

Chapter7 Essential oil recipes

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Topics

Segmentation of essential oils according to scent tolerance

Principles of blending essential oils

Substances used in blending essential oils

Preparation of essential oil blends

Essential oil recipes for inhalation

Essential Oil Recipes to Heal and Relieve Symptoms

Essential oils for use in various products

Essential oils for body massage

Objective

1. Students can group essential oils. According to the durability of the smell.
2. Students know the substances used in blending essential oils.
3. Students know the principles of blending essential oils.
4. Students can create essential oil recipes. for use in various activities

Segmentation of essential oils

Essential oil Can be divided into 3 groups according to the durability of the smell :

- **Base Note** is the lowest volatility. (The slowest evaporation) such as frankincense, vetiver, Cedar wood, Patchouli, Frankincense.

Middle Note is medium volatility. (Moderately volatile) such as rosemary, lavender, ylang-ylang, geranium, Parmarosa, rosewood, marjoram

Top Note is the maximum evaporation capacity. (The fastest evaporation) such as orange, tea tree, eucalyptus, bergamot, citronella, peppermint, ginger, grapefruit, and lime.

Segmentation of essential oils

Top scent smells first than other scents and this smell will evaporate first.

Middle scent will spread all the time until it evaporates completely.

Base scent smells last, but lasts the longest.

Rosemary Oil

Rosemary Oil

Extracted from the flowers and leaves of rosemary. (*Rosemarinus officinalis* L.)

The oil is clear yellow with a camphor-woody smell.

Has the ability to eliminate bacteria well.

refreshing Concentrated and motivated.

If combined with a massage, it will give a warm feeling and stimulate blood circulation.

Suitable for people with oily skin.

Lavender Oil

Lavender Oil

Extracted from lavender flowers (*Lavandula officinalis* Chaix)

The oil smells fresh. calm and relax.

The ability to heal wounds, rashes, helps eliminate bacteria.

Encourages the body to detoxify and help treat headaches.

When used in conjunction with massage, it relaxes the muscles.
and helps to sleep.

Suitable for people with dry skin.

Chamomile Oil

Chamomile Oil

Extracted from chamomile flowers

Matricaria chamomilla Linn. (German chamomile) Or

Anthemis nobilis Linn. (Roman chamomile)

It has anti-inflammatory effect and helps reduce pain.

Helps to calm, concentrate and relieve stress.

Suitable for people with dry skin.

Often used in products such as massage oil, shampoo, hair conditioner, etc.

Eucalyptus Oil

Eucalyptus Oil

Obtained from leaves of eucalyptus (*Eucalyptus globulus* Labill.)

Fresh scent helps to breathe freely Treat colds, nasal congestion

Makes you feel clear and concentrated.

The ability to eliminate bacteria.

When used in conjunction with a massage, it helps to refresh.

rehabilitation of the body Reduce muscle spasms

Suitable for people with normal to oily skin.

Rose Oil

Rose Oil

Derived from roses (*Rosa damascena* Mill.)

Smells sweet Gives a feeling of femininity and love.

Cheer up

The ability to kill germs well.

Rose oil is a very expensive oil. Because to produce 1 kg of rose oil, 10 tons of rose are required.

Rose oil is suitable for people with dry and sensitive skin.

Peppermint Oil

Peppermint Oil

Obtained from peppermint leaves (*Mentha piperita* Huds.)

It has a cool scent of menthol which is the main ingredient.

Peppermint oil has antibacterial properties.

Helps to feel refreshed and rejuvenated.

Suitable for people with oily skin. and should not be used on sensitive skin.

Ylang Ylang Oil

Ylang Ylang Oil

Obtained from ylang-ylang flowers (*Cananga odorata* Hook.)

The oil has a seductive aroma. Helps to relieve stress.

Calm down, reduce depression

When used to massage the body, it helps relax the muscles. and stimulate blood circulation.

Basil Oil

Basil Oil

Obtained from basil leaves(*Ocimum basilicum* Linn.)

The oil smells sweet and spiced.

It has properties that help calm, concentrate, reduce depression.

Relief from migraine headaches.

Vetiver Oil

Vetiver Oil

Obtained from the roots of vetiver (*Vetiveria zizanioides* Nash)

Vetiver oil is dark yellow to brown. The appearance is quite sticky. has a heavy fragrance mixed with the smell of wood

Helps to calm the mind, relieve stress and adjust the balance of the mind.

Lime Oil

Lime Oil

Obtained from the peel of the lemon fruit. (*Citrus aurantifolia* Swing.)

The oil is light yellow in color with a fresh scent of lemon. Helps to stimulate the body and mind to be bright and cheerful.

Lemon oil also has deodorizing and skin conditioning properties. It is therefore suitable for products such as shampoos, lotions and deodorizing products.

Principles of blending essential oils

In case of using only 2 scents.

Choose one scent as the Middle Note and the other as either the Top Note or the Base Note.

Mix together in a 2: 2 formula, except for some essential oils that smell very strong, adjust to 3: 1.

Most of the strong aromatic oils are bases such as patchouli, frankincense.

Principles of blending essential oils

In general, it is mixed with only 3 scents using the formula:

Base 1 : Middle 2 : Top 1

For example

Cedar wood (Base) 1 : Lavender (Middle) 2 : Orange
(Top) 1

1:2:1

Carrier Oil

Due to essential oils are very concentrated. If applied directly it can be irritating and therefore needs to be diluted using carrier oils except Lavender Oil and Tea tree Oil Carrier Oil.

It is an unscented or minimally scented natural oil. Does not obscure the aroma of essential oils when mixed together and should mix well together

It has good absorption properties. will help guide the molecules of essential oil to the desired area

May be called differently, such as carrier oil, dilution oil, or medication.

Carrier Oil

Usin Carrier Oil should be taken into account

The source will always be given and the quality of the oil which found the message as follows:

- **Pure Oil** means pure, unadulterated oil.,
- **Organic Oil means** plant-derived and non-toxic processing oils.
- **Oil** means to oil that contains 100% natural substances.
- **Processed Oil means** oil that has undergone a process to make it colorless, odorless, or possibly longer lasting.

The example of Carrier Oil

Sweet Almond Oil

This oil has been known since Roman times. Used for skin care and wound healing.

can be absorbed into the skin well It can be used with all skin types. Suitable for dry and sensitive skin.

It is a yellow oil derived from *Prunus Amygdalus*. It is well absorbed into the skin. It contains Olein, Linoleic, Glucosides, Vitamin D, and Protein.

But what you need to be careful about is Do not use bitter almond oil as it is poisonous.

The example of Carrier Oil

Hazelnut Oil

Obtained from *Corylus Avellana*, rich in proteins, minerals, vitamins and Linoleic acid.

Valuable in nourishing and moisturizing the skin.

Absorbs into the skin very quickly, suitable for dry and damaged skin. It is commonly used in skin care products used on the face.

This type of oil has a slightly nutty smell. Can mix well with ylang ylang oil. sandalwood oil

The example of Carrier Oil

Jojoba Oil

Obtained from the fruit of the jojoba tree. Found a lot in desert areas such as in Mexico. Because it can tolerate drought well.

Jojoba oil is odorless and has a number of outstanding properties, such as its Antiinflammatory, it's has properties as an emulsifier. Therefore, it is often used in products such as shampoo, conditioner, etc. In addition, jojoba oil also has sun protection properties with an SPF = 4, making it suitable for use as a carrier oil in sun protection products.

The example of Carrier Oil

Wheat Germ Oil

It is red in color and has a strong odor. It is high in lecithin, vitamins A, D and E. It is often mixed with other carrier oils. It is suitable for dry and aging skin.

Coconut Oil

It is often used as a carrier oil in sun protection products.

The example of Carrier Oil

Olive Oil

Has a strong smell, the ability to disinfect and heal wounds. It is often used in products for treating infected skin. and treat joint pain

Camellia Seed Oil

It is a yellow oil obtained from Camellia Japonica produced in Japan.

Enriched with Oleic Acid

Has good absorption, suitable for all skin types, especially aging skin and sensitive skin.

The example of Carrier Oil

Grape Seed Oil

It is a yellow oil obtained from *Vitis Vinifera*.

Enriched with Polyunsaturated Fatty Acid, Vitamins

It is a very popular oil used in America for beauty and massage.

Use only on the body, not on the face.

It is an odorless oil that absorbs quickly into the skin. Has the ability to help clean and skin conditioning

The example of Carrier Oil

Macadamia Nut Oil

It is a yellow oil obtained from *Macadamia Ternifolia*, produced in Australia.

Contains sebum-like elements, rich in Palmitoleic Acid and Vitamin A. It works well in all types of skin care products.

The example of Carrier Oil

Peach Kernel Oil

It is a golden yellow oil obtained from *Prunus Persica*, produced in China.

Polyunsaturated, Essential Fatty acids and Vitamins A and E.

It has very good absorption into the skin and is suitable for all skin types including sensitive and wrinkled skin.

The example of Carrier Oil

Rosehip Seed Oil

Is it an orange viscous oil? Red gold is obtained from Rosa Rubiginosa, produced in Chile.

Rich in Linolenic and Oleic Acids as well as Vitamin A, Protein, Minerals

Suitable for all skin types, including sun-sensitive and prematurely aging skin.

The example of Carrier Oil

Tamanu

It is a dark green, strong-smelling oil obtained from the fruit and seeds of *Colophyllum Inophyllum*, produced in Africa and India.

Enriched with Saturated, Polyunsaturated and Monosaturated Fatty Acid.

Use only on problem skin such as Broken capillaries that need repair

The example of Carrier Oil

Using Carrier Oil should be taken into account source of production and quality of oil which is often found with the following message:

Pure Oil means pure, unadulterated oil.,

Organic Oil means plant-derived oils that have been processed without pesticides.

Oil means oil which contains 100% natural substances

Processed Oil means oil that has undergone a process to make it colorless, odorless, or possibly longer lasting.

Examples of how to use essential oils

Massage

2 drops of essential oil per 1 teaspoon of carrier oil.

4 drops of essential oil per 1 tablespoon of carrier oil

10 drops of essential oil per 25 ml of carrier oil.

Bathing Use 4-5 drops per 1 bucket of warm water or 8-10 drops per 1 bath of warm water.

Compress Use 2-3 drops per 1 cup of water (120 ml.)

Inhalation Use 2 drops per 1 teaspoon of carrier oil.

kiln igniting : use 4-5 drops per 1 cup of kiln water.