

ON THE SCENT OF A GOOD NIGHT'S SLEEP

A STUDY ON THE EFFECTIVENESS OF AROMATHERAPY FOR SLEEP DISTURBANCES IN THE ELDERLY.

THE PROBLEM OF HELPING AN ELDERLY PATIENT ACHIEVE A QUALITY, REFRESHING NIGHT'S SLEEP, REMAINS A BIGGER PROBLEM IN HOSPITALS THAN WHEN THE PATIENT IS AT HOME.

For many patients, hospital admission can disrupt their sleep patterns to such a degree that in the elderly, whose normal sleep pattern may already be erratic, a useful night's sleep can become impossible. Factors such as anxiety, lack of privacy, noise and ward activity, are all contributory factors, not all of which can be totally eliminated. Often the usual nursing practices are still not sufficient to correct the problem even when noise levels and lack of privacy are reduced to a minimum. We often find that the use of drugs is resorted to.

In our Unit when drugs were used as a last resort, the drug of choice for a patient with sleep disturbance was Temazepam, an intermediate acting benzodiazepine. This drug certainly has its place in the treatment of short term sleep disturbance, but wherever drugs can be avoided, especially in the elderly, then any adverse reactions, interactions and dependence, can be avoided also. As a team, we, as Nurses, decided to look for an alternative to the use of medication.

Our Nursing Development Unit consists of ten beds within a 49 bedded Unit for elderly medicine. In the Nursing Development Unit we decided to look at aroma-

therapy to augment the nursing practices already employed in an attempt to reduce the use of night sedation.

The first step was to assess the level of night sedation being prescribed. Of the ten patients in the Nursing Development Unit at that time, eight were prescribed night sedation and received it on a nightly basis. These eight patients were a mixture of respite and acute medical patients over the age of 70 years. One was a long stay patient. We thought that there might be great scope for the reduction of night sedation among this cross-section of patients.

We enlisted the help of a Nurse who is also a qualified Aromatherapist to help implement the programme. The next step was the training of our Nursing Development Unit Nurses in the correct and safe use of one blend of essential oils to reduce levels of insomnia. A commercially pre-mixed blend of oils was used. Basic massage techniques were taught to us as well as the various other methods of administration.

We decided that massage, using the oil and vapourization into the atmosphere, were the two methods we would concentrate upon, and with the guidance of the Nurse-

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Aromatherapist we drew up guidelines for the use of aromatherapy.

We explained to the Consultant what our aims were and our proposed methods and we received full support from him. We were very concerned that the patients might be adversely affected if aromatherapy did not work for them and the night sedation had been deleted from their prescription chart. The Consultant therefore agreed that the prescription for night sedation would be re-written as an "as required" medication and that if the patient was distressed at still being awake at midnight, then the medication could be administered.

Because of the potential for withdrawal symptoms occurring in the patients, we were advised by the Aromatherapist that for the first two nights the patients would be given their usual night sedation as prescribed and aromatherapy simultaneously

in order to establish a response to the oils before withdrawing the medication.

The Nursing team began by surveying the medication charts of all the patients in the Nursing Development Unit prior to the introduction of aromatherapy. Some of the patients were on regular night sedation (usually Temazepam). We charted the sleep patterns of those patients and we recorded 94 patient nights over two weeks. This study showed that in 69 patient nights, (73%), the consensus between patient and nurse was that a good night's sleep had been experienced by the patient with the use of night sedation alone.

On the first two nights of aromatherapy, as advised, we gave night sedation simultaneously as prescribed. All of the patients slept well on those two nights. Following this the night sedation was only given if requested by the patient but aromatherapy was continued. A record was maintained for each patient which showed the name of the oil used, dose, route, night sedation given, (if any), and an evaluation of the sleep pattern. These charts were filled in each night for each patient and were used to obtain the data.

As we had studied 94 patient nights prior to the introduction of aromatherapy, we decided to study 94 patient nights following its introduction. In these 94 nights, night sedation was omitted in 60 patient nights, with night sedation being requested by the patient in 34 nights. The overall sleep

pattern showed a good night's sleep being recorded in 91 patient nights, (97%), whilst achieving a reduction in night sedation of 64%.

Some patients needed no night sedation at all whilst using aromatherapy while some required it periodically. Only one patient requested sedation on a regular nightly basis.

Apart from the obvious effect on the sleep patterns of the patients, other benefits of using aromatherapy were noted. The homely smell of the Ward was very comforting, the usual "hospital smell" that is often present had been disguised. Patients received more physical contact with the Nurse as massage of hands with the oil was used. The importance of touch is recognised as being therapeutic in itself, especially in the elderly. When considering cost, it is interesting to note that the use of oils is slightly less expensive than the drug. The cost of the oil was, (depending on dose), £IR 0.032 - £IR 0.065 per patient per night, compared with £IR 0.035 - £IR 0.070 per patient per night.

In conclusion, this small scale study showed us that the use of this blend of oils for sleep disturbance in the elderly is of benefit. It is a useful adjunct to the usual nursing care given to the patient and is free of side-effects. We hope to expand our knowledge of aromatherapy and offer it to patients with other problems in the hope that the use of drugs may be reduced and quality of care improved.

Standa Hamill

AROMATHERAPY

Aromatherapy is an ancient therapeutic treatment which enhances well-being, relieves stress and helps in the rejuvenation and regeneration of the human body.

This method of massaging essential oils into the body using different techniques has been used throughout history in the medical practices of the world's great civilisations. Today it is recognised by orthodox practitioners as one of the most natural and beneficial of complementary therapies.

A consultation with a therapist is essential before any treatment is commenced. At this stage the client will be asked to give personal and medical history details, as each treatment is highly individual according to each person's requirements. This may encompass such things as diet, exercise, environment factors, allergy and emotional problems etc. Obviously if someone is receiving treatment from a doctor or has a serious medical condition they should consult their doctor first.

Essential oils are a vital part of Aromatherapy. These oils are pure, aromatic essences which are extracted or distilled from flowers, trees, herbs and fruit. All oils have their own unique properties. Some are used for relieving stress or nervous related disorders, others stimulate and rejuvenate; certain essences aid circulation and can be used to treat many diverse conditions. The oils are blended with pure vegetable carrier oils which are then massaged into the skin. The skin, which is the body's largest organ, absorbs these oils and distributes them throughout the body system via the bloodstream.

Aromatherapy can benefit almost everyone. There are many conditions which can be helped by this technique, ranging from skin problems to stress and ordinary everyday aches and pains. You don't have to be ill to consult a therapist. Many people find sleep patterns and energy levels are improved as well as having a more relaxed mind and body.

VEGETABLE OR BASE OILS

Essential oils in the pure state are too highly concentrated to be used directly on the skin. The essential oils are diluted in a base oil, so that they can be massaged or rubbed on to the skin in the correct dosage. One drop of an essential oil may be all you need to use. That obviously will not go very far, but when it is diluted in a base oil it will cover quite a large area.

Base oils are vegetable, nut or seed oils, many of which themselves have therapeutic properties. Vegetable oils are obtained from the seeds of plants that grow all over the world. There are several hundred different plants known to have oil-bearing seeds, but only a few are produced commercially. Vegetable oils are in the main produced for food, and are a good source of nutrients and energy. They enable the body to produce heat and are a good source of protein, as well as providing lubricants and cooking materials for industry and home use. The vegetable oils used in aromatherapy should be cold pressed, as the oils on your supermarket shelves may have been processed with a chemical agent.

Use the following measurements as a guideline when diluting the essential oils in a vegetable base oil.

5 drops in a 10ml base oil,
6 drops in a 12ml base oil, etc.

5ml = 1 Teaspoon
10ml = 1 Dessertspoon
15ml = 1 Tablespoon

When buying essential oils, it is useful to know that approximately:

20 drops = 1ml essential oil,
40 drops = 2ml essential oil,
60 drops = 3ml essential oil, etc.

SWEET ALMOND OIL

COLOUR: Very pale yellow.
OBTAINED: From the kernel.
CONTAINS: Glucosides, minerals, vitamins. Rich in protein.
USES: Good for all skin types. Helps relieve itching, soreness, dryness and inflammation.
BASE OIL: Can be used as a base oil, 100 per cent.

PEACH KERNAL OIL

COLOUR: Pale yellow.
OBTAINED: From the kernel.
CONTAINS: minerals and vitamins.
USES: all skins, especially prematurely aged, sensitive, inflamed and dry.
BASE OIL: Can be used as a base oil, 100 per cent.

T W E N T Y B A S I C E S S E N T I A L O I L S

BASIL *	Uplifting, reviving, stimulates and clarifies the mind, balancing.
BERGAMOT	Uplifting, calming, soothing.
BLACK PEPPER	Warming, stimulating, detoxifying.
CAMOMILE	Refreshing, relaxing, calming, sedative.
CLARY SAGE	General tonic, regulating, balancing, Hormone balancer (PMT)
CYPRESS	Vasoconstrictor, relaxing, restoring, soothing.
EUCALYPTUS	Cooling, clearing, anti-congestant.
FRANKINCENSE	Calming, clearing (aids joint mobility)
GERANIUM	Cleansing, harmonising, hormone balancer.
HYSSOP *	Decongestant, stimulating, cleans the mind. Balances blood pressure.
JUNIPER	Stimulating, purifying, diuretic.
LAVENDER	Therapeutic, soothing, uplifting. Anti-septic, bacterial & anti-viral.
MARJORAM	Vasodilator, warming, strengthening.
PEPPERMINT	Antispasmodic, cooling, refreshing, Relieves nausea.
ROSEMARY	Revitalising, invigorating, cleansing.
SAGE *	Strengthening, stabilising, clearing.
SANDALWOOD	Very relaxing, warming, soothes coughs & throats.
TEA TREE	Decongestant, uplifting, refreshing. Anti-septic, bacterial, viral & anti fungal.
THYME *	Very antiseptic, stimulating, normalising.
YLANG YLANG	Relaxing, calming.

* DENOTES RESTRICTED OILS, NOT READILY AVAILABLE TO THE CONSUMER. USE WITH CARE, REFER TO LITERATURE FOR CONTRAINDICATIONS OF THESE OILS.

INHALATION AND ROOM FRAGRANCING

Equipment Required:

AROMASTREAM
CANDLE BURNER
LIGHTBULB RING
AROMASTONE
BOWL OF HOT WATER & TOWEL

How To Use:

- 1) When using Candle Burner, Ring or Stone, put 6 drops of your selected Essential oil into the well of the burner.

If using the Aromastream, remove the cartridge from the base, place 6 drops of selected Essential oil onto cartridge and replace. (It is important that only pure Essential oils are used)

- 2) Replace the oils every 2 - 6 hours. The length of time the oils will continue to fragrance the room depends on their volatility (evaporation rate).

In general the most volatile are the Citrus oils e.g. lemon & Bergamot, then the oils extracted from Herbs and Flowers e.g. Rosemary & Geranium. The least volatile are the Woods e.g. Sandlewood (these are known as fixatives by the perfume Industry).

- 3) For Concentrated Inhalation, fill a bowl with HOT WATER, Put 2 drops of Essential oil (e.g. Eucalyptus or pine for congestion) into the water. Cover your head with the towel and inhale for 30 seconds to 1 minute. DO NOT INHALE FOR LONGER AS THIS MAY BE DETRIMENTAL TO THE TREATMENT. It is advisable to close the eyes whilst inhaling as some oils may cause irritation.

COMPRESS

Equipment Required:

Bowl (Not Metal)
Flannel, Towel or Muslin Cloth
Essential Oils

How To Use:

1) Fill a bowl with water to the temperature required.
e.g. HOT for Period Pain.
COLD for Hangover.
WARM for Babies Colic.

2) Add 3 drops of Essential Oil to the water. REMEMBER - If using 3 different oils, USE ONLY 1 DROP OF EACH.

NOTE: For a Baby or Young Child use only 1 drop of Essential Oil in TOTAL.

3) Fold a flannel or cloth into a square. (MUSLIN nappies make excellent compresses.)

4) Submerge the cloth in the Water With Oil and wring out.

5) Place on the affected area (Until HOT becomes COLD & COLD becomes HOT.) REPEAT SEVERAL TIMES.
N.B. One bowl of water will do several applications.

BATH

Equipment Required:

Bath
Towels
Essential Oils

How To Use:

- 1) Fill the bath with water to the correct temperature - Warm but not "LOBSTER" hot.
- 2) Put a TOTAL of 6 drops of Essential Oil into a teaspoon of fresh milk, pour into the bath water (this will help disperse the oil).

NOTE: If a blend of oils are being used e.g. 3 different - Use a TOTAL OF 6 DROPS E.G. 2 OF EACH. REMEMBER SOME OILS HAVE A MORE POWERFUL SMELL THAN OTHERS.

- 3) Swirl the water, then step in and relax for at least 10 minutes.
- 4) Before getting out of the bath you may wish to wash. USE A PURE VEGETABLE SOAP ONLY. (Ordinary detergent soaps negate the oils.)

MASSAGE

Equipment Required:

Massage Table OR....
Covered Kitchen or Dining Table OR....
Floor (NOT BED)
2 Large Bath Towels
Room Heater
Small Bowl
Measure or Teaspoon & Desert Spoon
COLD PRESSED Vegetable Oil
Essential Oils

Method:

- 1) Prepare the room for massage. Ensure the area is warm and comfortable.
- 2) Select the Essential Oils and Cold Pressed Vegetable Oil for use. (Sweet Almond or Grapeseed are very beneficial)
- 3) Blend the oils for massage. Put 5 DROPS OF ESSENTIAL OIL in every 10 MILLILITRE OF VEGETABLE OIL.
- 4) Make your partner warm and comfortable.

Begin the massage - You may wish to use the short massage techniques on the following pages. Or just close your eyes and allow your hands to gently stroke your partners body. (It is a good idea to start your massage on the back.) A Massage can be as LONG or as SHORT as you BOTH WANT.

N.B. For anyone unable to have a complete body massage e.g. Disabled, you may wish only to work on the hands, feet or head.

HORMONAL

Basil	Adrenals, gonads, lactation, autonomic nervous system and immune system.
Rosemary	Adrenal cortex.
Sage	All imbalances, adrenals and autonomic nervous system.
Geranium	Adrenals.

CANCER - PREVENTION AND TREATMENT

Cypress
Bergamot
Hyssop

IMMUNE SYSTEM

Thyme	Also autonomic nervous system.
Basil	Also hormones.
Lavender	Increases immunity.

RESPIRATION

Eucalyptus	Decongestant. Good for upper respiratory tract.
Hyssop	Expectorant, anti-catarhal.
Peppermint	Good for colds, flu and fever.
Tea Tree	Antiseptic, clears sinuses and bronchial congestion, sore throats and mouth ulcers.
Thyme	Bronchial relaxant, expectorant, good for all respiratory disorders.
Bergamot	Infections and tonsillitis.

ASTHMA

Cypress	
Eucalyptus	
Thyme	
Marjoram	
Frankincense	(Childhood)

CONDITIONS HELPED BY THE USE OF ESSENTIAL OILS.

CIRCULATION

Black pepper	Stimulates, detoxifies.
Cypress	Vasoconstrictor, astringent.
Juniper	Stimulates, decongests.
Thyme	Stimulates production of white blood corpuscles, Strengthens immune system.
Sage	Reduces congestion.
Rosemary	Relaxes artery muscles.

SLUGGISH LYMPH

Sage	Stimulates lymphatics, decongests.
Rosemary	Improves lymphatic flow.
Lavender	Normalises.
Geranium	Clears congestion and fluid retention.
Juniper	Stimulates flow and clears fluid retention, helps P.M.T.

VARICOSE VEINS

Cypress	Vasoconstrictor, also for haemorrhoids.
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HEART

Lavender	Normalises.
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BLOOD PRESSURE

HIGH:	Hyssop	Balances.
	Lavender	Calms.
	Ylang Ylang	Relaxes.
LOW:	Rosemary	Relaxes arteries.
	Sage	Stimulates.
	Thyme & Hyssop	Balances.

ANAEMLIA

Camomile	Increases production of blood cells.
Thyme	Also stimulates production of blood cells.

DIGESTION

Peppermint	Aids digestion, reduces flatulence, anti-spasmodic.
Bergamot	Calming, good for colic and flatulence.
Black Pepper	Stimulates digestive juices, improves digestion.
	Relieves constipation.
Camomile	Good for all digestive problems, gastritis, flatulence, ulcers.
Marjoram	Calms digestion.
Melissa	Improves poor appetite, relieves nausea.
Thyme	Helps gastritis.
Geranium	Good for stomach ulcers.

NAUSEA

Camomile
Sandalwood
Peppermint

VERTIGO

Camomile
Rosemary

THE MIND

Hyssop	<i>Clears and stimulates.</i>
Basil	<i>Clarifies.</i>
Black Pepper	<i>Stimulates.</i>
Clary Sage	<i>Uplifts.</i>
Rosemary	<i>Invigorates.</i>

MEMORY AND CONCENTRATION

Basil	<i>A few drops on a handkerchief can be</i>
Rosemary	<i>inhaled to improve memory and concentration.</i>

THE SPIRIT

Clary Sage	<i>Uplifts.</i>
Marjoram	<i>Gives peace.</i>
Basil	<i>Equilibrium.</i>

INSOMNIA

Ylang Ylang	<i>Relaxes.</i>
Lavender	<i>Calms, sedative.</i>
Basil	<i>Balances.</i>
Sandalwood	<i>Relaxes.</i>
Camomile	<i>Calms, sedative.</i>

THE NERVOUS SYSTEM

Basil	<i>Strengthens.</i>
Rosemary	<i>Stimulates.</i>
Sage	<i>Balances the autonomic nervous system.</i>
Thyme	<i>Normalises.</i>
Ylang Ylang	<i>Sedates.</i>

THE PHYSICAL BENEFITS OF MASSAGE

1. The Skin:

- (a) increases circulation to the skin.
- (b) helps to shed top layer of dead skin cells.
- (c) stimulates flow of sebum from sebaceous glands so making the skin elastic and supple.
- (d) clears sweat glands.
- (e) stimulates sensory nerve endings.

2. The Muscles:

- (a) relaxes tense muscles.
- (b) hastens removal of waste matter from muscles and skin.
- (c) relieves muscle fatigue by breaking down lactic acid build-up.
- (d) counteracts contracted muscles.
- (e) improves muscle tone.
- (f) prevents formation of fibrositis.
- (g) loosens adhesions and prevents others forming.
- (h) breaks scar adhesions.
- (i) loosens tight fascia.

3. Circulation:

- (a) relieves congestion in lymph and venous circulation by forcing fluid through vessels towards the heart.
- (b) increases the blood supply to the area bringing additional oxygen and nutrients.
- (c) reduces oedema in limbs.
- (d) Aids absorption of fluids round joints and ankles.

4. Additional:

- (a) accelerates metabolism.
- (b) breaks down soft fat deposits.
- (c) clears nerve pathways.
- (d) stimulates the body's systems to greater efficiency.
- (e) relaxes the mind and body.

CONTRAINDICATIONS TO MASSAGE

In the following circumstances massage is contraindicated:

1. Over any infectious skin conditions such as ringworm, athlete's foot, verrucas, etc.
2. Over any inflamed, swollen or bruised areas.
3. Over wounds, bites, stings, purulent spots, weeping ulcers, etc.
4. During any febrile condition where the body temperature is raised.
5. In circulatory conditions such as thrombosis, phlebitis, arteriosclerosis, or directly over varicose veins.
6. During pregnancy only very light strokes over legs and abdomen.
7. In some disorders of nervous system such as multiple sclerosis, neuritis or shingles.
8. In systemic conditions which effect circulation, in cancer or severe diabetes.
9. Over inflamed joints due to injury or rheumatoid arthritis.
10. People on certain drugs, specially steroids.

THE FEET

Check for Athlete's foot, verrucas, corns, blisters, etc. Do not work on feet with verrucas as they are extremely contagious, but for the other conditions just avoid the affected area. Use a small amount of oil for the feet, too much oil on the feet does not feel good.

Procedure

1. Stroke with both hands from the base of the toes up the top of the foot, slide round the ankles and back, moulding your hands to the shape of the foot.
2. Relax the foot by hooking the base of both your palms into the sides of the heels so that your palms cover the ankle bones. Keeping the hands as relaxed as possible, move them back and forth alternately in a rapid movement so that the whole foot vibrates.
3. Hold the heel with your outside hand, the thumb under the ankle bone, and clasp the foot with the other hand, your thumb into the metatarsal arch. Without moving the heel gently rotate the foot both ways.
4. Stretch the Achilles tendon by pulling the heel gently but firmly and flexing the foot.
5. Place both your thumbs into the metatarsal arch, your fingers on top of the foot. Draw your fingers to the sides while pressing on the arch with your thumbs to stretch the foot.
6. Work on the top of the foot and holding the toes apart, massage with your index finger into the grooves between the metatarsal bones, then slide your fingers back to the webs between the toes.
7. Rotate each toe in turn, holding quite firmly and slightly stretching the joints.
8. Press along the sides of the toes from the webs to the nails, squeezing a little more firmly at the sides of the nails.
9. Supporting the toes from behind with your fingers, use your thumbs to massage the pads of the toes using a small circular friction stroke.
10. Flex and stretch the toes.

11. Using your knuckles massage the sole of the foot. Move your knuckles in small circles and cover the whole sole and bottom of the heel.
12. Knuckle stroke the sole of the foot.
13. With your thumbs or fingers massage the whole of the foot & the sole, instep, dorsum, and all round the ankle joint and heel.
14. Massage and stroke the instep three or four times.
15. Place the flat of your fist onto the metatarsal arch, the other hand on top of the foot below the toes. Make loose circular movements with both hands to grind the metatarsal-phalangeal joints.
16. Stroke the foot with both hands as in No. 1. Three or four times. The last time gently squeeze the foot between your hands.

Repeat on the other foot.

Finish by placing the palms of your hands onto the soles of your patients feet. Close your eyes, relax and breathe slowly and rhythmically for two minutes.

HAND MASSAGE

Procedure

Sit comfortably at your patients side and take a couple of deep breaths to settle and relax yourself. Hold your patients hand for a few moments to make contact and tune in. Start with the back of the hand.

1. Stroke across the back of the hand with both thumbs, your finger tips resting into the palm of your patients hand.
2. Massage with small friction strokes all around the carpal bones and into the grooves of the wrist using fingers and thumbs as appropriate.
3. Clasp your patients hand between both of yours with the ~~hd~~ of one hand pressing it into your patients palm. Gently grind your patients hand to loosen and lubricate the carpal bones.
4. Separating your patients fingers, massage down the grooves between the metacarpals with your thumb, working from the webs of the fingers towards the wrist and slide back to the webs.
5. Using your fingers to support and your thumb to push stretch the tendons from the finger tips down the back of your patients hand and stroke up the arm into the extensor muscle.
6. Holding the bones on each side rotate each finger joint in turn, four times each way. This stimulates the secretion of synovial fluid into the joints.
7. Press along the meridians on the sides of your patients fingers from the base to the tip. Use your index finger and thumb and move in small steps. Hold the end points of the meridians at the sides of the nails as you exhale.
8. Gently squeeze each finger in turn, stretch and slide your hand off. Ease your patients elbow into their side and ~~to~~ the hand over to palm up.

9. Stroke over the palm of the hand with your thumbs.
10. Work all over the palm with small slow friction strokes into the muscles, tendons and between the metacarpals and knuckle joints.
11. Massage with your thumb down your patients fingers and ~~thumb~~ using small friction strokes. Slide your thumb along the finger and off the end.
12. Press your thumb into the centre of your patients palm, squeezing gently with the other hand, and hold for the count of six.
13. Stroke up your patients wrist towards the heart.
14. Turn your patients hand over, easing out the elbow, and place by the side.
15. Stroke up your patients arm, round the shoulder and slide down two or three times. The last time hold your patients hand between yours and gently press.

AVOCADO PEAR OIL

COLOUR: Dark green.
OBTAINED: From the fruit.
CONTAINS: Vitamins, protein, lecithin, fatty acids.
USES: All skins, especially dry and dehydrated; eczema.
BASE OIL: Use as an addition to a base oil, 10 per cent dilution.

EVENING PRIMROSE OIL

COLOUR: Pale yellow.
CONTAINS: Gamma linolenic acid, vitamins, minerals.
USES: PMT. multiple sclerosis, menopausal problems, heart disease. Excellent in the treatment of psoriasis and eczema. Helps to prevent premature ageing of the skin.
BASE OIL: Use a 10 per cent dilution.

GRAPSEED OIL

COLOUR: Almost colourless or pale green.
CONTAINS: Vitamins, minerals, protein.
USES: All skins.
BASE OIL: Can be used 100 per cent.

JOJOBA OIL

COLOUR: Yellow.
OBTAINED: From the kernel.
CONTAINS: Protein, minerals, a waxy substance that mimics collagen.
USES: Inflamed skins, psoriasis, eczema, acne, hair care, all skin types; highly penetrative.
BASE OIL: Use as a 10 per cent dilution.

WHEATGERM OIL

COLOUR: Yellow/orange.
CONTAINS: Protein, minerals, vitamins.
USES: Eczema, psoriasis, prematurely aged skin; all skin types.
BASE OIL: Use a 10 per cent dilution.

SORE THROATS

Sandalwood	Also good for coughs.
Tea Tree	Also good for cold sores.
Bergamot	Tonsillitis.
Lavender	Soothing.

FEVER

Eucalyptus	Cooling
Camomile	Calming
Peppermint	Cooling

HEADACHES AND MIGRAINE

Eucalyptus	Due to congestion.
Marjoram	Anxiety and tension headaches.
Peppermint	Congestive headaches.
Lavender	Due to tension.
Rosemary	Due to tension or depression.

EPILEPSY

Hyssop
Rosemary

RHEUMATISM AND MUSCLE PAINS

Black Pepper	Also tones muscles.
Camomile	All aches and pains.
Lavender	Rheumatic pain.
Sage	Good for fibrositis.
Tea Tree	Pain and stiffness in muscles.
Rosemary	Muscle pain and swelling.

CRAMP

Cypress
Marjoram

ARTHRITIS

<i>Eucalyptus</i>	<i>Good for rheumatoid arthritis.</i>
<i>Thyme</i>	<i>Stiffness and pain.</i>
<i>Sage</i>	<i>Aching joints.</i>
<i>Camomile</i>	<i>Painful joints.</i>
<i>Frankincense</i>	<i>Joint mobility.</i>

SPRAINS

Marjoram
Eucalyptus
Rosemary

PARALYSIS

Juniper
Lavender
Rosemary
Basil

GENERAL TONIC

<i>Clary Sage</i>	<i>Uplifting.</i>
<i>Sage</i>	<i>Combats fatigue.</i>
<i>Basil</i>	<i>Helps recovery after illness.</i>
<i>Geranium</i>	<i>Balancing</i>

DEPRESSION

<i>Basil</i>	<i>Lifts mental fatigue.</i>
<i>Bergamot</i>	<i>Balances the emotions.</i>
<i>Camomile</i>	<i>Relaxes and refreshes.</i>
<i>Clary Sage</i>	<i>Uplifts.</i>
<i>Ylang Ylang</i>	<i>Calming, uplifting.</i>
<i>Rosemary</i>	<i>Revitalises and combats apathy.</i>
<i>Lavender</i>	<i>Soothing, balancing.</i>

DIABETES

Geranium *Disorders of the pancreas.*
Rosemary *Also pancreas.*

LIVER

Camomile *Clears congested liver.*
Rosemary *Good for liver disorders and gall stones.*
Geranium *Useful for jaundice.*

URINARY AND BLADDER

Bergamot *Cystitis.*
Black pepper *Infections and disorders.*
Juniper *All genito-urinary problems.*

KIDNEYS

Clary Sage *Stimulates.*
Geranium *Kidney stones.*

GENITAL TRACT

Hyssop *Good for leucorrhoea.*
Lavender *Also for leucorrhoea.*
Juniper *Disorders of male and female organs.*

MENSTRUAL PROBLEMS

Camomile *Menopause, irregular, amenorrhoea, dysmenorrhoea.*
Clary Sage *Irregular, dysmenorrhoea, P.M.T.*
Cypress *Dysmenorrhoea, menopause.*
Geranium *Dysmenorrhoea and P.M.T.*
Thyme *Irregular and P.M.T.*
Basil *Regularises.*
Sage *P.M.T. and fluid retention.*

ANXIETY

Marjoram	Calming and comforting.
Basil	Stabilises.
Bergamot	Balances.
Clary Sage	Gives sense of well being.
Lavender	Calming.
Sandalwood	Relaxing.
Ylang Ylang	Relaxing.

PANIC ATTACKS

Basil	Stabilises
Clary Sage	Lifts.
Lavender	Calms.
Frankincense	Relieves attack.

SHOCK

Melissa

UNBALANCED MENTAL STATES

Basil	Stabilises moods.
Geranium	Harmonising.
Lavender	Calming and steadying.
Thyme	Strengthening and balancing.

EMOTIONS

Basil	Balances and stabilises.
Geranium	Harmonises.
Lavender	Steadies.
Thyme	Normalises.
Ylang Ylang	Calms.

SOME GUIDELINES FOR LIVING

- Don't Live in the past. It's over. Let it go.
- Don't Waste time and energy on useless regrets or feelings of guilt. Learn from your mistakes. Go forward.
- Don't Be blackmailed emotionally or let others make you feel guilty. Be free.
- Don't Feel you have to justify yourself or explain your actions unless you choose to do so. Have confidence.
- Don't Play other people's "games" or collude in "role playing" behaviour. Be adult.
- Don't Harbour resentment about other people's words or actions. It's their business. Don't choose to be "hurt". Forgive.
- Don't Make value judgements about people or things that do not directly concern you. Be charitable.
- Don't Take on the responsibility for other people's lives. You are only responsible to yourself and your first loyalty should be yourself. Be true.
- Do Question the validity of society's stereotypes and sex-role myths. Discover yourself.
- Do Take time to re-evaluate your own belief systems and codes of ethics. Don't hold on to values or beliefs that don't work positively for you. Be aware.
- Do Express honestly your own needs and opinions and allow others to do the same. Be spontaneous.
- Do Accept the earth as it is and try to enjoy what cannot be changed. But do change anything in your own circumstances which is not to your satisfaction. It's your life. Live it.
- Do Create your own self image. Don't let other people define you. Be unique.
- Do Have a positive and healthy attitude towards your body and personality. Love yourself.
- Do Live from moment to moment for every moment is the opportunity for a new beginning. Let life be endlessly creative.

HAPPINESS IS AN ATTITUDE OF THE MIND; BE JOYFUL.