

◆ Prima Body's Aromatherapy Certification Course ◆

What's Inside:

This self-study print course was written and developed by Denise Wickell, RA, and is suitable for beginners and experienced oilers alike. The program is presented in the French style to aromatherapy with detailed descriptions of topical, inhalation, and ingestion protocols.

Module 1, Aromatherapy, 187 pages, includes:

- The historical use of aromatics, ethno-botanical wisdom, the modern day use of aromatherapy, and why essential oils are so vitally important **now**
- Essential oil origins, chemistry, botanical naming, and chemotypes
- Distillation, adulteration, and quality assurance
- Mechanisms of action (how essential oils work) including the role of the limbic system
- Using essential oils for physical and psychological effects
- Safety precautions and application methods
- Masterful blending--therapeutic, synergistic, and aromatic techniques--with dilution guidelines for adults and children
- Quick-guide reference charts to create popular aromatherapy items (body oils, lotions, soaps, air and linen sprays, bath salts, sugar scrubs, inhalers, perfumes, and anti-aging facial nectars).
- Guidance for client consultations, case studies, and FDA compliance
- Business overview, marketing your aromatherapy products, working within your scope of training
- One of the most intriguing elements in this module is organoleptic testing where you explore the aromatic aspects and effects of 30 individual essential oils for various time intervals, up to 2-3 days. These experiential exercises allow you to delve deeply into the personalities and therapeutic nature of the essential oils to understand their volatility, aromatic nuances, and how they influence the mind and the emotions. It also happens to be a lot of fun!



The essential oils, carrier oils, bottles, and jars needed for the course are purchased separately. Resources are provided and you may buy the items at your own pace as needed during the course.

Take a peek at these excerpts from Module 1:

Excerpt 1) From the earliest, most primal times, plants have been man's constant companion. The therapeutic nature and protective qualities of plants have been revered by every civilization. Fresh, dried, steeped, or distilled, medicinal plants were integrated into all aspects of life. Fragrant plants were used for beauty and bathing, celebration and ceremony, supporting body and spirit, and for treating all manner of ailments. Plant medicine is arguably the best medicine ever to assist mankind. Modern science confirms that the essential oils used in aromatherapy are unique among all substances, and that they may assist some of the most challenging aspects of today's health care.

Excerpt 2) Steam distillation is the oldest, most traditional method to extract essential oils from aromatic plants, drawing the volatile oils from the secretory glands of the plant. Distillation is what makes essential oils so concentrated and so swift in their therapeutic action. Some plants readily give off their essential oil molecules; Eucalyptus and Lemon are relatively inexpensive essential oils because they release easily and in large quantities from the plant. However, Rose essential oil is extremely expensive due to the specialized distillation process that is required and the fact that a massive amount of petals are needed to obtain just a small amount of essential oil.

Excerpt 3) Our sense of smell is the only one of the five senses directly linked to the brain, the limbic system, which is our emotional control center. The mind and emotions have a huge effect on healing at the physical level. Depression, anxiety, joy, and pleasure all originate in the limbic region of the brain. The volatility of essential oils means they evaporate easily and are breathed in to interact with the brain on a cellular level. This interface provides “instant messaging” to bring about rapid transformation and balance. It means that just a waft of an essential oil can help pacify anger and promote calm. The direct effect that essential oil molecules have on the nervous system suggests why aromatherapy is one of the most valuable tools to moderate nervous system dysfunction and nervous system overload.

Module 2, Body Systems, 125 pages, offers:

- An overview of the structure and function of all body systems (nervous, endocrine, respiratory, circulatory, digestive, reproductive, urinary, integumentary, musculoskeletal, lymphatic, and immune systems)
- Suggestions for specific essential oils to balance and strengthen each body system
- How to help common wellness concerns of each system (includes women’s issues and babies)
- Recipes and tips to support each system and promote homeostasis

Excerpts from Module 2:

1) Essential oils with rubefacient properties warm the muscles and reduce soreness by stimulating local circulation. These warming oils may also assist stiff muscles in the elderly population. Should soreness escalate to pain, enlist the help of analgesic essential oils including Eucalyptus or Peppermint. When preparing formulations, be aware that plant-based carrier oils also offer therapeutic benefit. Avoid petroleum products or mineral oil.

2) There is a certain connection between stress and disease, and this is true of diseases of the circulatory system. Anxiety and stress add to cardiovascular issues, thus the ability to manage or cope with stress is key. It is also important to find the underlying causes of anxiety, stress, and irritability, and to reduce them. Disease may be diminished or prevented by bringing more balance into one’s daily routine. Relaxation, massage, meditation, yoga, and aromatherapy all have much to offer to help one cope with the pressures of life. Essential oils to facilitate calm, relaxation, and coping skills include Bergamot, Frankincense, Geranium, Lavender, Orange, and Ylang Ylang.

3) Some essential oils display hormone-like behavior and may influence hormone production in the body, acting as beneficial therapy. For example, when the adrenals produce an overabundance of hormones such as cortisol, diseases can manifest in the body. Essential oils may play an important part in regulating adrenal gland function and maintaining optimal energy levels.

Women may see changes in the skin during menopause, including excessive dryness. Using essential oils which support the hormones and the endocrine system in general will also support the skin.

For the expectant mother, stretch marks may be reduced with essential oils. Low back pain can be addressed with a massage oil and soothing essential oils. For water retention in the feet and ankles, use a tepid foot bath with Grapefruit or Geranium. The baby can benefit from essential oils, too. A blend of baby-friendly EOs diluted in a carrier oil can soothe delicate skin between diaper changing as well as ease fretfulness when gently rubbed on baby’s back or tummy.



Module 3, Essential Oil Profiles, 161 pages, with comprehensive descriptions for 54 of the most commonly used essential oils (and a couple of surprises!), including:

- The plant name, plant family, country of origin and distillation method to obtain the essential oil
- Aromatic features and blending suggestions
- Primary chemical family or constituents
- Therapeutic properties
- Indications for use, physical, emotional, mental and spiritual uses, and French medicinal uses
- Narrative with suggested methods of usage and applications
- Historical notes
- Oral/ingestion use
- Safety features and precautions
- My personal notes, tips, and recipes (over 200 recipes!)
- Beautiful full-color photographs

Featured in Module 3:			
Angelica	Cypress	Marjoram	Rose
Anise Seed	Elemi	Melissa	Rosemary
Basil	Eucalyptus globulus	Myrrh	Sage
Bay Leaf	Fennel	Myrtle	Sandalwood
Bergamot	Frankincense	Neroli	Spruce
Black Pepper	Geranium	Nutmeg	Tangerine
Blue Tansy	Ginger	Ocotea	Tea Tree
Cedarwood	Grapefruit	Orange	Thyme
Chamomile, German	Helichrysum	Oregano	Vetiver
Chamomile, Roman	Jasmine	Palmarosa	Wintergreen
Cinnamon	Juniper	Patchouli	Yarrow
Clary Sage	Lavender	Peppermint	Ylang Ylang
Clove	Lemon	Petitgrain	
Copaiba	Lemongrass	Pine	

Excerpt from Module 3: An excerpt from the Essential Oil Profiles is shown on the next two pages compressed into slightly smaller print than presented in the course in order to save space:



Orange (*Citrus sinensis*)

Family, Origin, and Distillation: Of the Rutaceae family, the EO of Sweet Orange is expressed from the rind of the fruit. Originating in China and India, it is cultivated in the Mediterranean, Israel, and North and South America. The fruit of the *Citrus sinensis* may be called Sweet Orange to distinguish it from Bitter Orange, *Citrus aurantium*.



Aroma: A bright, sweet, fresh, fruity citrus aroma.

Odor Intensity: 1, top note.

Blends well with Bergamot and all citrus oils, Cinnamon, Clary Sage, Cedarwood, Clove, Cypress, Fragonia, Frankincense, Geranium, Jasmine, Juniper, Lavender, Neroli, Nutmeg, Petitgrain, Rose, Rosewood, Sandalwood, Ylang Ylang.

Primary Chemical Compounds: 95% Monoterpenes (d-limonene, an immune system booster).

Therapeutic Properties:

Antidepressant	Antiseptic	Antispasmodic
Carminative	Cholagogue	Digestive
Febrifuge	Sedative	Stimulant-digestive, lymphatic
Tonic		

Indicated For:

Cardiac spasm, palpitations	Muscle soreness, spasm	Lymphatic issues, cellulite
Edema, fluid retention	Weakened immune system	Fever, flu
Constipation	Digestive issues	Sluggish digestion
Nausea, bloat	Insomnia, stress	Anxiety, depression
Wrinkles, dry skin	Dull, devitalized skin	Acne-prone skin

French Medical Uses:

False angina	Cardiac spasm	Constipation
Chronic diarrhea	Nervous dyspepsia	Insomnia
Menopause	Heart palpitations	

Emotions and Spirit: Orange possesses such a cheerful fragrance, it's no wonder it is so uplifting. It offers "sunshine" to an emotionally dreary day. It can relieve depression and foster emotional balance. Orange brings calm to the nervous system to promote peace and happiness. Diffuse it with a touch of Marjoram for grief, anger, or shock.

Historical Notes: Dried orange peel is used in Chinese medicine to treat coughs, colds, and anorexia. Historically, it was used for prolapse of the uterus and anus, and for blood in the feces.

Applications: The primary chemical component of Orange EO is d-limonene which is known to boost the body's production of glutathione, a key component of the immune system. I like to add a few drops of Orange EO in my morning juice to boost my system. Oncologists often prescribe glutathione supplementation as a support for cancer patients. Essential oil of Orange not only helps the body produce its own glutathione, some sources consider it anticarcinogenic and anti-tumorigenic.

Orange is an ideal oil to diffuse; with antiseptic properties, it fights germs which spread colds, flu, and other illnesses. Orange is a favorite with children and pregnant women for its soothing qualities. It can be used to uplift the spirit or to relax one to sleep at night.

Like Neroli, Orange EO assists with irregular heart beat and palpitations. It helps one to relax and unwind which may also stabilize blood pressure.

Orange EO can be rubbed on the abdomen to ease spasm, bloating, and GI distension. It may balance intestinal peristalsis and ease constipation. It aids in digestion, may assist with high cholesterol, and work to address gall bladder issues. To avoid skin irritation, apply a carrier oil either before or after applying the EO.

Orange supports the lymphatic system and can be useful in addressing swollen tissue and edema. It may also soften foot calluses. Orange is useful for acne-prone skin and helps revitalize aging skin.

Dietary Supplementation: GRAS. 3-5 drops 3-4 times per day.

Precautions: Use with caution in direct sunlight or UV exposure for up to 12 hours after skin application. I've never personally experienced a problem with Orange EO and sunlight, however, please make your own observations and document them.

Personal Notes: I like to use Orange EO as a body tonic and skin toner for cellulite. After bathing, I put a few drops in my palm along with my favorite carrier oil (jojoba oil or avocado oil) and massage it over areas needing attention (hips, belly, and thighs). Plus, the aroma is so soothing and happy; it's a great way to complete the bathing experience. Follow this consistently and see how you look in the mirror after about 1 month of daily use.

I also find Orange EO quite helpful rubbed over the abdomen to ease bloating and aid digestion. Applied at night-time, it's also relaxing for sleep.

Note: Tangerine essential oil has many of the same properties and uses as Orange essential oil.

Recipe - Digestive Blend

3 drops Orange
1 drop Clary Sage
1 drop Fennel
½ teaspoon jojoba oil

Blend together and massage over abdomen in a clockwise direction to aid digestion and ease bloat.

Recipe - Cardiac Tonic

20 drops Orange
10 drops Neroli
5 drops Ylang Ylang
1 ounce carrier oil

Blend the essential oils together then add the carrier oil. Store in a glass bottle. Apply this blend daily, morning and evening, over the heart area and also up the inner forearms to assist with false angina, cardiac spasm, and heart palpitations. This blend can be applied at night on the feet to assist with sleep or relaxation, as well as over the abdomen to assist bloat or digestive issues. Avoid the sun or UV light 1 day after use.

Recipe - Diffuser Blends

Use equal amounts Orange and Bergamot for relaxing or sleeping.

Blend equal parts Orange, Pine or Spruce, and Rosemary for respiratory and antiviral support.

Combine 10 drops Orange, 5 drops Juniper, and 3 drops Cypress to refresh the air.

Use 7 drops Orange, 3 drops Lavender, and 2 drops Petitgrain to uplift the spirit.

