



Welcome to...

Penny Price Academy
of Aromatherapy

Saturday Club

**Winter Wellness: essential oils to
warm, calm and uplift during winter**



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December 2025

Factors affecting winter wellness

Winter comes with a higher risk of health issues, particularly for older people or those with long-term conditions and compromised immune systems.

Cold temperatures can constrict blood vessels, increase blood pressure, and make the heart work harder. This leads to an increased risk of heart attacks and strokes.

The cold, damp weather can other aggravate health problems, such as respiratory winter illnesses.

Joint pain can flare up.

At this time of year many people feel overwhelmed and stressed and this can lead to a lack of sleep, anxiety and ultimately can compromise the immune system and lead to illness.





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How can we look after ourselves?

Eating well - making sure that we have all of the right nutrients.

Keeping warm both in the house and by exercising outside.

Sleep well.

Stay hydrated - it is easy not to drink enough water in the winter.

Take steps to boost your immune system.

Build forms of relaxation into your daily life





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How can essential oils help us

They can boost immunity and help with coughs, colds and chest complaints.

They can lower blood pressure.

They can encourage sleep when the mind is busy.

They can help with joint and muscle pain.

They can boost mood and energy which may be low at this time of year.

They can encourage relaxation and calm. They can also help with stress and issues such as loneliness, depression, grief and winter blues.





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Essential Oils to Warm you





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What does the cold do to our bodies?

Cold weather can put increased stress on our cardiovascular system. Cold temperatures cause your blood vessels to constrict, shallow breathing, and a slight thickening of the blood.

It can also cause problems for asthma sufferers because cold, dry air causes the air passages in the lungs to contract, making it difficult to breathe.

Cold, dry air can also worsen conditions such as eczema by drying out the skin.

Warmth tends to relax us whereas cold can put us on edge.

People may sleep longer – but paradoxically feel more tired than usual. It can be hard to concentrate and make you feel on edge.





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Marjoram (*Origanum majorana*)

The outstanding property of marjoram oil is its warming quality, whether inhaled or applied to the skin. It improves circulation and warms up the body.

In digestive upsets marjoram soothes colicky stomachs and intestinal pains, relieves flatulence, and has a generally warming effect when massaged gently into the stomach. It also helps relieve constipation as it strengthens the contractions (peristalsis) of the intestinal walls (massage into the stomach in a clockwise direction).

In high blood pressure and heart conditions Marjoram helps by dilating blood vessels and thus taking the strain off the heart. It can also be used to calm and regulate the heart, making it effective for palpitations, tachycardia and hypertension.





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Marjoram (*Origanum majorana*)

Marjoram essential oil is helpful with all types of spasms and resultant problems. It efficiently relieves spasms in the respiratory system, intestines and muscular spasms in limbs. It also helps muscle pulls and cramps.

As a vasodilator, marjoram can help open up the bronchi in the lungs making it easier for the person to inhale. Its antispasmodic properties can also help in coughing fit and when someone finds it hard to breathe.

The warming qualities of marjoram together with its action on the blood vessels make it an excellent oil in the treatment of migraines. One of the possible causes of migraines is an insufficient blood supply to the brain due to muscular tension in the back of the neck, marjoram can help relieve the tension and dilate the blood vessels.





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Marjoram (*Origanum majorana*)

A hot bath with marjoram oil combined with lavender and tea tree at the first sign of a chill can often prevent a cold from developing. Marjoram is warming and will also help sleep, whilst tea tree and lavender can work on the virus.

Marjoram is useful for insomnia especially when combined with lavender.

For depression, it is warming and comforting, Mojay suggests that marjoram is effective when used on people who worry and overthink, especially if they feel emotional deprivation as if 'nobody cares'.

Both Patricia Davis and Gabriel Mojay indicate that marjoram can be comforting for the bereaved, indeed, the Greeks knew it as the 'funeral herb'.





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Benzoin (*Styrax benzoin*)

Benzoin is a beautiful warming oil which is comforting to many 'cool' conditions both physically or mentally.

It has an ability to gently stimulate as well as soothe, it seems to 'get things moving' in the body, whether it be to clear mucus, stimulate the circulation, expel gas or increase the flow of urine.

Benzoin is a valuable treatment for colds, flu and bronchitis .Its value as an inhalation for sore throats and loss of voice is probably its best known use.

Its stimulating properties help to clear mucus off the chest (make up a blend in carrier oil to rub into the chest). It can also be used in steam inhalations for congested chests and even middle ear infections





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Benzoin (*Styrax benzoin*)

The combination of benzoin's balsamic and vulnerary properties make it effective in the treatment of chapped skin, chilblains, frostbite and cuts.

It is a valuable antiseptic for the urogenital tract, in both males and females. Its antiseptic properties make it useful for treating urinary infections of a cold, damp nature. This includes cystitis, urethritis characterised by a cramping pain and pale cloudy urine.

On a psychological level Benzoin is deeply soothing, comforting and nurturing. Patricia Davis recommends it for sadness and loneliness, both cold feelings.

Mojay states that "the ability of benzoin to help calm, centre and reassure also makes it suitable for those who feel emotionally needy and neglected"





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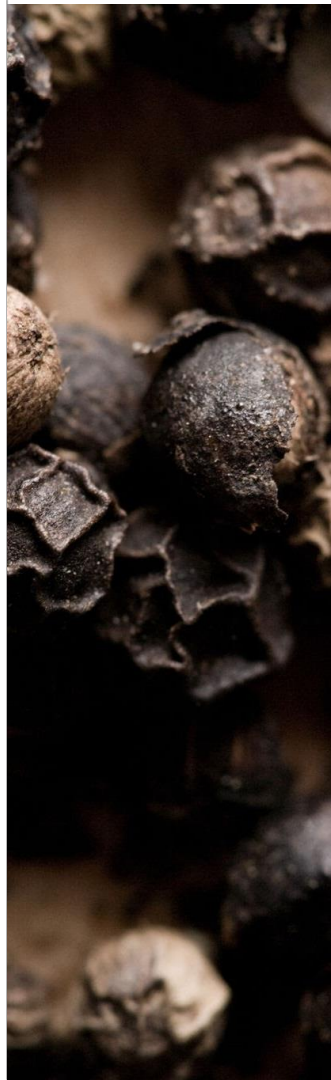
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Cubeb Pepper (*Piper cubeba*)

The aroma of this lesser known essential oil is spicy, warming, stimulating and uplifting making it the perfect oil to diffuse at this time of year.

Cubeb is a powerful stimulant of the digestive system and can help with flatulence, indigestion, spasms and appetite loss. It is also useful to help disperse bloating and painful trapped wind.

This oil is good for upper and lower respiratory system support - particularly coughs, congestion, excessive and thickened mucus and bronchial conditions. It can be blended with Copaiba oil for congestive, chronic bronchitis.





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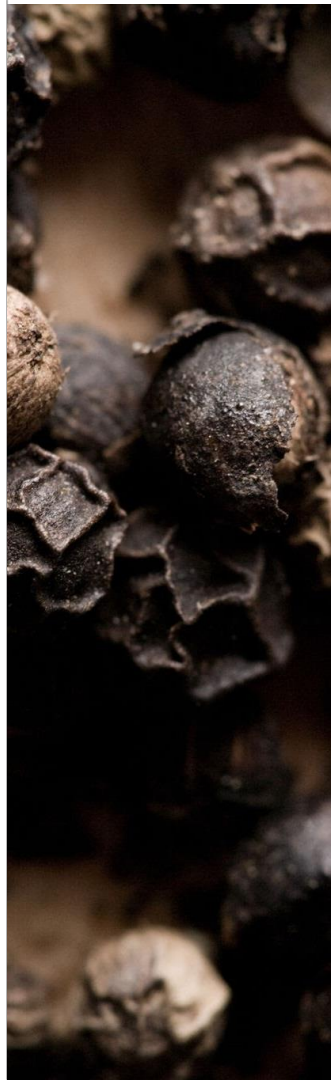
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Cubeb Pepper (*Piper cubeba*)

It is both anti-inflammatory and a diuretic making it useful in the management of urogenital conditions both acute and chronic. Peter Holmes states that in the treatment of conditions such as cystitis, urethritis, prostatitis and some STDs, the 'remedy works quickly from the third day of use onwards.'

Holmes states that by inhaling this oil it can help a loss of self confidence, loss of motivation and depression all common issues during winter.

It is a mild, non-irritant and non toxic oil.





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Blend to help with respiratory infections

Add a total of three drops of essential oil into 10 mls of carrier oil and massage into the chest.

Marjoram - opens the lungs and is antispasmodic

Cubeb - helps with coughs and loosens congestion

Benzoin - warming and stimulating and will clear mucus from the chest





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Ginger (*Zingiber officinale*)

Ginger is warming, stimulating and gently pain relieving.

It has been used for centuries to help with inflammation. Zingibain, is a component of ginger responsible for its anti-inflammatory properties.

In recent times there has been numerous studies showing that it is not only significantly anti-inflammatory but can also reduce the feeling of pain.

In one study it reduced exercise induced pain by 25% and in another they found that after using ginger oil people with arthritic pain were able to reduce their pain medication.

Hot compresses and massage blends with ginger are excellent for relieving all types of pain but particularly lower back issues.





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Ginger (*Zingiber officinale*)

Ginger is often used for stomach upsets. It is one of the best remedies for most stomach and bowel related problems.

Its ability to relieve nausea makes it useful for travel and morning sickness, especially when combined with orange or roman camomile essential oils. Ginger tea is also used for relieving stomach problems.

Ginger is warming stimulant to circulation and is recommended for chronic cold conditions of the respiratory, digestive, reproductive and musculoskeletal systems.

Mojay recommends it for boosting confidence and morale, invoking people's 'vital fire' when they are procrastinating and doubting themselves.





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Nutmeg (*Myristica fragrans*)

The essential oil of Nutmeg is indicated for cold, damp and weak conditions.

Physically it is useful for both acute and chronic rheumatic pain (eg arthritis) where it is an analgesic as well as an anti-inflammatory. In addition it is a circulatory stimulant.

Nutmeg is reputed to be one of the best essential oils for digestive and intestinal conditions. It is recommended for conditions such as colitis, and inflammatory bowel disease and is a particularly effective remedy for diarrhoea.

Nutmeg is also recommended for general fatigue





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Nutmeg (*Myristica fragrans*)

Nutmeg has been found to be a MAO inhibitor (monoamine oxidase, an enzyme that breaks down neurotransmitters like serotonin, norepinephrine, and dopamine). (Faucon 2016) which means it helps treat depression, this can be very useful at this time of year.

Peter Holmes states that the fragrance is for those who feel weak, vulnerable, unprotected and easily hurt by others.

Diffusing Nutmeg is reputed to bring calm and comfort into the home, a beautiful ambience for Christmas.

Do not use on sensitive skin or in large doses as it is reputed to cause hallucinations, paranoia and vomiting!





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A recipe for chilblains and chapped skin

To 10 mls of white lotion add a total of 3 drops of any of the following essential oils. Massage it into affected areas twice a day to help boost the circulation. Put warm socks or gloves on afterwards.

Benzoin - balsamic and vulnerary

Myrrh - good for skincare and wounds

Ginger - one drop in a blend will improve circulation.

You can substitute ginger with cubeb as a circulation stimulant.





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Blend to help an overactive digestive system

Add a total of three drops of essential oil into 10 mls of carrier oil and massage the stomach in a clockwise direction.

Ginger - pain reliever and good for stomach issues

Cubeb - stimulant of the digestive system and good for bloating and wind.

Nutmeg - excellent for digestive problems and pain

Cardamon and **tangerine** are also great for settling the stomach.





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Blend for muscle and joint pain

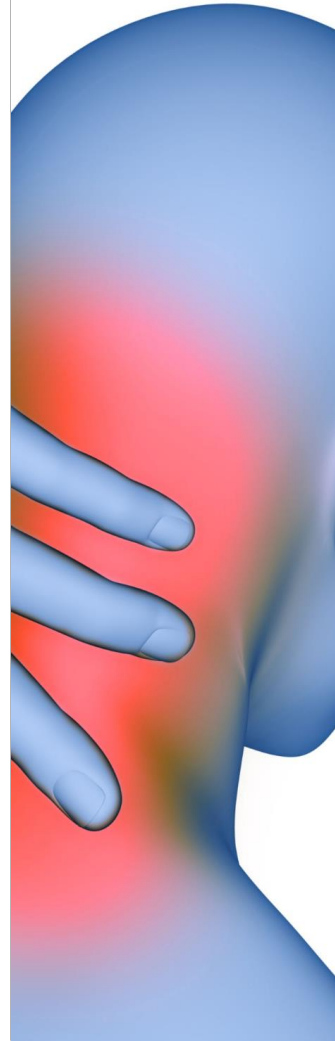
Add a total of three drops of essential oil into 10 mls of carrier oil or white lotion and massage into the painful area

Ginger - anti-inflammatory and circulation stimulant

Frankincense - anti-inflammatory and analgesic

Nutmeg - analgesic, anti-inflammatory and stimulates the circulation

You can substitute **German chamomile** for Nutmeg.





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Oils to calm and uplift us





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Tangerine (*Citrus reticulata blanco*)

Like all citrus oils, it is cleansing, uplifting and refreshing.

Although cheery and uplifting, tangerine it is also has sedative properties so can be used to help sleep particularly when someone has an overactive mind. Because it is so gentle it is also useful to help over excited children get to sleep.

A 2020 study found that the use of tangerine oil can lead to the reduction of sleep-onset latency, which encourages you to sleep faster, resulting in a better night's rest. Researchers found that inhaling higher concentrations of the oil helped to produce this effect, which led to participants falling asleep more quickly.





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Tangerine (*Citrus reticulata blanco*)

Tangerine has a tonic effect on the digestive system and is good for bloating and flatulence.

It is also a gentle diuretic so can help you detox after the festive celebrations!

In common with other citrus oils, Tangerine is beneficial for the skin as it rich in antioxidants that protect skin cells from damage caused by free radicals, which can contribute to wrinkles, age spots, and uneven pigmentation.

This oil is said to enhance focus and aid concentration but is also relaxing and uplifting and can be used with children.





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Frankincense (*Boswellia carterii*)

Frankincense is a valuable oil for its effect on the mind being both soothing and stimulating at once, it can help a depressed person to get moving again. It seems to be particularly helpful for people suffering from the effects of traumatic experiences in their past.

On a day-to-day level it may be used for states of mental agitation and worry, or whenever the mind is distracted and overwhelmed by too many thoughts.

Frankincense is a beautiful oil for helping you sleep when the mind is overactive something that can happen a lot over the festive period.





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Frankincense (*Boswellia carterii*)

Frankincense is drying and astringent and therefore is recommended for certain digestive issues and excessive phlegm,

It also possesses anti-catarrhal and expectorant properties, which make it useful for bronchitis and asthma, especially when associated with nervous tension.

Boswellic acid is said to be a 'potent inhibitor of inflammation' making it useful in the treatment of inflammatory disorders.

It is one of the best oils for treating dull, wrinkled or ageing skin. It is a cytophylactic/anti-oxidant oil so is useful not only for mature skins but also scars and stretch marks.





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Neroli (*Citrus aurantium var amara*)

Neroli is one of nature's most effective antidepressant essential oils, which together with its balancing and sedative properties makes it perfect for treating all types of negative emotional conditions.

Holmes says that this oil is highly effective for re-establishing emotional balance and stability.

'It provides relief and strength for long standing psychological tension, exhaustion and seemingly hopeless situations (Fischer-Rizzi)

Mojay states that Neroli installs both comfort and strength and assists in the release of repressed emotions.





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Blend to help you sleep

To 10 mls of unperfumed foam bath add a total of 4-7 drops of essential oils or make up a blend using 10 mls of carrier oil or white lotion and to this add one drop each of:

Tangerine or Neroli - gentle sedatives

Frankincense - calming and helps with an overactive mind

Benzoin - warming and comforting

You can replace any of the oils with **Marjoram** which will help with insomnia and is very relaxing.





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Cardamom (*Elettaria cardamomum*)

This oil has been described as 'stimulation balanced with relaxation!' (Peter Holmes). It is high in 1,8 cineol which means it will be anti-inflammatory, good for respiratory problems, decongestant and anti infective. It also contains esters which are generally calming and gentle.

Due to the 1,8 cineol, cardamom is useful in treating respiratory conditions and viruses such as colds and 'flu where it is warming as well as effective in killing the cause of the illness.

Physically it is good for cold conditions of the digestive tract such as stress induced indigestion with bloating, flatulence and poor appetite. It is also good for muscle spasm in the digestive system.





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Cardamom (*Elettaria cardamomum*)

Holmes suggests that cardamom is tailor-made for the individual suffering from chronic depression with anxiety and exhaustion.

It is said to be particularly good when there is poor quality sleep followed by exhaustion and low energy in the morning.

It is recommended for chronic fatigue syndrome and therefore perhaps long covid where there is exhaustion.

Cardamom can be used for poor self confidence and emotional inhibition.





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Patchouli (*Pogostemon patchouli*)

Peter Holmes states that patchouli is ‘an oil for mental chatter, worry, repetitive thinking, as well as the feeling of overwhelm that often comes with disconnection of mind and body.

It is healing for both the nervous system and the digestive tract and is therefore excellent for any digestive issues that are aggravated by stress.

Holmes suggests that patchouli is grounding and can give security when one is threatened.

Mojay suggests that it is good for people who overthink and as a consequence feel out of touch with themselves.





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A Blend for Anxiety and Stress

Try diffusing **nutmeg** and **sweet orange** in the house.

Add a total of 3 drops of essential oils to 10 mls of either carrier oil or white lotion and rub into the torso. They can also be added to an unperfumed foam bath. You can also make up a nasal inhaler (6-10 total drops of essential oils) or a roller ball (3-6 total drops of essential oils to 10 mls of carrier oil) with the three of the following oils:

Frankincense - slows the breathing, induces calm

Benzoin- warming and comforting

Cardamom - uplifting and relaxing.

Neroli - calming antidepressant

Patchouli - for worry or anxiety





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Blend to help with loneliness

Try making up a bath with any **three** of the following oils (to 10 mls of unperfumed foam bath add a total of 4-7 drops). They could also be diffused into a room or added to a body lotion.

Benzoin - warming and comforting - a hug in a bottle

Frankincense - helps with depression, overthinking, calms

Petitgrain - useful for the treatment of insomnia, particularly if it is linked with loneliness

Rose - a compassionate healer of the heart

Cypress - helps us cope with and accept even difficult change, particularly good for bereavement

Marjoram - helps with grief





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A beautiful Christmas blend

The aroma of all of these oils will remind you of Christmas, most are also very relaxing and will have other useful properties.

Choose any three of these oils and place in a diffuser or burner or make up a room spray (you can place the oils in a hydrolat and then spray).

Canadian Balsam - smells like a Christmas tree

Tangerine - fruity and uplifting

Cubeb - spicy and warming aroma

Cardamom - smell of Christmas and helps fatigue

Nutmeg - brings calm and comfort into the home





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Recommended books

Salvatore Battaglia - The Complete Guide to Aromatherapy

Patricia Davis - Aromatherapy an A-Z

Suzanne Fischer-Rizzi - Complete Aromatherapy Handbook

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

Maria Lis-Balchin - Aromatherapy Science: A Guide for Healthcare Professionals

Chandharakool S., Effects of Tangerine Essential Oil on Brain Waves, Moods, and Sleep Onset Latency, Molecules 2020 Oct 21;25(20)





**Thank you and have a
wonderful Christmas...**

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