

Aromatherapy Q & A

We spent a very enjoyable day doing aromatherapy in school and, as usual, the pupils had lots of excellent questions and some strong opinions about the oils. Here are a few of the things we talked about.

- ❖ **What's the handcream we used for the massage?** This was a mix of a body butter and grapeseed oil. The body butter gives a silky feel and helps moisturise the skin. The grapeseed oil is for added "slip" so that the cream can be used for massage. You could use a different neutral-smelling oil that you're not allergic to, such as a light olive oil. The body butter base was from Naturally Thinking www.naturallythinking.com but you could use any good base made with natural ingredients.
- ❖ **Where can I buy essential oils from?** Again, I happily use Naturally Thinking oils as their products are very good quality, good value & well formulated to be as natural as possible. Also, very importantly, they work directly with growers and producers so that their essential oils are sustainably and ethically grown and traded. They also do not test any of their products on animals. The only downside is that their recent website reorganisation means that some of the information appears to have been put in the wrong place so please be aware of that. Email them if you are unsure. Another supplier is Oshadhi oils which are extremely high quality but more expensive. They do, however, carry a very large range of hundreds of different oils. Shops that sell essential oils in Chester are Holland and Barratt – and you may find some in Boots or Superdrug.
- ❖ **Rosemary essential oil** – we talked about how this particular oil is very good for aiding concentration and memory and so is an excellent one to use when studying. As it can sometimes irritate skin it's best used in an aroma diffuser as part of a blend – perhaps with lavender and geranium. A diffuser can be the simple ones powered by tealights – available in Chester from e.g. And Albert and other shops. Or you can use electric ones which are safe to leave unattended – search the internet for a wide selection. Note – rosemary essential oil is not recommended for anyone with high blood pressure or heart problems.
- ❖ **Can I take my cream home?** Unfortunately this was not possible due to health and safety rules. I'm always happy to give advice if you want to do more aromatherapy yourselves, please email me.
- ❖ **And finally one more thing** – we didn't mention this but it's worth knowing. Advice is often given to "add a few drops of essential oils to your bath". Please never do this unless you have first mixed the oils into a carrier because otherwise the oil floats on top of the bath and comes into contact undiluted on your skin. First mix the essential oils into a bath oil or a cup of full fat milk to allow them to disperse properly.

Remember - essential oil safety:
Do not ingest essential oils e.g. by swallowing
Never put undiluted essential oils on your skin