

Agenda, UIW Seminar, March 10, 2009

Class 1: 8:00 – 8:50 (Bio-Psychology)

8:00-8:10

Introductions

LB

What are EOs?

- Plants are the organic source
- EOs vs. Fragrances (natural vs . synthetic)
- Two ways they work: Inhalation and Transdermal absorption

8:10-8:40

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

Science and Aromatherapy

Break

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

9:00-9:15

WK – Science and Aromatherapy

9:15-9:40

LB- What are EOs (review)

- Essential oil prices
- Carrier oils and mediums
- Two ways they work
 - o Transdermal absorption/massage
 - o Inhalation

EOs demonstrated – Vetiver, Ylang Ylang, Lavender

- 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

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

9:40-9:50 Q&A and Summary