



Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

Roots and Fruits

Exploring oils from different parts of plants



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October 2025

The role of roots

Roots provide crucial functions:

They primarily absorb water and nutrients from the soil and store these concentrated compounds.

They transport these vital resources throughout the plant and can even produce hormones and other compounds that support growth and interact with the soil ecosystem.

Finally they anchor the plant firmly in the ground.





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And Rhizomes?

Rhizomes are technically stems and possess unique features like nodes and buds not found on true roots.

They also grow horizontally in the ground whereas roots generally grow downwards.

However, roots and rhizomes are both plant structures that grow underground and serve as storage organs for nutrients and energy, enabling plants to survive periods of dormancy or stress.

They also both anchor the plant in the soil and can generate new shoots.





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Properties of oils from Roots and Rhizomes

The oils that are taken from roots and rhizomes are often valued for their grounding, nurturing, and warming properties, reflecting the deep connection of the roots to the earth.

They are particularly useful for providing stability and balance when feeling anxious, worried, stressed, insecure, scared or out of touch.

The aromas of these oils are often earthy and grounding.





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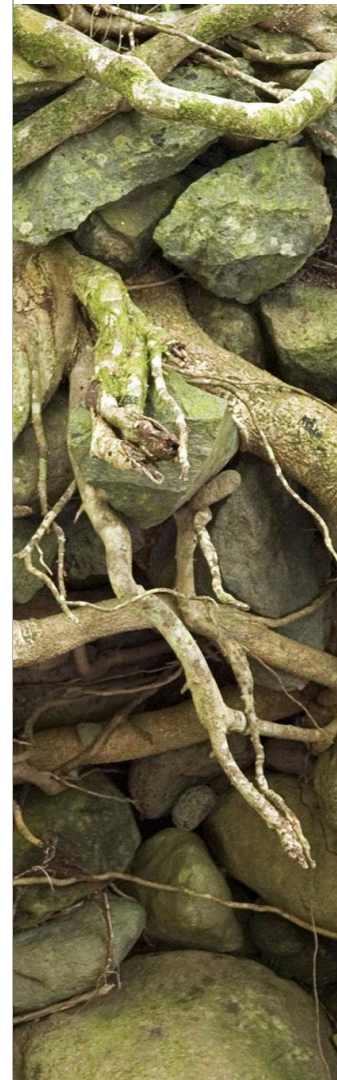
Oils from Roots and Rhizomes

Roots

Angelica
Spikenard
Valerian
Vetiver

Rhizomes

Ginger
Plai
Turmeric





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Essential oils from Roots





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Spikenard (*Nardostachys jatamansi*)

Spikenard is high in esters and sesquiterpenes which means that it is primarily calming, grounding and balancing.

It is good for someone who has fears and anxieties for no known reason, also if they have an inability to let go, or have obsessions.

It is also recommended for intense dreams and nightmares.

Spikenard is a relaxant when someone is suffering from overstimulation especially in the mind. It has been described as a 'strong hypnotic cerebral sedative.'





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Valerian (*Valeriana fauriei*)

Valerian root is cooling, calming and relaxing and will help to 'ground' someone when they are feeling anxious.

Known as “nature’s valium,” valerian root has shown to have sedative qualities that work on the nervous system to help us relax. It is high in valerenic acid and isovaleric acid — compounds that are said to promote sleep.

Valerenic acid, in particular, has shown to inhibit the breakdown of GABA in the brain, a compound that regulates nerve activity. When this reaction occurs, we experience a feeling of calm and relaxation.

Holmes states that Valerian seems to act as a relaxant and restorative at the same time and will therefore address chronic nervous system conditions such as agitated depression or nervous breakdown and will help with restorative rest.





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Vetiver (*Vetiveria zizanoides*)

The 'oil of tranquility', vetiver is recommended for physical, mental and emotional burnout which results from total exhaustion.

Vetiver is a tonic and immune system booster that is good for chronic deficiencies arising from long term stress.

A 2015 study published in the Natural Product Research concluded that vetiver oil can help reduce anxiety. Researchers used an inhalation method for 7 minutes at a time. They found that vetiver caused changes in heart rate, blood pressure and respiration. In fact, vetiver oil had the same impact as Diazepam, a medication that treats anxiety, muscle spasms, seizures and other medical conditions.





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Vetiver (*Vetiveria zizanoides*)

This oil seems to regulate oestrogen and progesterone and together with its heat clearing actions can help hot flushes.

Holmes describes how very few other remedies 'exert the same depth of restorative action as vetiver, repairing as it does the body's four core systems: the nervous, endocrine, gastrointestinal and immune.

Mojay describes how vetiver 'sedates and yet restores us'. He goes on to describe how it can ground us and help with mental exhaustion.

It is reputed to effectively diminish feelings of anger, irritability, panic and restlessness all emotions that can prevent us from getting sleep.





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Angelica Root (*Angelica archangelica*)

Angelica dries the body, it is useful for wet colds and coughs that are caused by mucus dripping down the throat from the nasal passages. Try using a steam method for this.

The root oil is also helpful for sinus and viral infections and will stimulate the immune system.

When applied topically, Angelica works to calm the epidermis of the skin and help problems such as eczema and breakouts.

Use in skin creams and in the bath to help calm and soothe skin irritations. Try placing 30 drops in 100ml lotion for daily use for psoriasis, eczema or urticaria.





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Angelica Root (*Angelica archangelica*)

Angelica root essential oil is a complex oil which can be both sedating and regulating.

It is an analgesic and can be used for neuromuscular pain, headaches, toothache, colic, nerve pain and spasm.

Peter Holmes states that it 'excels at relieving chronic forms of anxiety and insomnia as well as nervous breakdown from any cause.'

Holmes describes how by gently inhaling this oil it will rekindle the powers of will and courage and 'bring the flights of the mind down to earth, down to a grounded centre.' It will also help the person who has become resigned to accepting failure or putting up with an unsatisfactory situation.





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A Grounding Blend for Balance and Stability

When you are feeling out of balance and disconnected try this blend in the bath (10 drops in a dispersant) or put a some drops in a diffuser and concentrate on your breathing

Spikenard - balancing and helps if overthinking

Vetiver - grounding and calming

Patchouli - good for people who feel out of touch with their bodies

If the blend feels too heavy try replacing patchouli with **petitgrain** - good for self acceptance, negative emotions





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A Relaxing Blend to help you Sleep

Research suggests a warm bath or shower an hour or two before bedtime can help you unwind and fall asleep faster as it will help lower your core temperature which is a circadian sleep signal.

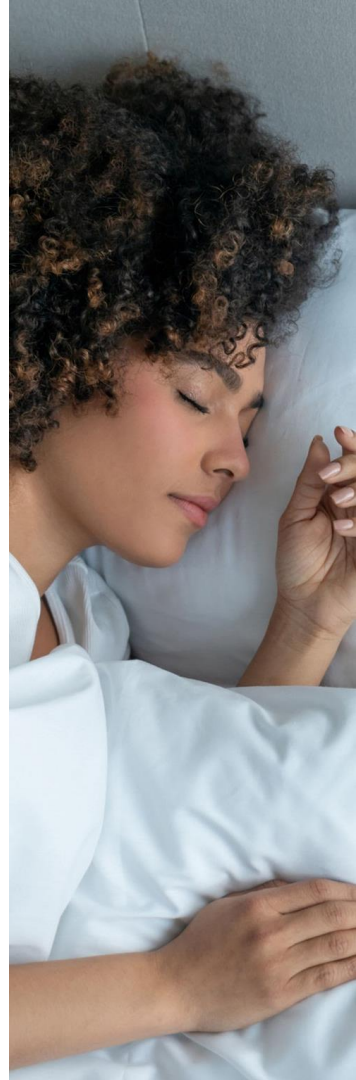
To 10 mls of unperfumed foam bath add a total of 4-7 drops of:

Vetiver - grounding and restoring

Valerian - cooling and calming

Mandarin - a powerful sedative

If you have intense dreams or nightmares remember that **Spikenard** can help.





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Essential oils from Rhizomes





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Turmeric (*Curcuma longa*)

Turmeric essential oil is best known for its anti-inflammatory properties making it beneficial for people suffering from arthritis, joint pain, or muscle soreness.

Holmes states that Turmeric is a warming stimulant especially to the gastrointestinal system. He says it treats 'cold stagnant conditions of the liver, gallbladder and intestines. Battaglia recommends it for liver congestion.

It also has mood-enhancing qualities and can reduce stress, anxiety, and mental fatigue, promoting a sense of clarity and emotional balance. Emerging research also suggests turmeric oil might support cognitive health, with certain components showing neuroprotective effects.





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Plai (*Zingiber cassumunar*)

Although it is derived from the same plant family as Ginger, Plai possesses many different properties and has a more intense action. Rather than the classic warming effect of Ginger, Plai has a cooling effect on pain and inflammation, making it an excellent choice for treating injuries, muscular and joint pain and conditions such as arthritis and rheumatism.

Plai has been used successfully to treat various joint problems, especially where inflammation is present eg bursitis of the knee, hip, and tennis elbow, all painful conditions due to inflammation of soft tissues in the joint.

When plai is applied topically it is reported to be more effective than diclofenac but with no side effects.





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A blend for inflammation

Make up a blend using 10 mls of carrier oil or white lotion and to this add one drop each of :

Turmeric - warming and anti-inflammatory

Plai - analgesic and anti-inflammatory properties

Black pepper - warming, analgesic and stimulating to the circulation.

You could replace Turmeric with **Ginger** or **German Chamomile** .

Juniper is also an oil to consider if treating arthritis as it helps eliminate toxins from the body particularly uric acid.

Litsea is good for tension in the body leading to inflammation





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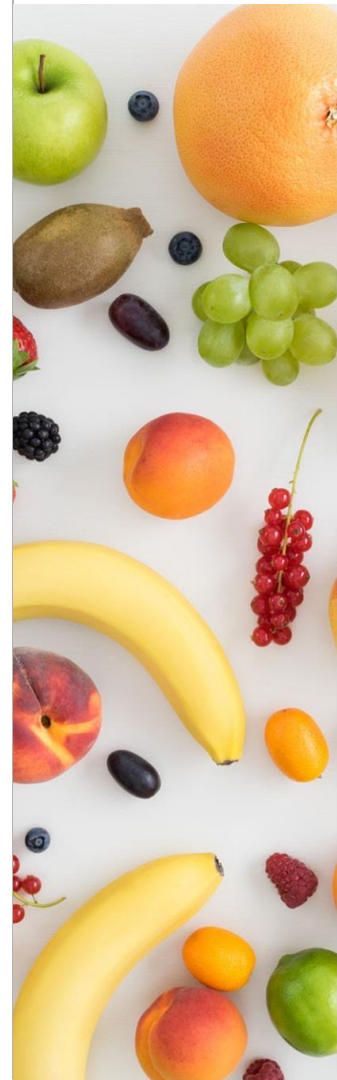
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The role of fruit in a plant

Fruits are essential for a plant's reproduction because they protect the developing seeds which contain tiny plant embryos.

Secondly they facilitate their dispersal to new locations, often with the help of animals. This process of seed dispersal is vital for the plant species' survival and expansion into new habitats.

Also plants with fruits make an excellent habitat and food source for wildlife, including birds, bees, butterflies, and other pollinators





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Essential oils from Fruits





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Essential oils from Fruits

When we think of essential oils from fruits we tend to think of oils such as grapefruit, lemon and orange. Citrus fruits are encased in a "rind" that houses a great deal of essential oil that can be steam distilled or cold pressed to produce essential oils.

Citrus oils share many common properties. They are all anti-bacterial, cleansing and uplifting. Their use on the skin can be restricted as some are phototoxic however for inhalation they are uplifting and cheering.

However other fruit oils we may not consider include Juniper Berry, Black Pepper and Litsea (May Chang) which have very different properties.





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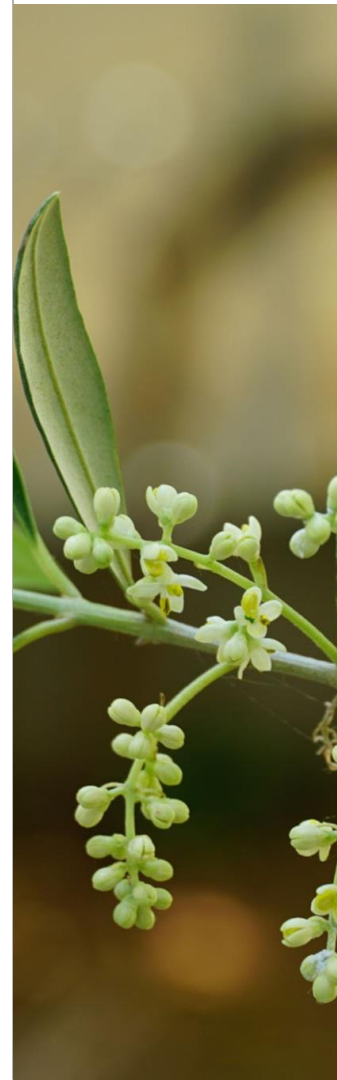
May Chang (*Litsea cubeba*)

Litsea has a refreshing, stimulating and uplifting action, which makes it perfect for relieving fatigue and lethargic psychological states.

It is a good systemic detoxant and has been described as having a spring cleaning action so could be recommended when someone is post viral and fatigued.

Litsea is a relaxant for tense conditions where there is heat, spasm, pain and inflammation (Holmes)

It can act as a tonic to the nervous system so can be inhaled to clear the head when feeling anxious, stressed or unable to think clearly. It can help to boost concentration and provide clarity of thought.





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Black Pepper (*Piper nigrum*)

Black Pepper oil very warming and promotes localised blood flow through tissues. It is one of the most stimulating oils, wonderful in a pre-sports massage to loosen muscles, as well as in a pain reliever for overworked muscles to relieve stiffness and fatigue.

It is also good for poor muscle tone, possibly where muscles have atrophied due to illness or immobilisation.

As Black Pepper is warming and is strongly analgesic and anti-inflammatory, it is recommended for chronic cold, damp-type rheumatic and arthritic disorders.

It has been used in the treatment of fibromyalgia as it reduces pain, warms muscles, improves circulation and reduces stiffness.





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Black Pepper (*Piper nigrum*)

Black Pepper oil is also beneficial for digestion. It stimulates the whole digestive system, right from the salivary glands in the mouth to the large intestine, promoting secretion of digestive juices like acids and bile into the ingested food, thereby facilitating digestion. It can be used to help a sluggish digestive system and will help soothe the smooth muscle of the gut.

It is a carminative and helps remove gases and prohibit gas formation in the stomach and in the intestines. It also helps inhibit bacteria which are responsible for formation of gas.

As a stimulant of the spleen, it can be valuable in anaemia, after heavy loss of blood, or very severe bruising, since the spleen is involved in the production of new blood cells.





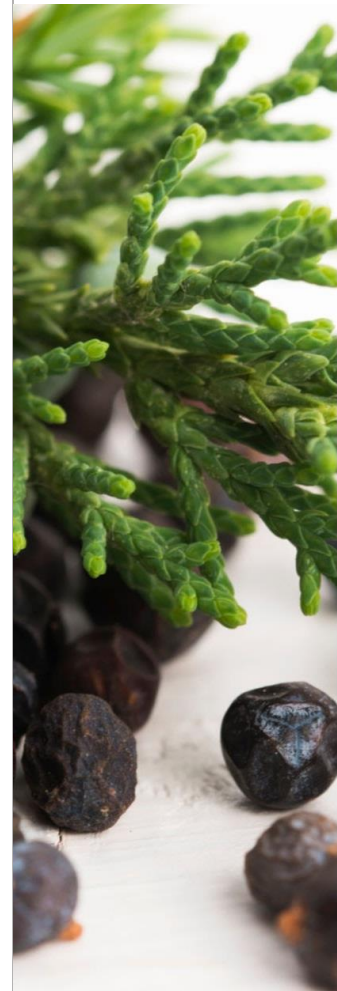
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Juniper Berry (*Juniperus communis fruct*)

Juniper Berry essential oil helps the body to eliminate toxins, in particular, uric acid, therefore is a very important oil in treating arthritis, gout and rheumatism especially when the pain is of a cold, cramping nature. It is also a diuretic which helps detoxification.

Its cleansing properties will also help with many skin conditions that are manifestations of an accumulation of toxins in the body – certain forms of eczema (especially weepy eczema), dermatitis and psoriasis. It is also very valuable for sores that fail to heal, and for external ulcers. In many skin conditions, a slight worsening of the problems is often seen at first as the body begins to throw off toxic deposits.





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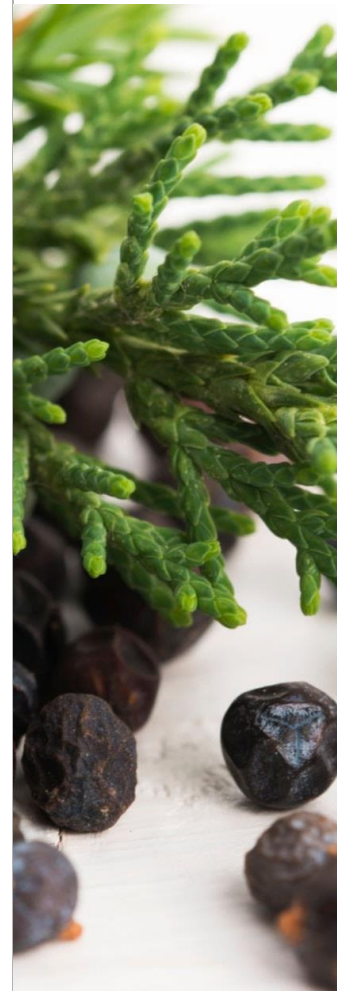
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Juniper Berry (*Juniperus communis fruct*)

Juniper Berry essential oil also has a tonic effect on the digestive system, it is a stimulant, detoxicant and spasmolytic (relieves spasm of smooth muscle) and can be used to help colic, IBS and chronic gastroenteritis.

This oil has a special affinity with the urogenital tract, which makes it a very good oil for the treatment of cystitis and other urinary infections, and for the retention of urine. Peter Holmes suggests as a diuretic that it can soften hard deposits like urinary stones. Massage or use in hot compresses over the lower abdomen, and the kidney area (the small of the back).

It is an effective neurotonic which can help with stress, anxiety and general burn-out. Its overall effect on the emotional system is one of strengthening and cleansing, helping to dispel emotions such as insecurity, loneliness, sadness and guilt.





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An Uplifting Blend for Post Viral Fatigue

Make up a nasal inhaler (6-10 total drops of essential oils) a roller ball (3-6 total drops of essential oils to 10 mls of carrier oil) or add 3-4 drops of essential oils to a diffuser.

Litsea - a good systemic detoxicant and will help clear the head.

Black Pepper - warming, stimulates circulation, good for treating fatigue and cold especially when chronic and involving adrenal fatigue (Holmes)

Juniper - eliminates toxins and is a neurotonic helping with stress anxiety and burnout.

Vetiver or Angelica can be added if there is mental fatigue.

Thyme or orange oil are also good for post viral fatigue





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A Blend for Winter Blues

Make up a nasal inhaler (6-10 total drops of essential oils)
a roller ball (3-6 total drops of essential oils to 10 mls of
carrier oil) or add 3-4 drops of essential oils to a diffuser.

Citrus essential oils have strong associations with sunshine
and summer, wood essential oils can give strength and
purpose and research has shown that floral scents are
strongly linked with pleasure and euphoria.

Bergamot/grapefruit - uplifting and exhilarating

Geranium - antidepressant, balances hormones, uplifts
mood

Cedarwood- strengthening and relaxing

Lavender or Rosemary can also be used





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A blend using roots and fruits

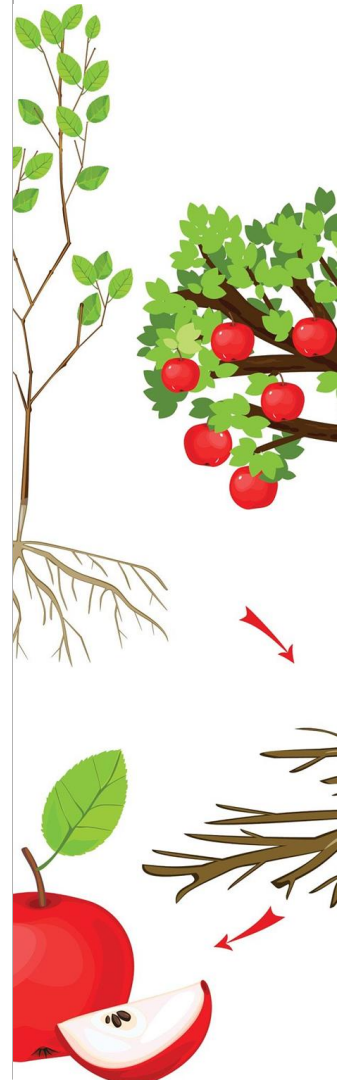
Any tree that hopes to produce abundant, delicious fruit must have a strong root system to nourish that tree. If the root system is too shallow or too weak the tree will not bear the fruit expected.

The same is true for people. If we are to bear worthy fruit in our lives we must establish a root system that nourishes us in a way that aligns with our expectations of production.

Vetiver - earthy, grounding and soothing

Neroli - uplifting, balancing for the emotions

Black Pepper - warming and uplifting





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Recommended books

Salvatore Battaglia - The Complete Guide to Aromatherapy

Patricia Davis - Aromatherapy an A-Z

Peter Holmes - Aromatica: A Clinical Guide to Essential Oil Therapeutics

Robert Tisserand and Rodney Young - Essential Oil Safety

Felicity Warner - Sacred Oils

Penny Price Blogs - <https://www.penny-price.com/blogs/news>





10% off for Saturday Clubbers!
Code:

fruits&roots

Angelica
Bergamot
Black Pepper
Cedarwood Atlas
Cedarwood
Virginia
Chamomile
German
Ginger
Juniper Berry
Litsea

Mandarin
Neroli
Patchouli
Petitgrain
Plai
Turmeric
Valerian
Vetiver
Grapefruit
Thyme ct Linalool





Thank you...

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