

AHG, Nov 2013; Bend, Oregon
Aroma-Herbalism for Women
Mindy Green

The use of essential oils with herbs is a natural extension of many phytotherapeutic protocols, providing deeper and often more timely and effective recovery. Essential oils are a concentrated version of herbalism. Because they are more concentrated than herbs they often have a stronger therapeutic effect, as well as the potential for irritation, misuse or toxicity. Knowing the safe parameters for use is paramount to effective practice. This will require further study than our time together can provide, but attending this class will allow any practitioner the tools needed to begin to incorporate both forms of botanical medicine into your practice. We will discuss external and vaginal use of both essential oils and herbs in a power point format to supplement this handout.

“The solution to pollution is dilution”... or as Parascelsus said, “the dose makes the poison”. The dose also makes the medicine, when properly administered. Essential oils should be diluted for all applications, with few exceptions.

Standard dilutions for external use

- 2% 10-12 drops EO to 1 oz carrier
- 1% 5-6 drops EO to 1oz carrier
- 0.5% 2-3 drops EO to 1oz carrier

Applications (obvious carriers are oil or water)

- Massage oil
- Body spray
- Inhalation
- Foot bath
- Lotions
- Compress
- Douche
- Bath (5-8 drops)

General Materia Medica - Top Ten oils for Women

All EO are antiseptic to varying degrees and promote healing on mental, physical and emotional levels.

1. Lavender - *Lavandula angustifolia*. Best overall, least toxic, most useful. All skin conditions, burns, bites, itching, inflammation; safe to use on open wounds. Cystitis, headache. Synergistic with other oils. When in doubt use lavender. Use low concentration, 1% or less relaxes; higher concentrations stimulate. Douches, safe in labor and helps expel afterbirth. Best for childhood complaints.

2. Geranium - *Pelargonium graveolens*, *P. odorantissimum*. Neutral and balancing quality, sedative and uplifting, balances hormones, all skin conditions; eczema, inflammation, astringent, diuretic, ringworm, lice, tonsillitis, jaundice, headache, diarrhea. Massage on drop for premenstrual breast swelling.

3. Marjoram - *Oreganum majorana* or *Majorana hortensis*. Sedative, calming and antispasmodic (for digestive and muscles). It is considered an "anaphrodisiac". Good for menstrual cramps, lowers blood pressure, laxative, colic, grief, insomnia, anxiety, hysteria. For over-sighing; dulls the senses if overused.

4. Clary Sage - *Salvia sclaria*. Uplifting, sedative and relaxing. Contains sclariol, providing a mild estrogenic action. Anticonvulsive, produces euphoria, affects mood. The best for post natal depression. Good emmenagogue, for PMS, painful periods or compress in childbirth - encourages labor as it relaxes. Menopause adjunct. Avoid long term use with breast cysts and uterine fibroids.

5. Cypress - *Cupressus sempervirens*. Venous tonic. Valuable in menopausal and menstrual disorders/metorrhagia - bleeding between periods. Slightly estrogenic. Very astringent, styptic and antispasmodic. Stops excessive body fluids: bleeding, hemorrhage, sweating, runny nose, hayfever, hemorrhoids, varicose veins, colds, flu, whooping (or spasmodic) cough, asthma, other respiratory ailments. Add to eucalyptus for croup.

6. Tea Tree - *Melaleuca alternifolia*. Nontoxic. Can be used neat (undiluted). Antibacterial, specific for fungus such as candida or yeast infection, as douche or internally; athletes foot, burns, insect bites, ticks, spiders. For mouth ulcers use one drop on Q-tip and rub onto ulcer.

7. Sandalwood - *Santalum spicatum*. Mild, non toxic, very sedative, specific for pulmonary and genito-urinary problems: cystitis, gonorrhoea. Expectorant and antispasmodic. Kills staph and strep, is suitable for sore throats, respiratory, and all K/B problems.

8. Chamomile - *Matricaria chamomilla* (German), *Anthemis nobilis* (Roman) aka *Chamaemelum nobile*. Both are mild, non-toxic anti-inflammatories, though the Roman is more antispasmodic for cramps. Use the German for vaginal itching. Good children's remedy for stomach ache, excitability, teething, earache, colic, burns, worms, fever; diluted for an eye compress, or use fresh hydrosol; for all skin problems.

9. Bergamot - *Citrus bergamia*. Light, uplifting odor. Nerve sedative: depression and anxiety. Douches, hip baths. Vaginal infections, effective against staph, gonococcus. Infections of mouth, urinary, skin, respiratory and throat (tonsillitis). Eczema, psoriasis, acne. Photo sensitizing, FCF. (Earl grey tea). Colic, parasites. Good harmonizer, can uplift or relax.

10. Rose - *Rosa centifolia*, *R. damascena*. One of the most antiseptic, antiviral and non-toxic oils. It has a long association with the feminine principles. The true color of the absolute is orange-green. The oil should be waxy and solid when cold. It takes 200 pounds of roses to make 1 oz oil (30-60 roses per drop EO). The main medical use is for all forms of female

complaints'. Long known as an aphrodisiac; transforms sexual love to deep spiritual love. The main effect is to the vascular, digestive and nervous systems. A great anti-depressant, it regulates all menstrual functions. It has a specific action on the uterus and spleen. It works through toning and cleansing rather than stimulating. Douche: 2-3 drops per pint water, or substitute one cup of the hydrosol. Specific for liver and anger (lowers cholesterol), and for heartache of all kinds; regulates heartbeat and breathe rhythm.

FORMULAS FOR COMMON HEALTH CONCERNS

12-15 drops are mixed with one ounce of carrier oil unless otherwise stated (2-3% dilution).

These blends may be used as body, bath or massage oils.

Menstruation

***Amenorrhea** - (lack of menstruation) 3 rose, 2 yarrow, 2 geranium, 5 clary sage, 2 fennel.

***Dysmenorrhea** - (painful period) 4 clary sage, 4 marjoram, 2 Roman chamomile, 2 geranium, 2 lavender.

***Menorrhagia** - (heavy menstruation) 3 cypress, 4 frankincense, 1 sage, 4 rose.

***PMS:** *depression:* clary, bergamot, neroli, orange, ylang

water retention: grapefruit, carrot seed, juniper, sandalwood

headache: lavender, marjoram, peppermint, rosemary

***Estrogen adjuncts** - clary sage, sage, fennel, anise, atlas cedar, angelica, cypress.

Complements: lemongrass, rose, geranium. (12 drops total on all the above)

***Cervical dysplasia** - *Eucalyptus polybractea* (cryptone type) and/or *Thymus vulgaris* CT thujanol (do not substitute thymol!) in *Calophyllum inophyllum* oil. Contributory irritations include stress, toxins, spermicides, infections, overuse of alkaline soap.

(pap smears: on a scale of 1 to 5 - 1 & 2 ok, 3 abnormal, 4 precancerous, 5 cancer)

Antioxidant supplements: Vit A 10,000 (not beta-carotene), Vit C & E, B 15 (DMG), selenium (brazil nuts) Co Q 10 (decreases heat), folic acid. Hydrogen peroxide (not drug store type)

douche: 1 part HP to 10 parts water to increase oxygen. Coat cervix with liquid Vit E, mycelized Vit A, turmeric CO₂ - 3 x week. Use herb and EO boluses.

Stimulate meridian on inner thigh with rolling pin (up the leg only).

***Vaginal dryness** - use 2 drops of the following blend in 5 ml carrier: equal parts R and G chamomile, mandarin, lavender, helichrysum.

***Herpes** - 3 drops each bergamot, lemon eucalyptus, tea tree, melissa, lavender in calendula oil.

***Cystitis** - 5 sandalwood, 3 bergamot, 2 tea tree, 1 pine, 1 eucalyptus; external use

***Varicose veins** - 5 cypress, 2 juniper, 2 rosemary, 2 frankincense, 3 yarrow or 2 mastick in one ounce St. John's wort or calendula oil.

***Fibroids** - 4 helichrysum, 3 rose, 2 geranium, 2 cypress, 2 yarrow, 2 mugwort.

Herbs: vitex, ginger, sarsaparilla, wild yam, yarrow, ladies mantle, siberian ginseng.

***Liver** - carrot seed, rosemary, celery, rose, helichrysum.

***Fatigue** - 3 pine, 4 spruce, 2 rosemary, 1 peppermint, 2 geranium.

***Adrenals** - blend equal parts basil, geranium, rosemary, sage, pine. Add 5-8 drops in bath or to 1 oz lotion. Adaptogenic herbs - Eleuthero, schizandra, ashwaganda, lycee, astragalus, maca.

Aroma-Herb Protocol for Vaginal Candida

<i>Latin name</i>	<i>common name</i>	<i>drops</i>	<i>purpose</i>
<i>Cymbopogon martini</i>	Palmarosa	33	antifungal
<i>Melaleuca alternifolia</i>	Tea tree CT terpineol	33	antifungal
<i>Pelargonium asperum</i>	Geranium	33	antifungal

Dilute the essential oils into 100 ml of herb infused carrier oil (calendula, St. John's wort or yarrow) or tamanu (*Calophyllum inophyllum*) oil. Inserts of the oil blend (two droppers full) or a tampon rolled in the blend are inserted vaginally, one tampon every 4 hrs. Each tampon should have at least one teaspoon of the oil blend surrounding the outside edges (roll flat on a plate).

Apply for 10 days, even if symptoms have subsided after a couple of days. If this blend is at all irritating, increase the dilution of carrier oil. Also, you can insert capsules of acidophilus meant for oral use, vaginally. Herb powders of golden seal and turmeric may also be added if you prefer to make a bolus.

Genital wash

In a 4 oz plastic bottle with flip top lid mix:

1 oz. organic vinegar

3 oz. pure rosewater, other hydrosol or water

10 drops pure essential oil

Blend 2 drops of each: Thyme CT thujanol (do not substitute with any other thyme), Palmarosa, Geranium, Lavender, Tea Tree, Bergamot, Rose, Blue cypress.

Shake well before each use; should last one week with daily use

~ For use in the shower: squirt a small amount over the pubic area and use as a wash. It should not irritate; if you notice any sensitivity, dilute further.

~ As a mini-bidet: add 1 tsp to a cup of water and pour over genital area after urination, while on the toilet. This is helpful if you have an irritating bladder infection or for simple cleansing.

“Thyme thujanol prevents the transmission of STDs. In a Belgian study Franchomme was able to demonstrate its activity against Chlamydia, the most widespread STD pathogen. It is effective against many other common pathogens and because of its mild quality, can be tolerated on mucous membranes by many individuals. Blue cypress is effective against vaginal viruses.”

From *Original Swiss Aromatics* newsletter May 2005

Breast Massage Oil

Dilute oils into herbal infused oils of calendula, yarrow, lavender, chamomile or rose.
(Essential Oils Researched for Anti-Cancer Activity)

Angelica	Citrus	Palmarosa
Geranium	Atlas cedar	Patchouli
Turmeric	Cistus	Frankincense
Ginger	Neroli	Violet, Boronia, Osmanthis (β -ionone)
Pine	Lemongrass	Sandalwood

It is theorized that many more oils have this potential, if not directly, then by correcting the “terrain”. Cancer is considered by some to be a wounding of the soul. Blood = tears of the soul - All resin oils are considered the blood of the tree: frankincense, elemi, myrrh and benzoin are seen as deep soul remedies; some have been studied for cancer treatment. Oils that clear fire toxins include helichrysum, celery seed, lovage, sage, mimosa, palmarosa, atlas cedar, bay laurel, elemi, eucalyptus polybractea, grapefruit and orange.

Blend I (# in drops)

Orange 30	Tangerine 20	Lavender 15	Frankincense 15
Sandalwood 10	Rose 10	Geranium 5	Lime 5 Ambrette 5

Blend II (# in drops)

Sandalwood 37	Tangerine 33	Frankincense 30	Orange 27
Rose 20	Lavender 20	Lime 13	Angelica 12
Geranium 10			

Blend III (# in ml)

Atlas Cedar 2	Frankincense 2	Rose 2	Tangerine 1
Lavender 1	Neroli 1	Angelica 1	Violet abs 1

The above blends or single oils must be diluted into a carrier oil or lotion. This can be applied externally, or add 5-10 drops of the blend to the bath.

Recommended reading:

Aromatherapy, A Complete Guide to the Healing Art - Kathi Keville & Mindy Green

Essential Oil Safety - Robert Tisserand & Tony Balacs

The Chemistry of Aromatherapeutic Oils – E. Joy Bowles

Medical Aromatherapy – Kurt Schnaubelt

Advanced Aromatherapy – Kurt Schnaubelt

Aromatherapy for Health Professionals – Shirley and Len Price

Clinical Aromatherapy – Jane Buckle

The Encyclopedia of Essential Oils – Julia Lawless

The Complete Guide to Aromatherapy – Salvatore Battaglia

Essential Oils and the Cancer Miasm – Bruce Berkowsky

Essential Oils and Cancer – Kurt Schnaubelt, ed. (conference proceedings)

This educational information is not meant to replace medical advice. Please consult your health care provider before self-diagnosis or self-treatment.

www.GreenScentsations.com