

Agenda, UIW Seminar, November 2, 2009

Class 1: 8:00 – 8:50 (Bio-Psychology)

8:00-8:05

Introductions

8:05-8:15

LB

EOs vs. Fragrances

- Plants
- Lifeblood - molecular
- Two ways they work
 - o Transdermal absorption/massage
 - o Inhalation

EOs demonstrated – Vetiver, Ylang Ylang, Lavender

8:15-8:40

WK

Biochemistry of Olfaction in the Therapeutic Use of Essential Oils – Dr. Bill Kurtin

- Overview of the olfactory response
- Chemistry of essential oils
- Mechanism of odor perception

8:40-8:50

LB

•Eucalyptus, a case study of an individual EO

- Body – essential oil steam for relieving sinus and lung congestion
- Mind - The scent increases brain wave activity and counters physical and mental fatigue
- Spirit (emotion, spirituality) – evokes memories of chest rubs, covers and maternal comfort

Break

Class 2: 9:00-9:50- (Learning and Memory)

9:00-9:10

LB

- Essential oil prices
- Carrier oils and mediums

9:10-9:35

WK

Biochemistry of Olfaction in the Therapeutic Use of Essential Oils, continued and expanded

- Chemistry of essential oils
- Mechanism of odor perception
- Physiological effects of odorant inhalation

9:35-9:50

LB

Aromatherapy Bath Salts

- Synergy – aromatherapy bath salts – therapeutic on several levels
 - o Epsom salts as carrier medium, magnesium helps reduce inflammation and relieves pain
 - o Eucalyptus EO as healer for muscle stiffness, bruises, sprains
 - o Warm water for hydrotherapy, relaxation