

AROMATHERAPY

by Carolyn Zinober, Aromatherapist, LMT, Trichologist, Herbalist

Hippocrates taught that it is not enough to anticipate an illness to cure it; one must teach good health to preserve it. Aromatics have always played a leading part in the maintenance of health and wellbeing. The use of aromatics goes back to ancient times, as implied by the nearly 200 references in the Bible relating the use of aromas for “mental, spiritual, and physical healing”. The spiritual aspect of “aromatherapy” is found dating back at least 4000 years to both the ancient Egyptians and Chinese, in religious practices, as medicines, perfumes, and embalming agents.

Plant essences offers more than just aroma; the use of pure aromatic extracts from flowers, fruit, leaves, needles, bark, rind, seeds, and roots of plants can be used to calm, balance, and rejuvenate the body, mind and spirit. Essential oils, called the “soul,” or life force, of the plant, are natural substances. Essential oils are extracted via distillation from certain cells within each botanical. For centuries, essential oils have been considered the most therapeutic and rejuvenating of all botanical extracts.



Specific essential oils disinfect airborne bacteria and viruses that have a negative effect on the respiratory system. Essential oils can stimulate the brain to release neurochemicals (endorphins and serotonin) which can reduce pain, increase feelings of well-being, induce sexual feelings, relieve depression, and insomnia.

The sense of smell is our most primitive sense. Smell is the only sense in which the receptor nerve endings are in direct contact with the outside world, whereas the brain extends directly into the nose. When inhaled as an aromatic vapor the essential oils travels through the nose by dendrites via mitral cells, where its chemical structure is processed as a nerve message by the olfactory nerves and amplified by the olfactory bulb. It then reaches the brains prefrontal limbic system and from there the nerve impulse will reach the hypothalamus and the endocrine system, from where it exerts various neuro-hormonal actions. The major influence will be psychological and secondarily physiological and spiritual wellbeing. Mood, stress, most mental functions and ultimately behavior can be profoundly influenced. Aromatics make us happier and more relaxed.

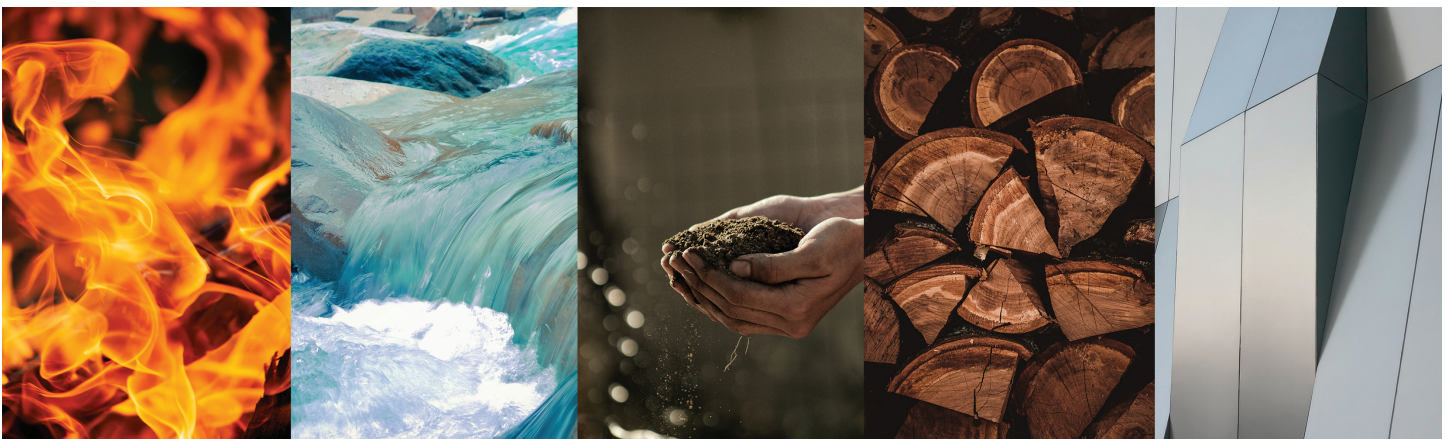
Aromatic molecules of essential oils enter no further than the inside of the nose but trigger a nerve impulse that is carried to the limbic system. This means that we subconsciously receive the aromatic message and react to it before the higher centers analyze and interpret it. When inhaled as a vapor, an essential oil can easily penetrate the nasal and respiratory epithelium. Here it changes back to a liquid, enters the bloodstream, and then quickly reaches the lungs and brain, where physiological neuroendocrine effects will manifest. This method of inhalation can be used for treating physiological conditions, especially those associated with any of the organs above the diaphragm as inhalation always involves a dual effect.

The CLAS Wellness System employs the use of single note essential oils to engage the olfactory senses. This is just one element of the four senses that will be affected in the therapy session of Color, Light, Aroma, and Sound. Also, known as CLAS Wellness. In every session session, each element of the four senses is as important as the next.

Based on guided imagery, CLAS Wellness diagnostics will analyze the input of the client's confidential data and create a customized program designed specifically for each client to produce the ultimate in stress relief management.

THE FIVE ELEMENTS OF NATURE

The selection of single note oils is based upon the 5 elements of nature: Fire, Water, Earth, Wood, and Metal. These elements will correspond to 4 or 5 choices of single note essential oils. The client and therapist may determine which one may be best that day. Essential oils work primarily by triggering healing responses in the mind-body and can display remarkable effects when applied along with the other 3 senses of CLAS Wellness.



The choice of essential oils based on the 5 elements will be displayed on the screen after completing the questionnaire. The technician will then proceed to set up the oil for a time released misting of the essential oil vapor into the air. The computerized mister will be set on a timer so the oil will be dispensed on alternating intervals of 1 minute on and 3 minutes off until your 20-minute therapy is concluded. The diffusion will be low level and therefore inoffensive to anyone.

When inhaled, which is the safest pathway, the essential oil vapor is taken up by the dendrites in the olfactory epithelium, where its chemical composition is transcribed as a nerve message by the olfactory nerves which resonates to the olfactory bulb. It will find its way to the limbic system and from there the nerve impulse will reach the hypothalamus and the endocrine system, from where it presents various neuro-hormonal actions. The major influence will be psychological and secondarily physiological. Mood, stress, most mental functions and ultimately behavior will be profoundly influenced.

Using the five elements of nature - Fire, Water, Earth, Wood, and Metal. CLAS Wellness purposely provides a soft-focus approach which transcends body, spirit, and mind barriers, thus allowing to address the individual constitution as a whole, to mobilize, balance or smooth the flow of Qi. The concept of yin and yang forms the basis of Chinese medicine. When either yin or yang is out of balance, each readily affects the other and by changing their proportion they achieve a new balance. It is a simple yet profound theory of vital energy, which can be applied to the healing therapy of aromatics.

Through the use of CLAS Wellness Sessions, mood, stress, most mental functions and ultimately behavior will be profoundly influenced.



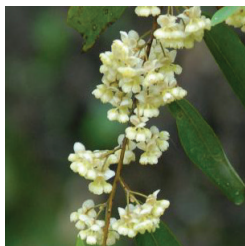
ESSENTIAL OIL PROFILES

CLAS Wellness System has chosen 21 essential oils and 2 specialty oils for the practitioner's use. Not only are these oils chosen for their properties, but they can be easily sourced and often found organically grown. As of this writing, the botanicals listed below are not on the "endangered" or "watch" list. Proper SOAP notes should be taken with CLAS Wellness. Any essential oils that are not agreeable to the client should also be noted.

FIRE

After the session questionnaire, if the color red emerges for the client, it means that it corresponds to the energetic element Fire. The oils to sedate and tonify Fire are: May Chang, Eucalyptus Citriodora, Sweet Orange, and Tea Tree.

NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
May Chang: AF01	<i>Litsea cubeba</i>	<i>Lauraceae</i> - Laurel family	Steam distillation of the fruit	East Asia	Calming, sedative, and anti- inflammatory, nervous depression- cooling
Eucalyptus: AF02	<i>Eucalyptus citriodora</i>	<i>Myrtaceae</i> - Myrtle family	Steam distillation of the leaves	China, Australia, Brazil	Analgesic, calming, sedative, and anti- hypertensive - cooling.
Tea Tree: AF03	<i>Melaleuca alternifolia</i>	<i>Myrtaceae</i> - Myrtle family	Steam distillation of the leaves	Australia	Immune stimulant, invigorating, clearing, antiviral - cooling
Orange: AF04	<i>Citrus sinensis</i>	<i>Rutaceae</i>	Rind	USA, Italy	Anti-infectious, calmative, digestive stimulant -cooling



May Chang



Eucalyptus



Tea Tree

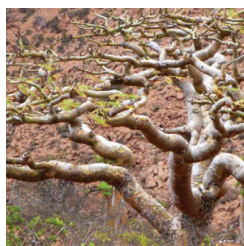


Orange

WATER

After the session questionnaire, if the color dark blue emerges for the client, it means that it corresponds to the energetic element water. The oils to sedate and tonify Water are: Frankincense, Patchouli, Vetiver and Lavender, and Lemongrass.

NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Frankincense: AWA01	<i>Boswellia carterii</i>	<i>Burseraceae</i> - resin	Steam distillation of the gum resin	Oman, Somalia, India	Depression, exhaustion, stress conditions, rejuvenating, calming, soothing - cooling.
Patchouli: AWA02	<i>Pogostemon cablin</i>	<i>Lamiaceae</i> - Mint family	Steam distillation of dried leaves	Indonesia, India	Soothing, relaxing, anxiety, depression- warming.
Vetiver	<i>Vetiveria zizanoides</i>	<i>Gramineae</i> - Grass family	Steam distillation of the roots	India, Haiti, USA	Depression, Immune system, relaxing, anxiety, tension- cooling
Lavender: AWA03	<i>Lavendula angustifolia</i>	<i>Lamiaceae</i> - mint family	Steam distillation of the cut flower tops and stalks	France, Bulgaria, England, China, Croatia, Tasmania	Insomnia, exhaustion, weakness, tension, stress, balancing, relaxing- cooling
Lemongrass: AWA04	<i>Cymbopogon citraus</i>	<i>Gramineae</i> - Grass family	Cultivated grass	India, Indonesia, Egypt, Guatemala	Anti-inflammatory, for tense conditions, cooling.



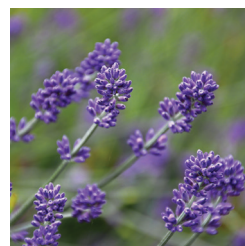
Frankincense



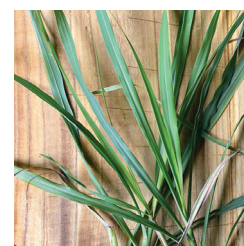
Patchouli



Vetiver



Lavender



Lemongrass

EARTH

After the session questionnaire if the color yellow emerges for the client, it means that it corresponds to the energetic element Earth. The oils to sedate and tonify Earth are; Geranium, Ginger, Bergamot, and Lemon.

NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Geranium: AE01	<i>Pelargonium graveolens</i>	Geraniaceae-geranium family	Steam distillation from the leaves	Egypt, Reunion	Calming, sedative, anti-inflammatory, nervous depression-cooling
Ginger: AE02	<i>Zingiber officinale</i>	Zingiberaceae- ginger family	Steam distillation from fresh or dried rhizome	China, India, West Indies	Fatigue, stiffness, insecurity, warming, balancing - Hot
Bergamot: AE03	<i>Citrus aurantium</i> ssp. bergamia	Rutaceae-citrus family	Expressed from the peel of the fruit	Sicily, Italy	Insomnia, irritability, anxiety, stress, mood swings, harmonizing, balancing- cooling.
Lemon: AE04	<i>Citrus limonum</i>	Rutaceae-citrus family	Cold pressing the fresh rind	USA, Israel, Italy, Argentina	Mental fatigue, fogginess, uplift and clarify- cooling



Geranium



Ginger



Bergamot



Lemon

WOOD

After the session questionnaire if green emerges for the client, it means that it corresponds to the energetic element Wood. The oils to sedate and tonify Wood are; Clary Sage, Tangerine, Peppermint, and Spearmint.

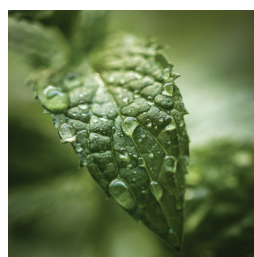
NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Clary Sage: AWD01	<i>Salvia Sclera</i>	<i>Lamiaceae</i> - Mint family	Steam distillation from the flowers and foliage	Bulgaria, France, Morocco, Russia	Nervousness, tense, chronic stress, calming, balancing, uplifting - warming
Tangerine: AWD02	<i>Citrus reticulata</i>	<i>Rutaceae</i> - Citrus family	Expressed from the fresh peel	USA	Anxiety, insomnia, mental distress, irritability, uplifting, soothing - cooling
Peppermint: AWD03	<i>Mentha Piperita</i>	<i>Lamiaceae</i> - Mint family	Steam distillation from the leaves	England, USA, China, Russia, Tasmania	Headache, vertigo, migraine, nervous stress, stimulating, clearing, invigorating -cooling
Spearmint: AWD04	<i>Mentha spicata</i>	<i>Lamiaceae</i> - Mint family	Steam distilled from fresh leaves and flower	USA, S. America, Japan, China	Mood swings, feeling disconnected, stuck emotions - cooling



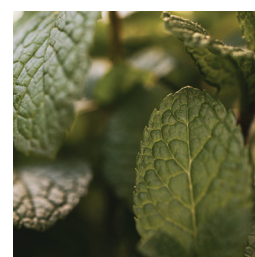
Clary Sage



Tangerine



Peppermint



Spearmint

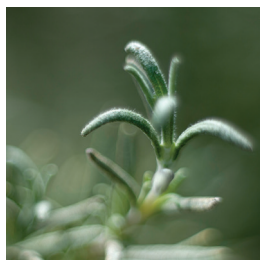
METAL

After the session questionnaire if the color White emerges for the client, it means that it corresponds to the energetic element Metal. The oils to sedate and tonify Metal are Grand/Siberian Fir, Rosemary, Atlas Cedarwood, and Cypress.

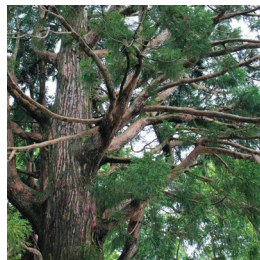
NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Fir Needle Siberian/Grand/ Silver: AM01	<i>Albies ssp. sibirica, A. grandis, A. alba</i>	<i>Pinaceae-</i> Conifer family	steam distillation from the needles	USA, Northern Europe	Weak conditions, poor memory, depression, bronchial conditions, clearing, uplifting - warming
Rosemary: AM02	<i>Cedrus atlantica</i>	<i>Lamiaceae-</i> Mint family	Steam distillation of the flowering tops and leave	France, Morocco, Spain, Tunisia	Fatigue, distraction, sluggishness, invigorating, stimulating- warming
Atlas Cedarwood: AM03	<i>Mentha Piperita</i>	<i>Pinaceae-</i> evergreen family	Steam distillation from stumps of the trees	Algeria, Morocco	Fatigue, exhaustion, burnout, anxiety - warming
Cypress: AM04	<i>Cupressus sempervirens</i>	<i>Cupressaceae</i>	The fresh leaves and twigs	France, Spain, Morocco	Stability, cope and accept, comfort (bereavement) - cooling



Fir Needle



Rosemary



Atlas
Cedarwood



Cypress

SPECIAL OILS FOR SMOKING CESSATION

NAME	BOTANICAL NAME	FAMILY	PART USED	HABITAT	INDICATIONS/USES
Clove Bud: AS01	<i>Syzygium aromaticum</i>	<i>Myrtaceae</i>	unopened dried flower buds-warming	Worldwide	Smoking cessation
Black Pepper:AS02	<i>Piper nigrum</i>	<i>Piperaceae</i>	Berries are crushed-warming	India	Smoking cessation



Clove Bud



Black Pepper

CLAS Wellness System recommends using only the highest quality medical grade and organic essential oils whenever possible for CLAS Wellness session.

Please keep your essential oils out of sunlight and preferably in a locked cabinet.

RECOMMENDED SOURCES

K. Hüsnnü Can Baser, Gerhard Buchbauer; *Essential Oils Science, Technology, and Applications*

Peter Holmes; *Clinical Aromatherapy: Using Essential Oils for Healing Body & Soul*

Patricia Davis; *Aromatherapy an A-Z*

Gabriel Mojay; *Aromatherapy for Healing the Spirit*

Julia Lawless; *The Illustrated Encyclopedia of Essential Oils*

Jeanne Rose; *375 Essential Oils and Hydrosols*

Kurt Schnaubelt, Ph.D.; *Advanced Aromatherapy*