

Clinical Aromatherapy

ITEC Level 3 Diploma

Assignment: 15 Aromatherapy Oils (Unit 344)

PAULA STANISLAS

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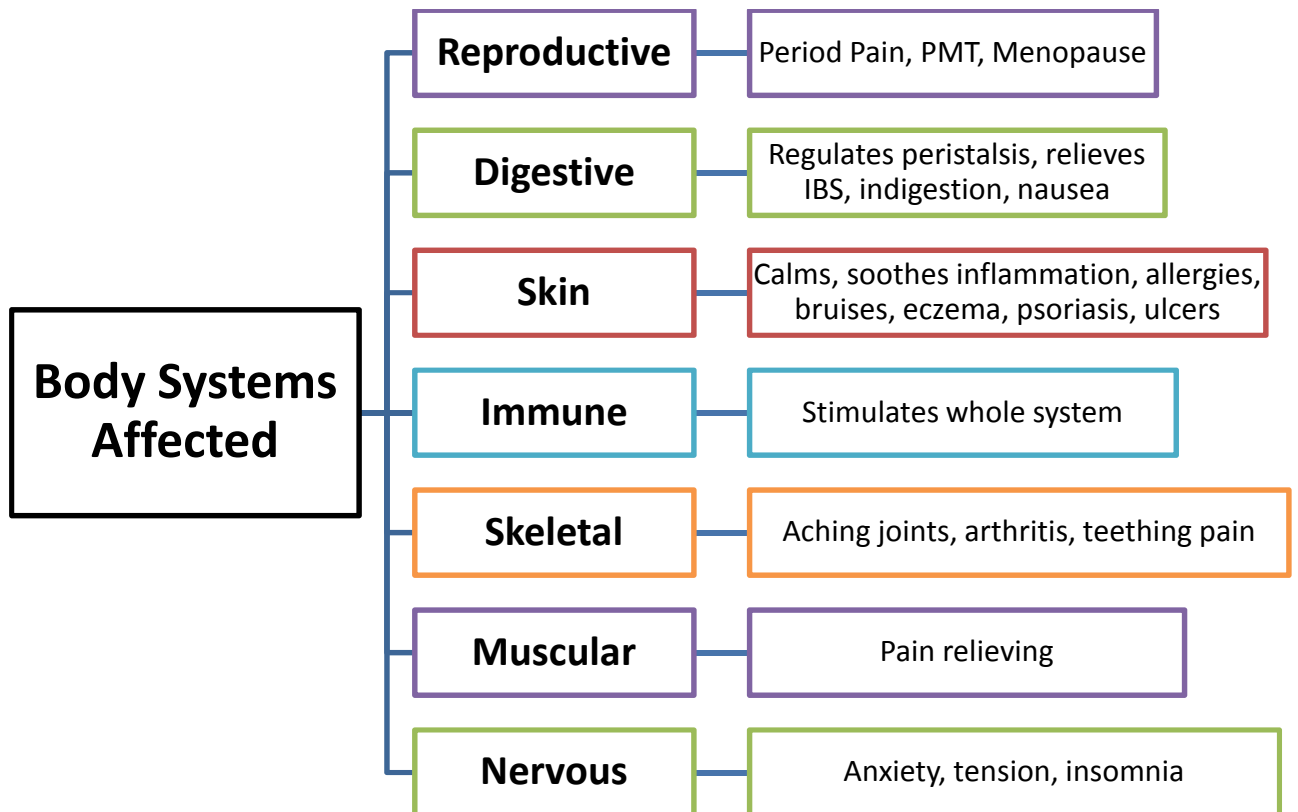
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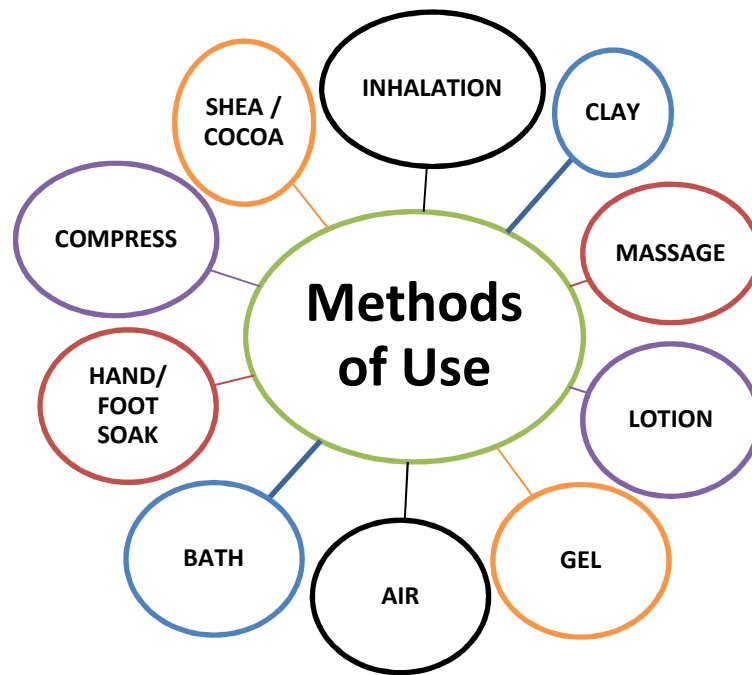
ROMAN CHAMOMILE

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 Note:	

Therapeutic Actions

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





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Can cause skin irritation

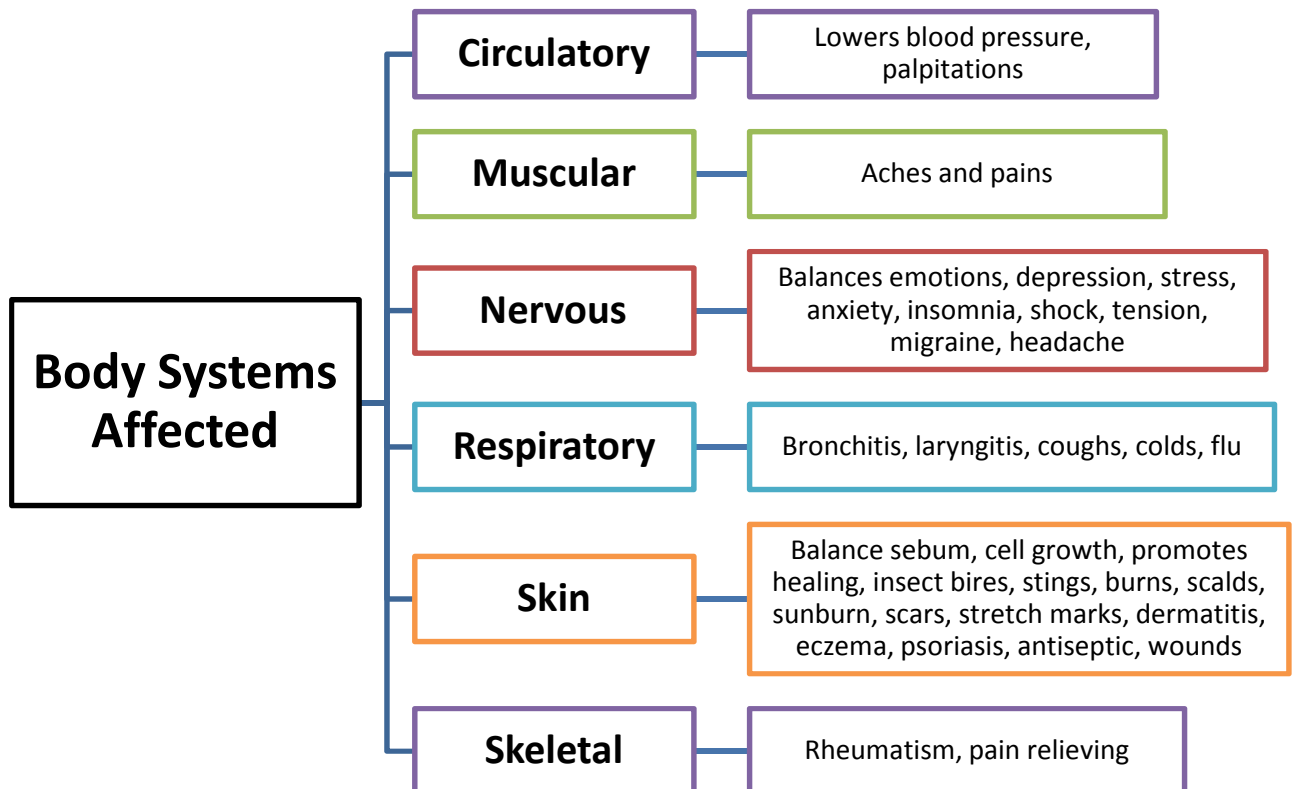


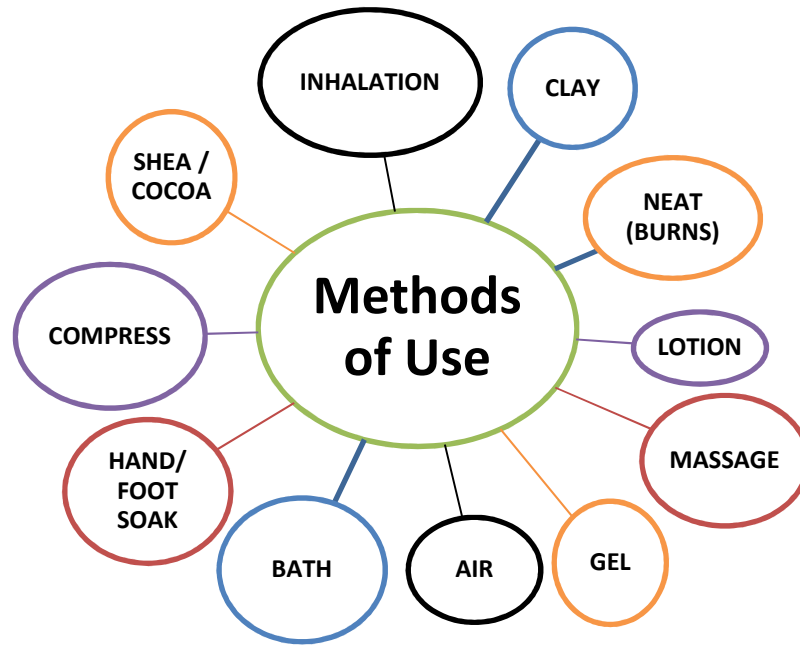
LAVENDER (TRUE)

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
- Fungicidal
- Hypotensive
- Relaxing
- Sedative
- Tonic





SAFETY INFORMATION / CONTRAINDICATIONS

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

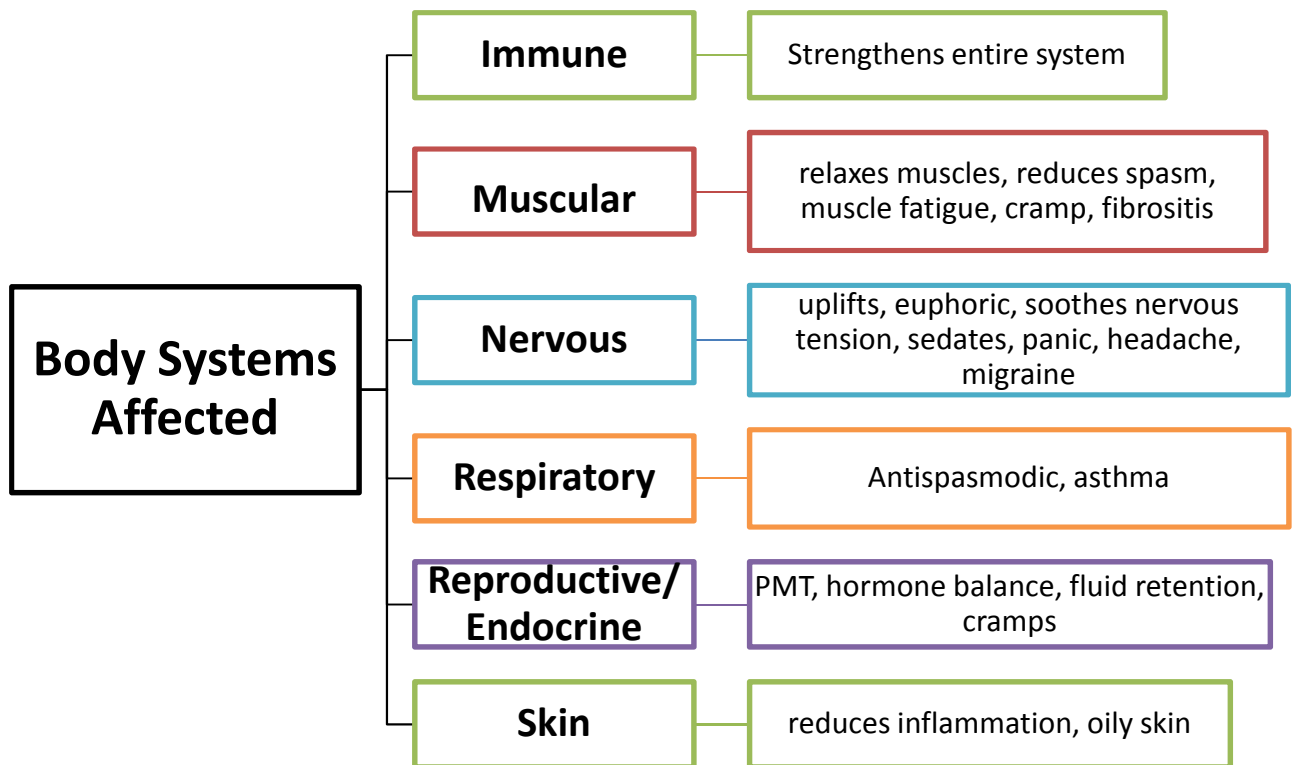


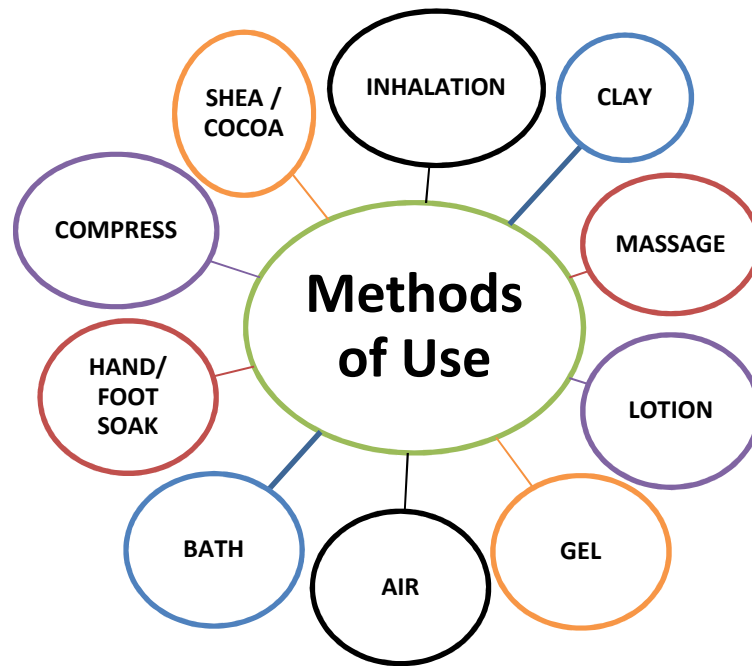
CLARY SAGE

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





SAFETY INFORMATION / CONTRAINDICATIONS

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

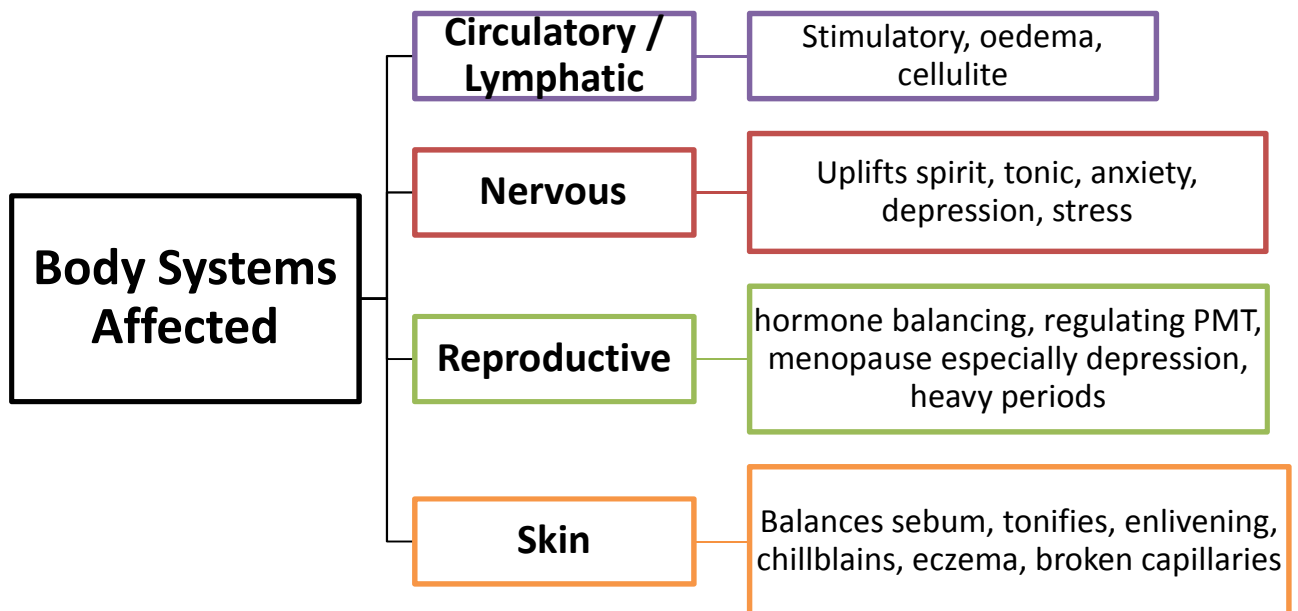


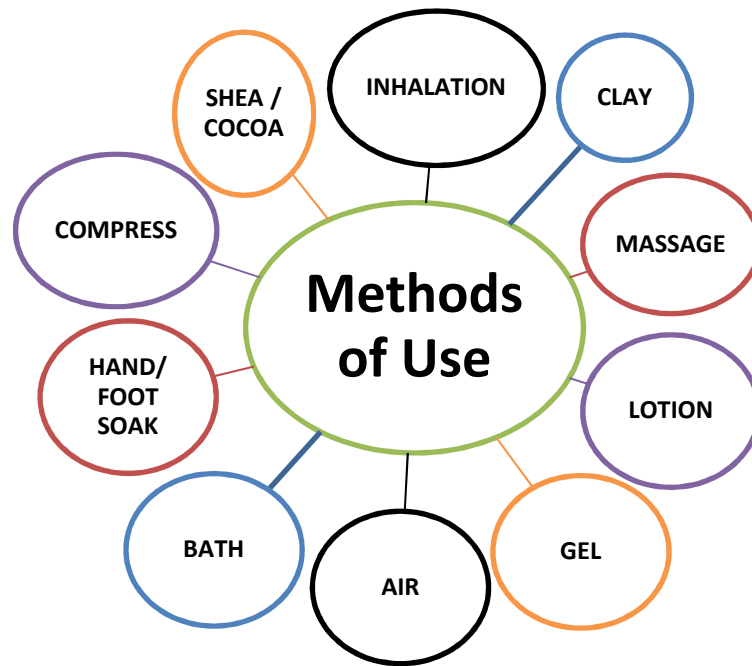
GERANIUM

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





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy

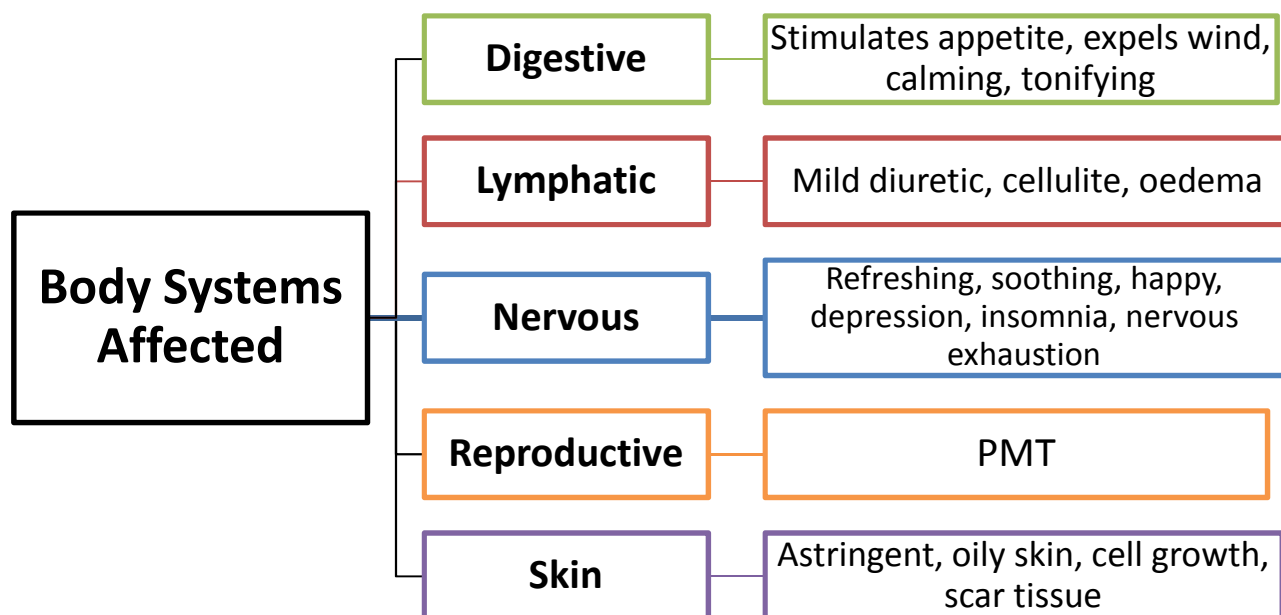


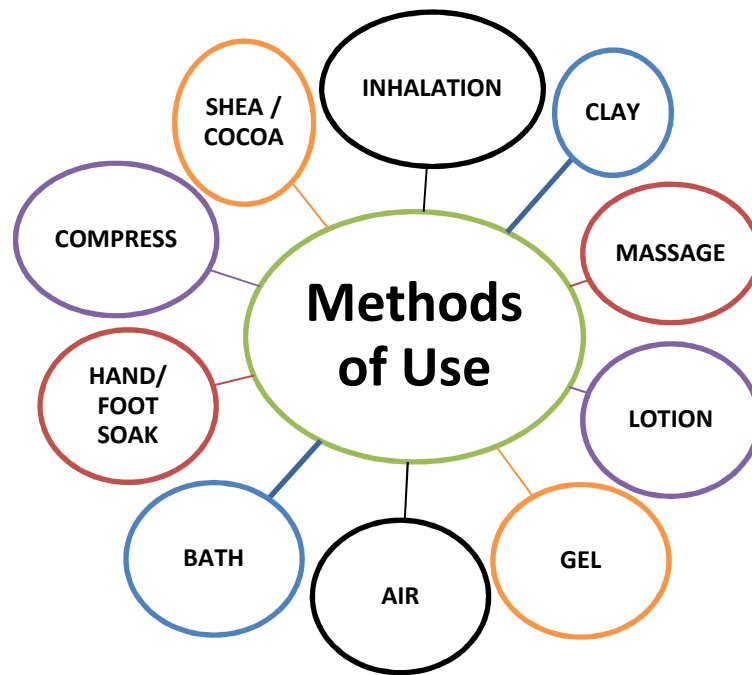
MANDARIN

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





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid use in strong sunlight as phototoxic

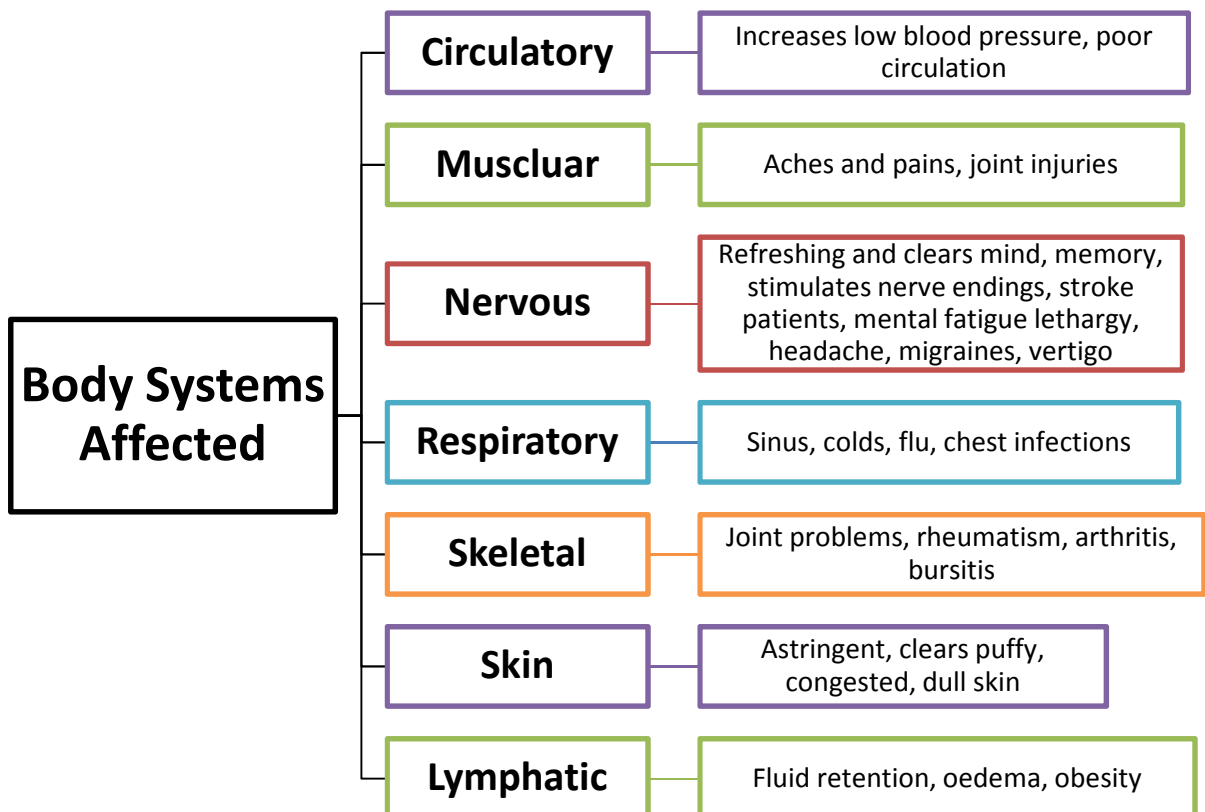


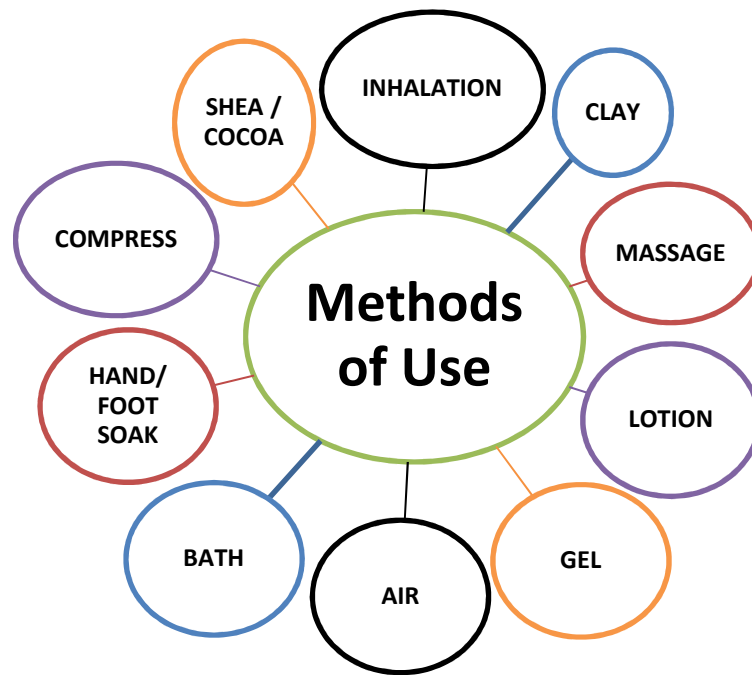
ROSEMARY

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
- Nervine
- Rubefacient
- Stimulant
- Tonic
- Uplifting
- Vulnerary





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- High blood pressure
- Epilepsy

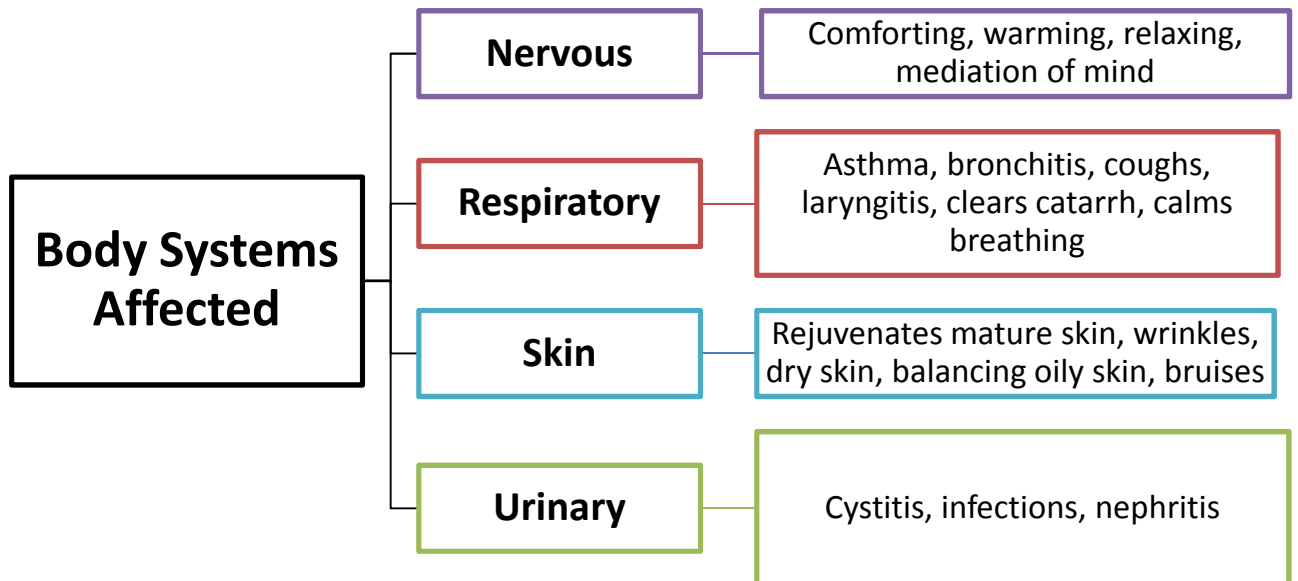


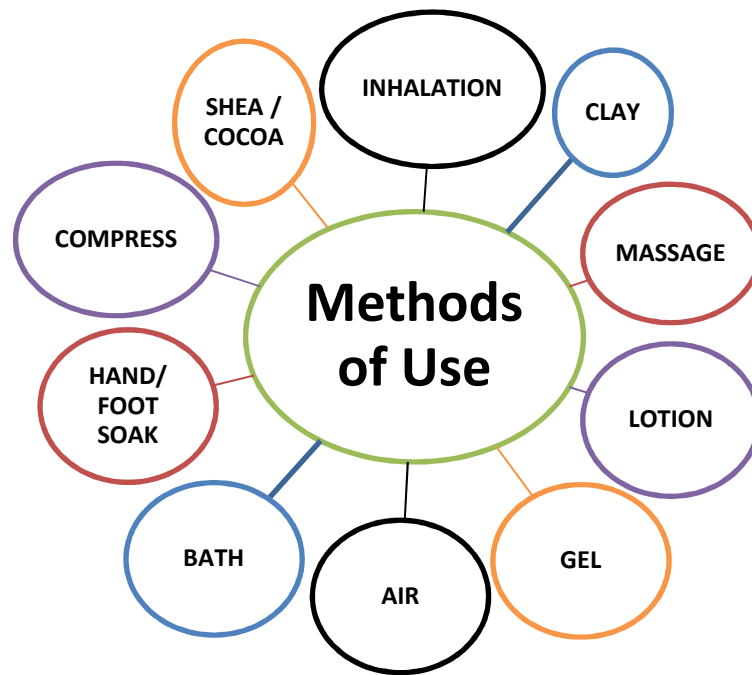
FRANKINCENSE

Botanical Name:	Boswellia sacra
Family:	Burseraceae
Sourced from:	Red Sea area, Arfrica, 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





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy

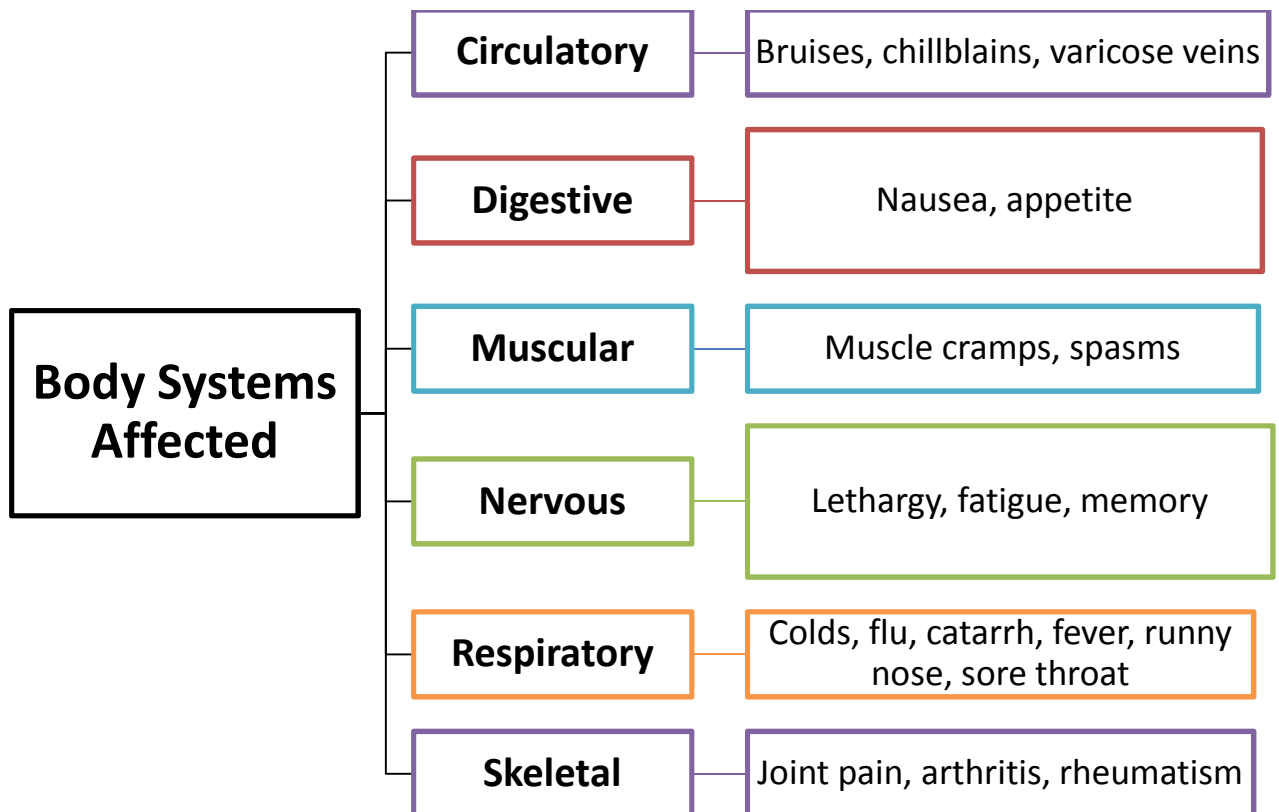


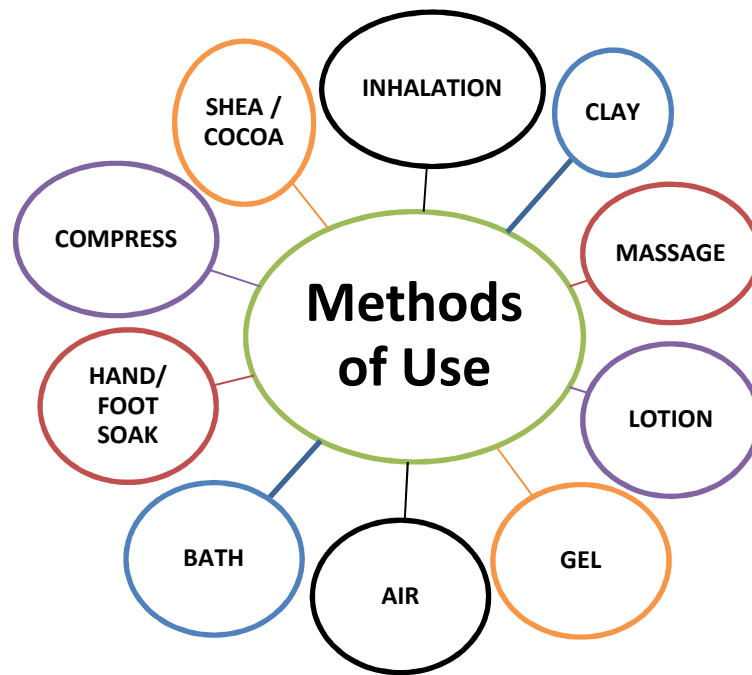
GINGER

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





SAFETY INFORMATION / CONTRAINDICATIONS

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

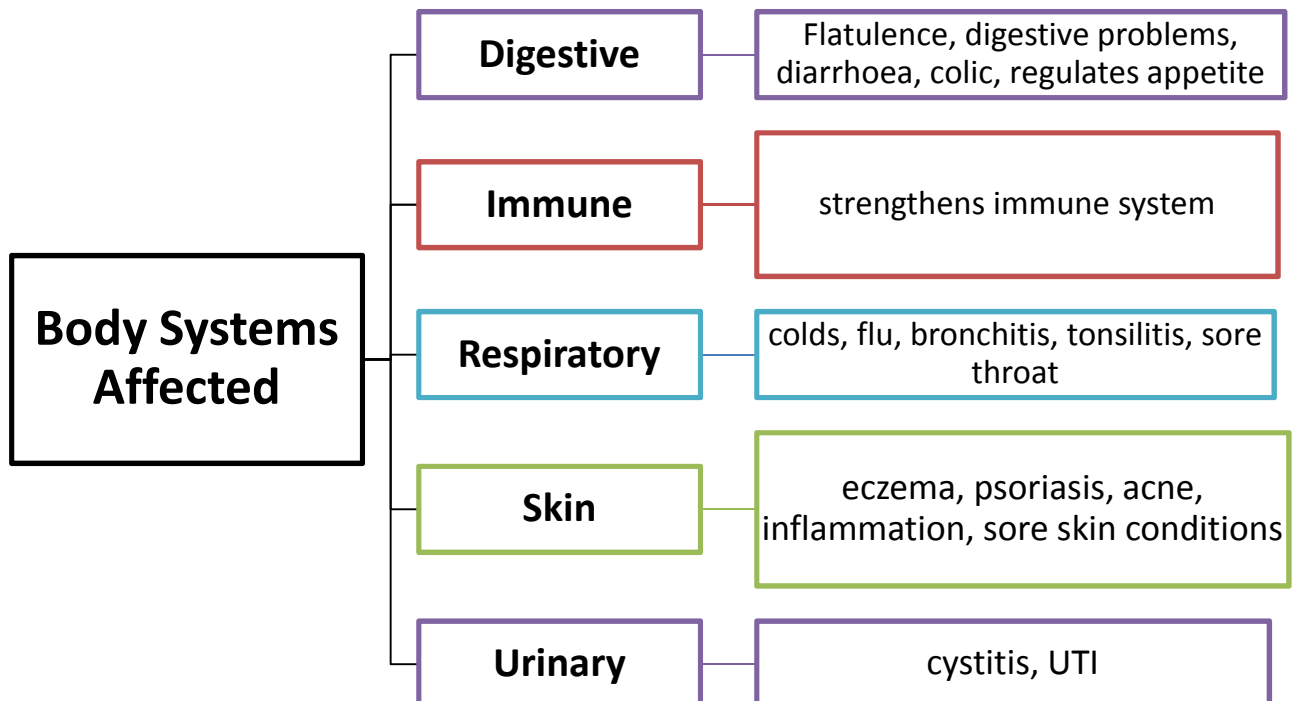


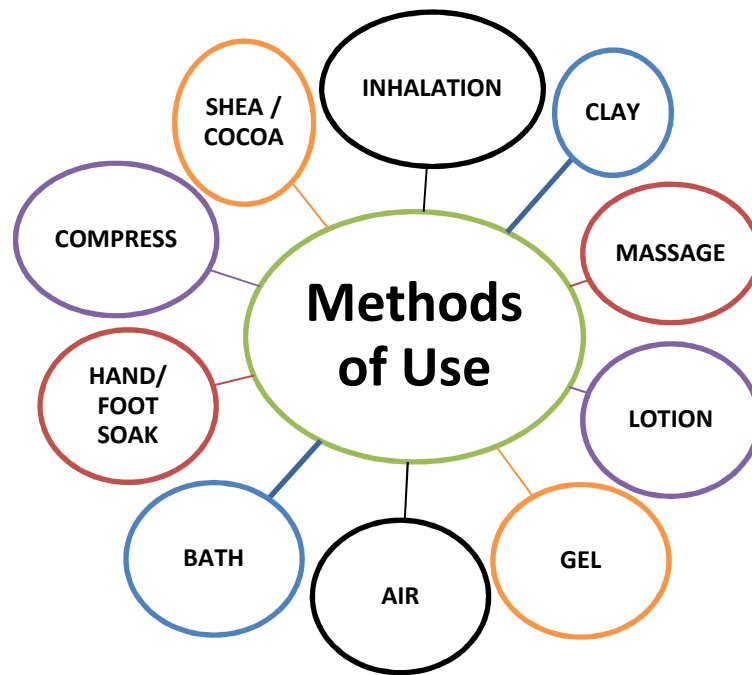
BERGAMOT

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





SAFETY INFORMATION / CONTRAINDICATIONS

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

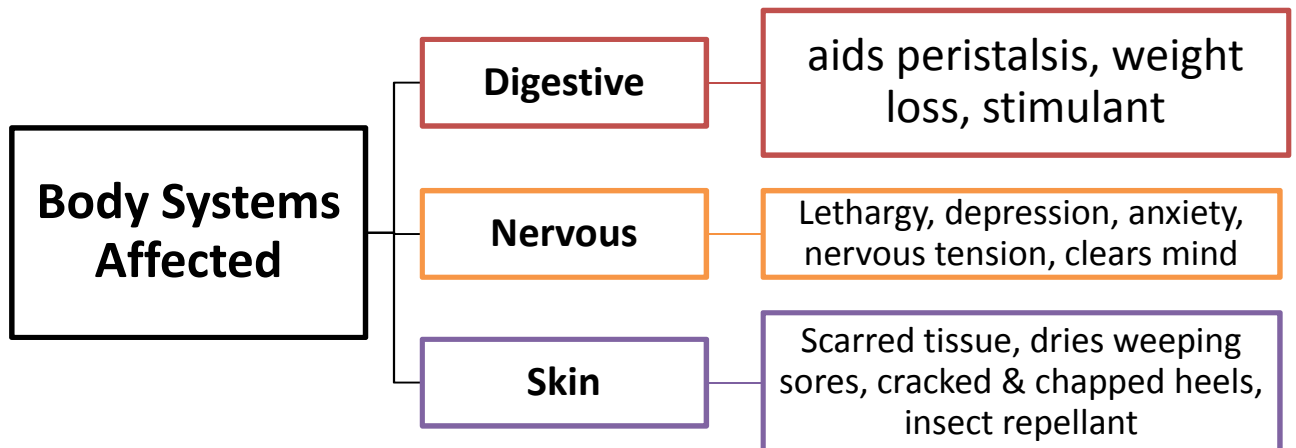


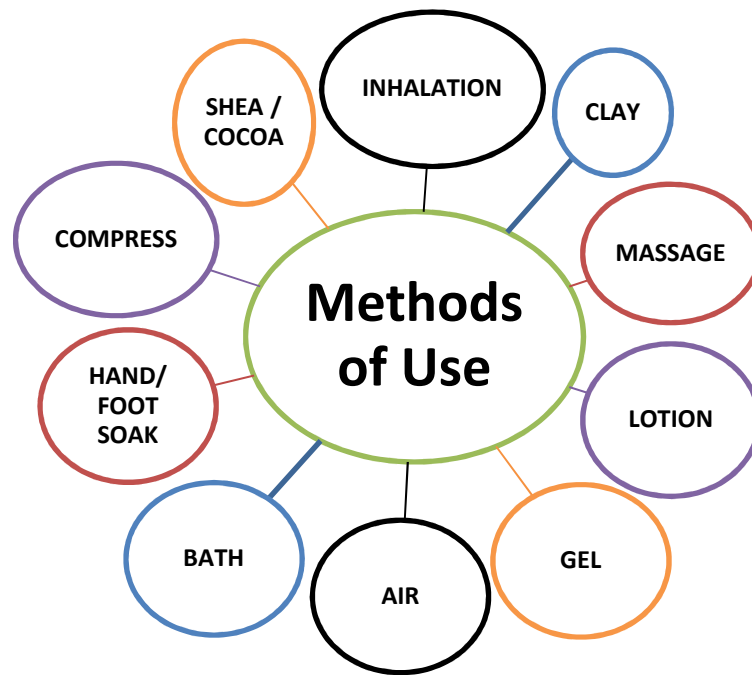
PATCHOULI

Botanical Name:	Pogostemon cablin
Family:	Lamiaceae
Sourced from:	Asia, Malaysia, Indonesia, Phillipines
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





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Only use low doses
- Phototoxic

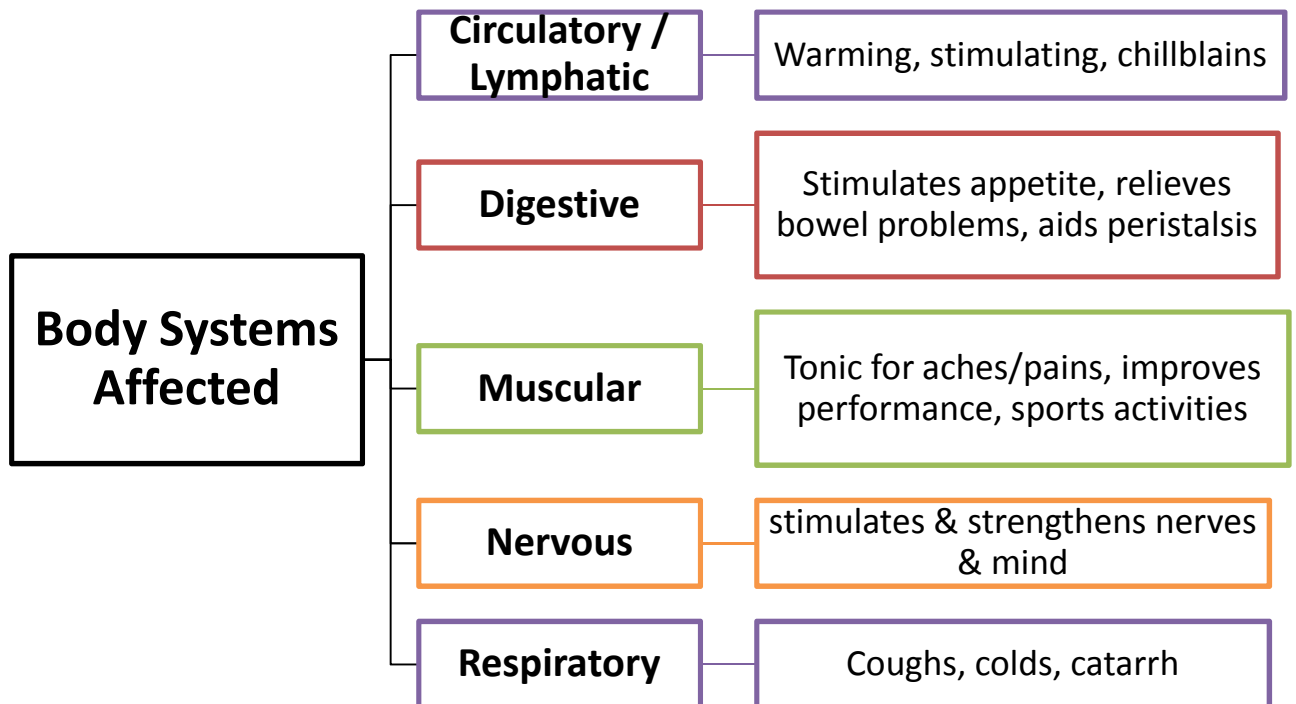


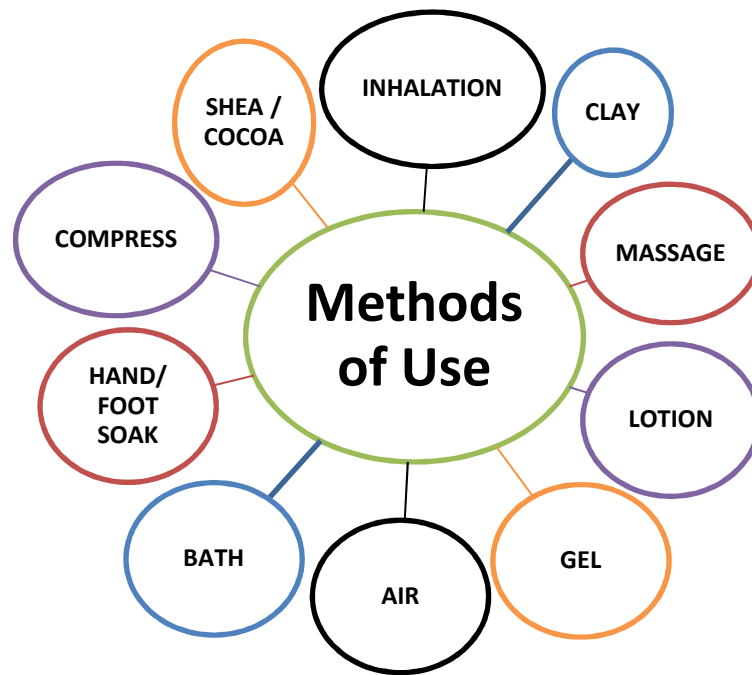
BLACK PEPPER

Botanical Name:	Piper Nigrum
Family:	Piperaceae
Sourced from:	India, Indonesia, Greece
Extracted from:	Dried berries
Method of extraction:	Steam distillation
Main Chemical Constituents:	Pinene, Phalldrene
Therapeutic Note:	Middle note

Therapeutic Actions

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





SAFETY INFORMATION / CONTRAINDICATIONS

- Pregnancy
- Homeopathy
- Skin irritant if used neat

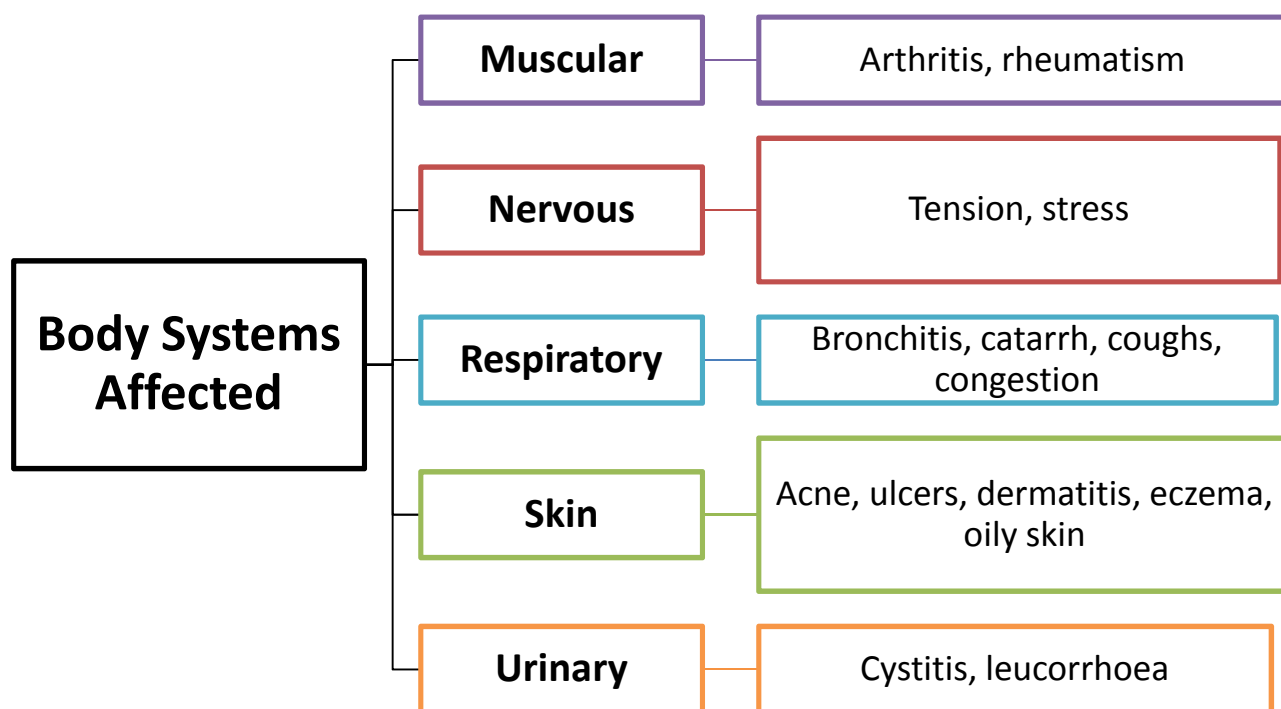


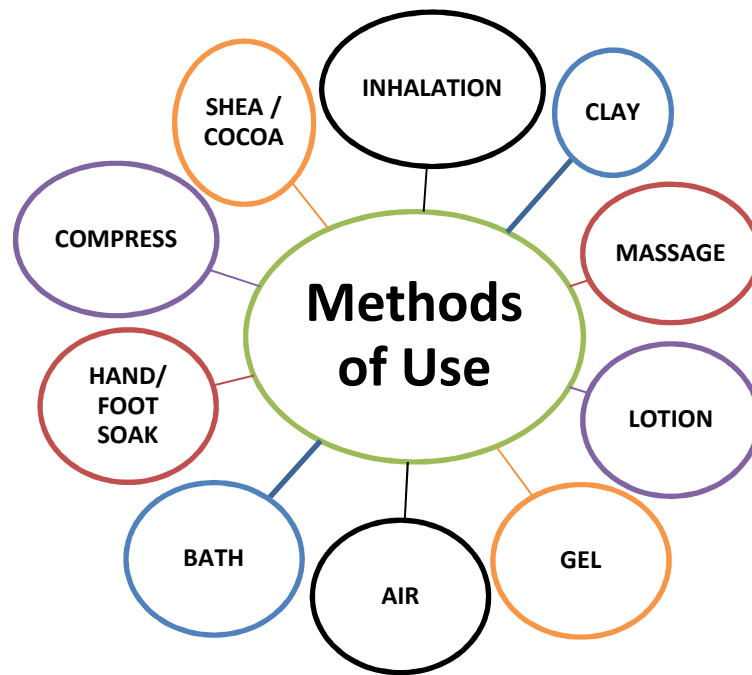
CEDARWOOD

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





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy

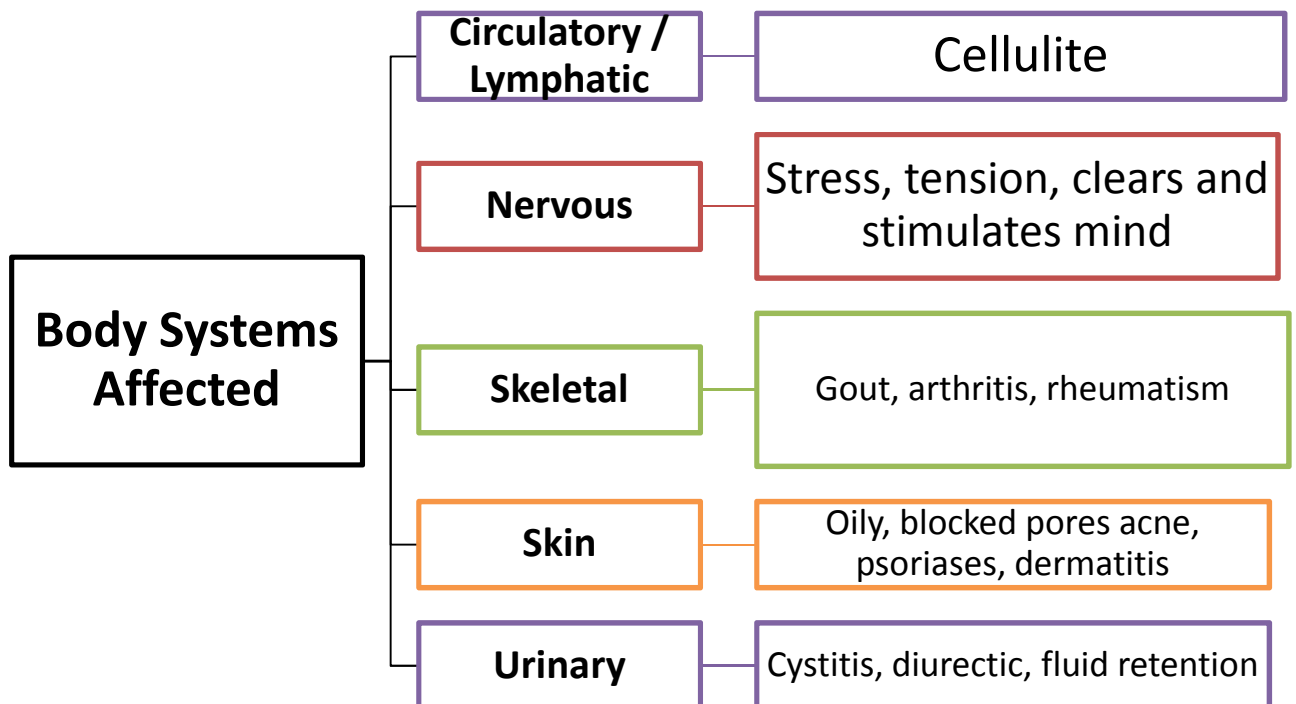


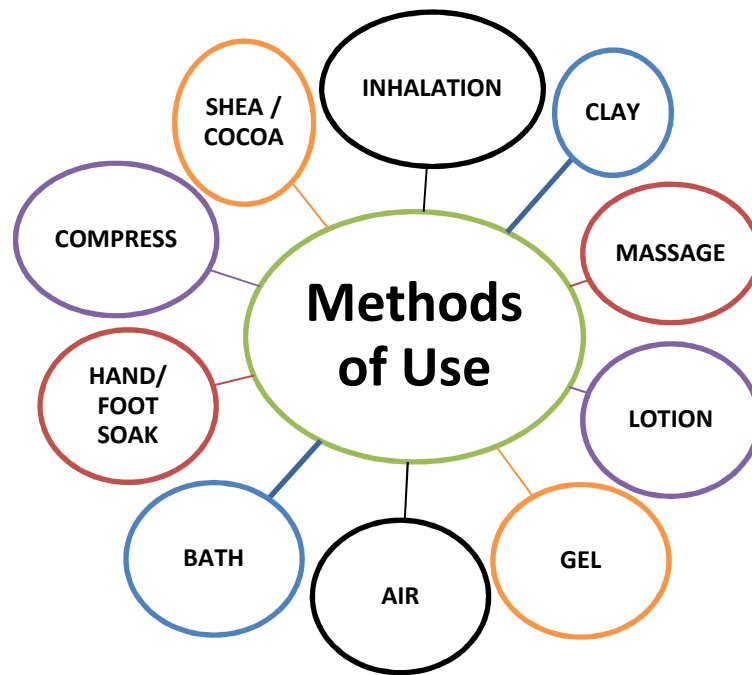
JUNIPER BERRY

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





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Kidney disorders
- Overuse can cause kidney dysfunction

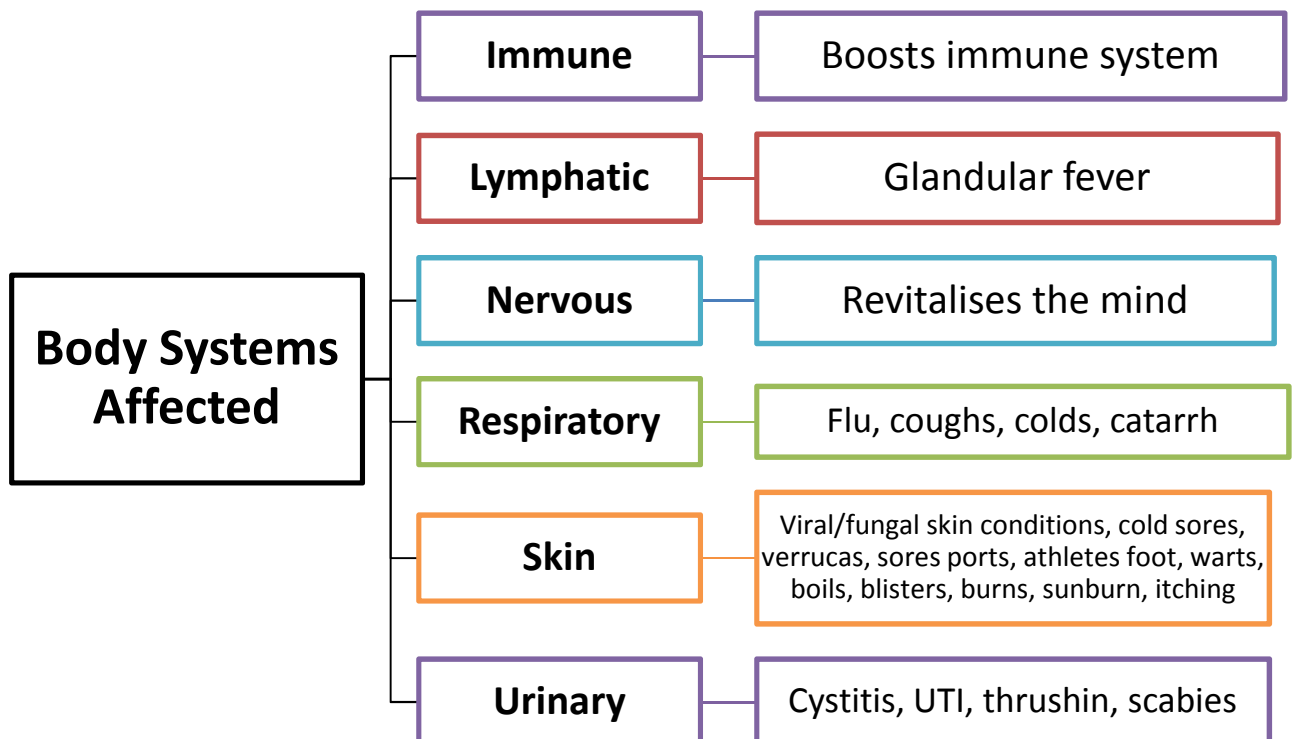


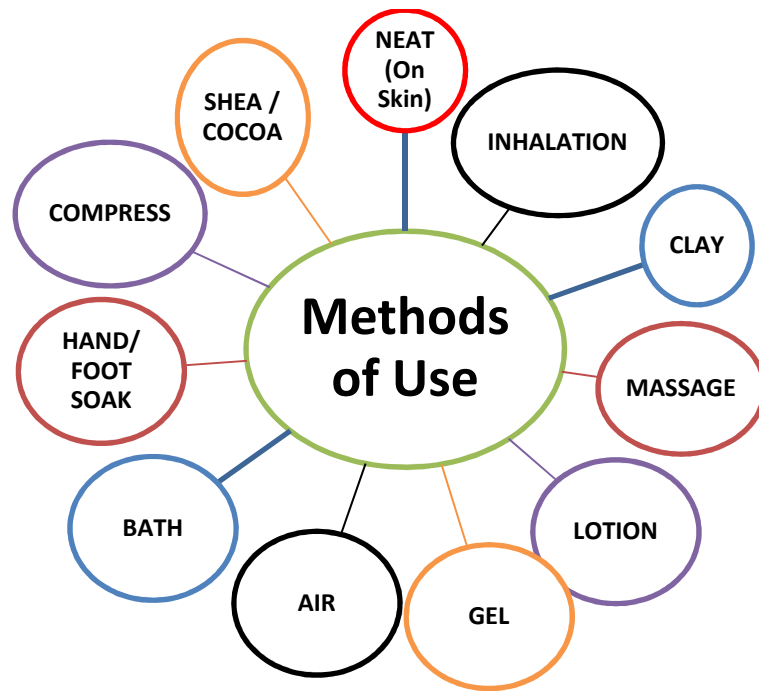
TEA TREE

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

Therapeutic Actions

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





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy
- Occasionally can cause skin irritation

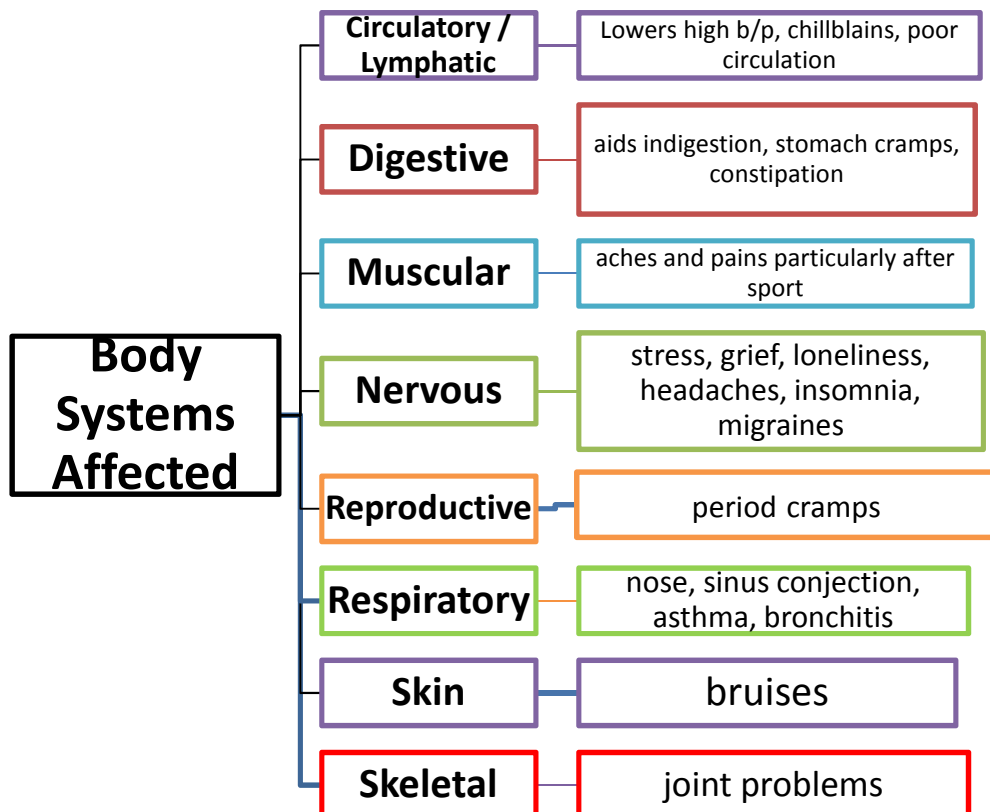


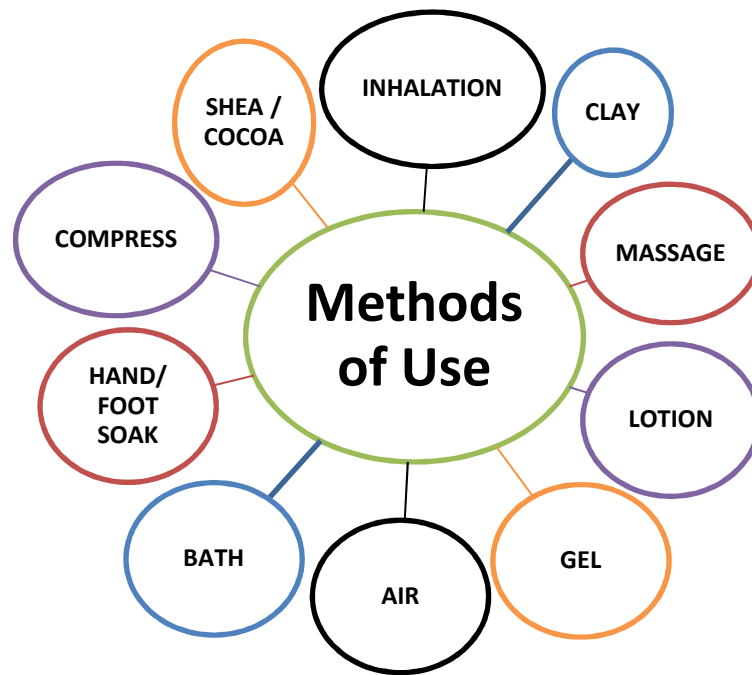
SWEET MARJORAM

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
- Emmenagogue
- Hypotensive
- Laxative
- Nervine
- Relaxing
- Sedative
- Tonic
- Vasodilator
- Vulnerary
- Warming





SAFETY INFORMATION / CONTRAINDICATIONS

- Avoid during pregnancy

