

WIN YOUR FAVORITE ESSENTIAL OIL PG. 26 ... CLEAN AIR BLEND PG. 5

PUTTING THE SPIRIT BACK IN AROMATHERAPY

Aromatherapy Thymes

SPRING
2016

TEA TREE

Melaleuca alternifolia

ANTIBACTERIAL
ANTISEPTIC
ANTIMICROBIAL
FUNGICIDE
STIMULANT

Stay the course...

As we wrap this issue the internet is buzzing about the upcoming aromatherapy documentary “**Uncommon Scents**” written by Kristina Bauer and directed by Angela Jensen Ehmke. I am happy this documentary is in the works and excited to be included with so many great aromatherapy educators and users of essential oils. A lot has happened in the world of aromatherapy since our last print issue was in stores. When I started Aromatherapy Thymes, there was never a day when I thought of this magazine being digital only. I remember my interview with Mr. Magazine when Aromatherapy Thymes was in the 25 launches of 2007, I stated, “Aromatherapy Thymes is a magazine that should be in every home and could be placed in any room” and that is still the goal. I have learned that disappointments, setbacks and challenges only make you stronger and should be a signal to keep going because victory is with those that stay the course. I love the fact that essential oils can deliver so much wellness and goodness and that everyone seems to have a different use and value for them. Our featured oil has so much history and mystery to its background, but one thing is clear about tea tree, it is a favorite of many.

Tea Tree was one of the first essential oils I tried and is still a favorite and one of our top 5 essential oils every home should have. I use it a lot, but after reading all the uses I think I will start passing bottles out everywhere I go! If you don't have a bottle your chance to win one is on page 25 and to know why you need it read the featured article on page 44.

What else can you expect in this issue? If you suffer from allergies “Easy ways to get Allergy Relief,” using essential oils on page 38 offers some alternatives to over-the-counter medications. We added a new column “The Olfactotherapy Corner,” by Françoise Rapp, she is located in France and will spotlight in each issue how to use essential oils via the olfactotherapy method, page 36. If you are like me you pretty much have your staple oils that you love and use over and over again, Jade Shutes' article “Essential Oils to Explore This Year,” list three new oils to try, page 40. Springtime Smoothies on page 62 is a favorite because I enjoy making smoothies and my favorite recipe is blueberry, cucumber, pear, date paste and nuts. Of course, there is a lot to learn and even more to enjoy in this issue; and in life. Spring has sprung, welcome it and enjoy it!

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We asked our readers what year they started using essential oils. Read their answers on page 28.

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Nyssa Hanger

Is a second generation aromatherapist and assistant director of the **Atlantic Institute of Aromatherapy**. As a massage therapist and yoga instructor, she is helping to build the holistic healing community in her hometown of Tampa, Florida. She is the founder and director of **Upward Spiral Center for Healing and Transformation**. Visit both sites at atlanticinstitute.com upwardspiralcenter.com

Elizabeth Ashley

Is the author of the best-selling Secret Healer series of aromatherapy manuals. She graduated from The Jill Bruce School of Aromatherapy in 1993 and completed their Advanced diploma

in '94. She lives and works in Ludlow, has two grown children attending university and a six year old running her ragged at home. Her latest book **Rose - Goddess Medicine, The Timeless Elixir of Ancient Egypt, Ayurveda, Chinese Medicine, Essential Oils and Modern Medicine** is available in paperback and eBook only on Amazon. thesecrethealer.co.uk

Dr. Christoph Streicher

Is the founder of **Amrita Aromatherapy**. He has a Masters in Biochemistry and Ph.D. in Physiology. He trained under Jacques Paltz of France and a number of well-known Indian Ayurvedic physicians and is now considered a master aromatherapist. Amrita is committed to purity, and for over 25 years has been sourcing botanically authentic, unadulterated and USDA certified organic essential oils. amrita.net

Jade Shutes

Is the director and founder of the **East-West School for Aromatic Studies**. Her school is internationally respected for providing balanced, progressive and inspiring education that is cultivating a new generation of aromatherapists. Jade has been sharing her love of the aromatic world for over twenty-five years through

her numerous online programs as well as in person classes throughout the country. She is the author of the textbook **Aromatherapy for Bodyworkers** and the Past President of the National Association for Holistic Aromatherapy Association. Jade enjoys gardening, spending time with her son, reading and researching, making her own medicines from both herbs and essential oils and just being outside in the natural world. Jade is currently completing her Masters of Science in Therapeutic Herbalism at the Maryland University of Integrative Health. theida.com

Liz Fulcher

Brings 25 years of essential oil experience, research and education to her work as a clinical aromatherapist and essential oil educator. Her passion is empowering others to become creatively inspired by essential oils and follow their dream of becoming successful Aromatherapists. For ten years Fulcher was on the faculty at the Mt. Nittany Institute of Natural Health in State College, Pennsylvania as Director of Aromatherapy Studies. She has served as the Pennsylvania Regional Director for the National Association of Holistic Aromatherapy (NAHA.org) for 15 years. In 2010 Fulcher opened the

Aromatic Wisdom Institute, School of Creative Aromatherapy in Selinsgrove, Pennsylvania where she offers a 235-hour Aromatherapy Certification Program, plus a variety of classes on essential oils and hydrosols. Don't forget to listen to her popular podcast called the **Aromatic Wisdom Podcast** at: aromaticwisdominstitute.com/ **iTunes**.

Françoise Rapp

Is an internationally renowned aromatherapist, olfacto-therapist, speaker and trainer specialized in the energetic aspect of essential oils for beauty and wellbeing treatments. Françoise lived for 10 years in California where she trained in aromatherapy, body therapies and Ayurveda. Back to France, she published two books "L'aromathérapie et ses bienfaits" Flammarion (2006) and "Mes Huiles Essentielles" Prat (2013). She writes columns regularly in the French press. Françoise lives now in the heart of Provence. She collaborates with the **Laboratoire Combe d'Ase** in creating aromatic formulas and training pharmacist teams in aromatherapy. ica-aroma.com

If you would like to become a contributor email: info@aromatherapythymes.com

What is Olfactotherapy?

Olfactotherapy is said to be evolved and practiced in France in the 19th century, however the first osmothèque (repository of scents) was founded in 1990 in France. Olfactotherapy has been most recently used in hospitals or medical facilities in France. In Paris, for example, the teams of the neurological department in La Salpêtrière or Garches use it to support the healing and recovery of certain patients

- usually persons who have been through traumatic accidents and neurological problems. Olfactotherapy has extended its uses by the mean of simple aromatic diffusion in retirement homes, birth centers, and cancer treatment centers.

It supports the wellness by stimulating the appetite for seniors, soothing the feeling of loneliness, easing emotional pain and helping us to cope with pain.

In France, therapists and a few medical teams witness the powerful effects of smelling essential oils upon their patients. Smelling and breathing aromatic molecules is another therapeutic and effective way to use essential oils. The olfactory sense is powerful and our limbic system reacts quite immediately to the inhalation of those volatile molecules. The olfactory system of our body is directly linked to the central nervous system. The central nervous system develops very early in our fetal life and the neuronal groove is the very first groove that appears on the embryo. The stimuli of smell are brought to olfactory lobes of our brain by the olfactory cilia (minuscule hairs in our nasal cavity). Certain experimentations show specific parts of the brain reacting to the aromatic molecules.

Mainly, those molecules reach and affect the pons, the frontal and temporal lobes: the parts related to deep seated emotions and memory. Olfactotherapy affects positively the individuals and it brings forth emotional balance and profound wellbeing.

We usually use olfactotherapy

to help the person:

To cope with the pain and the turmoil of emotions related to the disease process.

To relax and balance the emotions to calm the nervousness and apprehension (prior to treatment or a surgery).

To help to hasten the recovery during and after a heavy medication or surgery.

To support self-growth and spiritual development.

Olfactotherapy is also a complementary tool used to support the healing in cases of minor psychological ailments. It works safely on sensitive individuals such as children and seniors. Therapists may find essential oils to be a supportive asset to help to calm and overcome fears, balance the emotions, retrieve a forgotten sense of self, relax and bring forth a deep profound sense of peace and wellbeing. No need to say that in the case of severe or profound psychological or psychiatric ailments, the olfactory use of essential oils should be avoided. Since the aromatic molecules affect directly the deep seated emotions and memory, it obviously can affect and wake up forgotten memories. The sense of smelling an essential oil is way

more profound and efficient than we think. Therefore, it is safer than any other applications. It is important though to follow the caution of smelling or inhaling essential oils with phenols and the avoidance of 1,8 cineole for young children.

Different Uses

Olfactotherapy approach can be used in different ways. Either by simple diffusion of essential oils or by smelling them directly on a tissue paper. There are a few rules to considerate though in order to do it properly:

1. Quality essential oils.
2. The diffusion must respect the quality of the essential oils with no heat involved. A diffuser such as a nebulizer or cold mist are recommended.
3. Several essential oils can be blended. It is often noted that choosing carefully and using one single essential oil can be far more effective than a synergy of several essential oils.
4. It is important to stand straight in order to breathe correctly and allow a proper intake of the aromatic molecules.
5. Prepare the blend in small amounts, for example in a 5 milliliter glass bottle. Your synergy will make the person evolve rapidly and you can then adjust the blend and have a better follow up with the person. You may then prepare a 2 milliliter bottle.
6. Pour 1 to 3 drops of essential oil on a tissue to breathe throughout the day. You can use the same dosage up to 3 times during the day.

CONTINUED ON NEXT PAGE

A look at ↓

TEA TREE LEMON

Botanical name - *leptospermum citratum* or *leptospermum petersonii*

The lemon tea tree is a shrub to small tree cultivated on the east coast of Australia. It is mostly used for gardens and for extracting essential oils. It grows in mild climates, on a sandy or rich volcanic soil. The leaves have a distinctive lemony aroma. The flowers are white, followed by woody capsules. The harvest is done during the hotter days and its essential oil is then extracted via steam distillation.

Olfactotherapy Benefits

Helps to alleviate numerous ailments: trauma, panic attacks, anxiety, nervous breakdown, stage fright.

- Mood swings
- Depression
- Restlessness
- Sorrow
- Somatic symptoms

How to use it as a single note?

Pour 3 drops of tea tree lemon scent on a tissue paper and breathe deeply. Repeat up to 3 times during the day.

Its calming and balancing

effects upon the psyche and the nervous system make it suitable to blend with the following essential oils:

Tea tree lemon-scented and petitgrain mandarin

brings forth a profound sense of calm. Petitgrain mandarin has a slight bitter hint and an olfactory softness that enhances peace in cases of crisis, extreme nervousness and restlessness. This blend can be used on many individuals from young children (above 2 years old) to seniors. It brings calm to the individual who feels “antsy.” It soothes the nerves when there is apprehension.

Tea tree lemon-scented and

clary sage helps to balance any disturbances because of hormonal highs and lows upon the mood. The clary sage with its musky and powerful scent blends well with the tea tree lemon-scent. The clary sage action is mostly focused on the balance of the pituitary gland. This blend can be used for persons suffering from PMS syndromes and premenopausal mood swings.

Tea tree lemon-scented

and fragonia the subtle floral scent of the fragonia essential oil is quite profound upon our energetic system as well as our psyche. It is rich in 1,8 cineole, α -pinene and linalool and its subtle floral scent gives it a feminine and yin energetic aspect. The synergy of this blend frees the individual from negative energies. This blend can help the individual be open. It helps the individual to go within - to find inner peace and to access their deeper self. This is not an essential oil or a blend to use in olfactotherapy on any persons suffering from severe psychological or psychiatric disorders. It would be very disturbing for those individuals and the emotions or memories displayed may be difficult to handle.

Tea tree lemon-scented and

kunzea (which is rich in pinenes and sesquiterpenols) has a balsamic or medicinal aroma which gives a sense of courage, strength and vitality. It should be noted kunzea has a male or yang energy. Blended with tea tree lemon-scented, the synergy has an uplifting effect upon the individual. It washes away any procrastination habits, toxic dependency and it helps to relieve mental fatigue. It gives the impetus to go through painful situations (physically and emotionally).

RECIPES

• **Mood swings** (premenopausal syndrome).
In a 5 milliliter bottle or glass vial, pour 3 milliliter of tea tree lemon, plus 2 milliliters of clary sage. Pour 3 drops of the synergy on a tissue and breathe it in the morning and 2 times during the day. You can also take a breath of the synergy once you feel the urge. In cases of hot flashes and a sensation of suffocation, sudden nervousness or sadness because of hormonal imbalances, pour 3 drops on a tissue and breathe deeply then leave it on the nightstand.

• **Irritability, restlessness for children** (over 2 years old).
In a 5 milliliter bottle or glass vial, pour 2 milliliter of tea tree lemon scented plus 3 milliliters of petitgrain mandarin. Pour 1 to 2 drops on a tissue and ask the child to take a breath of the blend. Pour 2 milliliters of this blend in a diffuser and turn it on for 10 minutes while the child is out of the room. At night, pour 1 drop on a tissue and leave it on the nightstand.

Cautions (oral)

Do not use with diabetes (medication) or pregnancy.

Cautions (dermal)

Hypersensitive, damaged and diseased skin, children under 2 years of age. IFRA recommends a dermal limit for citral of 0.6% for body oils and lotions, in order to avoid skin sensitization (IFRA 2009).

