

MORE WRONG AND DANGEROUS CLAIMS ON WEBSITES

The website I am featuring below is a good example of the increasing number of sites masquerading as information sources but who disseminate inaccurate and dangerous advice and gain cash via advertising links as a result. They fail to distinguish between the actions of a herb given as internal medication; the action of the oil given as internal medication, and the action of the essential oils applied to the skin in massage therapies. Such differences can represent significant dangers if the wrong type of extract is inappropriately used.

This particular site seems to operate out of France but is linked to by UK suppliers. There is no contact point for the owner. So if you see your supplier linking to them beware of believing a fraction of the claims made.

Some sample pages from: www.oilsandplants.com

KEY:

Red is dangerous advice and conditions not suitable for home treatment.

Blue is inaccurate advice or conditions which the oil should not be used for.

Green are my comments.

BENZOIN

Plant/Part: Tree/Gum from Trunk (Source: Java, Sumatra and Thailand)

Latin Name: *Styrax benzoin* **no mention of the other varieties such as Liquidambar spp and that the sensitisation ability varies enormously between the varieties. See my .pdf file on benzoin for more.**

Family: Styracaceae

Extraction: Solvent Extraction **Most is the resin dissolved in a solvent-often a synthetic one.**

AROMA: Sweet like Vanilla

PROPERTIES: Benzoin is a warming, vanilla scented resin absolute from Sumatra with uplifting and soothing properties. Seems to have a rejuvenating effect on the body. **It warms the heart and circulation** and may ease general aches and pains as well as arthritis. Also helps with disorders of the **urinary tract such as cystitis since it aids urine flow.** A remedy for genital problems like **leucorrhoea** and may have a part to play with sexual difficulties, reputedly premature ejaculation. Calming effect on the stomach, expels flatulence and **strengthens the pancreas** aiding digestion. Said to **control blood sugar levels which could be helpful to sufferers of diabetes. Shocking medicinal claims and without any foundation.**

CHEMICAL CONSTITUENTS: Benzoic, Cinnamic (Acids), Benzoi Aldehyde, Vanillin (Aldehydes), Benzyl Benzoate (Ester) .

PRECAUTIONS: Best avoided when concentration is needed - could have a drowsy effect

BLENDS: Add to carrier oil/cream for protecting skin against **chapping or cracking.** / AKA Friars Balsam. **Outdated uses, it has been known for 30 plus years that benzoin is a strong sensitising agent.**

Digestive: stimulates the production of gastric juices (carminative), helps digestion, calms the digestive tract and alleviates flatulence. How if it is only used externally?

Genito-urinary: stimulates the production of urine (diuretic); it is used to fight leucorrhoea and yeast infections. Shocking medicinal claims and without any foundation unless the oil were consumed and even then doubtful.

Respiratory: tones the lungs, helps to expel mucus, used for flu, bronchitis, laryngitis, coughs, asthma. **circulatory: warms and tones the heart, improves circulation. Shocking medicinal claims and without any foundation**

Muscles/Joints: used for rheumatism, arthritis, **gout.** helps to relieve sore muscles and stiff joints after strenuous physical activity.

Skin/Hair: astringent, antiseptic, reduces inflammation, **helps to stop bleeding.** useful where **there is redness, irritation, itching, and for cracked** or dry skin. helps to keep the skin supple and elastic. with regular application it can soften scar tissue. **Outdated uses, it has been known**

for 30 plus years that benzoin is a strong sensitising agent.

Emotions/Mind: uplifting, soothing, warming; eases nervous tension, stress and anxiety, helps to overcome depression and restore confidence. dispels anger, diminishes irritability. clears the head.

Benzoin is derived from the tree *Styrax Benzoin* **which grows in Thailand and adjacent islands. What about the other varieties of "Benzoin"?** It is not, strictly speaking, an essential oil, as pure Benzoin is a resin, and has to be melted by heating over hot water before it can be used. When you buy Benzoin from an essential oil supplier it is usually dissolved in ethyl glycol, but this product is not very satisfactory from the point of view of a natural therapy using plant products, so it is worth finding a supplier who dissolves the Benzoin resin in wood alcohol, or buying it in the solid state and melting it when needed.

The granulated gum, called 'gum Benjamin' in old herbals, is a dark reddish-brown, and is often used as a fixative in pot pourris, but the form in which benzoin is probably best known is as 'Friar's Balsam' or compound tincture of benzoin. The active constituents of pure Benzoin include benzoic acid, benzoresinol, siarresinotannol and vanillin, which gives it its characteristic 'ice cream' aroma.

Like Myrrh and Frankincense, Benzoin has been used for thousands of years as an ingredient of incense, and to drive out evil spirits, and like these two it is both soothing and stimulating. It is also very warming, and this makes it particularly helpful for colds, 'flu, coughs and sore throats. Its use in the form of Friar's Balsam, as an inhalation for sore throats and loss of voice, is probably its best known virtue. Because of its ability to stimulate at the same time as soothing, it seems to 'get things moving' in the body, whether it is clearing mucus, stimulating the circulation, expelling gas or increasing the flow of urine. **It is very comforting for gripping pains in the stomach, and for urinary tract infections. Outdated uses from past use as internal medicine.**

Benzoin is used for healing many kinds of **skin lesions, from cracked and chapped hands to chilblains.** Friars Balsam has long been used by ballet dancers to heal cracked toes and prevent further cracking. You can put Benzoin into hand creams for people who work in the open - gardeners, foresters, builders, etc., usually adding Lemon and/or Lavender, to mask the vanilla smell and contribute their own healing powers. It combines well with Rose. **Outdated uses, it has been known for 30 plus years that benzoin is a strong sensitising agent.**

On the psychological plane, as with many essential oils, we find a parallel

with its physical properties - warming, soothing and stimulating. Benzoin is used to help people who are sad and lonely, depressed or anxious. We might perhaps see here an echo of its former use to 'cast out devils', for what are the devils of our time, if not such psychological states as these.

BERGAMOT

Plant/Part: Tree /Peel (Source: Italy)

Latin Name: Citrus Bergamia

Family: Rutaceae

Extraction: Expression

AROMA: Lovely light citrus aroma

PROPERTIES: This light, fruity citrus oil is uplifting, antiseptic, and relaxing. Relaxes and refreshes and is good for confidence building. Uplifts the spirit and emotions with its fresh and invigorating citrus fragrance. Useful for caring for oily and blemished skin. Use in vaporiser to disperse unpleasant odours. It is familiar to many as the flavouring in Earl Grey Tea. Also **works well on the digestive tract and relieves conditions such as painful digestion, dyspepsia, flatulence, colic, indigestion** and loss of appetite. An excellent **intestinal antiseptic, casts out intestinal parasites and diminishes gall stones** apparently. May be useful to anorexia sufferers by regulating appetite. Also helpful with infections of the respiratory system which may include breathing difficulties as well as tonsillitis, bronchitis and **tuberculosis**. Often effective on cold sores, chicken pox and shingles. **Could have a tonic action on the uterus and was once used to heal sexually transmitted diseases**. Excellent insect repellent and keeps pets away from plants. Skin type: oily, blemished, normal to combination. **Appallingly inaccurate and dangerous medicinal claims.**

CHEMICAL CONSTITUENTS: Linalyl, Acetate, Linalol, Sesquiterpenes, Terpenes, Furocoumarins.

PRECAUTIONS: Do not apply to skin or use in bath prior to exposure to the sun - It can increase the susceptibility of the skin to severe burning. / A bergapten free Bergamot is available which reduces the susceptibility to photosensitising. Safety Information: photo toxic

BLENDS: Blends well with: Chamomile, Coriander, Cypress, Geranium,

Juniper, Lavender, Lemon, Neroli, Ylang Ylang.

USES:

Digestive: analgesic. stimulates the production of gastric juices (carminative), **tones the stomach, aids digestion**, improves appetite. **relaxes the muscles of the digestive tract**, thus relieving constipation (laxative). used in indigestion, dyspepsia, colic, stomach cramps, flatulence. **Again this looks like internal use as a medicine, certainly not from external application.**

Genito-Urinary: **stimulates the production of urine (diuretic)**. has an antiseptic effect, and is used to treat infections in the area. used in the treatment of **cystitis, urethritis, leucorrhoea, pruritis and thrush**. **Very dangerous medicinal claims and no justification for them.**

Respiratory: antiseptic, antispasmodic. used for flu, tonsillitis, laryngitis, sore throat, bronchitis.

Immune System: strengthens the immune system,

Skin/Hair: antiseptic, anti-inflammatory, aids in the healing of wounds and scars. **astringent**, good for oily skin. used for acne, eczema, spots, cold sores (and other herpes infections), boils, wounds and seborrhoea of the skin and scalp. **No essential oil is an "astringent"**.

Emotions/Mind: uplifting, refreshing and encouraging. it can help relieve anxiety and depression, ease grief and sadness, increase mental alertness and correct emotional imbalances (**studies show that it balances the activity of the hypothalamus**). **What studies?** it "has been reported to help people who are trying to break the smoking habit" (r.wilson)

Other: deodorising. **combats fever**. **Nonsense** useful in restoring strength in a person recovering from disease. repels insects and soothes insect bites.

The Bergamot tree (Citrus Bergamia) takes its name from the small town of Bergamo in Northern Italy, around which it was originally cultivated. The fruit (like a miniature orange), has been used for hundreds of years in Italian folk medicine, but not in that of other countries, as the tree was almost unknown outside Italy, and the fruit was not exported until relatively recent times.

The oil is obtained by simple pressure from the rind of the fruit, and although various attempts to mechanise the process have been tried, **the**

best oil is still that which is hand-pressed. Way out of date it is all machine expressed. As you might expect, it has a delightfully fresh, citrusy aroma, which is almost universally liked. The active constituents include linalyl acetate, limonene and linalol, and the essential oil is of a delicate green colour.

The three main areas in which this oil is uniquely valuable are: **urinary tract infection**, depression and anxiety, and skin care. Bergamot oil has a strong affinity for the urino-genital tract, and is one of the most valuable oils (along with Camomile and Garlic) in treating **cystitis and urethritis**. Many cases of cystitis begin as urethritis, and the infection travels up the urethra to the bladder. Bergamot oil, used in the very early stages, can often prevent the infection from spreading upwards in this way. **It should be added to the bath, and used as a local wash long disproven as ineffective.** (very diluted-to 1/2% or 1%). As a local wash, it is also valuable for the relief of vaginal pruritis and mild discharges (though it is important to ensure that the cause of any discharge is investigated). If an attack of cystitis does not respond to treatment, particularly if there is fever, medical help should be sought without delay. Bergamot is especially valuable to people who suffer from recurrent attacks of cystitis, **as it is a powerful disinfectant of the urinary system. Only if consumed as a medicine which is not something for amateurs, especially as this oil is commonly adulterated.**

Many people with recurrent cystitis are also tense, anxious or depressed, and this can become a vicious circle, in which the tension sparks off an attack, and the lowering effects of the illness lead to even greater depression. Although Camomile and Garlic are both valuable for the physical treatment of this debilitating condition, there is nothing better than Bergamot to break this chain reaction, by relieving the tension and depression, whilst actively treating the physical causes. In helping with mental and psychological stales, Bergamot is almost the most valuable oil at the aromatherapist's disposal. It has been described by Robert Tisserand as 'uplifting' and you cannot improve on this description.

For all tense, anxious or depressed people, Bergamot should be used in a massage oil (either alone or in a variety of blends) as the human contact with the therapist is perhaps the most important factor in such situations; but **daily use as no essential oil should be used daily without qualification on the time period as it can lead to sensitization reactions** a bath oil, room fragrance or personal perfume can be very valuable additions to the treatment. The fragrance is equally acceptable to men and women, and it blends with almost any flower oil, giving it considerable versatility. Lavender/Bergamot, Geranium/ Bergamot or all three of these oils together, are among some of the most pleasing

combinations. It is particularly valuable for adding a sharper note to some of those oils which may be over-sweet to some people's tastes.

Dr Jean Valnet mentions the use of Bergamot for loss of appetite, and this, combined with its powerful antidepressant properties, would seem to indicate a valuable possibility for helping in anorexia nervosa. However, my own experience suggests that its effect on the appetite is regulating rather than stimulant, and I have used it to help compulsive eaters. It may be that Bergamot directly influences the appetite-control centre in the brain, or that, by working with the underlying tensions that have provoked the under- or over-eating, it enables the sufferer to return to a normal weight and eating pattern. Perhaps it should be pointed out that this is not an overnight 'cure', but a process that involves great sensitivity on the part of the therapist, and a will to get better on the part of the person seeking help.

The antiseptic properties of Bergamot, allied to its really delicious fragrance, make it my first choice for treating acne, oily skins and all infected skin conditions. It can be used in a massage oil for facial treatment, or blended in creams, lotions or aromatic waters. A hot compress of Bergamot can be used on boils to draw out the infection and promote healing, though a person with boils should also be advised on dietary and other ways of eliminating toxins. It should be emphasised that Bergamot must never be used undiluted, as it can cause skin irritation (though a few drops on the wrist as a perfume will be harmless). Bergamot increases the skin's sensitivity to sunlight, so making it tan faster, and there is some suggestion that it may increase the risk of skin cancer. Do not use Bergamot in massage oils, bath oils or skin preparations during sunny weather. Never use Bergamot undiluted on exposed areas of skin, as quite severe burning can result. This photosensitising effect lasts for several days after application. The same caution applies to eau de cologne, lavender water and other commercial perfumes and toiletries which contain Bergamot oil. ***Bergamot does not protect the skin against burning.***

Bergamot is cooling in feverish conditions. This is NOT a property of the essential oil, it is typical corruption of the past uses of the whole fruit as a refreshing hot drink. It is an ingredient of Earl Grey tea, and of 'real' eau de cologne (as mentioned in the last paragraph), both of which have a cooling and uplifting effect. It is an excellent deodorant, both for personal use and for rooms and buildings. It is also an effective insect repellent, and is used commercially for this purpose. It needs to be re-applied fairly often, and is probably more effective in a blend with Lavender and other oils. It is also used commercially in various preparations intended to keep cats and dogs away from plants, and here again, fresh application every few days is needed to make it really

effective.

Bergamot has been used with success in treating respiratory and **digestive problems**, but there is such a wealth of oils to choose from in these areas that I tend to keep Bergamot for the special uses in which it is unrivalled. **Bergamot inhibits certain viruses, in particular the Herpes simplex 1 virus, it does not kill the virus it simply aids skin healing and soothes the soreness** which causes cold sores. Most people carry this virus all their lives, though blisters only appear when the individual is run down or has some other infection (typically, a cold). Bergamot, either alone or combined with Eucalyptus, **which is another powerful anti-viral agent, it is not** can be dabbed onto the site of the sore, either neat or, preferably, diluted in a little alcohol, at the first sign of an eruption. It may allay the pain of shingles, caused by the Herpes zoster virus, the same organism responsible for chickenpox, and I have used the oil to considerably reduce the discomfort of chickenpox in children, and hasten the young patient's recovery.

CINNAMON

Plant/Part: Tree/Bud/Bark/Leaf (Source: Sri Lanka)

Latin Name: Cinnamomum zeylanicum

Family: Lauraceae

Extraction: Steam Distillation

AROMA: A lovely room fragrance, especially during Xmas

The properties depend on which part is used the bark or the leaf. They are totally different in composition. These claims fail to adequately distinguish between the extracts.

PROPERTIES: **Anaesthetic, Antidontalgic,** Antiseptic, Antputrefactive, Antispasmodic, Aphrodisiac, **Astringent, Cardiac,** Carminative, **Emmenagogue, Escharotic, Haemostatic,** Insecticide, **Parasiticide,** Sialogogue, Stimulant, Stomachic, **Vermifuge.** Warms and stimulates. A strong antiseptic, it has a cleansing effect. Used as a comforting oil during the cold season. Very strong antiseptic and has a tonic effect on the respiratory tract, eases colds through its very warming action by slightly raising body temperature, indicated for influenza. Generally restores heat to the body . Eases breathing difficulties and restores the senses during fainting fits. as an excellent reputation for **resisting viral infections and contagious diseases.** Seems to have a spurring action on bodily fluids

since it stimulates tears, saliva and mucous.

CHEMICAL CONSTITUENTS: Linalool (Alcohol), Benzaldehyde Cinnamic, Furfurol (Aldehyde), Eugenol, Safrole (Phenols), Cymene, Dipentene, Phellandrene, Pinene (Terpenes) . **This is a weird analysis. What about Cinnamic aldehyde the main constituent?**

PRECAUTIONS: Can cause **skin irritation**; moderate dermal toxicity. **It is a MAJOR skin sensitizer.**

BLENDS: Blends well with: Caraway, Citrus oils, Clove, Myrtle, Nutmeg.

Cinnamon is of great value to mankind. It is known for its antiseptic and antispasmodic properties. Usually yellow or brown in color, it is slightly oily in touch. The method used for oil extraction from cinnamon is steam distillation. Cinnamon has an earthy, woody and spicy aroma that makes it a popular choice amongst the other available essential oils. It makes an excellent astringent. It is said to be an awesome aphrodisiac. To know more about cinnamon essential oil use, read on.

Cinnamon has proved to be extremely effective in treating numerous diseases such as flatulence, rheumatism, exhaustion, low blood pressure, stress and constipation. Due to the multitude of health benefits that cinnamon oil **WHICH OIL?** offers, it has been witnessing increasing growth in its demand. The oil extracted from the **bark can be a bit unsafe to use, it is very dangerous indeed and can even burn the skin** therefore it is best to use the oil that has been taken out from the leaf.

Cinnamon essential oil is very useful in fighting **cholesterol** and indigestion problems. Cinnamon oil has at times been alleged for causing skin irritation. The fragrance of this oil is more suggestive of the aroma of clove rather than cinnamon. It can be ascribed to the presence of a larger amount of eugenol in it. These days, more and more people are going in for the cinnamon oil massage, which can be attributed to its soothing, comforting and soporific effects. **Cinnamon bark oils is a dreadful skin sensitizer and should never be used on the skin.**

CYPRESS

Plant/Part: Tree/Leaves/Cones (Source: Spain, Mediterranean)

Latin Name: Cupressus semperviren

Family: Cupresaceae

Extraction: Distillation

AROMA: Woody and slightly spicy, yet clear and refreshing.

PROPERTIES: Cypress is a soothing oil that eases aches and pains and coughs. It has a sweet, smoky, balsamic odour. With its smoky woody fragrance it refreshes, restores and tones. **An astringent oil it is not** useful for refreshing and caring for oily and blemished skin, As an antiperspirant it is good for sweaty feet. Massage on abdomen during menstruation and where there is cellulite. Good menopausal oil. Natural deodorant. **A mixture of herbal uses of a water based extract and the use of the oil without distinguishing between them.**

CHEMICAL CONSTITUENTS: Pinene, Champhene, Sylvestrene, Cymene, Sabinol. **Such lists are meaningless without the figures being provided.**

PRECAUTIONS: Flammable. Regulates the menstrual cycle so best not to use in Pregnancy. **Its effect on varicose veins is well known, since the oil is not an astringent where is the evidence?** but care should be exercised in applying the oil - actual massage might be too heavy.

BLENDS: Blends well with: Bergamot, Clary Sage, Juniper Berry, Lavender, Lemon, Orange, Rosemary, Sandalwood.

Digestive: **tones the liver and aids its function, especially when there is excessive production of bile. decreases excessive flow of fluids, thus relieving diarrhoea. Nonsense the oil was never used traditionally for such problems.**

Genito-Urinary: **stimulates the flow of urine (diuretic). prostatic decongestant. gently stimulates the flow of menstrual blood (emmenagogue),** relieves cramps, used for menstrual disorders. very good for difficult menopause with hot flushes. **when massaged over the area above the ovaries, it is said to inhibit the growth of cysts.**

Respiratory: antispasmodic, mucolytic. used for flu, asthma, bronchitis, spasmodic coughing.

Circulation: **causes the narrowing of blood vessels (thus helps to stop bleeding).** improves circulation, a **venous decongestant, helps to remove toxins from the blood, used for haemorrhoids and varicose veins. All these are the past uses of an infusion or decoction of cypress branches. The essential oil does not contain the astringent properties of the herbal extract.**

Immune System: stimulates. not suited to acute or serious infections, best for chronic complaints.

Muscles/Joints: used to treat muscular cramp and rheumatism.

Skin/Hair: regulates oil production, best for oily and over-hydrated skin. used to treat excessive perspiration (especially due to over-excitability), wounds, **frostbite??**, acne and cellulite (**strengthens weak connective tissues, improves circulation and helps release toxins**). **stops bleeding and can be used for pyorrhoea (bleeding of the gums). constricts blood vessels, and is used in the treatment of broken capillaries.**

Emotions/Mind: sedative, rebalancing, used to treat nervous tension and stress-related conditions, including insomnia. mailhebiau recommends a mixture of myrtle and cypress to "encourage the interiorisation of individuals with too flighty a spirit". improves concentration and helps to focus thoughts.

Caution: not to be used by people suffering from hypertension. No evidence for that.

This is the familiar cypress (*Cupressus sempervirens*) which is such an inextricable feature of the Mediterranean landscape, familiar through the paintings of Cezanne and Van Gogh. It is also the tree associated with cemeteries, a use which may derive from the fact that both the ancient Egyptians and the Romans dedicated the tree to their gods of death and the underworld. The word 'sempervirens' in its name means 'ever-living' - referring to the evergreen nature of the leaves, but the perpetual greenness of the trees may also have been used as a symbol of life after death.

The essential oil is distilled from the leaves and the cones, and contains **d-pinene, d-camphene, d-sylvcstrene, cymene, sabinol, terpenic alcohol and camphor of cypress. Useless without the percentages.** The oil varies from colourless to yellowy, and has a pleasantly smoky, woody smell, reminiscent of turpentine but less so than the oil of Juniper. **It is very astringent**, and is used wherever there is a condition involving an excess of fluid, **from oedema, incontinence** and excessive perspiration to bleeding gums, **bilious attacks and over-heavy menstruation.** It is also very useful in skin care, for oily and over-hydrated skins. It is used quite often in men's toiletries for its antiseptic and **astringent properties** - useful in an aftershave, for example - and its woody smell. It is a very good deodorant, too.

The astringent action is also helpful for piles, used as a bath oil, local wash or in an ointment (1% to 2% strength). Haemorrhoids are symptomatic of a poor circulation, and **cypress is a tonic to the circulatory system**. This makes it helpful in **treating varicose veins**. It can be applied locally to varicose areas - very gently. Never massage directly over varicose veins, and apply oils or creams with light strokes in an upward direction. Cypress is antispasmodic, acting especially on the bronchi, so it is one of the oils to think of when treating asthma. A drop or two inhaled from a hankie or tissue will help to relieve an asthma attack and the spasmodic coughing of whooping cough. As a preventive measure against attacks, a few drops of Cypress can be put on a saucer of water in the bedroom, or in an essential oil burner. This is specially valuable for asthmatic children, because many of them are very frightened when an attack happens during the night.

Another important use of Cypress is in regulating the menstrual cycle. It helps to relieve painful periods and reduces abnormally heavy loss, particularly when this happens in the early stages of the menopause. Valnet suggests that Cypress **might be of help in some forms of cancer**, but he places a query after this information, indicating that he has no proof of this possible use. It is an area that might be rewarding to investigate.

A humble but very welcome use of Cypress is for excessive sweating of the feet. It is both deodorant and **astringent**, so will reduce both the amount of perspiration and unpleasant odour. Use it in footbaths as needed. This is another insect-repellent oil. I have in the past used it to keep a dog free from fleas; and because it is deodorant, too, it helped to reduce doggy odours, particularly in summer when these can be rather noxious.

ROSEWOOD

THERE IS NO JUSTIFICATION FOR ANY OF THE MEDICINAL CLAIMS MADE FOR THIS OIL. THE TREE IS A CITES LISTED ENDANGERED SPECIES. MOST OF THE OIL SOLD IS EITHER SYNTHETIC OR EXTRACTED LINALOOL. SOME IS FROM PLANTATION GROWN LEAVES THE OIL FROM WHICH IS NOTHING LIKE THE WOOD OIL.

Plant/Part: Tree/Wood (Source: Brazil)

Latin Name: Aniba Rosaeodora

Family: Lauraceae

Extraction: Distillation

AROMA: Sweet, woody, floral and slightly spicy.

PROPERTIES: With a beautiful woody, floral fragrance, Rosewood is a relaxing oil that is also useful for improving dry, dull and oily/dry skin. Relaxing and deodorising. Add to massage oil to help combat tired muscles - especially after vigorous exercise. Has a steadying and balancing affect on nerves, useful during exams. A good anti-depressant and may help migraine and ward off general malaise. Derived from Plantation grown wood A first rate remedy for chronic complaints it seems, particularly were the immune system has been under par, giving it a helpful boost. Possibly effective **in fighting micro-organisms and viruses** and valuable as an antiseptic for the throat. A palliative for ticklish coughs. Acclaimed aphrodisiac properties may work wonders in restoring libido and could have some effect on sexual problems such as impotence and frigidity. Its cephalic quality may relieve headaches especially when accompanied by nausea - probably mitigates some of the effects of jet-lag too. Positive deodorising action helps the body cope with excess heat and moisture. Seems to be valuable as an insect repellent.

CHEMICAL CONSTITUENTS: Geraniol, Linalool, Nerol, Terpineol (Alcohol), Cineole (Ketone), Dipentene (Terpene).

BLENDS: Cedarwood, Coriander, Frankincense, Geranium, Palmarosa, Patchouli, Petitgrain, Rose, Rosemary, Sandalwood, Vetivert.

This is a rather neglected essential oil which deserves to be more widely known and used, for its delightful fragrance, if nothing else. It is obtained by steam distillation of wood chippings from Aniba roseodora, a tree of the Lauraceae family, and other related species. The wood is collected from the Amazon rainforest between April and July - the flood season - this being the only time the heavy logs can be floated down to the main river. **SEE HEADER.**

The essential oil contains between 80-90% of linalool, with small amounts of terpineol, nerol, geraniol and traces of various terpenes and other substances. It is colourless or very pale yellow, with a rich and subtle odour that is both floral and woody, with slightly spicy tones. It is a complex fragrance which stands well on its own with no need of blending.

While Rosewood may not have as wide a range of therapeutic properties as some of the better-known oils, those it does possess are sufficient to make it a very useful bath and massage oil. It is antibacterial and a good deodorant, and is gentle in all its actions. **It has a tonic effect on the body????** without being stimulant. Neither does it seem to be sedative. It may possibly be mildly analgesic, as it is effective in clearing headaches,

especially if these are allied to slight nausea.

The effect on headache may be allied to a cephalic property, for Rosewood certainly clears the head. At the same time, it has a steadying effect on the nerves, and this combination has been found useful during exams, or when driving long distances. The same calming and steadying effect has been observed during crises, when its uplifting effect on the emotions is also valuable.

There is some suggestion that Rosewood may be aphrodisiac; if so, more through its action on the mind and emotions than any physical/hormonal effect. The main uses for which Rosewood is currently employed are in the manufacture of bath and skincare products. Relatively little work has been done on this oil, and it may well have more properties of which we are not yet aware.

TAGETES

Plant/Part: Leaves, stalks and flowers (Source : Africa and France)

Latin Name: Tagetes minuta/glandulifera

Family: Compositae

Extraction:

AROMA: A wild, sweet, fruity almost citrus-like smell.

PROPERTIES: The therapeutic properties of Tagetes oil are **anti-infectious**, anti-microbial, *antibiotic*, anti-spasmodic, **anti-parasitic**, antiseptic, insecticide and sedative.

CHEMICAL CONSTITUENTS: Tagetone, limonene, valeric acid and ocimene

PRECAUTIONS: Tagetes oil is a very powerful oil and should be used sparingly and should be avoided during pregnancy. Not to be used on a sensitive skin and **may cause photosensitivity. It is in fact a powerful photosensitizer and is restricted to minute volumes in cosmetic products.** Cases of dermatitis have been reported. **AND WORSE!!**

BLENDS: clary sage, jasmine, lavender, lemon, myrrh and tangerine.

A strongly scented annual herb with bright orange daisylike flowers and soft green oval leaves it grows wild in Africa, Europe, Asia and North

America. Tagetes essential oil is extracted from *Tagetes minuta* (also known as *Tagetes glandulifera*) of the Compositae family and is also known as marigold, Mexican marigold and tagetette. It is often confused with calendula oil, which is *Calendula officinalis*, also known as "true marigold". Tagetes oil is extracted from the leaves, stalks and flowers, picked when the seeds are just starting to form.

Although very few people buy this oil for the fragrance, it is a very effective oil **when used in cases of infection and especially weeping wounds that is just the kind of condition where a sensitizing oil should NOT be used.** and chest infections. Tagetes oil has a wild, sweet, fruity almost citrus-like smell and is yellow to reddish-amber in color. It is of medium viscosity that can turn thick and even gel-like if exposed to the air for a long time.

Known in Africa as 'Khaki bush', it is now also grown in France and North America and is a weed with deeply divided deep-green feathery leaves and numerous yellowish-orange carnation-like flowers. The leaves and flowers are a good insect repellent and are often seen hanging from native huts to deter swarms of flies and mosquitoes. In a 5% dilution, tagetes oil has been used to kill maggots in open wounds, **while the roots and seeds have been found to help rid the body of poisons.**

After the Boer war in South Africa, Australian troops brought plants to their native land where it grew profusely. It is an ingredient of many foot treatment preparations and is also used in some perfumes.

The therapeutic properties of Tagetes oil are **anti-infectious**, anti-microbial, **antibiotic**, anti-spasmodic, **anti-parasitic**, antiseptic, insecticide and sedative. Tagetes oil is valuable in keeping insects at bay, and can help with parasitic and fungal infestation. It is used for chest infections, COUGHS and CATARRH, dilating the bronchi, facilitating the flow of mucus and dislodging congestion and can be used in cases of skin infections. It has a healing effect on wounds, cuts, calluses, BLISTERS and bunions.

Tagetes oil can be useful for treating the respiratory system, infections of the skin and as an insect repellent.

TEA TREE

Plant/Part: Tree/Leaf (Source: Australia)

Latin Name: *Melaleuca alternifolia*, *M. linariifolia*, *M. uncinata*

Family: Myrtaceae

Extraction: Steam Distillation

AROMA: Fresh and sanitary, rather pungent.

PROPERTIES: A very useful powerful antiseptic, anti-fungal and **anti-viral**. Good for acne, cold sores, warts, and burns. Use for vaporising to kill germs. Useful cleansing agent for skin. Helps combat foot odor and athletes foot. Ti Tree, as it is also known, has a wide range of uses, including **some aids related illnesses. Activates the white corpuscles to form a defence against invading organisms** and helps to shorten the duration of illness. A strongly antiseptic oil and **sweats toxins out of the body**. Indicated for influenza, cold sores, catarrh and could **treat glandular fever** as well as gingivitis. Helps to ease **otitis, a middle ear infection** which is often linked to ailing tonsils. May also ease **inflammation of the intestines such as enteritis and casts out intestinal parasites**.

CHEMICAL CONSTITUENTS: Terpinenol (Alcohol), Cineole (Ketone), Cymene, Pinene, Terpinene (Terpenes). **These details are without any meaning and clearly the author does not know that most of the named chemicals occur in different isomeric configurations with huge variation in their properties.**

PRECAUTIONS: Warning: May cause irritation to sensitive skins.

BLENDS: Cinnamon, Clove, Cypress, Eucalyptus, Ginger, Lavender, Lemon, Mandarin, Orange, Rosemary and Thyme.

USES:

Digestive: antiseptic. used for intestinal infections and diarrhoea (when caused by them).

Genito-Urinary: antiseptic. used for thrush, vaginitis, cystitis, pruritis, leucorrhoea, fungal infections in the area.

Respiratory: antiseptic, helps to expel mucus, used to treat colds, catarrh, sinusitis, sore throat, bronchitis, asthma.

Immune System: stimulates.

Skin/Hair: antiseptic, **anti-inflammatory**, assists in the healing of wounds and scars. shirley price claims that as an antiseptic tea tree oil is 12 times as strong as carbolic acid (!). used to treat acne, blisters, burns, sunburn, cold sores (the best remedy i know), rashes, warts, fungal

infections (including those of the fingernails) and wounds. **one of the few oils that can be used directly on the skin, without diluting.** useful in oral hygiene, relieves gingivitis, mouth ulcers, periodontal disease and toothaches.

Caution: the international society of professional aromatherapists recently suggested that the application of tea tree oil (often found in shampoos and lotions) might cause adverse reactions in dogs. other studies indicate possibility of similar reaction in cats and horses.

The active principles of Ti-tree oil include large amounts of terpineol with various alcohols and monoterpenes. The oil may be pale yellow or almost colourless and has a powerful medicinal odour, somewhat similar to Eucalyptus. As with Cajeput and Niaouli, confusion and substitution may arise, because there are many varieties and sub-species of melaleucas, so it is quite important to buy from a supplier who can specify that the oil is from *Melaleuca alternifolia* in order to be certain of the specific therapeutic properties.

VERBENA

THIS OIL IS BANNED IN COSMETIC PRODUCTS DUE TO ITS SEVERE DANGERS

Verbena, or Lemon verbena, is the common name of the shrub *Lippia Citriodora*, a native of Chile and Peru, which was introduced to Europe in the 18th century. a good deal of confusion exists around the naming of this oil. Certain authors give the Latin name as *Andropogon Citratus*, which is in fact Lemongrass, or give Lemongrass as an alternative name to Verbena, although they are totally different plants. This is probably due to the fact that there is some similarity of in the lemony smell, and the cheaper oil of Lemongrass is sometimes used to adulterate Verbena oil, which is more costly to produce.

Further confusion arises between this and Vervain, or Verbena Officinalis, particularly as the oil is most often sold under its French name of Verveine. Vervain is an odourless, bitter plant used in herbal medicine and homoeopathy. Because of this, descriptions of Verbena oil sometimes include properties which should be more rightly attributed to the Verbena Officinalis plant.

The true Verbena oil is obtained by steam distillation from the flowering stalks of the plant, and is a lovely greeny-yellow colour. The yield of oil from the plants is quite small, which accounts for the high cost of real Verbena oil, so if you are offered this oil quite cheaply you should be aware that it is most likely to be either mixed with Lemongrass or Citronella, or is

Lemongrass incorrectly named.

Verbena **is an excellent digestive stimulant, stomachic and antispasmodic, and useful in all kinds of digestive upsets.** It is an ingredient of several liqueurs with reputedly valuable digestive properties.

It is a good FEBRIFUGE, taken as a 'tea' or infusion made from the fresh or dried leaves. This makes a delicious and cooling summertime drink. It is also mildly sedative, as is the essential oil, so can be considered as another of the various essential oils useful to help insomnia. When using it in night-time baths for this purpose, be extremely careful, for more than two or three drops in an average bath **will cause stinging and blistering of the skin.** Just two drops in a bath, with perhaps three or four drops of Lavender, is an excellent sedative bath which will help with many sleep problems.

WINTERGREEN

Most oil sold as such is fake.

Plant/Part: Leaves, which have been previously macerated in water by steam distillation. **So it is NOT a genuine essential oil, it is a produced by chemistry and does not occur in the plant.**

Latin Name: Gaultheria procumbens

Extraction: Extraction

AROMA: It has an intense sweet-woody aroma.

PROPERTIES: The plant has been used for respiratory conditions such as chronic mucous discharge, but is mainly employed for joint and muscular pain relief from conditions such as lumbago, sciatica, neuralgia, gout, fibromyalgia, etc. Wintergreen is often added to liniments and ointments to help ease muscle and joint pains.

CHEMICAL CONSTITUENTS: The main chemical components of wintergreen oil are menthyl salicylate and gaultherilene.

PRECAUTIONS: Wintergreen oil is toxic and when taken internally can be fatal. **Indeed.**

BLENDS: Blends well with: Oregano, Peppermint, Thyme, Cajuput, Eucalyptus, Niaoli and Ylang Ylang

It has been suggested that Wintergreen Oil should not be used in

Aromatherapy because of its highly toxic properties, but this could be said of many Essential Oils. The main argument is that it can be fatal if taken internally, we at Oilsncures.com don't recommend that ANY Essential Oils are taken internally. **Yet many of your claims could only be achieved via internal use, for example "intestinal infections and diarrhoea", "fighting cholesterol", "diabetes", "tones the liver", "casts out intestinal parasites and diminishes gall stones"**

Oil of Wintergreen is extracted from the leaves of a small evergreen herb that grows up to 15 cm. In late spring the plant forms small white flowers. In summer red cherry shaped berries grow and last until the following spring. The crushed leaves have a lovely medicinal smell. Traditionally Wintergreen was chewed by the natives of the Americas in order to increase lung capacity and assist in healing respiratory conditions. Early settlers chewed on Wintergreen to help prevent tooth decay. The dried leaf and stem are current in the British Herbal Pharmacopoeia as a specific for rheumatoid arthritis. It is often blended to a 10% concentration in the carrier oil of your choice, and used as an effective pain-relieving massage oil.

Wintergreen is a traditional native North American remedy, **Wintergreen oil is NOT a traditional remedy they did not produce it** used for aches and pains and to help breathing while hunting or carrying heavy loads. It is a small evergreen herb which grows up to 15cm (6 in) high, with slender stems, leathery serrated leaves and drooping white flowers, followed by fleshy scarlet berries. Menthyl salicylate is the principal constituent of this plant and has been incorporated in liniments and ointments for muscular skeletal problems. Ingesting menthyl salicylate even in small amounts may result in fatal poisoning. As a herb, it must not be given to patients sensitive to aspirin (salicylates) and wintergreen oil is toxic in excess and can cause liver and kidney damage.

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The essential oil of Wintergreen, being made up almost exclusively of methyl salicylate, a precursor to common aspirin; Wintergreen should NOT be used by people who are allergic to aspirin. Further, Wintergreen should NEVER be ingested, and only used topically in dilutions of 25% or less to limit the transdermal absorption to safe levels. **The salicylates pass through the skin**, entering the tissues to inhibit the formation of prostaglandins, thereby reducing inflammation and pain. **So never in**

pregnancy.

Along with its analgesic effects, Wintergreen also has anti-inflammatory, anti-rheumatic, antitussive, **astrigent, carminative, diuretic, emmenagogue, galactagogue** and stimulant properties. Wintergreen is often included in formulas to open the breathing passages; deep inhalation of its bright aroma can clear the sinuses and stimulate the mind. Wintergreen blends nicely with Ravensara and/or Eucalyptus for this effect.

This pale yellow oil with an intense sweet-woody aroma should be diluted significantly before topical application - it would be a fine addition to any formulas for supporting joint and muscular aches and pains. Care must be taken to use Wintergreen in modest amounts, and to always keep the oil away from children. One should consider it a bottle of liquid aspirin in this regard.

HAZARDOUS OILS

The oils listed below present risks of toxicity or of skin irritation, etc. and should not be used in aromatherapy. However, we have listed some of them in this database.

ALMOND (BITTER) (Containing Prussic Acid)
BOLDO LEAF CALAMUS
CAMPHOR (BROWN)
CAMPHOR (YELLOW)
CASSIA
CINNAMON BARK
CLOVE BUD wrong, it is fine if well diluted
CLOVE LEAF wrong, it is fine if well diluted
CLOVE STEM wrong, it is fine if well diluted
COSTUS
DWARF PINE
ELECAMPANE FENNEL (BITTER)
HORSERADISH
JABORANDI LEAF
MUGWORT (ARMOISE)
MUSTARD
ORIGANUM
ORIGANUM (SPANISH)
PENNYROYAL (EUROPEAN) **wrong, it is fine if well diluted**
PENNYROYAL (N. AMERICAN) **wrong, it is fine if well diluted**
RUE
SASSAFRAS
SASSAFRAS (BRAZILIAN)

SAVIN SAVORY (SUMMER) SAVORY (WINTER)
SOUTHERNWOOD
TANSY
THUJA (CEDARLEAF)
THUJA PLICATA
WINTERGREEN
WORMSEED
WORMWOOD

In addition, there are some oils which have valuable therapeutic properties but which need to be used carefully with an understanding of possible undesirable effects. With the exception of BERGAMOT **which is perfectly safe in use as long as exposure to strong sunlight is avoided, it is NOT just bright sunlight that causes photosensitization but ultra violet light see article on this site** it may be wiser for the general reader to avoid these oils, leaving them to the trained therapist.

POSSIBLY TOXIC OILS

SAGE - *Salvia officinalis* **ludicrous, permitted food flavour**
ANISEED - *Pimpinella anisum* **ludicrous, permitted food flavour**

There are many well-substantiated reports of side-effects from the use of Sage oil. Aniseed presents risks of damage to the nervous system if used for any length of time. you should add these two to the list of oils not to be used at all. This is all misleading and inaccurate.

HYSSOP - *Hyssopus officinalis* **wrong, it is fine if well diluted**

There are some doubts about the safety of Hyssop, so it is best left alone. **Doubts based on an inaccurate understanding of essential oil chemistry.**

Source:
<http://www.aromamedical.org>