

Enhance Your Acupuncture Practice with the use of Essential Oils

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Purpose QIP: To help acupuncturists use essential oils in their practice from a Chinese medical perspective and create positive change in their patients lives.

Reason for QIP: There is a tremendous amount of misinformation on how to use essential oils. This guide is a clear and comprehensive introduction on how to begin to use them.

Target Audience: Primary audience are licensed acupuncturists and other health care professionals

End Product to Fill Needs/Gaps: By following this guide, a practitioner will have the confidence to use essential oils regularly in their practice to support acupuncture treatments. Similarly to the way that one develops herbal prescriptions, essential oil blends can be made to be used by the patient daily at home in between acupuncture treatments enhancing and supporting the effects of their in office visits. Essential oil blends can be used directly on accupuncepoint in lieu of needles. This is extraordinarily helpful and therapeutically effective with needle phobic patients and pediatric patients.

Method of Sharing End Product: This document serves as a booklet to be printed and used in one's clinical practice as a reference.

Summary, Conclusions: This guide outlines the use of essential oils that calm the shen (spirit) first, since a patient in a state of peace is ready to heal. The guide details eight of the most potent players out of all the essential oils that calm the shen, and it directs one in how to begin by making a single oil blend. From there one can make multiple essential oil blends. Recipes that use calm shen herbs are provided.

This guide will serve as a resource as one begins to understand how to combine oils based on their similar or complementary energetic effects and scent types. It will give the information one needs to use essential oils to unblock the seven chakras of the body and increase the smooth flow of Qi throughout the body. Lastly, this guide will serve as a resource as one expands the use of essential oils in treatments that address the most common disease patterns within Chinese medicine. Developing a passion for using essential oils and making them a permanent part of a practitioner's practice.

Disclosure: Information within this guide is for educational purposes only. Statements about the essential oils' efficacy have not been evaluated by the U.S. Food & Drug Administration. The information mentioned within are not intended to diagnose, treat, cure, or prevent any specific disease. As always, please consult your Medical Doctor for any medical advice or treatment.



Enhance Your Acupuncture Practice with the use of Essential Oils

Introduction

Have you ever wanted to use essential oils in your acupuncture practice, but didn't know where to start? The perfect starting point is first to experiment and experience essential oils with yourself, and then bring them into your practice with patients. Cultivating a personal understanding of these healing agents will help you to formulate concoctions that are therapeutically potent and customized for each patient's individual needs. Your patients will benefit greatly from the use of essential oils, and your acupuncture practice will stand out among the rest. This guide will help you begin your path of discovery from the surest of foundation.

You may be wondering which essential oil to start with, since there are so many. This guide outlines the use of essential oils that calm the shen (spirit) first, since a patient in a state of peace is ready to heal. The guide details eight of the most potent players out of all the essential oils that calm the shen, and it directs you on how to begin by making a single oil blend. From there you can make multiple essential oil blends. Recipes that use calm shen herbs are provided as well.

This guide will serve as a resource as you begin to understand how to combine oils based on their similar or complementary energetic effects and scent types. It will give you the information you need to use essential oils to unblock the seven chakras of the body and increase the smooth flow of Qi throughout the body. Lastly, this guide will serve as a resource as you expand your use of essential oils in treatments that address the most common disease patterns within Chinese medicine. Developing a passion for using essential oils and making them a permanent part of your practice begins now.

Understanding Essential Oils

In order for a plant to survive, its aromatic compounds attract pollinators and ward off fungi and bacteria. These aromatic essential oils are stored in tiny sacs on the surface of a plant's leaves or petals and are also found within roots, seeds and bark. Imagine peeling an orange and inhaling the aroma that ensues. This pleasant smell is produced by the breaking of the aromatic sacs of essential oils when the fruit is peeled.

There are four main methods of extraction for essential oils. Expression uses mechanical pressure on fruits to extract their oils, like peeling an orange. Steam distillation is the most common form of extraction. It uses hot steam to break open the sacs of essential oils from herbs, bark, resins and roots. Absolute extraction is used with delicate materials like flowers. The flowers are blended with solvents to remove their oils. Lastly, supercritical carbon dioxide extraction uses CO₂ gas that has been altered via pressure into a liquid state making it a powerful solvent. CO₂ solvents collect the most potent smelling aromatic essential oils, but be aware that this type of extraction may leave harmful chemical byproducts within the finished oil.

The chemical constituents of the essential oils themselves are what give them their therapeutic properties. Understanding their chemical makeup is helpful. The following list is an overview of the major chemical constituents in essential oils and their basic properties (Yuen, 2000):

- **Acids** can be antiseptic, antifungal and anti-inflammatory.
- **Aldehydes** are commonly antiviral and anti-inflammatory. They tend to be sedative, hypotensive and strong nervines. They have a propensity to irritate the skin so use caution. As vasodilators, they can reduce fevers and clear heat.
- **Alcohols** are strong antibacterial, antiviral and anti-infectious agents. They are generally non-toxic and do not irritate the skin. Sesquiterpenes are known for being tonifying and uplifting emotionally.
- **Coumarins** are antifungal and antiviral. They can be anticoagulant and they're good at balancing moods. Take caution as they can damage the liver with overuse and they're photosensitive.
- **Esters** are most often antifungal. They are considered to be balancing, harmonizing and easy to use. They can be anti-inflammatory, nervine, and antispasmodic.
- **Diterpenes** are constituents not often found in essential oils, but they can be. They tend to be antifungal and antiviral. They can be purgatives and increase expectoration. They also can be hormonally balancing, as they contain phytosteroids.
- **Ketones** are analgesic, anticoagulant, anti-inflammatory, digestant and vulnerary. They are considered neurotoxic and need to be used with caution. Never use them during pregnancy. Ketones are lipolytic and break up fat. They also are mucolytic and break up phlegm.
- **Lactones** are powerful mucolytics and can reduce body temperature making them good for use with external invasions. They are often photosensitive and can irritate the skin.
- **Monoterpenes** are found in almost all essential oils. They are generally both antiseptic and antibacterial in nature. In high concentrations, they can dry and irritate the skin. Some monoterpenes can be analgesic as well as mucolytic.
- **Oxides** are neurotoxic and can irritate the skin. Take caution with them. They are most often mucolytic and serve as expectorants.
- **Phenols** are antibacterial and antiseptic. They can irritate the skin, so be sure to use low doses of them in your dilutions. They can modulate the immune system and are anti-depressants. Additionally, use for short periods of time or they can become toxic to the liver.

- **Phenylpropane derivatives** are strong antiseptic and antifungal agents. They can irritate skin.
- **Sesquiterpenes** are found in high concentrations in roots and wood. They tend to be antiseptic, antibacterial and antiviral. They can be antispasmodic, hypotensive, analgesic, nervine, carminative and anti-inflammatory.

How to Use Essential Oils in Your Practice

Purchasing Essential Oils

Not all essential oils on the market are of good quality. When picking out essential oils, check their labeling to see whether the oil is natural or synthetic. Always purchase natural oils and veer towards organic when possible. Labeling should show the botanical or Latin name of the oil in addition to its chemical constituents, proving that it is extracted from a natural substance.

Learn to recognize quality brands. Labeling may describe the essential oil as “therapeutic” or “aromatherapy grade.” These are marketing tactics. Check to see if an essential oil company is a member of the National Association of Holistic Aromatherapy (NAHA), which is very reputable. Online, you may read testimonials from licensed professionals, and discover if an essential oil company offers courses. This is another way to deem whether the essential oils you are purchasing are of good quality.

Storage of Essential Oils

Ensure the shelf life of your essential oils by keeping them refrigerated in their own separate refrigerator. This will keep them from turning rancid and sustain their potency. Know that essential oils can affect the smell and taste of food. It is recommended that you get a small college size refrigerator to store your essential oils. This creates a safe space for the oils in your practice.

Diffusion of Essential Oils in Your Practice - Creating A Healing Environment

Inhaling the aroma of an essential oil provides instantaneous healing effects. Smell itself is the only sense out of all the five senses that has direct access to the brain. Via the nasal passages, scents breach the blood brain barrier immediately communicating to olfactory neurons in the brain. These neurons within the limbic-hypothalamic region of the brain control physical instincts, emotional responses and neurohormonal regulation. So you can see how essential oils via aromatherapy have a quick, direct and impactful effect on the body.

Odor recognition primarily resides in the right brain leaving the left brain outside of the process. The right brain is connected to the psyche where feelings, desires and imagination arise. Therefore, odors effect psycho-physiological responses readily. Are you ready to create a truly healing environment in your practice? You can diffuse essential oils in an electric diffuser and have a direct, therapeutic effect on the moods and emotions of your patients.

- **Calm:** Create a calming environment with oils like carrot seed, cedarwood, chamomile, clary sage, cypress, eucalyptus citriodora, frankincense, lavender, mandarin, marjoram, myrrh, neroli, rose, rosewood, sandalwood, vetiver yarrow and ylang ylang.
- **Inspire:** Create an inspiring atmosphere with oils like bergamot, cardamom, cinnamon, clove, elemi, eucalyptus globulus, fennel, fir, ginger, grapefruit, jasmine, juniper, lemon, orange, patchouli, peppermint, petitgrain, pine, rosemary, spearmint, spikenard and spruce.
- **Protect:** During cold and flu season, the use of oils that act as disinfectants can reduce the spread of illness when diffused. Tea tree and eucalyptus oils are common disinfectants, but several other oils have this capacity.

Topical use of Essential Oils on Patients in Treatment

Essential oils are diluted in carrier oils and are absorbed into the bloodstream via the skin. Once absorbed, their healing effects reach the entirety of the body via the circulatory system. Essential oils can be used to create therapeutic massage oils for tui na. They also can be used directly on acupuncture points alongside or in lieu of acupuncture needles. For patients that are needle sensitive, using essential oils is extremely effective and noninvasive. Additionally, application of essential oils to acupuncture points is a welcomed addition to any pediatric practice because of their approachability.

Topical use of Essential oils on Patients at Home

Imagine being able to have the energetic and therapeutic intentions of a single acupuncture treatment be long lasting and supported for weeks at a time. By sending a patient home with a personalized single or multiple essential oil blend, they can feel empowered to take part in their own healing process. Patients will begin their own journey in experiencing and understanding both essential oils and acupuncture points alike.

Simply create an essential oil blend personalized for your patient. Store it preferably in an amber or blue colored glass jar specifically designed for essential oil use. These jars are easily found online with droppers or caps that control the outpour of the oil blend. Instruct your patient in person as well as through a written note, text or email where to apply the oil on their skin daily. You can send them images of point locations on the body from the internet if need be .

Patients can essentially give themselves quick and easy daily acupressure-like treatments fortified by the essential oils. They will feel like they are actively a part of their healing process you may find that your treatments are so supported that your patient experiences healing benefits more quickly than without the oils.

A Note on Safety

Be sure to tell your patients to discontinue use of the oil blends if any negative side effects are experienced. Skin irritations may occur most commonly.



Getting Started with Specific Essential Oils - Beginning the Journey

Just like acupuncture points and herbs, essential oils have energetic and therapeutic properties. It is one thing to memorize what these oils can do and quite another thing to cultivate a personal understanding of them through use. Starting with the eight calm shen oils in this guide allows you to develop a deep comprehension of them individually. Each of the essential oils will become an ally when you inherently know when and how to use them.

Become familiar with each calm shen oil's aroma by diffusing them individually. Apply them one at a time topically in a carrier oil to point prescriptions that seem applicable with your base of knowledge in Chinese medicine. It is helpful to keep a journal or record of your experiences. As a relationship to each of these essential oils is gained, you can begin to use them in your practice with patients. Over time, you can create essential oil blends with more than these oils.

Here are the calm shen essential oils to begin your research, experimentation and play with:

- Chamomile, German
- Frankincense
- Lavender
- Mandarin
- Rose
- Sandalwood
- Violet
- Ylang Ylang



How to Create a Single Essential Oil Blend

Be safe! Essential oils are concentrated and strong. They need to be diluted in another oil known as a carrier oil before applying them topically. Carrier oils do not dilute the effect of an essential oil. Start with creating a 10% dilution in a carrier oil. This is 10 drops per ounce (two tablespoons) of the carrier.

The following is a list of carrier oils to choose from based on their therapeutic properties and organ affinities that mirror Chinese dietary therapy (Leggett, 1994):

- **Apricot Kernel** - LU, LI, ST, for sensitive skin, mature skin, hydrating
- **Avocado** - LU, LI, LR, ST, repairs and protects skin via fatty acids, hydrating
- **Castor** - deeply penetrating, stagnation
- **Coconut** - KI, HT, SP, ST, heals irritated and rough skin, anti-inflammatory
- **Grapeseed** - LR, oily skin, rich in omega 6, easily absorbed and astringent (toning), drying
- **Hazelnut** - LR, ST, SP, oily, wind/ sun damage, astringent (toning), hydrating
- **Jojoba** - scars, acne, softens hard and dry skin (eczema and psoriasis), anti-aging, hydrating
- **Olive** - LR, ST, blood nourishing, anti-aging sealing in moisture, deeply penetrating
- **Safflower** - blood moving
- **Sesame** - KI, LR, deeply penetrating, repair damaged cells, blood moving, hydrating
- **Sweet Almond** - LU, LI, ST, normal skin, drying
- **Walnut** - LU, KI, hydrating

Table 1: Eight Essential Oils that Calm Shen (Curtis, 2016)

<p>Chamomile, German</p> <p>Latin Name <i>Matricaria recutita</i> Part Distilled Flower Note Middle Color Blue-Green Skin Type All, esp. sensitive</p> <p>Western Aroma Sweet, herbaceous, fresh, floral</p> <p>Eastern Nature & Taste Cooling & Sweet</p> <p>Organ/ Spirit Affinity Liver/Hum, Heart/Shen</p>	<p>Properties Anti-inflammatory, immunostimulant, antipyretic, antispasmodic, analgesic, sudorific, sedative, cholagoic and vasoconstrictive.</p> <p>Character Antidepressant, calming and soothing</p> <p>Use in Chinese Medicine Shen Disturbance, Liver Qi Stagnation, Liver invading the Stomach and Clear Heat</p> <p>Use in Western Traditions Soothe skin (esp. rashes, eczema, chicken pox and cracked nipples); cleanse (esp. blocked pores); heal wounds/ burns (tissue regeneration); mild pain reliever; strengthen immunity (increase WBC); promote sleep and soothe digestion.</p> <p>Concerns & Contraindications Cold & Depleted Yang Conditions. Allergic to ragweed. Prone to oxidation.</p>	<p>Recipes:</p> <p>Bath Oil To create calm and soothe muscles, add 8-10 drops to 1TBL of a carrier oil or full-fat milk and then add to warm bath.</p> <p>Massage Oil To help with back pain, digestive issues, menarche, depression, insomnia and boost immunity, add 16-24 drops to 2TBL of a carrier oil for massage.</p> <p>Compress To heal sores and calm allergic skin reactions, add a few drops to a cool wet cloth that's been wrung, then apply compress.</p> <p>Cream For a soothing and healing skin cream, add 8-16 drops to 2TBL of base cream of choice.</p> <p>Blends well with: Bergamont, Chamomile Roman, Clary Sage, Geranium, Jasmine, Lavender, Lemon, Neroli, Patchouli, Tea Tree and Ylang Ylang.</p>
<p>Frankincense</p> <p>Latin Name <i>Boswellia Carteri</i> Part Distilled Gum Resin Note Base Color Clear to Yellow Brown Skin Type Mature</p> <p>Western Aroma Balsamic Odor w/ Faint Lemon</p> <p>Eastern Nature & Taste Slightly Cooling (Drying) Spicy & Bitter</p>	<p>Properties Expectorant, vulnerary, sedative, antiseptic and cytophylactic.</p> <p>Character tranquilizing, meditative and protective</p> <p>Use in Chinese Medicine Shen Disturbance, Blood Stasis, Lung Heat, Chest Qi Stagnation.</p> <p>Use in Western Traditions Tone skin (esp. reduce wrinkles, blemishes and sun damage);</p>	<p>Recipes:</p> <p>Diffuse To create a calm and relaxing environment, add 3-4 drops to a diffuser and vaporizer.</p> <p>Massage Oil/ Chest Rub To relax tight sinews, add a few drops to a carrier oil of your choice. This has expectorant properties and relaxes the diaphragm. It is especially good at breaking up scar tissue.</p>

<p>Organ/ Spirit Affinity Kidney/ Zhi, Heart/ Shen Lung/ Po</p>	<p>antiseptic (heals wounds); fight colds (soothes mucous membranes, eases coughs, bronchitis and laryngitis); relieve anxiety, increases focus, uplifts spirit, and reduce stress. Used in meditation.</p> <p>Concerns & Contraindications Pregnancy</p>	<p>Facial Toner Add 2 TBL of aloe vera, 6 TBL of water and 4 drops of frankincense together for a toner. Place in a spray bottle and shake well before using.</p> <p>Incense Provides peace In ceremonial and liturgical services. Traditionally used to vanquish evil spirit.</p> <p>Blends well with: Citrus oils (lime, lemon and wild orange), Cypress, Lavender, Geranium, Rose, Sandalwood, Ylang Ylang and Clary Sage.</p>
<p>Lavender</p> <p>Latin Name <i>Lavandula Angustifolia</i> Miller</p> <p>Part Distilled Flowers</p> <p>Note Middle</p> <p>Color Clear</p> <p>Skin Type All</p> <p>Western Aroma Herby, Ethereal, Fresh, Floral and Herbaceous</p> <p>Eastern Nature & Taste Cooling, Spicy & Sweet</p> <p>Organ/ Spirit Affinity Lung/ Po, Liver/ Hun</p>	<p>Properties Antiseptic, analgesic, anti-inflammatory, vulnerary and antiviral.</p> <p>Character Relaxing, cooling and restorative</p> <p>Use in Chinese Medicine Liver Qi Stagnation & Clear Liver and Lung Heat</p> <p>Use in Western Traditions Soothe skin (softening & conditioning); heal skin (acne, eczema, rosacea, psoriasis, scarring, wounds & mouth ulcers); promote restful sleep, painkiller/antispasmodic (headaches, migraines, muscular and nerve pain, menstrual cramps); and antiseptic (wounds, ulcers, sores, cystitis).</p> <p>Concerns & Contraindications Cold & Depleted Yang Conditions</p>	<p>Recipes:</p> <p>Diffuse To create a calm and relaxing environment, add 3-4 drops to a diffuser and vaporize.</p> <p>Bath To relax the mind, body and spirit, add 8-12 drops to 1 TBL of a base oil or full-fat milk then disperse in bath water.</p> <p>Massage Oil To relax the sinews, mind, body and spirit, add 12-20 drops to 2 TBL of a carrier oil of your choice.</p> <p>Blends well with: Bergamot, Cedarwood, Clove, Clary Sage, Geranium, Helichrysum, Lemon, Neroli, Rosemary, Sandalwood, and Vetiver.</p>

<p>Mandarin</p> <p>Latin Name <i>Citrus nobilis</i> Part Distilled Peel Note Top Color Clear Skin Type Oily (acne)</p> <p>Western Aroma Delicate, Sweet, Tangy, Floral Undertones</p> <p>Eastern Nature & Taste Cooling, Spicy & Sweet</p> <p>Organ/ Spirit Affinity Spleen/ Yi, Liver/ Hun, Stomach</p>	<p>Properties Antiseptic, tonic, digestive, sedative, hypotensive and antispasmodic.</p> <p>Character Antidepressant, heartening, hypnotic and relaxing.</p> <p>Use in Chinese Medicine Rebellious Stomach Qi, Spleen Qi deficiency, Shen Disturbance and Internal Wind.</p> <p>Use in Western Tradition Aid detox (lymphatic drainage, circulation, diuretic and cellulite); heal skin (acne, skin regeneration); aid digestion (constipation, nausea, IBS); and enhance well-being (gentle, uplifting). *Gentle: good for children and safe in pregnancy.</p> <p>Concerns & Contraindications Photosensitive (slight)</p>	<p>Recipes:</p> <p>Diffuse To freshen the air and calm the nerves add 3-4 drops in a diffuser.</p> <p>Massage Oil To soothe the body and assist in digestion add 3-6 drops to 1TBL of a carrier oil of your choice.</p> <p>Bath To create a calming bath that soothes and tones the skin and assists in digestion, blend 6-8 drops in 1 tbsp of a carrier oil of your choice or full-fat milk and disperse in warm water.</p> <p>Blends well with: Basil, Bergamot, Black Pepper, Coriander, Chamomile, Grapefruit, Lavender, Lemon, Lime, Marjoram, Neroli, Petitgrain and Rose.</p>
<p>Rose</p> <p>Latin Name <i>Rosa centifolia</i> Part Distilled Blossoms Note Base Color Clear to Pale- Yellow Skin Type All</p> <p>Western Aroma Floral, Sweet</p> <p>Eastern Nature & Taste Neutral, Sweet</p> <p>Organ/ Spirit Affinity Kidney/ Zhi, Heart/ Shen Liver/ Hun</p>	<p>Properties Antiseptic, anti-inflammatory, regulative, antidepressant, hemostatic, nervine, hepatobiliary stimulant and hormone balancer.</p> <p>Character Purifying, aphrodisiac & euphoric</p> <p>Use in Chinese Medicine Liver Qi Stagnation, Liver Qi Stagnation Resulting in Fire, Liver Qi Stagnation Resulting in Blood Stasis, Deficient Liver and Kidney Yin & Shen Disturbance.</p> <p>Use in Western Traditions Heal skin (burns, scalds, stretch marks, inflammation, itchy and dry); rejuvenate skin (elasticity, reduce fine lines and broken</p>	<p>Recipes:</p> <p>Diffuse To uplift spirits and create calm add 3-4 drops in a diffuser.</p> <p>Skin Toner Combine 4 drops of rose oil, 4 tablespoons of rose flower water and 2 tablespoons of witch-hazel to create a toner. Place in a spray bottle and shake well before use.</p> <p>Massage Oil To ease sinews, anxiety, depression and grief add 4 drops of rose oil, 4 drops of geranium oil and 4 drops of orange oil to 2TBL of a carrier oil of your choice.</p>

	<p>capillaries); relaxation; excess emotions (especially grief, jealousy, envy, sorrow and disappointment); women's health (heavy, clotted and painful periods and PMS); men's health (increase sperm count); and digestive issues (discomfort, nausea, constipation and gallbladder & liver support).</p> <p>Concerns & Contraindications None</p>	<p>Blends well with: Geranium, Jasmine, Frankincense, Ylang Ylang, and Marjoram.</p>
<p>Sandalwood</p> <p>Latin Name <i>Santalum spicatum</i> Part Distilled Wood & Root Note Base Color Brown Skin Type All</p> <p>Western Aroma Herby & Powerful</p> <p>Eastern Nature & Taste Slightly Cooling, Spicy & Bitter</p> <p>Organ/ Spirit Affinity Kidney/ Zhi, Lung/ Po, Spleen/ Yi & Bladder</p>	<p>Properties Diuretic, antiseptic (esp. urogenital), astringent, antispasmodic, expectorant, antidepressant and diuretic.</p> <p>Character Euphoric, grounding and aphrodisiac</p> <p>Use in Chinese Medicine Damp Heat in the Lower Burner, Kidney Deficiency Causing Empty Fire and Running Piglet Qi, Shen Disturbance and Stagnation in Middle Burner (diaphragm).</p> <p>Use in Western Traditions Protect and soothe the skin (oily, dry, itchy, inflamed, scars, varicose veins, razor burn and blemishes); restore vitality (dispels anxiety & depression, aids sleep, regenerates passion in life); aphrodisiac (especially for men); antiseptic (especially urinary tract infections); and helps breathing (chronic cough, decongestant, bronchitis, laryngitis, and respiratory tract infections).</p> <p>Concerns & Contraindications None</p>	<p>Recipes:</p> <p>Diffuse To perfume the air and promote calm, add 3-4 drops in a diffuser.</p> <p>After Shave Balm To create a calming balm, add 1 drop of sandalwood to 1TBL of almond oil. Warm the oil by rubbing palms together and apply after shaving.</p> <p>Bath To create a calming bath, add 10-15 drops of Sandalwood to 2 TBL of a carrier oil of your choice and add to bath water.</p> <p>Sitz Bath Add approximately 6 drops to a sitz bath for UTIs.</p> <p>Compress To help heal laryngitis, add a few drops to a warm wet cloth that's been wrung, then apply compress to throat.</p> <p>Blends well with: Floral oils (Lavender, Jasmine, and Geranium) as well as citrus oils (Bergamot or Grapefruit).</p>

<p>Violet</p> <p>Latin Name <i>Viola odorata L.</i></p> <p>Part Distilled Leaves & less often flowers</p> <p>Note Base</p> <p>Color Yellowish Green to Dark Green</p> <p>Skin Type Inflamed</p> <p>Western Aroma Floral, Sweet</p> <p>Eastern Nature & Taste Cooling, Bitter & Sweet</p> <p>Organ/ Spirit Affinity Heart/ Shen, Kidney/ Zhi Lung/ Po</p>	<p>Properties Nervine, liver decongestant and anti-inflammatory.</p> <p>Character Relaxing, cooling and restorative</p> <p>Use in Chinese Medicine Kidney and Heart not Communicating, Shen Disturbance, Lung Qi Deficiency (with heat), Liver Qi Stagnation, and Fire Toxins in the Throat.</p> <p>Use in Western Traditions Soothe skin (dry, sun or wind damaged, minimize spider veins, minimize enlarged pores and hydrating); painkiller (inflamed muscles and joints, headaches and migraines); sinusitis; treats anxiety, dizziness caused by anxiety, and treats exhaustion.</p> <p>Concerns & Contraindications Cold & Depleted Yang Conditions</p>	<p>Recipes:</p> <p>Diffuse To create a calm and relaxing environment, add 6-8 drops to a diffuser and vaporize.</p> <p>Steam Inhalation To relieve sinusitis and headaches as well as condition and cleanse the face add 5-6 drops of violet oil to a bowl of steaming water. Place a towel over the head and your head over the bowl. Inhale deeply to loosen phlegm and calm nerves.</p> <p>Facial Elixir Add 2 drops of violet and 1 drop of carrot seed to one Tbsp. of Rosehip seed oil to make a soothing facial oil.</p> <p>Blends well with: Floral agents, Clary Sage, Lavender, Benzoin, Basil, citrus oils family, Sandalwood and Geranium.</p>
<p>Ylang Ylang</p> <p>Latin Name <i>Cananga odorata</i></p> <p>Part Distilled Flowers</p> <p>Note Middle - Base</p> <p>Color Pale-Yellow</p> <p>Skin Type All</p> <p>Western Aroma Characteristic</p> <p>Eastern Nature & Taste Cooling & Sweet</p> <p>Organ/ Spirit Affinity Heart/ Shen, Kidney/ Zhi Liver/ Hun</p>	<p>Properties Hypotensive, hydrating, regulative, antispasmodic, hypotensive and nervine.</p> <p>Character aphrodisiac, sedated and antidepressant</p> <p>Use in Chinese Medicine Clear Heat in the Blood, Running Piglet Qi, Shen disturbance and Kidney Essence Deficiency.</p> <p>Use in Western Traditions Improve complexion (regulate sebum in oily and dry skin, helps acne prone); tone skin (improves structure, sagging and restores youthful glow);</p>	<p>Recipes:</p> <p>Diffuse To perfume the air and promote calm add 3-4 drops in a diffuser.</p> <p>Skin Toner To soothe the skin add 1-2 drops of ylang ylang oil to 2 TBL of witch-hazel and 3 TBL of water. Use a cotton ball to apply to skin.</p> <p>Hair Tonic To treat scalp (especially dry scalp), combine 1-2 drops of ylang ylang oil to 1 tsp. of olive oil and massage into the scalp before bed. Brush hair in the morning with a natural brush and wash out.</p>

nourish hair (stimulates scalp, conditioning dryness, brittle hair, potential hair growth); aid relaxation; lower blood pressure and breathing rate; reduce anxiety; aphrodisiac (help calm and shed inhibition); and treats depression.

Concerns & Contraindications

Cold & Depleted Yang Conditions. Excessive use can cause headaches.

Perfume To create a calming, potentially aphrodisiac perfume, mix 1-2 drops of Ylang Ylang oil in a tsp. of a carrier oil of your choice and apply to pulse points.

Massage Oil To help relax tense muscles and calm the nerves, add 1-2 drops of oil to 2 Tbsp. of a carrier oil of your choice.

Bath To create a relaxing bath, add 1-2 drops of oil to 1 Tbsp. of a carrier oil of your choice or full-fat milk and distribute in the warm water.

Blends well with: Bergamot, Cedarwood, Cinnamon, Geranium, Grapefruit, Jasmine, Lemon, Marjoram, Sandalwood and Vetiver.



How to Create a Multiple Essential Oil Blend

Different essential oils can work in synergy with one another by harmonizing and enhancing each other's therapeutic effects. Multiple essential oil blends are often mixtures of two to five essential oils within a carrier oil.

Table 2: Five safe and simple steps to begin to create multiple essential oil blends

Step	Instruction
1	Fill a container with 1 oz. of a carrier oil of your choice.
2	Choose 3 to 5 essential oils that you want to blend.
3	To be safe, start with a dilution rate between 2.5% to 3% by using up to 16 drops of oils total.
4	Suspend 1 drop of each oil first and see how it smells.
5	Experiment thereafter by adding 1 drop at a time based on your therapeutic preferences and treatment strategy. Always rely on what smells "right." The nose knows.

Deciphering What Oils Synergistically Combine Well Together in A Blend (Carter, 2019)

The following three tables will help you begin to create essential oil blends based on combining oils that have similar or complementary energetic effects and scent types. A well balanced formula will have top, middle and base notes.

Table 3: The following essential oils are top notes

Top Note Essential Oil	Effect				Scent Types				
	Energizing	Calming	De- toxifying	Anti- anxiety	Flowery	Citrus	Spicy	Woody	Herbal
Basil	*			*			*		*
Bergamot	*	*	*			*	*		
Citronella		*	*	*		*			
Eucalyptus	*								*
Grapefruit	*		*			*			
Lavender		*		*	*				
Lemon	*		*			*			
Lemongrass	*	*		*		*			
Lime		*				*			
Orange				*		*			
Peppermint	*		*						*
Petitgrain		*				*			
Spearmint	*						*		
Tangerine				*		*			
Valerian				*				*	

Table 4: The following essential oils are middle notes

Middle Note Essential Oil	Effect				Scent Types				
	Energizing	Calming	De- toxifying	Anti- anxiety	Flowery	Citrus	Spicy	Woody	Herbal
Black Pepper	*			*			*		
Carrot Seed		*		*			*		
Chamomile (Roman)				*					*
Cinnamon	*						*		
Clary Sage	*								*
Cypress	*							*	
Fennel		*		*			*		
Fir		*						*	
Geranium	*			*	*				
Hyssop		*	*				*		
Jasmine		*		*	*				
Juniper			*	*			*	*	
Lemon Balm		*		*		*	*		
Marjoram				*					*
Neroli		*				*			
Nutmeg		*	*				*		
Oregano			*				*		*
Palmarosa		*			*				
Pine	*								*
Rose	*	*			*				
Rosemary	*		*						*
Sage		*		*					*
Spruce	*	*						*	
Tea Tree	*								*

Thyme	*		*						*
Ylang Ylang		*			*				

Table 5: The following essential oils are base notes

Base Note Essential Oil	Effect				Scent Types				
	Energizing	Calming	De- toxifying	Anti- anxiety	Flowery	Citrus	Spicy	Woody	Herbal
Angelica Root	*	*						*	
Cedarwood		*		*			*	*	
Dill		*		*			*		
Frankincense		*		*				*	
Ginger	*						*		
Helichrysum			*					*	
Myrrh		*		*				*	
Patchouli		*	*					*	
Sandalwood		*		*				*	
Vanilla	*	*			*				
Vetiver		*		*			*		

Diving Deeper into Using Essential Oils to Promote Spiritual Wellness via the Chakra System

Essential oils have been used to support spiritual attainment for thousands of years. Essential oils like Cedarwood, Cinnamon, Frankincense, Myrrh and Rose help to settle the mind and create intention in spiritual practices. Bergamot and Lavender are often used to uplift the spirit and have a calm focus during mindful practices like meditation. Energy and Qi are greatly affected by essential oils, as they can promote overall good health by unblocking meridians and the body’s chakras (glandular centers).

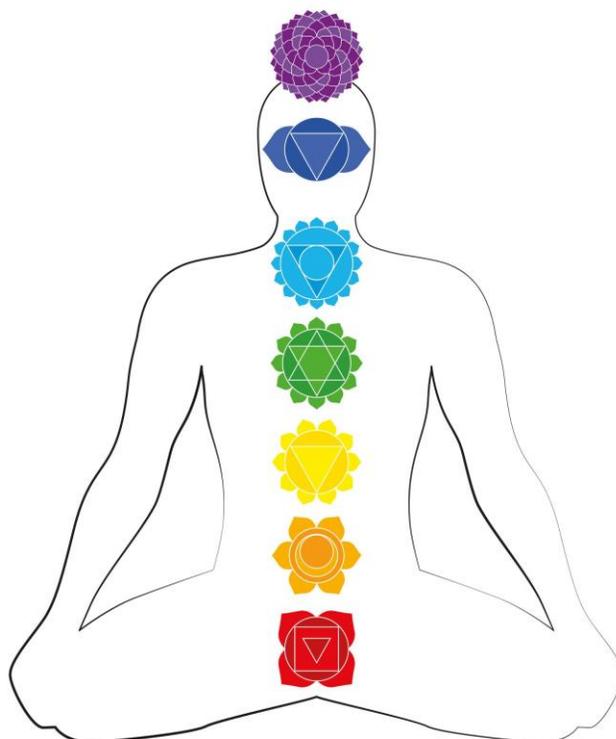


Table 6: Chakra System and Essential Oils (Damian, 1995)

<p>Crown - 7th Chakra</p> <p>Pineal Gland Biological Cycles/ Sleep Area of DU20</p>	<p>Essential Oils Elemi, Jasmine, Lavender, Rose</p> <p>Ailments Exhaustion, epilepsy, cerebrum issues, pineal gland issues. Right eye issues and issues with spiritual wisdom</p> <p>Brings Healing when Unblocked Higher states of Consciousness</p>
<p>Third Eye - 6th Chakra</p> <p>Pituitary Gland Oversees the next 5 glands Area of Yin Tang</p>	<p>Essential Oils Jasmine, Myrrh, Sandalwood</p> <p>Ailments Glaucoma, HA, neurological problems, cerebellum issues, problems with nose, pituitary issues, CNS issues, problems with the left eye & issues with clairvoyance.</p> <p>Brings Healing when Unblocked Intuition, Memory, Wisdom</p>
<p>Throat - 5th Chakra</p> <p>Thyroid Gland Temperature, Metabolism</p>	<p>Essential Oils Cajuput, Clary Sage, Chamomile, Geranium, Lavender, Peppermint, Rosemary</p> <p>Ailments Asthma, neck problems, lung issues, hypoactive thyroid, throat issues, jaw problems,</p>

<p>Area of throat</p>	<p>vocal cord issues and issues with communication</p> <p>Brings Healing when Unblocked Communication</p>
<p>Heart - 4th Chakra</p> <p>Thymus Gland Immune System Area of CV17 throughout chest</p>	<p>Essential Oils Bergamot, Chamomile, Lemon Balm, Neroli, Rose, Sandalwood Ylang Ylang</p> <p>Ailments Cancer, high blood pressure, heart disease, sinus issues, blood diseases, issues throughout the circulatory system and issues with love</p> <p>Brings Healing when Unblocked Love & Relationships</p>
<p>Solar Plexus - 3rd Chakra</p> <p>Pancreas Metabolism Area above the naval throughout the upper abdomen</p>	<p>Essential Oils Used Coriander, Ginger, Helichrysum, Lavender, Marjoram, Manuka, Orange</p> <p>Ailments Diabetes, digestive disorders, adrenal organ issues & issues around power and control</p> <p>Brings Healing when Unblocked Self Esteem</p>
<p>Sacral - 2nd Chakra</p> <p>Adrenal Gland Immune System & Metabolism 3" below the naval throughout the Lower abdomen</p>	<p>Essential Oils Geranium, Jasmine, Orange, Rose, Sandalwood, Ylang Ylang</p> <p>Ailments Bladder problems, frigidity, gal & KI stones, reproductive disorders, vaginal and prostate cancer, pelvic disease and issues with physical and material desires</p> <p>Brings Healing when Unblocked Creativity & Manifestation</p>
<p>Root - 1st Chakra</p> <p>Testes / Ovaries Sexual Development & Hormones CV1 to Base of Spine</p>	<p>Essential Oils Benzoin, Carrot, Cedarwood, Myrrh, Patchouli, Petitgrain, Vetiver</p> <p>Ailments Anorexia, obesity, osteoarthritis, auto-immune disease, arthritis, cancer, AIDS, fatigue, kidney disease, spinal disease & issues of security and survival</p> <p>Brings Healing when Unblocked Ability to Feel Grounded</p>



Use Essential Oils to Treat Common Disease Patterns within Chinese Medicine

Based on essential oils therapeutic actions, it is possible to correlate the pattern of disease that the essential oil will treat in Chinese medicine.

Table 7: Common disease patterns and correlating essential oils (Wildwood, 1996)

<p>Release the Exterior</p>	<p>Wind-Cold: Clove, Eucalyptus (citriodora or radiata), Lavender, Lemon balm, Orange, Peppermint, Tea Tree</p> <p>Wind-Heat: Black Pepper, Cinnamon bark or leaf, Eucalyptus globulus, Ginger</p> <p>Damp Heat: cedarwood</p> <p>Fire toxins: garlic</p> <p>Wind-Heat Invasion (sore throat): Bergamot, Cajeput, Clary Sage, Eucalyptus, Geranium, Ginger, Lavender, Myrrh, Peppermint, Pine, Sandalwood, Tea Tree</p> <p>Summer-Heat: Eucalyptus citriodora, Patchouli</p>
<p>Rebellious Lung Qi (wheezing and asthma)</p>	<p>Clary Sage, Cypress, Eucalyptus, Frankincense, Lavender, Lemon Balm, Marjoram, Myrrh, Peppermint, Pine, Rose, Rosemary, Tea</p>

	Tree, Thyme
Rebellious Lung Qi (cough)	Angelica, Black Pepper, Cajeput, Cedarwood, Clary Sage, Cypress, Eucalyptus, Garlic, Ginger, Lemon Balm, Marjoram, Myrrh, Pine, Rose, Rosemary, Sandalwood, Tea Tree
Hyperactive Wei Qi (seasonal allergies)	Chamomile (German or Roman), Eucalyptus, Roseatto *with congestion: Cajeput, Eucalyptus, Lavender, Lemon, Peppermint, Pine, Tea Tree
Bi Obstruction	Cold Damp Bi: lemon, coriander, eucalyptus, ginger, juniper berry, rosemary Warm Damp Bi: Cajeput, Cedarwood, Chamomile, Cypress, Lavender, Lemon, Marjoram, Thyme
Sinew Pain (Qi and blood stagnation)	Black Pepper, Chamomile (German or Roman), Coriander, Cypress, Eucalyptus, Ginger, Grapefruit, Lavender, Lemon, Marjoram, Thyme, Rosemary
Blood Stasis	Bergamot, Black Pepper, Coriander, Cypress, Eucalyptus, Geranium, Ginger, Lavender, Lemon, Lemongrass, Marjoram, Neroli, Nutmeg, Orange, Pine, Roseatto, Rosemary *Dismenorrhoea, Chamomile (German or Roman), Clary Sage, Cypress, Frankincense, Juniper Berry, Lavender, Marjoram, Roseatto, Rosemary *Varicose veins: Cypress, Frankincense, Lemon, Roseatto
Liver Qi Stagnation	Chamomile (German or Roman), Clary Sage, Cypress, Frankincense, Juniper Berry, Geranium, Lavender, Patchouli, Peppermint, Pine, Roseatto, Rosemary, Sandalwood, Ylang Ylang *PMS Chamomile (German or Roman), Citrus essences, Clary Sage, Cypress, Geranium, Frankincense, Juniper Berry, Lavender, Marjoram, Neroli, Roseatto, Sandalwood, Vetiver, Ylang Ylang *Amenorrhoea: Clary Sage, Fennel, Juniper Berry, Marjoram, Rosemary, Roseatto
Liver Wind	Clary Sage, Roman Chamomile, Mandarin
Spleen Qi Deficiency (diarrhea)	Chamomile (German or Roman), Ginger, marjoram, Sandalwood, Thyme
Wood Insulting Earth (IBS)	Chamomile (German or Roman), Lavender, Marjoram, Peppermint, Neroli, Roseatto

Spleen Qi Sinking (hemorrhoids)	Cypress, Geranium, Juniper Berry, Myrrh
Liver Yang Rising (high blood pressure)	Clary Sage, Lavender, Lemon, Marjoram, Ylang Ylang
Rebellious Stomach Qi	Angelica, Chamomile (German or Roman), Coriander, Fennel, Ginger, Marjoram
Food Stagnation (constipation)	Black Pepper, Fennel, Lemongrass, Mandarin, Marjoram, Orange, Roseatto, Rosemary
Stomach Fire	Mouth ulcers: Cypress, Myrrh, Tea Tree Gum pain: Clove, Peppermint Gingivitis: Bergamot, Cypress, Fennel, Lemon, Myrrh, Tea Tree, Thyme Halitosis: Bergamot, Cardamom, Fennel, Peppermint, Thyme Tooth abscess: Chamomile, Garlic, Lavender
Anti-Parasitic	Eucalyptus, Garlic, Geranium, Lavender, Rosemary, Peppermint,
Shen Disturbance	Anxiety: Bergamot, Chamomile, Clary Sage, Frankincense, Juniper Berry, Lavender, Neroli, Roseatto, Ylang Ylang Depression: Clary Sage, Lavender, Neroli, Sandalwood, Vetiver, Ylang Ylang, Frankincense, Lemongrass, Pine, Rosemary
Kidney and Heart Not Communicating (insomnia)	Chamomile (German or Roman), Lavender, Mandarin, Petitgrain, Roseatto, Sandalwood, Vetiver, Ylang Ylang
Running Piglet Qi	Lavender, Roseatto, Neroli, Ylang Ylang
Excess Damp	Oregano, Helichrysum, Lemon
General Tonification	Qi: Coriander, Oregano, Pine, Violet Yang: Basil, Clove, Fennel, Ginger Blood: Carrot Seed, Roman Chamomile, Angelica Yin: Fennel, Jasmine, Rose, Sage General Qi Stagnation: Bergamot, Bitter Orange, Chamomile, Lavender, Mandarin, Orange, Peppermint, Tangerine
Resolve Phlegm	Eucalyptus, Ginger (cold phlegm), Grapefruit (hot phlegm)

Conclusion

The field of acupuncture has become saturated with extraordinary acupuncturists. It is pertinent to separate one's practice from the rest by offering specialized modalities, treatments that are specific to the individual and as always providing efficacy with your treatments. Bringing the art of essential oil use into one's practice will help accomplish these goals. Many acupuncturists are using essential oils in their practice without understanding how Chinese medical theorem can be applied to their use. This booklet provides you with a firm foundational knowledge of the essential oils and how you may adopt them into your practice similar to how you use the pharmacopoeia of Chinese herbs. All of the oils correlate to the organs, spirits and can be used to address the basic syndrome patterns of Chinese medicine. Furthermore, essential oils tap into the psyche and spirit because they cross the blood brain barrier with immediacy. Use of these oils will enhance the psycho-emotional wellbeing of each and every patient. They will create profound and lasting changes, especially when individual formulas are created for patients to use at home between treatments. These oils are your allies. They will assist your treatments and prove potent in their powers to create healing and long-standing transformations in your patients lives.

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