...in which the composition, adulteration and their, as yet, unproven effects on specific organs. This effect is antiviral. It is not. The paper she actually quotes in two paragraphs (p.130) states...

There are some very useful facts given on p.41 e.g. that palms of the hands are most permeable to essential oils: this implies that the aromatherapist gets most of the essential oils (p. 130).}

By Jane Buckle (Arnold 1997).