



# Aromatherapy Massage



## What it is:

Aromatherapy is an ancient art, using natural extracted elements to create powerful essential oils.

These oils through exhalation or through being absorbed in the skin can help mental, physical and spiritual health. The oils can be used in burners, in the bath and on the skin through massage. Each oil has its own unique properties and these can target different areas of ourselves.

Essential oils are divided into group notes, with top note oils being absorbed and taking effect immediately, mid note oils, more slowly and base oils taking longest to absorb.

**Top Note** Essential oils normally evaporate very fast and normally also have anti-viral properties. They tend to be light, fresh and uplifting in nature and are generally not very expensive. Top notes are generally highly volatile, fast acting, give the first impression of the blend and are not very long lasting.

**Top notes include**, basil (to middle=M), bergamot (M), cajuput, cinnamon, clary sage (M), coriander (M), eucalyptus, grapefruit, hyssop, lemon, lemongrass (M), lime, mandarin, neroli (M), nialouli, orange, petitgrain, ravenara, sage, spearmint, tagetes, tangerine, tea tree (M), Thyme (M)verbena

**Middle Notes** are the bulk of essential oils and normally give body to the blend and have a balancing effect. The smells of middle notes are not always immediately evident and may take a couple of minutes to come into their own right and are normally warm and soft fragrances.

**Middle notes include**, Bay, black pepper, cardamom, chamomile, cypress, fennel (T), Geranium, ho-leaf, ho wood, hyssop, juniper, lavender, marjoram, Melissa, myrtle, palma roas, pine, rosemary, spikenard, yarrow.

**Base notes** are normally "heavy" oils with their fragrance evident, but will also slowly evolve and be present for a long time and slows down the evaporation of the other oils. These fragrances are normally intense, heady, rich and relaxing in nature and usually most expensive!

**Base notes include**, balsam peru, cassia, cedarwood, cinnamon (M), clove, frankincense, ginger (M), jasmine, myrrh, oakmass, patchouli, rose, rosewood (M), sandalwood, valerian, vanilla, vetiver, ylang ylang



## Blending Mixtures:

A mixture rule is 30-50-20 i.e 30 % Top, 50% Mid and 20% base applied to a carrier oil, depending on dilution.

This equates to 27 drops to 30 ml of a carrier oil for standard 3% dilution (1%=9 d, 5% = 45 d):

Proportionately 27 drops (8 top,14 mid and 5 base) drops (d) essential oil to 30 ml carrier oil

	ml	ml	ml	ml	ml	ml		
Carrier oil Ml	5	10	15	20	25	30		
	1 teaspoon	2 teaspoon	3 teaspoon	4 teaspoon	5 teaspoon	6 teaspoon		
			1 tablespoon			2 tablespoon		
	Drops	Drops	Drops	Drops	Drops	Drops		
1.00%	1.5	3	4.5	6	7.5	9		
2.00%	3	6	9	12	15	18		
<b>3.00%</b>	<b>4.5</b>	<b>9</b>	<b>13.5</b>	<b>18</b>	<b>22.5</b>	<b>27</b>	Recommend	
4.00%	6	12	18	24	30	36		
5.00%	7.5	15	22.5	30	37.5	45		
10.00%	<b>15</b>	<b>30</b>	<b>45</b>	<b>60</b>	<b>75</b>	<b>90</b>	Adult max	
20.00%	30	60	90	120	150	180		
25.00%	37.5	75	112.5	150	187.5	225		
30.00%	45	90	135	180	225	270		
	0.50%	1.00%	1.50%	3.00%	5.00%	10.00%		
	Infant	Child 3-24m	Child 2-6	Child 6-12	Teenager	Adult		
Dilution 30 m	Drops	Top	Mid	Base				
		30.00%	50.00%	20.00%				
3.00%	27	8.1	13.5	5.4				



## Blending Mixtures:

An example aromatherapy blend below, typifies how the suitability for a health condition and contra indications of the selected oils all needs to be considered. Essential oils are divided into notes, with top note oils absorbed and effective immediately, mid more slowly and base taking longest to absorb.

The following mix would be suitable for total relaxing leading to a <b>meditative</b> state				
<b>Oil</b>	<b>Note</b>	<b>Aroma</b>	<b>Properties</b>	<b>Contra</b>
Neroli (or Jasmine)	Top Mid?	Floral, Citrus	Nervous system, sleep, frigidity, stress	Antispasmodic- avoid in pregnancy
Basil	Top	Crisp, herby	Clarity, stimulates, colds	Toxic-if used frequently, epilepsy, breast-feeding, skin conditions, digestive
Chamomile	Mid	Sweet, apple	Pain killer, infections, anti inflammatory, anti- biotic, digestive, calming, liver, gall bladder nervous system, skin irritation (e.g. eczema)	Emmenagogue
Cinnamon	Mid	Spicy, woody	Fatigue, digestion, stress	Cancer, kidneys, liver
Tuberose (and / or ylang- ylang)	Mid Top?	Sweet, floral	Crown Chakra Erectile dysfunction,	No known toxic, but can be overpowering, occasional skin irritant
Cedar	Base	Rich, woody	Spiritual level awareness	No known toxic, but can be overpowering, occasional skin irritant
Rose	Base Mid	Strong floral	PTSD, sleep, anxiety	Avoid first 3 months pregnancy
Patchcouli (or sandalwood)	Base	Rich, earthy	Skin, fatigue, frigidity, stress	P. None toxic, can be overwhelming S. Minor cases of skin irritation



## The Benefits:

Each oil has its own specific chemical properties and the choice of oil is based on this whilst considering any contra indications caused by a client's health. For example, eucalyptus whilst good for colds can create problems with people who have epilepsy.

Whilst not possible to describe each oil and their benefits here, we have chosen one (Lavender) as it is very popular and is not associated with any known side effects. It demonstrates how the unique properties of an essential oil can benefit you.

**Main chemical components** of lavender are a-pinene, limonene, 1,8-cineole, cis-ocimene, trans-ocimene, 3-octanone, camphor, linalool, linalyl acetate, caryophyllene, terpinen-4-ol and lavendulyl acetate.

**Therapeutic properties** of lavender oil are antiseptic, analgesic, anti-convulsant, anti-depressant, anti-rheumatic, anti-spasmodic, anti-inflammatory, antiviral, bactericide, carminative, cholagogue, cicatrisant, cordial, cytophylactic, decongestant, deodorant, diuretic, emmenagogue, hypotensive, nervine, rubefacient, sedative, sudorific and vulnerary

**General value of Lavender oil** is that it has a soothing and calming effect on the nerves, relieving tension, depression, panic, hysteria and nervous exhaustion in general and is effective for headaches, migraines and insomnia.

It is also very beneficial for problems such as bronchitis, asthma, colds, laryngitis, halitosis, throat infections and whooping cough.

It helps the digestive system deal with colic, nausea, vomiting and flatulence.

Lavender oil relieves pain when used for rheumatism, arthritis, lumbago and muscular aches and pains, especially those associated with sport.

On the skin, lavender oil tones and revitalizes and it is useful for all types of skin problems such as abscesses, acne, oily skin, boils, burns, sunburn, wounds, psoriasis, lice, insect bites, stings and also acts as an insect repellent.

Lavender oil **is one of the few essentials oils that can be used neat on the skin**, and this is especially useful when treating a minor burn wound.

In addition to the benefits of classical massage, in aromatherapy, the benefits of using essential oils in massage include:

- As with all massages, improved circulation has detoxifying and physical benefits and helps reduce inflammation and through lymphatic drainage helps fight infection
- Skin condition is improved
- Regulates hormones
- Reproductive system benefits
- Cardio vascular stabilization
- Calms the digestive system
- Respiratory tract regulation
- Removes headaches, improves sleep, energises and improve mental health
- Removes muscular aches and stiffness



## What to expect From Aromatherapy:

Following a brief consultation on your general health and any contra-indications to massage we will discuss your treatment process. The oils come in three absorbency groups; TOP, MID, BASE. One oil is chosen from each. Depending on the consultation these oils will be blended to treat your conditions effectively whilst considering the most pleasant mix of aroma the three chosen oils will provide.

Although you will be undressed for massage your body is always completely covered with towels. It is only the specific area being worked on which needs to be exposed. The focus is always on you feeling safe, comfortable and reassured.

Following the massage there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment

## Contraindications of Aromatherapy Massage

- Certain Essential oils depending on physical health
- Pregnancy
- Open wounds or infection
- Broken skin, eczema or rash
- Tumor
- Fever
- High blood pressure
- Thrombosis
- Recent surgery
- Muscular / skeletal damage
- Inflammatory disease



## After Care Advice:

*Beware, these oils are also very powerful and some people may have allergies. Always consult your GP before this type of therapy and advise your therapist of any health problems.*

- Avoid solar contact and citrus oils (sunburn risk) for 24 hours
- Drink Fluids (herbal teas eliminate toxins) – avoid alcohol
- Avoid deodorants / fragranced products
- Be aware of side effects – use leaflet or internet information
- Light meal 2 hours before / after
- Exercise effects Blood pressure
- Drowsiness possible (be careful driving) allow your body to guide you
- Don't swim, shower / bath for 12 hours (oils still absorbed)
- Headaches / dizziness possible

Sources of more information:

<https://www.fragrantica.com/notes/>

<https://www.aromaweb.com/essentialoils/default.asp>

<https://www.growingupherbal.com/blending-essential-oils-for-beginners/>



# ESSENTIAL OILS DILUTION CHART

	.5%	1%	2%	5%	10%	25%
<b>1 ml</b> 1/3 oz   1/5 tsp 1/4 dram		Positive Positive Positive .com			1 drop	2.5 drops
<b>5 ml</b> 1/6 oz   1 tsp 1-1/3 drams	.75 drop	1.5 drop	3 drops	7.5 drops	15 drops	37.5 drops
<b>10 ml</b> 1/3 oz   2 tsp 2-2/3 drams	1.5 drop	3 drops	6 drops	15 drops	30 drops	75 drops
<b>15 ml</b> 1/2 oz   3 tsp 4 drams	2.25 drops	4.5 drops	9 drops	22 drops	44 drops	110 drops
<b>30 ml</b> 1 oz   6 tsp 8 drams	4.5 drops	9 drops	18 drops	45 drops	90 drops	225 drops
This is for informational purpose   It is not medical advice   USE AT YOUR OWN RISK						

.5% - Infants, Frail/Elderly Adults

1% - Children age 3 - 24 months, Pregnant, Face Creams

1.5% - Children 2 - 6 years, Pregnant, Frail/Elderly Individuals, Subtle aromatherapy, Emotional and Energetic work, Face creams, Lotions, Exfoliates

2.5 - 3% - Children 6 years, General massage, Holistic aromatherapy, Massage Oils, Facials oils, Body oils & butters, Lotions

5% Teenager - Adults, Massage treatment, Localized treatment work, Healing wounds, Salve, Body oils and butters

10% - Massage treatment, Muscular aches and pains, Acute physical pain, Localized treatment work, Trauma injury, Salves

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