

Presentation: The Magic of Essential Oils - A Practical Approach
June 5th, 2010, Heimdall's Bridge, New Braunfels, Texas
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Informal Agenda:

Aromatherapy is an exploration of creativity as well as technical knowledge. Creative expression comes from knowing the characteristics of oils and envisioning new combinations of scents. The scientific aspect of aromatherapy comes from knowing the subtle differences in essential oils that are attributable to thousands of aroma chemicals, and how these chemical constituents affect the human body. The aromatic properties of pure, natural essential oils are a catalyst for change in the human mind and body. (www.auracacia.com)

Brief History of Aromatherapy and the Rediscovery of Essential Oils

Rene Gattefosse:

While working in his lab, Rene Gattefosse, received 3rd degree thermal burns on his hand and forearm. When a colleague entered the room carrying a container that he thought was water, he plunged his arm into it. The substance turned out to be lavender. Within moments, the burning decreased and overtime, with continual applications, the burn healed completely without a trace of scar. It was then that Rene Maurice Gattefosse analyzed lavender essential oil and discovered that it contained many substances, referred to as chemical constituents - or chemical properties. Dr. Gattefosse determined that essential oils contained healing properties in its semi-oily resin - thus the ancient art of aromatherapy began its re-entry into the modern world. Gattefosse coined the phrase "aromatherapie" in 1920. He shared his experiences with his friend and colleague Dr. Valnet.

EOs vs. Fragrances

- Plants – demonstrate herbs – basil leaves vs basil EO
- Lifeblood - molecular
- Two ways they work
 - Transdermal absorption/massage
 - Inhalation

Body Mind Spirit Connection

- **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

Top Five for The Magic of Essential Oils - A Practical Approach

Peppermint

Lavender

Rosemary

Rose Geranium

Clary Sage

Essential oil prices

The Chemistry of Essential Oils:

www.chemaroma.com/chemistry.htm

Carrier oils and mediums

Massage Oils

Diffusers

Linen Sprays

Insect Repellents

Bath Salts – a hands-on demonstration

Choosing Essential Oils

Research

Intuition

Dowsing

Q&A

Resources:

Selected Books:

www.chemaroma.com/books.htm

Selected Websites:

www.chemaroma.com

www.auracacia.com

www.aromaweb.com