

# Healing with the Art of Aromatherapy

*Fatma Zaidi*

**ALI 268: The Healing Art of Aromatherapy**



**Aromatic plants have been used since the dawn of humanity for healing.**

Today we are blessed to have access to high quality essential oils that represent plants from all over the globe as Medicine for our Mind, Body and Spirit.

# What are Essential Oils?





Essential oils are primarily extracted through careful steam distillation, but also through cold pressing. The purest essential oils are far more powerful and effective than dry herbs, delivering quick and effective results. Essential oils can be applied, inhaled, diffused and made into room sprays. My preferred choice of Essential Oils are the world class Essential Oils by Young Living.



## Effects of Essential Oils

- Inspire a positive emotional state
- Enhance your physical wellness
- Purify your home
- Refine your skin
- Create deep spiritual awareness

# Ways to use Essential Oils

- Massage
- Bath
- Compresses
- Local Application
- Inhalation
- Diffusing



# Areas to use Essential Oils

- Journaling
- Yoga
- Prayers and Meditation
- Baths
- Bedtime
- Exercise
- Parties and Celebrations
- Sacred Rituals
- Preparing your food
- Creating Sacred Space
- Working with clients
- Working on projects
- While setting your intentions
- With your affirmations and mantras
- Dealing with releasing emotions
- Creating your Vision Board
- Public speaking
- Teaching
- Workshops/Play shops
- Nurturing Feminine Power
- Soul collage
- Chakra Balancing
- Body and Health
- Travelling

# Frankincense

**FRANKINCENSE** - also known as “olibanum,” has been used in religious ceremonies for thousands of years.

- 1. Rub on temples or place a drop on tongue and push to roof of mouth to relieve stress and sadness.
- 2. Diffuse to increase spiritual awareness and uplift the spirit.
- 3. Diffuse or inhale directly to stimulate the limbic system of the brain (memory and emotional center).
- 4. Take as a dietary supplement for immune stimulation
- 5. Rub on skin to decrease signs of wrinkles, lighten age spots, decrease inflammation of acne & boils.
- 6. Rub around orbit of the eye for improved vision.



# Lavender

**LAVENDER** - is the most versatile of all essential oils. Therapeutic-grade lavender has been highly regarded for the skin. Lavender has been clinically evaluated for its relaxing effects. The fragrance is calming, relaxing and balancing, both physically and emotionally.

- 7. Rub on feet for calming.
- 8. Rub on your pillow to help you sleep.
- 9. Put 2-3 drops on a minor burn to decrease pain.
- 10. Apply 2-3 drops of Lavender to a rash to stop the itching and heal the skin.
- 11. Mix several drops with V-6 Vegetable Mixing Oil and use topically on eczema and dermatitis.
- 12. To alleviate the symptoms of motion sickness, place a drop on the end of the tongue, around the naval or behind the ears.
- 13. To stop a nosebleed, put a drop of oil on a tissue and wrap it around a small chip of ice. Push up under the middle of the top lip to the base of the nose and hold.
- 14. Rub a drop over the bridge of the nose to unblock tear ducts.

# Lavender

- 15. Rub Lavender oil on dry or chapped skin.
- 16. Rub a drop of Lavender oil on chapped or sunburned lips.
- 17. To minimize the formation of scar tissue, massage on and around the affected area.
- 18. Rub 2 – 4 drops over the armpit area to act as deodorant.
- 19. Diffuse or put a drop between your palms and inhale deeply to help alleviate the symptoms of hay fever and allergies.
- 20. Place a few drops on a cotton ball and place in your linen closet to scent the linens and repel moths and insects.
- 21. Place a drop of Lavender oil in your water fountain to scent the air, kill bacteria and prolong the time between cleanings.
- 22. Place a few drops on a wet cloth and throw into the dryer.
- 23. Put a drop of Lavender oil on a cold sore.
- 24. Spritz several drops of Lavender oil mixed with distilled water on a sunburn to decrease pain.
- 25. Drop Lavender oil on a cut to clean the wound and kill bacteria.

# Lemon

**LEMON:** - has antiseptic-like properties & contains compounds that have been studied for their effects on immune function.

- 26. Use 6 drops of Lemon oil and 6 drops of Purification oil in a spray bottle mixed with water to use as air freshener.
- 27. Use 1-2 drops of Lemon oil to remove gum, oil, grease spots or crayon.
- 28. Use 1 drop of Lemon to add flavor to baked goods or beverages.
- 29. To clean and increase the shelf life of fresh fruit, fill a bowl with cool water and 2-3 drops of Lemon oil. Drop your cleaned fruit into the water and stir to be sure all surfaces of the fruit contact the lemon water.
- 30. Add 2-3 drops of Lemon oil to water and spray counter tops to sterilize them.
- 31. Place a drop of Lemon oil on cold sores, herpes or other mouth ulcers to lessen pain and aid healing.
- 32. Put a drop of Lemon oil on bleeding gums caused by gingivitis or tooth extraction.
- 33. Rub several drops of Lemon oil on cellulite to improve circulation and help eliminate waste from the cells.
- 34. Rub a drop of Lemon oil to clean a butcher's block or other cutting surfaces.
- 35. Put 10-15 drops of Lemon oil in each gallon of carpet cleaning solution to help pull out stains and brighten the rug. This also leaves a fresh smell in the room.

# Peppermint

**PEPPERMINT** - is one of the oldest and most highly regarded herbs for soothing digestion. Jean Valnet, M.D., studied peppermint's effect on the liver and respiratory systems. Dr. William N. Dember of the University of Cincinnati studied peppermint's ability to improve concentration and mental accuracy. Alan Hirsch, M.D., studied peppermint's ability to directly affect the brain's satiety center, which triggers a sense of fullness after meals.

- 36. Rub 4-6 drops in the palm and rub over stomach and around the navel to relieve indigestion, flatulence and diarrhea.
- 37. Add Peppermint to herbal tea to aid in digestion and relieve heartburn.
- 38. Massage several drops of oil on an injury to reduce inflammation.
- 39. Apply Peppermint oil immediately to an injured area (bruised shin, put on the foot or hand) to relieve pain. If there is a cut, apply the Peppermint oil around (not on) the open wound.
- 40. Rub several drops of oil on the bottoms of the feet to reduce fever.
- 41. For poison ivy or poison oak, apply Peppermint oil on location neat or dilute with V-6 Vegetable Mixing Oil.
- 42. Inhale before & during a workout to boost your mood and reduce fatigue.
- 43. Massage several drops on the abdomen to relieve nausea.
- 44. To relieve a headache, rub on the temples, forehead, over the sinuses (stay away from the eyes) and on the back of the neck.

# Peppermint

- 45. To stop hiccups, apply a drop of Peppermint oil on each side of the fifth cervical vertebra (up three notches from the base of the neck).
- 46. Place two drops of Peppermint oil on the tongue and rub another drop under the nose to improve alertness and concentration.
- 47. Diffuse Peppermint in the room while studying to improve concentration and accuracy. Inhale Peppermint while taking a test to improve recall.
- 48. Rub 4 drops on chest and stomach to relieve travel sickness.
- 49. Place a drop of Peppermint oil on the tongue and inhale into the nose and sinuses to relieve congestion from a cold.
- 50. Add Peppermint oil to food as a flavoring and a preservative.
- 51. To deter rats, mice, ants or cockroaches, place two drops on a cotton ball and place along the path or point of entry for these pests.

# Peppermint

- 52. To kill aphids, add 4-5 drops to 4 ounces of water and spray the plants.
- 53. Drink a drop mixed in a glass of cold water to cool off on a hot day.
- 54. Rub Peppermint oil on joints to relieve arthritis or tendonitis pain.
- 55. Place a drop of Peppermint oil on the tongue to stop bad breath.
- 56. Inhale the fragrance to curb appetite and lessen the impulse to overeat.

# Contacts

- Mubina Jaffer - 416 571 0322
- Sukaina Jivraj - 647 780 3033
- Jamila Devji - 905 731 6920
- Kulsoom Abbas - 416 418 9905



**Choose to Empower Yourself**

**Fatma Zaidi – Feminine Leadership  
Coach, Aromatherapist**