

Saturday Club Healing Oils

10th May 2025

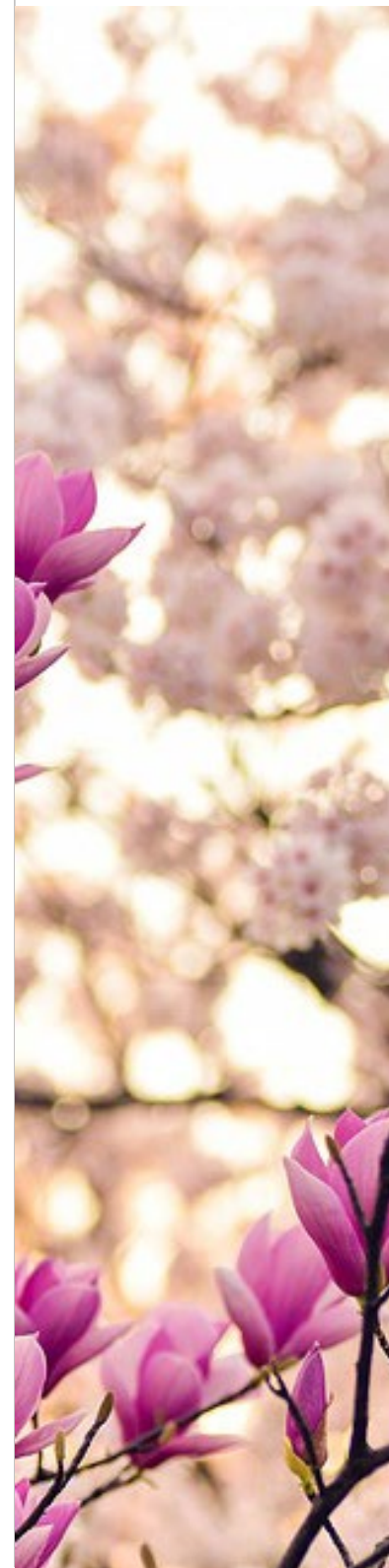


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Amazing skin- our natural barrier

Our skin is amazing- our ultimate overcoat, it keeps us warm, cools us down, protects us from the weather and can repair areas of damage! Sometimes, our environment and activity pushes the ability to heal too far, and we need help to promote healing. Imbalances within our bodies sometimes result in conditions which are beyond our skin's ability to repair, and in cases such as these we need some help..... And that's where our oils can help.





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Common skin conditions

Psoriasis- a chronic disorder which causes unusually rapid cell growth, resulting in raised, red or silvery patches, which can be itchy or painful.

Eczema and dermatitis- Inflammatory conditions of the upper layers of the skin, causing redness, itching, swelling and sometimes blistering. Can be exacerbated by harsh chemicals or cosmetics, over-washing, stress and allergies.

Cellulitis- A spreading bacterial condition which begins with redness, tenderness and swelling. Can occur after injury combined with dirty water.





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Common skin injuries

Cuts and grazes- damage to the skin's upper layers, the epidermis, which, if unprotected can allow bacteria to invade.

Insect bites- the introduction of natural poisons and irritants which can cause itching, swelling and pain.

Burns and scolds- the superficial variety (1st degree) which affect the epidermis, deeper trauma should always result in medical consultation- can be caused by contact with excess heat, sunlight or exposure to chemicals.





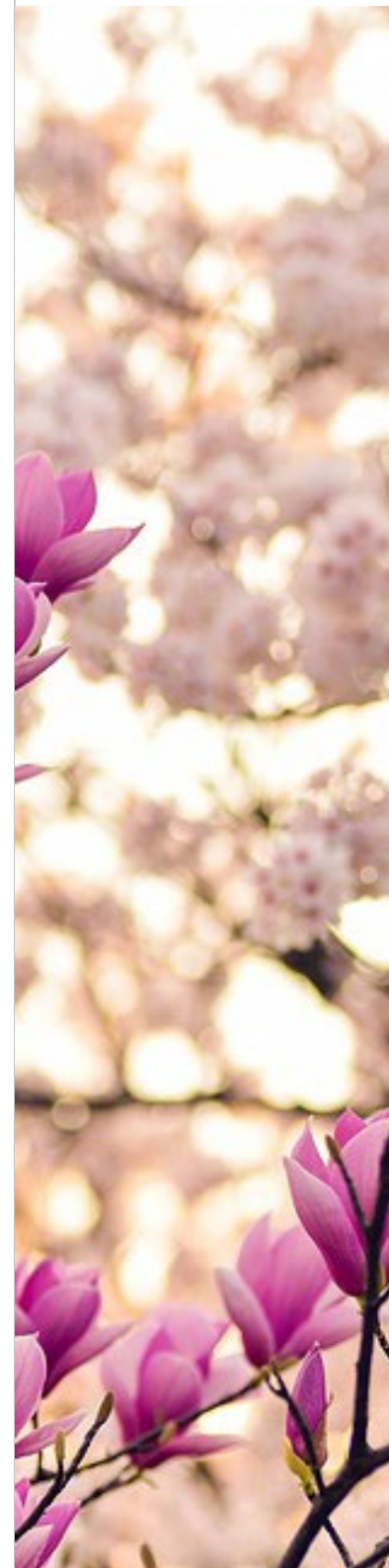
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Natural assistance?

If (or when) we are affected by injury or infection causing problems for our skin, there are a number of solutions which can help our skin in its healing process.

Nutrition, adequate water intake, hygiene, getting sufficient sleep and relaxation all contribute to healthy skin. Introducing the application of moisture and the healing power of our essential oils can aid the process....





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Benzoin

(*Styrax benzion*)

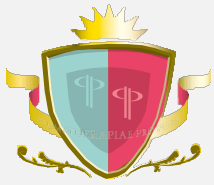
Anti-inflammatory, antiseptic and astringent, this oil is a useful component in skin nourishing blends to help promote healing of cuts and chapped skin, and can help calm irritation and inflamed conditions.

Emotionally, it is useful to combat stressful situations, warming and toning the heart and circulation, both physically and metaphorically.

As an oil produced from a resin, it is very viscous. It has a sweet, balsamic and vanilla-like aroma.

Chemistry- Mainly esters





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Bergamot

(*Citrus bergamia*)

Analgesic, antiseptic and anti-infectious, Bergamot is invaluable for a wide range of skin conditions- including acne, eczema, insect bites, psoriasis and wounds.

Unusual among the citrus family, this oil has a higher ester and alcohol content. The aroma is fresh, fruity but with a slightly spicy-balsamic undertone.

Useful emotionally with an uplifting, refreshing and calming aroma.

Chemistry- alcohols and esters





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Patchouli

(*Pogostemon cablin*)



Anti-inflammatory, cicatrisant, antiseptic, bactericidal, regenerative and stimulant- this sweet, earthy and herbaceous oil is fantastic as a healing oil for dry or cracked skin, dermatitis and eczema, fungal and bacterial infections and wounds. It can improve the tone of the skin, and is also helpful for cellulite conditions.

The aroma is also calming, so can be helpful in stress- related conditions.

Chemistry- alcohols and sesquiterpines



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Lavender

(*Lavandula angustifolia*)



The much loved, and reliable Lavender is unbeatable for soothing tired and overstressed skin. Lavender is also antibacterial, anti-inflammatory and cicatrisant- so useful promote wound healing and calming inflamed conditions

The familiar fragrance can be calming and soothing, with notes of sweetness, herbaceous and floral tones, the complex chemistry of Lavender and its safety of use mean it can be used with confidence in skincare blends.
Chemistry- alcohols, esters, monoterpenes and oxides



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Tea Tree

(*Melaleuca alternifolia*)



Anti-inflammatory, anti-infectious, cicatrisant and immuno-stimulant, Tea Tree has been used to combat a variety of infections by the Aboriginal people for centuries. Useful for burns, infected wounds, insect bites, cold sores and spots.

The fresh, spicy-camphoraceous aroma is cleansing and stimulating.

Tea Tree is non-toxic and non-irritant but overuse can result in sensitisation in some people.

Chemistry- alcohols and monoterpenes



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Palmarosa

(*Cymbopogon martinii*)

Antiseptic, cicatrisant, hydrating and bactericidal, this relative of lemongrass and citronella has a sweet, floral rosy aroma. It is useful for acne, dermatitis and minor skin infections. It aids moisturisation, stimulates cellular regeneration and regulates sebum production.

It also aids nervous exhaustion and stress-related conditions.

Chemistry- alcohols and esters





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Sandalwood

(*Santalum album/austocaledonicum*)



One of the oldest perfume materials- used in Chinese medicine to treat skin conditions- this oil is anti-infectious, sedative, astringent and cicatrisant. It can be used for dry, cracked and chapped skin and adds moisturising qualities to a blend.

A viscous oil with a deep, soft sweet-woody aroma.

Chemistry- Alcohols, aldehydes and sesquiterpenes,



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Suggested blends....

When blending for skin conditions, using oils with nourishing and moisturising properties will usually be helpful! The choice of a carrier oil base or white lotion or hand cream depends on the user- and the location of use. Non-greasy hand cream or white lotion may be preferred for hands, while oils in carrier might be easier for larger areas?

Take into consideration the emotional impact of the skin condition- chronic conditions often bring emotional distress, and the multi- faceted nature of our oils give us lots of options. And stress can also be an aggravating factor.





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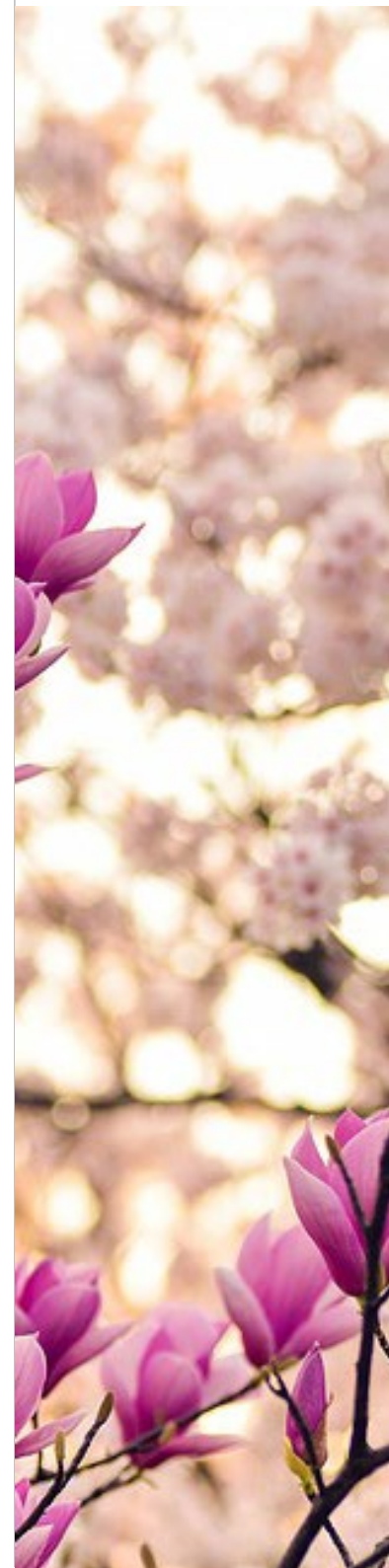
Suggested blends....

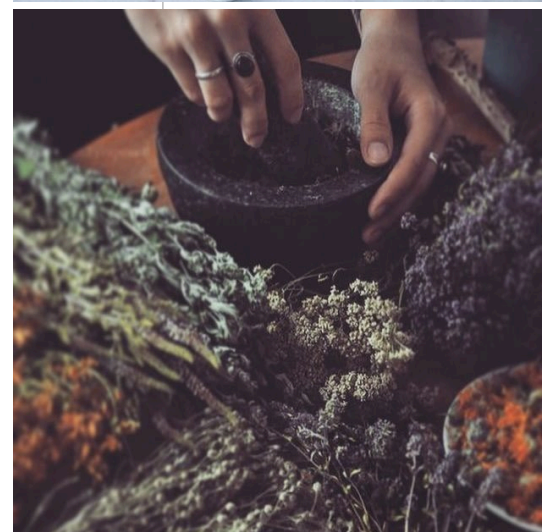
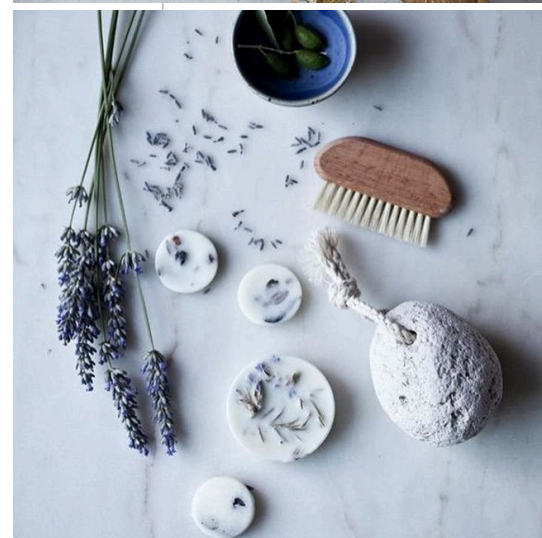
For eczema/ dermatitis/ psoriasis- a blend including Bergamot, Patchouli and Lavender can be effective.

To improve skin tone, cellulitis etc, a blend with Tea Tree, Patchouli and Sandalwood could be helpful.

For minor wounds, cuts and grazes try Tea Tree, Benzoin and Palmarosa.

There are lots of other oils which are helpful for the skin- explore the ester-rich selection combined with alcohols for pain and terpenes for balance and gentleness.





Thank you for joining us today.
This months featured oils are
Benzoin,
Bergamot,
Patchouli,
Lavender (French),
Tea Tree,
Palmarosa,
Sandalwood.

Use The Following Code & Save 10%
SatClubMay

Tea Tree Rollerball- for on the spot relief for
inset bites and minor cuts and grazes.