



**Scents of Wonder
An Easy Guide
to Aromatherapy**



Laurie Szott-Rogers





Scents of Wonder

An Easy Guide To Aromatherapy

The Top Twenty Essential Oils
and
My Favorite Ways to Use Them

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Disclaimer:

The following book promotes the use of essential oils in a safe and enjoyable way. If you have any sensitivity to essential oils, proceed with caution, using your common sense and prior knowledge of your body.

Although, essential oils are a natural substance, they can cause mild to severe reactions. Do not take internally, as even a small amount of some oils can be fatal. Do not use the essential oils with children, or in early stages of pregnancy. Do not let infants, pets, or those without proper mental capacity near the oils. Store in a very safe place. If you are epileptic, be careful with the stimulating oils.

Always patch test the essential oils on your skin before making the recipes, to ensure you do not react. Do not get the essential oils in your eyes, or on sensitive body parts.

Essential oils suggested for illness and disease are meant as ideas for adjunct therapy, but always consult the best possible experts before proceeding. This book is not meant to take the place of medical treatments or prescriptions and this author and publisher accept no liability for any claims, now or in the future, arising from the use or misuse of any remedy, recipe or application herein.



What Are Essential Oils and Absolutes?

Essential oils are potent extractions of plants obtained from all over the world. Many of the plants are wild-crafted, while some are grown in orchards or plantations.



Growers extract the potent oils from specific parts of the plant- bark, leaf, root, berry, or flowers, by steam distillation. A still is set up and filled with plant material. Water is heated and steam passes through the plant material.

Volatile parts of the plant turn to vapor. As the vapor moves through a condensing coil it cools and turns back into liquid. The oils that emerge from this process are called essential oils. They are highly concentrated. Different plants yield varying amounts of essential oil and the price range of oils reflects this.

Fruit peels such as lemon, orange, lime and grapefruit are usually cold pressed. These 'expressed' fruit peels are plentiful and the quantity of oil that results from the pressing is more abundant than from steam distillation. This makes the price of fruit peel oils reasonable.

Enfleurage involves a method of scent extraction, used mainly for flowers. The flowers are placed on an absorbable substance, like a cloth. The blossoms are replaced daily with fresh flowers, until the cloth becomes saturated. The cloth is squeezed or pressed to collect the oil. A solvent is then used to extract the oil from the flowers. The resulting mixture contains waxes, resins and essential oils.

Jasmine, gardenia and narcissus are examples of flowers that give up their scent in an alcohol or solvent preparation. The resulting extracts are called absolutes. An oleoresin is a semi-solid mixture of wax, resin and essential oil that occurs from injury to the bark, forming gums and resins. Benzoin gum is often made in this manner.



Methods of Using Essential Oils:

To influence moods and psychological states, all that is necessary is to breathe in the diffused oils. How we respond to various oils will be partly dependent on individual taste and memories. If we associate lavender with an older aunt we loved, we may have a more positive association to that oil than someone with a different memory. The oils themselves have specific chemical properties, giving them the ability to calm, excite, or balance. An oil like lavender, although relaxing in small quantities, can stimulate at a higher dose.

Diffuser: To get the oils into the air a diffuser becomes invaluable. A good “air pump type” diffuser will break up the molecules of the oils, making them accessible while you breathe. We do not recommend putting oils on light bulb rings, as the heat will destroy many of the fragile, healing compounds in the oils.

Humidifiers: Many people have the urge to put essential oils into their humidifiers. Theoretically, this makes sense, because it seems like a good way to get the oils into the air. However, oils destroy many types of plastic. If your humidifier is made from plastic, and does not have a special compartment for oils, do not use them in this machine.



Burners: Burner type diffusers are pretty and relatively inexpensive. Ensure you choose one that has adequate space between where you place the candle, and where the oil is placed. This prevents the oil from becoming toasted. Burner type diffusers are pretty, but do not utilize oil as effectively as an air pump style.

Another way to use essential oils, is to drop them into a spray glass bottle of 97-90% water, 1% natural emulsifier (a medium that binds the water and oil) and 3%-10% essential oil. The reason for such a range in strength is due to the purpose of the oil. If I were to use the oil in a bathroom, or less sanitary setting, I would opt for a higher ratio of oil. Remember to shake the bottle well before using. This is important, as oils will often float to the top of a bottle and be used all up, in one spray.

Do not spray the mix at any one, as the oils may be irritating to skin. Do not spray too close to your walls either, or you may notice an oil build up on them over time. Good essential oils to create a spray from are: orange to balance, or spearmint to invigorate. Any single oil or mixture can be used. Determine your preferences, the purpose of the oil and of course the cost, when making your choice.

Also use essential oils to clean your home. They make a less toxic, enjoyable alternative, to commercial products. You can do something simple, like drop a few drops of a disinfecting oil, such as orange, lemon or eucalyptus into your kitchen sink and wipe your cupboards, and appliances. Adding essential oils into spray bottles to clean the bathroom and other areas is also desirable. Add 10% essential oil to 90% water. Eucalyptus, orange, lemon, pine and tea tree all make effective spray cleaners.

Essential oils also make great beauty products- for hair, skin and bath. There are a vast array of products you can make with essential oils- for facials- steams, scrubs and masks. You can make your own face and body lotions, creams and lip balms. (*Scents of Wonder, Aromatic Pleasures*, amazon.com/Szott-Rogers), book will give you more specific ideas and recipes for using essential oils in this way.

Bedtime: Put a few drops of lavender, neroli, roman chamomile or lemongrass essential oil onto your pillow to help soothe your overworked or ruffled psyche. If you do not like the idea of oils being in direct contact with your pillow, use a Kleenex or cotton ball as the receptacle and place that inside your pillow cover. Alternatively, you may drop the oils in water, in a glass spray bottle and spray around your sleeping area.



Massage- Dilution Ratio

A wonderful way to loosen muscles is through an essential oil, massage. To create the blend: mix 1-5% essential oils with 95-99% vegetable oil. Use very dilute amounts of essential oil .05-1% on the face, or delicate skin. Use the more subtle amounts for children, (over 3 years of age) and fragile people. In most circumstances, do not use the oil on children under 3. Hydrosols, or floral waters, are a better choice for infants, or delicate individuals.

Always test for sensitivity or allergic reaction before application. If it has tested safely, massage the mixture onto the skin. The body will absorb some of the oil, while the scent will drift up to the nose, and affect the brain, via the olfactory bulb.

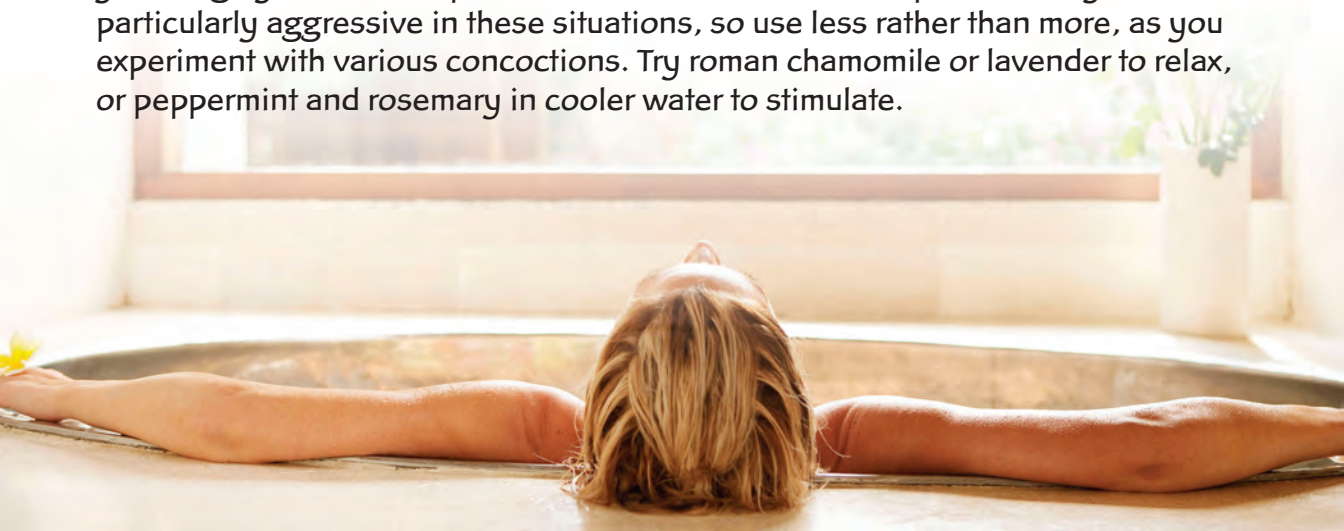


Aromatic Baths

A bath is possibly my favorite way to enjoy essential oils. To create an aromatic bath you will need 1 tbsp of vegetable oil, or full fat milk or cream. This is how original milk baths got their name. The fat in the cream, milk or oil acts as an emulsifier and helps spread the oils throughout the tub.

Mix 1-5 drops of essential oil into the emulsifier and drop into the bath, after running the water. Stir vigorously to further distribute the oils.

If you use straight essential oils in a bath you may risk burning yourself, as you merge your delicate parts into the tub. The fruit and spice oils may be particularly aggressive in these situations, so use less rather than more, as you experiment with various concoctions. Try roman chamomile or lavender to relax, or peppermint and rosemary in cooler water to stimulate.



* If your tub has spray jets, or if you have a Jacuzzi, inquire with the manufacturer to see if it can handle essential oils. Some tubs and hoses are made for this purpose others will be destroyed, if essential oils are used in them.

Shower:

If you prefer showers to baths, you will need to put the oils into an emulsifying compound, such as a neutral liquid soap mix, or your existing, non-scented shower gel.

Stimulating oils, such as rosemary and grapefruit help wake up energy, and are good for cooler, morning showers.

Calming oils such as lemongrass, marjoram and lavender are useful for when you are winding down for sleep.

Add about 12 drops of essential oil to 250 mls of shower gel or liquid soap- (I like Dr. Bronner's) and shake. It is preferable to use a glass container to prevent the oils from leaching plastic. But, glass is always precarious in the shower, so choose non-shattering glass and hold on carefully.

I use aromatherapy in every aspect of my life- at work, for pleasure and in my home. I start the morning by washing my face with a sandalwood and purified water blend, which acts as a toner/ cleanser. After breakfast, I wipe my kitchen counter with hot water, to which I add a drop of lemongrass oil. I end my day with an aromatic bath and a lavender pillow spray.

So, the possibilities are limitless. Learn the cautions and use common sense, as essential oils are very potent substances. There is much room for practicality and creativity in aromatic pursuits.



CAUTIONS:

Do not take essential oils internally.



Oils such as eucalyptus and birch are lethal if swallowed, even in small quantities.

Do not let babies, children or pets near the oils, to prevent accidental ingestion. Do not use essential oils on babies in any way. Until they are at least two, use hydrosols, (steam distilled plant waters, instead, but never internally).

Store your oils in a safe place.

Pregnant women, especially in their first trimester should avoid essential oils. This is especially true if there is any history of miscarriage. There are many potential toxins in the environment that effect pregnant women. Oils are one of many possible irritants.

Keep essential oils out of your eyes. If they do get in, apply a vegetable oil to the edge of a clean cloth and place this on the corner of your eye. This will attract the essential oil; and works better than washing the eye with water.

Do not apply essential oils directly onto skin without dilution and patch testing on the thin areas of your skin first. This includes your wrists, inside of elbows behind the knees and under the ears, the same places you would apply fragrance.

If you suffer epileptic episodes avoid any of the stimulating oils such as sage or rosemary. This is especially true for internal use- epileptics should never ingest the stimulating oils.

Some oils may affect asthmatics. Determine which ones these are and avoid them. If you have allergies to plants be cautious about using any of the essential oils from the same plant or plant family, as your known allergen. Sometimes the allergy is only to the pollen and will not apply to the oil- but approach slowly.

On the other hand, many people with allergies to petrochemical perfumes may find the oils surprisingly refreshing. I know I am able to use them, but I am negatively impacted by chemical-based perfumes.

Many of my students are charmed by the scent of essential oils, and are repulsed by petrochemical-based scents. Reactions, of course, are highly personal and subjective.

Always treat the oils with respect. They are potent healers and life-enhancing compounds when used appropriately.

Aromatherapy is an evolving field, and not everything is understood about how oils react with medicines and individual chemistry. Always be cautious and monitor your own reactions.

*Note the word infant, baby and children are all used as synonyms, rather than repeating all of them in each paragraph.

People sometimes forget to protect their pets from possible toxic reactions from oils. Pets do not react in exactly the same way as people, but they should not take the oils internally (and if they lick their coats, this would involve internal use).

Use the oils like any powerful healing agent, sensibly and with respect.

Essential Oils – The Top Twenty Stars

The oils listed here are important essential oils to get to know. They would be the first oils I would use to start an aromatherapy healing kit. Hundreds of other oils exist and all offer wonderful scents and properties.

To learn more about a broader number of essential oils
refer to Scents of Wonder- Aromatic Solutions
www.amazon.com/author/laurieszott-rogers



Bergamot Fruit Peel *Citrus bergamia*

Diffuse into the air to uplift, balance and soothe minor cases of anxiety. This is the uplifting, orange-like note in earl grey tea. Bergamot is commonly used externally on skin, for acne, chicken pox and shingles. The scent is very pleasant to most people, and makes a wonderful room spray. It is similar to orange, but very delectable.



This very popular oil is phototoxic-so do not wear it in the sunshine. May irritate sensitive skin. Do not take internally.

Chamomile, Roman Flower *Chamamelum nobile*

Roman chamomile oil is systemically healing. It is soothing to the nervous system. Its gentle, but restorative nature provides a calming oasis for many people. Roman chamomile essential oil is beneficial for all skin types, especially, hyper-sensitive skin.

This is hands down, my favorite oil for skin. It is anti-inflammatory. It may help heal burns, dermatitis and eczema. It is anti-bacterial and helpful diluted with calendula carrier oil for diaper rash. It is used on skin for: puffiness and to strengthen and tighten tissue.

It is also an analgesic. Try roman chamomile for insomnia, PMS symptoms and meditation. Although it is a bit pricey it is a 'must have' in the home.

Avoid in the first trimester of pregnancy. People sensitive to ragweed should be careful of allergic reaction.



Eucalyptus globulus Leaf

This is the most common and well-loved eucalyptus. It has a camphorous smell. It is used for respiratory conditions including, sinusitis, bronchitis and lung infections. Use a little, diluted on the skin to relieve muscle aches and pains. It may help reduce body temperature, such as during a fever. It is worth trying, (diluted with water, as a spray) for hot flashes, during menopause.

Eucalyptus globulus may reduce bacteria up to 80% simply by spraying it into the air. This oil is fabulous for cleaning and disinfecting the home. Try a few drops in your laundry, during the wash stage to disinfect. Put it directly into the water, not on fabric. Do not use on sensitive fabrics, such as silk. Do not apply near children's nostrils.

This oil has a shadow side. When misused it can be hazardous, (3.5 mls. swallowed, is enough to kill a small child / Sheppard - Hanger, p. 215), if taken internally or absorbed through skin.

Do not use with children, or during pregnancy. Avoid with high blood pressure and epilepsy.



Frankincense Resin *Boswellia carterii*

Along with myrrh, frankincense is another classical Christmas time oil. It proves how long oils have been in our heritage, (since before the time of Jesus), and how valuable they were as currency. Myrrh, frankincense and gold were the most precious of substances, fit for a gift for the king of heavens. This oil indeed has a long history of healing and fighting infection.

The gum of this tree is steam distilled. For those with hardy skin and no allergy to it, it may be used neat in some applications. Do a patch test on crux of your arm to determine sensitivity. This oil is anti-infectious and may deepen breathing.

Cosmetically, frankincense is commonly used for dry, aging skin, including the neck. Try it on scars, wrinkles and stretch marks. Use frankincense in a diffuser to lessen anxiety, and heighten meditation and dream state.

Avoid in pregnancy. Do not use internally. Avoid with epilepsy.



Geranium Rose Leaf *Pelargonium graveolens*

Like its cousin, Chinese geranium, Rose Geranium is distilled from the leaves. It is excellent for many skin conditions: oily, acne, burns, dry or weepy eczema, itchy and inflamed. It is thought to be anti-fungal, anti-bacterial, anti-inflammatory, anti-infectious and antiseptic. It decreases congestion, puffiness, and poor elimination of toxins from skin. (Sheppard-Hanger pg. 333)

Rose geranium balances oil secretion. It is also a cellular regenerator. It is both gentle and effective making it a panacea for the skin.

For emotional conditions, try this oil for nervous tension, peri-menopause, and PMS. The scent is very floral, with a definite rose-like note, making it a fantastic mid-note for perfume blends. Rose Geranium is a very useful oil to have in your kit.

Avoid in early pregnancy. Do not take internally.



Ginger Root (Fresh) *Zingiber officinalis*

Steam distilled from the fresh ginger rhizome. Ginger is a well-loved spice. Use it in a massage blend for aching muscles and poor circulation. Ginger helps to warm up cold bodies, in either a massage blend, or bath.

Try diffusing ginger for respiratory issues, such as: catarrh, bronchitis and cough.

On the mental level it is stimulating, but grounding. Dilute with carrier oil and rub into the tummy to help alleviate gas and nausea. If you like ginger as a scent, this oil is delightful.

May irritate sensitive skin. Ginger root is slightly phototoxic. The dry rhizome oil is hotter and drier.

Avoid in the first trimester of pregnancy and with babies.



Juniper Berry *Juniperus communis*

Steam distilled from the ripe berry. All skin types may get some relief from this oil. For cosmetic purposes make a facial steam with juniper berry oil to treat congested, oily skin with blackheads. Juniper berry is often used for psoriasis, stretch marks, weeping and infected eczema and cellulite. It has anti-inflammatory properties and is good for stiff joints, as it expels uric acid. Historically it has been used as a powerful detoxifying agent. It can help purify a room when diluted in water, to 5% potency and sprayed in the air.

Avoid in pregnancy and with babies. Do not take internally.



Lavender Flower *Lavandula officinalis-L. angustifolia*

Steam distilled from the leaves and flowers. Lavender is the most popular essential oil we sell. If you are going to invest in only one essential oil, a case can be made for buying this one.

This oil is a cellular regenerator. I always keep some on hand to soothe burns. First cool the burn with ice, or cold water, then apply lavender oil topically to the burned area. It has saved me from pain and serious damage on many occasions

- ♦ Note that varieties of lavender differ slightly in their properties. Scents of Wonder, organic lavender is more sedative and less useful for burns, than our wild crafted, lavender.
- ♦ All skin types may benefit from this multi-purpose oil. Some find it useful for: acne, dermatitis, eczema, insect bites, stings, rashes, rosacea, sunburn, wounds, burns and blisters.

Lavender applied to wounds, may prevent scarring. It may also regulate puffy skin. Cosmetically it may balance sebum.

Lavender is used to calm and regulate the nervous system. Organic lavender is especially useful for this purpose. Like many herbs, lavender defies traditional classification.

Lavender is a sedative in low doses, but stimulating in high amounts.



Medically lavender also exhibits analgesic properties. Lavender essential oil is anti-inflammatory, antibacterial, antiseptic, anti-infectious and regenerative. It may also help balance blood pressure and teething pains. (Sheppard-Hanger pg. 263)

Unlike most essential oils, it is often safe to apply lavender straight onto most skin types.

Always dilute before using on young people and those with sensitive skin.

Lavender may cause dermatitis in some people. Avoid in the first 3 months of pregnancy. Do not take internally.



Lemon Peel *Citrus limonum*

Cold pressed. It is often used in hair formulas for blonde hair, as it lightens skin pigment and keeps hair's flaxen tones. Lemon may also promote hair shine and increase its growth. Cosmetically, lemon is also used for: cellulite, acne, boils, corns, rosacea and dry skin. It is used to strengthen thin hair and nails. Lemon is thought to balance sebum, strengthen epidermis function, tighten blood vessels and encourage connective tissue.

We also have a long history of using it in the West for mental and emotional functions. Many people feel it stimulates the mind, clears thoughts and aids concentration.

Like many of the fruit oils, lemon can be phototoxic; so do not wear it in the sun. Like any substance- practice common sense and avoid if allergic.



Lemongrass *Cymbopogon citratus*

Steam distilled from the grass, which is largely taken for granted. Lemongrass is a very under-utilized oil. It is inexpensive but very pleasant. It has a lemony scent, but is more complex and interesting than straight lemon.

Lemongrass essential oil is anti-inflammatory, antibacterial, antiseptic, anti-infectious and regenerative.

It is useful cosmetically for oily skin, infections, and cellulite. Lemongrass deters acne and tightens enlarged pores. It is used as a tissue toner and lymphatic detoxifier. Lemongrass also strengthens elastin, making it useful in beauty products.

Lemongrass is used as a cleaner for homes and floors in Indonesia.

Lemongrass is calming to the nervous system and makes a wonderful sedative.

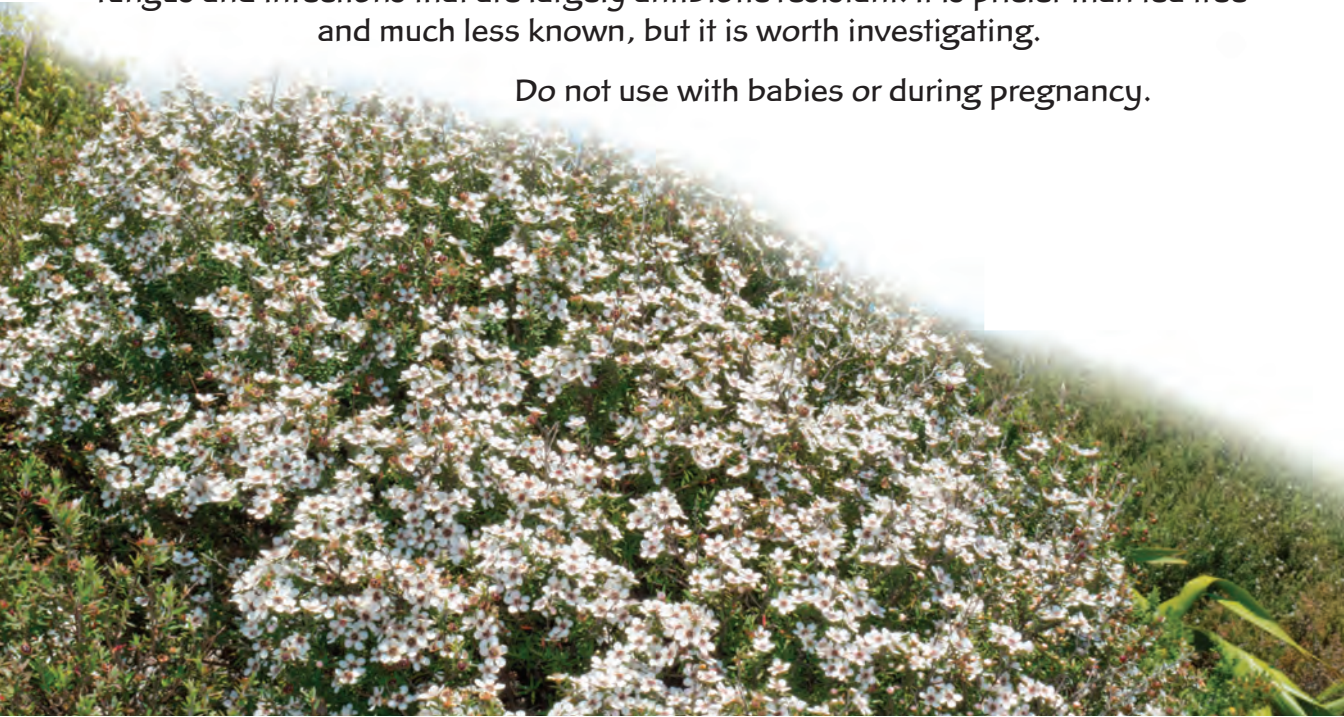
It is a possible skin irritant. Avoid in pregnancy. Do not take internally.



Manuka Leaf *Leptospermum scoparium*

Steam distilled leaves and end branches. Manuka is used in New Zealand for fungus infections, ringworm and athlete's foot. According to Dr. Penoel it is effective against some staph and strep infections, muscle aches, and vaginitis. This oil is very useful and much more effective than tea tree with some types of fungus and infections that are largely antibiotic resistant. It is pricier than tea tree and much less known, but it is worth investigating.

Do not use with babies or during pregnancy.



Melissa Leaf and Flower Lemon Balm *Melissa officinalis*

Steam distilled. Melissa is effective against Herpes Simplex- cold sores. Apply during the itchy phase, before full eruption.

You may have seen Melissa advertised in commercial products for oral herpes. It is also used on insect bites, especially bees and wasps.

Melissa may lower blood pressure and ease palpitations. 1 It is also thought to decrease anxiety and PMS, as it may calm the central nervous system. I find it to be very relaxing and it has a very reassuring effect on me.

This oil is made from the flowers and leaves of the lemon balm plant. It is hard to distill, and gives a very low yield. This makes Melissa a very expensive, but valuable oil. For me it is a must have.

May irritate sensitive skin. Avoid in cases of glaucoma. Do not take internally.

Do not use if pregnant.



Myrrh Resin *Commiphora myrrha*

Distilled from the gum resin.

Historically myrrh has been used for skin-aging, chapped, cracked, ulcerations, fungal infections, weeping eczema and wrinkles. It may be antiseptic, fungicidal and anti-inflammatory. It has been used for gum health and for hemorrhoids for centuries. It has fantastic healing properties. If you use a drop in water as a mouthwash you will note its bitter taste. It is, however, very healing to the gums.

Myrrh is a thick and sticky oil, so never use it in a nebulizer, as it will gum it up. It is strong scented, so if you are making a Christmas blend, with Frankincense, use much less myrrh, or its scent will overpower the blend.

Can be toxic in large doses. Avoid in pregnancy and with babies.



Orange Bitter Peel *Citrus aurantium var. amara*

Cold pressed from the peel. Cosmetically bitter orange is used for skin that is: dull, dry, oily congested, blemished, or wrinkled.



Bitter Orange may also strengthen and soften skin. Said to stimulate nerve endings, aid in hydration, calm oil gland function, increase hydro lipid layer, and support regeneration.

Diluted and made into a rub it may be

helpful for sore muscles. Diffuse bitter orange for colds and flu. It may ease anxiety and insomnia. Phototoxic.

High amounts may irritate skin. Avoid in the first trimester of pregnancy.

Peppermint Leaf *Mentha piperita*

Steam distilled from the flowering herb. Much research has been done on this plant, as it has been in European culture for hundreds of years. I am sure that you are familiar with peppermint in toothpaste, gum, teas and room fresheners.

This oil is multi-purpose and one of the most important oils in aromatherapy. It is also applied to the skin for shingles and acne. It is detoxifying. It may constrict capillaries, relieve itching, inflammation, soften and degrease skin. Peppermint oil is also used to decrease water retention in tissue and cool skin.

Diffused in the air, peppermint is also a decongestant and may stimulate the mind. This means you can put 5 mls into a spray bottle, add 95 mls of water and diffuse it to keep your mind alert, while doing taxes, studying etc.

This oil has remarkable ability to take away pain.

Apply to bruises, with skin intact. It is very useful for some headaches, (those that are helped by cooling down). It is worth adding to your aromatic first aid kit.



Avoid peppermint in pregnancy and during lactation.

Peppermint causes contact dermatitis in some.

Keep away from eyes and nostrils.

Do not use on grafted tissue.

Do not take internally.

Keep away from babies and infants. May cause reflex apnea or laryngospasm in babies.² This oil is very strong, so, do not apply on your baby, or even use in a diffuser near a young infant.

Ravensare Leaf *Ravensara aromatica* (Cineole)

Steam distilled from leaves and branches. This oil is immune-enhancing. It smells a lot like eucalyptus. It is used for sinus problems, respiratory and muscle pain. It is a possible anti-viral and useful for chicken pox and shingles.³ For this purpose dilute in a carrier oil (5%) and apply onto the pox or shingle with a clean brush. Ravensara's anti-infectious qualities make it ideal for steaming sinuses, much like eucalyptus. It is delightful to use against flu, bronchitis and colds.

Avoid in pregnancy and with children. Do not take internally.

* Sometimes called Cinnamomum camphora, but these are different plants. There is some confusion about this oil. Just ensure the label says: Ravensara aromatica.

Rose Otto Flower *Rosa damascena*

Steam distilled from the flowers. It may take about 70 whole flowers, to make one drop of this oil. Used for: dry, aging and sensitive skin, redness, rosacea, wrinkles and eczema. It is astringent, antiseptic and anti-inflammatory.

Rose oil may help clear small, broken capillaries, regulate hormones and

stimulate the nervous system. I also like it for deterring cold sores. I alternate Melissa and rose, if I catch the virus when it is in the itchy stage. Apply the oil directly onto the itch. Rose is mainly used for its incomparable scent.



It is compelling and attractive to bees and most humans.

Do not use in the first trimester of pregnancy. Skin irritation may occur with some individuals.

Rosemary Leaf *Rosmarinus officinalis*

Steam distilled flowering tops and leaves. Historically, rosemary has been used for acne, oily hair and dandruff. Rosemary is in many shampoos, especially those for dark hair.

Rosemary has an affinity to hair and is a wonderful oil to add into your shampoo and conditioner. Add about 10 drops to a 100 ml glass bottle of organic shampoo and shake well. Rosemary is thought to promote hair growth (but have reasonable expectations).



A side effect of rosemary is that it may increase blood pressure. It is stimulating for the mind and therefore a favorite oil to increase mental alertness. All you need to do is diffuse it and breathe. This makes rosemary, like peppermint a perfect essential oil to use when doing mental work.

It is possible to experience allergic response on sensitive skin.

Avoid with high blood pressure, pregnancy and epilepsy.

Do not use with infants.

Tea Tree Leaf *Melaleuca alternifolia*

Steam distilled from the branches and leaves. Tea tree is a very well known and popular oil. Many products have been made from it, ranging from toothpaste, to soap. It may be good for abscesses, boils, burns, cold sores, dandruff, infected skin, impetigo, insect bites, warts and acne.

Tea tree is known as a wide spectrum, antiseptic, anti-inflammatory, bactericidal and insect repellent.⁴

Tea tree is a virtual panacea and should be part of your first aid kit. Some companies are so enamored with it, that they create a myriad of products with it alone.

Tea tree is a possible skin irritant, sensitizing in some people. Toxic in high quantities. Do not use if pregnant. Do not take internally.



Yarrow Leaf and Flower *Achillea millefolium*

Steam distilled from the aerial parts. It is useful for acne, burns, sunburn, inflammation, eczema, warts, varicose veins and scars. Yarrow balances oily skin and scalp and promotes hair growth. Recent studies have suggested that it is as effective in wrinkle prevention, as many commercial products. 5

The blue in yarrow is chamazluene, the same component found in Blue German Chamomile. This component has very restorative and healing properties. Yarrow also encourages perspiration. It is said to be anti-inflammatory, antiseptic and anti-allergenic. Yarrow is a wonderful pain reliever, useful in massage.

Avoid in pregnancy, with babies and children.



Footnotes :

1. Melissa p. 285
2. Peppermint p. 289
3. Ravensare p 365
4. Tea Tree p. 277

Sheppard-Hanger, S. (1995). The Aromatherapy Practitioner Reference Manual. The Atlantic Institute of Aromatherapy, 166018 Saddlestring Drive. Florida

5. Yarrow. Pain, S. et. al, (2011) International Journal of Cosmetic Science, 33:6

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Special thanks to:

Sylla Sheppard-Hanger for writing the -The Aromatherapy Practitioner Reference Manual. I highly recommend it to anyone with an interest in medical aromatherapy.

Courses, and lectures from: Valerie Worwood, Marcel Lavabre, Robert Rogers, Michael Scholes, and Dr. Daniel Penoel.

Some like Robert Rogers, Marcel Lavabre and Daniel Penoel were early mentors. I do not have exact references from each of them, but rather, collectively these teachers, as well as the authors mentioned above, have educated and supported me on this aromatic path and are all contributors to this book.

Scents of Wonder

Scents of Wonder sells pure, full-strength essential oils. This information is meant for educational purposes only and does not attempt to diagnose or treat.

To learn about this subject in a deep way check out the aromatherapy courses in the Earth Spirit Medicine program at:

www.northernstarcollege.com

Product Availability:



Are you interested in trying some of the oils from this book?

The Scents of Wonder line of essential oils has been in existence since 1989. Co-owners Robert Rogers and Laurie Szott-Rogers import pure essential oils and absolutes from around the world.

The oils are sold in 5 or 10 ml bottles—except the absolutes and precious oils, which are sold by the millilitre.

How to Order:

Our website: www.selfhealdistributing.com or www.scentsofwonder.ca

For Courses: www.northernstarcollege.com

Email us at scents@telusplanet.net, or fax us at 1 780-439-9540. We have a \$100.00 minimum order fee. Ensure we have: Your name, phone number or fax number, what you want, quantity, size. Please provide your full mailing address and your credit card number.

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Laurie Szott-Rogers is a Director of Earth Spirit Medicine and Intuitive Counseling at The Northern Star College of Mystical Studies in Edmonton, Alberta, Canada.

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Laurie has taught in the Holistic Health Practitioner Program at MacEwan University. Her specialties are aromatherapy, dreamwork, flower essences and goddess archetypal studies.

Laurie and her husband Robert are owners of Scents of Wonder, an aromatherapy company, where Laurie has created blends, elixirs and potions for over two decades.

Through their company Self Heal Distributing, Laurie and Robert also distribute Prairie Deva Flower Essences of Canada. They are the Canadian Distributors for Healing Herb Essences of England and Californian Essences of the Flower Essence Society, (F.E.S.). Laurie and Robert live on Mill Creek Ravine, in Edmonton, Alberta, Canada.

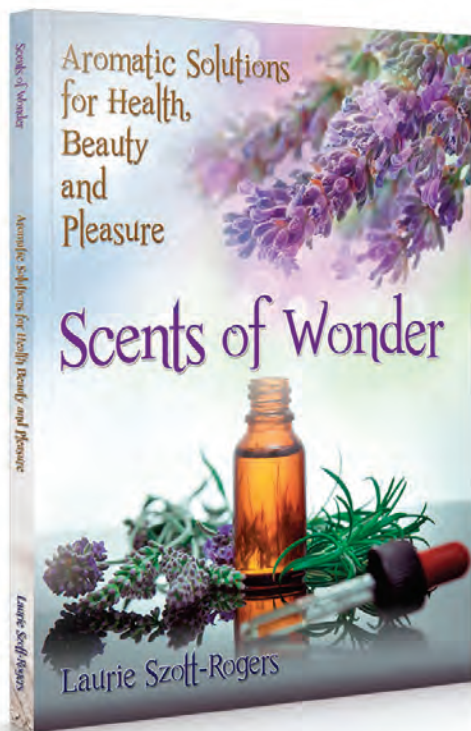
For essential oils, flower essences or copies of this booklet go to:

www.selfhealdistributing.com

For Laurie's newest book go to:

www.amazon.com/author/laurieszott-rogers

Scents of Wonder - Aromatic Solutions for Health, Beauty and Pleasure
2014, Full color, 166 pages



Breathe deeply and inhale your own floral paradise. Aromatherapy offers a wide array of scents to keep you smelling the beauty around you, throughout your day. Have you ever wanted to create your own spa day? Laurie includes recipes for masks, creams and serums to nourish your skin. Clean your home and revitalize your furniture with ecologically friendly recipes. Gain knowledge about the properties of over 100 essential oils. Explore how aromatherapy may boost your health, beauty and pleasure with Laurie Szott-Rogers, an experienced aromatherapy teacher and product developer.

Other Retailers that can send you Scents of Wonder Oils in Smaller Quantities:

A Sense of Serenity, Edmonton: www.senseofserenity.com

Ascendant Books, Edmonton: www.ascendantbooks.com

Athabasca Health Phone: 1780-675-5688 (Athabasca Alberta)

Kolya Naturals, Edmonton: www.kolyanaturals.com

Health Elective, Edmonton www.healthelective.com

Health Matters, Edmonton www.info@healthmattersstore.ca

Optimum Health, Edmonton: www.optimumhealth.com

Planet Organic- Edmonton: www.planetorganic.com

Bottles: Richards Packaging: www.richardspackaging.com



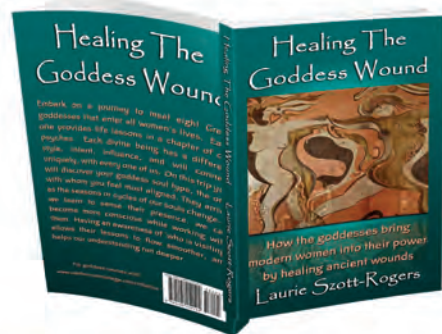
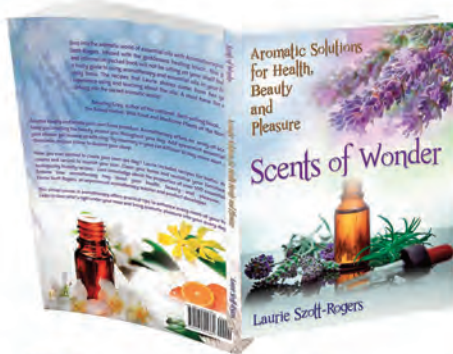
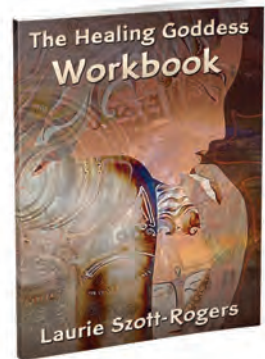
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Books by Laurie Szott- Rogers

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Canadian Distributors for Healing Herbs, Flower Essence Society and Prairie Deva Flower Essences

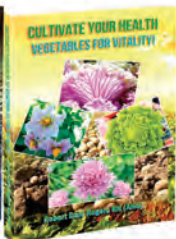
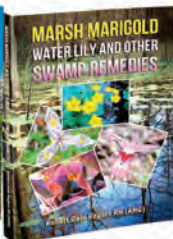
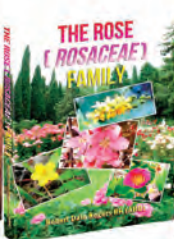
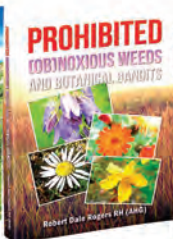
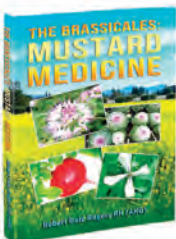
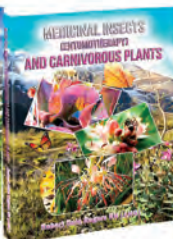
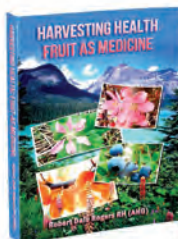
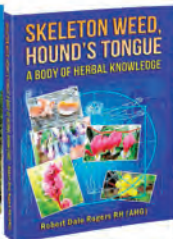
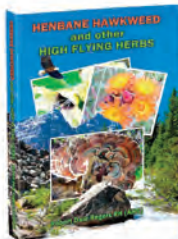
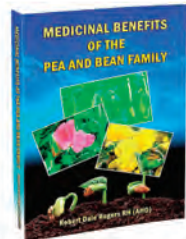
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www.selfhealdistributing.com or www.scentsofwonder.ca

Books by Robert Dale Rogers

www.amazon.com/author/robertdalerogers

email: scents@telusplanet.net - Fax: 1 780-439-9540



The background of the entire page is a soft-focus photograph of numerous purple flowers, likely lavender or similar, with green stems and leaves. The flowers are in various stages of bloom, creating a dense and textured appearance. The lighting is bright and even, highlighting the delicate petals and the vibrant purple hue.

Essential oils can be easy. Learn a few cautions, a few properties and then play!

This simple booklet explains: what essential oils are, cautions, and how to use them. Try essential oils for cleaning, baths, diffusion and simple first aid. Twenty of the top essential oils are discussed. Get to know essential oils and ignite your Scents of Wonder, with this quick and straightforward, aromatic guide.

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