

AROMATHERAPY

FIRST GUIDE

Aroma Environment Association of Japan (AEAJ)

info@aromakankyo.or.jp

www.aromakankyo.or.jp

www.facebook.com/aromakankyo

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www.instagram.com/aromakankyo_aej



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Why Aromatherapy?

Have you ever felt a very good sensation when smelling flowers or taking a deep breath in the woods?

Essential oils have a gentle effect on your body and mind.

If you are at all interested in essential oils,

maybe you should consider starting aromatherapy.

We invite you to take your first step into the world of aromatherapy.

What Is Aromatherapy?

A natural therapy using essential oils

Aromatherapy is a natural therapy that involves using the aroma and various other powers of plants to gently alleviate physical and mental problems and promote health and beauty.

Aromatherapy involves the use of natural essential oils which are extracted from plants. In addition to enjoying aromas using an aroma diffuser, you can use essential oils for many different purposes in daily life, including bathing, treatment, and skin-care. As long as you adhere to the basic rules, anyone can easily start aromatherapy.



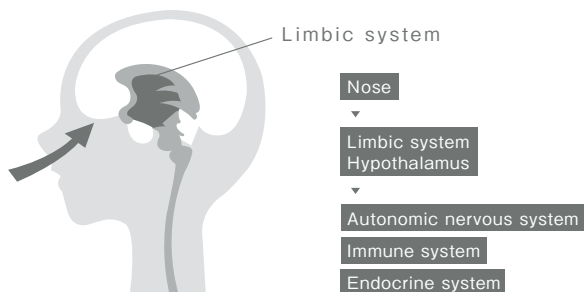
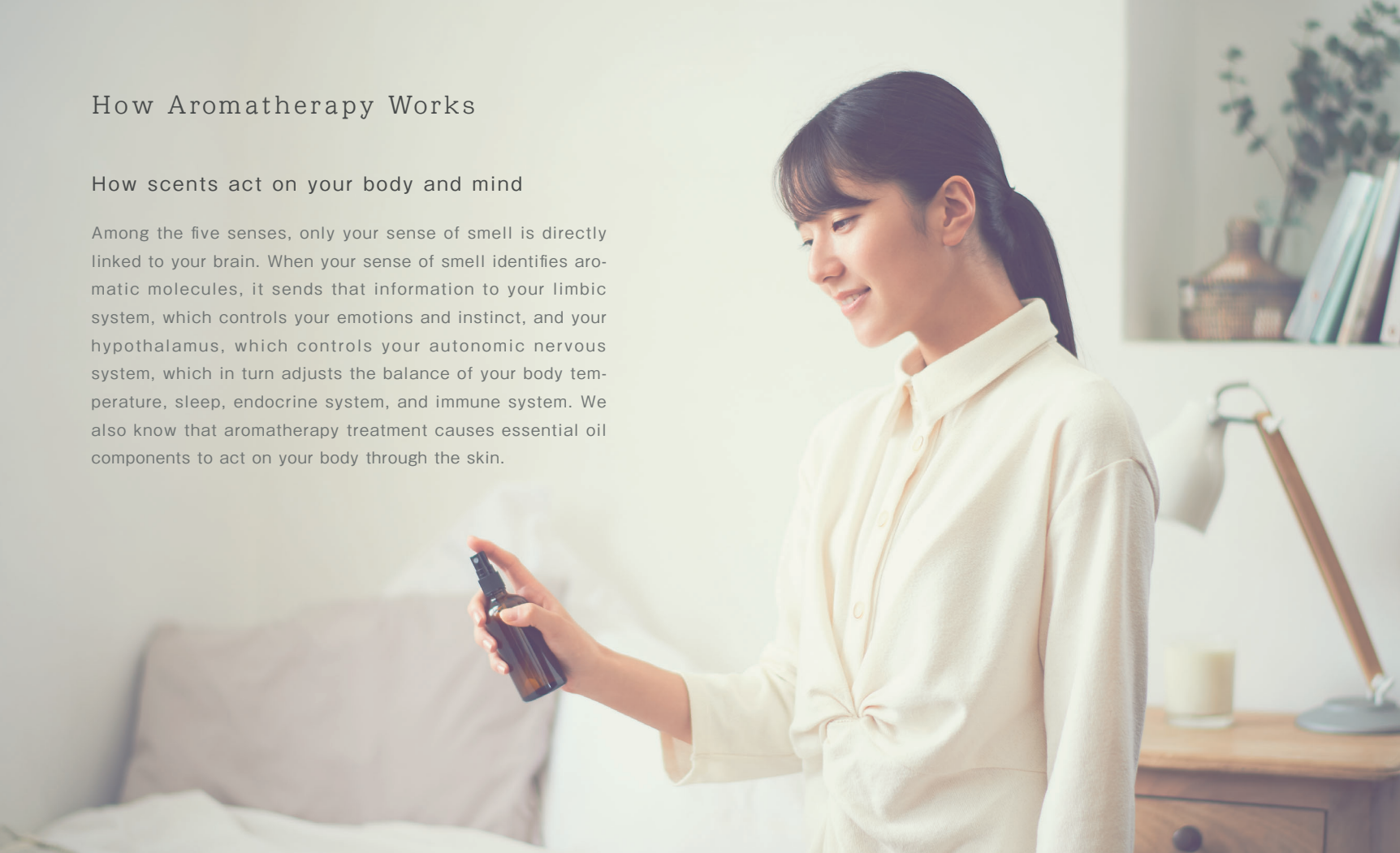
History of people and plants

It is said that humanity has leveraged the power of plants from ancient times. In Egypt around 3000 BC, people used aromatic trees such as Myrrh for mummy-making. In 11th century Arabia, the philosopher and medical scientist Ibn Sina is said to have made aromatic distilled water from rose petals. Later, distillation techniques were introduced to Europe through the Crusades. Aromatic culture blossomed in Europe during the 16th to 17th century, becoming an essential aspect of royal and aristocratic life. The term aromatherapy appeared in early 20th century France. The chemist Gattefossé used lavender essential oil to heal a burn he had suffered during one of his experiments, and experienced the power of essential oil. This was the beginning of aromatherapy. Ever since, aromatherapy has been popular with people from all around the world.

How Aromatherapy Works

How scents act on your body and mind

Among the five senses, only your sense of smell is directly linked to your brain. When your sense of smell identifies aromatic molecules, it sends that information to your limbic system, which controls your emotions and instinct, and your hypothalamus, which controls your autonomic nervous system, which in turn adjusts the balance of your body temperature, sleep, endocrine system, and immune system. We also know that aromatherapy treatment causes essential oil components to act on your body through the skin.



Everybody has their favorite scents.

Every one of us has a very different sense of smell, and the same scent may be felt differently depending on the person. No matter how good someone tells you a particular scent is, you can't relax with a scent you don't like. When choosing an essential oil, it is important that you choose one according to your preferences and not based on its general effects. Moreover, your aromatic preferences may change depending on your condition or mood. Try changing the scent to match your mood.

Essential Oils

Essential oils are the blessings of plants.

Essential oils are fragrance components extracted from plants. To obtain a kilogram of essential oil, you need 100 to 200 kilograms* of Lavender spikes, or three to five tons* of Rose petals. Only a tiny amount of essential oil can be obtained from a large amount of raw material, making it very precious.

Choose pure essential oils.

Use pure essential oils extracted from plants when performing aromatherapy. You need to be careful, as some synthetic perfumes are sold under the name of “aroma oil”.

*According to our research; this may vary depending on the place and conditions of production.



Essential oils certified as meeting the labelling standards of the Aroma Environment Association of Japan

We examine essential oils to see whether the following product information and cautions are clearly indicated, and certify those products that meet our standards as “Essential oils certified as meeting the labelling standards of the Aroma Environment Association of Japan”.

【Essential oil product information】

- 1 . Brand name
- 2 . Product name (name and popular name of plant)
- 3 . Scientific name
- 4 . Extracted portion (part)
- 5 . Extraction method
- 6 . Country of production (place of production) or country of origin (place of origin)
- 7 . Net content
- 8 . Distributor or importer

Major Essential Oils

Essential oils come in a wide variety of types. Here are some major examples.



Lavender

Lavender has a sedative effect and relaxes your stressed body and mind. It has a gentle fragrance, and has been used for skincare since ancient times. It is perfect for handmade cosmetics.



Sweet Orange

Sweet orange relaxes the tension in your nerves, and contributes to alleviating irritation caused by stress and improving sleep quality. It also makes you feel more cheerful and positive. The familiar fragrance of orange is popular with all generations.



Peppermint

Peppermint is characterized by a cool and refreshing fragrance. It has superior relaxation effects, alleviates stress and fatigue, and combats sleepiness. It also improves the condition of your nose and throat, among other parts of the body.



Choosing Essential Oils

Here are some essential oils we recommend for the following situations. Find the aroma that your body and mind desire.

Relax

- Sandalwood
- Geranium
- Neroli
- Frankincense
- Lavender

Essential oil diffusion Aromatic bath Inhalation



Cold prevention

- Tea Tree
- Lavender
- Eucalyptus

Aroma spray Inhalation



Refresh

- Sweet Orange
- Grapefruit
- Bergamot

Essential oil diffusion Foot bath



Good sleep

- Roman Chamomile
- Lavender
- Sandalwood

Essential oil diffusion Aromatic bath
Treatment



Fatigue relief

- Sweet Marjoram
- Lavender
- Eucalyptus

Essential oil diffusion Aromatic bath
Warm compresses Treatment



Skincare

- Roman Chamomile
- Lavender
- Neroli
- Rose Otto
- Frankincense

Inhalation Treatment



Concentration

- Peppermint
- Rosemary
- Lemon
- Sweet Orange

Essential oil diffusion Inhalation



Housekeeping

- Sweet Orange
- Eucalyptus
- Peppermint
- Lemon

Washing machine Vacuum cleaner
One drop in a bucket, etc.



Enjoying Aromatherapy

There are many ways to enjoy aromatherapy, including diffusing essential oils in your room and using diluted essential oils for skincare.

Essential oil diffusion

- Drop 1 or 2 essential oils drops on some tissues and leave it on the desk, etc.
- Use an essential oils aroma diffuser or similar device for aromatherapy.



Treatment

Make a vegetable oil-based treatment oil with an essential oil concentration of 1 percent or less and then gently apply it to your body.

*When applying to your face or other delicate parts, we recommend lowering the concentration of essential oil to 0.1 to 0.5 percent.

*Carry out a patch test according to the health condition of the user before application.



Bath, hand bath, foot bath

When having a bath, fill the bathtub with hot water at a suitable temperature, drop essential oil, mix well, and then get into the water. We also recommend having a hand bath or foot bath using a washbowl.

Amount of essential oil to be used

Normal bath: 1 to 5 drops / half body bath, hand bath, foot bath: one to three drops

*Wash the skin with water immediately if you feel any irritation on your skin.



Aroma spray

Add a small amount of dehydrated ethanol to a sprayer (50 ml) and dissolve 3 to 20 drops of essential oil in it. Add water, and then shake and mix well. Use in places with unpleasant smells, or when taking a break during work or study, and refresh yourself with your favorite aroma.

*Adjust the amount of essential oil you use according to the oil type, room size, and your preferences.



Compresses

Fill a washbowl with cold or warm water at a suitable temperature and add 1 to 3 drops of essential oil. Soak a towel in the water, fold it so that the section containing essential oil is in the inside, wring it loosely, and then place it on a part of your body.

*As essential oil is not easily dissolved in water, make sure that it does not contact the skin directly, and do not place the towel on your body for too long. Do not use the towel on the area around the eyes and other delicate skin areas.



Inhalation

Add 1 to 3 drops of essential oil to some warm water and inhale the aromatic vapor it emits. You can cover your head with a bath towel, for example, to stop the vapor from escaping.

*Close your eyes when inhaling. Since essential oil components may cause irritation in mucous membranes, do not inhale for too long.
*Make sure not to swallow the water.



For safe use of essential oil

1. Do not apply essential oil directly on your skin or swallow it.
2. Make sure that essential oil does not get into your eyes.
3. Be careful with fire when using essential oil.
4. Keep essential oil out of the reach of children and pets.
5. Keep essential oil in a cool and dark place out of direct sunlight.
6. Pregnant women, elderly people, and people under medication should consult an expert before use.
7. We do not recommend use methods other than aroma diffusion for children under 3 years of age. Even for children three years or older, we recommend use of a smaller amount (about half) than for adults.
8. Some citrus essential oils such as Bergamot essential oil and Lemon essential oil may contain components (phototoxic components) that react to sunlight and cause skin irritation. Be careful when using such oils before going out or when you are outdoors.

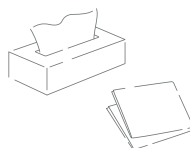
You Can Start Aromatherapy Using Daily Items.

As long as you have some essential oils, you can start aromatherapy even without special equipment. At first, try using some daily items.

Tissues and handkerchief

Essential oil diffusion

Essential oil is volatile, so you can make a simple diffuser by just applying it on some tissues or a handkerchief. Simply place the tissues or handkerchief on your desk, etc. and enjoy the aroma.



*Some essential oils are dark-colored and may thus stain handkerchiefs.

Washbowl and mug

Vapor inhaling

You can use a washbowl or mug for vapor inhaling. But be careful when choosing the material, as some essential oils can melt plastic. You also need to make sure not to drink from the mug by mistake.

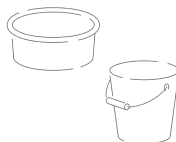


*Note that some essential oils can cause irritation in mucous membranes. Do not inhale for long periods of time.

Tub and bucket

Hand bath, foot bath

A large-size tub or bucket can be used for a hand bath or foot bath. By using a deep one you can warm all the way up to your wrists and ankles.



Towels

Compresses

You can use various kinds of towels for compresses. You will place the towel directly on body, so choose one of a material and thickness of your choice.



Handy aromatherapy items

Terracotta diffuser

You can enjoy fragrances at your desk or other places around you.

Electric diffuser

This enables you to enjoy fragrances in a large space. Vapor diffusers are good for preventing dryness.

Dehydrated ethanol

You can use it for cleanly removing essential oil adhered to tools or equipment.

Vegetable oil (carrier oil)

You can use it for diluting essential oil, when making your own treatment, for example.



