

# your evening class

## complementary therapies



### workbook 01

aromatherapy

teach<sup>®</sup>  
yourself

## **DVD-ROM installation instructions**

Insert DVD-ROM into the DVD-ROM drive in your computer. DVD-ROM's run on your computer and cannot be played through your TV.

### **If you are using Windows:**

Put the DVD-ROM into the drive. If it automatically opens in Windows Media Player (you see a pop-up menu with options), scroll down and double click on 'Open folder to view files'. If it does not automatically open in Windows Media Player, navigate to the disc and open it to view all files. Open the file 'Windows version'. Open the file 'start.exe'.

You will need QuickTime to view each lesson. Check that QuickTime is present and up to date – it needs to be at least version 7.

If QuickTime is not present or needs updating you can run the installer on the DVD-ROM. You will find the installer in the folder 'Installers/QuickTime Installers' in the Windows folder. Pick the correct version for your system configuration. Launch the relevant installer and follow the included instructions. Alternatively you can visit [www.apple.com](http://www.apple.com) and install the latest version of QuickTime from Apple at no cost. Once your QuickTime is installed and/or updated simply open 'start.exe'.

The application will open in the Firefox browser and will run from the disc. This may take a moment if your drive is slow – these are large files!

### **If you are using a Mac:**

Put the DVD-ROM into the drive. Navigate to the disc and open the file 'Mac Version'. Open the file 'Complementary Therapies'. Open the file 'Home.html'. This will launch the disc.

You will need QuickTime to view each lesson. Check that QuickTime is present and up to date – it needs to be at least version 7.

If QuickTime is not present or needs updating you can run the installer on the DVD-ROM. You will find the installer in the folder 'QuickTime Installers' in the 'Mac version' folder. Launch the installer and follow the included instructions. Alternatively you can visit [www.apple.com](http://www.apple.com) and install the latest version of QuickTime from Apple at no cost.

Once your QuickTime is installed and/or updated simply double-click on the file home.html found in the 'Complementary Therapies' folder in the 'Mac Version' folder. The application will open in your standard browser and run from the disc. You can use Safari or Firefox to run the application. If you do not have Firefox and wish to use this browser you can install this from the disc by clicking on the file 'Firefox' in the folder 'Firefox Installers' in the 'Mac Version' folder.

QuickTime is a registered trademark of Apple Computer Inc.

The FireFox browser is released under the GNU Public License Version 2 by Mozilla.org.

If you experience any difficulties, you will find a 'Help' file on the DVD-ROM. If you require any further assistance, please contact:  
[youreveningclasssupport@hodder.co.uk](mailto:youreveningclasssupport@hodder.co.uk)



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# Introduction

Aromatherapy is the use of pure essential oils to enhance health and vitality on all levels – physical, mental, emotional and spiritual. This natural healing art will enable you to ease many common ailments, such as coughs and colds, headaches and digestive disorders, safely and effectively in your own home. A therapeutic index of common ailments, with recommended essential oils, can be found in your reference book.

In this course you will learn about the therapeutic properties of ten of the most commonly used essential oils, including ways of using them to derive maximum benefit. You will also learn how to create individual aromatherapy blends, not only for health but also to promote and protect your natural beauty. By the end of this course you will know how aromatherapy can help you to feel great and look fabulous!

## Shopping list: items you need

The essential oils and carrier oils you need for this course are available from [www.denisebrown.co.uk](http://www.denisebrown.co.uk)

### ■ Lesson 01

- 10 ml pure essential oil of lavender
- 10 ml pure essential oil of lemon
- Essential oil burner + nightlight
- 100 ml carrier oil (I suggest sweet almond oil)

## Interesting fact

Just one 10 ml bottle of essential oil contains about 200 drops. This is sufficient for:

- 33 baths/showers/foot baths/hand baths/compresses
- or 66 massages
- or 66 inhalations
- or 100 gargles

# Lesson 01

In this lesson you will learn:

- what aromatherapy is
- what essential oils are and where are they found
- methods of extraction
- tips for buying quality, pure essential oils
- how to use essential oils.

You will need:

- 10 ml pure essential oil of lavender
- 10 ml pure essential oil of lemon
- Essential oil burner + nightlight
- 10 ml carrier oil (I suggest sweet almond oil)

## What is aromatherapy?

Aromatherapy is the use of pure essential oils in treatments to strive for physical, mental, emotional and spiritual health equilibrium.



**Play: 'What is aromatherapy?'**

Complete the following sentences.

- 1 Aromatherapy encourages a return from a state of dis-ease to a state of \_\_\_\_\_.
- 2 Aromatherapy treats the \_\_\_\_\_ person rather than the disease.
- 3 An aromatherapist seeks the \_\_\_\_\_ of an illness.
- 4 Aromatherapy is a complementary treatment rather than an alternative to \_\_\_\_\_ medicine.
- 5 Aromatherapy raises our levels of \_\_\_\_\_ to disease making us less susceptible to illness.

## What are essential oils? Where are they found?

Definition of an essential oil: A natural non-oily, highly fragrant essence.

### ■ Try this now

Put one drop of your essential oil of lavender onto a piece of paper and one drop of your essential oil of lemon onto another piece of paper. Smell them and then write down in the space below how these two oils make you feel. For example, does one make you feel more relaxed/stimulated/refreshed than the other?

Lavender makes me feel:

Lemon makes me feel:



### Play: 'What are essential oils?'

Answer the following questions. You can record your answers on the Notes pages at the back of Workbook 08.

- 1 Write down at least three facts to describe the nature of an essential oil.
- 2 Name two ways in which you can prevent essential oils from deteriorating.
- 3 Match up the oil with the part of the plant it is obtained from.

Rose	Leaves
Orange	Seeds
Peppermint	Gum
Fennel	Flowers
Frankincense	Root
Sandalwood	Berries
Juniper	Wood
Ginger	Fruit

If you are unsure about any of your answers then replay the appropriate information on your DVD.

## Methods of extraction

Let's think more about extraction. There are three main methods used to extract essential oils.



### Play: 'Methods of extraction'

Answer the following questions.

- 1 Name the three methods of extraction.
- 2 What is the most widely used method?
- 3 Which method of extraction produces an absolute?
- 4 What is the difference between rose otto and rose absolute?
- 5 Which method of extraction was used for your lemon oil?
- 6 Which method was used for your lavender oil?

## Tips for buying quality, pure essential oils



### Play: 'Tips for buying essential oils'

Top tips to remember when buying essential oils:

- 1 Find a reputable supplier whom you can trust – a recommendation if possible.
- 2 Buy from an established aromatherapy specialist.
- 3 Check the oils are in amber coloured bottles.

Can you remember any other tips after listening to the DVD? Write down another four.

1

2

3

4

Another good way to check for adulteration is to rub a little oil between your thumb and index finger. Try it now and write down your thoughts.

**Lavender oil:** did it have a greasy feel?

**Lemon oil:** did it have a greasy feel?

If it feels greasy then the oil has been adulterated!

## Using essential oils

There are so many ways in which essential oils can be used to give healing benefits in your home and to prevent and treat common ailments.

Try to think of at least three ways in which essential oils may be used.

1

2

3



**Play: 'Using essential oils'**

How many did you get right? Write down at least three others.

1

2

3

## Aromatherapy baths

*The way to health is to have an aromatic bath and a scented massage every day*

Hippocrates, 'Father of Medicine'

Aromatherapy baths are a really simple yet effective way of using essential oils both for healing and for pleasure.



**Play: 'Aromatherapy baths'**

Answer the following questions.

- 1 How many drops of essential oil would you use in a bath for an adult: 6 or 10?
- 2 Why do you add the essential oils after you have run the water?
- 3 What is the minimum amount of time you should stay in bath to enjoy the benefits: 5 minutes or 15 minutes?
- 4 Although oils can be safely added to the bath undiluted, under what circumstances is it advisable to blend them with a teaspoon of carrier oil?

- 5 How many drops are recommended for a baby: is it 1 drop or 4 drops?
- 6 From the list below, choose one essential oil for the following people.
- Mary is very stressed and wants an essential oil to add to her bath at the end of a long hard day.
  - John has a bad cough and needs an oil for the bath to relieve the congestion.
  - Rachel is very tearful and emotional – she always feels like this just before her period!

ROSE – LAVENDER – CAJEPUT

## ■ Recipes

Here are some lovely recipes for aromatherapy baths. Before your next lesson, as well as enjoying a lavender bath, remember to try out at least one recipe and note down how you felt afterwards. Do feel free to experiment and create your own recipes too!

### **the de-stresser**

- Bergamot 2 drops
- Geranium 2 drops
- Lavender 2 drops

Counteract your anxiety and tension after a hard day!

### **the revitalizer**

- Lemon 2 drops
- Rosemary 2 drops
- Peppermint 2 drops

Great to wake you up in the morning or to rejuvenate yourself for an evening out.

### **the immune booster**

- Cajeput 2 drops
- Lavender 2 drops
- Lemon 2 drops

Give your immune system a boost or speed up your recovery!

### **the detox**

- Cypress 2 drops
- Lemon 2 drops
- Rosemary 2 drops

A great blend for eliminating those toxins.

### **the hormone balancer**

- Cypress 2 drops
- Geranium 2 drops
- Rose/chamomile 2 drops

(If rose or chamomile is too expensive then use 3 drops cypress and 3 drops geranium)

Great for PMT and the menopause.

**Date of my lavender bath:**

**Number of drops used:**

**How I felt afterwards:**

**Date of my bath** (use one of my recipes or your own combination):

**How I felt afterwards:**

Note: If you do not have a bath or only have time for a shower, record the effects of your aromatherapy shower instead.

## Showers, foot baths and hand baths

No time for a bath? Then enjoy an aromatherapy shower, foot bath or hand bath instead!



**Play: 'Showers, foot baths and hand baths'**

Answer the following questions.

- 1 How many drops of essential oil do you use for a shower?
- 2 How many drops are added to a foot bath or hand bath?
- 3 Choose one essential oil from the list below to treat the following conditions:
  - a To revive tired and aching feet
  - b To relieve inflammation in the feet
  - c To treat athlete's foot

PEPPERMINT – TEA TREE – CHAMOMILE

**Date of my foot bath/hand bath:**

**Number of drops used:**

**Effects:**

## Compresses

Compresses can be used to relieve many complaints such as fevers, headaches and muscular and joint problems.



### Play: 'Compresses'

Answer the following questions.

- 1 How many drops of essential oil are used for a compress?
- 2 If you had a fever or an acute pain, would you use a hot or a cold compress?
- 3 For chronic long-term pain, would a hot or a cold compress be appropriate?
- 4 Elliott has just sprained his ankle and he has applied a cold chamomile compress.
  - a How could he secure it?
  - b What could he place on top of the compress for extra cooling power?

**Date of lavender aromatherapy compress:**

**How I felt:**

## ■ Recipes

Here are some recipes which you may find useful either now or in the future.

### **fever/headache reducer**

(Use cold)

- Lavender 3 drops
- Peppermint 3 drops
- Apply to either the forehead or to the back of your neck.

A great way to bring down a high fever or relieve a headache.

### **inflammation subsider**

(Use cold)

- Chamomile 2 drops
- Cypress 2 drops
- Geranium 2 drops

Excellent for a sprained joint, pulled muscle or any other injury.

### **chronic pain reliever**

(Use hot)

- Lavender 2 drops
  - Rosemary 2 drops
  - Peppermint 2 drops
- Invaluable for easing the discomfort of conditions such as arthritis and rheumatism.

## Gargles and mouthwashes

Gargles and mouthwashes are great for relieving a sore throat or for freshening the breath.



### Play: 'Gargles and mouthwashes'

Answer the following questions.

- 1 Note down at least four conditions that respond to gargles and mouthwashes.
- 2 How many drops of essential oil are used to prepare a gargle?
- 3 Why is honey sometimes added?

### Date of lemon gargle:

Effects:

## ■ Recipes

### sore throat soother

- Geranium 1 drop
- Lemon 1 drop

### sweet breath mouthwash

- Peppermint 1 drop
- Lemon 1 drop

## Inhalations

Inhalations can be used on a physical level to treat conditions such as sinusitis, on an emotional level to relieve stress and lift the mood, and on a spiritual level to aid the practice of meditation.



### Play: 'Inhalations'

Answer the following questions.

- 1 How many drops of essential oil are used for a steam inhalation?
- 2 Circle which oils you could inhale for the following:
  - a Chest congestion – lavender *or* rosemary?
  - b Insomnia – chamomile *or* jasmine?
  - c To repel insects – frankincense *or* citronella?
  - d As an aphrodisiac – lavender *or* jasmine?
  - e For meditation – peppermint *or* frankincense?

Now light your oil burner and use your lemon oil to help you to study for the rest of this lesson as lemon stimulates clear thinking and aids concentration! When you go to bed tonight why not use some lavender in your oil burner to help you sleep!

## Massage

Massage is a very therapeutic way to enjoy the benefits of essential oils. Undiluted oils should never be massaged into the skin and it is important to blend them in the appropriate dilution.



### Play: 'Massage'

Circle the correct answers.

- 1 To 10 ml (2 teaspoons) of carrier oil add 3 *or* 5 drops of essential oil.
- 2 To 50 ml of carrier oil add 15 *or* 20 drops of essential oil.
- 3 To 100 ml of carrier oil add 30 *or* 50 drops of essential oil.
- 4 A blend should be stored in an amber colour *or* clear glass bottle.
- 5 The shelf life of a BLENDED oil is 3 to 6 months *or* 1 to 2 years.
- 6 Essential oils should be massaged undiluted *or* diluted on the skin.

## Blending exercise

### ■ Try this now

- 1 Put 10 ml (2 tsp) of your sweet almond oil into a small bowl and add 3 drops of lavender. Rub a small amount on to the back of your hand and notice how it smells.
- 2 Now put 10 ml sweet almond oil into another bowl and this time add 3 drops of lemon. Again, notice the aroma.
- 3 For your third blend put 10 ml of sweet almond oil into a third bowl and add 2 drops of lavender and 1 drop lemon *or* 2 drops lemon and 1 of lavender. Which blend did you prefer? Ask a friend or member of your family which blend is their favourite. Did you both like the same blend? Remember, you are drawn to the aromas that you need!

Before your next lesson use at least one essential oil and note down the details below:

**Date:**

**Oil used:**

**Method(s)** (include how many drops):

**Purpose:**

**Effects:**