



Getting Started With Oils

We are a privately owned and operated Australian company based in Pakenham, Victoria.

We realise that the key to you using aromatherapy effectively and economically, is reliant on us providing you with the knowledge of how to integrate it smoothly into your daily routine.

We supply a comprehensive range of over 100 high quality aromatherapy oils, natural bases, books and accessories.



www.amazingscents.com.au



Old-time pharmacy

This is the beginning of a lifelong journey, one that brings you happiness, passion and joy. Along the way you will realise the connection between mind and body, learn more about your anatomy and how nature is equipped to work in harmony with you. Enjoy the process.



Old-time Pharmacy

Aromatherapy is basically old-time pharmacy. Since the beginnings of human civilization, healers have looked to nature to provide remedies. Essential oils were used effectively when the black plague swept through Europe in the fourteenth century, killing almost entire populations. Today we are seeing a resurgence in the popularity of natural therapies and aromatherapy in particular.

Mind, Body and Spirit

Essential oils have many talents, the most obvious and frequently cited is their ability to treat physical ailments such as headaches, aches and pains, coughs and colds, skin and sleep disorders. Yet the physical healing qualities are such a small part of the oils potential. The emotional or metaphysical side is less well known, yet it can be this which offers the greatest benefit because the oils treat the emotional causes that have led to the physical symptoms.



Individuality

What works for one doesn't necessarily work for all. This can be due to the underlying issues that contributed to the current symptoms. Because each oil, each synergistic blend has different properties, we need to select them for each individual. We know what works on most but encourage you to learn how to tweak and tailor make blends specific to your own needs. Yes, this will require you to have a collection of oils and to keep learning more about yourself and your connection with aromatherapy. This is where the magic begins.

Simple and easy

The way you choose to use your oils will reflect the amount of effect that they have. The difference between you using your oils to full capacity or not lies totally with the degree of your knowledge and the confidence gained by familiarity.

Often having the oils you need the most, ready mixed in a personal hygiene product (ie. adding your hormonal balancing oils to a natural body lotion base) makes it easier to implement to remember to use them.

The best advice we can give you is to keep learning new ways to make it simple and easy!



Diffusing or Vaporising

Add between 6-10 drops of your favorite synergistic blend to your vaporizer. Make sure the room is adequately ventilated, particularly around pets. When choosing your blend, remember that the different notes burn for varying lengths of time:

- A **top** note lasts approximately 1 hour (5 drops).
- A **middle** note approximately 2 hours (3 drops).
- A **base** note approximately 3 hours (1 drop).

Treat yourself this way only on occasion as the amount of oils is high and effect is low.

Inhalation

When using diffusing or vaporising, essential oils are absorbed into the limbic system through the olfactory bulb and cilia in the top of the nose - working directly on the mind and the emotions.

Steam Inhalation is more intense and excellent for hay fever, headaches and hangovers, but is especially beneficial when you are clogged up in the nasal passages, ears or lungs. You may use an Inhaler Cup or fill a bowl with boiling water, add 3-6 drops of your chosen oils, place a towel over your head and breathe deeply.

Bathing

Using pure essential oils in the bath is the ultimate way to relax. Essential oils must be diluted into the water using one of the following methods. Add the required dose to either sea salts/magnesium (for pain), bubble bath base (pampering), 20ml of carrier oil (really dry skin) or 1 cup of full cream milk with a squirt of carrier oil (skin irritations) and swish into the water.

Lie back and relax for a minimum of 20 minutes.

This is one of the best ways to get an overall effect fast!

Spend and hour or 2 every 2 months replenishing stocks for your family.

Simple and easy

Most of us don't have an hour of peace and quiet in the morning to meditate to decide which oils we need for our day. This is how you make it easy.

For all your personal hygiene requirements, purchase natural base products, such as shampoo, conditioner, shower gel, bubble bath etc. Add essential oils to create your own unique blends for everyday use so that become part of your daily routine. This way you don't have to think about oils and they can do what they do best!

Massage

Massage is considered to be a great way to upkeep good health, stimulating your lymphatic system, moving toxins and releasing tight muscles that can lead to issues.

Not many people have a private masseur at home, so this is not something we do often enough. We can try to massage our hands and feet but its much more relaxing to have a professional massage monthly as reward.

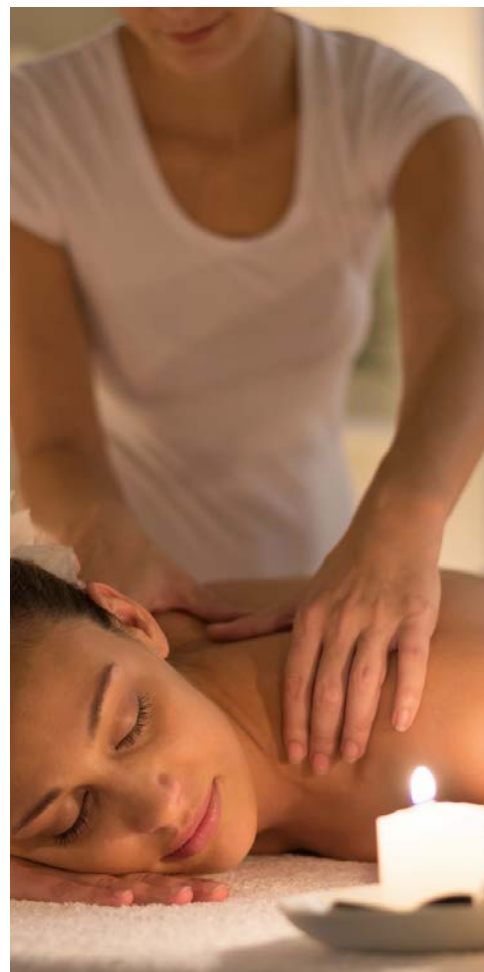
Topical Application

As massage is not always available, just applying and absorbing can bring relief. This is the way we teach most as it is an easy, effective and economical way to ensure great results. It is also the most cost effective and environmentally sustainable as it uses minimum oil for maximum effect.

We would never sniff a pain killer and expect it to work - we know instinctively that it needs to get in to do the work. Entry via the pores and into the blood stream is much faster than ingestion. It is also safer as it bypasses the digestive system (see safety in the following chapter).

Topical includes using natural personal hygiene products but roll-ons have become the favourite. These come in 10ml for ease of portability but for those blends you use a lot, the 30ml variety are even better.

We dilute in a variety of infused and blended carrier oils, chosen for their ability to support the blend we are mixing. Apply and rub in as often as you need.



Safety first always

It is vital that you pay the same respect to aromatherapy as you do to modern medicine. More is not better, in fact less is best. One day I will write a book of the silly things we and many of our community have done.

The art of Aromatherapy is safe, soft and gentle when used wisely.



- **Don't use the same oil all of the time.**
You can build up a resistance to the oil and find that it becomes less effective. Blends made up from three or more essential oils are more effective than single oils and will prevent resistance. This is referred to as a synergistic blend increasing the performance of the mix by compounding the combinations.
- **Essential Oils and Pregnancy.**
The latest research suggests that most essential oils are safe to use during pregnancy, as long as they are not taken orally and the directions for use are followed. A maximum dilution of 2% is recommended for massage oils. It is advised that Aniseed and Fennel should be avoided.



Safety

- **Never take essential oils internally** unless advised by a qualified and registered aromatherapy practitioner.
- **Oils are best applied diluted** unless otherwise advised. Lavender and oils diluted in jojoba are the exception. On the odd occasion we may use Lemon to stop bleeding and Peppermint on a blind pimple or itchy bite.
- **Never exceed the recommended dosage.** A higher dose does not increase the oils effectiveness - less is best.



- **Essential Oils and Medications.**
Currently there is no evidence to show that aromatherapy essential oils used externally in topical applications, massage, vaporisers, inhalations or baths have any negative interactions with medications, with the exception of Wintergreen (not to be used in conjunction with blood thinners such as Warfarin or Heparin topically). If in doubt, check with your healthcare professional.
- **Photosensitization.**
Bergamot, Lemon and Lime essential oils, when used in any application to the skin, can increase photosensitivity, which means your skin becomes sunburnt faster. We advise that you do not use these oils before exposure to sunlight. Please note that photosensitivity is not increased simply by

Safety first always

Different oils flow at faster or slower rates due to viscosity.



Dilutions are important and vary for children and adults depending on their body weight and health issues. These are guidelines we aim for. Children and animals require greater precision and we recommend our course specific to them.



Advised Dilutions

For Adults: use about 10 -15 drops of essential oil (in total) to 30ml of base carrier oil.

Pregnant women: Yes, you can use aromatherapy! See the Pregnancy section in our Amazing Scents Book which is dedicated entirely to you! (pages 91-93)

For Children: see our Calm Kids Book and Workshop

- Birth to 2 years: use 3 drops of essential oil to 30ml of base carrier oil.
- 2 to 5 years: use 6 drops of essential oil to 30ml of base carrier oil.
- 5 to 10 years: use 9 drops of essential oil to 30ml of base carrier oil.
- 10 years+: use 10-15 drops of essential oil to 30ml of base carrier oil.