

Angels of Aromatherapy

Angels of Aromatherapy



19 degrees Virgo

The Angels of Aromatherapy

Also known as The Angels of Cobel

Beloved, we are the angels who have been assigned by Divine Providence to control everything that has to do with scents in your world. All the mysteries concerning the use of scents for healing and inspiration comes under our guidance.

Remember that your nose is placed right over your brain and is actually an extension of it, and that the air that mixes with the molecules of scent affects the brain directly and goes next into your lungs and then into your blood. The power of smell is so great and yet it is understood by only a few. If the people who designed your cities and areas of population fully understood the powers of scents, it would be a matter of public policy to plant fragrant vegetation everywhere. There would be special fragrant vegetation for hospitals, others for places of education, and all sorts of special ones for sports venues, places of worship, research, and relaxation.

Different scents have different effects on humans and animals alike. Combinations of scents, properly administered, can bring about tremendous healing and inspiration in spirit, mind, emotions, and body. As your scientific community begins to understand the reality and function of angels and

work with them, the manifestation of heaven-on-earth will not seem like such an unreachable goal. Vegetation will be developed with such powerful fragrances that the act of smelling will be one of your most cherished experiences each day.

With our help the science of aromatherapy will reach new heights undreamed of in your present experience. Imagine smelling intoxicating and euphoric smells everyday on a regular basis. See yourself reading a book, or walking with a friend, and every breath is filled with the most enchanting and stimulating fragrance imaginable.. This is exactly the way Divine Providence desires it to be. for His beloved Earth and all His beloved children who live upon Her.

There are beautiful fragrances available to you now. More books and information about the healing power of scents are in your bookstores than ever before. Ask for our help, and we will guide you to information and scents that will greatly facilitate your quest for healing and enlightenment.

Ask us to surround you with angelic scents. We can gently enhance your sensitivity to smell so that you can perceive fragrances on a psychic intuitive level. Different orders of angels can be identified by their fragrances. Did you know that every person exudes subtle fragrances that correspond

to their feelings and thoughts?

Ask us to design and choreograph the understanding and implementation of the science of smell in your societies and universities and in your governments. Remember that one person can pray on behalf of all others, and that when the intercessory prayer is for the highest good of all concerned we can answer it in full. When two or more join their hearts in a prayer, it sets up an alternating current of power that is an information-encoded light that reaches very quickly into the very heart of Universal Consciousness.

The use of free will in intercessory prayer on behalf of the world activates the angelic kingdom like nothing else. The sooner that the science of fragrance is understood and manifested in your world, the sooner that many things that are wrong will be made right. The power of fragrance to heal and to inspire is just that great.

We are The Angels of Fragrances and Scents

We are The Angels of Cobel

Shalom

Names or phrases in italics or single quotation marks and the symbols quoted, paraphrased, or copied from the books of Franz Bardon, ISBN 3092133802-6 [The Practice of Magical Evocation] and 30921338-13-4 {The Key to the True Quaballah}. Publisher is Dieter Ruggerberg, Wuppertal/W. Germany



**CHECK WITH YOUR GUIDANCE AND HIGHER
SELF.....DOES THE EMPOWERMENT SEEM RIGHT
FOR YOU? IS THIS THE RIGHT TIME?... YOU WILL
KNOW*****

**Find a quiet place of sacred space....one you have cleared
yourself**

and prepared for such an occasion....You may like to use flower essence/oils/incense.....

Make sure you have read the manual....and studied the beautiful pictures....and declare with respect to connect in this way....with the Angels of Aromatherapy....

Relax....open to the fragrant notes of the Angels of Aromatherapy....

Sense (scent) the healing energies.....feel the joy of the Plant Kingdom....to receive these energies.....FEEL THE LOVE**** Understand this is a great gift being beamed to you....Becoming more aware of the sense of smell....fragrance....has a profound effect on our everyday lives....and our well being at all levels***

PEACEFUL NOW.....free yourself from the clutter of the busy everyday mind....

A blend of Angelic Frequency oils can enhance this progress...ie neroli, rose otto, jasmin....or any favorite blend....

We are drawn to the fragrance (vibration) most suitable for our highest good***

(Soft music may assist you....or quiet.....)

This is a very personal connection....follow your own guidance****

Call upon any of your angels and guides to be present if desired.....Call to Mother Nature in the form you know her.....this is a sacred connection....and worthy of great trust from the Plant Kingdom....to you.....through these wonderful Angelics of healing* the Angels of Aromatherapy***



Take as long as you like....flow....be at peace and receptive to any communication....

this may come to you through the clairs...ie....audience,
voyance, sentience, cognizance.....

you may later find synchronicity....or other messages of
universal truth....

Be assured connection is made through your focus and
intent....this is a wonderful gesture....and is seen with Great
Love from the Angleic and Devic Presence of the Plant
Kingdom.....



THE EMPOWERMENT IS GIVEN TO YOU WITHIN

***THE MANUAL, MEDITATION AND THE
ACTUALATTUNEMENT PROCESS....***

***ASK YOUR HIGHER SELF IF YOU ARE RECEPTIVE
TO RECEIVE....***



***WE ARE STEWARDS OF THIS MAGNIFICENT
PLANET....***

***Our love and Gratitude goes out to Gaia...on her
magnificent Plant Kingdom*** (and All)***

AROMATHERAPY

AROMATHERAPY



"Revealing The Essence Of Nature

Through Aromatherapy's Use

Through Aromatherapy's Use

Of Essential Oils"
Of Essential Oils"



The history of Aromatherapy dates back at least to 4000 BC, although the term “aromatherapy” was first used in the 1920s by the French chemist René Maurice Gattefossé who accidentally discovered in laboratory that lavender oil relieves pain and assists to slight burns healing. The word “Aromatherapy” is a compound Greek word made up by the word fragrance (aroma) and the word treatment (therapy).

It is historically proved that the ancient Egyptians, Greeks, Romans, and Persians used to use aromatherapy oils. Most probably aromatic plants were also known in ancient China, but very little is known.

Moreover, there is historical evidence in the Bible for the use of plants and oils for therapeutic but also religious aims.



In ancient Egypt, plant oils were widely used for cosmetics, spiritual relaxation, as well as for embalming and mummification of their deads. At that age, on special occasions women and men used to wear on their heads a gradually-melting solid cone that released its fragrance. As a consequence of the Egyptians' love for aromatic plants and herbs, the fragrance industry and aromatic medicine were developed more than in any other ancient culture.

The history of Aromatherapy leads us to Ancient Greece. Greeks borrowed many healing and relaxation techniques from the Egyptians. They used herbs and aromatherapy oils for medicines and cosmetics. Asclepius (circa 1200 BC) is the first known physician in history who experimented with herbs and plants in his surgeries. Hypocrites (circa 400 BC), "the father of medicine", studied the beneficial effects of hundreds of scented plants and herbs. He believed that good health can

be promoted with aromatic baths and oil massage and there for surgeries should be avoided when possible. Other Greek physicians who dealt with herbs and aromatic oils are Pedacius Dioscorides and Theophrastus who prescribed herbal and aromatic remedies.



The Romans developed the Egyptian and Greek techniques for distillation and extraction of aromatic floral waters taking advantage of their knowledge of the natural medicines. The most well-known physician of that age was the Greek Claudius Galen (circa 150 AD) who after studying herbal medicine and treating hundreds of wounded gladiators with botanical remedies, he became the personal physician of the Roman Emperor Marcus Aurelius.

The next important step in the history of Aromatherapy was made by

the Persian civilization. Ibn Sina, a great physician of the age, known in Europe as Avicenna (circa 1000 AC), invented a pipe which steam distilled the plants and produced true essential oils and not aromatic waters as in the past.



As years went by, “apothecaries” who were herbalists and medical practitioners engaged in the formulation and prescription of pharmaceutical remedies, started to sell herbals, essential oils and fragrances. Consequently, many essential oil industries were established throughout Europe, providing oils for the pharmaceutical, flavour and fragrance purposes.

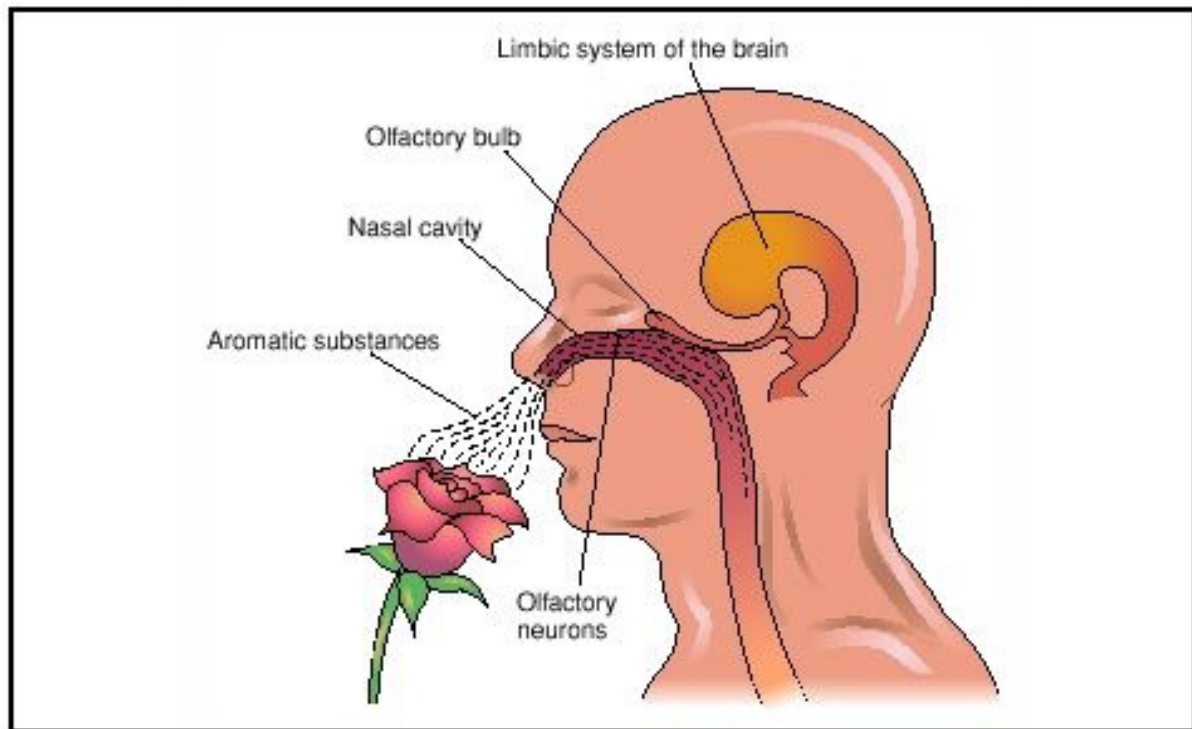
The history of Aromatherapy continues during the 20th century, when many aromatherapists contributed their knowledge to aromatherapy and created more natural products and more effective and pleasurable techniques. As mentioned before, the French chemist René Maurice Gattefossé was the first to introduce the term “aromatherapy” in 1928.

A follower of Gattefossé, a French army doctor called Jean Valnet, started working with essential oils in order to treat wounded soldiers

and heal gangrene during the Second World War. The idea was further developed by an Austrian biochemist named Marguerite Maury that used essential oils as an integral part of healing massage and practiced the use of aromatherapy for cosmetic benefits. The results and techniques experimented by Valnet, Maury and her co-researcher Micheline Arcier's are considered as the basis of modern aromatherapy that today is taught all over the world.

The first book in the history of Aromatherapy published in the English language was the "Art of Aromatherapy" written by the English aromatherapist Robert B. Tisserand in 1977. Another classic book dedicated to medicinal herbs is "Health through God's Pharmac". Its author, the Austrian Herbalist Maria Treben, claimed that "There is a plant for every illness".

Nowadays, the popularity of essential oils and aromatherapy rises especially in the Western World. Aromatherapy has become fundamental for alternative and holistic medicine. Numerous studies and books about Aromatherapy and the healing power of essential oils are published and more natural products are created for therapeutic, cosmetic and aromatic benefits.



What is aromatherapy

What is aromatherapy

"Aromatherapy is... the skilled and controlled use of essential oils for physical and emotional health and well being." Valerie Cooksley

"Aromatherapy conveys the concept of healing with aromatic substances." Robert Tisserand

"Aromatherapy is a caring, hands-on therapy which seeks to induce relaxation, to increase energy, to reduce the effects of stress and to restore lost balance to mind, body and soul." Robert Tisserand

"Aromatherapy can be defined as the controlled use of essential oils to maintain and promote physical, psychological, and spiritual wellbeing." Gabriel Mojay

Aromatherapy is the art of using essential oils for healing. It consists of using highly concentrated extracts from certain varieties of trees, shrubs, herbs, grasses, roots and flowers. It is the most concentrated form of herbal energy available.

Its actions range from medicinal and cosmetic to psychological, affecting both states of mind and our emotions.

Different oils specifically affect various organs and bodily functions. Many boost the immune system and some affect our hormones as well. They can sedate or stimulate the body and mind in different ways and sometimes do both at the same time to create balance.

Many oils have a strong impact on our attitudes and reactions. Certain oils can enhance receptivity, meditation and clear the chakras.

The effects range from quite noticeable physical changes to very subtle effects like the bach flower essences and homeopathy.

How it works?

The sense of smell acts mostly on a subconscious level.

Olfactory nerves run from the bridge of the nose to the brain itself, acting like an extension.

As aroma particles float into the nostrils and make direct contact with the nerves, they spark off a reaction in the brain. This links into the Limbic System, the center of emotions and memory. This also affects our basic instinctual drives and automatic responses.

Through the limbic system the hypothalamus and pituitary glands are stimulated. This causes reactions in the autonomic nervous system, affecting

nerves, hormones, body temperature, appetite, thirst, digestion, insulin production, stress, repulsion and sexual arousal.

We all have a highly developed scent communication we are mostly unaware of. Subconsciously it can affect influence how we are attracted to a mate or repulsed by another person, without knowing why. Women living or working together will find their menstrual cycles will often synchronise after a while.

Certain aromas can bring good or bad memories, that relate to associations with past experiences or lovers when certain cooking smells, perfumes or environmental scents were present reminding us of a person or event that strongly affected us in our lives.

some ways to use aromatherapy

- * Use a few drops in your bathwater (mix well) or footbath...shower alcove*
- * Aromatherapy and Pet Care and healing...Animal care and healing*
- * Add a few drops of your favourite oils to a good quality vegetable oil for massage and perfume.....make sure base oil is cold pressed...*
- * To enhance your environment, put a few drops in an oil burner, on a candle or log fire.*
- * Put a drop of oil on a tissue or handkerchief to carry with you or put in*

your pillow at night.

** For colds, coughs and flu, put a few drops of teatree, eucalyptus or other suitable oil in a saucepan (after you remove from the stove), put your face a safe distance above, then throw a towel over your head and inhale the vapours.*

Compress:

Excellent for topical application to ease pain, from strained muscles, menstrual cramps, etc. Add 4 to 7 drops of Essential Oil to a bowl of warm water. Swish the surface of the water with a cloth, wring out, apply to area, repeat when cloth cools. You may cover the warm cloth with a sheet of plastic and a towel to keep the warmth in longer. This is an excellent method for treating painful menstrual cramps.

Household Use:

- **Laundry:**
- *Essential Oils may be added to the washing machine, or a few drops put on a cotton cloth and added to the dryer. If using in the washer, the warnings above about possible damage to plastic or hard rubber parts would apply.*
- *Adding a teaspoon of Lemon Oil to the washer will remove greasy/oily smells. (A great trick for Massage .therapists!)*
- *Research indicates that adding Eucalyptus Globulous to the washing machine MAY kill dust mites in bedding.*
- *Lavender EO in the dryer can scent bed linens*

- *To really preserve the scent of EO's used in the dryer, add them and run on a 'no heat' cycle for a few minutes at the end of the drying cycle.*
- ***General Cleaning:***
- *Use Lemon or Grapefruit EO, possibly with a touch of Tea Tree oil added, in the water you clean with. Wipe down kitchen counters and your bathroom with these cleansing, germicidal oils. I find that Lemon Oil in water does a wonderful job cleaning the bathroom mirror, as well as all the fixtures.*
- ***Washing Dishes:****Lemon Oil is a great grease cutter; I add a few drops to the dish pan.*



Use your intuition.

When choosing oils...this is one of the most valuable tools in making the best choice. If you are drawn to an oil, but your brain is saying you should choose another, then why not trust your intuition? It may have a wonderful surprise in store for you...



How do I know if an oil is pure?

Not all essential oils are pure. Some are adulterated with or 'extended' by inferior oils and synthetics, or composed of several different oils to achieve a specific smell. These are known as 'natur identical'. Always buy oils from a reputable supplier. Cheap oils are often synthetic or adulterated with cheaper or lower quality oils.

The Seven Best Ways of Using Essential Oils for Health and Healing

1) Inhalations

This is the use of essential oils on hot compress, using diffusers, or onto hot water for inhalation. Standard dose is 10 drops. Best for respiratory and sinus, headaches. Caution: prolonged inhalation of concentrated essential oils can cause headaches, vertigo, dizziness, nausea, and lethargy.

2) Baths

A generally safe dose is 5 - 10 drops of milder oils. Put oil on water immediately before entering bath, disperse. Can be mixed with 1/2 to 1 cup sesame oil or milk then poured into bath. A 1/2 ounce bottle is a perfect size for a bath blend. Add 2 or more essential oils using up to 7 or 8 drops to total to carrier oil. Pour this into tub.

Aromatic baths are excellent for skin problems, circulatory problems, respiratory symptoms, stress and nervous tension, insomnia, muscular and menstrual pains.

Caution: overuse of essential oils in the bath can cause irritation. Use only mild, non-irritating oils for bath, such as lavender and clary sage.

3) Compresses

10 drops oil in 4 oz hot water, soak cloth, wrap. Good for bruises, wounds, muscular aches and pains, dysmenorrhea, skin problems.

4) Facial steam

1 - 5 drops on hot water in a pot, cover head with a towel, steam face. Excellent for opening sinuses, headaches, skin treatment.

5) Massage

Pure essential oils are about 70 times more concentrated than the whole plant. Dilutions are typically 2% - 10%. For adults, a 2.5% dilution is recommended for most purposes. For children under 12, 1% is generally safe.

A 2.5% blend for a 1 ounce bottle of carrier oil is 15 drops of essential oil.

1% = 6 drops per oz

2% = 12

3% = 18

5% = 30

10% = 60

6) Direct Palm Inhalation

Caution: This method of use should only be done with oils that can be safely applied to the skin (see the toxicology and safety section below). Apply 1-2 drops of oil to the palms, rub together gently and inhale deeply. This is an excellent method of use for a quick and easy exposure to the anti-microbial and other therapeutic uses of essential oils.

7) Diffusers

There are various types of diffusers on the market, with different advantages and disadvantages.

Candle diffusers

Usually a heat resistant vessel for water and essential oils, and a heat resistant platform that holds the vessel over a small candle.

Advantages: very simple to use; provides light background fragrancing

Disadvantages: does not produce strong concentration for therapeutic benefits.

Electric heat diffusers

Small absorbent pads are placed inside of a heating chamber with ventilation that allows the aromatic compounds to evaporate into the surrounding air.

Advantages: easy to use; minimal maintenance; can diffuse thicker oils.

Disadvantages: heat damages some aromatic compounds.

Cool air nebulizing diffusers

A system that uses air pressure generated by a compressing unit to vaporize the essential oils. A glass nebulizing bulb serves as a condenser, allowing only the finest particles of the essential oil to escape into the air.

Advantages: strong diffusion maximizes therapeutic benefits in respiratory conditions.

Disadvantages: diffusers need to be cleaned regularly, and tend to clog. More viscous oils cannot be diffused (such as sandalwood or ylang ylang).

Timers

Electric heat and cool air nebulizers can be purchased with timers, to produce intermittent diffusion. This reduces the amount of oil consumed, and prevents over-saturation in a room.

Other methods

Adding essential oils to room humidifiers

Essential oil rings places on light bulbs





Lavender oil is extracted mostly from the flowers of the plant, primarily through steam distillation. The flowers of lavender are fragrant in nature and have been used for making potpourris since years.

Lavender essential oil has been traditionally used in making perfumes due to its aroma. The oil is very useful in aromatherapy and many aromatic preparations are made using lavender oil. Lavender oil blends well with many other essential oils including cedarwood, pine, clary sage, geranium, and nutmeg. Today, lavender essential oil is used in various forms including aromatherapy oil, gels, infusion, lotion, and soaps.

The various health benefits of lavender essential oil include:

Nervous System: Lavender essential oil has a calming scent which makes it an excellent tonic for the nerves and helps in treating migraines, headaches, anxiety, depression, nervous tension and emotional stress. Its refreshing aroma removes nervous exhaustion and restlessness and increases mental activity.

Sleep: Lavender essential oil induces sleep and hence it is often recommended for insomnia.

Pain Relief: Lavender essential oil is also an excellent remedy for various types of pains including those caused by sore muscles, tense muscles, muscular aches, rheumatism, sprains, backache and lumbago. Massage with lavender oil provides relief from pain in the joints.

Urine Flow: Lavender essential oil is good for urinary disorders as it stimulates urine production. It helps in restoring hormonal balance and reduces cystitis or inflammation of the urinary bladder. It also reduces any associated cramps.

Respiratory Disorders: Lavender oil is extensively used for various respiratory problems including throat infections, flu, cough, cold, asthma, sinus congestion, bronchitis, whooping cough, laryngitis, and tonsillitis. The oil is either used in the form of vapor or applied on the skin of neck, chest and back. It is also added in many vaporizers and inhalers used for cold and coughs.

Skin Care: The health benefits of lavender oil for the skin can be attributed to its antiseptic and antifungal properties. It is used to treat various skin disorders such as acne, wrinkles, psoriasis, and other inflammations. It heals wounds, cuts, burns, and sunburns rapidly as it aids in the formation of scar tissues. Lavender oil is added to chamomile to treat eczema.

Hair Care: Lavender essential oil is useful for the hair as it can be very effective on lice and lice eggs or nits.

Blood Circulation: Lavender essential oil is also good for improving blood circulation. It lowers blood pressure and is used for hypertension.

Digestion: Lavender oil is useful for digestion as it increases the mobility of the intestine. The oil also stimulates the production of gastric juices and bile and thus aids in treating indigestion, stomach pain, colic, flatulence, vomiting and bowel upsets.

Immunity: Regular use of lavender essential oil provides resistance to diseases.

Other health benefits of lavender essential oil include its ability to treat leucorrhoea. It is also effective against insect bites. The oil is also used to repel mosquitoes and moths. You will find many mosquito repellents containing lavender oil as one of the ingredients.

As with many other essential oils, pregnant and breastfeeding women should avoid using lavender essential oil. It is also recommended that diabetics stay away from lavender oil. It may also cause allergic reactions to people having sensitive skin. Some people may also witness nausea, vomiting and headaches due to usage of lavender oil.





Health Benefits of Rose Essential Oil

The health benefits of Rose Essential Oil can be attributed to its properties like anti depressant, anti phlogistic, anti septic, anti spasmodic, anti viral, aphrodisiac, astringent, bactericidal, cholagogue, cicatrisant, depurative, emenagogue, haemostatic, hepatic, laxative, nervine, stomachic and uterine.

*Rose! No doubt it is the most beautiful flower in the world. The flower with innumerable stories, legends, myths and legacies associated with it. With its varied colors, incomparable fragrance and shapes and sizes, you will find one for every mood and every occasion. One who does not know about any of its medicinal properties, can still tell you of one property for sure, and that is that a beautiful red rose can invoke romantic feelings in even the heart of hardest of rocks. The Essential Oil of Rose is extracted by steam distillation of fresh Damascus Rose (*Rosa Damascena*, as it is known among botanists) and is*

composed of hundreds of components, out of which the major contributors are Citronellol, Citral, Carvone, Citronellyl Acetate, Eugenol, Ethanol, Farnesol, Stearopten, Methyl Eugenol, Nerol, Nonanol, Nonanal, Phenyl Acetaldehyde, Phenylmenthyl Acetate and Phenyl Geraniol. Why Damascus Roses? It is because they are the most fragrant ones and are believed to be the original red roses with strongest aroma and highest oil content.

We know about the emotional and psychological effects of rose. Now let us know the medicinal properties of its essential oils.

- **Anti Depressant:** Rose Oil boosts self esteem, confidence, hope and mental strength and efficiently fights depression. This can be very helpful to drive away depression from those who are suffering from depression due to any reason. This also relieves anxiety. Being an anti depressant, patients of acute depression or who are undergoing rehabilitation can be given routine and regular doses of this essential oil to bring hope in their lives. This oil is widely used in aromatherapy and invokes positive thoughts, spiritualism and feelings of joy, happiness and hope.
- **Anti Phlogistic:** It may calm down a patient of high fever by sedating the inflammation caused by fever. It can also be beneficial in other cases of inflammations caused by microbial infection, ingestion of poisonous stuff, indigestion, dehydration etc.
- **Anti Septic:** This is the most fragrant and perhaps a majestic way (Just imagine treating wounds with Oils of Rose instead of those ordinary anti septic lotions) to treat your wounds and protect them from being septic and catching infections.
- **Anti Spasmodic:** It efficiently relieves spasm in respiratory system, intestines and muscular spasms in limbs. It also helps cure convulsions, muscle pulls, cramps and spasmodic cholera which are caused due to spasms.
- **Anti Viral:** Getting a protection from viruses or getting yourself

vaccinated against all of them is a tough task, since some of them change their disguise every time they return and make a fool of our immune system, like our old friend who gives you cold and influenza. So what to do? Better use an anti viral which behaves as a shield against any virus that comes. Here is one such shield. The Essential Oil of Rose that protects against viral infections.

- ***Aphrodisiac:*** *Better I don't try explaining this property of Rose Oil! Right from Cupid himself to modern day's high tech lovers, every body knows how roses are indispensable in romance. And so is this Essential Oil of Rose. The very scent of it can arouse you. It boosts up libido and invokes romantic feelings which are essentials for a successful sex.*
- ***Astringent:*** *The astringent property of Rose Oil has many benefits. It strengthens gums, hair roots, tones and lifts skin, contracts muscles, intestines and blood vessels, thereby giving protection from untimely fall of tooth and hair, wrinkles, loss of firmness of intestines and muscles of abdominal area and limbs associated with age, and above all, helps stop flow of blood from wounds and cuts by contracting the blood vessels. This astringent property can also cure certain types of diarrhea.*
- ***Bactericidal:*** *It is a good bactericide. It can be used in treatment of typhoid, diarrhea, cholera, food poisoning and other diseases which are caused by bacteria. Further, it can cure internal bacterial infections like in colon, stomach, intestines and urinary tract as well as external infections on skin, ears, eyes and in wounds.*
- ***Cholagogue:*** *It promotes flow of bile from the gall bladder and helps regulate the acid level in the stomach as well as in the blood, thus keeping you safe from problems like acidity and acidosis. This bile also helps in digestion of food, together with the acids secreted into the stomach.*
- ***Cicatrisant:*** *This property of Rose Essential Oil can be of great interest for those who care a lot about their looks. It makes the scars and after marks of boils, acne and pox etc. on the skin to fade away. This includes*

fading of stretch marks and surgery marks, fat cracks etc. associated with pregnancy and delivery.

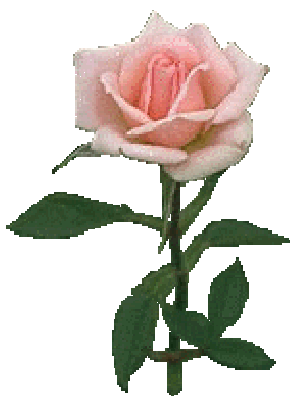
- ***Depurative:*** *It purifies blood by helping removal and neutralization of toxins from blood. Once your blood is purified and free of toxins, you are protected from nuisances like boils, rashes, ulcers, skin diseases etc.*
- ***Emenagogue:*** *This is yet another beneficial property of Rose Oil. It stimulates the hormone secretions which trigger off menstruations. It is particularly effective on those who are suffering from obstructed and irregular menses. It also eases cramps, treats nausea, fatigue and reduces pains associated with the menstruations and Post Menopause Syndromes.*
- ***Haemostatic:*** *This property of the Essential Oil of Rose can be very useful for people who are suffering from hemorrhage (bleeding, external or internal) after an injury or surgery. This speeds up clotting or coagulation of blood and stops bleeding and can save life of such patients.*
- ***Hepatic:*** *It simply means it is good for liver's health. It keeps it strong, functioning properly and protected from infections. It also treats problems like excess flow of bile and acids, ulcers etc.*
- ***Laxative:*** *There cannot be a laxative with a better scent than this and I can bet it, if not for its laxative properties. It can serve as a harmless and effective laxative with a beautiful smell and without any adverse side effect. It actually influences the intestinal and anal muscles to help clear bowels.*
- ***Nervine:*** *It acts as a tonic for the nerves. It gives them strength to bear shocks and protects them from disorders resulting from age, injuries etc. It won't let your hands tremble or let you go nervous when saying those three magic words to your dream girl for the first time, of course, with a rose in your hand.*
- ***Stomachic:*** *Rose Oil is a stomachic too. It soothes stomach, sedates*

inflammations in it, helps it function properly and protects it from infections. It also protects it from ulcers which often happen due to over production of acids and their release into the stomach.

- **Uterine:** *This can take care of many feminine problems such as uterine discharges, tumors, bleeding, irregular menses etc. It purifies the uterus too and keeps it functioning properly even in higher ages and can push away the time of menopause.*
- **Other Benefits:** *It regulates hormone production and helps balance them. It is one of the best oils which can give you a shining, fresh and youthful skin. Its aroma keeps you charged and feeling happy. It promotes circulation, takes care of heart, reduces blood pressure and helps cure headaches, asthma, dehydration and effect of loo (very hot winds), leucorrhoea and certain infections.*

Few Words of Caution: *It can take away your headache if used in mild concentrations, but its strong aroma can just play the opposite if very high concentration is used. Being an Emenagogue, it should not be used during pregnancy.*

Blending: *This Essential Oil blends well with Geranium, Jasmine, Clove and Palma Rosa essential oils*





Matricaria chamomilla
Chamomile, Manzanilla
Photo: Mimi Kamp

HEALTH BENEFITS OF CAMOMILE ESSENTIAL OIL

The health benefits of camomile essential oil can be attributed to its properties anti spasmodic, anti septic, anti biotic, anti depressant, anti neuralgic, anti phlogistic, carminative, cholagogue, cicatrisant, emenagogue, analgesic, febrifuge, hepatic,

sedative, nervine, digestive, tonic, antispasmodic, bactericidal, sudorific, stomachic, anti inflammatory, anti infectious, vermifuge, vulnerary, etc.

Camomile Oil is extracted from the flowers of the Camomile plant which is very popular as a flowering plant. There are two types of Camomile, namely, the Roman Camomile which is scientifically known as Anthemis Nobilis and the German Camomile whose scientific name is Matricaria Chamomilla. Although the essential oils extracted from both the varieties are quite similar in medicinal properties, yet they differ to some extent when it comes to their composition and certain properties.

The Roman Camomile oil is constituted of Alpha Pinene, Beta Pinene, Camphene, Caryophyllene, Sabinene, Myrcene, Gamma Terpinene, Pinocarvone, Farsenol, Cineole, Propyl Angelate and Butyl Angelate.

The German Camomile oil, on the other hand, is composed of Azulene (here called Chamazulene, since found in Camomile), Alpha Bisabolol, Bisabolol Oxide-A & B and Bisabolene Oxide-A.

While the Roman Camomile Oil is more calming and is a better emenagogue, the German Camomile is a very powerful anti inflammatory due to presence of a compound called Azulene (It is a nitrogenous compound and is responsible for giving it a characteristic deep blue color). But these are not the only medicinal properties of Camomile Oil. There are lots and lots of them. The properties given below include those of the Roman as well as the German variety, except where mentioned otherwise.

Just go through them and you'll discover a whole range of safe medicines.

- ***Anti Septic, Anti Biotic, Disinfectant, Bactericidal & Vermifuge:*** *They have very good anti septic and anti biotic properties and do not let biotic infections (infections due to biotic factors such as bacteria, fungi etc.) develop. They also wipe off infections already present. These are good vermifuge too and kill all sorts of intestinal worms. If applied on hair, it kills lice and mites, keeping hair and scalp free from infections and damage.*
- ***Stimulant & Anti Depressant:*** *Both the varieties have been seen very effective in fighting depression and for raising spirit. They eliminate feeling of sadness,*

depression, disappointment, sluggishness etc. and induce a sort of happy or charged feeling. Even smelling these oils can help a lot overcoming depression and bring about good mood.

- ***Anti Inflammatory & Sedative:*** *While Roman Camomile is found effective in calming down annoyance, anger and irritation, particularly in small children. The German variety, on the other hand, is found more effective on adults for curing inflammations, particularly those in digestive and urinary system. They also reduce blood pressure and check swelling of the blood vessels.*
- ***Analgesic & Anti Neuralgic:*** *They have analgesic properties and efficiently reduce pain in muscles and joints, headache, sinus, toothache, bone injuries etc. They are also very effective in giving relief in the severe pain of Neuralgia by constricting the blood vessels surrounding the Ninth Cranial Nerve and relieving pressure on it.*
- ***Stomachic, Digestive and Hepatic & Cholagogue:*** *Being stomachic, they tone up stomach and set it to proper function. They promote secretion of digestive juices into stomach and facilitate digestion. They also promote digestion. Being Hepatic (meaning good for liver), they ensure good health of liver and proper flow of bile from it. They are also Cholagogue, meaning they increase secretion of Hydrochloric Acid, bile and enzymes in stomach, thereby promoting digestion.*
- ***Anti Rheumatic & Anti Phlogistic:*** *They cure dysfunctions of the circulatory system, stimulate circulation and detoxify the blood of toxins like uric acid, thereby helping cure ailments like Rheumatism, Arthritis etc. which are caused due to improper circulation and accumulation of uric. These make them good Anti Phlogistics, the agents which reduce swelling and edema.*
- ***Anti Spasmodic, Relaxant & Nervine:*** *They calm all nervous disturbances or hyper-reactions which result in convulsions, spasms, nervousness, loss of control over limbs etc. They are Nervine, that is, keep the nerves and the nervous system in a state of good health and proper functioning.*
- ***Cicatrissant & Vulnerary:*** *They are very popular in the world of cosmetics, as*

they diminish the scars, marks and spots on the skin and on the face (being a Cicatrisant) and also protect wounds, cuts and bruises from getting infected, thus serving as a Vulnerary.

- ***Sudorific & Febrifuge:*** *They induce profuse perspiration (being Sudorific), thus removing toxins and agents causing infections and cooling down the body, effectively giving relief in fever, thus serving as a Febrifuge.*
- ***Carminative:*** *Expel gas from the intestines and stomach and also check gas formation. This also helps relax the body and lower blood pressure. It also ends the chances of other risks from gas, such as trapping of gas in the wind pipe etc.*
- ***Tonic:*** *They are tonic in nature, i.e. they tone up skin, muscles, internal organs etc.*
- ***Other Benefits:*** *They are anti allergenic, help cure acne by removing toxins and cleaning Sebaceous and Eccrine glands through sweating, clean up the urinary system and the kidneys through increased urination (being diuretic), detoxify blood and increase strength as they are also fortifying in nature. They can help cure viral infections like mumps, measles etc. Can be used in mouth wash too, to keep away bad breath and eliminate oral infections. German Camomile oil is a vasoconstrictor.*

Few Words of Caution: *No specific threats noticed, except that it should be avoided if someone has allergies with it or with any other member of Ragweed Family, to which Camomile belongs.*

Blending: *Camomile Oil forms fine blends with Bergamot, Clary Sage, Lavender, Jasmine, Geranium, Grapefruit, Tea Tree, Rose, Lemon, Lime and Ylang-Ylang Oil.*

Grounding Essential Oils

Atlas Cedarwood, Frankincense, Galbanum, Myrrh, Patchouli, Sandalwood,
Spikenard, Vetiver, Virginian Cedarwood

Cleansing/Purifying Essential Oils

Atlas Cedarwood, Cypress, Common/Dalmation Sage, Hyssop, Juniper Berry,
Lemon, Lime, Myrrh, Peppermint, Spearmint, Virginian Cedarwood

Essential Oils to Use When Expressing Gratitude/Giving Thanks

Bergamot, Grapefruit, Jasmine, Lemon, Lime, Neroli, Orange, Ylang Ylang

Essential Oils for Enlightenment

Cypress, Frankincense, Helichrysum, Rosemary, Sandalwood, Spikenard

Essential Oils to Cope with Grief

Frankincense, Helichrysum, Neroli, Rose, Sandalwood

Other Essential Oils Said to Aid Spirituality

Bay Laurel, Cassia, Cinnamon, Clove, Fir Needle, Ginger, Lavender, Myrtle,
Scotch Pine, Spruce

CAUTION Use with Care

Please observe the following guidelines for using oils, and do not use toxic oils unless prescribed by a qualified aromatherapist.

| | |
|---|---|
| <i>Toxic oils to avoid</i> | <i>Wormwood, wormseed, thuja, hyssop, rue and saffras oils</i> |
| <i>Continual use of these oils may cause side effects or irritate the skin if not sufficiently diluted</i> | <i>aniseed, camphor, cassia, clove oil, cinnamon, fennel, mustard, nutmeg, oregano, pennyroyal, pine, sage and wintergreen.</i> |
| <i>Oils to generally avoid during pregnancy</i> | <i>aniseed, armoise (mugwort), arnica, basil, clary-sage, cypress, fennel, hyssop, juniper, marjoram, myrrh, origanum, pennyroyal, peppermint, sage, thyme and wintergreen oils as they can either harm mother or child. Some may induce menstrual flow, risking miscarriage.</i> |
| <i>During the first 3 to 4 months avoid</i> | <i>fennel, peppermint, rose and rosemary oils. Jasmine, lavender and chamomille oils are to be used in small amounts only. Also avoid drinking peppermint tea.</i> |
| <i>In the last few months lavender and rosemary oils are great in a massage blend to relieve backpain. Clary-sage, geranium, lavender, rose-geranium and jasmine are great to have on hand for the birth. Clary-sage aids contractions and the respiratory system, while geranium calms and is great after the birth.</i> | |
| <i>High blood-pressure</i> | <i>Do not use any blend containing hyssop, rosemary,</i> |

| | |
|---|--|
| | <i>thyme or sage.</i> |
| <i>Epilepsy</i> | <i>Fennel, hyssop, sage and wormwood (often contained in herbal preparations against parasites) can trigger an attack</i> |
| <i>Skin</i> | <i>Basil, black pepper, cinnamon, citronella, fennel, fir, lemon, lemongrass, lemon verbena, melissa, nutmeg, parsley, peppermint, pimenta, tea-tree and thyme oils may irritate the skin and if used, must be diluted as 1-2% in a carrier oil. In baths use only a drop and mix thoroughly in milk or water before adding. Take the same precautions with any other citrusy or minty oils. If you have very sensitive skin.....avoid altogether.</i> |
| <i>Photosensitive oils, to avoid wearing in the sun</i> | <i>angelica, bergamot, cumin, lemon, lime orange and verbena.</i> |

Inhalation of Essential Oils

Essential oils when inhaled directly effect our limbic system, the brain's emotional centers. Many oils have been found to sharpen concentration, reduce tension and anxiety, and even reduce depression.

How can we reap these magnificent benefits?

There are a few simple, cost-effective ways to prepare essential oils for inhalation - and experience these wonderful effects: the 'handkerchief method', making your own 'smelling salts', and making your own aromatherapy 'mister'.

The handkerchief method is pretty straightforward - put a drop or two of an oil or blend on a tissue and inhale (careful with some oils though - peppermint, for example, can burn the sensitive skin around your nostrils if put in direct contact).

You can even leave the tissue (or 'handkerchief, or piece of cloth, or cotton, or whatever) in a room or your workspace and the oil will continue to evaporate and have its effects.

Making Your Own Smelling Salts

Making your own 'smelling salts' is similar, though your preparation will last a while longer.

To make the salts, fill a small vial (dark glass with a good cap is best) with natural sea salt and drop essential oils into the salt.

The amount of oil is not too critical - enough that there is detectable aroma, and not so much that the salt gets completely wet.

Just unscrew the cap and inhale from the bottle whenever you need a lift, or, like the handkerchief, leave the vial open in your space, letting the aroma slowly fill the area.

A 'mister' can be used infuse a room with aroma - just add essential oils to water in a small spray bottle, shake (before each use) and spray!

List of Aromatherapy Carrier Oils

Sweet Almond Oil

Botanical Name: *Prunus amygdalus var. dulcus*

Aroma: *Light, sweet and nutty*

Color: *Virtually clear with slight golden color*

Uses and Benefits: *Most commonly used aromatherapy carrier oil. It is used in body massage and facial treatments as it lubricates the skin well. Soothes dry skin and helps in relieving skin inflammation, itching and irritation. It is suitable for all skin types.*

Apricot Kernel Oil

Botanical Name: *Persea americana*

Aroma: *Faint*

Color: *Virtually clear but sometimes has a tinge of yellow*

Uses and Benefits: *Used in facial massage as it suits any type of skin. Its also used in treating inflamed skin and slowing down aging process. It is used in majority of body care products.*

Grapeseed Oil

Botanical Name: *Vitis vinifera*

Aroma: *Light, sweet and nutty*

Color: *Virtually clear with unnoticeable tinge of yellow*

Uses and Benefits: *Acts as a good moisturizer that nourishes the skin. It's helpful in skin toning and tightening and in treating skin disorders. It's wonderful for the people with sensitive skin. It is used for cooking purposes and majority of hair care products.*

Avocado Oil

Botanical Name: *Persea Americana*

Aroma: *Sweet, fatty and nutty*

Color: *Deep olive green*

Uses and Benefits: *Good for dry and mature skin. It's very beneficial in treating skin disorders like psoriasis and eczema. Good moisturizer with skin nourishing vitamins like vitamin A and E.*

Jojoba Oil

Botanical Name: *Simmondsia chinensis*

Aroma: *Light, pleasant, sweet and nutty*

Color: *Yellow*

Uses and Benefits: *Used in hair care and skin care products. Used in treatment of acne. It's a great scalp cleanser for hair. It's soothing and nourishing oil for all skin types.*

Olive Oil

Botanical Name: *Olea europaea*

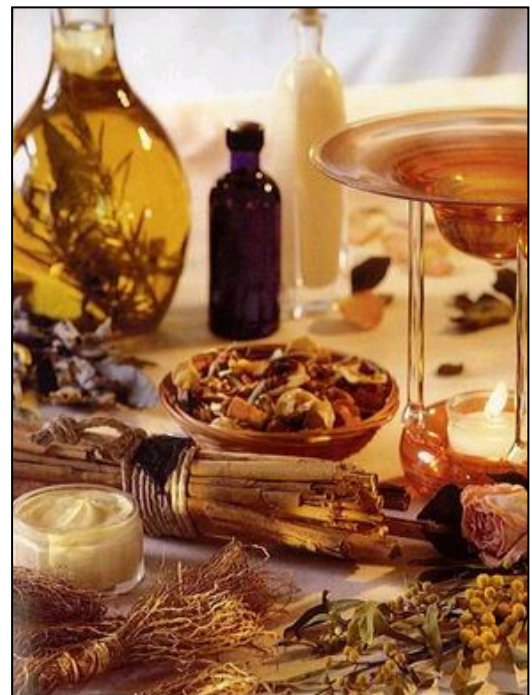
Aroma: *Strong*

Color: *Light to medium green*

Uses and Benefits: *Used in making soaps, hair care and cosmetic products.*

Soothes and heals dry skin.

It's also used in cooking.



recipes and hints

recipes and hints

Here is a spray to use to absorb unpleasant odors.

It's great for the bathroom or kitchen.

This air freshener will absorb the odor , it will be gone in minutes.

Fill an 8 oz. spray bottle with white distilled vinegar.

Add 20-30 drops of your favorite essential oil. Shake before using.

When you're craving sweets turn to the sweet oils like Orange, Lemon and Bergamot.

Regular use can reduce the desire for sweet foods.

Keep a small terra cotta pot on a coffee table or your desk at work.

Add your favorite essential oil or blend.

This will add just a hint of scent to your room while freshening the air.

Be sure to place the clay pot on a dish so as not to damage wood furniture.

Any terra cotta vessel will do.

For those late night meetings, studying or paper work

try diffusing this blend of Peppermint, Lemongrass,

Pine, and Orange. It'll give you just the "kick" you need, better than caffeine.

Bergamot oil is said to be a natural mosquito repellent. Place 2 drops on a cotton ball and put it in a pocket or use the oil in an aromatherapy lamp.

*Blend Tea Tree with Rosemary or Basil for mental fatigue.
Invigorating and uplifting, it increases blood flow to the brain.*

A blend of Lemongrass and Geranium oils diffused into the air was found to reduce airborne bacteria by 89%.

Put a few drops of Lavender, Lemon, or Peppermint on cotton balls or tissues and place in the rear window or on the dashboard of your car. As the sun comes in the scent will diffuse throughout the car. Try other essential oils or your favorite blend. Enjoy!

For a wonderful appetite controlling scent add 1 drop of Clary Sage, 1 drop of Sandalwood, and 1 drop of Ylang Ylang essential oils and blend. If you would like to make this into massage oil, add it to carrier oil and apply on pressure points. It may be used in an inhalant for immediate relief of cravings. Another idea is to make an aromatherapy inhaler.

Keep bath mats smelling fresh by mixing eight to 10 drops of essential oils in with 1/2 cup of baking soda. Sprinkle the mixture over the mats, let sit for a few minutes, wipe off and rinse well.

THESE WERE CHOSEN TO SHOW SOME OF THE VARIED WAYS WE CAN USE ESSENTIAL OILS IN AROMATHERAPY.....REMEMBER FRESH AND DRIES HERBS ARE INVALUABLE TOO.....

*This manual is priceless....no monetary charge....An exchange of energy is required to maintain the balance....this may be in the form of contribution to the PLANT KINGDOM GROUP*** on the Network of Messengers of Spirit Angels and Ascended Masters*****

AFTER AN EXCHANGE IS MADE...A CERTIFICATE MAY BE APPLIED FOR.....

*ONLY MASTER TEACHERS BY REQUEST MAY PASS THESE MANUALS ALONG****



*YOU MAY WANT TO WRITE YOUR OWN TIPS ABOUT
AROMATHERAPY HERE****