatore, 2003).

Some Recipes to Get Started

Soft Scrub- This truly is one of my favorite cleaning products. I use ½ cup baking soda and add castile soap to it until it has the texture of frosting. Then add 6 drops Lemon (*Citrus limon*) and 6 drops Tea tree (*Melaleuca alternifolia*), and add a squeeze of vegetable glycerin, then mix all ingredients together until blended. Use a little of the scrub on a sponge or rag. It is great to use in the bathroom to clean the sink, toilet and shower.

All Purpose Spray Cleaner

You can adjust this recipe to however large you need it. I make mine in 8oz batches because I like to change up the essential oils frequently. This is a great cleaner to use on kitchen countertops and bathroom surfaces.

- 4oz Distilled Water
- 4oz White Distilled Vinegar
- 56 drops Lemon (*Citrus limon*) antibacterial, antimicrobial, antiseptic
- 48 drops Tea Tree (*Melaleuca alternifolia*) antibacterial, antimicrobial, antifungal
- 16 drops Thyme (*Thymus vulgaris*) antibacterial, antiseptic



Add Essential oils first then add the water and vinegar. Shake to mix well and spray on surfaces and wipe clean. Shake before each use.

Carpet Freshener

Not only smells good but is a good odor neutralizer for the carpet and gets rid of bacteria. It keeps bacteria at bay in your vacuum cleaner bag or canister. It is also great to use to clean the kitchen sink and disposal

Spring Cleaning with Essential Oils continued

and can be used as a scrub for those hard to clean pots and pans.

- 1 cup baking soda
- 1 cup corn starch
- 10 drops Juniper berry (*Juniperus communis*) antiseptic
- 10 drops Lavender (*Lavandula angustifolia*) antiseptic, antibacterial, antifungal

Mix all ingredients in a bowl, combine the essential oils well. Pour mixture into jar. Sprinkle onto carpet, let sit for 10-15 minutes then vacuum as usual. (For best results let mix sit a day before use so the essential oils can disburse more in the mix.)

Air Freshener

This is a great way to refresh the air and also to disinfect. Shake before each use. Spray room.

- 4oz Distilled water
- 20 drops Lemon (*Citrus limon*) antimicrobial, antiseptic, antibacterial
- 25 drops Lavender (*Lavandula angustifolia*) antimicrobial

Essential Oil Choices for Cleaning

Essential Oil	Antibacterial	Antimicrobial	Antiviral	Antifungal	Antiseptic
Bay Laurel	■	■			■
Bergamot			■		■
Cedarwood					■
Cinnamon Leaf	■		■		■
Clove	■		■		■
Eucalyptus	■		■		■
Geranium					■
Ginger					■
Grapefruit					■
Juniper Berry				■	■
Lavender	■		■	■	■
Lemon	■	■			■
Lemongrass	■	■			■
Marjoram	■				■
May chang	■		■		■
Melissa	■		■	■	■
Orange					■
Palma Rosa	■				■
Patchouli	■			■	■
Peppermint					■
Petitgrain	■				■
Spike Lavender					■
Tea Tree	■	■	■	■	■
Thyme	■		■	■	■

The Effectiveness of Essential Oils in Germ Killing

Numerous studies have been conducted to show that essential oils really do have an effect on the reduction of bacteria and viruses. Studies such as the following:

- 1955 study by Keller and Kober found the effectiveness of 21 different essential oils and their ability to diminish or eliminate bacteria in the air within the room.
- The 1973 Klosterfrau Melissengeist study found that essential oils inhibit the growth of bacteria.
- Paul Belaiche is known for the Aromatogram study published in 1979. This was a test that looked at antimicrobial qualities in forty essential oils. He came up with three groups each containing different essential oils with different results.

Group one was found to be the broadest spectrum against microorganisms. These include oils such as *Eugenia caryophyllus*, *Cinnamomum zeylanicum*, *Melaleuca alternifolia* and *Thymus vulgaris*.

Group two was found to be effective only against certain classes of bacteria. This group includes oils such as *Pinus sylvestris*, *Eucalyptus globulis*, *Lavandula angustifolia*, *Pelargonium graveolens* and *Citrus aurantium*.

Group three found that a direct influence on bacteria was observed seldom or only irregularly. He concluded that this group affected the immune response, which in turn makes it impossible for the bacteria to spread (Schnaubelt, 1995).

In 1987 German researchers Lembke and Deininger published ground breaking study about antiviral, antibacterial, and antifungal properties of essential oils and their components (Schnaubelt, 2011).

These studies, and many others, demonstrate that scientific research has been conducted and that essential oils really do help combat and prevent germs; thus making them a good choice to use in the cleaning of our homes.

Conclusion

Scientific studies have provided information that essential oils do in fact contain germ killing properties. These studies document the effectiveness of essential oils for the elimination of microorganisms in our environment. Our bodies act as a filter; everything that touches our skin, and is inhaled into our respiratory system is being processed and filtered by our bodies. Some chemicals are not completely processed and become stored in the tissues of our bodies. Over time this accumulation builds up which then has the potential to lead to health issues. By using essential oils, and other common non-toxic ingredients, you have the ability to control your environment and put your health first. When cleaning with natural products your home will have a fresh smell rather than a chemical one. Your body is a filter for everything. Let your home be an environment that is easy on the body and all of its wonderful systems, and let it be one that gives you a mental boost to boot with the therapeutic properties of the essential oils! Wishing everyone an aromatically clean home!

About Nikki Loscocco-VanZandt

Nikki earned her massage degree from Anne Arundel Community College and also holds a Bachelors degree in Psychology from St. Mary's College. Additionally she has studied Aromatherapy at The East-West School for Herbal & Aromatic Studies. Nikki is a Nationally Certified Massage Therapist as well as a Maryland state Licensed Massage Therapist (LMT). She is a member of the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB), Associated Bodywork and Massage Professionals (ABMP) and she is a member of National Association for Holistic Aromatherapy (NAHA).

Nikki works as a massage therapist at Your Body Needs in Crofton Maryland. She designs and conducts aromatherapy and wellness workshops as well as writes blogs related to massage and aromatherapy. Nikki is always looking to learn new ways to help people with massage, therapeutic touch and aromatherapy as a result she is continuously educating herself. She believes in the connections between the body, mind and spirit

and the importance of the healing and therapeutic power of touch. Nikki believes that by combining her passion for helping others with her massage and aromatherapy skills she will provide clients with a therapeutic and uplifting experience.

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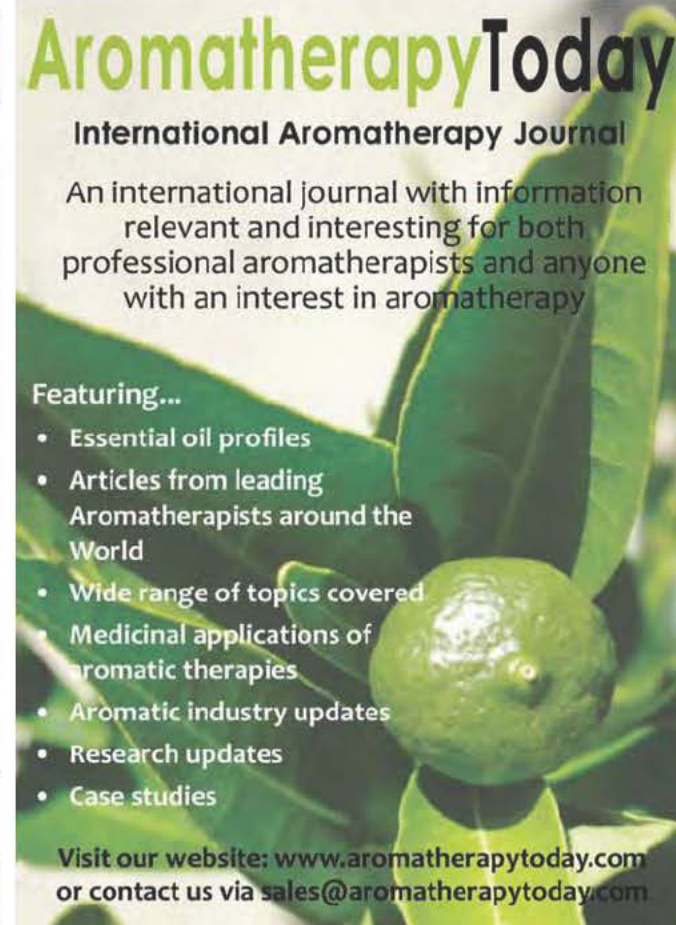
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BODY BUTTER SALT SCRUB BAR RECIPE

by Andrea Butje



This recipe makes between 14-16 ounces depending on how precise your scale is.

Tools:

- ♦ A wide stainless steel pan (3 quart or bigger)
- ♦ 16 oz. Pyrex measuring cup. The Pyrex measuring cup has to fit inside the pot.
- ♦ Silicone molds are best for this recipe – I generally use a mold with 2 oz. cups but you can use any size.

Technique: Stovetop Melting Method

- Fill the pan about a 1/4 full of water, place the Pyrex measuring cup in that pan, and use these as a double boiler.
- Once the water has come to a boil, lower it to a simmer and follow the directions for adding the ingredients. I can tell you from personal experience that this is not the ideal time to multi-task!

Base Ingredients (by weight)

- 3 oz. Beeswax
- 2 oz. Jojoba (*Simmondsia chinensis*)
- 2 oz. Cocoa butter (*Theobroma cacao*)
- 2 oz. Coconut oil (*Cocos nucifera*)
- 2 oz. Avocado (*Persea americana*)
- 1 oz. Shea butter (*Butyrospermum parkii*)
- 6 oz. Pink Himalayan salt that is ground to a fine texture (unless your salt is as fine as sand to start). I use a coffee grinder that is dedicated to making salt products (this way my salt does not smell like coffee!)
- 6 oz. Cardamom powder (*Elettaria cardamomum*)

Essential Oils (by volume)

5 ml of essential oil *

Directions: Weigh all ingredients in different little bowls.

1. Combine beeswax, jojoba and cocoa butter in the Pyrex measuring cup. Place the cup inside the pot over boiling water and melt (you want a liquid consistency).
2. Add coconut oil and avocado oil to the melted wax and stir until melted.
3. Turn off the heat, leave the pot on the hot burner, add the shea butter and stir until melted. Shea does best with this lower heat.
4. Once all the butters and oils are fully melted, add the salt and stir so that the salt is mixed in with the hot butter.
5. Take off the heat; add essential oils to the hot liquid and stir.
6. Add 6 oz. cardamom powder and stir well. The powder will stay somewhat suspended.
7. Scoop some of the oily salt into each mold and smooth it out with the back of your spoon. Try to evenly divide the salt between each mold.
8. Pour remaining hot liquid into each mold, on top of the salt.
9. Do not move the molds until the butter bars are solid. Wait several hours and then pop the salt bars out of the mold (easy!). One side of the butter bar will have the salt and the other side will be smooth.



Silky Skin

2 ml. Lavender (*Lavandula angustifolia*)
 0.5 ml. Neroli (*Citrus aurantium* var. *amara*)
 1 ml. Balsam Copaiba (*Copaifera officinalis*)
 1 ml. Vetiver (*Vetiveria zizanoides*)
 0.5 ml. Ylang Ylang (*Cananga odorata*)

About Andrea Butje

Aromahead Institute, owned by Andrea Butje, is a premier resource for aromatherapy information and instruction. The Institute offers exclusive online and in-person educational resources including Andrea's scientifically based, 200-hour Aromatherapy Certification Program (approved by the National Association for Holistic Aromatherapy) and her Scholars Program, a 400-hour Program approved by the Alliance of International Aromatherapists.

Andrea is changing the Aromatherapy educational paradigm through her inspired approach to teaching and creating community.

Andrea writes for several Aromatherapy journals and is the author of the Book *Essential Living: Aromatherapy Recipes for Health and Home*. **To learn more about Andrea and Aromahead, please visit:** www.aromahead.com

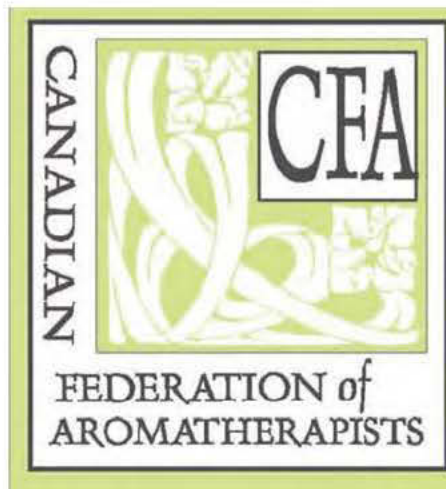
Using your Body Butter Salt Scrub Bar:

You can leave it on a small soap dish in the shower. After you skin is warm from the shower, gently rub the salt side on your skin to exfoliate. Rinse the salt off and then rub the smooth buttery side of the bar over your skin. As you dry off from the shower your skin will retain some of the butter, leaving a moisturized and silky smooth feeling!

* There are a wide variety of essential oil choices for your blend. Here are 2 recipes that I really like.

Energizing!

1 ml. Black Spruce (*Picea mariana*)
 1 ml. Orange (Blood), (*Citrus sinensis*)
 1 ml. Juniper Berry (*Juniperus communis*)
 2 ml. Rosemary, (*Rosmarinus officinalis* ct camphor)



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The Language of Nature in Spring
Labeling Aromatherapy Products for Retail Sale
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