

European Quality Standards

- * Established guidelines for determining when an oil is therapeutic, grade A.
- * Therapeutic, grade A oils must meet ANFOR and ISO standards (Association of French Normalization Organization Regulation and International Standards Organization)

Essential Oils

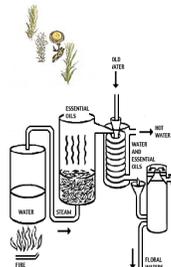
Essential oils are extracted from:

- * Plants
- * Wood
- * Bark
- * Citrus
- * Roots
- * Petals
- * Lilac
- * Leaves



Extracting Essential Oils

- ✦ To obtain essential oils the aromatic essence molecules of the plant must be captured by using a technical steam distillation or cold press extraction method.
- ✦ In earlier times, the art of distillation was held in the hands of the few and was considered to be an alchemical transformation of spirit, a bridge between the two realms.



Essential Oil Sources



Aromatherapy – Using essential oils

- ✦ Aromatherapy is the art of using essential oils to benefit your physical, spiritual and psychological well-being.
- ✦ Traditionally used for fragrance, for promoting health and well-being and for use in worship, to promote relaxation and spirituality.



Aromatherapy – How it works

- ✦ Fragrance is an essence of long-term memories. One whiff of a childhood aroma can set the memory in motion, bringing back thoughts, faces, and feelings long forgotten.
- ✦ Fragrance consists of volatile molecules that float in the air. Millions of olfactory receptor cells line the nose, and aroma causes these nerves to fire and send messages to the limbic area of the brain.
- ✦ Messages travel to other parts of the brain, activating thought and memory. The pituitary gland is also stimulated to release chemical messages that travel via the blood to glands and organs that create physical body responses.

Aromatherapy

Aromatherapy

- Increase sensory stimulation, encourage self esteem, and work against a sense of isolation.
- Assist with positive associations with touch, remote memory, and ADL's, stabilization of functional levels.



Aromatherapy

- Provide opportunities to communicate non-verbally and provide meaningful activities for caregivers and residents
- Aromatherapy specifically will enhance reminiscence, memory retrieval, and mood stabilization



Aromatherapy

- Before knowing we smell an aroma, our subconscious mind receives and reacts to it.
- Aromatherapy can benefit stress-related problems and promote a positive state of energy, health and well-being.



Aromatherapy

- Provided in large and small groups settings and one to one
- Aromatherapy can be used in hand and body lotions
- Placed in foot and body baths



Oils for Assisted Living

- * Lavender
- * Lemon and Citrus
- * Peace and Calming
- * Purification
- * Valor
- * Thieves
- * Rosemary



Oils for Assisted Living LAVENDER

- * Lavender (*Lavandula angustifolia*) has a fresh, sweet, floral, herbaceous aroma that is soothing and refreshing. It is great for winding down before bedtime, yet has balancing properties that make it just as beneficial for boosting stamina and energy. Therapeutic-grade lavender is highly regarded for skin and beauty. It may be used to cleanse cuts, bruises, and skin irritations.



Lavender Studies

- * Lavender oil has been used as a treatment for agitated behavior in severe dementia.
- * Used with hospice patients to decrease pain, anxiety and depression.
- * Used to treat geriatric patients with chronic insomnia.



Oils for Assisted Living CITRUS FRESH

- * Citrus Fresh is a relaxing, calming blend. Rich in the powerful antioxidant d-limonene, it supports the immune system and overall health while bringing about a sense of well-being, creativity, and feelings of joy.
- * It also works as an air purifier and appetite stimulant. Emotionally uplifting.
- * Ingredients: Orange (*Citrus aurantium*), tangerine (*Citrus nobilis*), mandarin (*Citrus reticulata*), grapefruit (*Citrus paradisi*), lemon (*Citrus limon*), and spearmint (*Mentha spicata*).



Oils for Assisted Living PEACE & CALMING

- * Peace & Calming is a gentle, fragrant blend. When diffused, it helps calm tensions and uplifts the spirit, promoting relaxation and a deep sense of peace.
- * Used to moderate the effects of sundowning and combative behaviors.
- * Ingredients: Tangerine (*Citrus nobilis*), orange (*Citrus aurantium*), ylang ylang (*Cananga odorata*), patchouli (*Pogostemon cablin*) and blue tansy (*Tanacetum annuum*).



Oils for Assisted Living PURIFICATION

- * Purification can be used directly on the skin to cleanse and soothe insect bites, cuts, and scrapes. When diffused, it helps to purify and cleanse the air from disagreeable odors.
- * Ingredients: Citronella (*Cymbopogon nardus*), lemongrass (*Cymbopogon flexuosus*), rosemary (*Rosmarinus officinalis*), Melaleuca (*Melaleuca alternifolia*) lavender (*Lavandula x hybrida*), and myrtle (*Myrtus communis*).



Oils for Assisted Living VALOR

- * Valor is an empowering combination of therapeutic-grade essential oils that works with both the physical and spiritual aspects of the body to increase feelings of strength, courage, and self-esteem in the face of adversity. It has also been found to help the body self-correct its balance and alignment and is emotionally grounding. Promotes calm, helps overcome fear.
- * Ingredients: Spruce (*Picea mariana*), rosewood (*Aniba rosaedora*), blue tansy (*Tanacetum annuum*) and frankincense (*Boswellia carteri*) in a base of almond oil.



Oils for Assisted Living THIEVES

- * Thieves was created based on research about four thieves in France who protected themselves with cloves, rosemary, and other aromatics while robbing plague victims.
- * Tested at Weber State University, Ogden, UT, and found to have a 99.96% effective rate against airborne bacteria.
- * Ingredients: Clove (*Syzygium aromaticum*), lemon (*Citrus limon*), cinnamon (*Cinnamomum verum*), Eucalyptus radiata and rosemary (*Rosmarinus officinalis*).



Oils for Assisted Living
ROSEMARY

- Rosemary (*Rosmarinus officinalis* CT cineol) has a fresh, herbaceous, sweet, slightly medicinal aroma. An energizing oil, it may be beneficial for helping to restore mental alertness when experiencing fatigue. Helpful with chest, lung and sinus infections.
- Protects acetylcholine
- Powerful antioxidant



Stimulating/Uplifting Oils

Clarysage
Peppermint
Rosemary
Mandarin
Lemongrass
Bergamot
Jasmine
Orange
Melissa
Grapefruit

Relaxing/Sedating Oils

Lavender
German or Romaine Chamomile
Marjoram
Petitgrain
Rose
Neroli
Geranium
Juniper
Sandalwood
Ylang-ylang

Aromatherapy – How Absorbed

- Essential oils can be absorbed in several ways; through our sense of smell, through our skin, even as a dietary supplement. Readily absorbed by the skin.
- Aroma is absorbed through our nose to the brain where memory, hunger, moods, and even sexual responses are evoked. Before knowing we smell an aroma, our subconscious mind reacts to it.
- Aromatherapy can benefit stress-related problems and promote a positive state of energy, health and well-being.



Aromatherapy – How to use it!



Aromatherapy

- Diffused into the air
- Humidifier
- Spritzed from a spray bottle
- Business or other card stock
- Put directly on wash cloths, tissues, cotton balls, boutonnieres, or floral necklaces
- Tissue or handkerchief



Aromatherapy

Safety Guidelines for Aromatherapy

- ✦ Dilute with Vegetable oil if skin becomes irritated
- ✦ People with high blood pressure should consult their physician prior to using essential oils
- ✦ Essential oils rich in methanol (peppermint) should not be used on children under 3 years of age
- ✦ Oils with high phenol content can irritate eyes (cinnamon, thyme, clove, lemongrass).



Safety Guidelines for Aromatherapy

- ✦ Those with allergies should test a small amount of oil in a small area first to see if there is a reaction
- ✦ Pregnant women should consult their health care professional before using essential oils
- ✦ Lemon, bergamot, orange, grapefruit, tangerine and other citrus-based oils may cause a rash if applied to skin that is then exposed to direct sunlight or UV rays within 3-4 days.

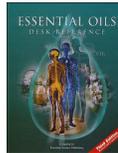


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www.planetbenja.com

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Website to order oils online:

www.youngliving.com

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