



Dragonfly Healing Center  
*inspiring the light within*

## ***Aromatherapy Basics***

### **What is Aromatherapy?**

Aromatherapy is a healing art that uses aromatic plants to promote healthy mind, body, spirit, and emotions. This practice utilizes essential oils and hydrosols (plant waters) to reach the desired goal.

### **Essential oils**

Essential oils (EOs) are concentrated oils that are extracted from various parts of plants. These are products of plants' glands, oil cells, ducts, and glandular hairs. Plants produce these oils for survival, to attract pollinating insects, to repel predators and to protect themselves from disease, excessive heat, etc.

EOs are produced from many different plants parts including: flowers, leaves, buds, barks, roots, berries and seeds.

#### **A. Methods of inhalation:**

- Facial Steam
- Tissue in/around the nose
- Cotton ball in the pillowcase
- Diffuser
- Rub on the hands and take deep inhalations
- Perfume (also absorbed through skin)
- Room Spray

#### **B. Methods of topical application**

- Bath
- Lotions and shower gel
- Bottoms of feet/rubbed between the palms of the hands
- Body spray
- Massage
- In body oil
- Foot Bath

### **Dilution information:**

Dilution is very important when using essential oils topically, especially with children, pregnant women, the elderly and for those with known allergens or sensitivities. Using EO oil “neat” (undiluted) on skin can result in irritation or sensitivity and it is suggested that most essential oils are diluted for topical use. The following is a list of dilutions and when each is appropriate:

- 1% dilution-5-6 drops per ounce of carrier oil or lotion  
(Suitable for pregnancy, baby, sensitive adults and the elderly)
- 2% dilution-10-12 drops per ounce of carrier oil or lotion  
(Suitable for postpartum & kids)
- 5% dilution-25-30 drops per ounce of carrier oil or lotion  
(Suitable for most adults)
- 10% dilution-50-60 drops per ounce of carrier oil or lotion  
(Suitable for most adults—this is a therapeutic strength)

### **Safety Issues**

- A. Skin irritation (ALWAYS use diluted and be cautious with amount used)
  - Clove, Cinnamon, Oregano, Thyme (not the linalool type)
- B. Photosensitivity (If applied, avoid sunlight for at least 4 hours)
  - Angelica, Grapefruit, Lime, Lemon, Orange, Tarragon, Bergamot
- C. Best to avoid all together (These are just far too strong!)
  - Pennyroyal, Mugwort, Wormwood
- D. Building sensitivity to oils used constantly
  - Try to rotate every couple weeks
- E. Safe oils for kids
  - Lavender, Neroli, Jasmine, Rose, Mandarin, Roman chamomile & German chamomile, Bergamot, Rose Geranium, sweet orange, Eucalyptus radiata
- F. Internal use
  - Use only internally with close supervision of a qualified expert.
  - Refer to *Medical Aromatherapy* by Kurt Schnaubelt if you are interested in learning more about safe oils to use internally!
  - Quality of EO is paramount-organic or wild-harvested only (never conventionally grown or absolutes)
- G. Not for expecting moms:
  - Sage, Spike Lavender, Rosemary, Atlas Cedar, Yarrow, and any species of Eucalyptus  
**except for *Eucalyptus radiata***

### **Storage and Shelf life of your EOs**

- A. Store out of direct light and heat
- B. Keep oils in dark amber or cobalt glass bottles
- C. When stored properly, most EOs last for many years!
  - Resins, roots, and wood oils generally get better with age.  
(Frankincense, Patchouli, Myrrh, Sandalwood, Spikenard, Vetiver)
  - Citrus oils and needle oils tend to have a shorter life (Bergamot, Lemon, Fir, Mandarin)

### **Suggested Reading:**

Advanced Aromatherapy by Kurt Schnaubelt

Aromatherapy: A Complete Guide to the Healing Art by Kathi Keville and Mindy Green

Aromatherapy Workbook Marcel Lavabre

Medical Aromatherapy by Kurt Schnaubelt

The Encyclopedia of Aromatherapy by Chrissie Wildwood

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*\*Please reference Dragonfly Healing Center and Catherine Perry as well as provide a link to the Dragonfly Healing Center website ([www.dragonflycenter.org](http://www.dragonflycenter.org)) when using any of the information included in this document (Catherine Perry\_CreatingRitual2013). We appreciate your acknowledgment and are happy to be in collaboration in the spirit of love and community.*