



MINISTERING TO THOSE WHO STRUGGLE

Matthew 26:41 “Watch and Pray so that you will not fall into temptation. The spirit is willing, but the body is weak”

CLINICAL AROMATHERAPY

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 - The Healing Place Farm (Owner)
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- Provide Aromatherapy Products to Ascension Hospitals
 - Clinical Aromatherapist
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 - Certified Reflexologist
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“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.” James 1:17.

Aromatherapy is a gift God provides to his people through the creation, study and nurturing of all plants. Aromatherapy can be utilized in a variety of settings and with any individual. Thanks be to God.



WHAT IS AN ESSENTIAL OIL?

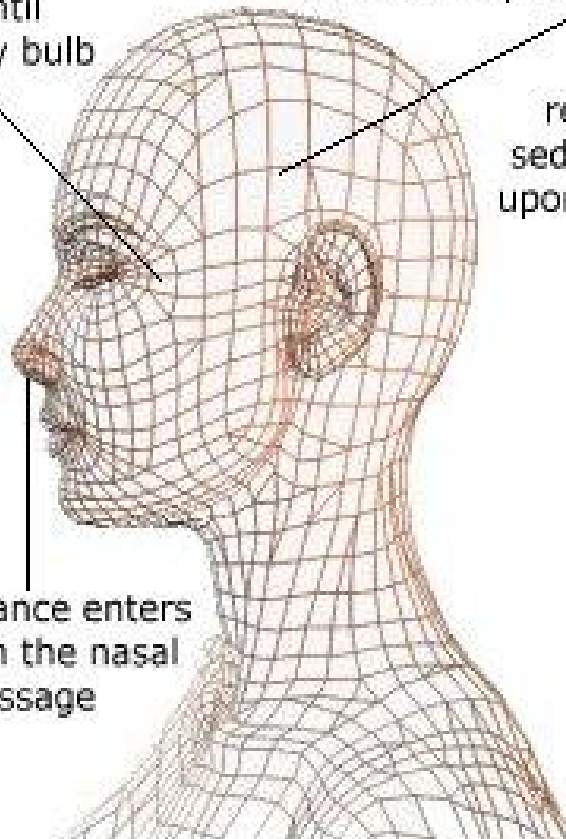
- Highly concentrated plant substances
- Roots
- Flowers
- Bark
- Fruit
- Peels
- Berries
- Leaves
- Petals
- Seeds
- Sap
- Highly aromatic, naturally occurring compound
- Aroma varies by region grown in and time of year
- Used for personal care
- Used in hospitals
- Therapeutic properties
- Distilled by steam or water
- High, Middle, Low notes
- Not fragrance oils

How Aromatherapy Is Processed

2. scent travels through the nasal cavity until reaching the olfactory bulb

3. via the olfactory bulb, the aroma is sent directly to the center of the brain to the limbic system where it is processed, releasing neurochemicals that can be relaxing, stimulating, sedative, etc. depending upon the essential oil used

1. fragrance enters through the nasal passage





WHY USE ESSENTIAL OILS?

To augment health and wellness
Work cooperatively with Western Medicine
Impact mind, body and spirit



WHO CAN USE ESSENTIAL OILS

(EXCLUDING SAFETY BARRIERS)

Anyone

Tried Everything

Prefer Natural

Augment Western Medicine

SAFE DILUTION

CARRIER	1% Dilution	2%Dilution	3% Dilution
1 ounce (30 ml)	5-6 drops	10-12 drops	15-18 drops
2 ounces (60 ml)	10-12 drops	20-24 drops	30-36 drops
3 ounces (90 ml)	15-18 drops	30-36 drops	45-54 drops

SAFE DILUTION (continued)

- 1 % Dilution: Children under 12, seniors over 65 with health challenges, pregnant women and people with chronic disease or immune system disorders. A 1% dilution is also a good place to start for individuals who are sensitive to fragrances, chemicals or other environmental pollutants.
- 2% Dilution: For general health supporting blends (therapeutic).
- 3% Dilution: For creating a blend for an acute health concern such as pain relief, cold/flu or other natural perfumes.

QUALITY OF ESSENTIAL OILS

ALL ESSENTIAL OILS ARE NOT
CREATED EQUALLY

Local Shop
Home Parties
Online



GC/MS

SHELF LIFE

- Differs
- Citruses 1-2 years
- Lavender 5 years
- Essential Oil life span begins when oil produced
- Blends=Shortest Life Oil
- Hydrous Blend (Water/Aloe) few weeks unless preserved

STORAGE

- Essential Oils oxidize with exposure to light, heat, oxygen
- Shelf life based on how stored and chemistry of oil
- Cool, dark place in airtight bottle
- Dark bottle
- Resins



ONE IMPORTANT SAFETY ANNOUNCEMENT

DO NOT INGEST ESSENTIAL
OILS

Health History?

Peppermint?

Grapefruit/Statins

Phototoxicity

Stomach irritation from
droplets floating in around
(mucous membranes?)

Inconsistent absorption

Frankincense



A stylized, light green illustration of a plant with several leaves and a cluster of small, round buds on a stem, positioned on the left side of the slide.

BASIC TERMINOLOGY

CHECK
it **OUT**



CARRIER OILS

OILS, GELS, BUTTERS, ALOE
TOPICAL BLENDS
JOJOBA OIL

THERAPEUTIC PROPERTIES

- Analgesia
- Anti-depressant
 - Anti-fungal
- Anti-infectious
- Anti-spasmodic
 - Astringent
 - Carminative
- Decongestant
 - Deodorant
- Immune boost
 - Calming
 - Stimulant
 - Sedative

HOW TO USE ESSENTIAL OILS

- Aromastick
- Add to existing lotion/cream
 - Balm
 - Roller
- Deodorant
 - Powder
 - Spray
- Diffuser
- Necklace diffuser
 - Soap

RECIPES FOR THOSE THAT STRUGGLE

Meditation Blend

- 10 drops of Frankincense
- 5 drops of Opopanax
- 3 drops of Myrrh
- 1 ounce of Jojoba Wax (Organic)

Anxiety

- Lavender
- Cedarwood
- Frankincense

Depression

- Bergamot
- Roman Chamomile
- Lavender
- Clary Sage

Uplifting

- Any Citrus
- Lavender

RECIPES (continued)

Immunity

- Tea Tree
- Ravintsara
- Lemon
- Eucalyptus

Sleep

- Lavender
- Patchouli
- Ylang Ylang
- Roman Chamomile

Peaceful

- Sweet Marjoram
- Sweet Orange
- Lavender

Headache

- Helichrysum
- Balsam Copaiba
- Peppermint
- Lavender