

PEPPERMINT - This cooling, invigorating oil helps you to be alert and active. Relieves nausea, indigestion, sciatica, cold symptoms and sinusitis. Avoid in pregnancy.

ROSEMARY - This warming, reviving oil helps you focus. It aids memory and perception. Warming, stimulating qualities, relieve muscular aches and pains. Headaches.

SANDALWOOD - Strengthening and fortifying. Aids meditation. Gives purpose and strength against negative influences. Moisturises the skin. A urinary tonic it relieves cystitis.

TEA TREE - An infection inhibitor with antiseptic cleansing qualities. Energises and purifies. Relieves mouth ulcers, cystitis, vaginitis, tinea, nail infections, acne. Etc.etc.

YLANG YLANG - Relaxing and sensual it arouses our passion. Use in a romantic massage blend. Pacifies in times of suspense, drama and stress. Reduces anger. Use sparingly. Normalises oily skin.

RECOMMENDED READING

Sunspirit Aromatherapy - Sunspirit Oils

Aromatherapy for Women - Tisserand

Aromatherapy an A-Z - Patricia Davis

Aromatherapy for Scentual Awareness - Downes & White

Aromatherapy for Lovers and Dreamers - Downes & White

Aromatherapy for Men - Day & White

The Fragrant Pharmacy - Worwood

Neals Yard Natural Therapies - Susan Curtis

MISSION STATEMENT

At the Homoeopathic Education Centre we are dedicated to educating the community and allied health professionals in the Art and Science of Homoeopathy. The centre provides access to a comprehensive range of information on homoeopathy and related subjects, education through our range of flyers and books, and remedy kits which can be customised for specific needs. We aim to empower people to take better care of themselves and their families, and to recognise when professional homoeopathic or other medical care is appropriate.

Ultimately educating and instructing people in the use of remedies for themselves or their clients in a home prescribing situation is our focus. We seek to do this by providing workshops, seminars and discussions to meet the needs of the community, and by offering general advice on a one to one basis as required. We also offer Consultations or can direct you to a Homoeopath in your area.

If your specific area of interest is not covered we will endeavour to collate material and write a flyer for your information and assistance. Please let us know how homoeopathy can serve you!

ESSENTIAL OILS

Homoeopathic Education Centre carries a range of oils and Aromatherapy products to enhance your home and work environment. This leaflet is designed to assist you in your choice of quality essential oils and to encourage their safe and appropriate use.

Aromatherapy refers to the Art of blending pure essential oils to obtain and delight in their uplifting and refreshing qualities as well as their healing benefits.

Essential Oils are obtained from the flowers, roots, seeds, leaves and gum of plants and are a fragrant fluid extract. They are very potent and only a few drops are required for the desired effect.

Most oils are safe for use with children but you need to exercise moderation and control of the quantity. Likewise with pregnant women. If in doubt consult the Centre, an Aromatherapist or one of the books listed in this brochure.

Oils available through Guildford and our mail order service.

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APPLICATIONS OF ESSENTIAL OILS

INHALATION

Add a few drops of chosen essential oil to a bowl of steaming water and inhale the vapours to clear congestion. Or for an emergency lift inhale directly from the bottle.

BATHING

Add a few drops of chosen oil to the bath and agitate well to disperse the oil. If you have an oil blend add 5ml - dry skin benefits from the base oil as well. Soak and enjoy.

VAPORISATION

Use a good quality, wide bowl vaporiser. Fill the bowl with water and add a few drops of chosen oils. Refill with water as necessary. During illness oils such as **Eucalyptus** can be used to inhibit infection by airborne bacteria.

MASSAGE

One of the most effective way of using essential oils. The formula to use is, for each 10ml of base oil add 5 drops (total) of chosen oils. The massage does not need to be vigorous but more a gentle expression of communication. If there is not enough time for a body massage then massaging the feet and hands is also very therapeutic, increasing circulation and promoting a sense of wellbeing.

CARRIER OILS

Use pure cold pressed carrier oils as a base.

SWEET ALMOND - light and fine. High in vitamins.

PEACH - rich in vitamins. Ideal for facial treatments.

OLIVE - renowned for warming qualities.

AVOCADO - rich in Vitamins A & E, excellent for dry skin.

WHEATGERM - high in Vitamin E and has antioxidant properties. Excellent for acne and scars.

JOJOBA - non-greasy fluid wax. Has a preservative action and is moisturising.

Oils can also be added to skin and hair care products, home made ointments and balms, insect repellents and craft work such as pot pourri, soap making and candle making. The uses are only limited by your imagination.

STARTER OILS

BASIL - an ideal oil for office and study. It helps focus, concentration and to be decisive. More an adult oil. Vaporise with **Rosemary** and **Lemon** while studying. Avoid in pregnancy.

BERGAMOT - Uplifting and refreshing, a tonic for the nerves. Ideal for skin conditions of a nervous origin. Photosensitive - don't apply to areas exposed to strong sunlight.

CEDARWOOD - This is a relaxing warming oil which aids stability and emotional strength. Acts as a respiratory tonic.

CLARY SAGE - A euphoric, inspiring effect. Soothes tiredness, cramps and menstrual pains. Great to calm fractious children, relieves nervous tension. Not topically in pregnancy.

CYPRESS - Calms and grounds. Its astringent and tonifying action on veins and arteries aids fluid retention, premenstrual symptoms, varicose veins and haemorrhoids.

EUCALYPTUS - The clarifying and antiseptic effects make you feel energetic and vital. Children - restricted and careful use. Use as a respiratory antiseptic and decongestant.

FRANKINCENSE - Soothing and comforting. Focus, meditation and connection to others. Acts as a

respiratory tonic especially for nervous conditions. Fortifies aging skin.

GERANIUM - Uplifting, balancing and harmonising. Emotional and hormonal balancer. Pre-menstrual tension. Stabilises skin oil production.

JUNIPER - Invigorating and cleansing. Helps to release the past and avoid negativity. Reduces fluid retention and relieves cystitis, rheumatism and pre-menstrual syndrome.

LAVENDER - The Mothering oil, soothes, calms and releases worries. Relaxes and aids sleep. Antiseptic and soothing to bites, stings, burns and minor first aid. Promotes healing.

LEMON - Enlivening, purifying and refreshing. Add to an office blend to sharpen the wits and relieve tension. Aids rheumatic pain and digestive function. Photosensitive.

LEMONGRASS - Tonifying, cleansing and uplifting. Enlivens the senses and clears the head. Antibacterial and antifungal properties. It has an astringent action in skin care.

MARJORAM - This sedating and comforting oil brings a sense of peace. Diminishes anxiety. Temporary relief of insomnia, stress and grief. Muscular pains and cramps, nervous tension.

ORANGE - Exuberant and uplifting. Enhances communication. Relieves stress and mild anxiety by promoting a sense of joy. Excellent for children. For the care of mature sun damaged skin. Photosensitive.

PATCHOULI - Relaxing, sensual qualities encourage harmony and romance. Antiseptic and regenerating qualities make a good direct application to bites, scars, impetigo etc.