

EUCALYPTUS
Eucalyptus radiata
Myrtaceae



There are more than 450 different species of eucalyptus. *Eucalyptus radiata*, commonly known as the narrow-leaved eucalyptus, is a medium to tall tree that grows to 30 meters high (rarely 50 meters), with persistent bark on the trunk and larger branches. The bark is fibrous, grey to grey-brown, shedding in long ribbons. The branchlets are green. The flowers are cream yellow. Originally from south-east Australia, eucalyptus has been planted in many countries to dry out wet zones, especially where mosquitoes are a problem.

Eucalyptus achieves its amazing growth by absorbing vast quantities of moisture in its tissues. The leaves are pale blue green in color and have a leathery appearance. It is from the leaves that the oil is obtained.

Place of Origin

Spain, North Africa, France, Australia

Characteristics

Colour Pale-Yellow

Aroma/Odour Description

Fresh, peppery-camphoraceous

Persistence Poor

Viscosity Thin

Note Top

Part of plant used Leaves

Method of Extraction: steam distillation

Chemical Composition

Monoterpenes pinenes limonene

Oxides 1,8 cineole

Sesquiterpenes aromadendrene

There are several eucalyptus oil that are used in aromatherapy, each having quite different chemical compositions: for example, Eucalyptus citriodora contains only 1% 1,8 cineole, but is 80% citronella; Eucalyptus dives contains 0% 1,8 cineole and 45% piperitone, a ketone.

1,8 Cineole 50%

Limonene 15%

Terpineol 12%

Properties:

Antibacterial, analgesic, decongestant, expectorant, immunostimulant, antifungal, antineuralgic, antirheumatic, antiviral, diuretic, insect repellent, rubefacient, stimulant

Precautions:

Non-toxic, non-sensitizing, non-irritant

Internally: as little as 2 - 3 ml can poison a child if ingested

Believed to antidote homeopathic remedies

Indications

Musculo-skeletal

Muscular stiffness, arthritis, rheumatism, cramps, pre-sports treatment, gout

Nervous

Migraines, headaches, neuralgia

Respiratory

Asthma, excessive catarrh, acute & chronic bronchitis, sinusitis, coughs, colds, chills & fever, chest infections

Skin

Insect bites, insect repellent, lice, acne,

Immune System

Immunostimulant, combats infectious diseases. Effective against herpes, chickenpox

Psychological uses

The fresh aroma of eucalyptus helps to dispel melancholy and revive the spirits, restoring vitality and strengthening the mind. It clears mental stagnation and allows a sense of greater freedom to predominate with people who feel constricted and restrained both emotionally and physically.

Summary:

Antimicrobial, classic Respiratory System remedy

LAVENDER
Lavandula angustifolia
Lamiaceae (Labiatae)



Lavender is a hardy aromatic shrub, growing to a height of 1 meter, with narrow pointed leaves and grey - blue flowers borne on slender stalks. Native to the Mediterranean, lavender is now grown around the world, flourishing on poor, dry soils.

Numerous varieties of lavender are grown and it is important to know which plant is being used for oil production as the chemical compositions vary greatly.

It is important to use the Latin name when looking at oils, as the composition varies: Lavandula spica / latifolia produces an oil rich in 1,8 cineol (24%) and camphor (20%) - making it stimulating; Lavandula stoechas contains high levels of ketones.

Place of Origin

France, UK, Bulgaria, Russia

Part of plant used flowering tops, leaves

Method of Extraction steam distillation

Characteristics

Colour Clear to pale yellow

Aroma/Odour Description

Sweet, Warm, Herbal, Spicy

Persistence Moderate

Viscosity Thin

Note Mid to Top

Chemical Composition

Monoterpenes ocimene, alpha & beta pinene, myrcene

Sesquiterpenes beta-caryophyllene

Oxides 1,8 cineole

Monoterpenols linalool terpinen-4-ol

Esters linalyl acetate

Properties:

Analgesic, antispasmodic, antidepressant, antimicrobial, anti-inflammatory, cytophylactic, nervine, sedative, restorative, vulnerary, antitussive, gentle emmenagogue, diuretic, hypotensive, insecticidal, stimulant

Precautions:

Non-toxic, non-sensitizing, non-irritant One of the safest essential oils

Indications

Musculo-skeletal

Headaches, cramps, muscular aches & pains, lumbago, sciatica, spasms, arthritis, rheumatism, sprains, injuries, neuralgia, pain anywhere in the body

Nervous

depression, mental fatigue & vulnerability, anger, frustration, tension, shock, insomnia, fear, anxiety

Respiratory

catarrh, colds, flu, sinusitis

Skin

Acne, skin infections, fungal infections, allergies, dermatitis, psoriasis, bruises, dandruff, sunburn, burns, wounds, inflamed & itching skin, insect bites & stings – can be used neat

Circulatory

High blood pressure, poor circulation

Digestive

Colic, cramps, dyspepsia, flatulence

Genito-Urinary / Gynecological

Dysmenorrhea, PMS, scanty periods, menopausal irregularities

Psychological uses

Lavender is one of the best aromatic remedies for all stress related conditions, either stimulating the mind if appropriate or calming and sedating as needed.

Conversely in an acute crisis, the stress associated with a sudden change will be dispersed by lavenders ability to create a feeling of calm control and inner strength. Aesthetically, lavender opens us up to the beauty around us, allowing the release of negative thoughts and habits. It has a profoundly softening effect upon the mind.

Summary

Balance, Calm, most versatile oil

LEMON
Citrus limonum
Rutaceae



Indigenous to northern India, Lemon is now widely cultivated in Mediterranean countries and USA. A small straggling tree about 11 feet high, irregularly branched, the bark varying in color from grey on the trunk to green on the young branches and purplish on the twigs. The five petalled flowers are white inside and tinged with deep pink outside. The well-known yellow fruits produce the oil.

Place of Origin

Spain, USA, Italy, Ivory Coast

Part of Plant Used: Outer rind

Method of Extraction: Expression

Characteristics

Colour Clear to pale yellow

Aroma/Odour Description

Fresh, Sharp, Clean, Citrus

Persistence Poor

Viscosity Thin

Note Top

Chemical Composition

Monoterpenes limonene alpha pinene sabinene myrcene terpinene

Aldehydes citronella geranial

Coumarins bergapten

Monoterpenol linalool

Emery Herbal's Ethical Essential Oil Line: Citrus limonum

Limonene 60%

Terpinene 10%

Properties

Astringent, bactericidal, carminative, choleric, diuretic, fungicidal, hepatoprotective, lymphatic & digestive tonic, antiviral, antispasmodic, decongesting, depurative, hemostatic, immunostimulant, stomachic

Precautions:

Like other citrus oil, lemon is potentially phototoxic - avoid sun exposure for 24 hours

A distilled lemon oil is available that is not phototoxic, however the aroma is inferior

Lemon oil can irritate mucus membranes in high doses – take care vaporizing.

Non-toxic, non-sensitizing, non-irritant

Indications**Circulatory**

Easy bruising, poor circulation, varicose veins, hemorrhoids

Digestive

Tonic for liver and gallbladder, abdominal bloating, constipation, indigestion, gallstones, IBS

Immune System

Airborne antiseptic

Musculo-skeletal

Muscle fatigue, "heaviness", hemorrhoids, lethargy, obesity, pre and post sports treatments, arthritis, rheumatism

Nervous

depression, stress, tension, "muzzy head", anger, frustration, mental fatigue, poor concentration, headaches, confusion

Respiratory

Catarrh, colds, flu

Skin

Acne, congested skin, cellulite, oily skin, lymphatic congestion, blackheads, pimples, lymphedema, warts, verrucae (can be used neat), ringworm, broken capillaries

Psychological uses

Lemon is a potent mental cleanser, with its piercingly sharp aroma, it can cut through mental stagnation and confusion bringing clarity of thought to the most oppressive of situations. Its ability to uplift and clarify affects the heart and mind, dispersing doubt and confusion, engendering a feeling of trust and security to prevail. It has long been thought of as a gentle aphrodisiac and the emotional clarity it brings enhances this role.

Summary

Cleansing, toning, uplifting

PEPPERMINT
Mentha piperita
Lamiaceae (Labiatae)



Native to the Mediterranean, peppermint grows to a height of 1 meter and like all the Labiates it has a square stem. The leaves are long and serrated and the flowers can be white or mauve. There are many types of cultivated mint, peppermint is the most commercially and medicinally important.

Place of Origin

China, USA, UK, France, Italy, Egypt, Hungary

Part of plant used partially dried herb

Method of Extraction steam distillation

Characteristics

Colour Clear to pale yellow

Aroma/Odour Description

Sweet/Herbaceous, fresh, pungent, with peppery overtones

Persistence Poor

Viscosity Medium

Note Top/Middle

Chemical Composition

Monoterpenes alpha-pinene

Monoterpenols menthol linalool

Oxides 1,8 Cineole

Ketones menthone pulegone

Esters menthyl acetate

Properties:

Analgesic, antispasmodic, carminative, cephalic, cholagogue, cooling, expectorant, nervine, stomachic, antimicrobial emmenagogue, febrifuge

Precautions:

There have been reports of apnea and collapse in infants following application of menthol to their nostrils * avoid use with children under 2 years

Mentholated cigarettes and sweets have been responsible for instances of cardiac fibrillation in patients prone to the condition *avoid use in cases of cardiac fibrillation

Menthol is a mild skin irritant, use low doses only Avoid in pregnancy

Believed to antidote homeopathic remedies

Indications**Digestive**

Colic, cramps, dyspepsia, flatulence, nausea, IBS

Genito-Urinary / Gynecological

Dysmenorrhea, PMS, scanty periods

Musculo-skeletal

Headaches, cramps, muscular aches & pains

Nervous

mental fatigue, apathy, migraine, headaches, muddled thinking, neuralgia, poor concentration

Respiratory

bronchitis, flu, sinusitis, cough, colds

Skin

Sunburn, acne, skin irritation, ringworm

Psychological uses

Peppermint clears the head and focuses the mind. It has an innately invigorating effect and care must be taken not to overuse it as this could lead to insomnia. It stimulates and awakens the nerves and brain, enhancing concentration and study and enabling the "digestion" of information and ideas.

Summary

Cephalic, digestive system tonic

ROSEMARY
Rosmarinus officinalis
Lamiaceae (Labiatae)



Rosemary is a small evergreen shrub, growing to over 1.5 metres. The stems are downy when young but become dark grey-brown and woody with age. The evergreen leaves resemble the needles of conifers rather than the typically soft leaves of the Labiatae family. It can flower at any time of the year and the flowers vary from white to pink to violet.

Place of Origin

Spain, Morocco, Tunisia, France

Part of plant used aerial parts

Method of Extraction steam distillation

Characteristics

Colour Clear – pale yellow

Aroma/Odour Description

Fresh, strong, vibrant, and herbaceous

Persistence Poor

Viscosity Thin

Note Top to Mid

Chemical Composition

Monoterpenes camphene limonene Alpha-pinene

Monoterpenols borneol

Ketones camphor

Esters 1,8 cineole

Oxides bornyl acetate

There are 3 identified rosemary chemotypes: 1,8 cineole, camphor and bornyl acetate verbenone.

Properties:

Analgesic, antimicrobial, antispasmodic, cerebral tonic & stimulant, digestive system tonic, expectorant, respiratory system decongestant, antioxidant, antifungal, antiviral, antitussive, cholagogue, cholaretic, hepatoprotective, mucolytic

Precautions:

Generally regarded as non-toxic, non-irritant and non-sensitizing but please note the following:

*Very stimulating - avoid use during pregnancy and with babies

Some state it is a contraindicated oil in epilepsy, however Robert Tisserand says that externally used essential oils are no more likely to cause a fit than any other fragrance or strong odor

Indications

Circulatory system

poor circulation, chilblains, cold extremities

Digestive System

Colic, cramps, dyspepsia, indigestion, liver toxicity

Genito Urinary/Gynecological

Dysmenorrhea

Musculo Skeletal System

Headaches, cramps, muscular aches & pains, lumbago, sciatica, spasms, arthritis, rheumatism, sprains, injuries, neuralgia, pre and post sports treatments

Nervous System

tiredness & mental fatigue, poor memory, stress related disorders, poor concentration, muddled thinking

Respiratory System

fluidifies bronchial secretions, drains mucus congestion, catarrh, colds, flu, sinusitis, bronchitis

Skin/Hair

Acne, skin infections, fungal infections, scalp stimulant, greasy hair, dandruff

Psychological uses

This oil is wonderful for stimulating and uplifting the mind, making it a perfect choice for elderly clients who may be experiencing psychosensory deterioration. Its fortifying and strengthening properties are useful in cases of psychological withdrawal, inhibition or apathy. The exhilarating nature of rosemary makes it an oil that can provide the vital spark necessary to rekindle the enthusiasm for life following a long illness or during periods of great stress.

Summary

Stimulant, expectorant, analgesic

TEA TREE
Melaleuca alternifolia
Myrtaceae



Native to Australia, tea tree grows to a height of 7 metres and flourishes in swampy, wetland areas. The leaves are soft and narrow, the flowers yellow and shaped like bottlebrushes. A relative of niaouli and cajeput, tea tree has long been used by Indigenous people in their traditional remedies.

Place of Origin

Australia, Indonesia

Part of plant used leaves

Method of Extraction Steam Distillation

Characteristics

Colour Clear to super light yellow

Aroma/Odour Description

Fresh, pungent, sweet, lemony, slight musty

Persistence Poor

Viscosity Thin

Note Top to Mid

Chemical Composition

Monoterpenes pinenes limonene terpinolene terpinene

Oxides 1,8 cineole

Sesquiterpenes viridiflorene

Monoterpeneols terpinen-4-ol alpha-terpineol

Properties:

Antimicrobial, antifungal, antiviral, expectorant, immunostimulant, analgesic, anti-inflammatory, vulnerary, general tonic

Precautions:

Non-toxic, non-sensitizing, non-irritant. Tea tree oil has become so widely used in preparations that sensitization may occur in hypersensitive individual

Indications**Musculo Skeletal System**

Muscular Pain

Nervous System

Anxiety, tension, insomnia, stress related conditions

Respiratory System

asthma, excessive catarrh, acute & chronic bronchitis, sinusitis, coughs colds, chills & fever, chest infections

Skin/Hair

Insect bites, abscess, boils, athlete's foot, herpes, verrucae, warts, impetigo, skin infections acne, oily skin

Digestive System

Cystitis, leucorrhoea, vaginitis, thrush

Genito Urinary/Gynecological

Cystitis, leucorrhoea, vaginitis, thrush

Immune system

Immunostimulant, combats infectious diseases

Psychological uses

Tea tree is not an oil that is primarily indicated for use in the psychological realm, there are much better oils to use in this area.

Summary

Powerful antimicrobial, immune system stimulant



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