



Essential Oil Therapy

**EXPLORE NATURE'S CONTRIBUTION
TO CREATING A HEALING AND
HOLISTIC PLACE
IN HEALTH CARE.**

Join the
Alliance of International Aromatherapists
and work with our members to
advance the integration of essential oils.





Essential Oil Therapy

- Essential oil therapy is an evidence-based modality that is accessible to everyone
- Continuing scientific research into essential oils and other aromatics further expands our understanding of their modes of action and effects on the mind, body, and spirit
- Qualified clinical aromatherapists* are positioned to provide responsible and safe practice
- Standardized aromatherapy education and qualifying criteria create a foundation of professionalism and common lines of communication with other healthcare professionals and regulatory agencies worldwide.
- The Alliance of International Aromatherapists (AIA) influences decisions that directly and indirectly impact our environment. AIA encourages and supports sustainable growing, harvesting, and processing practices of essential oils
- *Qualified aromatherapist – one who has completed a recognized training in aromatherapy at the minimum level of 200 educational contact hours as approved by the Alliance of International Aromatherapists or has been recognized through a standardized exam, such as provided by the Aromatherapy Registration Council reference: <https://www.alliance-aromatherapists.org/Standards-of-Practice>

JOINING THE ALLIANCE OF INTERNATIONAL AROMATHERAPISTS KEEPS YOU CONNECTED TO CURRENT INFORMATION ABOUT ESSENTIAL OIL THERAPY

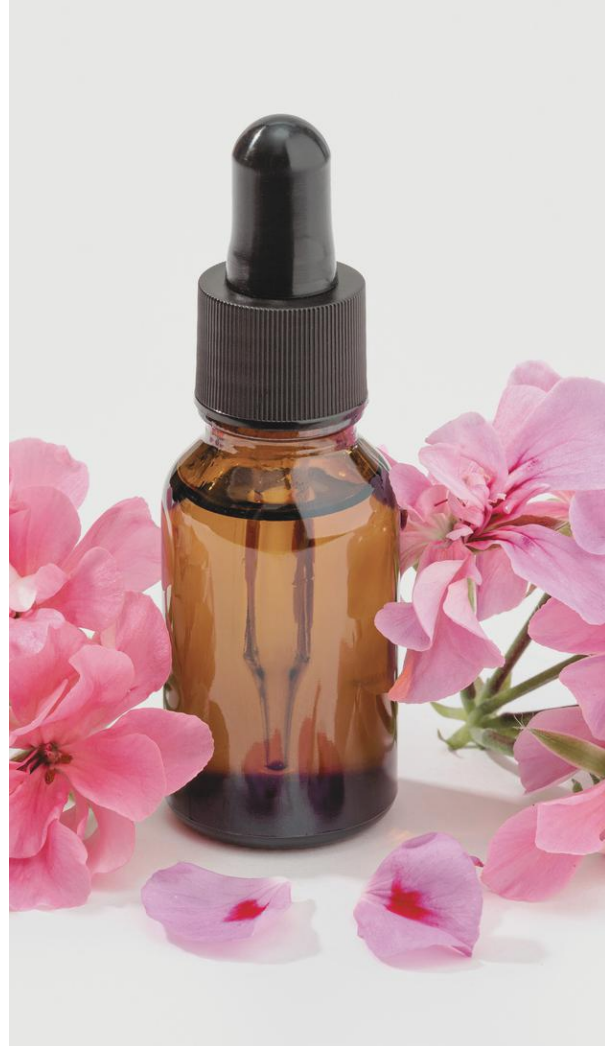
- The Alliance of International Aromatherapists unites aromatherapists worldwide to advance research and professionalism within the aromatherapy community.
- Membership benefits:
 - Free monthly webinars featuring internationally known and well-respected speakers
 - Quarterly journal, which includes up-to-date research and in-depth articles
 - Professional networking
 - Educational opportunities: a conference with workshops and presentations by the world's leading experts, and a suppliers expo, monthly educational webinars, and regional meet-ups
 - Access to Aromatherapy Research Database
 - ABMP Membership Discount – your membership with Associated Bodywork & Massage Professionals provides you with practitioner liability insurance and many professional discounts
 - Membership credit for new member referral
 - Advertising opportunities
 - Five levels of Membership are available in our website



Join online at <https://www.alliance-aromatherapists.org> or see back panel for additional contact information to become a member.

WHAT ARE ESSENTIAL OILS?

Essential oils are the highly concentrated volatile organic compounds (VOC) of aromatic flowers, herbs, grasses, shrubs, and trees. They are found in the leaves, blossoms, twigs, seeds, resin, roots, rhizomes, rinds, and other plant structures. These highly concentrated substances are commonly obtained by steam distillation and cold-pressed extraction. Other aromatics may be obtained by solvent, carbon dioxide (CO₂) extraction, enfleurage, and other means that result in extracts known as absolutes, concretes, and CO₂s, which have their own role in aromatherapy.



HOW ESSENTIAL OILS WORK

Olfaction, your sense of smell, is directly connected to the brain; essential oils can affect emotional and mental states. Perception of odors can significantly impact memory, learning, emotions, and a sense of well-being. Essential oils contain many chemical components that affect the brain and body's function and promote comfort and ease. Historical and cultural traditions support the anecdotal use of essential oils for the mind, body, and spirit. Research has increasingly shown that essential oils affect the physiological and psychological systems as they are absorbed and metabolized by the body.





SAFE USE OF ESSENTIAL OILS

Essential oils are more effective and safer in lower concentrations (less is more).

AIA recommends consulting a trained aromatherapist when considering essential oils alongside conventional medical treatments. Always seek medical advice for health concerns.

Inhalation/Olfaction: This is the fastest route into the body. Essential oils can be inhaled in several ways, including personal inhalers, drops on a tissue, and diffusers or sprays in the room. They are used for mood and emotional support, respiratory conditions, and environmental cleaning/purifying the air.

External/Topical Application: Essential oils must be diluted in a carrier oil before applying to the skin to allow dispersion, and aid in absorption as well as to prevent injury. These dilutions can be used directly on the body to ease a sore muscle or soothe the skin around a wound (See CARRIER OILS AND BUTTERS).

Internal Application is known as Aromatic Medicine. The AIA does not endorse using essential oils internally unless recommended by a licensed healthcare practitioner trained in aromatic medicine.

General Cautions:

- For any accidental ingestion or exposure, call your poison control center.
- Keep essential oils out of reach of children and pets.
- Avoid contact with eyes, ears, nose, mouth, vagina, and rectum.
- Avoid synthetic and fragrance oils.
- Know your source: support reputable aromatherapy suppliers. (See [PURCHASE QUALITY ESSENTIAL OILS](#))
- If irritation occurs, discontinue use.
- If phototoxic, avoid use for 24 hours before exposure to UV lights i.e. sunlight or tanning bed.
- Store essential oils in dark glass bottles in cool, dark places, avoiding direct sunlight and heat.
- Before using an essential oil, become familiar with its properties and precautions.
- Certain oils have contraindications and/or drug interactions.
- Most essential oils should not be used on children under the age of two. We recommend consulting with a qualified aromatherapy practitioner about use with children under the age of six.
- Use essential oils with caution during pregnancy, lactation, and medical conditions. We recommend that you consult a qualified aromatherapy practitioner and medical provider.
- Essential oils should be used with caution around pets.
- Do not ingest essential oils.

More information and education can be found on our website:
<https://www.alliance-aromatherapists.org>



PURCHASE QUALITY ESSENTIAL OILS

It is recommended that essential oils be purchased from a reputable aromatherapy source that provides the complete chemical component documentation before purchasing. Essential oil labels should identify the following information: common name, Latin binomial, chemotype if applicable, country of origin, extraction method, and plant part. Note whether or not the product contains a single essential oil, a blend of two or more essential oils, or has been diluted in a carrier oil. Essential oils should be sold in an amber or dark-colored glass bottle.

HYDROLATS/HYDROSOLS

Hydrolats or hydrosols result from steam distillation and are the aqueous portion left after the oils are separated. They tend to be very gentle and therapeutic (anti-inflammatory, cooling) when fresh. Safe for infants, young children, the elderly, and the medically fragile. The shelf life is 12-24 months—store hydrolats or hydrosols in the refrigerator.

CARRIER OILS AND BUTTERS

Carrier oils and butters used to dilute essential oils before they are applied to the skin in aromatherapy and are used to "carry" the essential oil to and through the skin. These oils and butters are typically derived from the fatty portions of plants, such as the seeds, nuts, or kernels. They are essential for safely applying essential oils to the skin, as they help to prevent skin irritation and sensitization that can occur with the direct application of undiluted essential oils



A SELECTION OF ESSENTIAL OILS USED IN AROMATHERAPY



BERGAMOT (*Citrus bergamia*)

Evidence-based Properties: Analgesic, antidepressant, antiseptic, antiviral, carminative, cicatrisant, deodorant, digestive, sedative, stomachic, tonic

Historical Use: Italian folk medicine to reduce fever and as a vermifuge

Safety Considerations: Phototoxic, avoid use for 24 hours before exposure to UV lights i.e. sunlight or tanning bed. Topical applications should be limited to maximum of 0.4% per the IFRA guidelines.



EUCALYPTUS (*Eucalyptus globulus*)

Evidence-based Properties: Analgesic, antifungal, anti-inflammatory, antimicrobial, antitussive, antiviral, decongestant, expectorant

Historical Use: Respiratory disorders, colds, influenza, and as a disinfectant

Safety Considerations: Keep away from face in infants and young children- may cause respiratory difficulties and bronchospasm



FRANKINCENSE (*Boswellia carteri*)

Evidence-based Properties: Reducing fatigue, anti-inflammatory, analgesic, antimicrobial, possible anticarcinogenic or antitumor (in lab studies only), immunostimulant, respiratory support (expectorant), antidepressant, antiseptic, sedative, memory, skincare, spiritual support

Historical Use: Religious rituals, embalming, and used in skincare (cosmetics)

Safety Considerations: Nontoxic, generally regarded as safe. Possible skin irritation in those who have immune conditions



GERANIUM (*Pelargonium graveolens*)

Evidence-based Properties: Anti-inflammatory, antidepressant, and in skin care

Historical Use: Religious rituals, embalming, and used in skincare (cosmetics)

Safety Considerations: May cause skin hypersensitivity or dermatitis (GRAS, non-toxic, may cause dermatitis)



GRAPEFRUIT (*Citrus paradisi*)

Evidence-based Properties: Activates the sympathetic nervous system, astringent, anti-fungal, lymphatic stimulant, may assist with eating disorders, uplifting

Historical Use: First used in the 17th century, anti-depressant, stimulant, antiseptic, depurative, diuretic, hepatoprotective, skin and hair toning, astringent

Safety Considerations: Low-risk toxicity. Phototoxic, avoid use for 24 hours before exposure to UV lights i.e. sunlight or tanning bed. Topical applications should be limited to maximum of 0.4%.

A SELECTION OF ESSENTIAL OILS USED IN AROMATHERAPY



HELICHRYSUM (*Helichrysum angustifolium*, *Helichrysum italicum* subspecies. *italicum*)

Evidence-based Properties: Antibacterial, anti-inflammatory, antiviral, antifungal, antispasmodic, cell regeneration, reduces bruises (if used early in the bruise development), helpful in post-radiation burns

Historical Use: Historically used for asthma, whooping cough, chronic bronchitis, burns, psoriasis, and acne

Safety Considerations: Anecdotal caution for people on blood thinners as Helichrysum may increase clotting time



LAVENDER (*Lavandula angustifolia*)

Evidence-based Properties: Analgesic, antimicrobial, antispasmodic, sedative, anti-inflammatory, antifungal, anxiolytic, wound healing, anti-allergic

Historical Use: Immune stimulant, antioxidant, lice, depression

Safety Considerations: Generally regarded as safe.



PEPPERMINT (*Mentha piperita*)

Evidence-based Properties: Anti-emetic, reducing fatigue (providing greater energy), insomnia, analgesic, antispasmodic (muscles and bowel), reduce muscle and emotional stress, sinusitis, improve memory, anti-inflammatory, enhance concentration, aid digestion, cooling, antimicrobial, choleric activity

Historical Use: Aid digestion, flavoring in sauces and wines, antiemetic, lactation enhancer and sedative, respiratory support for bronchitis

Safety Considerations: Not to be used with children - may cause bronchial spasms, avoid using with those with diagnosis of atrial fibrillation; G6PD deficiency, generally considered safe



ROMAN CHAMOMILE (*Chamaemelum nobile*)

Evidence-based Properties: Antimicrobial, anxiolytic, sedative

Historical Use: Digestive, skincare, anti-asthma

Safety Considerations: Avoid use if allergic to this EO and other plants in the Asteraceae or daisy family (GRAS, non-toxic, non-sensitizing)



ROSEMARY (*Salvia rosmarinus*)

Evidence-based Properties: Antifungal, antimicrobial, antispasmodic, alopecia treatment, memory and cognitive enhancement, stimulant

Historical Use: Analgesic, antidepressant, rheumatic diseases, digestive, nervousness

Safety Considerations: Keep away from face in infants and young children, may cause respiratory difficulties and bronchospasm

A SELECTION OF ESSENTIAL OILS USED IN AROMATHERAPY



SWEET MARJORAM (*Origanum majorana*)

Evidence-based Properties: Analgesic, antimicrobial, antifungal, antispasmodic, anti-inflammatory, sedative, digestive

Historical Use: Antioxidant, immune stimulant, calms the mind from obsessive thoughts, grief



SWEET ORANGE (*Citrus sinensis*)

Evidence-based Properties: Anti-depressant, anxiolytic, anti-microbial, anti-fungal, management of Alzheimer's

Historical Use: Used in Traditional Chinese Medicine (TCM) for colds, coughs, anorexia

Safety Considerations: Non-toxic, non-irritating, non-sensitizing with the addition of antioxidants



TEA TREE (*Melaleuca alternifolia*)

Evidence-based Properties: Antiviral, antifungal, antibacterial

Historical Use: Immune stimulant, nervous exhaustion

Safety Considerations: Possible irritant to sensitive skin

A SELECTION OF CARRIER OILS USED IN AROMATHERAPY



FRACTIONATED COCONUT OIL (*Cocos nucifera* L.)

Evidence-based Properties: Pediatric dermatitis

Historical Use: As early as 1500 BC, coconut oil was recorded in Sanskrit for Ayurvedic medicine as a remedy for illnesses of the mind, body, and spirit, aging skin, age spots, antibacterial, antifungal, anti-inflammatory, dandruff, dermatitis, dry skin, eczema, emollient, hair growth—stimulates hair follicles, hot oil hair treatment, hydrating, itchy skin, Pitta types (Ayurveda), psoriasis, skin cell regeneration, wound healing

Safety Considerations: Generally safe for all skin types but has been known to clog pores; not recommended for acne-prone or excessively oily skin



JOJOBA OIL (*Simmondsia chinensis*.)

Evidence-based Properties: Anti-acne, analgesic, anti-inflammatory, anti-microbial, tubercle bacilli, leprosy bacilli, brucelli, antipyretic, anti-psoriasis, emollient

Historical Use: Acne, antibacterial, antifungal, arthritis, burns, eczema, hair—promotes growth and reduces dandruff and oiliness, inflammation, itchiness, pain, psoriasis, rheumatism, skincare

Safety Considerations: May cause an allergic reaction

Other commonly used carriers include:

OILS

Almond
(*Prunus dulcis*)

Avocado
(*Persea gratissima*)

Evening Primrose
(*Oenothera biennis*)

Grapeseed
(*Vitis vinifera*)

Olive
(*Olea europaea*)

Rosehip Seed
(*Rosa rubiginosa*)

Sesame
(*Sesamum indicum*)

Tamanu
(*Calophyllum inophyllum*)

BUTTERS

Cocoa
(*Theobroma cacao*)

Mango
(*Mangifera indica*)

Shea
(*Vitellaria paradoxa*)

A SELECTION OF HYDROSOLS USED IN AROMATHERAPY



HELICHRYSUM (*Helichrysum angustifolium*, *Helichrysum italicum* subsp. *italicum* Synonym: *Helichrysum angustifolium*)

Evidence-based Properties: Anti-inflammatory, analgesic, wound healing for mild to moderate bruising, swelling, and pain, soothing and regenerative to skin, nourishing skin toner for mature skin

Historical Use: Called Immortelle as it lasts so long in flower arrangements. It Was used for asthma, whooping cough, chronic bronchitis, burns, psoriasis, acne

Safety Considerations: Caution for people on blood thinners as Helichrysum may increase clotting times



ROSE (*Rosa damascena*)

Evidence-based Properties: anti-inflammatory, decrease menstrual headaches

Historical Use: Facial care for mature and dry skin, emotional stress, reduction and decreased perceived pain during labor and birth.

Safety Considerations: No known contraindications. Generally safe for adults but not tested on children

JOIN THE ALLIANCE OF INTERNATIONAL AROMATHERAPISTS





The Alliance of International Aromatherapists, a 501(c)(3), is a member-based non-profit organization that uses scientific research and traditional information to educate and promote the responsible use of aromatherapy. We serve the public, researchers, educators, healthcare professionals, industry, and the media.


Contact us today!

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