Clinical Aromatherapy

ITEC Level 3 Diploma

Assignment: 15 Aromatherapy Oils (Unit 344)

PAULA STANISLAS
<table>
<thead>
<tr>
<th>Contents</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>ROMAN CHAMOMILE</td>
<td>3</td>
</tr>
<tr>
<td>LAVENDER (TRUE)</td>
<td>5</td>
</tr>
<tr>
<td>CLARY SAGE</td>
<td>7</td>
</tr>
<tr>
<td>GERANIUM</td>
<td>9</td>
</tr>
<tr>
<td>MANDARIN</td>
<td>11</td>
</tr>
<tr>
<td>ROSEMARY</td>
<td>13</td>
</tr>
<tr>
<td>FRANKINCENSE</td>
<td>15</td>
</tr>
<tr>
<td>GINGER</td>
<td>17</td>
</tr>
<tr>
<td>BERGAMOT</td>
<td>19</td>
</tr>
<tr>
<td>PATCHOULI</td>
<td>21</td>
</tr>
<tr>
<td>BLACK PEPPER</td>
<td>23</td>
</tr>
<tr>
<td>CEDARWOOD</td>
<td>25</td>
</tr>
<tr>
<td>JUNIPER BERRY</td>
<td>27</td>
</tr>
<tr>
<td>TEA TREE</td>
<td>29</td>
</tr>
<tr>
<td>SWEET MARJORAM</td>
<td>31</td>
</tr>
</tbody>
</table>
**ROMAN CHAMOMILE**

**Botanical Name:** Chamamelum nobile
**Family:** Asteraceae
**Sourced from:** Europe and USA
**Extracted from:** Flowers
**Method of extraction:** Steam distillation
**Main Chemical Constituents:** 2-methyl, butyl-ester

**Therapeutic Actions**

- Anti-allergic
- Analgesic
- Anti-inflammatory
- Anti-spasmodic
- Emmenagogue
- Sedative
- Stimulant
- Tonic
- Vermifuge
- Vulnery

**Body Systems Affected**

- **Reproductive**
  - Period Pain, PMT, Menopause

- **Digestive**
  - Regulates peristalsis, relieves IBS, indigestion, nausea

- **Skin**
  - Calms, soothes inflammation, allergies, bruises, eczema, psoriasis, ulcers

- **Immune**
  - Stimulation of the whole system

- **Skeletal**
  - Aching joints, arthritis, teething pain

- **Muscular**
  - Pain relieving

- **Nervous**
  - Anxiety, tension, insomnia
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Can cause skin irritation
LAVENDER (TRUE)

Botanical Name: Lavendula Angustifolia
Family: Lamiaceae
Sourced from: Mediterranean, England & France
Extracted from: Flowers
Method of extraction: Steam distillation
Main Chemical Constituents: Linalyl Acetate, Linalool
Therapeutic Note: Middle Note

Therapeutic Actions

- Analgesic
- Anti-inflammatory
- Antiseptic
- Anti-spasmodic
- Antiviral
- Balancing
- Cooling
- Detoxifying
- Fungicial
- Hypotensive
- Relaxing
- Sedative
- Tonic

Body Systems Affected

- Circulatory
  - Lowers blood pressure, palpitations
- Muscular
  - Aches and pains
- Nervous
  - Balances emotions, depression, stress, anxiety, insomnia, shock, tension, migraine, headache
- Respiratory
  - Bronchitis, laryngitis, coughs, colds, flu
- Skin
  - Balance sebum, cell growth, promotes healing, insect bises, stings, burns, scalds, sunburn, scars, stretch marks, dermatitis, eczema, psoriasis, antiseptic, wounds
- Skeletal
  - Rheumatism, pain relieving
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during 1st trimester of pregnancy
- No known contraindications except cheap lavenders
CLARY SAGE

Botanical Name: Salvia sclarea
Family: Lamiaceae
Sourced from: England, Russia, Morocco, France, Italy & Spain
Extracted from: Leaves and flowers
Method of extraction: Steam distillation
Main Chemical Constituents: Linalyl Acetate, Linalool
Therapeutic Note: Top Note

Therapeutic Actions

- Anti-inflammatory
- Anti-spasmodic
- Hypotensive
- Relaxing
- Sedative
- Tonic
- Uplifting

Body Systems Affected

- Immune
  - Strengthens entire system
- Muscular
  - Relaxes muscles, reduces spasm, muscle fatigue, cramp, fibrositis
- Nervous
  - Uplifts, euphoric, soothes nervous tension, sedates, panic, headache, migraine
- Respiratory
  - Antispasmodic, asthma
- Reproductive/Endocrine
  - PMT, hormone balance, fluid retention, cramps
- Skin
  - Reduces inflammation, oily skin
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Avoid if taking alcohol as can exaggerate the effect of drunkenness
GERANIUM

Botanical Name: Pelargonium graveolens
Family: Geraniaceae
Sourced from: Worldwide, particularly South Africa, Europe, Russia & Egypt
Extracted from: Flowers and leaves
Method of extraction: Steam distillation
Main Chemical Constituents: Geraniol, Citronellol
Therapeutic Note: Middle Note

Therapeutic Actions

- Anti-inflammatory
- Balancing
- Diuretic
- Haemostatic
- Stimulant
- Sudorific
- Tonic
- Uplifting
- Vermifuge
- Vulnerary

Body Systems Affected

- Circulatory / Lymphatic
  - Stimulatory, oedema, cellulite
- Nervous
  - Uplifts spirit, tonic, anxiety, depression, stress
- Reproductive
  - hormone balancing, regulating PMT, menopause especially depression, heavy periods
- Skin
  - Balances sebum, tonifies, enlivening, chillblains, eczema, broken capillaries
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
MANDARIN

Botanical Name: Citrus reticulata
Family: Rutaceae
Sourced from: Southern China, East Asia
Extracted from: Fruit peel
Method of extraction: Expression
Main Chemical Constituents: Limonene, pinene
Therapeutic Note: Top note

Therapeutic Actions

- Anti-spasmodic
- Antiviral
- Carminative
- Relaxing
- Sedative
- Tonic
- Uplifting

Body Systems Affected

Digestive
- Stimulates appetite, expels wind, calming, tonifying

Lymphatic
- Mild diuretic, cellulite, oedema

Nervous
- Refreshing, soothing, happy, depression, insomnia, nervous exhaustion

Reproductive
- PMT

Skin
- Astringent, oily skin, cell growth, scar tissue
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid use in strong sunlight as phototoxic
ROSEMARY

Botanical Name: Rosmarinus officinalis
Family: Lamiaceae
Sourced from: Mediterranean
Extracted from: Leaves and flowers
Method of extraction: Steam distillation
Main Chemical Constituents: Cineol, Pinene
Therapeutic Note: Top note

Therapeutic Actions

- Analgesic
- Antiseptic
- Antispasmodic
- Antiviral
- Astringent
- Cephalic
- Cordial
- Diuretic
- Emmenagogue
- Hypertensive
- Nerve
- Rubefacient
- Stimulant
- Tonic
- Uplifting
- Vulnerary

Body Systems Affected

Circulatory - Increases low blood pressure, poor circulation
Muscular - Aches and pains, joint injuries
Nervous - Refreshing and clears mind, memory, stimulates nerve endings, stroke patients, mental fatigue lethargy, headache, migraines, vertigo
Respiratory - Sinus, colds, flu, chest infections
Skeletal - Joint problems, rheumatism, arthritis, bursitis
Skin - Astringent, clears puffy, congested, dull skin
Lymphatic - Fluid retention, oedema, obesity
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- High blood pressure
- Epilepsy
**FRANKINCENSE**

**Botanical Name:** Boswellia sacra  
**Family:** Burseraceae  
**Sourced from:** Red Sea area, Africa, Somalia, Ethiopia  
**Extracted from:** Resin  
**Method of extraction:** Steam distillation  
**Main Chemical Constituents:** Pinene, Limonene  
**Therapeutic Note:** Base note

### Therapeutic Actions

- Expectorant
- Haemostatic
- Relaxing
- Rubefacient
- Sedative
- Tonic
- Vermifuge

### Body Systems Affected

- **Nervous**
  - Comforting, warming, relaxing, mediation of mind
- **Respiratory**
  - Asthma, bronchitis, coughs, laryngitis, clears catarrh, calms breathing
- **Skin**
  - Rejuvenates mature skin, wrinkles, dry skin, balancing oily skin, bruises
- **Urinary**
  - Cystitis, infections, nephritis
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
GINGER

Botanical Name: Zingiber officinale
Family: Zingiberaceae
Sourced from: Asia (esp. India), West Indies (esp Jamaica), Nigeria
Extracted from: Rhizome
Method of extraction: Steam distillation
Main Chemical Constituents: Zingiberene, Zingiberol
Therapeutic Note: Middle note

Therapeutic Actions

- Analgesic
- Laxative
- Stimulant
- Tonic
- Warming

Body Systems Affected

- Circulatory: Bruises, chillblains, varicose veins
- Digestive: Nausea, appetite
- Muscular: Muscle cramps, spasms
- Nervous: Lethargy, fatigue, memory
- Respiratory: Colds, flu, catarrh, fever, runny nose, sore throat
- Skeletal: Joint pain, arthritis, rheumatism
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Skin irritant in excess
- Use low dilutions, patch test hypersensitive skin
BERGAMOT

Botanical Name: Citrus bergamia
Family: Rutaceae
Sourced from: Asia, Northern & Southern Italy
Extracted from: Rind/peel of fruit
Method of extraction: Expression
Main Chemical Constituents: Linalool, Linalyl Acetate
Therapeutic Note: Top note

Therapeutic Actions

- Analgesic
- Antiseptic
- Antiviral
- Cooling
- Laxative
- Relaxing
- Sedative
- Uplifting
- Vermifuge

Body Systems Affected

Digestive
- Flatulence, digestive problems, diarrhoea, colic, regulates appetite

Immune
- Strengthens immune system

Respiratory
- Colds, flu, bronchitis, tonsilitis, sore throat

Skin
- Eczema, psoriasis, acne, inflammation, sore skin conditions

Urinary
- Cystitis, UTI
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Phototoxic when distilled
- Use bergapten free variety as bergapten contains furocoumarin (toxic ingredient)
PATCHOULI

Botanical Name: Pogostemon cablin
Family: Lamiaceae
Sourced from: Asia, Malaysia, Indonesia, Philippines
Extracted from: Dried leaves
Method of extraction: Steam distillation
Main Chemical Constituents: Patchoulol, Patchoulene
Therapeutic Note: Base note

Therapeutic Actions

- Antidepressant
- Anti-inflammatory
- Antimicrobial
- Cytophylactic
- Diuretic
- Fungicidal
- Prophylactic
- Sedative
- Tonic
- Uplifting

Body Systems Affected

- Digestive
  - aids peristalsis, weight loss, stimulant
- Nervous
  - Lethargy, depression, anxiety, nervous tension, clears mind
- Skin
  - Scarred tissue, dries weeping sores, cracked & chapped heels, insect repellant
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Only use low doses
- Phototoxic
**BLACK PEPPER**

**Botanical Name:** Piper Nigrum

**Family:** Piperaceae

**Sourced from:** India, Indonesia, Greece

**Extracted from:** Dried berries

**Method of extraction:** Steam distillation

**Main Chemical Constituents:** Pinene, Phalladrene

**Therapeutic Note:** Middle note

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**Therapeutic Actions**

- Analgesic
- Antispasmodic
- Appetite stimulant
- Depurative
- Rubefacient
- Stomachic
- Tonic

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**Body Systems Affected**

- **Circulatory / Lymphatic**
  - Warming, stimulating, chillblains

- **Digestive**
  - Stimulates appetite, relieves bowel problems, aids peristalsis

- **Muscular**
  - Tonic for aches/pains, improves performance, sports activities

- **Nervous**
  - Stimulates & strengthens nerves & mind

- **Respiratory**
  - Coughs, colds, catarrh
SAFETY INFORMATION / CONTRAINDICATIONS

- Pregnancy
- Homeopathy
- Skin irritant if used neat
CEDARWOOD

Botanical Name: Cedrus Atlantica
Family: Pinaceae
Sourced from: Atlas mountains – Algeria/Morocco
Extracted from: Heartwood, stumps, sawdust
Method of extraction: Steam distillation
Main Chemical Constituents: Cedrene, Atlantol
Therapeutic Note: Middle note

Therapeutic Actions

• Antiseptic
• Astringent
• Diuretic
• Expectorant

• Sedative (nervous)
• Stimulant (circulatory)
• Tonic

Body Systems Affected

Muscular
Arthritis, rheumatism

Nervous
Tension, stress

Respiratory
Bronchitis, catarrh, coughs, congestion

Skin
Acne, ulcers, dermatitis, eczema, oily skin

Urinary
Cystitis, leucorrhoea
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
JUNIPER BERRY

Botanical Name: Juniperus Communis
Family: Cupressaceae
Sourced from: Siberia, Canada, Scandinavia, France, Italy
Extracted from: Dried berries
Method of extraction: Steam distillation
Main Chemical Constituents: Pinene, Limonene
Therapeutic Note: Middle note

Therapeutic Actions

- Antiseptic
- Antispasmodic
- Depurative
- Diuretic
- Emmenagogue
- Relaxing
- Rubefacient
- Sedative
- Stimulant
- Tonic
- Warming

Body Systems Affected

- Circulatory / Lymphatic
- Nervous
- Skeletal
- Skin
- Urinary

Cellulite
Stress, tension, clears and stimulates mind
Gout, arthritis, rheumatism
Oily, blocked pores acne, psoriasis, dermatitis
Cystitis, diuretic, fluid retention
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Kidney disorders
- Overuse can cause kidney dysfunction
**TEA TREE**

Botanical Name: *Melaleuca Alternifolia*
Family: Myrtaceae
Sourced from: Australia
Extracted from: Leaves/Twigs
Method of extraction: Steam distillation
Main Chemical Constituents: Terpinen 4-ol, Cineol
Therapeutic Note: Middle note

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### Therapeutic Actions

- Anti-inflammatory
- Antiseptic
- Antispasmodic
- Antiviral
- Bactericidal
- Cooling
- Fungicidal
- Immuno-stimulant
- Sudorific
- Vulnerary
- Tonic

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### Body Systems Affected

- **Immune**
  - Boosts immune system
- **Lymphatic**
  - Glandular fever
- **Nervous**
  - Revitalises the mind
- **Respiratory**
  - Flu, coughs, colds, catarrh
- **Skin**
  - Viral/fungal skin conditions, cold sores, verrucas, sores ports, athletes foot, warts, boils, blisters, burns, sunburn, itching
- **Urinary**
  - Cystitis, UTI, thrushin, scabies
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Occasionally can cause skin irritation
SWEET MARJORAM

Botanical Name: Origanum Marjorana
Family: Lamiaceae
Sourced from: Spain, France, Egypt, N. Africa
Extracted from: Dried flowers and leaves
Method of extraction: Steam distillation
Main Chemical Constituents: Terpinen 4 ol, Linalool
Therapeutic Note: Middle note

Therapeutic Actions

- Analgesic
- Antispasmodic
- Emmenegogue
- Hypotensive
- Laxative
- Nervine

- Relaxing
- Sedative
- Tonic
- Vasodilator
- Vulnerary
- Warming

Body Systems Affected

- Circulatory / Lymphatic: Lowers high b/p, chillblains, poor circulation
- Digestive: aids indigestion, stomach cramps, constipation
- Muscular: aches and pains particularly after sport
- Nervous: stress, grief, loneliness, headaches, insomnia, migraines
- Reproductive: period cramps
- Respiratory: nose, sinus congestion, asthma, bronchitis
- Skin: bruises
- Skeletal: joint problems
SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy