

Barb Lemke Essential Oils of the Garden Notes

Reported effects of essential oils are based on results that occur when using pure, unadulterated products. The quality of Young Living's pure and potent essential oils has established credibility with eminent scientists and medical professionals who continue to research and validate the effectiveness of these timeless natural wonders.

BASIL (*Ocimum basilicum*) Helps relax muscles and soothe away tension. Supports healthy digestion.* Excellent choice to treat indigestion and nausea - even when due to chemotherapy. Deeply cleansing. Helps with mental fatigue. Good choice during colds or flu. Helps knock out the virus and can fight off fungal infections.

CLARY SAGE (*Salvia sclarea*) Related to garden sage but has a different fragrance. Helps with mild mood changes, cramps and edema associated with menstrual cycle; supportive for menopausal women. It rejuvenates tired adrenal glands that are responsible for controlling anxiety levels in the body. Quickens the senses; supports a positive mood.*

FENNEL (*Foeniculum vulgare*) Encourages feelings of balance. Provides pleasant feeling when rubbed on abdomen. Evokes restorative, warming, and motivating feelings; enlivens the senses. Heals bruises, useful for rejuvenating mature skin. Drinking the tea can help increase a mother's milk. Avoid if epileptic. Use cautiously if you have estrogen-associated problems.

LAVENDER (*Lavandula angustifolia*) Supports normal skin; helps to replenish and protect it. Maintains healthy lung function; supports the immune system.* Antiseptic. Calming, relaxing and balancing. Can reduce the stress that causes asthma flare-ups. Among the safest of all essential oils. This antiviral and antifungal treats lung, sinus, vaginal, and skin infections and reduces inflammation and relieves muscle pain and headaches. Hastens the healing of skin cells so can be used on burns, sun-damaged skin, wounds and rashes. Relieves pain of injuries by numbing nerve endings. Can be used to treat oily skin/acne and prevents scarring and stretch marks and slows development of wrinkles. Most effective at relaxing brain waves and reducing stress. Acts as a sedative and antidepressant.

LEMONGRASS (*Cymbopogon flexuosus*) Aids normal digestion; calming and relaxing. Supports proper joint and ligament function.* Reduces the amount of pain sensations that reach the brain. It also numbs nerve endings which dulls the intensity of the pain. Promotes feelings of psychic awareness and purification. It is an insect repellent and attacks fungi by discouraging mold growth.

MARJORAM (*Origanum majorana*) Assists in calming the nerves; promotes a calming and relaxing feeling. Helps with occasional muscle soreness following exercise.*

MYRTLE (*Myrtus communis*) May be rubbed on throat area near thyroid to encourage feelings of balance. Elevating, clarifying, and cleansing.

OREGANO (*Origanum compactum*) Maintains healthy lung function. Powerful antioxidant; supports the immune system.* Deeply cleansing. Promotes a feeling of security. Can be used for pain relief and is antiseptic.

PEPPERMINT (*Mentha piperita*) Most highly regarded oil for support of normal digestion and gastrointestinal system; helps maintain healthy lung function.* Helps to relax. Helpful for dry, patchy skin. Purifying, cooling, and refreshing; helps restore mental alertness when experiencing fatigue or drowsiness. Found in liniments to relieve painful muscle spasms and arthritic conditions. Relieves itching of ringworm, herpes blisters, scabies, and poison oak and ivy and stimulates oil production in dry skin and hair. Clears sinus and lung congestion.

ROMAN CHAMOMILE (*Chamemelum nobile*) Helps overcome simple restlessness and gently soothes away tension. Supportive to the digestive system and normal liver function.* Supportive and regenerative to normal skin. Calming and relaxing. Helps relieve inflammation.

ROSEMARY (*Rosmarinus officinalis* CT 1,8 cineol) Helps promote blood circulation. Maintains healthy lung function.* Helps restore mental alertness when experiencing fatigue; improves mental clarity and focus. Rosemary aids in the assimilation of enzymes that break down food in the stomach and helps the lymphatic system eliminate waste from the body. Reduces the discomfort of nausea. Helps get rid of canker sores and other viruses. Add to hair conditioners for dandruff and hair loss and to keep it healthy.

SPEARMINT (*Mentha spicata*) Supports healthy respiratory function; aids digestion; balancing to metabolism.* Promotes feelings of lasting well being.

THYME (*Thymus Vulgaris*) Powerful antioxidant. Maintains healthy lung function; supports normal liver, heart, eye, and brain function.* Supports positive mood; boosts stamina. It increases the production of white blood cells in the body, relieves indigestion, and when used in a liniment, can warm and relax sore muscles. It is an ingredient in numerous gargles, mouthwashes, cough drops and vapor chest rubs. Caution: can irritate the skin and mucous membranes as well as increase blood pressure.

Resources: Scents & Scentsability by Young Living, Aromatherapy for Dummies by Kathi Keville

An *Essential Oil* is the aromatic volatile liquid distilled from leaves, flowers, trees, shrubs, roots, bushes, seeds and the rind of citrus fruit. Steam distillation and expression are the only two methods to obtain EO.

Aromatherapy refers to the skilled use of an essential oil obtained from an aromatic plant material to maintain health and well being and to prevent imbalances on the physical, emotional, mental and spiritual levels.

Key Point: *It is the chemistry of the essential oil that determines its therapeutic value.*

IMPORTANT POINTS

Use only genuine 100% therapeutic grade essential oils (avoid synthetic fragrance oils). Be aware of individual sensitivity/allergy. (patch/skin test individual oil if necessary). Photosensitive essential oils: bergamot, lemon, lime, bitter orange, and angelica root. Keep essential oils away from eye area and never drop into the ear. Do not handle contact lenses or rub eyes with essential oils on your fingers. In case of skin irritation, apply vegetable oil or whole milk to wick away the essential oil. Store oils in a dark glass bottle away from direct sun light and heat.

METHODS OF APPLICATION:

Inhalation - direct, steam inhalation, diffuser, aroma lamp, room sprays, tissue, cotton balls, humidifier, warming pot with tea light candle or electric. Facial Steam - 1 to 3 drops in a bowl of hot water.

Massage - Localized or whole body massage, topical or neat application/diluted.

Bath - Hand, foot, full bath. Baths are helpful for respiratory, stress, and insomnia. Use 6-8 drops per bath using milk, Epsom salts or gel to disperse into the water. Avoid irritating oils like peppermint, spice and citrus oils. They can irritate delicate skin/tissues. Water and heat increases absorption of the essential oils. Drop Eucalyptus oil on the shower mat for an aromatic steam treatment to open sinus passages.

Compresses - local application for headaches, muscle pain and constipation. Castor oil (cold pressed) is a useful carrier for a compress for inflammation, pain and constipation.

Carrier Oils include lotion, aloe vera gel, vegetable and nut oils such as grape seed, almond, apricot kernel, jojoba, fractionated coconut oil, evening primrose oil, rose hip seed oil, Young Living V6 and castor oil. Water is considered a carrier but needs an emulsifier such as milk or Epsom salts when used in the bath.

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