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"To reach the individual, we need an individual remedy. Each of us is a unique message. It is only the unique remedy that will suffice. We must, therefore, seek odiferous substances which present affinities with the human being we intend to treat, those which will compensate for his deficiencies, and those which will make his faculties blossom."

Marguerite Maury

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Objectives

- ▶ List 1 essential oils for depression
- ▶ List 1 essential oil for stress
- ▶ List 1 acupressure point for stress

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What is Mental Health?

Mental Health Includes:

- ▶ Emotional well-being
- ▶ Psychological well-being
- ▶ Social well-being

Mental Health Affects:

- ▶ How we feel
- ▶ How we act
- ▶ How we respond to stress
- ▶ How we make choices
- ▶ How we relate to others

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Areas of Focus for Mental Wellness Plan

- ▶ Stress reduction
 - Consideration for:
 - * anxiety, mood impulse, psychotic, tic disorders
 - * stress response syndromes
- * Circadian rhythm support
 - Consideration for:
 - * Insomnia, daytime lethargy, neuro-endocrine disruptions and imbalances
- Specific mood support
 - Consideration for:
 - * Mood disorders

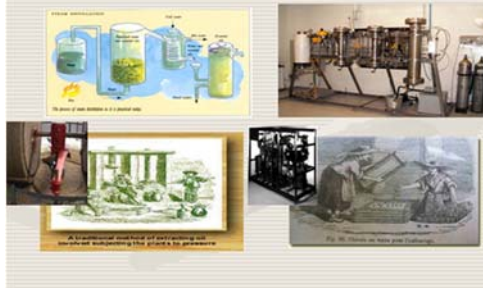
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Essential Oils in Plants



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Methods of Extraction



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Chemistry of Essential Oils

It is the chemistry of the essential oil which determines its therapeutic properties.

Complex mixtures of chemical functional groups make up the chemical profile.

Where the plant is grown determines the chemical makeup of the essential oil.

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Chemical Groups in Essential Oils

Eight predominant chemical groups are involved in the composition of essential oils and each group contributes a particular therapeutic quality. Chemical analysis using the method of Gas-Liquid Chromatography (GLC) means the purity of the oil can be assessed, and the presence of any foreign ingredients can be tested - for example, artificial fertilizers or pesticides - in oils claimed to have been organically grown.

To fully understand why it is so important to have as pure essential oils as possible, it is necessary to understand the chemical make-up of each essential oil, and the therapeutic effect of each chemical group.

The eight main chemical groups found in essential oils are Aldehydes, Esters, Ketones, Phenyl Methyl Ethers, Oxides, Phenols, Alcohols and Mono Terpenes.

CHEMICAL NAME	THERAPEUTIC QUALITIES	EXAMPLES
Aldehydes	anti-infectious, analgesic, anti-inflammatory; they also help regulate the central nervous system	geraniol, found in e.g. Rose Geranium (<i>Spodopogon graveolens</i>)
Esters	calming, sedative, and they help regulate the central nervous system they are also anti-spasmodic, and mucolytic (breaks down mucus)	linalyl, found in e.g. Lavender (<i>lavandula angustifolia</i>) 40%
Ketones	anti-infectious, skin healing, mucolytic, spasmolytic (breaks down spasms), relaxes respiratory tract infections	verbeneone, found in e.g. Rosemary (<i>rosmarinus officinalis</i>)
Phenyl Methyl Ethers	anti-infectious, anti-spasmodic, oestrogen-like and therefore can help regulate hormonal system as well as help regulate central nervous system	chavicol, found in e.g. Basil (<i>ocimum basilicum</i>)
Oxides	expectorant, some are anti-infectious	chavicol or menthylolide, found in e.g. Eucalyptus (<i>eucalyptus</i>) 30%
Alcohols	anti-pathogenic, immuno-stimulant	linalol, found in e.g. Lavender (<i>lavandula angustifolia</i>)
Phenols	strongly anti-pathogenic, stimulating, (NB, some are antiseptics)	thymol, found in e.g. Thymes CT thymol 30%
Mono Terpenes	antispasmodic, fortifying and strengthening and-vital, carbamate-like	limonene, found in e.g. lemon (<i>citrus limon</i>) 70%

This list of natural chemical ingredients and their therapeutic effects illustrates just how important all the natural ingredients are in essential oils. The loss of any of these ingredients, through lack of purity results in essential oils with little or no therapeutic effect, in other words as we said in the beginning, they simply do not work.

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Aldehyde Properties

- ▶ Anti-inflammatory
- ▶ Sedative
- ▶ Antiviral
- ▶ Analgesic



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Ester Properties

- ▶ Calming
- ▶ Sedative
- ▶ Antispasmodic
- ▶ Possibly antifungal



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Phenol Properties

- ▶ Antibacterial
- ▶ Stimulant
- ▶ Immunostimulant
- ▶ Possible skin irritant



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Effects of Essential Oils on the Body

- ▶ **PSYCHOLOGICAL** - the reaction and response that takes place when the essential oil is breathed in.
- ▶ **PHYSIOLOGICAL** - the changes which occur within the body's systems as a result of the essential oil.
- ▶ **PHARMACOLOGICAL** - chemical changes which take place when the essential oil is carried in the blood and inter-reacts with the body's chemistry-neurotransmitters, hormones, enzymes.

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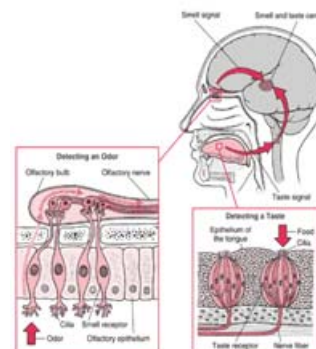
How are essential oils used?

- Olfaction
 - direct inhalation
 - indirect inhalation
- Transcutaneous
 - topically with "M" technique
 - compresses
 - baths
- Ingestion
 - done by a licensed professional who can prescribe

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Where Does Smell Go?

- ▶ Breathe in through the nose
- ▶ Top of nose is the olfactory system
- ▶ Chemicals move up into the olfactory bulb
- ▶ Stimulates olfactory center in the brain



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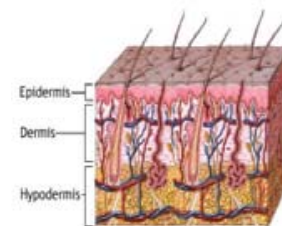
The Sense of Smell

- ▶ Smell is instantaneous
- ▶ Smell is a chemical reaction
- ▶ Smell is important
- ▶ Smell affects us without us even knowing it
- ▶ Smell affects how we communicate
- ▶ Smell linked to our memories

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Topical Application

- ▶ Penetration into the skin
- ▶ Permeation trans-dermal to capillaries
- ▶ Blood & lymphatic circulation

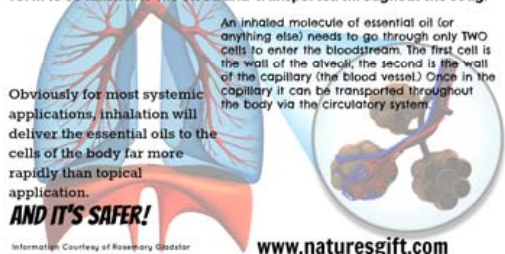


#ADAM

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Application or Inhalation-Which is fastest?

The skin covers 22 square feet, the respiratory system over 700 square feet. In order to reach the bloodstream via the skin a molecule of essential oil needs to penetrate 40 to 50 cells. The average person's lungs contain 6,000,000 alveoli, which are attached to microscopically fine blood vessels. They are where inhaled gasses are transformed to their dissolved form to be taken into the blood and transported throughout the body.



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Ways to Use Essential Oils in Mental Wellness

Direct Inhalation

- ▶ Personal inhaler
- ▶ Aroma tab/patch
- ▶ Tissue
- ▶ Cotton ball in zip lock baggie
- ▶ Pillow case
- ▶ Bath
- ▶ Foot soaks

Indirect Inhalation

- ▶ Spritzer
- ▶ Diffusers

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Inhalation

Direct

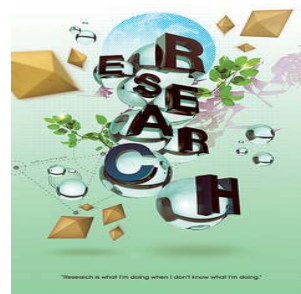


Indirect



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Aromatherapy Research



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Aromatherapy Research

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Stress & Anxiety Reduction with Aromatherapy

Build use of essential oils into routines:

- Meditation
- Group therapy
- Individual therapy
- Bedtime



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Essential Oils for Mental Wellness

- ▶ Promote relaxation
 - * Lavender
 - * Lavandin
 - * Sweet Marjoram
- ▶ Sink energy downwards, away from 'busy' brain
 - * Spikenard
 - * Vetiver
 - * Sweet Marjoram
- ▶ Soothe nerves
 - * Geranium
 - * Jasmine
 - * Mandarin
 - * Neroli
- ▶ Restore energy
 - * Black spruce
 - * Cypress

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Essential Oils for Mental Wellness

- | | |
|---------------------|---------------|
| ▶ <u>Depression</u> | ▶ <u>PTSD</u> |
| Lavender | Lavender |
| Geranium | Bergamot |
| Sweet orange | |

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Circadian Daytime Support

- ▶ Bergamot
- ▶ Black spruce
- ▶ Blue tansy
- ▶ Peppermint
- ▶ Scot's pine
- ▶ Rosemary-caution-avoid with seizures and hypertension



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Circadian Bedtime Support

- ▶ Cedarwood-Himalayan
- ▶ Roman chamomile
- ▶ Lavender
- ▶ Patchouli
- ▶ Sweet marjoram
- ▶ Spikenard
- ▶ Vetiver



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Essential Oils & Massage

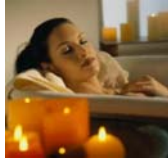
- ▶ Raised energy levels
- ▶ Reduced muscle tension
- ▶ Improved circulation
- ▶ Stimulation of the immune system
- ▶ Promotes relaxation
- ▶ Reduction of stress and anxiety
- ▶ More restful sleep
- ▶ Promotion of a sense of well being



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Into the tub

- ▶ Baths-since most EO are not water soluble place them in an emulsifier (milk) before adding to the bath. 5-8gtts and disperse into bathwater. Soak 20-30minutes
- ▶ Bath Gel - add 10 drops of essential oil to 2 ounces of neutral bath gel or castile soap
- ▶ Scrub recipe - This is a very popular spa treatment. The objective of this treatment is to eliminate dead cells and make your skin soft and radiant.
 1 cup of sugar/sea salt
 1/2 cup of almond or grape-seed oil
 15 drops of grapefruit essential oil. You may use any other essential oil.



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Lavender (Lavandula angustifolia)

- ▶ Antimicrobial
- ▶ Sedative
- ▶ Analgesic
- ▶ Anti-inflammatory
- ▶ Antiviral
- ▶ Antispasmodic



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Lavandin(Lavandula x intermedia: super)

- ▶ Relaxant
- ▶ Antispasmodic



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Roman Chamomile(Chamaemelum nobile)

- Anti-inflammatory
- Analgesic
- Sedative
- Calming
- Anti-infectious



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Frankincense(Boswellia cateri)

- ▶ Anti-inflammatory
- ▶ Analgesic
- ▶ Sedative
- ▶ Antibacterial



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Mandarin red (Citrus reticulata)

- ▶ Antiemetic
- ▶ Digestive
- ▶ Sedative/Relaxant
- ▶ Analgesic
- ▶ Astringent
- ▶ Diuretic



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Sweet Marjoram (*Origanum majorana*)

- ▶ Tranquilizing
- ▶ Antidepressant
- ▶ Analgesic
- ▶ Antispasmodic
- ▶ Antibacterial
- ▶ Antifungal



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Spikenard (*Nardostachys jatamansi*)

- ▶ Sedative
- ▶ Anti-inflammatory
- ▶ Bactericidal
- ▶ Fungicidal



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Geranium (*Pelargonium graveolens*)

- ▶ Antidepressant
- ▶ Adrenal cortex regulator
- ▶ Antispasmodic
- ▶ Anti-inflammatory
- ▶ Antibacterial
- ▶ Diuretic



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Sweet Orange (*Citrus sinensis*)

- ▶ Uplifting
- ▶ Sedative
- ▶ Immune stimulant



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Vetiver (*Vetivera zizanioides*)

- ▶ Sedative
- ▶ Calming
- ▶ Antiseptic
- ▶ Mild rubefacient



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Relaxation Blends

Stress/Anxiety

1-2 ml of fractionated coconut oil

Several drops of:

Lavender/Red mandarin

Sweet orange

Geranium/Ylang ylang

Insomnia

Lavender/Red mandarin

Vetiver

Spikenard

Lavandin

May use independently or blend.
 Apply a few drops on pillow case
 or on a cotton ball next to the
 head of the bed.



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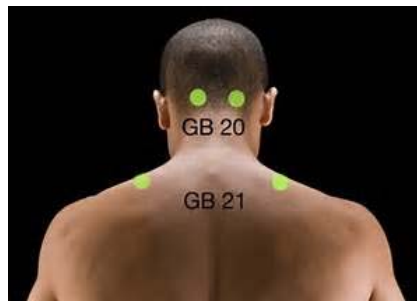
Acupressure



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Stress Acupressure Points

GB 21 GB 20 CV 17
 Shoulder Well Gates of Consciousness Sea of Tranquility



Relax Inhaler

- ▶ Fractionated coconut oil base
- ▶ Lavandin
- ▶ Sweet marjoram
- ▶ Sweet orange
- ▶ Vetiver
- ▶ Use as needed
- ▶ Enjoy

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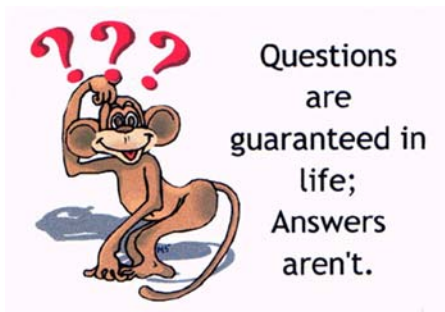
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Thank you!



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