



**ECO.**  
Modern essentials

SUMMER  
EDITION





# Contents

## **SUMMER ESSENTIAL OILS**

SWEET ORANGE

GRAPEFRUIT

YLANG YLANG

SPEARMINT

BERGAMOT

## **SUMMER WELLBEING**

SUMMER SKINCARE

EMOTIONAL CARE

MUSCLE, FATIGUE AND INJURY

## About ECO.

ECO. Modern Essentials are Australia's leading wellbeing brand, specialising in natural and organic products to help you lead your best, healthiest and most vibrant life. ECO. products are defined by quality & integrity. Ingredients are sourced from ethical sources for social & environmental integrity.

ECO. sources its raw material based on the best possible means of delivering efficacy into each and every product. This includes sourcing our essential oils and carrier oils from countries where the plant material grows best both climatically and seasonally, as well as choosing those that contain the best active constituents to perform accordingly to the high standards we set.

## About Author

Alissa Geddes qualified as an Aromatherapist in 2005. Since then, she has continued studying in the field of health with further qualifications in Remedial Massage and Myotherapy. She has worked in hospitals, day spas and clinical practice. Alissa has a special interest in helping people with chronic pain and complicated health conditions. With a strong belief in the powerful properties of essential oils and working with the body's own healing capacity, Alissa is passionate about assisting and teaching others how to restore and maintain their health and wellbeing.

# SWEET ORANGE

*Citrus aurantium dulcis*

**Origin:** Australia

**Extraction method:** Rinds are cold pressed

Sweet Orange is a very warm and vibrant essential oil that can melt a heart that has become cold with cynicism, disappointments and sorrow. Instilling a sense of joy and positivity, Orange is an excellent oil to diffuse on dreary cold mornings when we need an extra push to get outside, or to have a good laugh with loved ones around the dinner table.

Records of the medicinal use of Orange date back to ancient China, where it was used to treat digestive complaints. Orange essential oil is of great value in the treatment and regulation of the digestive system. A stimulant to the liver and gallbladder, Orange essential oil can help improve digestion and assist in general health. This essential oil is reported to regulate the speed of intestinal movement and can therefore be helpful in the treatment of both constipation and loose stools. A general tonic to calm an upset stomach and gentle enough to be used for children, during pregnancy and for those in poor health.

Orange essential oil is reported to have skin regenerative properties and is recommended for the improvement of rough patches of skin and callouses. It is a handy essential oil to use in the treatment of cellulite and fluid retention due to its lymphatic stimulating properties. Orange oil could be added to a night cream to manage skin that has become dull or dry.



## HOW TO USE

Sweet Orange is considered a safe and nonirritating essential oil. May cause phototoxicity, best to avoid sun exposure after topical use.

**For massage application** use a 2.5% dilution; 15 drops per 30ml carrier oil.

**Bath** add up to 5 drops in a dispersant, such as carrier oil or honey, to the bath.

**Hand or foot bath.** add 2 drops of essential oil to a bowl of water to improve rough and calloused skin.

**Steam treatment.** for face, add 2 drops of essential oil to a bowl of steaming hot water. Caution due to risk of burns or scalding.

**Compress.** to a bowl of water, add 2 drops of essential oil. Agitate a face washer in the water, wring out excess moisture and apply washer to the affected area. Repeat two or three times as the compress cools down or warms up to treat abdominal complaints.



# GRAPEFRUIT

*Citrus paradisi*

**Origin:** Spain

**Extraction method:** Rinds are cold pressed

This sweet and fruity citrus adds a sense of joy to any situation and brings a sparkling light to the shadowy corners of our hearts.

The lively scent of Grapefruit can help lift a depressed mood or re-energise after periods of heavy work, prolonged stress and feelings of exhaustion. For the melancholic mindset or those who think in unending circles, Grapefruit can help 'detoxify' unhelpful thought processes and lift us into a clearer frame of mind.

Grapefruit essential oil is considered an excellent antiseptic and can be used as a surface disinfectant or in the diffuser. It is particularly helpful to prevent the spread of airborne germs. Grapefruit has been shown to be effective against thrush infection (*Candida albicans*). For the digestive system, Grapefruit acts as a stimulant, which can help improve a sluggish and cold digestive fire.





## HOW TO USE

Grapefruit is considered a safe essential oil. However, it may cause phototoxicity. Avoid sun exposure after topical application.

Like Lemon, another member of the citrus family, Grapefruit essential oil is useful for clearing cellulite, extra body weight and fluid due to its stimulating action on the lymphatic system. Grapefruit is useful for treating an oily complexion and congested skin that results in pimples and acne.

**For massage application**, use a 2.5% dilution; 15 drops per 30ml carrier oil.

**Face massage**, add 1 drop in 10ml carrier oil.

**Bath** add up to 5 drops, in a dispersant such as oil, to the bath.

**Hand or foot bath**, add 2 drops of essential oil to a bowl of water.

**Steam treatment** for face, add 2 drops of essential oil to a bowl of steaming hot water. Caution due to risk of burns or scalding.

**Compress**, to a bowl of water, add 2 drops of essential oil. Agitate a face washer in the water, wring out excess moisture and apply washer to the affected area. Repeat two or three times as the compress cools down or warms up.

# YLANG YLANG

*Cananga odorata*

**Origin:** Argentina

**Extraction method:** Flowers are steam distilled

Ylang Ylang essential oil is reminiscent of luxuriating on a remote tropical island where life blooms abundantly and humidity hangs in the air with a soft breeze carrying the heady scent of exotic blossoms.

Ylang Ylang essential oil has a deep floral scent that is quite sedating and may help with feelings of depression, irritation and anger. Considered an aphrodisiac, Ylang Ylang essential oil helps those with anxieties and frustrations in their love life.

Ylang Ylang essential oil is thought to slow the breath and heart rate. It may be useful during times of shock, for heart palpitations or to help deal with anger. When strong emotions cause breathlessness or dizziness, Ylang Ylang essential oil may assist when inhaled directly from the bottle or in a diffuser. Ylang Ylang has been reported to help with symptoms of PMS, especially those involving emotional outbursts and changeable moods.

A wonderful oil to use in skincare, Ylang Ylang can benefit most skin types. Helpful to balance oil production for those with oily or dry complexions, Ylang Ylang softens the skin and generally improves skin appearance. Applied undiluted before swimming, Ylang Ylang protects the hair from salty water and can be used in hair care products to maintain hair strength and integrity.





## HOW TO USE

Ylang Ylang essential oil is considered a safe essential oil. The rich scent may cause headaches in some people.

**For massage application** use a 2.5% dilution; 15 drops per 30ml carrier oil.

**Face massage** use 1 drop in 10ml of carrier oil.

**Bath**, add up to 5 drops in a dispersant, such as carrier oil or honey, to the bath.

**Hand or foot bath**, add 2 drops of essential oil to a bowl of water.

**Steam treatment** for face, add 2 drops of essential oil to a bowl of steaming hot water. Caution due to risk of burns or scalding.

**Compress**, to a bowl of water, add 2 drops of essential oil. Agitate a face washer in the water, wring out excess moisture and apply washer to the affected area. Repeat two or three times as the compress cools down or warms up to treat PMS symptoms.



# SPEARMINT

*Mentha spicata*

**Origin:** India

**Extraction method:** Leaves are steam distilled

Sweet and refreshing, Spearmint is a gentle wake up call to the senses. Spearmint helps us find clarity and renewal in the fog of fatigue. Spearmint is related to Peppermint and the two share many qualities. However, what makes Spearmint so gentle is that it contains small amounts of menthol compared to Peppermint. For the treatment of children, pregnant woman and those in poor health, Spearmint is an excellent alternative.

Spearmint has a mild minty aroma that is tempered with a gentle sweetness. It is an excellent oil for fatigue, loss of concentration and a foggy mind. Spearmint brings about a certain clarity that revives and refreshes the spirit. Great in a diffuser at work or the kids' study desk at home, Spearmint essential oil helps us retain focus and concentration. Studies have shown that Spearmint has good antimicrobial properties. This, combined with a decongesting action, make Spearmint a useful oil to treat respiratory conditions such as colds and sinusitis, and may improve breathing in asthmatics. Spearmint is also supportive to the digestive system and may help relieve nausea, wind and abdominal pains caused by intestinal spasming.

Spearmint essential oil could be used for the treatment of irritated skin and for conditions such as acne and itchy skin. Very refreshing for the face on a hot summer day.



## HOW TO USE

Spearmint is considered a safe oil, although may cause irritation in some.

A lower dilution of 1.7% is recommended for general skin application.

**For massage application** use a 1.7% dilution; 3-4 drops per 10ml carrier oil.

**Bath** add up to 5 drops in a dispersant, such as carrier oil or honey, to the bath.

**Hand or foot bath**, add 2 drops of essential oil to a bowl of water.

**Steam treatment** for face and respiratory, add 2 drops of essential oil to a bowl of steaming hot water. Caution due to risk of burns or scalding.

**Compress**, to a bowl of water, add 2 drops of essential oil. Agitate a face washer in the water, wring out excess moisture and apply washer to the affected area. Repeat two or three times as the compress cools down or warms up. Apply to abdomen for digestive upsets.



# BERGAMOT

*Citrus aurantium var. bergamia*

**Origin:** Italy

**Extraction method:** Fruit rind are steam distilled

Wrapped in a comforting blanket and drawing strength in the arms of a loved one. The slightly sharp yet citrusy sweet scent of Bergamot essential oil soothes our upsets and allows us the space to let our troubles drift away.

The early experimental use of Bergamot essential oil was in the rigorous conditions of a mental health facility, where it was found to be useful in treating anxiety, depression and agitated states. Bergamot is a very useful essential oil to have in your collection as it can be safely used during pregnancy and for children and adults alike. Bergamot is supportive to the nervous system during times of anger, stress and grief. It is an excellent oil to have in the diffuser during dinner as Bergamot can help encourage good communication and poor appetites.

Bergamot essential oil helps our immune system fight off bugs with antiviral, antibacterial and antiseptic properties. Bergamot has been used to treat the herpes simplex 1 virus which, causes cold sores and may also be useful in the treatment of chicken pox and shingles. Bergamot can also be used in the treatment of bladder and urinary system infections. For the digestive system, Bergamot essential oil is very calming and can help with indigestion and loss of appetite due to stress.





## HOW TO USE

The antiseptic action of Bergamot makes it an excellent choice for the treatment of acne prone skin and to help heal wounds. Oily and combination skin also benefit from the addition of Bergamot.

Bergamot essential oil is considered phototoxic. Avoid sun exposure after applying to skin. This essential oil may also be irritating to the skin and it is recommended to use a lowered dose in a massage oil blend.

**For massage application** use a 2.5% dilution; up to 15 drops per 30ml carrier oil.

**Bath** add up to 5 drops in a dispersant, such as carrier oil or milk, to the bath.

**Hand or foot bath**, add 2 drops of essential oil to a bowl of water.

**Compress**, to a bowl of water, add 2 drops of essential oil. Agitate a face washer in the water, wring out excess moisture and apply washer to the affected area. Repeat two or three times as the compress cools down or warms up.



## SUMMER SKINCARE

When the sun is up we are drawn outdoors to enjoy the world around us. We look forward to lazy days on the beach, exploring the wilderness and catching up with friends. Let's look at how essential oils can keep our skin looking its glowing best and treat some common summertime skin problems.

### OILY/ ACNE PRONE SKIN

Lavender- anti-inflammatory, anti-bacterial, skin regenerating  
Cedarwood- anti-microbial, astringent  
Geranium- balances sebum production

Oily skin responds well to **steam treatment**. The heat causes sweating which cleans out pores and improves healing blood flow to the face. Add 2 drops of any combination of essential oils for oily skin to a bowl of steaming hot water. Place your face near the bowl and cover your head with a towel to trap in the aromatic vapours. Relax and steam for up to 5 minutes. A great skin refresher, can be done 2 to 3 times per week.

Gentle **face massage** can be used to help fight acne and stimulate the lymphatic system. Add 1 drop to 5mls carrier oil. Try to direct massage stroke from the midline towards the outer edge of your jaw to promote lymphatic drainage. A nice ritual for the end of the day you can leave the oil on your skin or pat off with a tissue.

**Spot treatment.** Apply 1 drop of neat essential oil to a blemish daily until it heals.

### COMBINATION

Palmarosa- balance sebum production, anti-septic, anti-microbial.  
Geranium- balances sebum production



## DRY

Rose- astringent, tonic  
Sandalwood- tonic  
Frankincense- astringent, cellular  
regeneration, wound healing

Dry skin benefits from daily face massage  
add 1 drop of essential oil to 5mls of carrier  
oil such as coconut or olive oil and gently  
massage into the face and neck.

## SENSITIVE

Rose- tonic, cooling  
Chamomile- anti-inflammatory  
Neroli- regenerative

Use 1 drop in 5mls of carrier oil for a gentle  
**face massage**. To reduce redness, add  
1 drop of essential oil to a bowl of room  
temperature water dip a face washer in  
and squeeze out excess water. Drape the  
compress over your face folding around  
your nose so you can breathe comfortably.  
Relax for 5 minutes.

**Note:** Essential oils are not to be used on  
the eyes, the area around the eyes, ears  
or inside the mouth. If essential oils get in  
the eye soak with carrier oil until discomfort  
subsides.

## SUNBURN

Plan ahead and keep a spray bottle with 20  
drops of Lavender and 500mls of water in  
the fridge. Spray over skin as needed for a  
cooling after-sun treatment.

**Compress.** To a bowl of very cold water  
add 1 drop Lavender, 1 drop Chamomile  
and 1 drop of peppermint. Use a face  
washer to agitate the water, wring out the  
excess moisture and apply compress to the  
sunburnt area, change as required.

**Note:** For a sunburnt face omit peppermint  
from the recipe.

## INSECT BITES

Apply 1 drop of lavender neat to the site to  
reduce **inflammation**.

1 drop of peppermint diluted in 10mls  
carrier oil apply a small amount to the  
affected site to help **relieve itch**.

Cedarwood, Eucalyptus and Lemongrass  
essential oils make a good **insect repel-  
lent**. Add up to 20 drops to a spray bottle  
with 500mls water. Avoid spraying directly  
on the face. Or add up to 8 drops to a  
diffuser for indoor use.

## HEAT RASH

**Compress.** To a bowl of cool water add 1  
drop of Chamomile and 1 drop of Laven-  
der. Agitate the water with a face washer  
and wring out excess moisture. Place the  
compress over the rash and repeat the pro-  
cess so the compress stays cool. Suitable  
remedy for children and adults.

## CUTS, GRAZES AND WOUNDS

Lavender oil applied neat to the affected  
area will disinfect the wound and help skin  
to grow back quickly.

**Note:** Tea tree essential oil can also be  
used as above.





# EMOTIONAL CARE

The heat of summer can add fuel to the emotional fire at times. Let's look at some essential oils that can support us and our loved ones during difficult moments.

## EMOTIONAL RANGE

### Irritability to Anger:

Chamomile, a go to for this emotional range. Chamomile is an anti-inflammatory for the mind. Gentle and sedating, perfect for children and adults alike.

Mandarin, a slightly sedating citrus oil. Calming for temper tantrums and the fresh fragrance adds a note of lightness to the air.

Bergamot, promotes and restores communication. Also has an uplifting anti-depressant property.

Lavender, the cooling and sedating properties of lavender are supportive and calming.

### Restlessness to Anxiety:

Ylang Ylang, a tonic for the heart and helps slow heart rate down.

Lavender, a cooling sedative oil.

Lavender slows the nervous system down to help support us during times of anxiety

Geranium, a balancing oil to help calm the mind without slowing us down.

Restores a racing mind.

Frankincense, promotes a meditative state and slows breathing down. A grounding essential oil.

### Stress to Emotional Burn Out:

Lavender, sedating and calming.

Neroli, restorative and good for times of unexpected stress and shock.

May Chang, a cheering essential oil. Helpful for times of emotional exhaustion.

Cedarwood, a centring and grounding oil. Helps us to find a calm silent inner space.

## AROMATHERAPY AND EMOTIONAL CARE

**Perfume:** Create a personalised blend of essential oils. Add 10 drops to a roller bottle and top up with a carrier oil. Take a few deep inhalations from the bottle of your chosen essential oil and take a moment to notice how you feel, does the aroma appeal to you, does it bring any thoughts or memories to mind? Add the essential oil to the blend if you enjoy the aroma. Apply the perfume to the inside of your wrists for aromatic support throughout the day.

**Diffuser:** Making a diffuser blend is a creative process that allows you to be active in processing unwanted or difficult emotions. As with a perfume blend inhale each essential oil you plan to use and reflect on your response to each scent. Follow the instructions of your diffuser.

**Bath:** What could be more nurturing than lowering yourself into beautifully aromatic water? Add up to 8 drops of essential oil in a small amount of carrier oil to warm bath water. Relax and breathe in the healing scent of essential oils.

**Quick fix:** A few deep inhalations from the bottle of essential oil can help when you are at work, in the car or anytime you need a quick break from strong emotions.

**Massage:** A customised body massage blend can be used for massaging yourself, find a helpful loved one or take to your professional massage therapist for them to apply to you. A 2.5% dilution in 30mls is 15 drops of essential oil. 30mls of carrier oil is usually enough for a full body massage.

## YOUR FAVOURITE ESSENTIAL OIL

Studies have shown that the effectiveness of an essential oil is increased if the person liked the aroma. During times of difficult emotions, you may choose to use your favourite essential oil to support you.



## EXERCISE, MUSCLE FATIGUE AND INJURY CARE

Muscle fatigue can occur due to over-use or using our muscles to do activities they are not used to doing. So, while it is fun to go for a long bike ride you may not be able to keep-up with your childhood self, (yet).

With some patience and training exercise goals are within our reach.

Listen to your body, do you need a break from exercise today? Have you been over doing it, maybe an injury needs some tender care? Or is a reluctance to move causing you to make some very creative excuses.

### MOTIVATION:

Some days it seems impossible just to tie up your running shoes. A lack of motivation can come from mental or emotional fatigue. It may be the case that you need to mix up your exercise regime or you just need a little aromatic encouragement to get moving.

Essential oils for motivation: lemon, lime, may chang, orange, eucalyptus, peppermint, ginger, geranium and rosemary.

Create a motivation blend to use as a perfume or in a diffuser to help re-energize, improve focus and gain clarity. You will be inspired to be up and out the door in no time.

A motivation blend diffused in the morning can help get your family feeling happy and enthusiastic for the day ahead too.

## AROMATHERAPY CARE FOR STRAINS AND SPRAINS

A strain is a tear in muscle tissue and a sprain is a tear in the ligaments (connects one bone to another) or tendon (connects muscle to bone). Either injury can occur from tight tissue being suddenly stretched, over-use, falls and over stretching during exercise.

Prevention involves muscle care including warm-up and stretching before exercising.

### ACUTE CARE

Initial care for strains and sprains includes appropriate first aid, however, essential oils are a great way to help the healing process along. Cooling and anti-inflammatory oils such as lavender, chamomile, peppermint and spearmint are beneficial to help reduce pain and swelling.

**Compress:** add 1 to 3 drops of essential oil to a bowl of icy water and dip a face washer into the water. Squeeze out excess moisture and apply compress to the injured area. After 48 to 72 hours our aim is to help encourage blood flow to the area and decrease muscle tightness to allow the tear to heal. Warming essential oils are helpful to encourage blood flow and relax upset muscles. Essential oils to consider are rosemary, eucalyptus, ginger and black pepper.

**Massage:** create a 2.5% dilution massage blend; 5 drops in 10mls carrier oil, using warming essential oils. Massage the injury site gentle and include surrounding muscles. A quick self-massage is a good way to warm-up before exercise.

**Foot bath:** for ankle injuries. Add 2 drops of oil to a bowl of warm to hot water and soak the injured foot for 10 minutes.

**Compress:** add 1 to 2 drops of essential oil to a bowl of hot water and follow steps above.

**Note:** Warming essential oils are suitable to use to treat tight muscles via massage and compress.

### MUSCLE FATIGUE

Active muscles need good blood flow to bring nutrients, oxygen and immune system cells to them. A well functioning lymphatic system carries waste products away from the area. Stagnation in either of these systems can create a feeling of muscular fatigue.

To combat stagnation we look to detoxifying and stimulating essential oils such as lemon, lime, lemongrass, juniper berry, pepper, peppermint and rosemary.

**Massage:** create a blend of essential oils and add as a 2.5% dilution to carrier oil, 5 drops per 10mls of carrier oil. Massage the fatigued muscles and the stimulating aroma will refresh your mind. Be careful of using citrus oil in the sun as they may cause phototoxicity.

**Foot Bath or Bath:** A classic remedy for muscular fatigue is a combination of lavender and peppermint essential oils, cooling and invigorating at the same time. Add up to 8 drops to a dispersant such as carrier oil and add to the bath. Enjoy a well deserved soak.



[ecomodernessentials.com.au](http://ecomodernessentials.com.au)