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# A MASSAGE THERAPIST'S GUIDE TO ESSENTIAL OILS

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BY

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# PART 1: HISTORY AND HEALTH

## Introduction //

As a massage therapist you've embarked upon a career of well-being. Your initial studies have opened up a world with many different paths and modalities, one of which is the use of aromatherapy for your practice. The term has been used and misused over the years that those of us who do practice aromatherapy feel compelled to share some basic information.

This guide will help you navigate through the jungle of information that you encounter when searching for essential oils and aromatherapy products.

Essential oils and aromatherapy. The two go hand in hand, but why? Aromatherapy is the practice of using essential oils for therapeutic applications that can impact or influence emotion, physical well-being and aesthetic well-being.

The term Aromatherapy is fairly new and was coined in the early 1900s by **René-Maurice Gattefossé**, a French perfumery chemist. Gattefossé is credited with initiating a scientific approach to the study of essential oils for therapeutic purposes. He may have given it a name, but the practice of using essential oils for medicinal application has been going on for centuries.

Over the years, of course, science progressed and medicines became more pharmaceutical. In modern times essential oils have been used primarily by the perfume and flavor industries.

Because of this fact it is important to know where and how the essential oils you use are produced. The business of perfumes and flavorings is huge, and though scent and taste are very important to these companies the method of extraction that is most profitable for them rarely renders an aroma therapeutic grade essential oil.

In this guide we will discuss definitions and terms, the importance of quality, common myths about essential oils, applications and consumer education tips.



# PART 1: HISTORY AND HEALTH CONT...

## What is an essential oil? //

Let's take a closer look at what an essential oil actually is. The term 'essential oil' can be a bit confusing once you start to research aromatherapy, so I hope to clarify that definition before we start adding more terms.

**Essential oils** got their name from two basic observations. First they were believed to be essential to the life of the plant. Second, they didn't mix with water, so therefore it must be an oil. Right? Well, almost. It is hydrophobic (doesn't mix with water) but it is not a true oil--it doesn't contain any fat. This is important to know because later on we will be talking more about true oils for massage and as "carriers".

**Aromatherapy** is practiced using essential oils and absolutes via diffusion or topical application. All essential oil applications require a "carrier" system or ingredient.

**Diffusion** is the application of essential oils through inhalation. No physical contact is made with the essential oils. The "carrier" in this case is simply air. There are different types of diffusers that can be used. Which is best is a matter of personal preference and the quality of the equipment you choose. For basic uses, a cotton ball or tissue is enough to hold a drop or two of essential oil to inhale from time to time.

**Topical applications** (applying directly to the skin) require the most attention to choosing, whether your are purchasing a product that contains essential oils or one that you want to add essential oils to. The product itself would be considered the "carrier".

A **carrier** can be water, a vegetable oil ( which are used for massage), a lotion, or any other personal care product. I'll cover oils in depth in the next section.



# PART 1: HISTORY AND HEALTH CONT...

## Importance of Quality //

### **Why should you care about the quality of your body care products?**

Skin is the largest organ of the human body. It protects our muscles, bones, and internal organs. Most importantly, it's the first line of defense for external factors. Our skin "breathes" and absorbs a great portion of what it is exposed to and it expels wastes by sweating.

Over the years, studies have shown that our environment has a great impact on our health and well-being. This includes the ingredients in our personal care products. We may not be able to control everything in our environment but we can certainly make informed choices with the foods we eat and the products we use in our daily routines.

### *Ingredients to avoid*

I am an avid advocate for knowing the ingredients in your products and choosing products that have natural ingredients. This is the first step if you are going to practice using aromatherapy. Some of the following common ingredients can be found in personal care products, as well as cleaning products, and should be avoided:

*sulfates, parabens, petroleum based ingredients (like baby oil or vaseline), phthalates and synthetic fragrances or colors.*

# PART 1: HISTORY AND HEALTH CONT...

Why? Therapeutic Aromatherapy requires being knowledgeable in choosing a high grade therapeutic essential oil. If you are taking that much care and investment in your essential oils, don't they deserve being used in only high quality natural ingredient bases? To do otherwise is like using prized truffles to serve with spam. Take the time to read the ingredients in your products by using references such as A Consumers Dictionary of Cosmetic Ingredients by Ruth Winter, M.S.

## *Your client's health, your own health*

It's important to ask if your client has any allergies. Your clients trust you to use products that will not irritate their skin. High quality, natural ingredients are more gentle, healthier, and provide a better overall experience for your client.

For your own health, the question of quality ingredients is especially important. After all, you have your hands and arms in these products each and every day.

I remember a massage therapist who came to me for help one time. She rolled back the sleeves of her shirt and held up both arms revealing a bright red rash that started just beneath her wrists and covered the entire underside of her forearms. Her knuckles and tops of her fingers also suffered from the same rash. She claimed it started when the spa she worked for started using a new massage oil and salt scrub. She didn't know if it was the oil or if it was just the salt that irritated her skin. She had to wear gloves at work, meanwhile we tried to identify the culprit. We finally found it: She was sensitive to the fragrance in the products.

Sometimes, exposure to chemical ingredients are not so quick to show an effect, or the effect may not be topical. Dizziness, or headaches are often a result of chemical exposure. Synthetic fragrances are often the cause of lightheadedness or upset stomach.

Other ingredients are potential carcinogens and your exposure to them won't manifest for years afterward.



# PART 1: HISTORY AND HEALTH CONT...

## Myths & Misinformation about Essential Oils //

### Terminology

Since there is no regulatory agency overseeing the production of essential oils, the term “therapeutic grade” has now become a huge marketing message for some suppliers, much like the terms “No Fat” and “100% natural” on food labels. All oils go through a distillation process before they’re packaged for consumers. Some processes and manufacturers dilute or adulterate the oils. Always read the ingredients on the label. Here in the United States it’s NAHA, National Association of Holistic Aromatherapy. They help all levels of aromatherapy enthusiasts from the at home practitioner to the professional.

### Big isn’t always best

Beware of big marketing trappings. Do the research behind the hype of any company that sells essential oils, it is important to the country of origin, the method of extraction and the botanical name of the oil you are purchasing. Prices should not all be the same if the oils are truly pure and undiluted, then the cost of sweet orange oil is significantly less than the cost of lavender oils which is also significantly less than that of steam distilled Rose oil.

### Essential oils will not “go bad”

A pure and undiluted essential oil will not go rancid. Rancidity can only occur if there is a fat present, if the essential oil is diluted in a vegetable oil it will go rancid over time. Essential oils are very volatile and will vaporize when exposed to open air. They are best protected in a dark amber or cobalt blue bottle and when not in use capped tightly.

### Extraction methods are not made equal

Not all methods of extraction produce a safe and therapeutic essential oil. The first two methods, steam distillation and cold pressed (expressed) are used to extract most of the essential oils used by most aromatherapy practitioners. Within both of these methods there are techniques and procedures that are particular to the extraction of the essential oils being harvested. Solvent extraction is used in obtaining natural essences which are used like essential oils but the name of end product is an ‘absolute’. Absolutes are used in aromatherapy, in my experience, for aesthetic therapies, since absolutes are primarily floral. Some flowers rendered as ‘absolutes’ are; Rose, Jasmine, Neroli and Vanilla. The only solvent acceptable for aromatherapy would be a grain alcohol.

### Can you use them on children?

Yes, essential oils can be used on children and we make a distinction for infants and children. Application of essential oils for babies and children is approached the same way medications are administered. The “dosage” is considerably less, for instance, 10 drops of Eucalyptus Globulus oil in a diffuser would be fine for an adult, but 5 drops is appropriate for children under 12 & 1 or 2 drops of the same essential oil for babies under 3 yrs.

# PART 1: HISTORY AND HEALTH CONT...

In addition to age and weight of the child, be aware if they are taking any medications or have allergies to help you select the most appropriate essential oils for them. My rule of thumb is to always dilute essential oils prior to application on skin and this is especially true for children.

I recommend the book *Aromatherapy For Babies And Children* by Shirley Price for specific recipes and applications.

In Price's book, she mentions 19 oils that are safe for children. These oils are:

- Bergamot (*Citrus bergamia*)\*
- Cedarwood (*Cedrus atlantica*)
- Chamomile, Roman (*Chamaemelum nobile*)
- Cypress (*Cupressus sempervirens*)
- Frankincense (*Boswellia carteri*)
- Geranium (*Pelargonium graveolens*)
- Ginger (*Zingiber officinale*)
- Lavender (*Lavandula angustifolia*)
- Lemon (*Citrus limon*)\*
- Mandarin (*Citrus reticulata*)\*
- Marjoram (*Origanum majorana*)
- Melaleuca-Tea Tree (*Melaleuca alternifolia*)
- Orange (*Citrus aurantium*)\*
- Rose Otto (*Rosa damascena*)
- Rosemary (*Rosmarinus officinalis*)
- Rosewood (*Aniba rosaeodora*)
- Sandalwood (*Santalum album*)
- Thyme (*Thymus vulgaris* CT linalol)
- Ylang Ylang (*Cananga odorata*)



\* refers to essential oils that are photosensitive, in other words they react with the sun and can cause a rash.

## “All-natural” must mean safe, right?

To quote a friend of mine, “hemlock is natural and it will kill you.” Make sure you research the essential oils you are interested in using. Many of them have contraindications for use on children, pregnancy and clients with chronic illness and are on medications. As a rule of thumb, again I must emphasize to use more than one reference to gather your information.

## PART 2: USING YOUR ESSENTIAL OILS

### Basic List of Essential Oils //////////////////////////////////////

This is a basic list of “must have” essential oils that cover a wide range of applications.

**Lavender**, (*lavandula angustifolia*) or vera, steam distilled, often referred to as the “Swiss Army Knife” of aromatherapy. It is most recognized for its stress relieving effects.

**Geranium** (*pelargonium graveolens*), steam distilled- a wonderful oil that is great to help increase circulation and is effective for female hormonal balance.

**Eucalyptus** (*eucalyptus globulus*) steam distilled- Is a known decongestant and expectorant, it helps open up respiratory passages and has a refreshing invigorating scent.

**Peppermint** (*mentha piperita*) steam distilled - It's strong and minty scent is indicative of its properties. Stimulates alertness without make you jittery, when diluted and applied to temples it helps tension headaches and the same diluted preparation when massaged over your stomach helps with stomach aches.

**Rosemary** (*rosmarinus officinalis*) steam distilled- Rosemary is for remembrance, it stimulates memory , it's refreshing minty scent also helps stimulate circulation and when used in a massage lotion or oil is a great way to refresh tired muscles that need to keep going.

**Orange** (*citrus aurantium*) cold pressed- sweet orange oil, most citrus's are uplifting and mood brightening. Refreshing scent of freshly peeled orange will put a smile on most people. Care must be taken whenever using citrus oils because they are photosensitizing. When you are exposed to citrus oils your skin is more susceptible to sunburn. It can be used as an accent in a blend and stay out of direct sunlight for the next two hours. Sweet Orange oil is one of the least expensive essential oils but also is one of the most volatile. Every time you open your bottle it will tend to vaporize so I often recommend purchasing it in a size that you will use within 3 months. This is also true of other citrus oils.

**Sandalwood** (*santalum album*) steam distilled- considered a sacred oil by most not only because it is obtained from the heartwood of mature sandalwood trees, but because its woody aroma is subtle and all encompassing at the same time. For centuries used in India for religious ceremonies it has become a western favorite. Sandalwood oil from Mysore, India is the most prized and most expensive. Great care is being taken now to create an eco friendly sustainable harvest for sandalwood trees.

**Chamomile**, Roman (*Chamaemelum nobile*) steam distilled, - is often used to help stress, frazzled nerves and anxiety. It is also has anti inflammatory properties so is useful for injuries or arthritis. There is another variety of Chamomile known as German Chamomile, do not confuse the two. They come from different botanical species and their properties and applications differ. It is a clear pale yellow essential oil with a sweet floral scent much like the tea.

## PART 2: USING YOUR ESSENTIAL OILS CONT...

**Melaleuca**-Tea Tree (*Melaleuca alternifolia*) steam distilled - the Aborigines of Australia have for centuries used Tea Tree for many medicinal purposes. Studies have found it to have very strong antiviral and antifungal properties. You can use it just about everything. I find it most helpful in skin related applications from heat rash to toe nail fungus.

We tend to use common names for our essential oil blends that help define its application. Here are a few of my favorite recipes. Best for full body massage, but if you are restricted in where you can apply oils my first choice would be the soles of your feet or as a scalp massage oil, since these are the two most absorbent areas of your skin.

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### Calming

Lavender, 10 drops  
Chamomile Roman, 3 drops  
Sandalwood, 3 drops

Add to 8 oz of your favorite carrier oil, or lotion. Mix well and allow to rest a minimum of 1 hour prior to use. You can also add the same number of drops to a diffuser and it is also effective to help calm.

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### Energizing

Peppermint, 8 drops  
Lemon, 4 drops  
Bergamot, 4 drops

Add to 8 oz of your favorite carrier oil or lotion for a full body massage it is extremely refreshing and even cooling. The strong mint scent is enhanced and elevated with the citrus notes of lemon and bergamot. Please note we are using citrus's and exposure to direct sunlight should be avoided for a couple of hours. (You can substitute the lemon for another of your favorite citrus essential oils they all will work wonderfully with this blend.)

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### Antibacterial / Antiviral

Tea Tree, 5 drops  
Oregano, 5 drops  
Spearmint, Rosemary, or Peppermint 5 drops

Add to 8 oz of your favorite carrier oil or lotion for a great foot massage. This combination can be added to water for a spray as well as your favorite carrier oil or lotion. It contains two of the most powerful antibacterial and antiviral essential oils known to date – Tea Tree and Oregano. However, you are welcome to cut back the Oregano oil to 2 drops since it is a very powerful scent and always makes me hungry when there is a lot of it in

## PART 2: USING YOUR ESSENTIAL OILS CONT...

the air. For some reason, I don't think many of us like smelling like lunch when we are on the massage table.

### Muscle Aches

Rosemary, 4 drops  
Juniper, 3 drops  
Lavender, 5 drops  
Chamomile Roman, 4 drops

Add to 8 oz of your favorite carrier oil or lotion for a full body massage. You can also add the same number of drops to a pound of sea salts, my favorite for this combo is dead sea salt used in a nice hot bath.

### For children

Children under the age of 12 and infants up to it's always best to keep it to simple. Do not go over the drops recommended per application.

**Lavender** (lavendula angustifolia) goes a long way for children. It can be used in the following ways.

**Fevers** - Lavender 1 -2 drops in 32 oz of lukewarm water. Rinse out wash cloth in water and place on forehead to help bring down a fever.

**Irritability due to fatigue** - Lavender ,1 drop diluted in a tablespoon of cold pressed vegetable oil. Massage child's back and neck.

### Common cold

#### Babies

Peppermint, 1 drop  
Eucalyptus Globulus, 2 drop  
In a tea light diffuser, place diffuser at least 6 feet away from baby.

#### Children

Peppermint, 3 drops  
Eucalyptus Globulus, 5 drops  
In a tea light diffuser, place a minimum of 4 feet away from child.

### Immune boosting and Sanitizing spray

Little ones tend to be exposed more to colds because of school but this is a great recipe to keep handy during cold season for the entire family. Once prepared you can use it to spray down hard surfaces the reduce the spread of germs (do not use on wood). It can also be used as a room spray and on pillows and blankets. Do not spray on skin and allow pillows and blankets to air out for 10 - 15 minutes before using again.

## PART 2: USING YOUR ESSENTIAL OILS CONT...

In a 8 oz glass bottle with spray top, fill with distilled water and add the following essential oils

Tea Tree (melaleuca alternifolia), 10 drops  
Lemon (citrus limon), 5 drops  
Eucalyptus Globulus (eucalyptus globulus), 10 drops  
Peppermint (mentha piperita), 5 drops

Shake up each time before use. Pour into a small 2 oz spray bottle to take on trips or work to help reduce exposure to germs.

### Carrier Oils //

“Carrier oils”, “fixed oils”, “carriers” are all terms used in today’s market. They all mean the same thing – a vegetable oil. The most important thing to remember about oils is they are considered to be unsaturated fats. Saturated fats are derived from animal fat and I don’t recommend them.

The extraction process is everything when designating a use for the oil. Sounds familiar, doesn’t it? Process and intent are always important in aromatherapy and body work. We identify carriers by their common names, botanical names, color, smell and viscosity.

Cold pressed or low heat extraction of vegetable oils is what is most used for body care and is my preference. The main reason is because at low temperatures less of the other natural nutrients are conserved in the oil extracted. Vegetable oils are primarily extracted from the seeds, kernels or nuts of plants. Some people have a sensitivity or allergy to nuts so knowing your oils (carriers) is an important tool.

**I am often asked, “What is the best oil to use for massage?”** Honestly, once you’ve identified which ones are cold pressed, they all have benefits. Each year, I get a thrill to see what the commercial advertisers come up with as being the “new miracle” oils. Trends have touted the benefits from Avocado Oil to the more recent Argan oil. Just as the modalities you learn give you different options in how to treat your client, so does knowing the qualities and profiles of carrier oils. Carrier oils (vegetable oils) do go rancid and have a shelf life of anywhere from 6 months to a year when stored properly. It’s important to also know your source for carrier oils so that you are able to get fresh or recently refined oils for optimal shelf life.

**Sunflower Oil** (helianthus annuus) – Extracted from the sunflower seed. This is my personal favorite oil, I prefer to use the high oleic version (basically it is high in oleic acid). Oleic acid is classified as a monounsaturated Omega 9 fatty acid. It is a clear, slightly yellow oil that is very light to the touch and is absorbed readily into the skin. It is also very reasonably priced and find it easier to wash out of sheets. Viscosity is light and no scent should be present.

## PART 2: USING YOUR ESSENTIAL OILS CONT...

**Safflower Oil** (*Carthamus tinctorius*) – Extracted from the safflower seed and one of civilizations oldest crops. It is very similar in texture as sunflower oil and is usually clear and colorless. An affordable oil that is great to use for clients who have nut allergies. Viscosity is light and no scent should be present.

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**Sesame Seed Oil** (*sesamum indicum*) – This one helps us out in identifying that it comes from the seed, but the thing to watch out for is that it is cold pressed extracted. It is only with a cold pressed or low temperature extraction that you get an odorless Sesame Seed Oil suitable for body work. You'll know the difference because it smells like Chinese food it isn't cold pressed. Viscosity is light to medium and no scent should be present.

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**Apricot Kernel Oil** (*Prunus armeniaca*) - I prefer to use this for facial applications and face massage. When I do use it for massage oils, I will blend it with others to get its benefits since it is a slightly more expensive oil than sunflower or safflower oil. It has a light viscosity and very faint odor, a clear to light yellow color.

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**Avocado Oil** (*persea americana*) - Avocado oils when refined are a clear yellowish color and can sometimes have a nutty scent. In its raw, unrefined state it is a thicker, clear green color. It is also a slightly more expensive oil and so it is often diluted with other vegetable oils for use in massage. Avocado oil has a rich fatty texture, is rich in Vitamin A and can be used for the entire body and hair.

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**Sweet Almond Oil** - (*Prunus amygdalus*, syn. *Prunus dulcis*) This is probably the most commonly used oil for massage and yet is also the one that most people are sensitive too. It's scent should be very light and slightly nutty, and a clear light yellow color. It is slow to absorb into skin and often leaves an oily residue. I like using this oil diluted with other oils. Price is mid range and is readily available.

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**Joboba Oil** (*Simmondsia chinensis*) – Native to the southwest United States, jojoba oil is extracted from the fruit (a nut) that the plant produces. This plant is now being cultivated as far away as Argentina Africa, and Israel. Cultivation in the United States is still present, but weather has hindered its productivity this last decade. Unlike all of the other oils listed, jojoba oil is a liquid wax-like oil, it is extremely stable and has an indefinite shelf life. When combined with grapeseed oil is almost like the oils our body produces. At this time, it is very expensive due to problems with cultivation. However, it is an incredibly rich and nutritive oil to use for body and hair.

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## PART 2: USING YOUR ESSENTIAL OILS CONT...

**Argan Oil** - (*Argania spinosa* L.) a native of Morocco, and is extracted from the kernel of the Argan fruit (a nut). It is also known as Moroccan Oil and has been used medicinally to treat skin diseases. It is the latest trend in oils, high in antioxidants and attributed for its anti-aging applications. Wonderful for facial products or diluted into your favorite cream for a face massage.

As you can see you have many oils to choose from on this list and there are many more on the market that are considered "accent" oils or oils that would not be used alone in a treatment but rather make up part of a blend of oils for application. Those oils include wheat germ, borage, and evening primrose just to name a few.

### Diffusers ////////////////

For an aromatherapeutic air freshener in your massage therapy practice, I recommend using some type of diffuser that does not involve high heat elements. Examples of the different kinds of diffusers include:

- Tea light diffusers
- Cold fan diffusers
- Passive diffusers (like reed diffusers or warm rice bag)
- Warm fan diffusers
- Nebulizers



# PART 3: BE AN INFORMED CONSUMER

## Read your labels //

As I mentioned before, it's important to read the labels on your essential oils to know exactly what you're getting. The more informed you are the better choices you make when purchasing. There are some basics that are very useful to know when selecting essential oils.

### 1) **Common name**, ie. Lavender

The first name listed is the common name. This is usually the way you will see essential oils listed in recipes or blends, often the botanical name is used so there is no doubt as to which variety of lavender is desired.

### 2) **Botanical name**, i.e. *Lavandula angustifolia*

This is the most important listing for an aromatherapist because this is the primary method of identifying exactly from which plant the oil was extracted.

### 3) **Method of extraction.**

Primary methods of extraction include, steam distillation, cold pressed, CO2 Extract or Absolute.

### 4) **Country of origin**

The geographical location of where your essential oil were grown and harvested is important since the soil and weather imparts much of the scent and composition of an essential oil. Reputable companies source oils out of the individual countries of origin. I like to use the wine analogy for visualizing this. As with different kinds of wine, essential oils vary with different kinds of soil, geographical location, rainfall, harvesting--all of these factors affect the quality of the oil.

### 5) **The plant part used**

Knowing which plant part is used helps verify the type of oil you are getting. For example, you can get Clove Oil from the bud, the stem or the leaf. Each renders a slightly different percentage of effective constituent and can be important to your blend.

### 6) **Organic or non-organic.**

Organic oils are often used for culinary uses and more of us are becoming conscious of the importance of using pesticide-free oils. Keep in mind that organic certifications are expensive and some countries may not have an organic certification or farmers may find it too expensive to attain.

# PART 3: BE AN INFORMED CONSUMER CONT...

## Buyer Beware //

Watch out for these red flags as you are researching products and brands. As an informed consumer, knowing more about the pricing and production of essential oils will help you identify companies and products that are using best practices.

### **Price spikes or drops**

As with other agricultural products like coffee or wine, the prices of essential oils vary depending on how easily a crop is grown, how much oil it renders and if there are any natural or even political events that can increase or decrease the price of an oil. For example, Patchouli oil recently suffered a 100% increase in price due to wildfires in Indonesia.

### **One size, one price**

Look closely when you see one size, one price essential oils. It is true some of the oils fall into the same price range, but there are particular oils that should always be at very different price ranges. A good litmus test is Sweet Orange and Rose Geranium. If you see Sweet Orange 5ml EO priced the same as Rose Geranium 5 ml EO, that would be a big red flag.

### **Bottles and storage**

Traditionally, essential oils are stored in dark amber glass bottles. More recently, companies are using cobalt blue or emerald green. It should never be sold in clear glass or plastic. The oils are considered light sensitive and I go one step further and keep them in a wooden case. They don't need to be refrigerated, but definitely at a comfortable room temperature. I like to say, 'If you're comfortable, so are they.'

# ADDITIONAL RESOURCES

We are still studying and learning more and more about the therapeutic uses of essential oils, how they interact with each other and how they can best assist our well-being. Even if you have taken courses, gained certification, and read multiple books, it's always best practice to cross reference when you're purchasing or using a new essential oil for your massage therapy practice.

I recommend starting with the classics of Rene-Maurice Gattefosse, Jean Valnet, and **Marguerite** Maury. These authors were the pioneers in aromatherapy as we know it today and their work has been carried on by others such as Valerie Worwood, Kurt Schnaubelt, Jeanne Rose to name a few. These books are foundational and great resources for learning more about essential oils and aromatherapy:

**Gattefosse's Aromatherapy: The First Book on Aromatherapy,**  
*by Rene-Maurice Gattefosse*

**Marguerite Maury's Guide to Aromatherapy: The Secret of Life and Youth,**  
*by Marguerite Maury*

**The Practice of Aromatherapy: A Classic Compendium of Plant Medicines and Their Healing Properties,**  
*by Jean Valet*

**A Consumer's Dictionary of Cosmetic Ingredients,**  
*by Ruth Winter, M.S.*

**The Complete Book of Essential Oils and Aromatherapy,**  
*by Valerie Ann Worwood*

**Essential Aromatherapy: A Pocket Guide to Essential Oils and Aromatherapy,**  
*by Susan E. Worwood and Valerie Ann Worwood*

**The Encyclopedia of Aromatherapy,**  
*by Chrissie Wildwood*

**Carrier Oils for Aromatherapy and Massage**  
*by Shirley Price and Len Price (Author)*

**The Illustrated Encyclopedia of Essential Oils: The Complete Guide to the Use of Oils in Aromatherapy & Herbalism,**  
*by Julia Lawless*

## ABOUT THE AUTHOR

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