



BSc (Hons), MCPP

FALMOUTH | HELSTON | THE LIZARD

AROMATHERAPY

Examples of oils with relaxing/calming properties: Bergamot, chamomile, clary sage, frankincense, juniper berry, lavender, lemon balm, lime flower, geranium, petitgrain, vetiver, neroli, rose otto, cedarwood, sandalwood, ylang ylang.

Antidepressant & uplifting spirits: Bergamot, geranium, lemon, orange, rosemary, ylang ylang

AMOUNTS TO USE

Burner/vaporiser: 4-10 drops essential oil depending on size of room

Bath: 4-8 drops essential oil after bath has been drawn.

Massage blends: Up to 20 drops (1ml) in 50ml base oil such as sweet almond or grapeseed

SKIN TEST

Mix 1 drop essential oil in 1tsp almond oil. Rub bit of mixture in crook of arm, inside of wrist, or behind ear (supersensitive spots). Leave uncovered and unwashed for 24 hours. If no redness or itching, oil is safe to use.

RELAXING & UPLIFTING MASSAGE BLENDS

Add essential oils to 50ml base oil, eg, Sweet almond, Grapeseed, in a dark glass bottle, shake well.

8 drops bergamot
3 drops clary sage
3 drops neroli
5 drops frankincense

9 drops bergamot
5 drops petitgrain
3 drops clary sage
3 drops vetiver

6 drops juniper
3 drops rose otto
5 drops cedarwood
5 drops sandalwood

4 drops lemon
8 drops coriander
4 drops neroli
3 drops ylang ylang