



Welcome to...

**Penny Price Academy
of Aromatherapy**

Saturday Club

Sunshine and Scents:

Getting ready for summer with essential oils

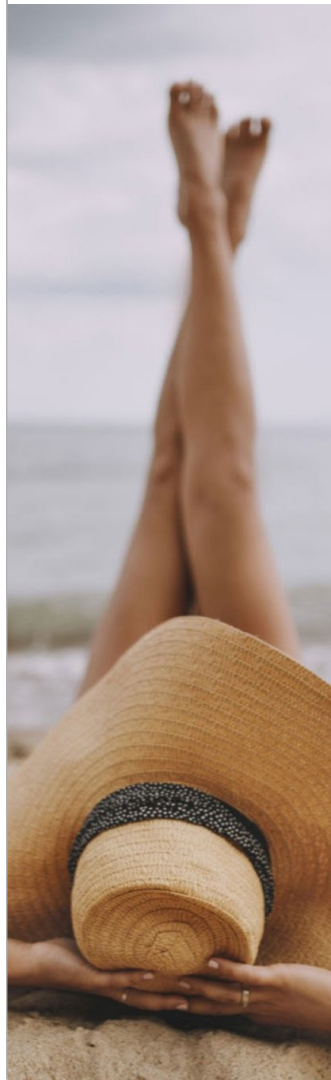


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Why Use Essential Oils in Summer?

- Help cool the body
- Repel insects
- Refresh your skin
- Help you cope with journeys
- Settle the stomach
- Boost energy and mood

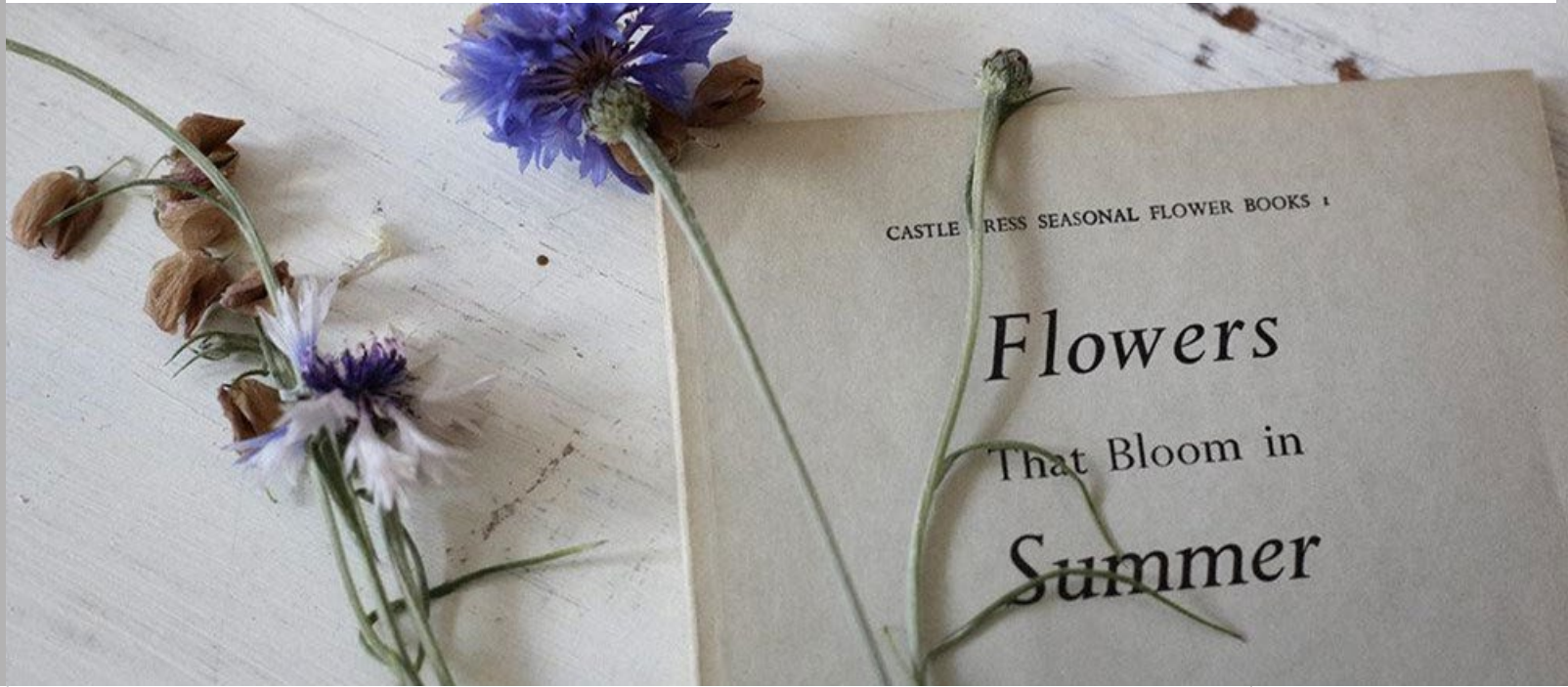




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Essential oils for Summer





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Lavender (*Lavandula angustifolia*)

Lavender is both antiseptic and analgesic which makes it the first choice for treating **sunburn**. In addition, it will soothe itching and promote healing.

If sunburnt make sure you immerse yourself in cold water for as long as you can bear and then apply lavender to the burnt skin.

For small areas it can be applied neat, for larger areas add to a lotion.

Davis recommends lavender as an **insect repellent** but also to treat bites. She states that a little neat oil applied to the skin should take the pain out of the sting and stop the irritation and any infection from spreading.

Lavender is also excellent for **insomnia** and can be added to a





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Lavender (*Lavandula angustifolia*)

Headaches can be common in summer due to heat, fatigue or dehydration. A couple of drops of lavender massaged into the temples or into the base of the skull can relieve a headache fast but make sure that you are properly hydrated.

For muscular aches and pains try combining some lavender with oils like rosemary and marjoram which will make a great blend for lower back pain through overexertion and lifting.

Make a compress with lavender to place around your ankles to stop your feet from swelling in the heat and on flights. You can also make a compress for knees if they feel cramped during a journey.





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The Chamomiles (*Matricaria chamomilla* & *Anthemis nobilis*)

Both German and Roman chamomile are cooling and calming but German is far more anti-inflammatory.

German chamomile is **anti-histaminic** which means that it can help with inflammatory allergic reactions.

Roman chamomile is soothing and cooling, making it ideal for the treatment of **sunburn** - add 5 drops to 10 mls of white lotion and apply to skin.

R. chamomile is ideal for **insomnia** especially when the heat is making it hard to sleep.

Worwood describes R chamomile as harmonising, peaceful and soothing to the spirit making it useful when calming irritability due to heat.





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Hay Fever

Gill Farrer Halls suggests that at the first signs of the symptoms of hay fever 'sprinkle a few drops of German chamomile or melissa on a tissue and sniff frequently.

If this does not clear the symptoms try a steam inhalation - pour hot water into a bowl. Add 3 drops of lavender and 2 drops of eucalyptus then lean over the bowl or sink and place a towel over your head to seal in the steam. Keep your face approximately 30cm above the bowl then close your eyes and breathe deeply for at least 5 minutes.

For sore eyes apply ice cold rose hydrolat to a compress and place over the eyes.

Rooibos tea is an antihistamine so can be helpful to drink.





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Foot Baths

There are many benefits of footbaths especially when essential oils have been added to them. In the summer a cooling foot bath to which 3 drops of essential oils have been added can:

- Cool the feet and consequently the whole body
- Reduce inflammation and swelling
- Improve circulation
- Freshen the feet and decrease odour
- Help relax
- Help with pain relief.

Lavender and Chamomile are anti-inflammatory

Cypress and Juniper will help reduce swelling

Rosemary will boost circulation

Tea tree, Myrrh, and Palmarosa are excellent for keeping the feet hygienic and clean.

Tea tree combined with **Cypress** essential oil can also help with sweaty feet





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Travel Issues





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Flying

If you know you may have problems on an aeroplane you can try making up a few little bottles with blends in advance to help you.

Valerie Worwood suggests the following recipes:

To 5 mls (teaspoon) of carrier oil add a total of 3 drops of the following essential oils:

Swollen Feet and Ankles - Lavender and Eucalyptus Smithii - massage your feet and ankles in an upward direction.

Cramp - Add Geranium. Massage the area.

Painful knees - Add Lavender.





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Jet Lag

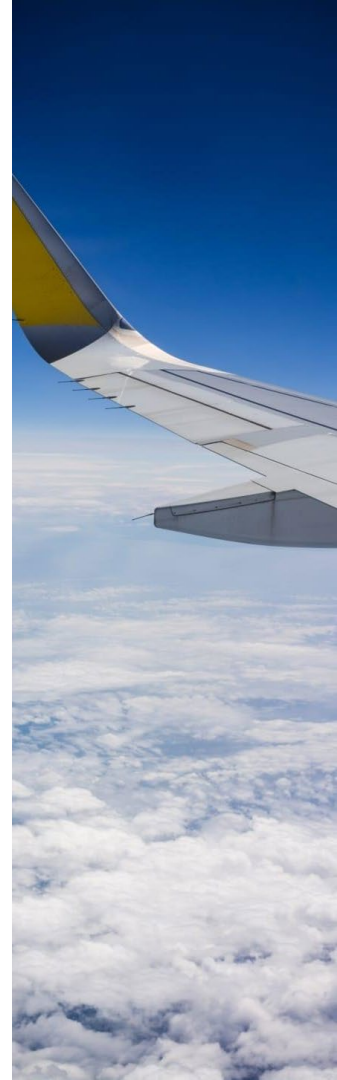
To prevent jet lag Valerie Worwood suggests:

Before you set off add peppermint and eucalyptus to a morning bath or shower (1 drop of each in 5mls of carrier).

When you arrive try to stay awake and go to bed at local bed time then add a drop each of lavender and geranium to 5 mls of a carrier in an evening bath. If you can't have a bath try making up a blend of lavender and geranium (2 drops of lavender and 1 of geranium to 5 mls of carrier) and put a small amount of the oil into the palms and rub into the neck, shoulders, chest and shoulder blades, breathing in all of the time.

Repeat this every day until you feel better.

Worwood also recommends grapefruit oil to uplift - just sniff from a handkerchief when you need a boost.





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Nausea and Sickness

Travelling, a change in diet and stress can all cause nausea and sickness when on holiday.

There have been several studies into the effectiveness of **ginger** on nausea and their findings have suggested that inhaling the oil had a very powerful antiemetic effect. Try mixing ginger with a citrus oil such as **grapefruit**.

These oils can simply be placed in a nasal inhaler (5-10 drops) or on a handkerchief and used whenever needed.

Peppermint, cornmint and spearmint essential oils are also indicated for nausea as both relieve spasm in the gut. (3-5 drops in 10 mls of carrier and massage in a clockwise direction)

Also try slowly sipping a herbal tea such as ginger,





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Essential oils for Digestive Issues





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Cornmint (*Mentha Arvensis*)

Fresh and invigorating, cornmint is great in a nasal inhaler to help with travel sickness. Make sure you also have peppermint tea on hand. It is also good for holiday stomach upsets.

A quick sniff of cornmint and eucalyptus first thing in the morning is also great for jet lag.

Cornmint and peppermint are great stimulants so perfect when there is brain fog, fatigue, headaches, constipation etc.

It is analgesic and anti-pruritic (stops itching) so can be applied to bites.

Combine with lavender and lemongrass and diffuse into the air to discourage insects.





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Diarrhoea

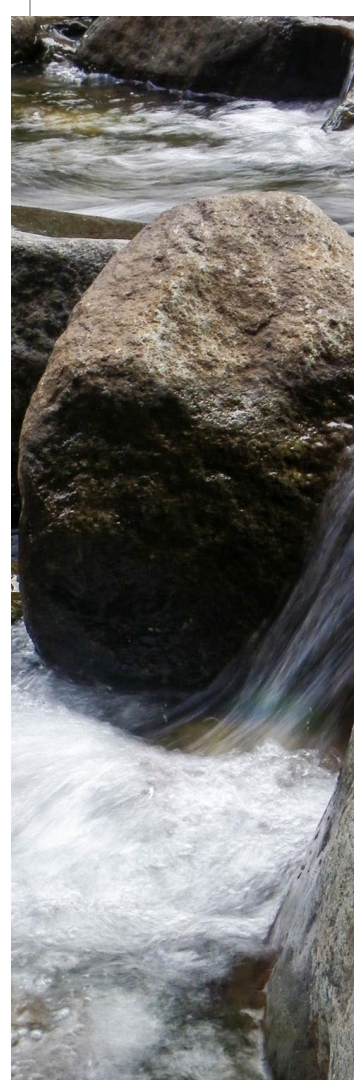
Battaglia states that 'essential oils are useful in helping diarrhoea because of their calming and soothing effect on the intestinal lining, also some have an antispasmodic action on their intestinal muscles and some have astringent properties.'

He recommends **eucalyptus** or **thyme** if an infection is the cause.

To help with spasms he recommends **the chamomiles, sweet fennel, ginger, lavender and peppermint,**

I would recommend a blend containing thyme, German chamomile and lavender (a total of 3-5 drops in 10 mls of carrier). If it is uncomfortable to massage the tummy try the back or the feet.

Peppermint tea is also very settling for an upset tummy.





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Constipation

This is a common problem often due to a change in eating habits, dehydration, disrupted routines or jet lag.

To help treat constipation always massage the abdomen in a clockwise direction.

Blend to help constipation

Sweet Marjoram 1 drop

Rosemary 1 drop

Black pepper 1 drop (to stimulate peristalsis)

Place in 5 mls of carrier oil or which lotion and massage into the abdomen.

Also try drinking fennel tea,





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Keeping insects away





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Bugs and their Bites

Bugs can be a real problem when on holiday whether in the Uk or abroad.

Ideally deterrents should prevent any nasty bites and consequent reactions but there is plenty you can do if you are bitten.

Citronella and lemongrass are ideal oils to deter insects from coming indoors. Try diffusing them near a window or placing a few drops in bowls around a room.

If you need to apply an oil to your skin, lavender is the gentle option.

If packing is a problem make sure that take just one bottle of lavender and perhaps a bottle to make blends up in.





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A blend to place in your room

If you are able to make up a blend for your room before you go on holiday, Valerie Worwood suggests the following:

Thyme ct Thymol 4 drops

Lemongrass 8 drops

Lavender 4 drops

Peppermint or cornmint 4 drops

You can diffuse this blend into the air, place it in cups of very hot or boiling water around the room, you can even put a few drops on some cotton wool and place near to where you sleep.





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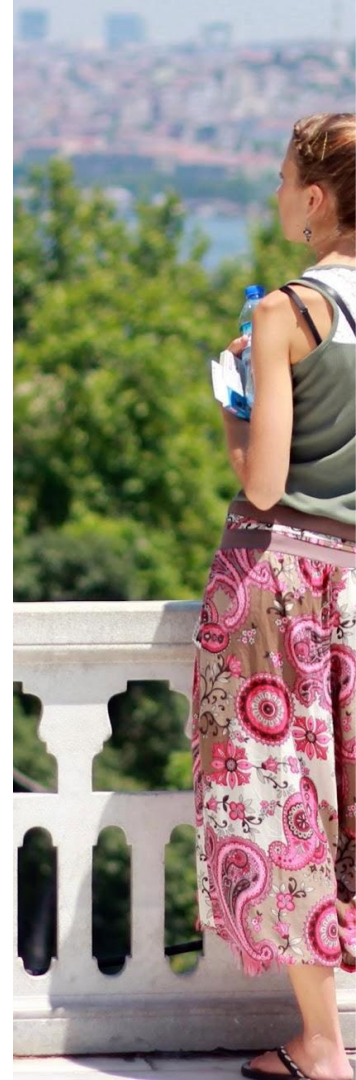
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Preventative blends for your skin

Using the the same mix of oils on the previous slide, put 2 drops in 10 mls of carrier oil and rub all over the body in the days leading up to your holiday and when you are going out in the evening.

Lavender essential oil is also great for deterring insects on its own, just add 3 drops to 5 mls of carrier oil and rub it into your skin.

Valerie Worwood also suggests putting a drop of lavender or citronella on to the top of your socks or the bottom of your trousers if you are going out on an evening walk. This should deter mosquitoes from biting the area around your ankles.





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Insect and plant stings

Lavender is definitely the best oil to use when you are stung by either insect or a plant. You can apply one drop to the skin and when it is absorbed, apply another up to ten drops.

A drop of neat eucalyptus oil will also help in the case of an plant sting.

If there is inflammation, both lavender and German chamomile (one drop of each in 5 mls of carrier oil or gel or in a cold compress) can be applied to the area, but obviously consult a doctor if the inflammation does not go away or becomes worse.

If you have a large area of mosquito bites you can treat it with 1 cup of cider vinegar or the juice of two lemons, add 10 drops of lavender and 5 or thyme ct linalool and put in a bath. Neat lavender can be applied to individual bites.





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Essential oils for skin related issues





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Carrot Seed (Daucus carota)

Carrot seed oil is an excellent cell regenerator making it ideal for sun damaged and aging skin.

This oil has been described as one of the strongest revitalising essential oils useful for lifeless, tired skin which has been exposed to environmental stress.

It has been found to be healing for burns so would be good in a blend for sunburn.

A compound called umbelliferone is found in carrot seed essential oil. This compound absorbs UVB light and is commonly used in sunscreens. However there's no evidence that carrot seed oil is safe to use alone as a sunscreen.

Carrot oil might also help with hyperpigmentation.





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Sunburn and Heatstroke

Sunburn

Add a total of three drops of lavender, G. chamomile and carrot essential oils to five mls of aloe vera gel and apply to the burn

Cream for sun damaged skin

Add a total of 6 drops of R. chamomile, lavender and rose essential oils to 20 mls cream base for a soothing cream

Aftersun

5 drops of lavender and 4 of chamomile in 50 mls of carrier oil will make a lovely aftersun oil - apply to skin at the end of the day

Cream for dry cracked skin

To 20 mls of white lotion add ½ teaspoon of avocado carrier oil and two drops each of ylang ylang, R. chamomile and patchouli essential oils





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Irritated skin

Itchy skin

German Chamomile has been found to be very soothing for inflamed and itchy skin. (2 -3 drops in 5 mls of carrier). Lavender is also recommended.

The menthol found in peppermint is very cooling to irritated skin.

Dry Skin

Carrot essential oil, the chamomiles and rose otto are all recommended by Battaglia for dry skin. They can be added to a white lotion or carriers such as carrot, avocado, jojoba or wheatgerm oils (a total of three drops to 5 mls of carrier)

Prickly heat

Add 4 drops of lavender essential oil to 10 tablespoons of bicarbonate of soda and add to a bath





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Carrier Oils for Summer

Avocado Carrier Oil is good for most skin types, especially dry, mature, sun damaged skin. It is said to reduce dehydration and hyperpigmentation

Carrot Carrier Oil is rich in vitamins A, B, C, D, E and F. It is recommended as an after-sun treatment, most notably for increasing elasticity and encouraging epidermal regeneration; but it can also be used to great effect before any exposure to the sun. It is good for aging skin

Raspberry Seed Carrier Oil has a unique balance of Omega 3, 6 and 9 essential fatty acids. It moisturises and improves skin elasticity, reduces wrinkles, dryness, and skin lines and is said to regenerate damaged skin.





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Vetiver (*Vetiveria zizanioides*)

Known as the oil of tranquility. In India, the thin roots were woven into screens to protect people against the hot sun.

Calming and soothing, it is a sedative of the central nervous system and therefore will help with agitation and insomnia.

It is also cooling and grounding can be used to reduce fever, hot flushes and heat.

Vetiver is anti-inflammatory, nourishing, moisturising and a cell and tissue regenerative and is therefore good for sun damaged, dry and dehydrated skin.

The oil is a great immune booster and can help protect you when in crowded places and on aeroplanes.





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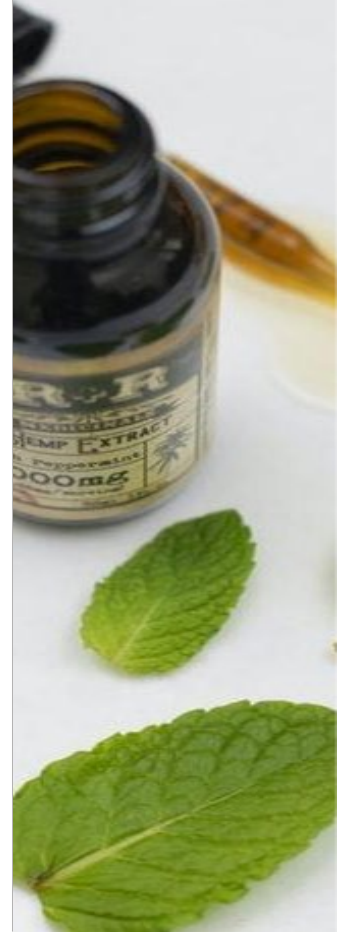
Hydrolats

Rose - Rose hydrolat is suitable for all skin types but is especially good for dry, irritated and ageing skin. It has antiseptic, anti-inflammatory and soothing, properties which can help various skin problems including sunburn, insect bites and other allergic skin conditions.

It can also be used as a hydrating facial spritz for hot summer days.

Chamomile - ideal for dry, sensitive and problem skin types. Its gentle anti-inflammatory and antiseptic action also helps to soothe inflamed, irritated skin conditions

Peppermint - cooling and refreshing, it can be sprayed on tired feet on a hot day or used as a facial toner after your cleansing routine to close the pores and revitalise your skin.





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Hydrolats

Witch Hazel - Witch hazel hydrolat has anti-inflammatory, antioxidant, and astringent properties. It helps soothe irritation, reduce redness, and improve overall skin health and is good for insect bites.

Lemon - lemon is refreshing and uplifting but is also a natural antiseptic so good for minor wounds and may also reduce redness and itching.

Thyme - Thyme hydrolat has anti-viral properties and is good to spray around the house to combat summer infections. It is also good for infected skin. Also its strong scent can deter insects like mosquitoes and other bugs.





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Some recipes using Hydrolats

Cool nights– Lavender or Peppermint hydrolats (you can also add 30 drops total of lavender, ylang ylang and bergamot essential oils to 100 mls of lavender hydrolat and spray it on the skin.

Cooling spray – Chamomile, Peppermint or Lavender hydrolats. Try mixing them together and keep it in the fridge and spray on the body when you are hot.

Air-freshener– Rose or Bergamot hydrolats. (Try adding 30 drops total of cornmint, geranium and ylang ylang essential oils to 100 mls of rose otto hydrolat and spray into the air).





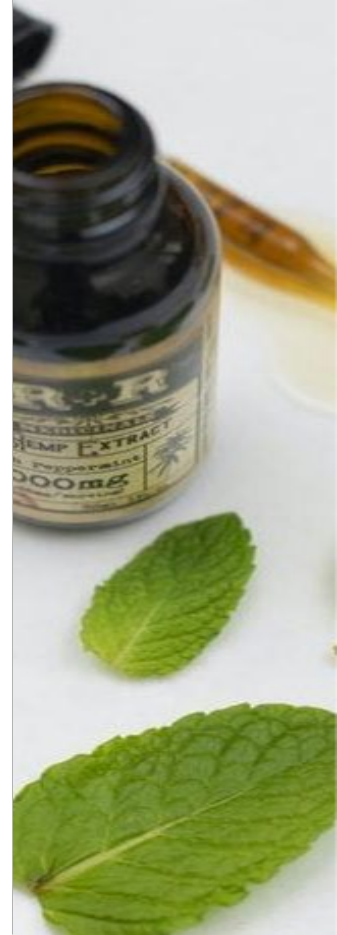
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Some recipes using Hydrolats

Dry skin or sunburn – Neroli or Chamomile hydrolats (you can add 30 drops total of rose and lavender to 100 mls of hydrolat for sunburn).

Anti bug spray - Make a blend of any of the following to deter insects: Geranium, tea tree, peppermint, lavender or thyme and either spray around the room or on your skin





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Recommended books

Salvatore Battaglia - The Complete Guide to Aromatherapy

Patricia Davis - Aromatherapy an A-Z

Gill Farrer- Halls - The Aromatherapy Bible

Valerie Worwood - The Fragrant Pharmacy





10% off for Saturday Clubbers!

Code: JUNE25

Roman Chamomile

German Chamomile

Cornmint

Carrot Seed

Citronella

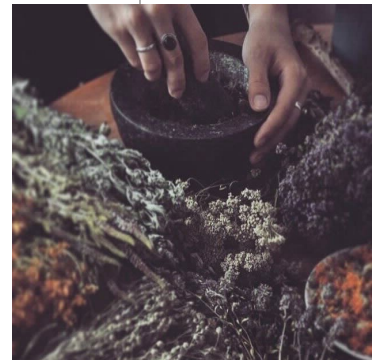
Eucalyptus Smithii

Ginger

Lavender

Vetiver





Thank you...

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