



Alliance of International
Aromatherapists

Aromatics in Action™

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AROMATHERAPISTS

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www.alliance-aromatherapists.org
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Letter from the President



Denise Joswiak
Alliance of International Aromatherapists, President

Greetings,

When thinking about natural perfume, I remembered a beautiful quote about a river in Vietnam. “The river’s name, Huong, evokes the pleasing scent of incense or the pink and white petals that float downstream in autumn from orchards to the north. The Americans called it the Perfume River” (Mark Bowden). One day I hope to travel to Vietnam in the fall and experience the Perfume River. For now, however, I will immerse myself in this September 2023 issue of *Aromatics in Action*TM and imagine which beautiful blends I will create and enjoy.

Speaking of traveling, I have Nashville, Tennessee on my calendar for September 26 – 28, 2024, because those are the dates for our 2024 conference: **Aromatics in Action**TM; **Embracing and Composing Sustainable Aromatics**. I would love to see you all there. The conference committee has put together an amazing lineup of speakers and events. We will be announcing the speakers soon. Watch for information on our [AIA home page](#) and our social media ([LinkedIn](#), [FB](#), [TikTok](#), and [Instagram](#)). We also have opened registration for sponsors and exhibitors. We have seen a lot of interest and those spots are filling fast. [Here is the prospectus](#). If you would like to register as a sponsor or exhibitor, [follow this link](#). Registration opens in December for attendees. We are excited to spend time together learning, growing, and connecting.

In addition to the conference, we have so many exciting events and projects happening within AIA! Our Education Committee created an Advanced Practitioner (AP) category for educators. Over the next several months you will see more information on the Join Us page explaining that level of membership. We have so many opportunities and options for people to belong in the Alliance of International Aromatherapists. In the journal directories, you will see that our number of business members and recognized schools has grown. If you don’t yet belong to AIA and wonder if it’s right for you, [watch these videos](#) by our members.

Our Education Committee has also presented amazing webinars, most recently about aromatherapy research, exposure in the retail aromatherapy environment, and cannabis and anxiety. The last was provided by a collaboration between our Education Committee and our Representatives. The Representatives have been hosting wonderful meetings both online and in person. Online webinars, meetings, and our 2023 conference are all available to review on our [Members Access](#) page in the [AIA Classroom](#). Keep your eyes open for emails and social media posts about future events. Our Media Committee has created many fun posts, including reels. If you want to catch up and check out our posts, here are the links: [LinkedIn](#), [FB](#), [TikTok](#), and [Instagram](#). Every time you comment on or repost an AIA post you help share our messages with others and we appreciate that more than you know.

One post that caught a lot of attention lately is the one about the AIA Research Grant. If you have a research project in the future and are interested in learning more about our grant, you can download the grant guidelines from the [Research - Other Resources](#) page. Our Research Committee has uploaded the Q2 article reviews and is having fun reviewing articles for Q3. Those are available in our [Research Database](#).

If you work in a clinical setting and have the ability to collect data, definitely consider the [Gattefossé Foundation's \(GF\) call for e-posters](#). The “Best Clinical Aromatherapy Service of the Year” posters are due by 10/20/23. The international jury will determine the four top posters and those will be presented on December 7th at a virtual showcase. The GF is one of the AIA’s strategic partnerships and one of our members, Deb Reis (part of AIA’s Clinical Committee), won the 2023 “René-Maurice Gattefossé” Prize. She will be presented with that award this October. If you are interested in applying for the 2024 “René-Maurice Gattefossé” Prize, you can find the application here. To read more about the Gattefossé Foundation, check out their [website](#).

I have two more exciting items to mention. We updated the “Find an Aromatherapist” area on our website. Plan to opt in or out during September. Details are in the [Fall Letter from the President on the AIA Homepage](#). Our Membership & Nominations Committee received and confirmed nominees for our 2024 Board of Directors. October 24th, 5:30 - 7:30 pm (MT) is our Meet the Candidates / Annual Members Meeting.

Now let’s focus back on reading this wonderful issue of the *Aromatics in Action*TM. While perfumery is the theme and you will find excellent articles related to natural perfume, this issue also contains valuable business-related, research, and clinical articles. We are grateful for all of our contributors and are also always looking for new authors. Our next themes include Skincare, Sensitization, and Roots, Woods & Barks, however we welcome articles on any topic. Consider adding to our next journal and sharing your knowledge. Information about advertising in or writing for our journal is on our [“Writing and Advertising” webpage](#). Crystal is a wonderful editor and very easy to work with, so don’t hesitate to reach out to her if you have questions. While you ponder what you might write about, enjoy this issue on Natural Perfumery.

With Love & Gratitude,

Denise

Letter from the Editor

Crystal Brothers
Editor, *Aromatics in Action*™



Dear Readers,

Natural Perfumery is the theme for this quarter's issue of *Aromatics in Action*™. As an aromatherapist, it is easy to focus purely on the therapeutic uses of essential oils and put aside their aesthetic appeal. The articles presented in this issue will bring us back to the ancients with an eye toward the modern resurgence of the sensory experience of essential oils.

An abridged version of Lynn Thiry's excellent case study on using aromatherapy to address the muscle pain and skin manifestations of stress is also found in this issue. Lynn presented her case at the recent 2023 AIA Virtual Conference, and the unabridged case study may be found on the [AIA Learning Center Conference portal \(conference purchase required for access.\)](#)

Our quarterly columns are sure to add to your knowledge base as well. Please help me welcome Bruce Boynton as the new liaison between the journal and the representatives. His debut interview with Dori Bell is found in the Representatives section. Linda-Anne Kahn has submitted a column about using aromatherapy for cancer patients in the Research section. Finally, do you love the new Mentor Moment column? Melissa Holman is available to answer your questions in her column—this time, she offers a plan to help you when working with challenging clients!

Please take some time to check out our advertising partners and business members as well—clicking on the ads will take you to advertiser's website where you can shop special deals as an AIA member. Similarly, our business members showcase is growing and is a great resource for all of our members!

Last, but not least, please consider writing for *Aromatics in Action*™. Case studies, articles, book reviews, and more are welcome. You can find out more information on the [AIA website](#) or by [contacting me directly](#).

Kindest regards,

Crystal

Journal.editor@alliance-aromatherapists.org



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Nashville, TN, USA



Registration opens December 2023

Photo Credits: Courtesy of Nashville Convention & Visitors Corp, Cheekwood Botanical Gardens

Business Members Directory

Our AIA Business Members are listed in alphabetical order for your convenience in searching. If you are interested in more information about the many benefits of becoming a AIA Business Member, please visit the AIA website: www.alliance-aromatherapists.org/Business-Membership



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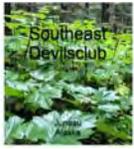
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- ◆ First Wednesday - info webinar Business Showcase Zoom First Wednesday opportunity to describe your business in detail, and answer Questions about your business.

Become a Business Member!

***Special application process; please contact the office at office@alliance-aromatherapists.org for more information.**

Recognized Schools

The following schools have met the criteria for AIA's school recognition program. Completion of a minimum of the 200-hour Professional Level curriculum from an AIA-recognized school will provide the requirements to sit for the Aromatherapy Registration Council's examination to become a Registered Aromatherapist™.

*Schools are listed in alphabetical order.



Alliance of International
Aromatherapists

ADVANCED PRACTITIONER

LEVEL 3

(minimum 400 hours of training)

[American College of Healthcare Sciences](#) (Oregon, USA)

[Aromahead Institute, School of Essential Oil Studies](#) (Montana, USA)

[Aromatherapy Today Education](#) (Queensland, Australia)

[Eclipse Living Essence Aromatherapy Centre](#) (Perth, West Australia)

[Essence of Thyme College of Holistic Studies](#) (British Columbia, Canada)

[Holistic Care Professional School](#) (Kobe, Japan)

[International Aromatherapist Association](#) (Korea)

[Shakti Aromaterapia](#) (Mexico City, Mexico)

PROFESSIONAL

LEVEL 2

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[American College of Healthcare Sciences](#) (Oregon, USA)

[Aroma Apothecary Healing Arts Academy](#) (Colorado, USA)

[Aromahead Institute, School of Essential Oil Studies](#) (Montana, USA)

[Essence of Thyme College of Holistic Studies](#) (British Columbia, Canada)

FOUNDATION

LEVEL 1

(minimum 100 hours of training)

[Aromatherapy in Action](#) (New York, USA)



PHOTO: CDC on Unsplash

Research Spotlight: Symptom Management in Cancer

Submitted by: Linda-Anne Kahn, CMT, NCTMB, CLT-LANA, CCN

Usage of Aromatherapy in Symptom Management in Cancer Patients: A Systematic Review

Dilek, B., & Necmiye, C. (2020). Usage of aromatherapy in symptom management in cancer patients: A systematic review. *International Journal of Caring Sciences*, 13(1), 537-546.

Overview

Patients treated for cancer may experience symptoms such as pain, dyspnea, fatigue, and depression. These symptoms may be related to the cancer itself or to treatments undertaken by the patient. Reducing the burden of such symptoms could improve quality of life for cancer patients. Aromatic scent molecules can have physiological and psychological effects. Scent molecules can enter the patient's body through inhalation and through absorption into the circulatory and nervous systems when applied through massage. Through their impact on the limbic system, scent molecules can impact the heart and respiratory rates, blood pressure, memory, and hormones. In addition, these molecules may help modulate the responses of the amygdala, the part of the limbic system that is

activated when the person is afraid or angry or experiencing emotional trauma.

Background

The aim of the authors of this systematic review was to compare different aromatherapy administration mechanisms, but also to assess if existing research could define which symptoms have been treated with aromatherapy and which essential oils have been used to treat symptoms in cancer patients. Their search encompassed articles published between 2014 and 2019 and which were located using relevant key search terms. Although 72 studies were located, 31 were excluded for not being related to cancer patients, 6 were essentially duplicates, 11 were not full-text, and 13 did not fully explain their samples and interventions.

This left 11 articles, each of which were randomized controlled trials (RCT). The title, research aim, design, sample size and scope, intervention, and results of these included 11 were included.

The authors noted that in a 2015 article, Lavender oil, with its linalool constituent, was effective in reducing pain based on its ability to affect the glutamate bonds of neurotransmitters. That same study found that massage with Lavender oil was used to manage symptoms such as pain, anxiety, depression, emotional issues, insomnia, and nausea and vomiting in patients with breast cancer.

A 2018 article found that a 1% dilution of essential oils (1 of 7 scents were to be chosen by the patients) used in massage decreased fatigue and depression and improved emotional statuses of the patients. A different 2018 study found that massage with Lavender oil prior to colorectal cancer surgery decreased anxiety levels and increased sleep quality. A 2014 study reported that massage with aromatherapy decreased symptoms such as nausea, vomiting, pain, and fatigue in breast cancer patients. Sleep disorders were reported in a 2017 study to decrease when Lavender, Peppermint, and Chamomile oils were applied for four weeks on patients who were newly diagnosed with acute leukemia and were being treated with intensive chemotherapy.

Conclusions

The reviewed studies show that inhalation and massage aromatherapy have been used as a way to safely manage symptoms experienced by cancer patients, particularly symptoms associated with cancer treatment modalities. Patient quality of life areas that have benefited from inhalation or massage aromatherapy include pain, sleep disorders, anxiety and depression, nausea and vomiting, and general well-being. Further research could provide practice guidance to improve quality of life for cancer patients.

See Full Text article here:

<http://internationaljournalofcaringsciences.org/Issue.aspx?issueID=54&pageIndex=0&pageReason=0>, then scroll down to the article and click on Full Text



Linda-Anne Kahn is a nationally certified massage therapist, Lymphedema Therapist and Clinical Aromatherapist with over 30 years of experience. She is also a CIDESCO Beauty Therapist, nutritional consultant, and Integrative Health Coach. She practices at Beauty Kliniek Day Spa and Wellness Center in San Diego (www.pamperyou.com) and Lymphatic Therapy Services (www.LymphaticTherapyServices.com).

She has been on the AIA research committee since its inception and is a former chair. Linda-Anne has a passion for helping and supporting her clients who have lymphatic challenges. She gives personalized and caring service to all her clients.

Meet the AIA Representatives

Representatives are here to serve you! Representatives help our members by answering questions and hosting educational and social meet-ups. To learn more, please check out the representatives area of the [AIA website](#).

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Member Spotlight: Dori Bell



Bruce Boynton, MD, PhD, MPH, CA

Dori Bell is a certified aromatherapist, AIA Kansas State Representative, and the founder of the AIA Aromatic Book Club. She has studied aromatherapy for almost 25 years and complements her aromatherapy practice with certifications in flower essences, reflexology, and basic herbal care. Her specialty is the creation of custom, wonderfully fragrant wellness tools that help her clients achieve their physical, emotional, mental, and spiritual well-being goals. With a heart for the unique struggles faced by healthcare entrepreneurs, she sees herself as a bridge-builder who helps her clients achieve their goals both as healers and as people.

Dori's entry into the study of essential oils was unusual. "I was getting a facial and the therapist asked if I would like to try essential oils. At this time, I didn't even know what essential oils were! I asked the therapist, 'What are you talking about?' She then held some Egyptian Geranium to my nose, and when I sniffed it, I felt places inside me light up that I didn't even know had gone dark. It was joy; I didn't realize my life was joyless."

Dori began her study of aromatherapy in 1997 at the Northeast Holistic Center under Caroline Bayard, following a mentor – mentee educational model with a spiritual focus. Even though she has had thousands of hours of additional study over the subsequent years, this is an approach to teaching and to therapy that still resonates with her. "I'm primarily concerned with the client's overall state of being. Illness only manifests in the body as a final step. I want to get back to the first step, to the energetic basis."

When asked about her blending techniques Dori replied, "I studied at the Tisserand Institute, so I have the science background, but I work mostly on the intuitive plane. I first do a classic intake interview, then have a conversation with the oils and ask what's really going on with this person. I have a gift for that, for seeing what's going on behind the scenes. I usually come up with a combination of oils I would never have discovered using science alone."

Dori felt called to share her developing gifts and began her first aromatherapy business in 2000, although it was not until 2013 that she developed a website and digital marketing plan. "I had a corporate job that paid the bills, but it consumed most of my time, and it was not until I got laid off in 2017 that I had time to develop my business." Dori's aromatherapy business has the full support of her family. She calls them, "My best clients. I told them, 'You have to come with me on this journey; I'm not leaving anyone behind!'"

Dori sources her essential oils carefully. "I want to make sure my supplier has a relationship with the distiller, and I want the distiller to have a relationship with the plants he is distilling. I work -with Cher Lynne at essentialoilapothecary.com, a distiller and aromatherapist who forages for the plants she distills; her oils are gorgeous. You can feel how alive they are, even in the bottle. I love working with people like that and, of course, the client receives the benefit."

Dori's business, The Blossom Bar, (theblossombar.com), offers premade blends, blends made for individual problems, and aromatherapy education. "I incorporate education into everything I do; every client gets educated in some way or another. The premade blends are those I have found to work in multiple situations, but I am not a product person."

I think of them more as gateway drugs (laughs). Where I really shine is working with individuals.”

As time goes by, Dori feels increasingly drawn to working with entrepreneurs. “It’s like being an aromatherapist for aromatherapists. I want to support aromatherapists and other healers to be able to do their job well. It’s not just copywriting and website design; it’s also what they keep at their desk every day to help them with creativity and focus. It’s hard to sit there on your own trying to wear all the hats of a business owner, an aromatherapist, and a member of a family. I feel for those people, and I can help them succeed. The recipe for the blend at the end of the interview is an example of what I do. I have used that blend with over 30 business owner clients. It helps them focus and be productive. They tell me, ‘I need that blend!’”

Dori has a keen interest in perfumery. “That’s on my bucket list for both my life and practice. I’d love to study natural perfumery with an aromatherapy healing focus. I make natural perfumes for myself using essential oils with an alcohol base but would not call myself a perfumer at this stage.”

When Dori was asked what she thought were the biggest challenges faced by the aromatherapy profession today, she was emphatic. “It’s re-education. Consumers today have received so much false information that they don’t know where to turn. They overbuy essential oils and then don’t use the oils they buy. I tell them, ‘I’m not here to sell you frankincense. What do you have in your

medicine cabinet that you are not using? Let’s find ways to integrate what you have into your life.’”

When asked about the triumphs and disasters she has experienced in her career Dori laughed. “We’ve all had disasters! Sometimes we are positive that a blend we are making needs just one more drop of an essential oil and that one drop ruins the harmony of the blend. Then we have to throw it out, waste that raw material and start again. That’s a disaster; that breaks my heart.”

She paused for a moment and then continued, “As far as triumphs go, I have two related answers. Sometimes when you work with an aromatherapy client, you see the light flicker on in their mind, and you see that they are beginning to understand the depths of healing that are possible. They realize that aromatherapy can change their life. That is one triumph. And having a client use essential oils intelligently and realizing that they can change not only what they came to you for but also the real issue behind their complaint; that’s a second triumph!”

When asked about her business competition Dori was quick to answer, “I don’t think of other aromatherapists as my competition; they’re my community! We’re all in this together; the more we share the more we grow. As the old saying goes, ‘A rising tide lifts all boats.’ Aromatherapy is serious healthcare and needs to take its rightful place among the world’s healing modalities.”

Contact Dori

Company name: The Blossom Bar

Website: www.theblossombar.com

Email: dori@theblossombar.com

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Dori's Vision Board Personal Inhaler

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*Atlas Cedar is on the global endangered list. Please use only essential oil distributors with ethically sourced Atlas Cedar or consider a sustainable substitute such as Himalayan Cedar (*Cedrus deodara*), which can be substituted with excellent results.

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Usage Information

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Precautions and Disclaimer

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Bruce R. Boynton, MD, PhD, MPH, CA is the AIA NC State Representative. He has had a distinguished career as a Naval Officer, pediatrician, researcher, editor, and hospital administrator. He became interested in Aromatherapy while attending massage therapy school and studied at Aromahead Institute, Pacific Institute of Aromatherapy, and The Heal Center in Atlanta, GA. When not providing free alternative medicine services for friends and family, he is the Editor of the Journal of Health and Human Experience.

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A photograph of a woman with long brown hair, smiling broadly. She is holding a small glass bottle of essential oil in her right hand and a small glass vial in her left hand. She is wearing a grey jacket and several rings on her fingers. In the background, another woman is partially visible, looking down.

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Managing Challenging Clients: A Step-by-Step Guide

Melissa Holman

I would be willing to bet that you have come into contact with challenging people throughout your life. Difficult interactions with people happen every day, and this does not come as a surprise to anyone. There are people you just click with, and then there are people that simply send your central nervous system into fight mode with no warning. So, what is an aromatherapist to do? How do you manage a challenging client interaction when everything about them makes it difficult to accomplish your healing goals? When encountering challenging people, checking in with your biases and beliefs will ensure you create a wonderful client experience and you will then be able to meet them where they are.

Step One: Become Aware

The first step in managing challenging client interactions is to manage yourself. Taking a moment to become aware of anything within you standing in the way of connecting with your client comes before anything

else. When you find yourself in a difficult situation, stop, step out of your current space, take a deep breath, and examine the situation from a new vantage point. Sometimes simply changing perspective is enough to show you where your thoughts, beliefs, and expectations may be contributing to the strain of the encounter. Check in with yourself to notice who you are being in the interaction. The only behavior you have any control over is yours.

Step Two: Look for Barriers

The next step is looking for any obvious physical barriers contributing to the problematic situation. Barriers make it difficult for either party to be heard and understood. Many barriers can contribute to a difficult interaction, and those barriers could affect you or your client. Quickly scan yourself to see if any physical barriers are standing in the way of communicating with your client. Did you get enough sleep? Are you hungry? Do you need to go to the bathroom? Are there

noises or distractions making it challenging to connect with your client? Are you uncomfortable for any other reason? Any one of these barriers can make your temper short and contribute to an uneasy interaction.

Step Three: Explore Your Internal Terrain

Step three is to continue looking within and explore any emotional issues that may be standing in your way of doing your best work. One of the things that could influence any interaction with another person is an implicit memory. Many implicit memories, also known as unconscious or automatic memories, play an essential role in your daily life: brushing your teeth, driving, and singing along to your favorite song are all examples of implicit memories. These long-term memories shape your ability to recall information and influence how you interact with your environment. However, sometimes you can have an implicit memory associated with a negative experience: being belittled as a young child can show up in adulthood as feeling judged for every perceived wrongdoing. These negative implicit memories can influence how you react by causing a somatic response; you may not consciously know the connection between that situation and your visceral reaction, but you can see its effects.

Step Four: Examine

You've taken time to decode and deal with anything that you may be contributing to the situation, and now it's time to examine the circumstances through critical eyes. This is when you can apply all those questions you have asked yourself to your client to determine if something on their end is impeding your progress. Maybe there is a difference in personalities causing strife, or the generation gap is a point of contention. Be curious about whatever you notice and start building rapport from that place of non-judgment and empathy.

Step Five: Empathy

If, after all of your self-examination and client observation, you find that there is still something fundamentally missing and the connection is yet a struggle, it is time to employ empathetic listening. Active listening is when you listen to respond, while empathetic listening is when you listen to understand. When a situation is difficult or someone is causing strife, this is often a cry from a deep place in their soul for connection and understanding.

Step Six: Practice, Practice, and Practice Some More

The last step is to practice. Practice turning your attention to yourself in your interactions with family and friends. Get in the habit of scanning yourself for how you interact in every situation so that when you show up to client interactions, you can do it quickly and get back to serving the person who came to you for help. The old adage, practice makes perfect is not true. However, practice does make permanent.



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Aromatherapists are uniquely positioned as complementary providers and are able to show up in an empathetic way that allopathic providers, often, do not have time for. Taking time to practice these steps before you find yourself in a difficult client interaction will set you up for success in any situation.



Melissa Holman is a Master Transformational Coach, the owner of Lemon Balm Coaching, the producer and host of the Aromatic Chat Podcast, a Registered Aromatherapist, and the AIA Representative's Mentor. She works one-on-one with strong but exhausted women to address the root cause of their issues instead of constantly tackling symptoms, so that they can realign their mind, body, and spirit and heal from the inside out. Her passion is helping others succeed and achieving alignment, victory, and transformation. www.lemonbalmcoaching.com



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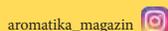




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The Art of Natural Perfumery: Exploring the Connection Between Scent, Emotions, and Health

Ayrin Estis

Perfume's ancient allure persists, gaining momentum during the pandemic. As we prioritize well-being, natural perfumery offers sustainable alternatives. The profound link between scent and emotions inspires harmonious blends for joy and balance. Discover the transformative power of signature scents—embrace the art of perfume for a healthier, happier you.

From Ancient Egypt to Modern Times: The Rich History of Perfume

Perfume has a rich history dating as far back as 3000 BC with the ancient Egyptians and Mesopotamians. These perfumes were made completely from plant material combined with a carrier oil like Olive oil. One popular perfume in ancient Egypt was Kyphi—made of Frankincense, Myrrh, Mastic, Pine, and other resins steeped in oil. Perfume and cosmetics were not only common in their celebration of life, but played a part in the preparation for the afterlife. This practice ensured

the body was pleasing to the gods when entering the afterlife (Mark, 2017).

Today, perfume still has a prominent part in the beauty industry and it continues to grow. One of the most significant growth periods came during the COVID-19 pandemic. Fragrance became an “affordable luxury” and sales increased nearly 45% in the first quarter of 2021 (Hartmans, 2021). Millions of people searched to escape the confined and anxious energy created by the pandemic. Now that the fear is less, the focus on health and prevention is prominent.

Natural Perfumery: The Intersection of Fragrance and Medicinal Benefits

The connection between smell and memory is remarkably strong, and fragrance serves as a link to joyful memories. Natural perfumery is experiencing a resurgence in popularity as consumers seek more sustainable and eco-friendly alternatives to traditional perfumes. The

use of essential oils continues to rise. Although there is a trend to marry perfume and traditional aromatherapy, the word “perfume” is still not embraced in the essential oil community. Let’s explore their differences and similarities.

Perfume aims to create a heightened emotional experience, setting it apart from traditional aromatherapy, although they share many similarities.

Traditional aromatherapy is centered on harmonizing or balancing something within. Essential oils penetrate the skin and are absorbed into the circulatory system. They work on more of a long-term basis, contributing to the body strengthening from within. It’s not completely about the pleasant aroma. For instance, Cistus (*Cistus ladanifer*) essential oil is great support in healing minor skin wounds and insect bites. I feel it is not the most pleasing scent because it is quite musky and intense. Although, it is a popular ingredient in incense—creating a perfume like experience.

Additionally, synthetic fragrance compounds and other ingredients like alcohol, gained prominence in the 19th century.

When it comes to perfumes, those containing alcohol don’t deeply penetrate the skin and tend to evaporate rapidly. However, there are different types of perfumes with varying concentrations of essential oils. Parfum typically contains a higher percentage, ranging from 20% to 30% essential oil content. Moving down the scale, Eau de Parfum falls within the range of 8% to 15% essential oils, while Eau de Toilette typically contains 4% to 8% essential oils. It’s worth mentioning that other popular fragrance options are: Eau de Cologne, which generally contains a lower concentration of essential oils, usually around 2% to 5%, and Eau Fraîche with an even lower concentration at 1% to 3%, making them lighter and more refreshing (Venables, 2022).

The Power of Scent: Tapping into Emotional Well-being

Both perfume and aromatherapy potentially have a similar outcome. If the heightened emotional experience that perfume offers is a positive, then it does have a medicinal value. Chemicals like serotonin, dopamine, and endorphins, known as *the happy hormones*, play a significant role in happiness (Watson, 2021).

The power of scent and how it taps into our emotional body is fascinating. How does this scent make you feel? The greatest medicine and balancing agent in your body is your emotional response. YOU! The simplest concepts are often overlooked in Western culture, while other cultures celebrate simplicity. "There is no way to happiness. Happiness is the way" (Hanh, 1991).

Combining aromatherapy with the art of perfume, natural perfume is the best of both. Perfumes are completely about scent. Different scents can create different experiences. For instance, a blend of essential oils including Ylang Ylang (*Cananga odorata*), Sandalwood* (*Santalum album*), and Cinnamon bark (*Cinnamomun zeylanicum*) can create a sensual experience. All three essential oils are considered to have aphrodisiac qualities. Natural perfumes create an experience with medicinal benefits.

The fun part, for me, is building this experience. What is involved in the process of building a natural perfume?

What is your intention? What experience do you want to create? What is the emotional outcome you are looking for? The best essential oils for natural perfumery depend on personal preference and the desired therapeutic benefits. Once these decisions are made, then we can match the desired outcome with the proper oils, always considering the aromatic affects. Some popular essential oils used in natural perfumery include: the absolutes Rose (*Rosa damascene*) and Jasmine (*Jasminum grandiflorum*), and essential oils Ylang Ylang (*Cananga odorata*), Bergamot (*Citrus bergamia*), Sandalwood* (*Santalum album*), Patchouli (*Pogosteamon cablin*), Lavender (*Lavandula angustifolia*), and Lemon (*Citrus limonum*).

The Symphony of Fragrance: Top, Middle, and Base Notes Explained

When creating fragrant blends, it’s important to consider the top, middle, and base notes of each essential oil. This ensures that the scent is well-balanced and long-lasting.

Perfumers explain their fragrance with the image of a pyramid. the most volatile smells are *top* notes and the least volatile ones are the *base* notes. The main theme of the fragrance, also known as the *heart*, is the *middle* note (Salomon, 2020).

Just like a symphony, each note in a perfume blend dissipates at a different rate, creating a harmonious melody.

The top note is your first impression, the aroma that hits you immediately. These notes have a lighter molecular structure, therefore do not last long, maybe 5 to 15 minutes. They make up about 20% of the blend. The citrus oils are a good example. Some of my favorite top note essential oils are Grapefruit (*Citrus paradisi*), Lemon (*Citrus limonum*), and Bergamot (*Citrus bergamia*).

The middle note is the heart of the fragrance, the main theme lasting 20-60 minutes. Once the initial fragrance leaves, the middle note comes in. This note is the most dominant overall scent. It makes up 70% of the scent. Floral scents are most common. My favorites are the absolute Rose (*Rosa damascene*), and the essential oils Neroli (*Citrus aurantium*), Geranium (*Pelargonium graveolens*), and Lavender (*Lavandula angustifolia*).

Lastly, the base notes are the notes that linger and last the longest. Due to their heavier molecular structure, they can last up to 6 hours. They make up about 10% of the blend. These notes are usually earthy, deep scents. My favorites are the absolute Rose (*Rosa damascene*), and the essential oils Vetiver (*Vetiveria zizanioides*) and Sandalwood (*Santalum album*).

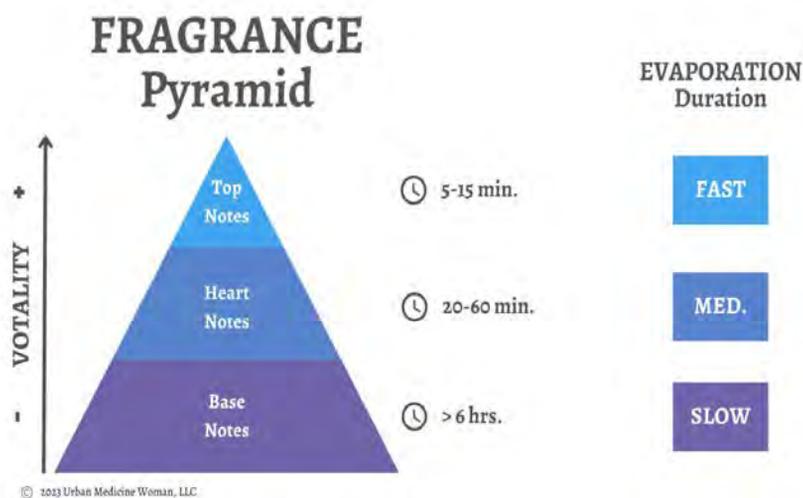


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Creating a Harmonious Blend: Crafting a Light, Earthy Floral Fragrance for Emotional Transitions

Combining essential oils with a carrier oil that nourishes the skin creates a perfect synergy of conventional perfume and aromatherapy intentions. Following the pyramid analogy, let's create a natural perfume blend—a light, earthy, floral fragrance that can wonderfully

address major emotional and physical transitions. As Victor Hugo said "Every plant is a lamp. Perfume is the light." (Delacourte, 2021).

Combine:

- ◆ (Top Note) - 4 drops Lemon (*Citrus limonum*) essential oil
- ◆ (Middle Note) - 15 drops Geranium (*Pelargonium graveolens*) essential oil
- ◆ (Base Note) - 1 drop Rose (*Rosa damascene*) absolute

You can use a drop or two of this blend neat on your wrists or combine with a nourishing carrier oil such Coconut (*Cocos nucifera*), Grapeseed (*Vitis vinifera*), or my favorite, Jojoba (*Simmondsia chinensis*). Suggested dilution rate is 5%. Do a patch test first to find your sensitivity level.

I have been working one-on-one with clients for over 15 years. My advice is to “find you!” Find the scent that resonates with you. I resonate on the simple side.

In conclusion, perfume is an art that bridges ancient traditions with modern desires for joy and wellness. From its rich history, to its rise during the pandemic, perfume has captured our fascination. Combining fragrance and therapeutic benefits, natural perfumery offers a sustainable alternative. By understanding fragrance notes and personal intentions, we can create harmonious blends. Discovering your signature scent allows you to embrace the transformative power of fragrance and find happiness in simplicity.

*Sandalwood East India (*Santalum album*), is a valuable and highly prized tree and there is a growing concern about the sustainability of the Sandalwood industry. Unsustainable practices could endanger its future and harm our environment and communities. The Indian government has a number of policies and programs in place to control the production of Sandalwood in East India such as *The Sandalwood Act of 1964* and the creation of The Sandalwood Development Board in 2013.

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Ayrin Estis is the Founder of Urban Medicine Woman (UMW) and has been working with essential oils for over 15 years. She has a passion for natural perfume, developing a line of natural perfume body oils. Certified Level 3 as Clinical Aromatherapist, Ayrin is very active in formulating blends for many commercial product lines as well as private labels. Ayrin is also working with wellness practitioners to create an environment of balance.

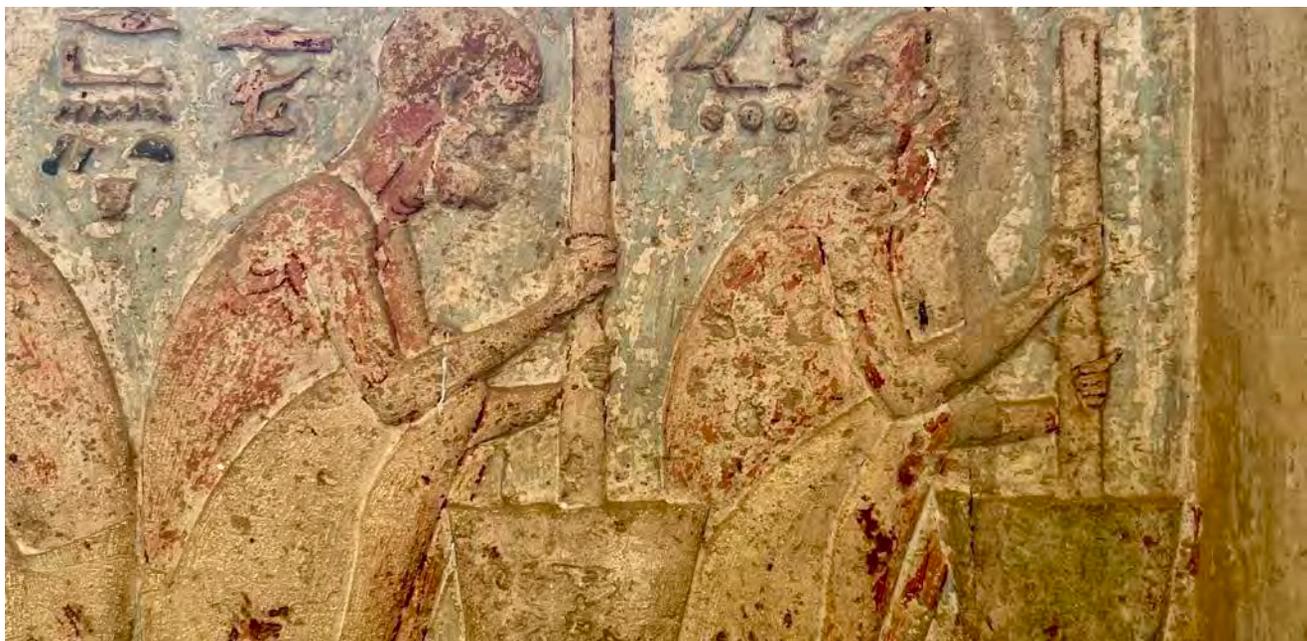


PHOTO: ©2023 Yasmine ElGhamrawy

Blue Lotus: Ancient Secrets and Aromatic Delights

Yasmine ElGhamrawy, MIFPA

Like many Egyptians growing up surrounded by thousands of years of history, I was always aware of the Blue Lotus as a symbol of life and renewal. This beautiful blue flower adorned ancient temple walls and even found its way into graffiti beneath bustling Cairo bridges. It was so ubiquitous that I rarely gave it a second glance beyond just appreciating its appealing colours and stylised art form. Despite reading about its historical growth along the Nile, where it would emerge from the muddy banks at sunrise, I never encountered a Blue Lotus in person. As a child visiting museums, I heard tales of how this flower played a significant role in Egyptian art and culture. The lotus flower was associated with deities like Osiris, Nefertem, and Ra and was found in King Tutankhamun's shrine (Kemp, 2005).

A few years ago, deep into my aromatherapy studies, I found a few articles asserting that the Egyptian Blue Lotus possessed narcotic properties. A lot of references alleged that many Egyptians would partake in its

consumption, seeking to elevate their consciousness and tap into higher realms of existence. The articles suggested smoking the dried flower, highlighting its natural origins and purported magical powers.

I wanted to find out where that idea came from and whether there was any truth to this claim since I never heard of this growing up and knew of no one who could support such stories. First, I needed to get my hands on some of that oil and find out where the flower still blooms to assess for myself. This journey led me to explore the enchanting and mythical qualities of the Blue Lotus flower, from its ancient secrets to its present aromatic delights.

The Egyptian Blue Lotus (*Nymphaea caerulea*) is a beautiful aquatic lily historically found along the Nile River in Egypt's freshwater environments. Its floating leaves and vibrant blue petals with a yellow centre make it a unique species in the Nymphaeaceae family. Fossils of the Blue Lotus dating back to the Jurassic

period, approximately 160 million years ago, reveal its appearance has remained relatively unchanged (Rutledge, 2000). The Blue Lotus follows a diurnal blooming pattern, opening its petals each morning and closing at dusk. In comparison, the Sacred Lotus (*Nelumbo nucifera*) from Asia displays different characteristics, such as elevated flowers on sturdy stalks, more rounded petals, and can come in shades of pink or white (Cleversley, 2002).

Unfortunately, pollution and changes in flood patterns along the Nile due to the construction of the Aswan Dam in the 1960s, have put the Blue Lotus on the critically endangered species list. Thankfully, conservation efforts, including cultivation in private water ponds, botanical gardens, and a few commercial farms, help protect it and enable us to experience it to this day (Manniche, 1999).

Scent in Ancient Egypt

In ancient Egyptian society, fragrance played a significant role in daily life and rituals. Perfumery was an art deeply woven into the fabric of the culture, leaving a lasting impact still seen in modern practices. Egyptians of all social classes used fragrant oils and balms for personal grooming and hygiene. Elaborate aromatic preparations were believed to purify the body, promote cleanliness, and elevate one's social status. Fragrances also held immense religious and spiritual significance, with the ancient Egyptian priests considering certain scents to possess divine qualities. They closely guarded formulas for incense and anointing oils to offer the gods—seeking to appease them, purify the temples, and establish harmony between the mortal and divine realms. Some of these recipes, etched on the Edfu

temple walls, include ingredients as varied as tree resins from the land of Punt and Sheba (modern-day horn of Africa and Oman) to botanical material from Greece, northern Africa, and even as far as China, India, and Persia. The importance of fragrant products in ancient Egypt fueled expeditions and trade routes commemorated by Hatshepsut (one of two known women pharaohs of ancient Egypt) on her temple walls (Dell, 2008).



Despite the absence of surviving fragrance recipes featuring the Blue Lotus flower, its central importance in ancient Egyptian visual records suggests its significance in daily aromatic preparations and ceremonial rituals. Numerous texts mentioning the word *seshen* shows there was a place for the plant in preparations for medicinal and ritual practices (Clayton, 2023). In her book, *Sacred Luxuries: Fragrance, Aromatherapy and Cosmetics in Ancient Egypt*, Lise Manniche writes about the significance of the Blue Lotus in ancient Egyptian culture. She states, “The Blue Lotus, the ancient Egyptian symbol of the sun and rebirth, was believed to have a therapeutic and hallucinogenic effect and was used in religious and funerary rites and daily life.” (Manniche, 1999).

Between Myth and Tenuous Research

Fueling some of the prevailing mythology connecting the Blue Lotus to mystical powers is the story reference to the cult of “Lotus-eaters” in Homer’s epic poem *The Odyssey*. In it, he tells the tale of people who lived on an island where they consumed nothing but lotus plants and appeared to be in perpetual blissful serenity—losing all sense of time and purpose, or desire to do more.

PHOTO: Egyptian Blue Lotus flower ©2023 Yasmine ElGhamrawy



PHOTOS: Egyptian hieroglyphs ©2023 Yasmine ElGhamrawy



Other references mention soaking the lotus in wine from the “oasis” and using it to induce a trance-like state.

Modern research on the Blue Lotus plant has revealed some sedative and calming effects (Wang, 2015). *The Journal of Psychoactive Drugs* published an article discussing the presence of bioactive alkaloids, namely apomorphine and nuciferine, in *Nymphaea caerulea*. These alkaloids can influence the human body when the plant is heated or extracted in alcohol (Farrell, 2016). Apomorphine, primarily studied for Parkinson’s, functions as a dopamine receptor agonist. By stimulating dopamine receptors, it enhances motor symptoms and improves movement (Katzenschlager, 2018). On the other hand, nuciferine interacts with serotonin and dopamine receptors, exhibiting potential as an antipsychotic, antidepressant, and antioxidant agent (Abi-Dargham, 1997). The combination of these alkaloids in Blue Lotus is believed to enhance sex drive and induce altered states of consciousness to a certain extent (Monti, 2010).

Another study in the *Journal of the Royal Society of Medicine* explores the historical and pharmacological aspects of the Blue Lotus. They write that ancient Egyptian culture likely used *Nymphaea caerulea* for purification and as an emetic during rituals. The study again highlights the efficacy of apomorphine in treating

erectile dysfunction. With this knowledge, they re-evaluated the depiction of Blue Lotus in ancient Egyptian art, suggesting its use was primarily restricted to the higher castes. The article highlights the practical pharmacological knowledge of ancient civilisations and their utilisation of natural compounds, even without a scientific understanding of their mechanisms (Bertol, 2004).

In a 1998 British television documentary, “The Blue Lily Flower Power,” Oxford anthropology professor Andrew Sherratt explores the psychoactive effects of consuming fresh Blue Lotus soaked in wine. Ethnobotanist Michael Carmichael proposes a new understanding of the origins of philosophy and religion in Egyptian society, while Egyptologist Prof. Alan Lloyd takes a more cautious stance citing lack of written evidence to support that claim. After observing the effects on volunteers, they all conclude that the Blue Lotus is likely psychoactive (Marris, 1998).

While there are few articles and studies specifically aimed at the Blue Lotus, and some of the methodologies lack scrutiny, there are numerous anecdotal references to its uses in areas like lucid dreaming and relaxation. By looking at the historical depictions of the Blue Lotus plant and the recent findings into its active compounds, I can see how assumptions and myths were constructed

around its use, but reserve judgement on its actual effects until more robust research and analysis is conducted. What is clear, however, is that the Blue Lotus was central to ancient Egyptian life in ways we are yet to fully comprehend.

The Search for Genuine Blue Lotus

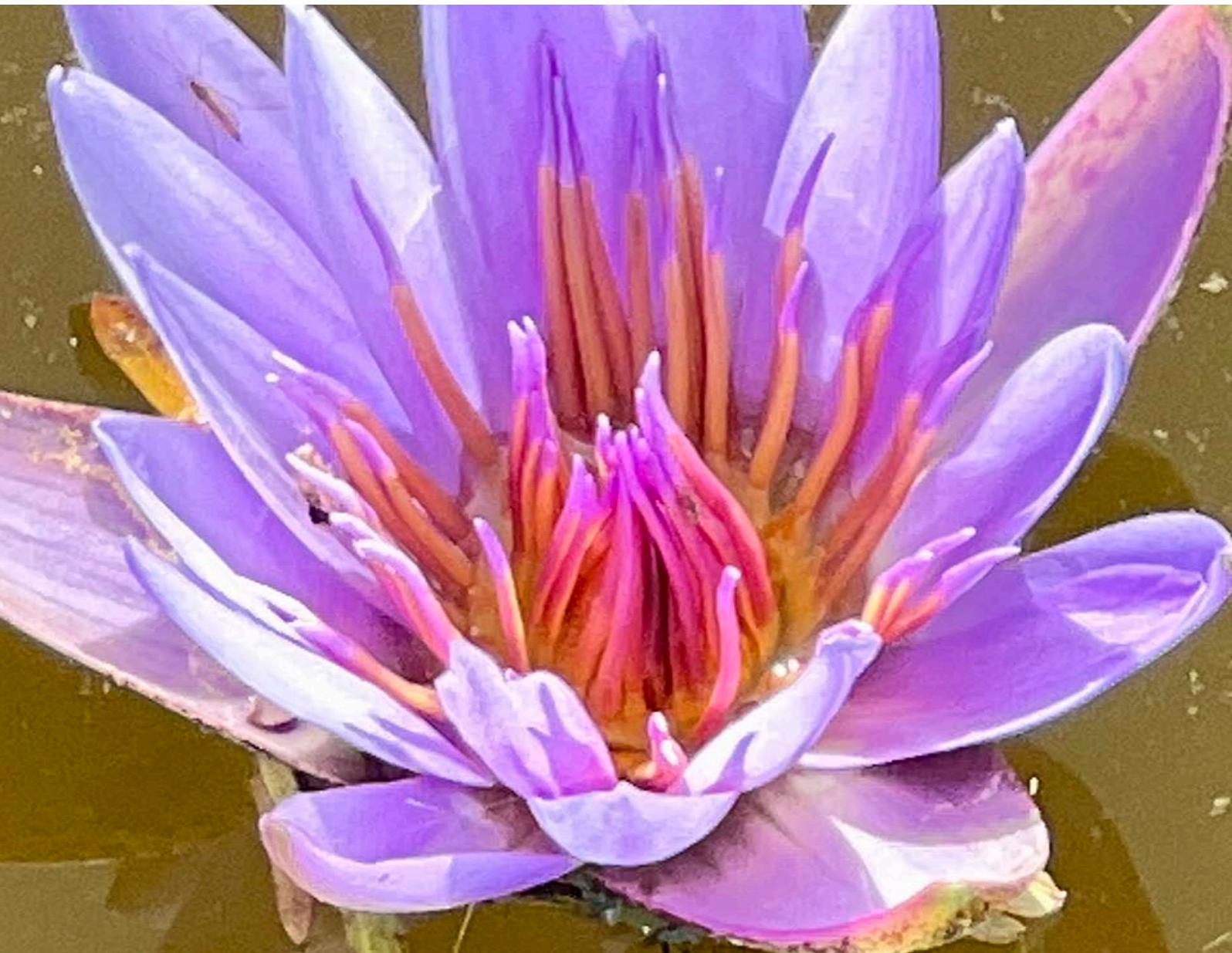
I have not lived in Egypt for almost 25 years, but I regularly visit family and maintain a love for the country. In 2022, I travelled to Minya, 220 km south of Cairo, where the fabled city of Hermopolis and Amarna once thrived. An eco-lodge stands in the same area—where thousands of years previously—it flourished, under the rule of Akhenaton and his wife Nefertiti (mother of the child King Tutankhamun). It was the first time I saw the Blue Lotus in person. I fell in love instantly and was mesmerised by its beauty and elegance. A small pond was established to nourish a few of the notoriously fickle rhizomes years earlier, and they

seemed to love their ancient grounds and blossomed into their beauty. Unfortunately, the yield from such a small pond is not enough to produce anything other than an infused oil in small vials. The infused oil carries no scent, but has a lovely feel owing to the oil from locally grown olive trees. After many failed attempts, and fake, expensive purchases, I obtained a small amount of absolute from a family-run farm that specialises in Blue Lotus production and will distill on demand.

Fragrance and Taste

The anticipation of receiving the Blue Lotus absolute was almost overwhelming. I read so much about the flower's history and potential effects that I could not wait to experience it first-hand. While waiting for my sample to arrive, I looked in perfumery books and websites to understand the scent better and adjust my

PHOTO: Egyptian Blue Lotus flower ©2023 Yasmine ElChamrawy



expectations. Words like *euphoric*, *mind-altering*, and *magical* were written about the feeling you get when you inhale it, as well as more descriptive words from Mandy Aftel portraying it as “luminous, transcendent, and mesmerising—watery but extremely complex and blissful. This aquatic floral’s aroma is sweet fruity, and powdery floral, with facets of stone fruit and lilacs” (Aftelier Perfumes, 2023). Or Adam Michael describes it as, “Crayola waxy for sure, but somehow with a dry chalk-like trait, and from this you get lots of sweetness, borderline parma violet territory, a little lychee orientated, dewy aspects and with strong hits of mouth-watering cherries, playdough and something lilac powdery-esque with a faint hit of greenness” (Hermitage Oils, 2023).

My first reaction to smelling the viscous, hexane-extracted absolute was muddy fresh flowers dragged through a pond of green leaves on a bright sunny day. At first sniff, it smells exactly like its source in the most delightful

Ideas to Enjoy Your Blue Lotus

Blue Night Tea

- ◆ 1 Blue Lotus Flower (*Nymphaea caerulea*)
- ◆ 1 Part Lemon Balm (*Melissa officinalis*)
- ◆ 1 Part Passion Flower (*Passiflora incarnata*)
- ◆ 1 Butterfly pea Flowers (*Clitoria ternatea*)
- ◆ 2 Rose buds (*Rosa damascena*)
- ◆ A Splash of Orange Blossom hydrosol (*Citrus aurantium var. amara*)

Steep the dried botanicals in hot water and do not allow it to boil. Leave to steep for 5 minutes before sipping slowly and relaxing any time you want to relax and take a moment for yourself.

Reflection Roller

- ◆ 0.5% Blue Lotus Absolute (*Nymphaea caerulea*)
- ◆ 0.5% Neroli (*Citrus aurantium var. amara*)
- ◆ 1% Mandarin Petitgrain (*Citrus reticulata*.)
- ◆ 98% Jojoba Oil (*Simmondsia chinensis*)

Add all the oils in a glass container and mix well as the Lotus absolute can harden in cold weather. Pour into a 10ml roller bottle. Ideally leave for two weeks before using as the maturation of the scent develops over time. Enjoy whenever you need a moment to relax and ground yourself.

way, and then it keeps developing and blossoming until it settles into a violet-like, beautiful soft floral scent. It is an oil that can be experienced independently due to its complexity and depth. It is like no other oil I have encountered. Very little of it goes a very long way. At a dilution of 10%, it is still strong enough to blend with citrus or floral notes and add depth to their aroma, or when combined with resin notes—it transforms into a lovely, grounding and intensely relaxing fragrance. I finally understood what the fuss was all about.

Another easy way to enjoy Blue Lotus is by steeping its dried flowers or petals in hot water and drinking it as tea. Over the past year, I have loved it as part of my nightly wind-down routine. I drink it alone or blend it with other relaxing herbs and flowers for a soothing boost. The taste is very mild and pleasant.

I am currently macerating two batches of the dried flowers. One is in a jojoba wax base to test its effectiveness as an antioxidant face and body oil (Agnihotri, 2008). The other is in wine from Egyptian grapes close to where the original “oasis” setting would have been.

Conclusion

The Blue Lotus, with its rich historical significance and reputed euphoric properties, continues to captivate and intrigue even after millennia. As I continue to delve into the realms of natural fragrances and their historical connections, this unique plant stands as a testament to the enduring allure of botanical treasures and the power of scent on our psyche.

If you get a chance to experience the Blue Lotus, I highly recommend it.

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Yasmine ElGhamrawy is a certified and registered aromatherapist who left her successful 20-year career in film visual effects to follow her passion for aromatherapy. After graduating from Aromahead Institute, she founded Yatlina®, her award-winning company. In addition to being a certified aromatherapist, Yasmine holds certificates in natural skincare formulations and Indian head massage. Yasmine's mission is to blend traditional and anecdotal practices with the latest scientific research, providing her clients with accessible aromatherapy products that seamlessly integrate into their daily lives. She serves as a board member of the International Federation of Professional Aromatherapists (IFPA) and represents the UK as the Alliance of International Aromatherapists' representative. www.yatlina.com and @yatlina



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Upper Back, Shoulder, and Neck Pain, and Stress and Eczema

Lynn (Tintinalli) Thiry, BSc (Hons), ND, Certified Professional Aromatherapist

Description of Case

Written permission was received from my client for public dissemination of the case study including her symptoms, health history, and photos.

My client is a fairly active 32-year-old French woman living in France. She is a mother of one, to her 20-month-old son, whom she adores. She is in a common law relationship (i.e., husband) with the father of the baby and is working professionally as a lawyer.

Stress

There is a lot of stress between her and her husband for various reasons and she has difficulty expressing herself to him. She typically suppresses her emotions, then gets irritable and angry and it results in physical stress and tension in her body.

Other stressors are her work and unexpected little things that come up which she has to figure out how to deal with. She has a limited capacity to handle stress and she gets angry and irritated very easily. She tends to hold the stress in and then explodes when triggered. It is hard for her to stay calm and centered. She rates her stress as 7/10 (10 = severe). Things that help her release stress are smoking cigarettes, walking, and yoga. Her stress is aggravated by eating fatty foods like fast-food, as well as a lack of sleep, and unexpected changes.

My client is not being followed by a health professional for her stress and anxiety. She is not taking any prescription or over-the-counter medication, or other complimentary health care product (e.g., nutritional, plant based or homeopathy) for this condition. She does participate in weekly kundalini yoga classes which include postures (asanas), meditation, and breathing exercises (pranayama). These techniques help her to connect to her body, calm her mind, and allow her to relax and let go.

Muscle pain

Her main concern, aside from stress, is muscle pain—which is a physical manifestation of her emotional pain. She gets a great deal of pain in her upper back, shoulders, and neck; the pain is fairly constant and the intensity varies according to the level of stress. The pain started about three to four years ago in her upper back, then it spread to her shoulders, bilaterally. The muscle pain irritates and pulls at her neck (at the level of the second cervical vertebrae, C2), and causes it to be blocked on both sides of the vertebrae. Then the pain travels up to the back of her skull, and to her forehead and temples. She thinks it possibly started from holding and carrying her baby.

When the pain flares up, it typically starts in her shoulders and the top of her back (trapezius muscle). All the muscles are tight and contracted. It extends from her spine to her shoulders and shoulder blades. It is always painful and she never gets any relief from the pain. She rates the pain as 6/10 daily and 10/10 (10 = severe) when it flares up, because it affects her cervical vertebrae and gives her a headache. Things that ameliorate the pain are massage, muscle relaxant cream, and warm applications on her shoulders. Things that aggravate her pain are stress, emotions, and driving (2-hour round-trip commute). It is also worse in the evening when she gets home from work, because she's finally at rest and she notices it more. At work, she doesn't have time to concentrate on her pain.

Her cervical pain is a bit different in that it isn't daily and she's not in constant pain. She gets it about 3-5x/month and the pain is progressive. It started about two years ago and the pain gives her intense headaches. The suboccipital muscles, at the top of her neck attaching to her cranium, become hard and rigid. When the pain starts in her neck muscles, it travels up to her temples, forehead, and into her eye. She can get a headache on either side of her head, and the side that is painful is

related to the same side of the neck that is affected. The pain is 7-8/10 normally, and can go to 10/10 (10 = severe). She describes the pain as “hot, compressing, and squeezing.”

The pain affects her eyes and her vision, and she finds it difficult to think and concentrate. Things that ameliorate the pain are neck and head massage, and pressing on the painful areas with her cold hands. She feels better lying down in the dark. She also takes a prescription non-steroidal anti-inflammatory (NSAID) pain medication (ibuprofen) for the pain, which helps her. She takes it about 4x/ month. Fatty foods trigger and aggravate her headaches.

She is not under any treatment for the muscle pain or headaches, except for painkillers which she takes occasionally when absolutely needed. She hasn't had any X-rays, MRI, CT scans, or other testing for her neck and is not being followed by a medical practitioner for her condition. She has seen an osteopath and physiotherapist, but it didn't help very much.

Eczema

Eczema started on her right foot between her 4th and 5th toes about two to three weeks prior to our consultation. A few days prior, the eczema started on her right hand (and eventually on her left hand) and there are some pustular eruptions on her palm and thumb area, and in the crease between her 3rd and 4th fingers. The eruptions are red, dry, and itchy and the skin is peeling. She rates the severity as 4/10 (10 = severe). She gets little pustules which are itchy and ameliorated when scratching initially, but not continuously because then it makes it worse.

She feels better when exposing her feet to fresh air and going bare foot, as wearing socks irritates the eczema. Her doctor prescribed her a corticosteroid cream which gave her some relief, but she doesn't like to use it very often. She also tried an anti-fungal cream and it didn't help very much. Things that aggravate her skin are stress, heat of the summer, humidity, and sweating.

Aside from the prescribed topical creams, my client hasn't tried other products, natural lotions, or alternative supplements to relieve her symptoms.

Client Health History

In general, my client is fairly healthy and tries to take care of herself. She follows more of a vegetarian type of diet whereby she obtains her protein from lentils, quinoa, and other vegetable sources. She eats fruits and vegetables, and she does eat some meat about 1x/week.

Her sleep is good 2/10 (10 = severe), however it may get disturbed by her son waking or her husband's snoring. She was recently diagnosed with a Vitamin D deficiency which affected her sleep and energy. However, after Vitamin D supplementation, her symptoms have improved. Also, stress may disturb her sleep whereby she'll have constant thoughts of the various stressors in her life.

In addition, she also experiences some digestive issues and menstrual difficulties whereby she's predisposed to soft stools, or even diarrhea, especially around her period, or after eating fatty foods or junk foods. She rates her digestion as 2/10 (10 = severe).

She does tend to eat salty, fatty foods in general (pizza, junk food), as well as sweets and chocolate, especially around her period. Her periods are regular (28-day cycle) and very abundant since the birth of her child. They last seven days, with five days being very heavy (having to change her sanitary pad every two hours) and she gets minimal abdominal pain. Preceding her menstrual flow, she also gets PMS symptoms with irritability, headaches, sugar and chocolate cravings, as well as frequent bowel movements with a tendency towards diarrhea. She is not taking any pain medication or birth control. She had taken the birth control pill for 10 years, but hasn't taken it (or other hormonal contraceptive) for the past six years. She rates her PMS and menstrual symptoms as 7/10 (10 = severe).

Although she has no pre-existing medical conditions, she does have seasonal allergies to pollen whereby she gets the typical symptoms of stuffy or runny nose, blocked sinuses, headaches, and sneezing. To avoid potential ragweed allergy hazards, Roman Chamomile (*Chamaemelum nobile*) was eliminated from the blend. She is taking a daily Vitamin D supplement to maintain her nutrient levels. She was also using a topical cortisone cream, as needed, for her eczema, but she isn't taking it anymore since the onset of the case study. As previously mentioned she was taking ibuprofen for

neck pain as needed. To avoid potential drug interactions with the medication, German Chamomile (*Matricaria recutita*) was eliminated from the blend as it affects the CYP2D6 detoxification pathway. She is not on any other medication.

My client has had previous experiences with complementary and alternative medicine. I have treated her throughout the years with naturopathic medicine and reiki, and she has seen other various therapists including chiropractors, osteopaths, and physiotherapists. She has also been participating in my weekly virtual kundalini yoga classes for the past two years. She was interested in participating in this aromatherapy case study primarily to help relieve her pain, tension, and stress. She didn't have any preconceived ideas or expectations, was willing to try anything, and was excited to try something new to help relieve her pain.

Method

Objective

The objective of the blend was to support the release of emotional stress and tension overall in her body, as well as to help reduce muscle pain, spasm, and tension.

I wanted to use essential oils that would help not only her stress and muscle pain, but also address her dry and itchy eczema. In addition, the eczema is possibly also related to her stress, as well as diet, and likely *Candida*. These conditions are recognized to be intricately connected, which is why I gave her a nasal inhaler for acute and rapid relief of stress in addition to the topical blend for pain, eczema, and chronic stress.

Topical application

In formulating the topical blend, I chose a 1% dilution rate because my client is breastfeeding and I needed to respect the minimal dilution rate to avoid any complications with her baby. Further, 1% is indicated for sensitive skin and for dermatitis skin conditions. I also wanted to create a blend that was easy enough for her to self-administer without being stressed about counting drops. I chose to make the blend into a thicker consistency (ointment) by adding beeswax, which would be easier for her to apply to the areas of pain, as well as to apply to her fingers and toes for the eczema. It was easily absorbable, non-sticky, and non-greasy.

In choosing the essential oils and carrier oils, I needed to be cautious to avoid any oils that were contraindicated due to her nursing her baby. I eliminated oils that were not only contraindicated for a breastfeeding woman, but also those that contained 1,8-cineole, menthol, and camphor, as I didn't want the baby to inhale the oils as she was nursing. The following essential oils were also avoided for this reason: Cajuput (*Melaleuca cajuputi*), Niaouli (*M. viridiflora*), Eucalyptus (*Eucalyptus smithii*), Ho Leaf (*Cinnamomum camphora*), Peppermint (*Mentha x piperita*), and Rosemary (*Salvia rosmarinus* CT 1,8 - cineole and CT camphor).

I avoided Atlas Cedarwood (*Cedrus atlantica*), Rosewood (*Aniba rosaeodora*), and East Indian Sandalwood (*Santalum album*) due to sustainability issues, and there were other essential oils more specifically indicated for this case study.

The essential oils, volumes and percentages in the 100ml, 1% dilution topical oil blend are as follows:

- ◆ 3 drops Bergamot FCF (*Citrus bergamia*) essential oil (0.15%)
- ◆ 2 drops Sweet Orange (*Citrus sinensis*) essential oil (0.10%)
- ◆ 5 drops Sweet Marjoram (*Origanum majorana*) essential oil (0.25%)
- ◆ 4 drops Rose Geranium (*Pelargonium graveolens*) essential oil (0.20%)
- ◆ 3 drops True Lavender (*Lavandula angustifolia*) essential oil (0.15%)

- ◆ 3 drops Helichrysum (*Helichrysum italicum*) essential oil (0.15%)
- ◆ 800 drops (40mls) Coconut (*Cocos nucifera*) oil (40.00%)
- ◆ 700 drops (35mls) Sweet Almond (*Prunus amygdalus dulcis*) oil (35.00%)
- ◆ 240 drops (12mls) Calendula (*Calendula officinalis*) oil (12.00%)
- ◆ 240 drops (12mls) Beeswax (*Cera alba*) (12.00%)

Inhalation

In addition to providing my client with a topical ointment, I also gave her a nasal inhaler to help her in times of immediate stress and tension. I prepared a nasal inhaler of the same essential oils undiluted in a 2:3:1 ratio.

- ◆ 3 drops Bergamot FCF (*Citrus bergamia*) essential oil (0.15%)
- ◆ 2 drops Sweet Orange (*Citrus sinensis*) essential oil (0.10%)
- ◆ 5 drops Sweet Marjoram (*Origanum majorana*) essential oil (0.25%)
- ◆ 4 drops Rose Geranium (*Pelargonium graveolens*) essential oil (0.20%)
- ◆ 3 drops True Lavender (*Lavandula angustifolia*) essential oil (0.15%)
- ◆ 3 drops Helichrysum (*Helichrysum italicum*) essential oil (0.15%)

Practitioner and Client

My goals for the consultation and check-ins were to be attentive and have an open ear for her to express herself. I wanted to create a secure environment for her to open up to me and share her feelings and emotions as well as her physical symptoms. Many times, the information was found in what she didn't say rather than what she did say. For instance, when asked why she was having difficulty sleeping with many random thoughts, she relayed that it was due to stress in her relationship with her husband. She explained that she carries a lot of grief and emotions in her heart, and she has difficulty opening up and expressing herself to her husband. This new information helped me associate her emotional stress to the physical pain and tension in her body. I felt that her emotional stress and physical tension is energetically connected to the 4th and 5th chakras (heart and throat chakras), which I addressed with a specific mantra meditation.

My intention was to do the case study for six weeks because there was a skin component. However, since her eczema cleared fully (100%) within four weeks, I decided to keep it to the four-week time frame. The muscle pain and stress would benefit by going longer, but it wasn't a necessary requirement for the case study.

To monitor the outcome of her symptoms during the case study, my client was advised to keep a journal of her symptoms (stress, severity of muscle pain, headaches, sleep, digestion, PMS, and menstrual cycle), a diet diary including any changes to her diet and lifestyle, as well as any external factors or stressors that arose. The outcome of her skin condition was measured visually through photographs. Photos of her hand and foot were provided throughout the case study to assess the outcome of her skin condition visually and objectively.

Lynn's unabridged case study may be found on the [AIA Learning Center Conference portal \(conference purchase required for access.\)](#)

Approach and Rationale

The emotional stress my client experiences is mainly due to her suppressed anger and frustration—which she has a difficult time expressing. Over time, the emotions build up and cause muscle tension and stress in her body, leading to intense muscle pain in her upper back, shoulders and neck (trapezius muscle). I felt that the top note Bergamot (*Citrus bergamia*) FCF was the best essential oil to help her release the pent-up anger and frustration and at the same time release the blocked liver energy. As the primary constituents limonene, linalyl acetate, and linalool are known to have calming, anxiolytic, and antispasmodic effects on the body (Thompson, 2021b), I expected this to release the muscle pain as well as help with her emotions and PMS.

I also chose Sweet Orange (*Citrus sinensis*) as a second top note to help release stress and anxiety as well as to help her skin, muscle pain, and digestive system. I felt like Orange is a happy oil and I wanted to add some happy, positive, and uplifting energy to the blend. Sweet Orange is also indicated for dry and irritated skin, as well as for ailments associated with the digestive system as it helps to stimulate bile release and the digestion of fats (Thompson, 2021a).

The muscle pain was also a big focus, for me, in creating the blend. I wanted to use essential oils that had an anti-spasmodic and anti-inflammatory effect as well as being calming to the nervous system to relax and release stress and tension. For this, I chose middle note oils Sweet Marjoram (*Origanum majorana*), True Lavender (*Lavandula angustifolia*), and base note oil Helichrysum (*Helichrysum italicum*).

Lastly, I wanted to use essential oils that would benefit not only eczema, as well as improve her liver and gallbladder function in order to improve the digestion of fats. I felt that the eczema has to do with her diet, which tends towards fatty food, carbohydrates, and sugar. Her diet, along with her stress, would impede liver function, detoxification, and possibly even her gallbladder function. This in turn, would likely impede liver Qi energy causing blocked energy (stagnation), pain, and emotional distress (anger and frustration), as well as affect her menstrual cycle and PMS. Interestingly enough, the eczema on her foot and toes is at the level of the gallbladder meridian (GB 43 and 44 acupuncture point). In addition, the muscle pain in her shoulders and neck, as well as her headaches, also relate to the

gallbladder meridian (GB 20 & GB21 acupuncture points).

For her eczema and liver support, I chose the middle note, Rose Geranium (*Pelargonium graveolens*), as it is anti-fungal and is highly indicated for dry, itchy eczema (Thompson, 2021a). It also helps clear a congested liver and aids at releasing toxins from the body. By cleansing the liver and supporting the detoxifying actions of the liver, Rose Geranium would be expected to help her PMS symptoms and menstrual flow, as well as calming her stress, worry, and irritability (Thompson, 2021a). Geranium essential oil is beneficial for the digestive system as it is a hepatic and pancreatic stimulant, carminative, and lymphatic decongestant (Mojay, 1997). Its heat clearing, Qi and blood circulating actions are useful for digestive (gastritis, colitis), skin (eczema and psoriasis), and pain conditions (nerve, eye and joint) (Mojay, 1997).

With regard to the carrier oils, I chose oils which were warming, moisturizing, soothing, and wound healing. I chose Coconut oil (*Cocos nucifera*) as the main carrier oil as it is solid at room temperature and is safe for all skin types. It is not greasy and is easily absorbable. The main therapeutic reasons for choosing this carrier oil are that it's an emollient—which makes it good for dry, itchy skin, and is good for dermatitis due to its skin cell regeneration and wound healing properties. It also has an anti-inflammatory effect, which would be helpful for her muscle aches and tension (Thompson, 2021a).

Sweet Almond oil (*Prunus amygdalus dulcis*) was chosen for its anti-inflammatory, warming, and soothing effect on aches and pains. It is also indicated for dry, irritated skin, as well as skin conditions, such as eczema and psoriasis (Thompson, 2021a).

Lastly, I chose Calendula oil (*Calendula officinalis*), for its wound healing and skin cell regenerating effects. It has anti-inflammatory and antioxidant properties which are beneficial for itchy skin conditions such as eczema and psoriasis (Thompson, 2021a). To help emulsify the blend, I also used beeswax (*Cera alba*) for its pain relieving and anti-inflammatory properties (RxList, 2021), and for making the blend more of a thicker/semi-solid ointment rather than liquid blend.

Application Method, Duration and Frequency

Topical blend

My client was instructed to apply approximately 1/8 teaspoon (size of a dime) of the ointment on the shoulders, upper back and neck 2-3x/day, or as needed for pain, and apply the same amount to the problem areas with eczema (hand, wrist, foot and toes) 2-3x/day. She used the blend for a minimum of four weeks and no more than six weeks. She checked in with me weekly to evaluate the progress of the blend. She stored the blend in a cool, dark place away from heat and sunlight.

Nasal inhaler

She was instructed to remove the cap of the inhaler and to inhale long and deep from the inhaler several times a day as needed for stress. After use, she was advised to recap the inhaler and keep it in her purse or pocket, away from heat and sunlight. She used the inhaler for a minimum of four weeks and up to a maximum of six weeks as needed. The progress of the blend was evaluated at each weekly check-in and at the end of the case study.

Follow up & Client Response

The client follow-ups were made two days after starting the blend, and once per week for four weeks. The intensity of her symptoms were rated on a subjective scale of 0-10 (0 = no pain or intensity, 10 = high intensity). Photographs were taken at each check-in. [Photos and appendices may be found in the unabridged case study: [AIA Learning Center Conference portal \(conference purchase required for access.\)](#)]

Two day check-in

Two days after receiving the blend, my client claimed the inhaler helped her a lot with her stress as it calmed her immediately after using it. She felt 40-50% better right away—in terms of feeling more relaxed, less stressed, and less frustrated. She had a lot of neck and upper back pain this past week which hasn't changed since she started applying the topical blend two days ago. She feels the increase in muscle pain is likely due to the onset of her period seven days ago.



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As for her eczema, she's been applying the blend on her foot, toes, hand, and wrist, and she feels as though it is helping her already. She finds her skin to be more hydrated, less dry, and less itchy. She also observed that her skin isn't as red anymore. She rates it as a 50% improvement already. Her sleep has been fine this week, as well as her digestion (with the exception of some looser stools with her period).

One week check-in

At the one week follow-up, my client noticed she handled her stress better than normal—in that, she felt less agitated and more relaxed. She used the nasal inhaler frequently for stress and she noticed a 60% improvement. She thinks the stress reaction would've been worse if she didn't have the nasal inhaler. As she's had a lot of stress this week, she

also had more intense muscle pain (8/10). She also had a daily headache due to her cervical spine irritation.

Her stress at the moment is mostly due to difficulties with her husband. She holds in her stress and doesn't communicate or express herself. She has tried talking to her husband about her feelings and they just end up fighting and it makes the situation worse, so she keeps it to herself. This creates a lot of inner anger and frustration. It's been taking her about an hour to fall asleep recently due to the stress and busy thoughts that run through her head at night that prevent her from sleeping.

As she holds her stress in her chest, shoulders, and neck, it is likely all related to her heart and throat chakras. I gave her a Kundalini meditation for opening her heart—using the mantra ‘Sat Kartar’—to help connect to her truth, open her heart, and say what she needs to say. This mantra meditation will help her connect to her body and mind, and the hand position helps her energetically open her heart and express her truth. I also gave her a left nostril breathing exercise to help her calm, relax, and unwind. I instructed her to block her right nostril with the thumb of her right hand and to breathe long, slow, and deep through the left nostril.

As for her eczema, her skin has been getting continuously better. She doesn't have any eczema on her hand anymore. She only has some redness on her middle finger, and her skin isn't peeling as much (4/10). The skin on her foot feels more hydrated, less dry, and is only a little bit itchy (3-4/10).

In relation to her diet, she's been eating more vegetables and complex carbohydrates. She noticed that she's been eating less sugar and fats this past week than previously. Her digestion has been good, with easy, normal stools and no complaints of diarrhea, heartburn, or bloating.

Two week check-in

At the second week follow-up, the eczema was a lot better. There were no more pustules on her palm or on her foot. Her palm is ‘perfect’ (0/10) and her toes and foot are ‘perfect’ as well (0-1/10); although the skin is just a little bit dry. There is no more redness or itching on her middle finger; there is only a bit of dryness which she rated at 1/10. She rated the eczema 95% better overall as it's just her middle finger that only has a bit left to improve.

Since the last check-in, she started speaking and opening up her emotions to her husband more. This helped her release tension and frustration that she was holding in her heart. It was difficult for her to do, but he listened to her and there have been some positive changes. She also did the meditation a few times, and it helped as well. She felt less stress and tension—as though the energy was flowing better in her chest and throat. She rated the stress as 3/10 on a personal level and 4-5/10 on a professional level. She had some difficulty at work this past week as people weren't too respectful to her and she had some difficulty keeping calm. She started speaking up more, which was a change, because normally she wouldn't say anything and would keep it all in. She noticed a 75% improvement for her stress, anxiety, frustration, and anger. She feels more liberated to speak, more open, and honest with herself and others. This is a big change for her.

As a result of her managing the stress better, she had less intense pain in her neck. It was still there, daily, but less intense (5/10). She had only 1-2 headaches (6/10) this past week, which were more manageable, and only a bit of shoulder and upper back pain (4/10). She used the blend more often for the pain—and it helped.

Her digestion was good, as she didn't have any bloating, gas, or diarrhea. Her bowel movements were easy, formed, and ‘normal’. As for her diet and cravings, she still had some sugar and processed carbohydrates, but wasn't as excessive. She didn't need to eat a lot of chocolate to satisfy the cravings, and she felt it was more reasonable.

Her sleep was pretty good this past week as well. She didn't have difficulty falling asleep or staying asleep. Sometimes her son or her husband's snoring wakes her up and she has a difficult time falling back to sleep, but otherwise she sleeps well. She wasn't stressed, or tossing and turning, and she felt refreshed in the morning. Some mornings she doesn't even need a coffee or breakfast to wake up. Lastly, she expects her period next week, and she hasn't had any PMS symptoms as of yet.

Three week check-in

At the third week follow-up, my client was on vacation and she was feeling “ok”. She expected her period to start that day or the next, and she noticed she had overall less PMS symptoms all week than normal. She had no cravings, no abdominal distension, and no

lumbar pain. She was still irritable, but it was less intense than normal. She rated it as 5/10. Her stress was also a bit less, but she's been feeling slightly more anxious since being on vacation this week. As she can't identify anything specific around her anxiety; she thinks it may be due to being in a different environment or possibly related to her period and hormones.

Her eczema has continuously improved as there was no redness or itching on her foot, only a little bit of dry skin. She had no eczema on her palm, only a little bit of redness on her middle finger which wasn't itchy. She rated the eczema as 0-1/10.

Lastly, her digestion has been good; she hasn't had any bloating or diarrhea before her period (0/10). Her sleep had been a little bit disturbed on vacation due to her husband's snoring, as well as him being sick, which wakes her up frequently. Otherwise, it's been fine.

Being she was at the seaside on vacation, I recommended that she soak in the sea to help reduce the pain and inflammation in her neck and shoulders. There is a natural anti-inflammatory effect of seawater, and she could use it to her benefit while on vacation.

Four week check-in

At the fourth and final follow-up, my client noticed some big improvements. Her period started a week ago and it was less abundant overall (3/10), with only the first day being the heaviest. She didn't have a headache, she had less food cravings (2/10), and she wasn't even tempted for sweets or chocolate! This was a big thing for her. She had no cramps, no breast tenderness, and her stools were less frequent, and she had fewer bouts of diarrhea. Her period, overall, was 70-80% better.

As for her muscle pain, both her shoulders and upper back pain were 70-80% better (2-3/10). The pain is less intense, less frequent, and less constant. Her upper cervical neck pain is the location she has the most pain at the moment. It is also less intense, but it is still constant (3-4/10). She had a headache last week, which she thinks is related to having a head cold. After her husband's head cold improved, she and her son both got sick. Otherwise, she still gets a headache around her temple—which pulses. It is less frequent and less intense overall. It is still localized at her right temple, but it is no longer on her forehead, and she only has a little bit of pain in her eyes. She rates her headaches as 60% better.

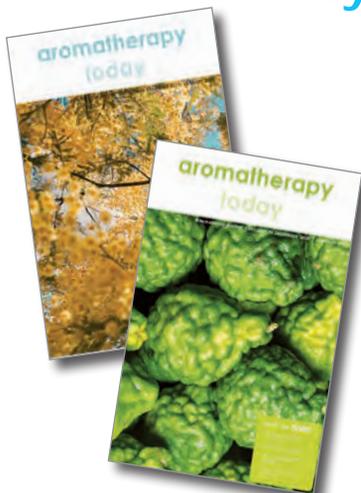
Her stress has also improved. She feels 60% improvement in relation to her stress. She always has more stress and irritation before her period, but it's much better than her last period. She can also handle stress better as well, whereby she's better able to communicate and calm herself down. She is also able to speak up more to her husband and they are resolving their issues. This is a big change.

As for her sleep, she falls asleep quickly, sleeps more deeply, and wakes less often. She finds she sleeps 60% better at night. She also noticed feeling better in the morning as she has more energy and it doesn't take as long to wake up. Her diet is better as well as she has fewer cravings and less desire for sugar and fast-food. She can also digest rich and fatty foods better. She rates her digestion as 80% better, overall.

Upon asking her if she noticed any changes with her son since she's still breastfeeding, she indeed noticed her son is calmer as well. He's a lot less agitated and has fewer outbursts. She rated this 80% better.

Her skin is "perfect" on her hand, fingers, and foot. There is no redness, peeling skin, or dryness, and it's not itchy at all. Her eczema is 100% better, which she's thrilled about. As her eczema cleared within 4 weeks, I felt it wasn't necessary to continue for the full 6 weeks as the skin condition had fully cleared.

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Reflection

Overall, the blend worked as expected, especially for her eczema. There was a 100% improvement with her eczema in only a short amount of time. The muscle pain in her shoulders, upper back, and neck had also improved and she had fewer headaches. Also, in relation to her stress, there was improvement, but not as much as I would have expected. I think her main stress is holding in her thoughts and emotions which adds stress and tension to her body and causes her muscles to contract. I think she needs to keep using the blend for a couple more months to notice a bigger difference, long term, for both the stress and her muscle pain.

As for the nasal inhaler, it also worked as expected. She loved using it, and it helped calm her emotions and stress immediately after using it. She was really happy with the immediate results, which helped with her compliance. I'm really happy with the blend and nasal inhaler, and I wouldn't do anything differently.

As she is still nursing, I had to stick with a low dilution of 1%. Ongoing from here, when she finishes nursing, I would reevaluate and formulate a targeted blend specifically for her muscle pain and stress with a higher dilution, such as 3%, which would likely help her more. I would like to add Rose essential oil (*Rosa damascena*) to the blend—as I feel that the calming and nurturing effect of Rose oil would be important to help her release stress and open her heart. In addition, I would also consider a diffuser blend to help calm the tension in the home and family. I would have to be cautious to avoid any essential oils contraindicated for children such as Peppermint (*M. piperita*).

When considering my client's initial goals, and comparing them to the actual outcome, she is pleased with the outcome, especially for her eczema which has fully cleared within four weeks. As for her neck and shoulder pain, although there was an improvement, she would have liked a greater reduction in pain overall. We discussed that the blend was a low dilution of 1% for safety reasons, which may limit the outcome for the pain condition. She may have needed to use the blend more frequently and for a longer time frame (e.g., three months) to notice a greater effect in terms of pain control. The other external factor limiting the outcome is the stress in her relationship with her husband. It is important for her to learn to deal with the stress differently by expressing herself, as opposed to holding in her irritation and frustration, which then leads to muscle tension and pain. Mindful activities such as yoga, meditation, journaling, and possibly counselling, may be helpful to assist calm her mind and help her express herself more openly.

This case study contributed to my learning process by preparing a blend for a nursing woman and respecting the essential oils and dilution rate to avoid any potential hazards to her and her child. It was interesting to blend with various restrictions and safety considerations. In addition, it was also interesting to see how her son's temperament also changed during the case study. He was calmer and less irritated. This demonstrates the safety importance of using essential oils on nursing women and how even a low dilution can make a significant impact both to the woman and her child. I'm pleased with the outcome, especially for her eczema and in such a short time.

Evaluation

My client is very happy with the outcome. She is amazed that her eczema cleared so quickly and that the associated skin symptoms were 100% better in a short amount of time. She also really appreciated the nasal inhaler for stress—which helped her to immediately relax during acutely stressful situations. There was also an improvement with her muscle pain, which helped her a lot. She is satisfied with the result; it helped reduce her pain and stress levels. Although the pain didn't disappear completely, she realizes that it is chronic and dates back many years. My client states, "I could not have hoped for better as the short 4 week duration wasn't enough to make it possible to eliminate the pain entirely. My pain comes from stress and in the long term the treatment for my pain would be more effective."

In terms of the consultation and check-ins, she felt comfortable and was pleased to have someone actively listen to her concerns and help her feel better by preparing an essential oil blend and inhaler specific for her needs. She really liked the meditation I gave her to open her heart and help her to express herself. This made a big difference in her relationship with her husband, in that she was able to open up to him and they could talk openly without fighting. She realizes that stress will always be an issue, but she is learning to handle it better and deal with her husband and other situations that come up.

I also felt the consultation went very well. She is easy to talk to, and she answered the questions openly and honestly. She is not overly expressive or reflective, so it was a little bit difficult to get to her deeper emotions. If she was to continue as an ongoing client, I would work with her energetically to help her release her emotional blocks related to opening up and expressing herself on a deeper level which would help her release her stress and tension even more.

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Overall, I am pleased with the outcome and it clearly showed, how even a low dilution, can have such profound effects. It clearly demonstrated the power of essential oils and how the dosage, dilution, and safety considerations must be respected. In the end, it's not about having a 100% improvement of symptoms. It's about matching the dosage, frequency, and dilution to the person's needs, while always putting safety considerations first.

External factors were monitored by subjective response. At each check-in we discussed the changes in all her symptoms as well as the contributing factors including stress, diet, hormones (menstrual cycle and PMS), work and vacation. It was interesting to see how her cravings for sugar, carbohydrates, and junk foods reduced during the case study. There is a link between her stress levels and food cravings, whereby as her stress reduced, so too did her food cravings. In addition, although her digestion was ok to begin with, her digestion improved as she tolerated richer foods better. Whenever she did have a fattier meal, she didn't have as much of a flare-up in her digestion, pain, or headaches. This suggests that the oils may have supported her liver and gallbladder digest fats, which also helps to relieve stress and pain—systemically throughout her body. She also didn't need to use the anti-inflammatory medication for headaches. Lastly, she

had less PMS and less abundant and painful periods, which may have been due to the likelihood that her liver and gallbladder were functioning more optimally.

In my experience as a Naturopathic Doctor, the key to a successful outcome is: to actively listen to the client, what they say, and even more importantly, what they don't say. It is important to really connect to the client and 'hear' what they're telling you about, not only their main symptoms, but also about all aspects of their life. This makes it possible to understand the totality of the person and to discover the root of the problem, and not just the presenting symptoms. Each person is unique and the underlying reason behind their condition is different.

So, clinically speaking, reliability comes from treating the underlying source of the problem rather than one specific treatment or remedy for a specific condition—that is the beauty of blending with essential oils. You can formulate a blend specific to a person through the chemistry, actions, energetics, and essence of the oils. It may or may not be reliable for every person with the same condition, but it will likely be reliable and replicated if the underlying root causes are similar.

Physiologically speaking however, based on the chemistry and therapeutic actions of the essential oils used in the blend, this would be an interesting aspect of research to consider.

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Lynn (Tintinalli) Thiry is a Doctor of Naturopathic Medicine and Certified Professional Aromatherapist with a holistic approach in addressing the root cause of 'dis-ease' through natural, aromatic and energy therapies. She graduated with honors from the Professional Level Program at the Essence of Thyme College of Holistic Studies where her student case study was showcased at the 2023 AIA virtual conference. As an experienced Reiki Master and Kundalini Yoga instructor, Lynn integrates these transformative body-mind healing therapies into her clinical practice. Residing and practicing in France, Lynn empowers her clients on their path to profound healing and well-being.



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