

APPENDICES

Appendix 1: Aromatherapy: Common Essential Oils

Basil - Uplifting and stimulating, analgesic, antidepressant, antiseptic, antispasmodic, and emmenagogue

Uses: Bronchitis, colds, constipation, insect bites, mental fatigue, migraine, nervous tension, rheumatism, and sinus congestion

Bergamot - Antiseptic, astringent, antidepressant, uplifting and refreshing

Uses: Depression, sore throat, and digestive problems. Good for acne and oily hair. Do **NOT** use before sun exposure, it tends to make the skin sun-sensitive.

Cedarwood - Antiseptic, astringent, and energizing stimulant

Uses: Stress, tension, deodorant, insect repellent, cellulite, and dandruff

Chamomile - Anti-inflammatory, antidepressant, disinfectant, soothing, and diuretic

Uses: Sedative, anxiety, depression, irritability, stress, cuts, bruises, and burns

Citronella - Energizing, stimulating, and soothing

Uses: Insect repellent

Clary Sage - Warming, soothing, aphrodisiacal, anticonvulsive, antidepressant, antiphlogistic, antiseptic, antispasmodic, aphrodisiac, astringent, bactericidal, carminative, cicatrizing, deodorant, digestive, and emmenagogue

Uses: Menstrual problems, depression, anxiety, high blood pressure, muscular aches and pains, asthma, throat infections, colic, cramp, dyspepsia, flatulence, acne, boils, dandruff, hair loss, inflamed conditions in skin, oily skin and hair, ulcers, wrinkles, the genito-urinary system disorders such as amenorrhoea, labor pain, dysmenorrhoea, impotence, migraine, nervous tension and stress related disorders.

Eucalyptus - Antiseptic, analgesic, antirheumatic, antispasmodic, antiviral, balsamic, decongestant, deodorant, diuretic, expectorant, parasiticide, prophylactic, and stimulant

Uses: Muscular aches and pains, poor circulation, rheumatoid arthritis, sprains, asthma, bronchitis, catarrh, coughs, sinusitis, throat infections, cystitis, leucorrhoea, chicken pox, colds, epidemics, flu, headaches, neuralgia and skin disorders such as burns, blisters, cuts, herpes, insect bites, insect repellent, lice, skin infections, and wounds.

Frankincense - Calming grounding, toning, and nourishing

Uses: Aging skin, disturbed sleep, fear, grief, stress, and vulnerability

Geranium - Soothing, refreshing, relaxing, antidepressant, astringent, antihemorrhagic, anti-inflammatory, antiseptic, deodorant, diuretic, fungicidal, stimulant, and tonic

Uses: PMT, adrenocortical glands and menopausal problems, nervous tension, neuralgia, apathy, anxiety, stress related conditions, sore throat, tonsillitis, and cellulitis, engorgement of breasts, poor circulation and skin complaints such as acne, bruises, broken capillaries, burns, congested skin, cuts, dermatitis, eczema, hemorrhoids, lice, oily complexion, mature skin, mosquito repellent, ringworm, ulcers and wounds.

Jasmine - Analgesic (mild), antidepressant, anti-inflammatory, antiseptic, antispasmodic, aphrodisiac, carminative, expectorant, galactagogue, parturient, sedative, and tonic (uterine).

Uses: Depression, nervous exhaustion and stress related conditions. Jasmine is said to produce a feeling of optimism, confidence and euphoria apathy, indifference, or listlessness. catarrh, coughs, hoarseness, laryngitis, dysmenorrhoea, frigidity, labor pains, uterine disorders and other skin problems such as dry, greasy, irritated, sensitive skin and for muscular spasms and sprains.

Grapefruit - Energizing freshening, tonic, uplifting, and circulation

Uses: Air freshener, cellulite, depression, lethargy, seasonal affective disorder (SAD) congestion, and sun sensitivity

Juniperberry - Antimicrobial, antiseptic, astringent, and energizing

Uses: Confusion, exhaustion, emotional distress, cellulite, and circulation. Do **NOT** use during pregnancy.

Lavender - Analgesic, anticonvulsive, antidepressant, antimicrobial, antirheumatic, antiseptic, antispasmodic, antitoxic, deodorant, diuretic, hypotensive, insecticide, sedative, stimulant, and tonic

Uses: Excellent first aid oil and one of the most versatile therapeutic essences. It soothes cuts, bruises and insect bites. It is used for nervous system disorders such as depression, headache, hypertension, insomnia, migraine, nervous tension, stress related conditions, PMT, sciatica, shock and vertigo. Lavender is useful in treating skin conditions such as abscesses, allergies, athlete's foot, boils, bruises, burns, dandruff, dermatitis, earache, eczema, inflammations, insect bites and stings, insect repellent, lice, psoriasis, ringworm, scabies, sores, spots, all skin types, sunburn and wounds. Other applications of lavender is for the treatment of disorders such as lumbago, muscular aches and pains, rheumatism, sprains, asthma, bronchitis, halitosis, laryngitis, throat infections, whooping cough, abdominal cramps, colic, dyspepsia, flatulence, nausea, cystitis, dysmenorrhoea, leucorrhoea and for flu.

Lemon - Refreshing antiseptic, stimulating, anti-anemic, antimicrobial, antirheumatic, antisclerotic, antiscorbutic, antispasmodic, antitoxic, astringent, bactericidal, diaphoretic, diuretic, insecticidal, and tonic.

Uses: Warts, depression, indigestion, arthritis, cellulitis, high blood pressure, nosebleeds, obesity (congestion), poor circulation, rheumatism, asthma, throat infections, bronchitis, catarrh, dyspepsia, colds, flue, fever and infections. Other applications of lemon are in the treatment of anemia, brittle nails, boils, chilblains, corns, cuts, greasy skin, herpes, insect bites, mouth ulcers, spots, and varicose veins.

Orange - Cleansing antidepressant astringent calming, and mildly sedative tonic

Uses: Anxiety, depression, insomnia, and sun sensitivity

Patchouli - Antidepressant anti-inflammatory antiseptic aphrodisiac astringent calming soothing insecticidal, and earth grounding.

Uses: Anxiety, depression, stress, athlete's foot, and dandruff

Peppermint - Digestive, cooling, refreshing, mentally stimulating, analgesic, anti-inflammatory, antimicrobial, antiseptic, antiviral, astringent, expectorant, and antispasmodic.

Uses: Muscle fatigue, bad breath, toothache, bronchitis, indigestion and travel sickness, neuralgia, muscular pain, palpitations, asthma, sinusitis, spasmodic cough, for digestive system disorders such as colic, cramp, dyspepsia, flatulence, nausea, skin problems (e.g. dermatitis, ringworm, scabies), and for toothache.

Rose - Antidepressant, aphrodisiac, antiseptic, calming, and centering

Uses: Anxiety, depression, hopelessness, and insecurity

Rosemary - Analgesic, antimicrobial, antioxidant, antirheumatic, antiseptic, antispasmodic, aphrodisiac, astringent, diaphoretic, digestive, diuretic, fungicidal, and tonic.

Uses: Muscle fatigue, colds, poor circulation, aches and pains and mental fatigue. Debility, headaches, hypotension, neuralgia, mental fatigue, nervous exhaustion, stress related disorders, dysmenorrhoea, asthma, bronchitis, whooping cough, colitis, dyspepsia, flatulence, gout, muscular pains, palpitations, poor circulation, rheumatism, skin conditions such as acne, dandruff, dermatitis, eczema, and greasy hair, insect repellent, promoting hair growth, and for the treatment of scabies, scalp stimulation, lice and varicose veins.

Sandalwood - Antidepressant, antiphlogistic, antiseptic, aphrodisiac, astringent, antispasmodic, bactericidal, diuretic, expectorant, fungicidal, insecticidal, sedative and tonic.

Uses: Depression, insomnia, nervous tension, stress related complaints, cystitis, diarrhea, nausea, bronchitis, catarrh, coughs, laryngitis, sore throat, acne, dry, cracked and chapped skin, aftershave, greasy skin, and moisturizer.

Tea Tree - Antifungal, antiseptic, anti-infectious, anti-inflammatory, antiviral, bactericidal, balsamic, cicatrissant, diaphoretic, expectorant, fungicidal, immunostimulant, parasiticide, and vulnerary.

Uses: Dandruff, mouthwash, cuts, insect bites, pimples, abscess, acne, athlete's foot, blisters, burns, cold sores, herpes, oily skin, rashes, spots, verrucae, warts, wounds, asthma, bronchitis, catarrh, coughs, sinusitis, tuberculosis, whooping cough, vaginitis, cystitis, colds, fever, flu, and infectious illnesses such as chicken pox.

Ylang Ylang - Antidepressant, anti-infectious, euphoric, aphrodisiac, relaxant, antiseborrheic, antiseptic, hypotensive, nervine, regulator, sedative (nervous), stimulant (circulatory), and tonic.

Uses: Anxiety, depression, frigidity, hypertension, palpitations, and stress.

Appendix 2: Essential Oils by Condition

Anxiety - Basil, Bergamot, ClarySage, Frankincense, Lavender, Petitgrain, Rose, and Ylang Ylang

Application: Massage – Bathing and vaporizer

Arthritis - Ginger, Lavender, Roman Chamomile, and Rosemary

Application: Massage – Bathing and hot compress

Athletes Foot - Lavender, Eucalyptus, Patchouli, and Tea Tree

Application: Footbath – Massage (use tea tree antiseptic cream)

Cellulite - Geranium and Grapefruit

Application: Massage (bathing with Loofa)

Colds/Flu - Eucalyptus, Lavender, Peppermint, Pine, and Tea Tree

Application: Bathing and Steam Inhalation

Cough - Basil, Eucalyptus, Frankincense, Lavender, and Sandalwood

Application: Massage (throat & chest) and Steam Inhalation

Depression (mild) - Basil, Bergamot, Clary Sage, Geranium, Lavender, Patchouli, Rose, and Ylang Ylang

Application: Massage

Fatigue - Basil, Berga mot, Eucalyptus, Grapefruit, Lemon, Lime, Peppermint, Petitgrain, and Rosemary

Application: Bathing – Massage and Vaporizer

Headache - Lavender, Lime, Peppermint, and Roman Chamomile

Application: Massage (temples, neck) and Cold Compress

Indigestion - Basil, Lavender, Mandarin, Peppermint, and Roman Chamomile

Application: Massage (abdomen) and Hot Compress

Insomnia - Clary Sage, Lavender, Mandarin, Petitgrain, and Roman Chamomile

Application: Warm Bath – Massage and Vaporizer

Muscles/Aching - Basil, Eucalyptus, Ginger, Pine, and Rosemary

Application: Massage – Bathing and Hot Compress

Nausea - Ginger, Lavender, Patchouli, Peppermint, and Roman Chamomile

Application: Massage (abdomen), Warm Compress, and Handkerchief Inhalation

PMS - Clary sage, Geranium, Lavender, Roman Chamomile, and Rose

Application: Massage – Bathing and Vaporizer

Sore Throat - Frankincense, Lemon, Lime, Pine, and Sandalwood

Application: Massage (throat), Steam Inhalation, and Gargle

Spots - Lavender, Sandalwood, and Tea Tree

Application: Applied with a cotton bud (1 drop of neat oil)

Stress - Bergamot, Clary Sage, Frankincense, Geranium, Lavender, Mandarin, Petitgrain, Rose, and Sandalwood

Application: Massage – Bathing and Vaporizer

Sunburn - Lavender, Eucalyptus, and Roman Chamomile

Application: Cool Bath, Cold Compress, and Gentle Massage

Appendix 3: A – Z Aromatherapy Blends for Specific Conditions:

Below are several blends for specific conditions. When selecting and using oils, be sure to follow all safety precautions and remember that aromatherapy should not be used as a substitute for proper medical treatment.

Essential Oil Safety Information

Essential oils are highly concentrated liquids that can be harmful if not used carefully. These safety guidelines are not a complete safety reference for the proper use of essential oils. When in doubt, consult your physician and/or a qualified and trained aromatherapy practitioner.

- ✚ **Essential oils should never be used undiluted on the skin.** There are instances when experienced aromatherapy users and practitioners make exceptions to this precaution, but only once significant essential oil knowledge is gained should you ever attempt to apply undiluted oil on the skin. Lavender and tea tree are listed by a large number of aromatherapy sources as being oils that can be used undiluted. Undiluted use of lavender and tea tree, however, should only be done on rare occurrences as severe sensitivity still could occur in some individuals. Again, the safest rule of thumb is to *never* use any essential oil undiluted.
- ✚ **Some oils can cause sensitization or allergic reactions in some individuals.** When using new oil for the first time, do a skin patch on a small area of skin. Place a small amount of the diluted essential oil (never use essential oils undiluted on the skin) on the inside of your elbow and apply a bandage. Wait 24 hours to see if there is any form of reaction. Even if a particular essential oil is not known to cause irritation, this step should not be ignored. Even if oil does not irritate you, it still can irritate someone else. It is important that you always keep that in mind.
- ✚ **Some essential oils should be avoided during pregnancy or by those with asthma, epilepsy, or with other health conditions.** Check with a certified aromatherapy professional if you have any of these conditions before using any essential oil.
- ✚ **Less IS More.** When using essential oils, use the smallest amount of essential oils that will get the job done.
- ✚ **Not all essential oils are suitable for use in aromatherapy.** Wormwood, pennyroyal, onion, camphor, horseradish, wintergreen, rue, bitter almond and sassafras are some of the essential oils that should only be used by qualified aromatherapy practitioners, if ever at all.
- ✚ **Never let children use essential oils without the presence of an adult knowledgeable about their use.** Most essential oils smell wonderful and many essential oils such as citrus oils can smell like they are safe to drink. Keep your essential oils away from children. Treat the oils like medicines that are poison in unknowing hands.

✚ **Essential oils should not be taken internally.** Essential oils should only be taken internally after receiving a detailed consultation and prescription from a trained and qualified aromatherapy practitioner.

✚ **Essential oils are flammable.** Please keep them out of the way of fire hazards.

Different Types of Applications

✚ **Diffuser Blend.** Multiply your blend by 4 to obtain a total of 20 drops of your chosen blend. Add your oils to a dark colored glass bottle and mix well by rolling the bottle in between your hands. Add the appropriate number of drops from your created blend to your diffuser by following the manufacturer's instructions.

✚ **Massage Oil Blend.**

▪ **Ingredients:**

- 1) 8-10 drops of your choice of essential oil or you own blend of essential oils (be sure they are EOs that do not provide skin sensitization)
- 2) 1 ounce carrier oil such as sweet almond

▪ **Directions:** Blend the oils together and store in an amber or cobalt glass bottle. Apply during massage, being careful to avoid sensitive areas.

✚ **Bath Oil.**

▪ **Ingredients:**

- 1) 2 ounces carrier oil such as sweet almond
- 2) 20 drops lavender or 15-20 drops of your own blend of essential oils (be sure they are EOs that do not provide skin sensitization)

▪ **Directions:** Blend the oils together and store in an amber or cobalt glass bottle. *Do not use all 2 ounces of bath oil in one bath.* After you have drawn your bathwater, add about 1/4 ounce (7-8ml) of the bath oil blend to your bath water. If you intend to use this bath oil with children, ensure that the oils that you have selected are safe for administration to children and use a smaller amount of the blend in the child's bathwater.

Mix well to ensure that the blend has dispersed well in the tub and hop on in. It's best to add the bath oil just before getting in the tub instead of while the water is running so that the oils don't evaporate before you get into the tub. Using this bath oil blend is safer than adding pure EOs directly to the bath water. This is because the EOs can settle in one spot on your skin and cause irritation.

✚ **Air Freshener.**

▪ **Ingredients:**

- 1) 4 oz. clean spray bottle with a fine mist setting (do not use a bottle that previously contained cleaning products or hair products such as hair spray).
- 2) 30-40 drops of your favorite essential oil or essential oil blend keeping the safety data of the chosen essential oil(s) in mind.
- 3) 1.5 ounces of distilled water and 1.5 ounces of high-proof alcohol (vodka is suitable, rubbing alcohol is not) *or* 3 ounces of distilled water.

✚ **Acne Blend.**

▪ **Ingredients:**

- 1) 1 ounce light cold-pressed vegetable carrier oil (such as apricot kernel)
- 2) 10 drops lavender essential oil
- 3) 7 drops tea tree or New Zealand tea tree (Manuka) essential oil
- 4) 2 drops bergamot essential oil*
- 5) 1 drops geranium essential oil

Or without bergamot:

- 1) 1 ounce light cold-pressed vegetable carrier oil (such as apricot kernel)
- 2) 12 drops lavender essential oil
- 3) 7 drops tea tree or New Zealand tea tree (Manuka) essential oil
- 4) 1 drops geranium essential oil

Special Precaution: *Avoid exposure to the sun for at least 12 hours after applying this oil since bergamot is a phototoxic oil. There is a special version of bergamot that you can get called "bergaptene free" that eliminates the phototoxic properties of the oil.

✚ **Blends to Combat Anger.** The below blends may help bring calm during times of anger.

▪ **Blend #1**

- 1) 1 drop Rose
- 2) 3 drops Orange
- 3) 1 drop Vetiver

▪ **Blend #2**

- 1) 3 drops Bergamot
- 2) 1 drop Ylang Ylang
- 3) 1 drop Jasmine

▪ **Blend #3**

- 1) 1 drop Roman Chamomile
- 2) 2 drops Bergamot
- 3) 2 drops Orange

▪ **Blend #4**

- 1) 3 drops Orange
- 2) 2 drops Patchouli

✚ **Blends to Combat Anxiety.** The below blends may help during times of anxiety. When selecting and using oils, be sure to follow all safety precautions and remember that aromatherapy should not be used as a substitute for proper medical treatment.

▪ **Blend #1**

- 1) 2 drops Bergamot
- 2) 2 drops Clary Sage

3) 1 drop Frankincense

▪ **Blend #2**

- 1) 3 drops Sandalwood
- 2) 2 drops Bergamot

▪ **Blend #3**

- 1) 3 drops Lavender
- 2) 2 drops Clary Sage

▪ **Blend #4**

- 1) 1 drop Rose
- 2) 1 drop Lavender
- 3) 2 drops Mandarin
- 4) 1 drop Vetiver

✚ **Arthritic Joints Aromatherapy Blend**

▪ **Ingredients:**

- 1) 2 ounces carrier oil such as sweet almond
- 2) 20 drops Roman Chamomile
- 3) 5 drops Black Pepper

- **Directions:** Blend all oils together well and store in an airtight dark-colored glass container. *Gently* massage into arthritic joints using a small amount of oil.

✚ **Balm for Cuts and Scrapes**

▪ **Ingredients:**

- 1) 3 ounces vegetable carrier oil such as sweet almond oil or infused oil such as calendula (infused oil of calendula can supply added therapeutic benefit).
- 2) 1 ounce grated beeswax (Many herbal stores and health food stores sell pure beeswax.)
- 3) 40 drops lavender oil
- 4) 40 drops tea tree oil
- 5) 4 ounce wide-mouth jar

- **Directions:** Place the beeswax in a microwave safe bowl and melt in the microwave using a reduced power setting if you have one. You can also melt the beeswax in a pan on the stove using a low heat setting. Beeswax is hard to remove from pans, so please keep that in mind. In a separate pan, slowly and gently heat your carrier or infused oil. Pour the warm carrier or infused oil into a bowl, add the melted beeswax and then stir very well. Add the lavender and tea tree essential oils and again stir well. Close the jar and wait until the ointment has cooled before using. *Remember that all bowl, pans and utensils that you use will be hard to clean afterwards.*

✚ Aromatherapy Blend for Bruises

▪ **Ingredients:**

- 1) 1 ounce carrier oil such as sweet almond oil
- 2) 8 drops Helichrysum

- **Directions:** Mix the Helichrysum into the carrier oil well. Apply lightly to bruises 1-2 times a day.

✚ Calming/Relaxing Aromatherapy Blend

▪ **Ingredients:**

- 1) 1 ounce carrier oil such as sweet almond
- 2) 10 drops Roman Chamomile
- 3) 5 drops Lavender

- **Directions:** Mix the oils well and add to a clean, air-tight dark glass container. Massage gently into the feet of the individual who requires increased calm. Giving yourself a foot massage with this relaxing oil is also delightful. Roman Chamomile has a strong sedative effect, so do not plan to drive or concentrate after using this blend.

✚ **Blends to Help with Depression.** The below blends can help during times of anxiety. When selecting and using oils, be sure to follow all safety precautions and remember that aromatherapy should not be used as a substitute for proper medical treatment.

▪ **Blend #1**

- 1) 1 drop Rose
- 2) 3 drops Sandalwood
- 3) 1 drop Orange

▪ **Blend #2**

- 1) 3 drops Bergamot
- 2) 2 drops Clary Sage

▪ **Blend #3**

- 1) 1 drop Lavender
- 2) 1 drop Ylang Ylang
- 3) 3 drops Grapefruit

▪ **Blend #4**

- 1) 2 drops Frankincense
- 2) 1 drop Lemon
- 3) drops Jasmine or Neroli

▪ **Detoxification:**

- 1) 4 drops Geranium
- 2) 4 drops Rosemary

- 3) 4 drops Juniper

✚ **Energizing Blends.** The below blends can help energize and stimulate you when you are fatigued. When selecting and using oils, be sure to follow all safety precautions and remember that aromatherapy should not be used as a substitute for proper medical treatment.

▪ **Blend #1**

- 1) 2 drops Basil
- 2) 1 drop Cypress
- 3) 2 drops Grapefruit

▪ **Blend #2**

- 1) 3 drops Grapefruit
- 2) 2 drops Ginger

▪ **Blend #3**

- 1) 2 drops Rosemary
- 2) 3 drops Bergamot

▪ **Blend #4**

- 1) 2 drops Peppermint
- 2) 1 drop Frankincense
- 3) 2 drops Lemon

▪ **Fatigue:**

- 1) 2 drops Rosemary
- 2) 2 drops Lavender
- 3) 2 drops Peppermint

✚ **Blends to Enhance Happiness.** The below blends can help enhance happiness, joy and peace. Citrus oils are a wonderful choice when seeking a pleasant, happy environment, and they are inexpensive. When selecting and using oils, be sure to follow all safety precautions and remember that aromatherapy should not be used as a substitute for proper medical treatment.

▪ **Blend #1**

- 1) 3 drops Bergamot
- 2) 1 drop Ylang Ylang
- 3) 1 drop Grapefruit

▪ **Blend #2**

- 1) 1 drop Geranium
- 2) 2 drops Frankincense
- 3) 2 drops Orange

▪ **Blend #3**

- 1) 2 drops Sandalwood

- 2) 1 drop Rose
- 3) 2 drops Bergamot

▪ **Blend #4**

- 1) 2 drops Lemon, Orange or Bergamot
- 2) 2 drops Grapefruit
- 3) 1 drop Ylang Ylang, Rose or Neroli

▪ **Cold/Flu Bath**-may also be helpful during allergy season:

- 1) 5 drops eucalyptus
- 2) 5 drops peppermint
- 3) 4 of lavender

NOTE: This can also be used in a diffuser, humidifier, or put on a cotton ball and inhaled. To use as a rub, cut this recipe in half and add to 4 ounces of any carrier oil.

▪ **Indigestion**

- 1) 4 drops peppermint
- 2) 4 drops marjoram
- 3) 4 drops fennel
- 4) 4 drops basil

NOTE: Combine with 4 ounce of carrier oil. Gently massage stomach and abdomen.

✚ **Insomnia Aromatherapy Blend**

▪ **Ingredients:**

- 1) 10 drops Roman Chamomile
- 2) 5 drops Clary Sage
- 3) 5 drops Bergamot

Directions: Blend the oils well in a clean dark-colored glass bottle. Add 1-2 drops to a tissue and place inside your pillow to aid you in falling asleep.

If you prefer to make a diffuser blend that you enjoy during the hour before bedtime, make a blend with a ratio of 2 drops Roman Chamomile to 1 drop Clary Sage to 1 drop Bergamot and add to your diffuser.

Lavender can also help provide relaxation and drowsiness, but using more than 1-2 drops can have the opposite effect.

✚ **Meditation**

This subject really deserves an article all to itself, as we meditate for different reasons and intentions. The following oils are good all-purpose ones.

- 1) 2 drops Chamomile
- 2) 2 drops Rosewood
- 3) 2 drops Frankincense
- 4) 2 drops Myrrh
- 5) 2 drops Sandalwood
- 6) 2 drops Vetiver

Menstrual Cramps Aromatherapy Blend

▪ **Ingredients:**

- 1) 1 ounce carrier oil such as sweet almond
- 2) 15 drops Peppermint
- 3) 10 drops Cypress
- 4) 5 drops Lavender

Directions: Mix oils well in a clean, dark-colored glass container. *Gently* message a small amount into the abdominal area.

Blends to Blends to Enhance Memory and Concentration

The below blends can help enhance memory recollections, memory retention, and help concentrate. When selecting and using oils, be sure to follow all safety precautions and remember that aromatherapy should not be used as a substitute for proper medical treatment.

▪ **Blend #1**

- 1) 3 drops Rosemary
- 2) 2 drops Lemon

▪ **Blend #2**

- 1) 4 drops Cypress
- 2) 1 drops Peppermint

▪ **Blend #3**

- 1) 1 drop Basil
- 2) 2 drops Rosemary
- 3) 2 drops Cypress

▪ **Blend #4**

- 1) 3 drops Lemon
- 2) 2 drops Hyssop

▪ **Blend #5**

- 1) 2 drops Peppermint
- 2) 3 drops Lemon

▪ **Muscle Cramps**

- 1) 3 drops chamomile
- 2) 3 drops birch
- 3) 3 drops rosemary
- 4) 3 drops ginger
- 5) 3 drops lavender

Directions: Combine in 4 ounce of carrier oil.

✚ **Blends to Ease Feelings of Panic and Panic Attacks**

The below blends can help during times of panic. When selecting and using oils, be sure to follow all safety precautions and remember that aromatherapy should not be used as a substitute for proper medical treatment.

▪ **Blend #1**

- 1) 2 drops Helichrysum
- 2) 3 drops Frankincense

▪ **Blend #2**

- 1) 1 drop Rose
- 2) 4 drops Lavender

▪ **Blend #3**

- 1) 1 drop Neroli
- 2) 4 drops Lavender

▪ **Blend #4**

- 1) 1 drops Rose
- 2) 4 drops Frankincense

✚ **Stress Relieving Blends**

The below blends can help during times of stress. When selecting and using oils, be sure to follow all safety precautions and remember that aromatherapy should not be used as a substitute for proper medical treatment.

▪ **Blend #1**

- 1) 3 drops Clary Sage
- 2) 1 drop Lemon
- 3) 1 drop Lavender

▪ **Blend #2**

- 1) 2 drops Roman Chamomile
- 2) 2 drops Lavender
- 3) 1 drop Vetiver

▪ **Blend #3**

- 1) 3 drops Bergamot
- 2) 1 drop Geranium
- 3) 1 drop Frankincense

▪ **Blend #4**

- 1) 3 drops Grapefruit
- 2) 1 drop Jasmine
- 3) 1 drop Ylang Ylang

🌸 **Stuffy Nose Aromatherapy Blend**

▪ **Ingredients:**

- 1) 15 drops Eucalyptus
- 2) 13 drops Pine
- 3) 2 drops Peppermint

Directions: Blend the oils together in a clean dark-colored glass container, preferably one with an orifice reducer (a built-in dropper insert). Apply 2-3 drops to a cotton ball and inhale occasionally to help clear a stuffy nose.

Appendix 4: Introduction to Yoga Postures

Sun Salutation:

Surya Namaskar, the Sun Salutation, is a series of 12 postures performed in a single, graceful flow. Each movement is coordinated with the breath. Inhale as you extend or stretch, and exhale as you fold or contract. The Sun Salutation builds strength and increases flexibility. Different styles of yoga perform the Sun Salutation with their own variations. However, the flow presented below covers core steps used in most styles.

For the series below, a single round consists of two complete sequences: one for the right side of the body and the other for the left.

On days when you think you have no time for yoga, try and do at least one or two rounds of the Sun Salutation. You'll feel the difference.

STEP ONE: Stand facing the direction of the sun with both feet touching. Bring the hands together, palm-to-palm, at the heart.

STEP TWO: Inhale and raise the arms upward. Slowly bend backward, stretching arms above the head.

STEP THREE: Exhale slowly bending forward, touching the earth with respect until the hands are in line with the feet, head touching knees.

STEP FOUR: Inhale and move the right leg back away from the body in a wide backward step. Keep the hands and feet firmly on the ground, with the left foot between

the hands. Raise the head.

STEP FIVE: While exhaling, bring the left foot together with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.

STEP SIX: Exhale and lower the body to the floor until the feet, knees, hands, chest, and forehead are touching the ground.

STEP SEVEN: Inhale and slowly raise the head and bend backward as much as possible, bending the spine to the maximum (as in the *naga-asana*).

STEP EIGHT: While exhaling, bring the left foot together with the right. Keep arms straight, raise the hips and align the head with the arms, forming an upward arch.

STEP NINE: Inhale and move the right leg back away from the body in a wide backward step. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head.

STEP TEN: Exhale slowly bending forward, touching the earth with respect until the hands are in line with the feet, head touching knees.

STEP ELEVEN: Inhale and raise the arms upward. Slowly bend backward, stretching arms above the head.

STEP TWELVE: Stand facing the direction of the sun with both feet touching. Bring the hands together, palm-to-palm, at the heart.

The Child Pose (*Bala-asana*):

STEP ONE: Sit on your knees with your feet together and buttocks resting on your heels. Separate your knees about the width of your hips. Place your hands on your thighs, palms down. (This is the *vajra-asana* or Thunderbolt Pose).

STEP TWO: Inhale deeply, then exhale as you bring your chest between your knees while swinging your arms forward.

STEP THREE: Rest your forehead on the floor, if possible, and then bring your arms around to your sides until the hands are resting on either side of your feet, palms up.

STEP FOUR: Breathe gently through your nostrils as you hold the posture. Hold for about one to two minutes. Then return to an upright kneeling position with your back straight and your hands on your thighs.

STEP FIVE: Repeat the posture at least one more time.

The Tree Pose (*Vriksha-asana*)

The challenge of the *vriksha-asana* is maintaining balance on one leg. Poor balance is often the result of a restless mind or distracted attention. Regular practice of this posture will help focus the mind and cultivate concentration (*dharana*).

When practicing *vriksha-asana* it may help to imagine or picture a tree in the mind and apply the following technique: Imagine that the foot you are balanced on is the root of the tree and the leg is the trunk. Continue by imagining the head and outstretched arms as the branches and leaves of the tree. You may be unsteady for a while and find the body swaying back and forth, but don't break the concentration. Like a tree bending in the wind and yet remaining upright, the body can maintain balance.

Aim to achieve the "rootedness" and firmness of a tree. Regular practice of the *vriksha-asana* improves concentration, balance and coordination. Because the weight of the entire body is balanced on one foot, the muscles of that leg are strengthened and toned as well.

As you advance in this posture and are able to remain standing for more than a few moments, try closing the eyes and maintaining your balance.

The Tree Pose (*Vriksha-asana*) Instruction:

STEP ONE: Stand with the feet together and the arms by your sides (see the *tad-asana*).

STEP TWO: Bend the right leg at the knee, raise the right thigh and bring the sole of the right foot as high up the inside of the left thigh as possible.

STEP THREE: Balancing on the left foot, raise both arms over the head keeping the elbows unbent and joining the palms together. Hold the posture while breathing gently through the nostrils for about 10 complete breaths.

STEP FOUR: Lower the arms and right leg and return to the *tad-asana*, standing position with feet together and arms at the sides. Pause for a few moments and repeat on the opposite leg.

***Simha-asana* - The Lion Pose**

The *simha-asana* benefits parts of the body that most other asanas do not: the face, jaw, mouth, throat and tongue. Those who experience tightness or discomfort in the jaws such as teeth grinding, clenched jaws, a misaligned bite, etc. will benefit from both the jaw and tongue stretching of the *simha-asana*. This asana is also known to help prevent or cure sore throats. The muscles and tissues of the face are rejuvenated from the alternating stretching and release, an exercise they rarely get in the course of our everyday lives. The fixed gaze relieves tense or burning eyes and the stretched fingers benefits the hands and wrists.

The Lion Pose (*Simhaa-asana*) Instruction:

STEP ONE: Sit up on the knees with the heels of the feet pressed against the buttocks and the calves of the legs flat on the floor.

STEP TWO: Place the balls of the hands on the knees, straighten the arms and keep the back erect and the head straight (not tilted forward, back, to the left or the right).

STEP THREE: Inhale while leaning forward slightly, stretching the mouth the jaws as wide as possible, extend the tongue out and downward as much as possible, fix your gaze either at the tip of the nose or between the eyebrows and stretch the fingers straight out from the knees.

STEP FOUR: Hold the posture for the duration of the inhaled breath then exhale, relaxing the forward stretch, dropping the fingers to the knees and closing the mouth and eyes.

***Trikona-asana* - The Triangle Pose**

The *trikona-asana* is an excellent posture to do early in your routine. The forward bending and lifting stimulates blood flow and helps to stretch and relax the back, shoulders, legs and arms as well as increases the flow of blood to the head. The muscles of the thighs and calves as well as the hamstrings are stretched. The slight twist of the spine creates suppleness in the spinal discs and relieves lower back discomforts.

The posture can be held longer by breathing gently through the nostrils rather than holding the breath. Another variation is to perform the *trikona-asana* rapidly thereby giving it a slightly aerobic effect.

The Triangle Pose (*Trikona-asana*) Instructions:

STEP ONE: Stand with the feet together and the arms by your sides.

STEP TWO: Separate the feet slightly further than shoulder distance apart.

STEP THREE: Inhale and raise both arms straight out from the shoulders parallel to the floor with the palms facing down.

STEP FOUR: Exhale slowly while turning the torso to the left, bend at the waist and bring the right hand down to the left ankle. The palm of the right hand is placed along the outside of the left ankle. The left arm should be extended upward. Both legs and arms are kept straight without bending the knees and elbows.

STEP FIVE: Turn the head upward to the left and gaze up at the fingertips of the left hand. Inhale and return to a standing position with the arms outstretched.

STEP SIX: Hold this position for the duration of the exhaled breath. Exhale and repeat steps 4 - 6 on the opposite side.

Appendix 5: 5 minute Meditations

This is a meditation for connecting you with your Inner Spirit.... your essence or core self. It uses the light that is already within you as an object of focus. It's a fairly simple meditation, but is quite powerful, and potentially very deep.

Steps of Inner Light Meditation:

STEP ONE: Sit comfortably with your eyes closed.

STEP TWO: Look at the "screen" that fills the space behind your closed eyelids.

STEP THREE: There will be particles, images, or patterns of light on this screen. Consider anything that is not pure darkness to be a form of light.) Gently focus your attention on the light.

STEP FOUR: Don't try to create or interpret images. Don't attempt to focus clearly. Simply look at the light with relaxed attention.

STEP FIVE: If you feel as though your consciousness is shifting, or you are slipping into a dreamlike state, allow it to happen. Whatever you experience is ok.

STEP SIX: If you find you have drifted off into your thoughts, simply bring your attention back to the light.

MINDFULNESS MEDITATION

The following meditation is said to be the meditation taught by Gautama Buddha about 2500 years ago. The primary focus is your breathing. However, the primary goal is maintaining a calm, non-judging awareness, allowing thoughts, feelings, and sensations to come and go without getting enmeshed in them. This calm, accepting, spacious awareness is your Core Self... your Essence.

Steps of Mindfulness Meditation:

STEP ONE: Sit comfortably, with your eyes closed, your spine reasonably straight.

STEP TWO: Let your attention rest on your breathing.

STEP THREE: When thoughts, emotions, physical sensations, or external sounds arise, simply acknowledge and accept them, allowing them to pass through without judging or getting involved with them.

STEP FOUR: When you notice your attention has gotten engaged in thoughts, emotions, or sensations, bring it back to your breathing and continue.

RELAXATION MEDITATION

This remarkably easy and relaxing meditation makes use of a little-known secret about the eyes. Allowing the eyes to rest in a soft downward gaze has an instant, automatic relaxing effect.

Steps of Relaxation Meditation:

STEP ONE: Sit comfortably with your spine reasonably straight.

STEP TWO: Allow your eyes to rest comfortably downward, gazing softly, but not focused on anything.

STEP THREE: Without closing your eyes completely, let your eyelids drop to a level that feels most comfortable.

STEP FOUR: Continue gazing downward... the act of gazing is your primary focus (rather than the area at which you are gazing). You may notice your breathing becoming more rhythmic.

STEP FIVE: It's ok to let your attention drift a bit. If your eyes become very heavy, it's ok to let them close. If you notice you've come out of your relaxed space, simply bring your attention back to your relaxed downward gaze.

ENERGY HEALING MEDITATION

In this simple healing meditation, you send the powerful healing Life Force directly to the area in need of help. This Life Force is the energy behind all healing. Wherever this energy is flowing and in balance, there is health and well being. Wherever this energy is blocked or out of balance, illness manifests.

Steps of Energy Healing Meditation:

STEP ONE: Sit reasonably straight and close your eyes.

STEP TWO: Breath slowly, as silently as possible.

STEP THREE: As you inhale, feel yourself breathing the healing Life Force in through your solar plexus. Picture this Life Force as a very refined, light energy.

STEP FOUR: As you exhale, gently direct this light energy to the afflicted area. If there is not a specific ailing area, disperse this light energy throughout your body as you exhale.

STEP FIVE: Continue until you feel the area has received enough Life Force.

Steps of Color Healing Meditation:

STEP ONE: Sit comfortably with your eyes closed.

STEP TWO: Visualize a large ball of radiant “Golden” light a few inches over your head. Visualize that ball of light slowly descending through your crown, filling your entire being with golden light.

STEP THREE: Imagine yourself absorbing that light as it nourishes, cleanses & heals your whole being - your Spirit and all of your bodies - dissolving all blocked and toxic energies.

STEP FOUR: Repeat this exercise, visualizing a ball of “Red” light. Continue through the entire spectrum like this, visualizing a ball of “Orange” light; “Yellow” light; “Green” light; “Blue” light; “Indigo” light; and “Violet” light. Go through the spectrum at whatever pace feels appropriate.

STEP FIVE: Take some time to visualize yourself in a state of perfect, radiant health.

CHAKRA MEDITATION

STEP ONE: Sit in a chair. It is important to have both feet on the ground. You may choose to be barefoot. Let your arms rest comfortably by your sides. Take several deep breaths. While letting your breathing become deeper and even, picture yourself standing with your feet apart hands by your sides with your fingers naturally open. Keep this picture in your mind as you continue.

STEP TWO: Inhale ... Exhale ... Allow your breathing to relax your body and clear your mind.

STEP THREE: Picture a circle of energy near the base of your spine. This energy is strong. It connects you to the earth. This energy generates instinctive feelings of survival. It urges you to love and care for yourself.

STEP FOUR: Move up to the next circle of energy in your pelvic area – this is the center of your emotions. Your acceptance of pleasure springs from this energy source. Accepting the joy and contentment derived from physical pleasure will contribute to overall balance in life.

STEP FIVE: The energy of the third Chakra is near the naval area. Your creativity will flow from here. The essence of your spirituality begins with this positive energy source. Your heart Chakra energy is about love. It is the source of active love that is in everything you do. Your ability to love comes from here and includes your capacity for empathy, sympathy, forgiveness and allows the abundance of all life to be available to you. The positive essence is an overwhelming sense of fullness felt as love.

The throat Chakra involves the energy of your own inner voice – guiding you to be open and honest with yourself and others. This is your voice of wisdom. When listened to this will lead you to take actions that will keep you balanced and true to yourself.

STEP SIX: The next energy level near your forehead will guide you to awareness of your soul. Imagination is the magic of this Chakra. Let yourself free your mind and as you accept the power and the awe of your own soul, so will you realize the soul within everyone and everything.

STEP SEVEN: Finally to the top of your head, the energy flows out and above you. It is directly connected to your spiritual self and all spirituality in the world. With this Chakra, flashes of enlightenment will occur -- moments of true understanding of the world and all it contains. All events and emotions are clear and during those moments, everything makes sense. This highest energy source is the essence of all life and existence. It is true magic and it is yours.

STEP EIGHT: Envision your whole being fully energized through your having focused on the Chakra points. The body connection to each energy source will guide you to heed its request for attention through physical sensations – a headache, a stiff back, and butterflies in your stomach.

Think ... “what is going on in your life that may be blocking the positive energy flow – are you so busy with tasks that you must do that you have no time to be playful and enjoy the day? Are you so involved with the technical side of daily activities that you have no time for fantasy? Are you so busy taking care of everyone else’s needs that you ignore your own needs and desires?” Trust that these sensations mean something. Think about it ... Permit yourself to realize that as you notice these connections, you will naturally save yourself, your soul your spirit. You will be more vital in all that you do.