

## **CHAPTER 11 CHEMISTRY AND ESSENTIAL OILS DIRECTORY**

### **Knowledge review answers**

1. Top Notes
  - have a sharp and immediate aroma
  - absorb quickly into the skin
  - evaporate very quickly
  - originate from citrus plants and some herbs
  - generally stimulating
  - aroma lasts approximately 24 hoursMiddle Notes
  - aromas create the heart of the fragrance and form the bulk of the blend
  - aroma is more flowery and slower to register
  - evaporates moderately quickly
  - absorbs in to the skin moderately quickly
  - aroma last approximately 2-3 days
  - originate from flowers and herbs
  - slightly sedative
  - generally balancingBase Notes
  - slow evaporation
  - aroma is heavier, floral, spicy and woody
  - originate from woods, resins and flowers
  - absorbs into the skin slowly
  - aroma can last up to one week
  - generally relaxing to both the mind and body
  - often viscous oils
2. Synergy means that some oils, when blended, work together, enhancing each other's properties. Others however clash and inhibit the blend's potential. The holistic approach is also important here in that the blend should work to balance all the body's needs. It should take into account, physical, emotional and psychological well being.
3. Apart from above you may choose to consider the following to ensure that your blend is synergistic and in harmony:
  - oils from the same botanical family blend well
  - oils which share common constituents blend well
  - oils within the same group generally blend well e.g. spicy, floral etc.
4. Always give the client a patch test. Avoid basil, bergamot, fennel, ginger, lemon, lemongrass, lemon verbena, melissa, peppermint, pine, tea-tree (ti-tree), thyme.

5. For sleep, to name a few: lavender, chamomile, sweet marjoram, neroli, bergamot, clary sage, ylang ylang. These could be put in a burner (but not left to burn whilst sleeping – fire hazard), placed on a tissue under a pillow or in a warm bath before bed.
6. For use in a burner as a general room antiseptic, answers may include lavender, juniper, tea tree, but all essential oils have some antiseptic properties.
7. For asthma, there are many, including bergamot, lavender, chamomile, frankincense.
8. For a client with athlete's foot, try tea tree applied neat to infected area. Lavender, myrrh can be blended in a little alcohol and applied to infected areas at home.
9. On a really hot summer's day, take the following precautions both when blending oils and before the client leaves. Be aware of phototoxic oils. Advise the client to avoid sunbathing and UV exposure, as the skin will be sensitive and burning may result.
10. To allow maximum penetration of the oils they should be left on the skin for as long as possible. The oils will also have a softening and conditioning effect on the skin.