



AROMATHERAPY MASSAGE

LEVEL 3 DIPLOMA



Brighton School of Massage

Introduction & Overview

Welcome to the Aromatherapy Massage Diploma with Brighton School of Massage. To pass this course, you will need to complete each of the following sections:

Unit	Study Method	Assessment
Aromatherapy Body Massage (Theory & Practical)	Online study and practical lessons	Total of 60 case study treatments: Pass / Refer Multiple choice question paper (75% pass) Practical massage exam (75% pass)
Anatomy & Physiology	Online study	Assignment: Pass / Refer Multiple choice question paper (60% pass)
Complementary therapies	Online study	Assignment: Pass / Refer
Business practice	Online study	Assignment: Pass / Refer

Guidance Notes:

Lessons

Whilst every effort has been made to balance the content across lessons, some lessons may require more time to complete than others.

Workbook

You can download a supplementary workbook to use while you review the content of this course. It is by no means compulsory but may help you to organise your learning and use for revision and review.

Tasks

Throughout this unit there are optional, unassessed learning activities to consolidate your learning. These are purely for your own benefit and are not submitted. Mostly, you will find supporting resources for completing the tasks in the printable handbook.

Test

Most lesson has a compulsory test to complete to assess your learning and support your revision.

Assessment

An assessment is a compulsory assignment which needs to be submitted for grading. Assessments will be graded 'pass' or 'refer'. Assessments are detailed in separate Assessment Guidance documents.

Exam

Exams are assessments that are graded as a percentage mark and will be arranged with your lecturer. For this unit, you will have a practical exam and a multiple-choice question (MCQ) paper made up of 50 questions. The theory MCQ is done online.

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Lesson 1: Introduction to Aromatherapy

OBJECTIVES OF THIS LESSON

- Describe the history and origins of aromatherapy.
- Describe the objectives and possible benefits of aromatherapy.

What is aromatherapy?

Aromatherapy is the use of essential oils from plants for their therapeutic properties. The oils are used for treating medical and non-medical conditions. Although it may appear to be a relatively new therapy, plant oils have been used for their health benefits for centuries.



Aromatherapy is the systematic use of essential oils in holistic treatments to improve physical and emotional well-being. Essential oils, extracted from plants, possess distinctive therapeutic properties which can be used to improve health and prevent disease. Both their physiological and psychological effects combine well to promote positive health. These natural plant oils are applied in a variety of ways including massage, baths and inhalations. They are readily absorbed into the skin and have gentle physiological effects. Aromatherapy is an especially effective treatment for stress-related problems and a variety of chronic conditions. The name dates from the 1920s but different cultures and civilisations, such as the Ancient Egyptians and the Roman Empire, have used plants and herbs for religious, medical and cosmetic purposes, as well as in rituals, embalming and preserving, for centuries.

The Cradle of Medicine'

The Egyptians are known to have used plant resins and essences in preserving the dead. Cedar and myrrh were used in embalming and jars of frankincense and styrax have been found by archaeologists in tombs dating from 3000BC. The antiseptic and antibacterial qualities of the oils and essences helped to prevent dead bodies from



rotting so that, when mummies were discovered thousands of years later, they were perfectly preserved.

In a hot country with little sanitation, plant extracts and oils made life more pleasant! Some of the prescriptions and formulae were inscribed onto stone tablets which is one of the reasons we know so much about them today.

The Greeks

The Nile Valley in Egypt was known as the 'Cradle of Medicine' and other cultures, especially the ancient Greeks gained much of their knowledge from travelling to this area and taking the information home. Hippocrates (born around 460BC) was a Greek and he was an important person in the development of the use of plants in medicine. He also wrote on the subject, thus helping others to understand the useful properties of plants and herbs.

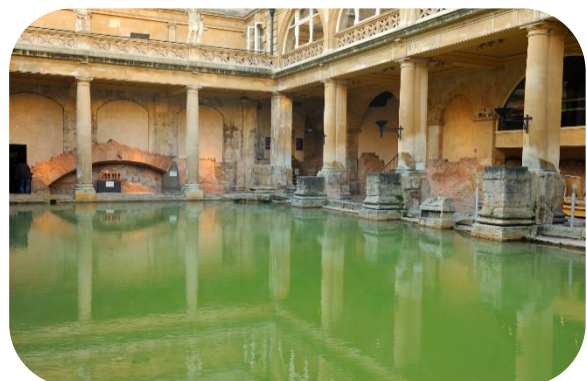
The Arab influence

Any history of aromatherapy should mention a Persian called Abd Allah ibn Sina (980-1037), usually referred to as Avicenna, who contributed a great deal to medicine both past and present.

Firstly, he described accurately about eight hundred plants and their uses. Secondly, he devised very detailed instructions on massage and thirdly, he is credited with discovering the process of distillation by which most of our essential oils are obtained.

The first scented baths?

The Romans had a huge Empire, which existed for over 500 years (from 27BC until around the fifth century AD). They had conquered many other countries and had access to all the plants and oils of those countries. Oils and essences were an important part of Roman culture. For example, they were used at the public baths, in the water and in massage. This might not seem very significant to us, but baths were a central part of a Roman's daily life. They were like present-day cafés and pubs: this was where you went not only to get a wash and massage but also to chat to friends, family and business associates.



Four millennia of experience

China and India both have a long history of using plants and herbs and their extracts for medical purposes. In India medicine is aimed at healing the whole body i.e. treating physical, spiritual and psychological problems all at the same time. Traditional Indian herbal medicine known as Ayurvedic medicine, dates from thousands of years ago as does Chinese medicine. Now, in 2020AD, 4000 years later, the use of Chinese medical treatments such as acupuncture, shiatsu or herbal remedies is becoming widespread.

From the Crusades to the Great Plague: Europe's role

Europe learnt about the health benefits of plants and herbs through the travels of knights and soldiers who brought back news of their use, especially after the Crusades (from the eleventh to the thirteenth century). Gradually, Europeans began to experiment with herbal remedies made from plants and herbs that grew in their own countries, like sage, lavender and rosemary. In the Middle Ages people protected themselves against infection by carrying plants, wearing herbal bouquets and throwing both over the floor. Through the ages, all classes of society used herbal medicines.

A great advocate was Henry VIII, who in 1543 established a charter protecting the rights of herbalists to practice. By the 17th century the knowledge of herbal medicine was becoming widespread with publications such as 'The English Physician' by Nicholas Culpeper and 'The Great Herbal' by John Gerard documenting plants and their uses. During the Great Plague perfumers and apothecaries were thought to be immune from the disease.

Using flowers and plants against germs might sound superstitious but think of how many lavender, pine and sandalwood disinfectants and cleaning products we now have in our lives! Other natural healing systems were developed during the 18th and early 19th centuries from traditional backgrounds such as the water or nature cure.

Naturopathy, a therapy based upon the use of diet, exercise, herbalism and hydrotherapy to prevent ill health was one such therapy which is still practised today.

The role of science

The development of chemistry and printing in the nineteenth century helped herbal and plant medicine in two ways. New chemical processes made it easier to extract oils and the invention of printing meant that lots of books on the subject, called herbals, were published.



However, science helped both to develop the use of plants and herbs in medicine and to destroy it. It became easier and cheaper to discover some of the elements of plant oils, and their qualities, and attempt to produce synthetic versions of them. So commercial, mass-produced products and remedies using artificial ingredients replaced the natural formulas created for the

individual person and problem. Allopathy was a term coined by homeopath Samuel Hahnemann, to describe the new way of treating disease with medicines that produced effects different to those caused by the disease itself. Allopathic or conventional medicine gained popularity, with the new manufactured drugs seen as more effective than old remedies; conventional, scientific based medicine became the norm. Herbal medicine, using ancient and tested traditions was no longer taken seriously and was even considered 'quackery' compared to 'real' scientific medicine.

The invention' of aromatherapy

The term aromatherapy was coined by a French chemist called René Maurice Gattefossé in the 1920s. He was a chemist and perfumier who worked in his family perfumery business. One day he burnt his hand and plunged it into a vat of lavender oil to cool it down. He discovered that the lavender oil helped his burns to heal and prevented scarring. During the First World War (1914-1918) he used oils on soldiers'



wounds and discovered that they helped heal wounds much faster. He went on to research the therapeutic properties of essential oils and first used the phrase aromathérapie in a scientific research paper he delivered in 1928. Several other French scientists, including Dr Jean Valnet, continued the research into the effect of essential oils on physical burns and wounds as well as psychological disorders. Valnet also used oils on soldiers' wounds, through his work as an army doctor during the war in Indo-China (1948-59), using their antiseptic qualities and abilities to combat disease to great effect. Valnet also advocated taking essential oils internally and the management of health through a natural diet.

Aromatherapy reaches Britain

Marguerite Maury, an Austrian biochemist and follower of the work of Valnet, is the person responsible for bringing aromatherapy to Britain. She had discovered that when she used essential oils in massage the skin absorbed the oils very well. In the 1940s she brought her ideas for massage treatments using essential oils to this country and, with the help of several people (including Micheline Arcier, Dr W. E. Arnould-Taylor, Eve Taylor and Dr Jean Valnet) she set up aromatherapy practices.

Her students then set up their own practices and the interest in this method of treatment has been growing ever since. Furthermore, although first established as a beauty therapy treatment, aromatherapy was developed as a clinical (i.e. medical) therapy by Robert Tisserand who published 'The Art of Aromatherapy' in 1977.

Full circle

Thanks to Gattefossé and his followers, aromatherapy began to be taken seriously again. The reputation of complementary therapies is now coming full circle. A move away from orthodox medicine and commercial drugs has coincided with, or perhaps

caused a surge of interest in the use of natural complementary therapies. Traditional medicine is now beginning to recognise the value of complementary therapies. Aromatherapy is now offered alongside orthodox practices in many healthcare settings worldwide. The establishment of voluntary regulatory bodies and formal training programmes have raised the standards within the industry and increased public and professional awareness of the therapy. A healthy lifestyle is now recognised to prevent ill health and is actively encouraged. Aromatherapy continues to play an important part in the holistic management of health and wellbeing.

Research

As aromatherapy becomes increasingly popular, the demands to prove the claims for its efficacy become more pressing. Scientific research is seen as validation of a therapy, meeting and protecting the needs of interested parties. However, there are many difficulties encountered when undertaking clinical research procedures to test complementary therapy and its applications. The human factor, placebo effect and natural variations in the quality of oils may all affect aromatherapy test results.

Aroma therapists need to be aware of developments and analysis within their field and the results, both positive and negative. Ongoing research is essential and has important implications for the legislation and regulation of the industry.

Objectives and effects of aromatherapy

In order to understand how essential oils work on the body, it is helpful to remember that we are complex chemical beings full of fluids, especially water. It is therefore logical that essential oils, which are also complex chemical fluids, are likely to affect our own body chemistry.

What are the specific effects of aromatherapy?

Using essential oils affects the human body -

Pharmacologically

Essential oils are chemical and so are humans. Once essential oils have been absorbed into the body, either through the skin or inhalation, the chemicals in the oils enter the blood and other body fluids and interact with the chemistry of our bodies. For example, hormones, enzymes and neurotransmitters (which enable the nervous system to work) are all chemicals and the presence of another chemical (the essential oil) can affect the way they work.

Physiologically

Physiology is the way our body works. Essential oils can affect this by changing the chemical messages and impulses sent around the body and thus changing the way the systems of the human body function. For example, if an oil has relaxing and de-stressing properties, it may help to relieve the symptoms of stress displayed by our bodies e.g. slowing heart rate and breathing rate or encouraging tense muscles to relax.

Psychologically

The way essential oils affect our mind is more difficult to describe, mainly because everyone's mind is different. However, our sense of smell is closely linked to our memory so that particular smells can cause particular responses: for example, if you dislike the smell of roses, rose oil is unlikely to relax you; if jasmine reminds you of a good holiday then its smell will bring back happy memories and provoke a positive response.

What are the general effects of aromatherapy?

There are certain general effects from using essential oils which result from most treatments, especially since relaxing and/or hands-on application methods like massage and baths are very common in aromatherapy. General effects include:

- Reduction in stress and tension
- Feeling of well-being, balance and calm
- Antibacterial effects of oil help the body heal and support the immune system.

Lesson 2: History of Massage

OBJECTIVES OF THIS LESSON

- Describe the history, philosophy and role of body massage and its relationship to other massage traditions.
- Describe the objectives and possible benefits of body massage treatment.

What is massage?

Body massage is a form of manipulation of the soft tissues of the body, which has been developed over thousands of years. From ancient China to present-day Europe, it has been used around the world, across the ages for the promotion and restoration of health.

Massage can be used for relaxation, stimulation or rehabilitation of the whole body or part of it. It promotes suppleness of the muscles, improves circulation and reduces stress.

Body massage that we know today has developed over thousands of years and includes influence from many different cultures.



Task: History of Massage



Review the attached history of massage timelines. Highlight three things that you did not previously know about massage. Write a summary of the background of massage in no more than two paragraphs.

Origins and History of Massage Timeline

ANCIENT HISTORY OF MASSAGE



Origins of the word massage

/ˈmɑːsɑːʒ, mɑːsɑːʒ/

Arabic - 'massa' means 'to touch/feel/handle'

French - 'masser' means 'to rub'

Greek - 'massein' means 'to knead'

Latin - 'massa' means 'that which forms a lump'

Portuguese - 'amassar' means 'to knead'

Massage is the oldest known healing art. It predates orthodox medicine and other complementary therapies.

2700 BCE

Massage is recorded in **China and South East Asia** where Huang-Ti writes '**Nei Ching**'. This text is considered the bible of traditional Chinese medicine. The Ancient Chinese called their technique '**anmo**' which was used to promote and restore health, as well as relax. It focuses on the **balance and movement of energy (Qi)** using the hands.

1000 BCE

Monks studying Buddhism in China observed Chinese medicinal practices, including massage, and returned this knowledge to **Japan**. The Chinese anmo was refined and developed to form Japanese '**anma**' which became a **foundation for Shiatsu**. This technique involved pressure to pressure points called tsubo to improve circulation and general health and wellbeing.

400 BCE

'Father of medicine' **Hippocrates** wrote that "the physician must be experienced in [...] rubbing" as he **prescribed friction** to treat injuries. He promoted a holistic approach to health.

3000 BCE

In **India**, massage is used as part of traditional **Ayurvedic medicine** (ayur meaning life, veda meaning knowledge). Massage was said to re-balance the body and open blocked channels which were thought to cause disease.

Ayurvedic medicine incorporates meditation, relaxation and aromatherapy and remains commonplace today.

2500 BCE

Tomb paintings in **Egypt** exhibit massage practice. The use of applied pressure to the hands and feet led to Ancient Egyptians being credited with the creation of **reflexology**.

Massage derived from Eastern philosophies progressed into Western civilization.

800 - 700 BCE

For the **Ancient Greeks**, massage was part of daily **exercise and fitness** and one of the chief means of relieving pain. Athletes used massage therapy to condition their bodies prior to competitions.

200 - 0 BCE

Prompted by physician Galan, the **Romans** used massage therapy to **treat injury and illness**. Roman Baths offered spa treatments for the public.

The popularity of massage appeared to decline in western countries until around the 17th Century. Medicinal practices were changing with breakthroughs in science and medicine.



BRIGHTON SCHOOL OF MASSAGE

MODERN HISTORY OF MASSAGE



1700s

Whilst massage therapy was not so popular in the west, in the 1700s "**rubbers**" were employed by surgeons to give **friction therapy** to orthopedic patients.

1813

The **Royal Gymnastics Central Institute** was **established** for teaching a system of gymnastics for medical benefits. **Ling** was the founder and principal of this centre. He was later given medical credit for his practices.

1894

By the late 1800s massage therapy was common. However, there had become a **connotation with sex work**. To protect the profession falling into disrepute, 8 women set up the **Society of Trained Masseuses (STM)**.

1920

The STM had acquired legal status of a **professional organisation** and in 1920 was granted a **Royal Charter** and became the Chartered Society of Massage and Remedial Gymnastics.

1962

Rapid growth in **electrotherapy** led to **massage** being **withdrawn from physiotherapy** training. In 1962 the **Federation of Holistic Therapists** was founded by Wallace S Sharps.

1984

The **Summer Olympics** in L.A. highlighted how **massage was used for athletes**, shown on TV.

2008

The **Complementary and Natural Healthcare Council (CNHC)** was **founded**.

1800s

Swedish doctor, and gymnast, **Per Henrik Ling** developed '**medical gymnastics**' to relieve pain. Ling's work in physical therapy is regarded as the foundation of modern massage.

1860s

Johan Georg Mezger developed this method and **refined** the set of **movements** used today as the basis of **Swedish Massage** including effleurage, petrissage, tapotement and friction.

1914 - 1918

Massage was popular during and following **World War I** to treat and **rehabilitate injuries**.

1944

With a strong focus on **high standards and medical practice**, this became the Chartered Society of Physiotherapy (CSP).

1968

City & Guilds offer the **first professional qualification** including massage therapy.

2000

House of Lords Select committee decree **complementary therapies** need a voluntary **self-regulatory body**.

2020

Research into massage therapy **continues** to increase and reports benefits for **health and well-being**.



BRIGHTON SCHOOL OF MASSAGE

Effects and Benefits of Massage

At a glance

Massage aids circulation, mobilizes joints and muscles, improves digestion and, through increasing relaxation, can improve and maintain general good health and well-being.



Even though we look at the effects of massage on the separate body systems and life forces, it must be recognized that they work together as a whole. They are interdependent of each other.

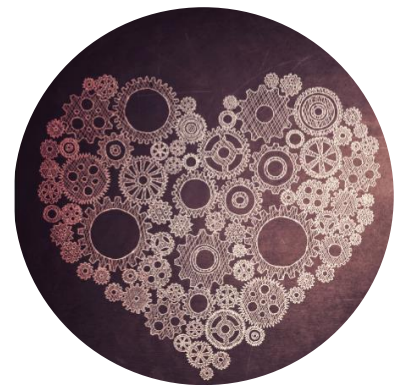
Massage is said to be soothing, stimulating, instinctive, comforting, universal and safe. Most people can benefit from massage treatment, and it is a non-invasive natural therapy with increasingly documented benefits. It is thought to be instinctive as when we injure ourselves, it is common to rub and manipulate the area using our own hands to soothe our achy muscles.

The effects and benefits of massage can be split into physiological effects and psychological benefits.

Physiological benefits of massage

Massage stimulates the systems of the body. It promotes better circulation, aids digestion, encourages waste removal and supports neural communication (Tucker, 2016).

Massage uses touch to relax the body. Extended periods of stress can lead to illness. Studies suggest that stress is the “common risk factor of 75%-90% of diseases” (Liu, Wang and Jiang, 2017), so we should certainly aim to reduce stress in our lives. The comforting touch of massage can help reduce stress and promote well-being.



Massage stimulates blood circulation and assists the lymphatic system. This aids the elimination of waste throughout the body.

When soothing movements such as effleurage are used, the touch receptors close to the epidermis may signal the brain that there is no danger which may cause the body to relax.

Deeper into the soft tissue, tension may be eased, adhesions broken down and muscles may be free to contract more efficiently. Massage can relieve accumulated tension, restore flexibility to tight, sore muscles and improve muscle tone. It also aids stretching of connective tissue and increases tissue metabolism.

Massage can relieve cramps and muscle spasms and reduces pain and swellings by stimulating the release of endorphins (the body's natural painkiller) into the brain and nervous system. Fosters faster healing of strained muscles and sprained ligaments by preventing and reducing excessive scar tissue.

Through relaxation, massage can slow and regulate respiration, promoting deeper and easier breathing. In turn, this increases the flow of oxygen and nutrients to cells and tissue. It can also lower blood pressure and reduce the heart rate.

Massage relieves tired and aching muscles and decreases muscular deterioration. Through active movements, massage also increases joint mobility and range of movement. Massage also improves skin tone by causing desquamation of the skin.

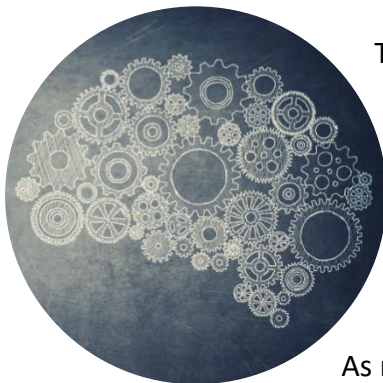
Massage may stimulate the immune system and strengthen resistance to disease. A study (Shor-Posner et al., 2006) found that massage boosted the number of white blood cells in patients with HIV, which typically causes a reduction of white blood cells. A study by the BBC tested the effect of massage on people with no serious immune condition and found that participants showed a 70% boost in their white blood cells after a one-hour massage (D'Acquisto, 2017). Studies, at least as far back as the 1890s, have also shown increased red blood cell count after massage.

Remember

Therapists must not diagnose or claim to treat, heal, or cure medical conditions, unless medically qualified to do so.



Psychological benefits of massage



The psychological benefits of massage can be as much caused by the physiological effects of massage, as they do contribute to them. For example, the decreased heart rate and lower blood pressure can reduce levels of anxiety, but also reduced levels of anxiety can help lower resting heart rate and decrease blood pressure. This is known as a positive feedback loop.

As much as the reduction of stress have physiological benefits, there are psychological benefits from a massage treatment which lowers stress levels. Reduced stress levels can lead to better sleep patterns, which in turn boost physical wellbeing. Lower stress and better sleep can aid concentration and focus, often leading to greater sense of achievement and productivity.

A massage treatment can provide an opportunity for mindfulness and grounding exercises, possibly enhancing capacity for calm thinking and creativity. It can offer a chance to prioritise time to reflect on one's own emotions and general wellbeing.

The use of touch can be comforting for people of all ages, and massage can offer a treatment which can either stimulate or calm the nervous system, depending on what is needed. It can either be relaxing and reassuring, providing a sense of comfort and destress through touch, or it can be refreshing and rejuvenating, boosting energy through invigoration of the body systems.

Massage provides a soothing and comforting alternative or addition to verbal therapeutic techniques, such as coaching or counselling. It can boost confidence, self-esteem, and a general feeling of well-being. Due to the physical nature of body massage, it can increase body awareness in the client, and may even mean early identification of health conditions.

Spiritual and energetic benefits of massage.

For some, massage provides an increased awareness of the mind-body-spirit connection. The emotional and spiritual part of a person can be understood in many ways, all of which are personal and individual. Our spirit finds its regeneration in positive touch and can be renewed through touch. A giver's touch reflects their spirit as does the receiver's ability and openness to receive it.



Whilst it is uncommon for massage to evoke negative effects, occasionally contra-actions are experienced. This will be explored later in the course.



Task: Benefits of Massage

In your own words, summarise three physiological and three psychological benefits of massage.

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Lesson 3: Health & Safety

OBJECTIVES OF THIS LESSON

- Describe employer and employee responsibilities around health & safety;
- Identify key regulations relating to health & safety;
- Give examples of practical applications of good health & safety practice;
- Outline the 5 steps in a risk assessment;
- Recognize key chemical hazard symbols.

You are the most important person, and you need to take care of yourself as a massage therapist. This is not only for your own health, safety and well-being, but so that you can provide the best treatment for your clients in a sustainable practice.

This lesson covers health, safety and hygiene as a complementary therapist.

Health & Safety

It is important to be aware of current health and safety legislation as there are legal requirements you must follow; you have a duty of care to your clients and a responsibility to manage you own and your client's health and safety. There will be different levels of responsibility depending on whether you are working in the capacity of an employee or as an employer or self-employed worker.

Under the law employers are responsible for health and safety management. It is an employer's duty to protect the health, safety and welfare of their employees and other people who might be affected by their business (HSE 2020). It is an employee's responsibility to adhere to rules and policies that are set out by employers.

Employer's responsibilities:

- Provide policies and procedures.
- Provide induction and training.
- Provide protective equipment.
- Risk assessment.
- Insurance.

Employee's responsibilities:

- Take responsibility for own health and safety.
- Follow organisation procedures.
- Dynamic assessment of risk to self and others.

Main influences on health & safety.

- Environmental factors – the conditions in which people work, e.g., the working temperature, ventilation and noise.
- Occupational factors – people may be at risk from certain illnesses due to the services or treatments they offer, e.g., allergies to products used.
- Human factors – people contributing to accidents due to poor behaviour, carelessness, error or haste, e.g., forgetting to clear a spillage of oil from the floor.



Health and safety procedures should not be seen as box check exercises and should instead form part of day-to-day practice to ensure the smooth running of a safe practice for all involved.

The most important part of health and safety is being aware of, and minimising and/or managing risks.

Particularly if you are self-employed or an employer, it is important to be aware of the following legislations relating to health, well-being & safety. The Health and Safety at Work etc. Act (1974) is the primary legislation which enables a series of regulations surrounding practices to maintain health and safety in the workplace. The Act sets out the general duties which employers have towards employees and members of the public, and employees have to themselves and to each other. The regulations are essentially rules to which employers need to adhere by maintaining good working practices and following approved codes of practice.

What the law requires is what good management and common sense would lead employers to do anyway: that is, to look at what the risks are and take sensible measures to tackle them.

Some regulations to recognise are:

- **The Management of Health and Safety at Work Regulations (1999)** generally makes more explicit what employers are required to do to manage health and safety under the Health and Safety at Work Act. Employers should make formal arrangements for maintaining and improving safe working conditions and practices. This includes competency training and risk assessments.
- **COSHH - Control of Substances Hazardous to Health (2002)** is the law that requires employers to control substances that are hazardous to health.

A substance is considered to be hazardous if it can cause harm to the body. It poses a risk if it is inhaled, ingested, in contact with the skin, absorbed through the skin, injected into the body or introduced to the body through cuts. Do not forget, COSHH substances include those used for treatments and cleaning.

- **RIDDOR - Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (2013)** puts duties on employers, the self-employed and people in control of work premises (the Responsible Person) to report certain serious workplace accidents, occupational diseases and specified dangerous occurrences (near misses).

Not all injuries need to be reported: only those where an accident is work-related (not simply 'at work') and results in a specific type of injury or lead to incapacitation for greater than seven days. Accidents must be recorded (but are not required to be reported) where they result in a worker being incapacitated for more than 3 consecutive days.

Accidents to members of the public must be reported if they result in an injury and the person is taken directly from the scene of the accident to hospital for treatment. There is no need to report incidents where people are taken to hospital purely as a precaution when no injury is apparent.

Employers and self-employed people must report diagnoses of certain occupational diseases, where these are likely to have been caused or made worse by their work. This includes carpal tunnel syndrome and tendonitis of the hand or forearm amongst others. Certain 'near-miss' incidents even though they did not result in injury, need to be reported under RIDDOR.

- **Manual Handling Operations Regulations (1992)**. Employers must avoid any hazardous manual handling 'so far as it is reasonably practicable', assess the risk of injury from handling items that cannot be avoided, reduce the risk of injury from hazardous handling of items 'so far as it is reasonably practicable'.
- **Electricity at Work Regulations (1989)** apply to almost all places of work. Essentially electrical equipment must be properly installed and maintained so that it does not present a risk of electric shock, burns, fire or explosion when properly used. This includes the commissioning of external services.
- The **Health and Safety (First-Aid) Regulations (1981)** require employers to provide adequate and appropriate equipment, facilities and personnel to ensure their employees receive immediate attention if they are injured or taken ill at work. These Regulations apply to all workplaces including those with less than five employees and to the self-employed.



Health & Safety in Practice

The Institute of Occupational Safety and Health (IOSH) offers some straightforward guidance for complementary therapists around health and safety. In summary:

In the UK, the law applies to all businesses, large or small. If you're self-employed or an employer then you are responsible for the health and safety of your business. The law is there to make sure you have a safe working environment and cut down the risk of you, your staff (if you have any) or clients getting ill or injured.

So, by law you must...

...get some help with your health and safety duties

As an employer you must appoint someone who knows about health and safety. This may need to be an external advisor.

...write and regularly review a health and safety policy for your business

Your policy doesn't have to take you long to write, or be lengthy or complicated. The policy should describe how you'll manage health and safety and should clearly state who does what, when and how. It is only required to be written down if you have 5 or more staff.

...manage the risk in your business

You must consider (assess) and manage any risks where you work or connected with what you do. This is a straightforward process. This is simply thinking about what you do in your business that could harm people and what you're going to do to try to stop it happening.

...talk to your employees

If you employ anyone, you need to consult them on health and safety.

...give training and information

If you have staff, they need to know how to work safely and without risking their health. You must give clear instructions, information and training. Don't forget to include temporary workers.

...have the right facilities

You need to provide: - toilet and washing facilities - drinking water - somewhere to store clothing and to change if your staff wear a uniform - somewhere to rest and eat meals. If you're a mobile therapist, you might need to consider alternatives.

You need to make sure that where you work is healthy, and that you have: - good ventilation – fresh, clean air drawn from outside or a ventilation system - a comfortable working temperature – usually at least 16 degrees C - lighting suitable for the work being carried out - enough space, seating and so on - a clean environment with bins appropriate for the type/s of waste.

...plan for first aid, accidents and ill health

You have to organise first aid arrangements where you work. If you're self-employed, with no staff, you need to have a first aid kit. By law, you must report and keep a record of certain accidents, incidents and illness.

...display the health and safety law poster

If you employ anyone, you must either display the HSE's law poster, or give each member of staff the pocket card version. The poster outlines UK health and safety law and includes a simple list that tells employers what they and their employees need to do.

...get insurance for your business

If you have employees you'll probably need employers' liability insurance. There may be other types of insurance you need, such as public liability, or 'driving for business' cover if you're a mobile therapist.

...keep your business up to date

Keeping up with news and developments in your sector will help you keep your health and safety policy and risk assessments up to date.

Some examples of things to consider:

- How you use and store essential or carrier oils
- How you minimise likelihood of allergic reactions
- How you manage risk of infections being passed between you and your clients
- How you can minimise the impact of giving regular manual therapies on your body
- Procedures for lifting or moving heavy equipment
- How you keep yourself safe when lone working
- How you manage risk of fire where you work

There are many other areas of your practice that you will need to consider but they certainly do not need to be complicated processes.

Risk Assessment

Risk management is a step-by-step process for controlling health and safety risks caused by hazards in the workplace.

You can do it yourself or appoint a competent person to help you.

The law does not expect you to remove all risks, but it does expect you to control them.

In your line of work, depending on the type of therapy you offer, you will probably look at things like using and storing essential oils or beauty products, contact with the body and skin, aches and pains, lifting and carrying heavy equipment.

When thinking about your risk assessment, remember:

- a hazard is anything that may cause harm, such as chemicals, electricity, working from ladders, an open drawer etc.;
- the risk is the chance, high or low, that somebody could be harmed by these hazards, together with an indication of how serious the harm could be.



Risk Assessments

- 1 Identify the hazards**
- 2 Assess the risks**
- 3 Decide how to control the risks**
- 4 Record findings and implement them**
- 5 Review assessment & update if necessary**

Advice from the Health & Safety Executive (HSE) suggests the following when assessing risk.

1. Identify hazards

Look around your workplace and think about what may cause harm (these are called hazards). Think about:

- how people work and how equipment is used
- what chemicals and substances are used
- what safe or unsafe work practices exist
- the general state of your premises

Think about hazards to health, such as manual handling, use of chemicals and causes of work-related stress.

2. Assess the risks

Once you have identified the hazards, decide how likely it is that someone could be harmed and how serious it could be. This is assessing the level of risk.

Decide:

- who might be harmed and how
- what you're already doing to control the risks
- what further action you need to take to control the risks
- who needs to carry out the action
- when the action is needed by

For each hazard, think about how employees, contractors, visitors or members of the public might be harmed.

3. Decide on precautions

Look at what you're already doing, and the controls you already have in place.

Ask yourself:

- Can I get rid of the hazard altogether?
- If not, how can I control the risks so that harm is unlikely?

If you need further controls, consider:

- redesigning the task/s
- replacing the materials, equipment or process
- organising your work to reduce exposure to the hazard
- identifying and implementing practical measures needed to work safely
- providing personal protective equipment and making sure it is worn

Put the controls you have identified in place. You're not expected to eliminate all risks but you need to do everything 'reasonably practicable' to protect people from harm. This means balancing the level of risk against the measures needed to control the real risk in terms of money, time or trouble.

4. Record findings and implement them

If you employ 5 or more people, you must record your significant findings, including:

- the hazards (things that may cause harm)
- who might be harmed and how
- what you are doing to control the risks

Do not rely purely on paperwork as your main priority should be to control the risks in practice – there is no use having a risk assessment on file if the measures are not being implemented!.

It could be good practice to record risk assessments even if you do not have 5 employees.

5. Review assessment and update if necessary

You must review the controls you have put in place to make sure they are working. You should also review them if:

- they may no longer be effective
- there are changes in the workplace that could lead to new risks such as changes to:
 - staff
 - a process
 - the substances or equipment used

Also consider a review if your workers have spotted any problems or there have been any accidents or near misses.

Update your risk assessment record with any changes you make.

Areas to consider

Electrical safety

Electricity can kill or severely injure people and cause damage to property. However, you can take simple precautions when working with or near electricity and electrical equipment to significantly reduce the risk of injury to you, your workers and others around you. This section provides a summary of those precautions.

Fire safety

Most fires are preventable, and those responsible for workplaces and other buildings to which the public have access can avoid them by taking responsibility for and adopting the right behaviours and procedures. This section covers general advice on fire safety and also provides guidance on substances that cause fire and explosion.

Harmful substances

Many materials or substances used or created at work could harm your health. These substances could be dusts, gases or fumes that you breathe in, or liquids, gels or powders that come into contact with your eyes or skin.

Manual handling

Manual handling causes over a third of all workplace injuries. These include work-related musculoskeletal disorders (MSDs) such as pain and injuries to arms, legs and joints, and repetitive strain injuries of various sorts.

Personal protective equipment.

Employers have duties concerning the provision and use of personal protective equipment (PPE) at work. PPE is equipment that will protect the user against health or safety risks at work.

Slips and trips

Most slips occur when floors become wet or contaminated and many trips are due to poor housekeeping. The solutions are often simple and cost-effective and a basic assessment of the risks should help to identify any slip or trip hazards in your workplace.

Did you know?



Tumble drying towels has the potential to be a fire hazard.

Oil stains on towels that are not successfully cleaned can spontaneously combust following tumble drying as the heat can cause the oils to set alight. This is a rare occurrence.

To minimise the risk, wash towels on a high temperature wash using biological detergent (these contain enzymes which are more successful at breaking down fatty acids). Allow the drying cycle to finish completely then remove towels from the tumble drier promptly. Shake out towels and fold. Avoid storing in big piles or bundles.

Chemical Hazard Symbols

Some products have hazard symbols on their package. Be aware of what they mean.

Environmental Hazard

Indicates substances that are toxic to aquatic organisms, or may cause long lasting environmental effects. They should be disposed of responsibly.



ENVIRONMENTAL HAZARD



Acutely Toxic

Indicates life-threatening effects, in some cases even after limited exposure. Any form of ingestion and skin contact should be avoided.

ACUTELY TOXIC

Corrosive

May cause burns to skin and damage to eyes. May also corrode metals. Avoid skin & eye contact and do not breathe vapours.



CORROSIVE



Flammable

Flammable when exposed to heat, fire or sparks, or give off flammable gases when reacting with water. Ignition sources should be avoided.

FLAMMABLE

Moderate Hazard

May irritate the skin, or exhibit minor toxicity. The chemical should be kept away from the skin and the eyes as a precaution.



MODERATE HAZARD



Health Hazard

Short or long term exposure could cause serious long term health effects. Skin contact and ingestion of this chemical should be avoided.

HEALTH HAZARD

Hygiene

Sterilization and Disinfecting

Aromatherapy massage typically does not have tools which would be disinfected in a steriliser. However, it is important to know good practice around keeping your equipment clean and disinfecting between clients.

Sterilization: This is the complete destruction or removal of living organisms on an object. Micro-organisms may be destroyed by heat, chemical disinfectants and ultraviolet radiation. All tools must, however, be cleaned to remove grease before disinfection is to take place.

Disinfection: This is the destruction of micro-organisms, but not usually bacterial spores, reducing the number of microorganisms to a level, which will not be harmful to health. In most salons, 'barbicide' is a recognized name as a germicide and disinfectant liquid in which tools can be stored. Surgical spirit can also be used.

Tools for cleaning

Antiseptic: Is a substance that inhibits the growth of bacteria but not kill the bacteria.

Autoclave: This is like a pressure cooker, with the water contained inside it reaches temperatures of 121 – 134 C. This is the most effective method for the sterilization of tools.

Glass bead sterilizer: Small glass beads are retained in a beaker and heated to a temperature of 190C. Tools are placed in these beads for 10 minutes. A disadvantage of glass bead sterilizer is that it cannot hold large items.

UV Sterilizer: UV light will only be effective on surfaces that are exposed to the UV light. Tools will therefore need turning during the process to ensure that all surfaces are thoroughly sterilized. UV sterilization is not suitable for brushes.

Pathogens

A pathogen is any organism that can produce disease. A pathogen may also be referred to as an infectious agent, or simply a germ. Pathogens can make us sick, but when healthy, our bodies are able to defend against pathogens and the illnesses they cause.

Bacteria: A single cell organism without a nucleus, which produces a toxin.

Fungus: This is a low form of vegetable life, which includes mushrooms and moulds. Some varieties cause disease, such as ringworm. A fungi stat will inhibit growth of any fungus while a fungicide will kill fungus outright.

Virus: A virus is a sub microscopic infectious agent that replicates only inside the living cells of an organism. Viruses can be classed as pathogenic or non-pathogenic.

Parasites: Organisms which live in or on a host and feed from them.

The best way to protect against pathogens is to wash hands often and keep areas clean.





Task: Risk Assessment

Download the risk assessment template provided with this lesson. Complete a brief risk assessment of the area where you plan to give treatments.

Lone Working

Lone working is defined by the HSE (Health & Safety Executive) as “those who work by themselves without close or direct supervision”. It includes working outside of normal office hours, working from home, working in other people’s homes and those who travel as part of their job. As a massage therapist you are likely to be lone working most of your working day.

As an employee you should ask your employer for a copy of their Lone Working Policy. As a self-employed individual you should establish a lone working policy and share your process with someone close to you – e.g., someone you live with or have regular contact with.

If you are concerned about your safety due to lone working, perhaps if you also live alone, you could consider utilising a lone worker safety monitoring service. You can use such apps on your phone to check in and out before and after each client visit, for example.

Chaperones

A chaperone is someone who accompanies someone else to an appointment. Guidelines for best practice when working with children and vulnerable adults indicate not to be alone at any point. The Safeguarding Vulnerable Groups Act (2006) protects the welfare of children and vulnerable adults.

It aims to ensure their safety, protect them against maltreatment, and remove any risk of harm, neglect or abuse. Sometimes, harm can be experienced by a vulnerable person simply through misunderstandings. Having a chaperone to help with communication can be a useful tool to protect the person against harm. When working with a child or vulnerable adult it is equally important to protect yourself in case of any allegations. A chaperone can be useful to protect against this.

Definitions:

Child	Most protection agencies in the UK refer to children as any person under 18 years old.
Vulnerable adult	Any person “aged 18 years or over, in receipt of or in need of community care services by reason of mental or other disability, age or illness and who is or may be unable to take care of him or herself, or unable to protect him or herself against significant harm or exploitation.” (Dof Health, 2000)

Chaperones can:

- Provide support to child or vulnerable person.
- Assist with explanation of the proposed treatment
- providing a medical background for the consultation
- Informed consent (or in some cases providing it on behalf of the vulnerable person)
- Offer protection for all parties, e.g., allegations.
- Provide reassurance to client.
- Alleviate anxiety the client may feel, e.g., if the therapist is not known to them.

Other areas to consider before starting to work as an employer or self-employed complementary therapist.

- Equalities Act (2010).
- Employers' Liability (Compulsory Insurance) Act 1969
- DBS (previously CRB) checks.
- General Data Protection Regulations (GDPR).
- Health and Safety (Display Screen Equipment) Regulations 1992
- Personal Protective Equipment at Work Regulations 1992
- Cosmetic Products Enforcement Regulations 2013
- Trade Descriptions Acts (1968 and 1972)
- The Product Safety and Metrology etc. (Amendment etc.) (EU Exit) Regulations 2019

For a health and safety for business overview visit: <https://www.hse.gov.uk/simple-health-safety/index.htm>

For the IOSH guide to Health & Safety as a Complementary and Beauty Therapist visit: https://www.iosh.co.uk/~media/Documents/Books%20and%20resources/Safe%20start%20up/safe_start_up-therapists.ashx

Lesson 4: Massage Equipment

OBJECTIVES OF THIS LESSON

- Consider equipment required for giving body massage treatments;
- Describe the environmental conditions suitable for body massage treatment.

Equipment for massage

Massage is practiced on a one-to-one basis; it is important to inspire trust, in your ability as a practitioner, in your client. Your professionalism will be reflected in the way you prepare your treatment.

The room should be clean, warm, welcoming, private, quiet, and well ventilated with subdued lighting.

All equipment should be clean, ready for use and in easy reach. A simple therapist's trolley can help keep those essentials to hand.

You'll need a safe space to store, measure and blend your essential oils to create your massage oils.

Equipment you may need:

- Massage couch
- Face hole ring and small head pillow (folded hand towels can be used instead)
- Fabric couch cover
- Towels (2 extra-large bath sheets, 2 large bath towels & 4 hand towels) which ideally should be dark, matching colours
- Stool for giving face treatments
- Light blanket
- Plastic oil bottles with lids
- Oil bottle holster
- Therapist trolley
- Waste bin
- Small bowl for client's jewelry
- Bottled water and glass
- Dressing gown and slippers for client (multiple to accommodate one per client between laundry)
- Relaxing and soft music - Can be a great contribution to a treatment for both giver and receiver, enhancing the atmosphere and supporting your client's relaxation
- Screen - For client to undress if practitioner *cannot* leave the room
- Chair for client consultation
- Washing machine
- Accurate scale set
- Amber glass bottles for blends

Consumables:

- Couch paper roll (if used) – look out for the correct width!
- Massage medium
- Box of facial tissues
- Antiseptic or anti-bacterial wipes
- First Aid Box
- A candle or essential oil burner
- Cleaning products
- Face / make-up wipes for client use
- Sanitary products / toiletries available in the bathroom for client use
- Laundry detergent

Consider our planet!

You might want to think about how you could opt for environmentally friendly, sustainable options when purchasing equipment.

Can you buy second-hand? Are there reusable options to replace disposable ones without compromising hygiene? How could you identify ethical suppliers?

**Creating a professional massage environment.**

It is important to prepare the massage environment that you provide for your clients to ensure that the experience and treatment is not only as relaxing and comforting and professional for them as possible, but also safe. This is essential, not only for the well-being and outcome for the client but, equally, for your business so that clients are more likely to return and to refer others to your practice.

You need to have sufficient space in which to provide your massage treatment. A typical treatment room ranges from 8m² – 16m². You should have at least 1m each side of your table for you to be able to practice from. Small rooms can feel cramped, but large rooms will cost more to heat and clean etc.

Environmental aspects that you should consider include the heating and lighting and ventilation, privacy, noise levels both externally and of any music that you provide. You will want to consider the general decor and quality and appearance of your equipment. It is important to consider the ease of maintaining the general hygiene of the area and management of waste.



These considerations need to be balanced with one another. For example, you may wish to include ornaments or decorations, such as anatomy models, in your treatment room to add to the ambience or demonstrate your ethos, but it is worth recognising that these items may add to the frequency and duration of your cleaning practice. On the other hand, a practice room without any décor additions may appear sterile and uninviting and not put the client at ease.

COVID-19: Remember that in current times with the national coronavirus pandemic, additional precautions should be incorporated into your practice. For example, you should make efforts to increase the ventilation in your treatment area, which may lead to a need to have additional heating options.

Be sure to keep up to date with guidelines for working safely and make necessary adjustments.



The space you use may be a multipurpose space, such as your living room or home-office space. Consider how you might be able to minimise the impact of having additional, unrelated equipment or furniture in the space to create a treatment room which is not too overloaded.

Some of the following considerations will be covered in requirements by a special licence. Be sure to cover all conditions of your licence as a minimum.

Considerations	
Access and privacy	<p>How will your clients find you? Is the approach clean, tidy and well-lit? How accessible is your treatment room? Is there step-free access? This is not a requirement but is worth considering and making clear to clients.</p> <p>How and where will you greet clients? Is there a reception space? Is the treatment room private? Will clients have a separate space to get undressed, or will you leave the room? If treating from your home, what elements of your private life will be accessible to the client if you need to walk through other spaces?</p>
Décor	<p>Consider warm but neutral décor in your massage space to not overload senses and provide an inviting space. Plants can be a great addition to your space – consider low maintenance, air-purifying indoor plants. Depending on your marketing approach you may include decorations that complement your approach, for example anatomy models or diagrams. For some inspiration, visit this blog post.</p>
Equipment & Furniture	<p>As well as a massage couch, you may need a seat for your client for removing their shoes, or during your consultation. You might want a stool for delivering facial massage, and a trolley to store supplies required during treatment. Massage equipment is covered in the next lesson.</p>

Facilities	Are there bathroom facilities nearby for your client to access? Is there a sink space for you to wash your hands? What laundry facilities available for cleaning your linens? Where will you get drinking water from?
Heating	Your treatment space (and changing area / bathroom) should be neither too hot nor too cold. How will you cool or heat the area at different times during the year? Fan heaters/coolers can be effective but can be noisy. Storage heaters take a while to heat up but heat efficiently. Air conditioning can be expensive to install and run. Could you warm your towels in preparation for your client's use? You could invest in a massage table heating pad – like an electric blanket for your massage couch – to keep clients cosy during their massage.
Lighting	Does your treatment room have natural light? You should be able to control the light in the room so that, even on a bright day, you can darken the room sufficiently for your client's comfort and relaxation. Use soft lighting that is not directly over the massage table. Dimmer switches are great to be able to control the ambience of the lighting and indicate the beginning and end of the treatment time. Think about using energy efficient bulbs to reduce your energy bills!
Scent	Be mindful of the smells in your treatment space. Any noticeable scents may add to or detract from the aromatherapy experience. Candles, incense, or oil burners/diffusers can be used, but should be subtle and not overbearing or affect the blends. For an aromatherapy massage, unscented candles are likely to be the best option. Remember to consider safety aspects when using candles or electrical equipment. Consider asking your client in an initial consultation if they have a preference. Be conscious, too, of your own scent. Avoid overpowering perfumes, body odour and bad breath.
Sound	Try to minimize any external noise during the consultation and treatment. Also consider the tone and level of your own voice to aid the relaxing environment whilst still being clear and easily understood by your client. Background music should be at a level that adds to the atmosphere rather than distracts from the overall experience. A suggestion is that background music should be approximately 40 decibels – but you're not expected to have the means to measure that! Be aware that you may need a license to play music for your treatments. What would you do if there are scheduled, noisy, road works right outside your treatment room?
Storage	What storage do you have available for your client's belongings? Do you have somewhere to hang outdoor coats? What about wet umbrellas? Where will clients put their clothes and valuables when they change? A laundry basket with an additional container for small items such as jewellery is a great option that can be stored under the massage couch during treatment. What storage do you require for your own equipment and massage resources? Do you want storage that is open, such as shelves, or closed behind cupboard doors? How will you store items you need to be accessible during treatments?

Ventilation	There must be suitable and sufficient means of natural or mechanical ventilation in the treatment room, and wherever practicable this should be direct to the external air. How will you ensure your space is well-ventilated?
Waste & hygiene	<p>You will need access to cleaning supplies to keep your massage space hygienic for the protection of both you and your client. Anti-bacterial surface sprays are great but remember anti-bacterial products may not be effective against viruses, such as coronaviruses. Additional cleaning with bleach or alcohol-based products may be required. Be sure to provide hot running water and soap.</p> <p>Consider how you will remove waste from your treatment room. You will likely have clinical waste, i.e., that which has come into contact with bodily fluids such as sweat (e.g., couch roll/body wipes), general waste (e.g., non-recyclable packaging) and dry recyclable waste. Sanitary bins are required for washrooms.</p>

Task: Consider your equipment



Consider the location you are likely to carry out your massage treatments. Are there any alterations you might need to make to ensure it's the best environment possible? Consider if you might need to purchase any equipment.

Tip: Save this task to use in your business assignment.

Reminder: You are not expected to have all the answers at this stage. A lot of ideas and best working practices will become apparent as you continue throughout this course.

Revisit this lesson towards the end of your course and see if there are any additional considerations that you now have.



Your massage couch

As discussed in Lesson 3, working positions are designed to protect the working therapist from muscle or joint strain as well as to allow maximum mobility and pressure for the treatment. It is essential that you work with a couch that is suitable for the purpose and is the correct height to maintain your posture whilst performing the variety of massage strokes required during your treatment.

You will need to choose your couch according to the type of therapies you intend to offer. Before making your decision, the following questions should be taken into consideration:

Do my clients need to be able to sit up? If yes, you will require a couch with an adjustable backrest. If no, then a flat table will probably serve better as they are generally lighter than the ones with the backrest option.

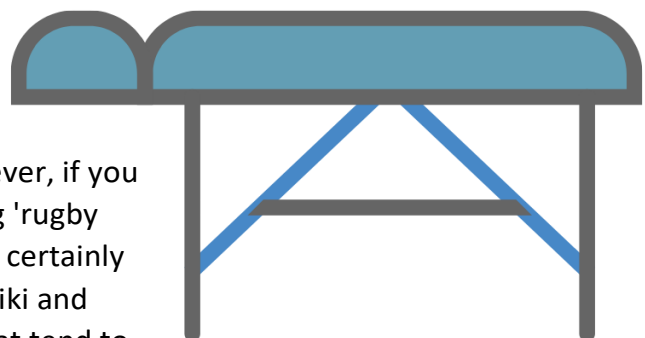
Do I intend using the couch for various therapies or intend to in the future? If you intend to use the couch for different therapies, then selecting a couch with an adjustable backrest and adjustable height offers greater versatility and may prove vital. It is important to look to the future and ask whether there are any other features you may require from your couch – it's a big investment.

Do I intend to be the only therapist using the couch or is it intended for various therapists of various heights? If the couch is going to be shared among students in a college or therapists in a salon/clinic then adjustable height is a MUST. Adjustable height couches are adjusted while the couch is on its side, typically with an easy-to-use spring clip mechanism that is fast, simple and effective. Adjustable height couches are still of great benefit to a single practitioner as it can be adjusted based on the size of the client – imagine that your hands will be much higher up on a muscly boxer physique compared with a very thin person. Adjusting the height of the bed allows you to maintain the appropriate working position.

What is the right height for me? The widely used general rule is that if you stand alongside your couch with your fist clenched, then the top of your knuckles should just brush the top of the couch. This is typically at your hip level.

What is the right width to choose?

Different therapies need different couches of different widths. The standard 610mm width suits most applications. However, if you know you are going to be working on the big 'rugby player' type then an extra width bed is most certainly recommended. Aromatherapy, Massage, Reiki and Acupuncture are among a few disciplines that tend to



require a wider couch. When choosing a wider couch, you need to bear 2 things in mind, firstly, it will add at least 1kgs to the overall weight of the couch and secondly, will you be able to reach across it.

The alternatives, to an extra wide couch, are the accessories. A face cradle will add extra length and armrests will add extra width without adding to the weight or size of the couch when folded.

Is it comfortable? Client comfort is an important factor. Couches come standard with double foam padding i.e. 40mm thick foam. Make sure the foam padding used is high density, foam which will not collapse over time.

Is it easy to clean? The vinyl covering should be hardwearing and easy to wipe clean. Just use a soft wet cloth and soapy water. Do not use any solvents.

What is the maximum weight the couch can take? On average 225 kg. Check with the manufacturer.

Is there a Warranty? Your couch should have a manufacturer's warranty, usually 2 years.

Safe Equipment

It is important to review the content around Health & Safety (Lesson 3) and consider how the regulations apply to your equipment and set up.

You should carry out a risk assessment on your equipment and environment.



Task: Consider your equipment

Consider the following questions. What equipment in your practice would require electrical testing, for example? Would any items require you to consider manual handling practices?

Useful Links:

<https://www.massagewarehouse.co.uk/blogs/blog/massage-treatment-room-design-inspiration-ideas>

<https://homeguides.sfgate.com/design-massage-room-52680.html>

<https://www.direct365.co.uk/blog/salon-waste-disposal/>

<https://www.medisort.co.uk/how-to-dispose-of-beauty-salon-waste/>

Lesson 5: What are Essential Oils?

OBJECTIVES OF THIS LESSON

- Describe why and how massage mediums are used in body massage;
- Identify different oils suitable for body massage and their benefits;
- Explain how oils should be safely stored.

What are essential oils?

Essential oils are aromatic, volatile substances extracted from a single botanical source by distillation or expression. They are found in leaves, flowers, seeds, plant stems, twigs, tree bark, resin, heartwood roots, fruit pulp and peel. Like animal hormones, they are sometimes referred to as the plants' life force'. The use of the word essential in the case of essential oils comes from the word essence. It is not related to something being essential, as in necessary.

Generally, the cells containing them are close to the surface, but of course they can only be seen with the help of a microscope, not just by looking at a leaf or flower. The essence is either stored in the cell where it is made or, as is the case with citrus fruits, moved to special storage sacs.

Essential oils or essences as they are also known are:

aromatic	have a distinctive and often fragrant smell
volatile	evaporate quickly in the air and to varying degrees depending on the oil
very powerful when neat	are usually blended with a carrier oil for massage purposes
flammable	must be kept in a cool place away from heat and/or naked flames
soluble in oil (lipophilic) and alcohol	(in water they will form a suspension i.e. particles of the oil can be suspended in the water but will not mix with it being only slightly hydrophilic)
liquid	exceptions include Rose Otto and benzoin which are semi-solid
non-greasy	Despite their name, the oils are generally light and not oily!
expensive	Producing the plants and extracting the oil is labor-intensive and thus costly.

A note on price

The price of an oil reflects two main factors: the time and energy required to produce and harvest the plants and the weight of material or number of flowers required to produce a certain amount of oil. Since there is more oil contained in a leaf than in a petal, oils from leaves will be cheaper than oils from flowers. So sage, thyme and rosemary, from leaves, will be cheaper than jasmine or rose which come from petals. This means that the amount of raw material required to produce different oils varies enormously: whereas only 400kg of thyme will produce 1kg of essential thyme oil, 2000kg of rose petals are needed to produce 1kg of rose oil. And to obtain just 1kg of jasmine oil, one of the most expensive available, four million jasmine flowers are needed and, since they can only be harvested by hand, in the afternoon and evening, the production process is expensive!

Essential oils come from various parts of the plants. Some plants only produce one oil, for example:

- Basil oil - from basil leaves
- Fennel- from fennel seeds
- Pine - from the needles and sometimes the cones of pine trees.

Other plants produce several oils from different parts. For example, the orange tree can produce three essential oils:

- petit grain - from the leaves and twigs
- Neroli - from the blossom
- Orange - from the peel of the fruit.

**Methods of Extraction Aromatic Essential Oils**

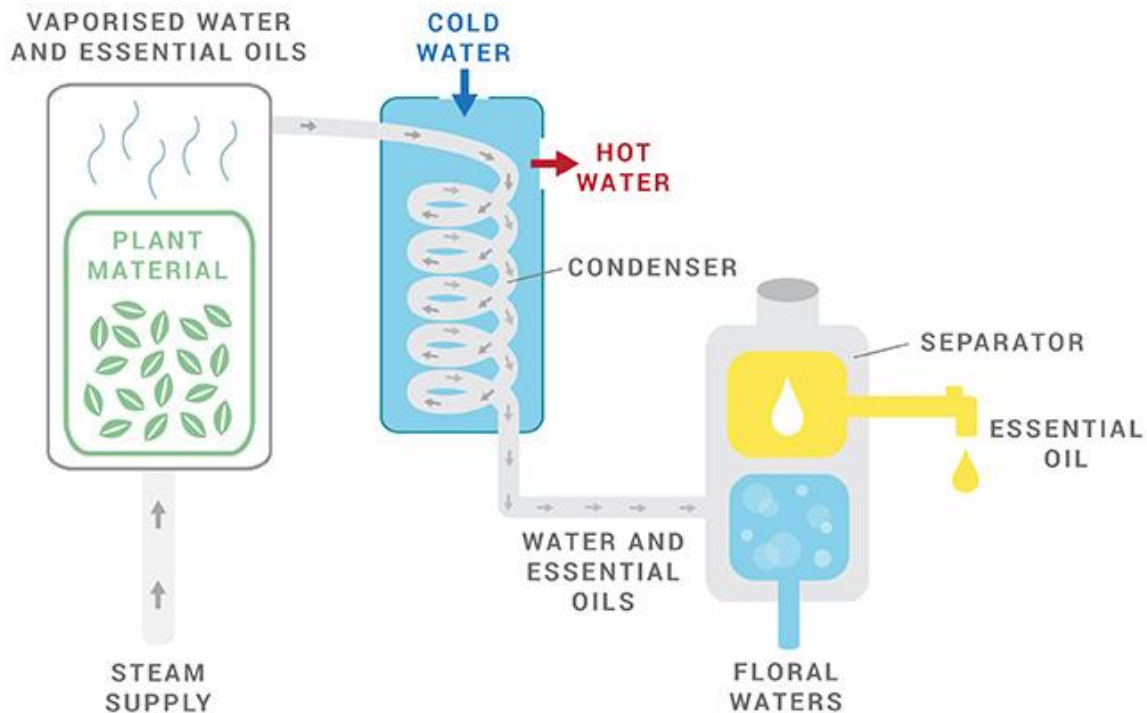
Every single oil has a distinct chemical composition. It is this composition which determines the way the oil affects the body. Depending on the nature of the plant, and whether it is a herb, flower, fruit or a tree, will depend on how the essential oil is extracted.

Distillation

Distillation is the most widely used and the most economical method of extracting essential oils. Many historians attribute the discovery of distillation to Avicenna, the Persian physician and scholar, although it is possible that the Egyptians were aware of the primitive process.

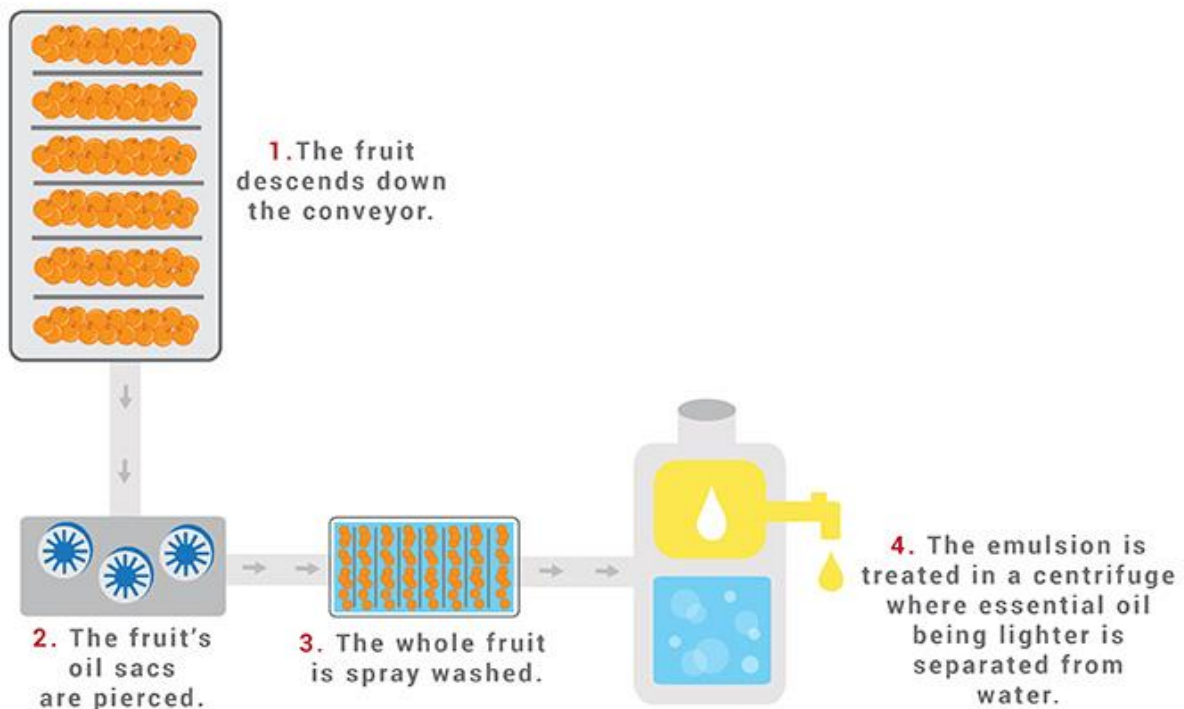
There is a great deal of skill involved in the process of distillation in the if the precious essential oil is not to be lost or changed in its composition. Some plants are distilled immediately after harvesting, whereas others may be left for a few days or even dried prior to extraction.

Using water or steam, the plant is heated causing the molecules of steam and the essential oil to become condensed, turning them into liquid. This liquid form is then collected and the essential oils float to the top and are captured.



In distillation, the plant material is heated, either by placing it in water which is brought to the boil or by passing steam through it. The heat and steam cause the cell structure of the plant material to burst and break down, thus freeing the essential oils. The essential oil molecules and steam are carried along a pipe and channelled through a cooling tank, where they return to the liquid form and are collected in a vat. The emerging liquid is a mixture of oil and water and, since essential oils are not water soluble, they can be easily separated from the water and siphoned off. Essential oils which are lighter than water will float on the surface, whereas heavier oils such as clove will sink.

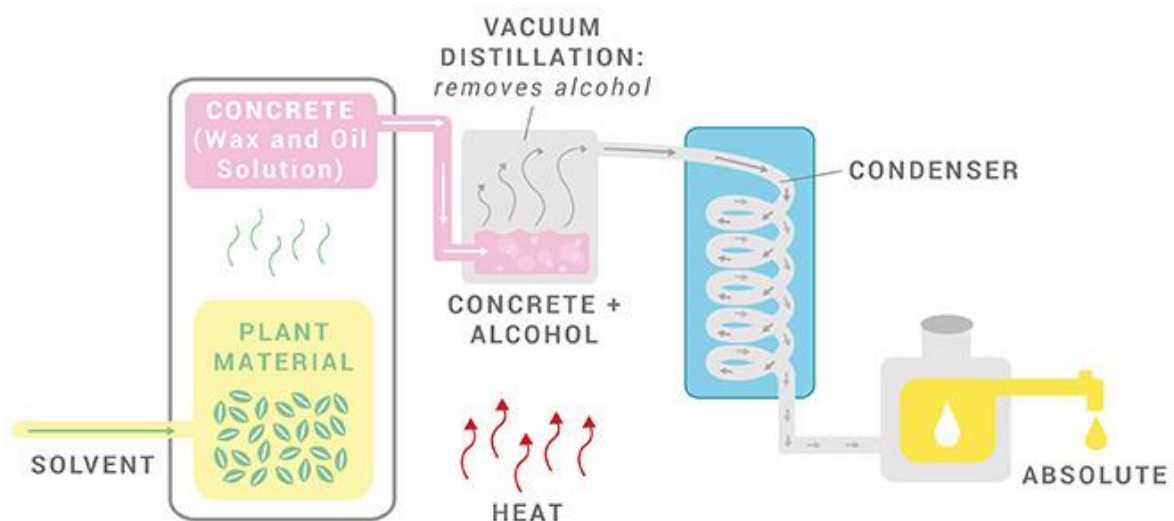
Expression (also called cold press)



This method is reserved exclusively for members of the citrus family such as bergamot, grapefruit, lemon, lime, mandarin and orange. The essence yielded is found in small sacs which are located under the surface of rind. This process was originally carried out using simple hand pressure. The citrus essence was squeezed from the rinds and then collected in a sponge which, once saturated, was squeezed into a bucket. Due to the labour costs involved the majority of citrus oil is now expressed using mechanical presses.

Solvent Extraction

The process of solvent extraction does not yield essential oils. This method is employed for flowers, gums and resins and it produces 'absolutes' and 'resinoids'. The technique is used for higher yield or to extract oils that cannot be obtained by any other process. Jasmine, for example, is adversely affected by hot water and steam.



This technique is used where normally distillation would destroy the essential oil, especially in delicate plants like jasmine. By adding a solvent to the plant, the essential oil is dissolved, then the solution is filtered, and the essential oil remains. Pure alcohol is then used to extract the oil which remains once the alcohol evaporates.

Absolutes

To yield an absolute the aromatic plant material (flowers, leaves, etc.) is extracted by hydrocarbon solvents such as benzene or hexane. The plant material is covered with the solvent and slowly heated to dissolve the aromatic molecules. The solvent extracts the odour and then the solvent is filtered off to produce a 'concrete'. A concrete is a solid, wax-like substance containing about 50 per cent wax and 50 per cent volatile oil such as jasmine.

To obtain the absolute, the concrete is mixed with pure alcohol to dissolve out the aromatic molecules, and then chilled. This mixture is filtered to eliminate waste products and to separate out insoluble waxes. The alcohol is evaporated off gently under vacuum. The thick, viscous, coloured liquid, known as the absolute, is left behind.



Resinoids

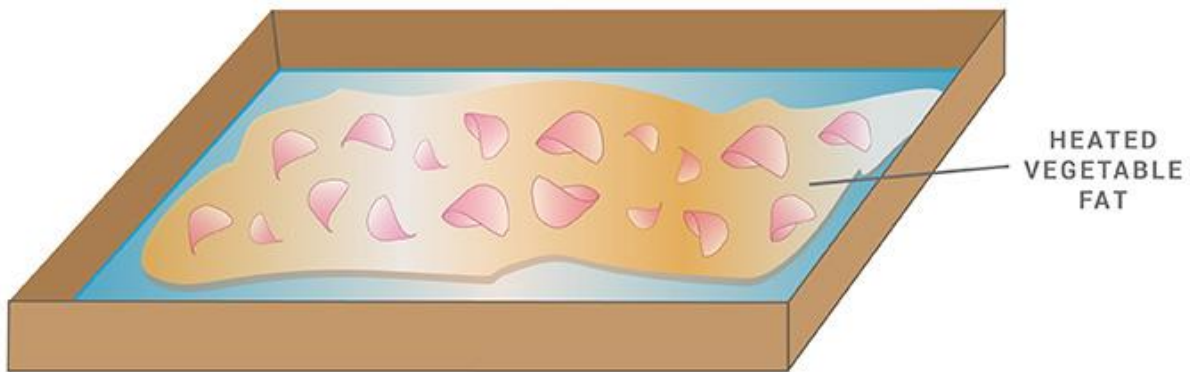
Solvent extraction can also be used for gums and resins to produce resinoids. Resins are the solid/semi-solid substances which exude naturally from a tree or plant that has been damaged.

Commercially, resins are obtained by cutting into the bark or stem, and the gum-like substance hardens once it is exposed to the air.

The natural resinous material is extracted with a hydrocarbon solvent such as petroleum ether, hexane or alcohol. These solvents are then filtered off and subsequently removed by distillation. A resinoid remains where a hydrocarbon solvent has been used (e.g. benzoin resinoid). Resinoids are often employed by the perfume manufacturers as fixatives to prolong the aroma of a fragrance (as are concretes).



Enfleurage

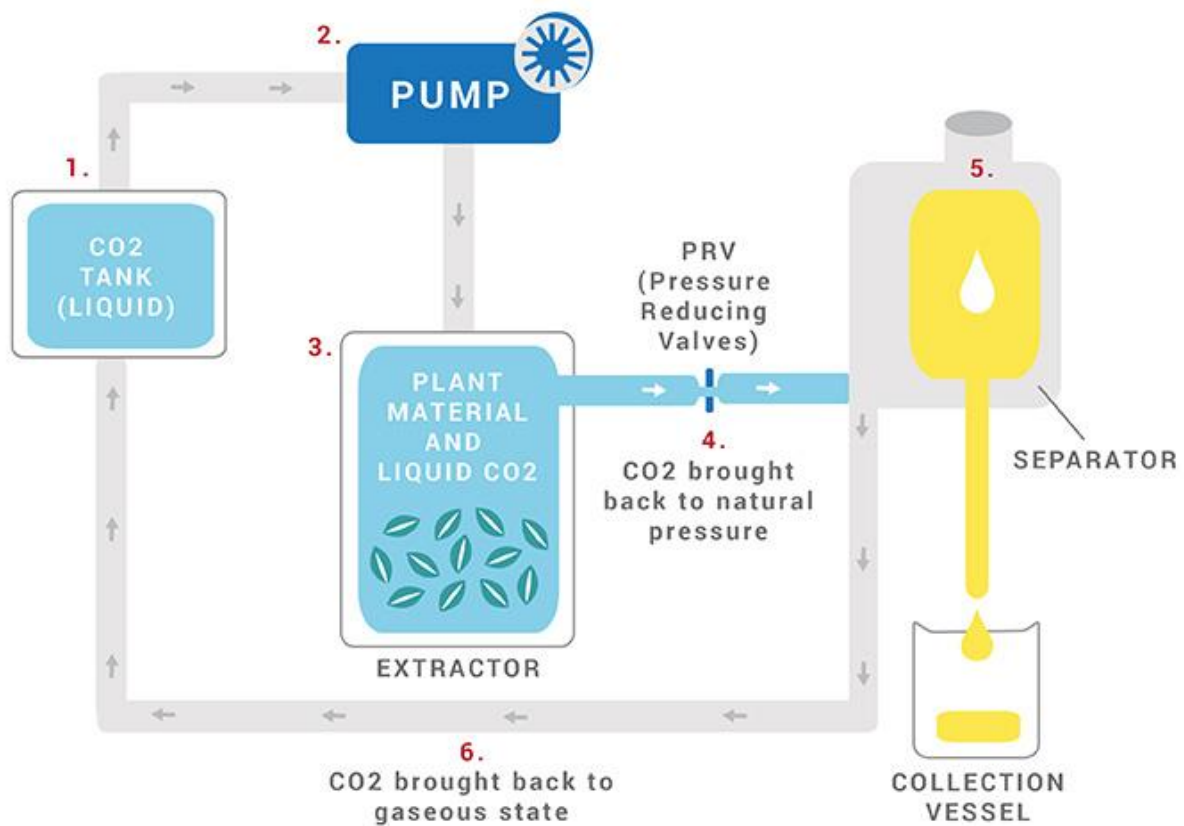


The process of enfleurage also yields an absolute, although this method is virtually obsolete nowadays. It is very time consuming and labour intensive and, therefore, highly expensive. Formerly this was the main method of extraction for delicate flowers such as jasmine which continue to produce perfume even after they have been picked. It involves the use of purified odourless cold fat which is spread over sheets of glass mounted in large rectangular wooden frames. Flowers are strewn upon this layer of fat which absorbs the essential oil.

After approximately a day the flowers are removed to be replaced by fresh flowers. The process is repeated many times - even beyond months - until the fat is saturated.

More often used with exotic, delicate flowers such as neroli and rose. The flowers are placed in wooden framed glass trays, in oil and left for some time in the sunlight so the essential oils can be released. By repeating the process and straining the oil, the essential oils can be raised to the correct level. Alcohol is then added to remove the essential oils from the base oil.

Carbon Dioxide Extraction



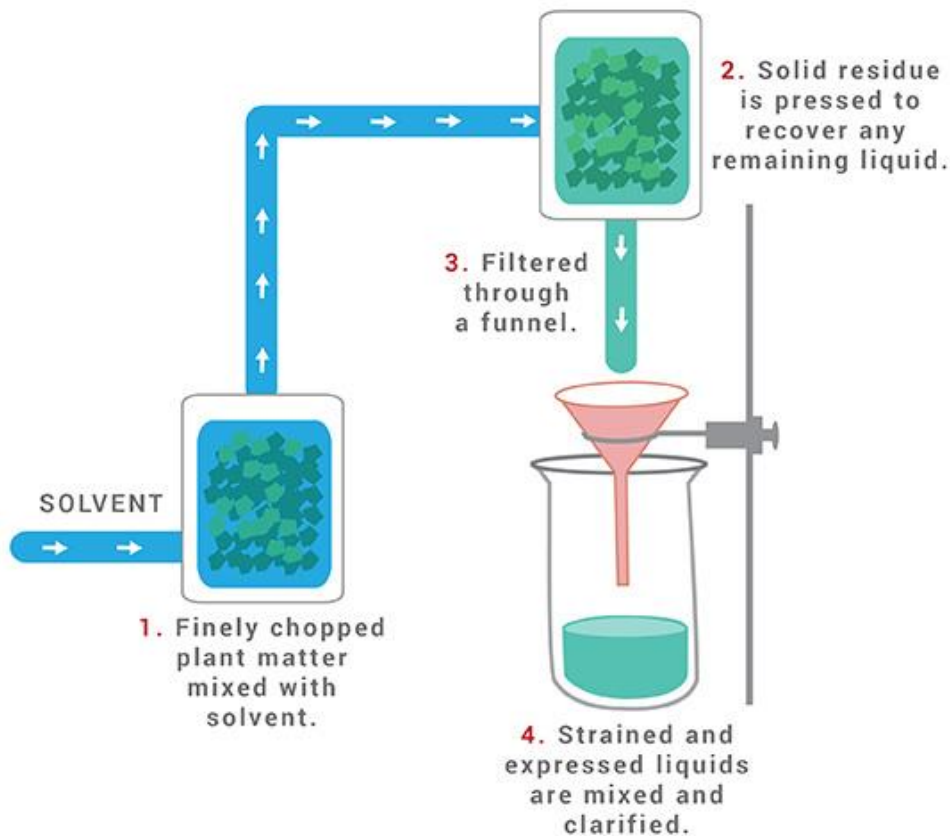
The relatively new method was introduced only in the 1980s. The price is high because the equipment used is expensive. The process has been designed for the perfume industry.

Oils which are extracted utilising carbon dioxide are supposed to be superior, pure and very close to the natural essential oil as it exists in the plant - and they are completely free of residues of carbon dioxide.

Hydrodiffusion/percolation

Hydro diffusion or percolation is the most modern method of extraction. This process is faster than distillation, and the equipment is much simpler than that used for carbon dioxide extraction. Steam spray is passed through the plant material (which is suspended on a grid) from above. The emerging liquid composed of oil and condensed steam is then cooled. The result is a mixture of essential oil and water (as in the distillation process) which can be easily separated.

Maceration



For this process plants are placed into a vat of warm vegetable oil which causes the plant cells to rupture, causing the absorption of the essential oils. The vat is then agitated for several days. The resulting oil is filtered and bottled and is ready for use as a massage medium. Examples of macerated oils are calendula, carrot.

Understanding Quality

How do I know if an oil is pure?

Not all essential oils are pure. Some are adulterated with or 'extended' by inferior oils and synthetics, or composed of several different oils to achieve a specific smell. These are known as 'natur identical'. Always buy oils from a reputable supplier. Cheap oils are often synthetic or adulterated with cheaper or lower quality oils.

Lesson 6: A Bit about Botany

OBJECTIVES OF THIS LESSON

- Define taxonomy and nomenclature;
- Explain why plant families are important to aromatherapy;
- Describe the basic structure of plants.

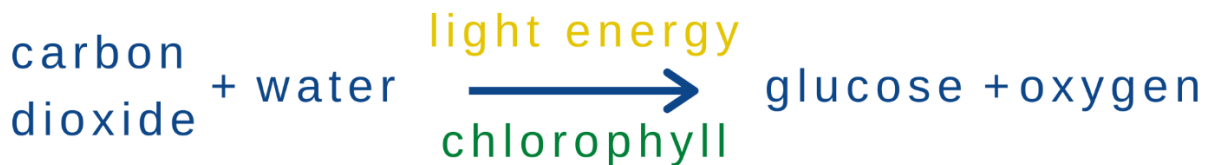
What is a Plant?

Each plant is a chemical factory capable of transforming the sun's electromagnetic rays into food. These 'energetic substances' can then provide the energy required by the plant for other activities and reactions. The raw materials that plants use to make food are:

Water and minerals taken from the soil through its roots

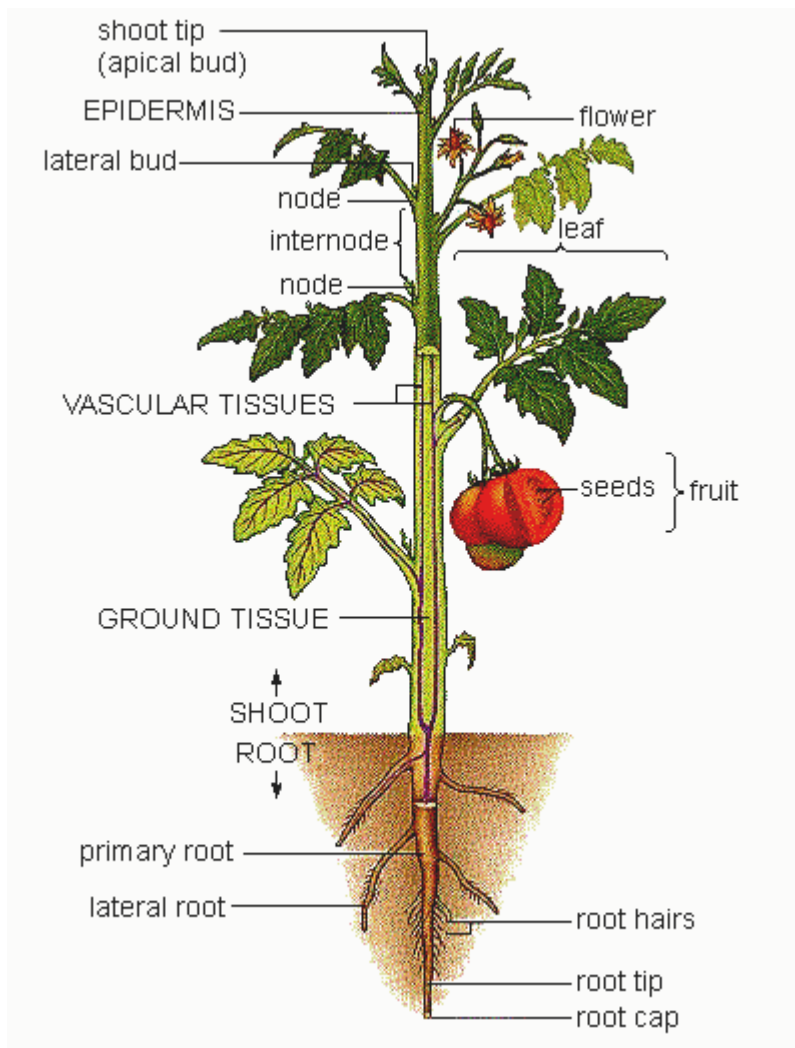
Carbon dioxide taken from the air through its leaves

Energy from the sun. The water and carbon dioxide is converted by the energy absorbed from the sun into, glucose, which provides food for the plant's growth. Some plants change the glucose to starch and store it until required.



The chlorophyll acts as an enzyme. It is the green colouring found in the chloroplasts of plants. All the metabolic changes in plants are made possible by the action of protein catalysts called enzymes. Enzymes are highly specific, and each type of enzyme only assists in one particular reaction. The waste product of this chemical reaction is oxygen. The whole process is called photosynthesis, and because it is essential to the life of the plant it is called primary metabolism.

Plant structure



Root

Most roots hold the plant in the ground and may be branching or tap like, for example carrot. Microscopic root hairs take in the water and nutrients that a plant needs for growth.

Rhizome

A modified stem growing just below the surface of the soil in a horizontal direction e.g. ginger.

Stem

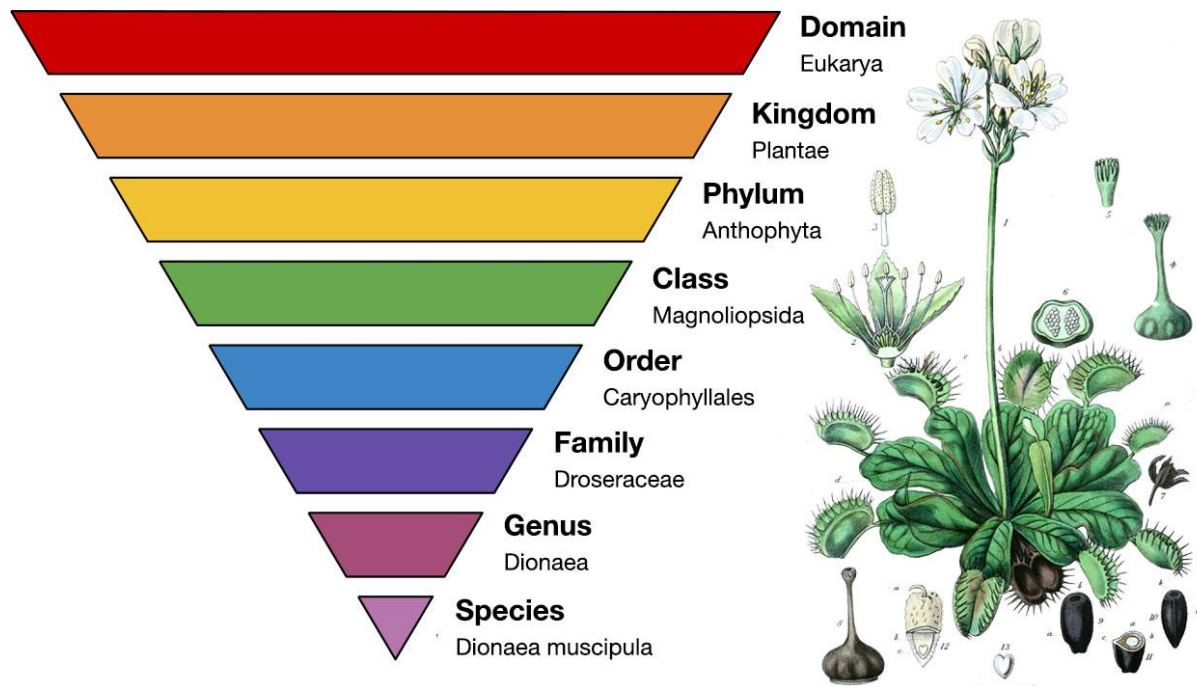
Stems provide support for the plant, permit the transportation of water and nutrients and support the leaves, flowers and fruit. Some long-lived plants develop thick stems that turn woody with age.

Leaf

Leaves are the energy converter, they absorb sunlight and using chlorophyll, a green pigment, transform carbon dioxide from air and water into carbohydrates used for growth. This process, known as photosynthesis, produces oxygen.



Classification of Plants

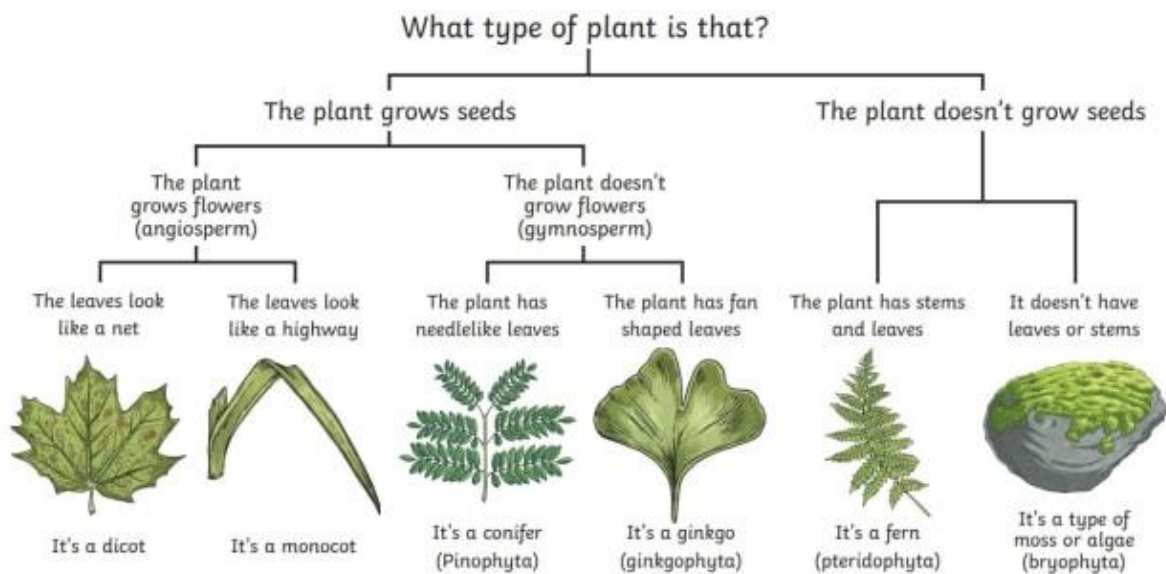
Throughout history, millions of plants have been discovered and documented as both food and medicines. Some plant names developed from the plant use or the area in which they grew. As it had widely fallen out of use by the 1700s, Latin was the common language used by the medical and scientific world to name plants. The science of naming and defining organisms to classify them is called taxonomy. Nomenclature is the process of assigning names.



Carl Linnaeus (1707-1778) was a Swedish naturalist who refined the basic Latin system into a standardized system for plants and animals. He reduced the complex names into a 2 part or binomial system: firstly- the generic name (genus), secondly- the specific name (species). He produced comprehensive documentation for both botanists and zoologists in the mid 1700's, which quickly became widely accepted and adopted. This system is still in use today. The generic name has a capital letter, and the specific name does not. A third name often denotes a chemotype.

An example

Family	Myrtaceae	
Genus	Melaleuca	
Species	viridiflora	alternifolia
Latin (scientific) name	Melaleuca viridiflora	Melaleuca alternifolia
Common Name	Broad-leaved paperbark	Narrow-leaved paperbark (tea tree)
Essential Oil	Niaouli essential oil	Tea tree essential oil
Essential Oil INCI Name	Melaleuca viridiflora Leaf Oil	Melaleuca alternifolia (Tea Tree) Leaf Oil
Image		



Angiosperm	A flowering plant which produces fruit to hold its seeds. Represents approximately 80% of living green plants, thus includes most essential oils.	
	Monocotyledon	Monocots are grass and grass-like flowering plants, the seeds of which typically contain only one embryonic leaf, or cotyledon.
	Dicotyledon	Dicots are plants with two seeded leaves
Gymnosperm	Plants which lack flowers but produce seeds. Most commonly conifers	

What is a chemotype?

A chemotype is the term used to describe different plants of the same species (that produce different chemical constituent profiles).

Oil from the same plant species can vary greatly in chemical composition, based on where it grew. Like wine, the quality of an essential oil relies on the terroir, the climate and soil where the plant grew. Often, essential oils from the same plant will be radically different, based on where they grew.

For example, the Lavender oil picture is listed as a 'high altitude' oil

It is said that lavender's scent is sweeter, less herbaceous, when grown at high altitude, even though it is coming from the exact same species of plant.



Plant Families

Essential oils are derived from plants and plants are classified into families. Knowing the family helps us to accurately identify the plant from which the oil was extracted from.

All the plants found in a particular family will have distinct patterns of similarities. Genetically they will also have a lot in common. But, plants found within the same family can also have major differences.

There are many, many different plant families. Some botanists only recognize 150 different families, while others recognize closer to 500 different families. Some of the families contain many essential oil producing plants, while other may only have one essential oil producing plant.

Knowing which botanical family the plant the essential oil has been obtained from is helpful, but when working with the oil it is always necessary to take the particular oils own profile into consideration.

Annonaceae		
Description: A mostly tropical family of plants consisting of trees and shrubs.	Carrier Oils:	Essential Oils: Ylang Ylang
Examples of plants: custard apple		
Apiaceae (Umbelliferae)		
Description: Aromatic plants with hollow stems. The plants have umbrella-like heads, hence the name. May be hazardous due to phenol or ketone content.	Carrier Oils:	Essential Oils: Coriander Dill Fennel Carrot Seed Anise Caraway Angelica Root
Examples of plants: parsnip, celery, hemlock, coriander		
Arecaceae		
Description: Palm family of flowering plants, palms are one off the most well-known and extensively cultivated plant families.	Carrier Oils: Coconut	Essential Oils:
Examples of plants: areca palm, coconut, date palm		
Asteraceae (Compositae)		
Description: These plants have daisy-like flowers. These diverse oils tend to be antiseptic, anti-inflammatory and soothing to the skin and the digestive system.	Carrier Oils: Sunflower	Essential Oils: Roman Chamomile German Chamomile Helichrysum Goldenrod Blue Tansy
Examples of plants: dandelions, daisies, sunflowers		
Burseraceae		
Description: A family often known as the 'incense family', containing trees and shrubs. Healing, expectorant properties.	Carrier Oils:	Essential Oils: Myrrh Elemi Opopanax Frankincense Palo Santo
Examples of plants: canarium		
Corylaceae		
Description: Known as the Birch Family. Deciduous nut-bearing trees and shrubs about 130 species, which includes hazel. Slightly astringent, natural sun filter	Carrier Oils: Hazelnut	Essential Oils:
Examples of plants: birch tree		

Cupressaceae		
Description: Part of the conifer family, trees and shrubs up to 116 m in height, the bark of mature trees is commonly orange- to red- brown and of stringy texture. Removes impurities and toxins.	Carrier Oils:	Essential Oils: Cypress Juniper Berry Cedarwood Arborvitae
Examples of plants: coast redwood, juniper, incense-cedars		
Euphorbiaceae		
Description: Part of the family, is a large family of flowering plants. Most are herbs but some, especially in the tropics, are also shrubs or trees. Some are succulent and resemble cacti. Moisturising properties	Carrier Oils: Castor	Essential Oils:
Examples of plants: poinsettia, sapium, needlebush		
Fabaceae (Leguminosae)		
Description: Is a large and economically important family of flowering plants, which is commonly known as the legume family, range from giant trees to small annual herbs. Emollient.	Carrier Oils: Soybean Peanut	Essential Oils: Copaiba Peru Balsam
Examples of plants: green peas, lentils, chickpea, peanuts, sweet pea, monkey pod tree		
Geraniaceae		
Description: Flowering plant family of over 800 species they are herbs or sub shrubs most species are found in temperate or warm temperate regions, though some are tropical. Uplifting and stimulates circulation	Carrier Oils:	Essential Oils: Geranium
Examples of plants: crane's bill, geraniums, stork's bill		
Juglandaceae		
Description: Also known as the Walnut Family. A family of trees or sometimes shrubs. The trees are wind-pollinated, the flowers usually arranged in catkins and the fruit is a true botanical nut.	Carrier Oils: Walnut	Essential Oils:
Examples of plants: Walnut tree, pecan, hickory		
Lamiaceae (Labiatae)		
Description: Commonly known as the mint family. Many of the plants are aromatic and include widely used culinary herbs. This is the largest oil producing family. These calming and strengthening oils are supportive of the digestive and respiratory systems.	Carrier Oils:	Essential Oils: Lavender Patchouli Rosemary Peppermint Sweet Marjoram Clary Sage Basil Melissa Thyme Bergamot Mint Oregano Spearmint
Examples of plants: sage, catnip, mint, thyme, lemon balm, lavender, oregano		

Lauraceae		
Description: Commonly known as the laurel family. These oils tend to be warming and stimulating, they also have strong antifungal properties. Supportive to the circulatory, immune, and respiratory system.	Examples of Carrier Oils: Avocado	Examples of Essential Oils: Cinnamon (bark and leaf) Rosewood Litsea Camphor Cassia Ravintsara Ravensara Laurel Leaf May Chang
Examples of plants: bay tree, laurel bush, camphor tree, avocado plant		
Linaceae		
Description: A family of flowering plants, mostly herbaceous or sometimes woody plants, sometimes large trees in the tropics. Emollient	Carrier Oils: Linseed	Essential Oils:
Examples of plants: flax, hesperolinon		
Malvales		
Description: Also sometimes identified as Steruliaceae. A group of flowering plants which contains the cacao tree (<i>Theobroma cacao</i>) used in the production of chocolate and cocoa butter.	Carrier Oils: Cocoa butter	Essential Oils:
Examples of plants: hibiscus, hollyhocks, baobab, money tree		
Myrtaceae		
Description: Commonly known as the myrtle family. These oils are highly volatile. These powerful healing oils are highly antiseptic and are particularly useful on the respiratory and immune system.	Carrier Oils:	Essential Oils: Tea Tree Eucalyptus (all types) Clove Bud Cajeput Niaouli Allspice
Examples of plants: common guava, clove, myrtle, paperbark tree, eucalyptus		
Oleaceae		
Description: Also known as the olive family, is a family of flowering shrubs, trees, and a few lianas (woody vines).	Carrier Oils: Olive	Essential Oils: Jasmine
Examples of plants: lilac, ash, forsythia, privet, olive		
Onagraceae		
Description: Also known as the Willowherb family or Evening Primrose family, is a family of flowering plants. The family includes about 640-650 species of herbs, shrubs, and trees. Anti-inflammatory	Carrier Oils: Evening Primrose	Essential Oils:
Examples of plants: fuchsia, willowherbs, suncups		

Pedaliaceae		
Description: The sesame family is a flowering plant family, characterized by having mucilaginous hairs, which often give the stems and leaves a slimy or clammy feel, and often have fruits with hooks or horns. Emollient	Carrier Oils: Sesame	Essential Oils:
Examples of plants: grapple plant, sesame		
Piperaceae		
Description: Is the botanical name for a family of flowering plants, sometimes known as the "pepper family". The best-known species is <i>Piper nigrum</i> , which yields the most famous peppercorns used as a spice, including "black pepper". Stimulant.	Carrier Oils:	Essential Oils: Pepper, black
Examples of plants: pepper plants, radiator plants		
Pinaceae		
Description: Commonly known as the pine family. These restorative oils are highly antiseptic and effective on respiratory disorders. They are also calming on the nervous system.	Carrier Oils:	Essential Oils: Douglas Fir Silver Fir Cedarwood Himalyan Cedarwood Atlas Hemlock Scotch Pine Black Spruce Balsam Fir
Examples of plants: spruce, fir, pine, cedar, larch, douglas fir, golden larch		
Poaceae (Graminae)		
Description: Commonly called the grass family. The oils in this family tend to be grounding and strengthening. Used for stimulation of the digestive system, disinfection, and for pest and parasite control.	Carrier Oils: Wheatgerm	Essential Oils: Citronella Vetiver Palmarosa Gingergrass Lemongrass
Examples of plants: pampas grass, lawngrass, wheat, barley, rice, rye, maize		
Proteaceae		
Description: a family of flowering plants. Mainly restricted to the Southern Hemisphere, it is a fairly large family, with around 2000 species. Inhibit skin and cell ageing	Carrier Oils: Macadamia	Essential Oils:
Examples of plants: spider flower, sugarbushes		
Rosaceae		
Description: The rose family is a large family of plants, with about 3,000-4, 000 species. Relaxing.	Carrier Oils: Sweet almond Apricot kernel Peach kernel Fabaceae	Essential Oils: Rose damask Rose cabbage
Examples of plants: rose, plum, strawberries, peach, almond, pear, blackthorn, apples		

Rutaceae		
Description: Commonly known as the rue or citrus family. Aromatic trees and shrubs which are sometimes thorny. The leaves are mostly compound, dotted with glands, aromatic when crushed. These refreshing oils are uplifting and supportive of the nervous and immune system.	Carrier Oils:	Essential Oils: Bergamot Lemon Sweet Orange Neroli Amyris Grapefruit Lime Mandarin
Examples of plants: citrus, kumquat, bergamot orange, lemon		
Santalaceae		
Description: Is a widely distributed family of flowering plants which, like other members of Santalales, are partially parasitic on other plants. Approximately 1,000 species. Calming	Carrier Oils:	Essential Oils: Sandalwood
Examples of plants: viscum, mistletoe, thesium		
Sapotaceae		
Description: Family of trees and shrubs, found in tropical regions - Shea or Karite tree that produces nut butter	Carrier Oils: Shea butter	Essential Oils:
Examples of plants: miracle fruit, Spanish cherry, vitellaria		
Simmondsiaceae		
Description: The Jojoba Family is a family of flowering plants. It consists of a single species only, jojoba (<i>Simmondsia chinensis</i>), of North American shrubs. Anti-inflammatory and moisturizing.	Carrier Oils: Jojoba [a liquid wax]	Essential Oils:
Examples of plants: The only plant is the jojoba.		
Styracaceae		
Description: A small family of flowering plants with about 160 species of trees and shrubs, most are large shrubs to small trees 3-15 m tall. The family occurs in warm temperate and subtropical regions of the Northern Hemisphere. Warming	Carrier Oils:	Essential Oils: Benzoin
Examples of plants: Japanese snowbell, halesia		
Vitaceae		
Description: A family of flowering plants including the grape and Virginia creeper. The family name is derived from the genus <i>Vitis</i> which has about 60 species of vining plants. Protects and nourishes the skin.	Carrier Oils: Grapeseed	Essential Oils:
Examples of plants: Virginia creeper, Boston ivy, grapevines		
Zingiberaceae		
Description: Commonly known as the ginger family. These warming oils are supportive of the digestive system.	Carrier Oils:	Essential Oils: Ginger Cardamom
Examples of plants: ginger, true cardamom		

Lesson 7: Chemistry of Essential Oils

OBJECTIVES OF THIS LESSON

- Describe the chemistry of essential oils;
- Explain why chemistry is important.

Chemistry

The chemicals that make up your essential oils are either chains of molecules, or rings, or a combination of the two. They comprise of carbon, hydrogen and oxygen. All living things are made of molecules arranged in many different ways. We will consider these as the smallest component parts that make up the oils.

Each group has its own traits, properties and benefits. They have certain fragrance profiles depending on in which country they developed.

Imagine you are opening a bottle of essential oil. Molecules burst out of the bottle and evaporate. We call this volatility. Some molecules are more volatile than others. If we are blending the oils, these very light molecules (the volatile ones) make up oils we know as top notes and the base notes are molecules which are heavier and less volatile.

The Gas Chromatography and Mass Spectrometry report.

This tells you what chemical constituents can be found in each oil.

Oil from the same plant species can vary greatly in chemical composition, scent and therapeutic properties based on the country and even region they have been sourced from. Soil and conditions the plant has been grown in makes a huge difference to the essential oil. Two oils from the same producer may even vary from season to season. Things like the weather and climate conditions, how it's grown, when it's harvested, the distillation and countless other external factors all contribute to the chemical composition of the oil produced.

Essential oil synergy

Most essential oils contain blends of many different chemical groups.

Their own plant family often dictates what the predominant chemical family might be. Essential oils have many main effects.

This happens because of the different chemicals all interacting together. These chemicals also support and moderate each other.

The Chemical Families

Each molecule of an essential oil produces a particular effect and has a specific therapeutic quality. Thus, if an aromatherapist knows which oil, or which family of oils, contain which molecules, they will understand which oils to use for particular treatments. The main groups of molecules that are important to the aromatherapist, specifically because their effects and actions have been studied, are terpenes, diterpenes, sesquiterpenes, esters, aldehydes, ketones, lactones, alcohols, phenols, oxides, acids, ethers and furanocoumarins.

Terpene molecules, which are made of the atoms of hydrogen and carbon joined together, are known as hydrocarbons whereas all the other molecule groups contain oxygen as well as hydrogen and carbon and are known as oxygenated compounds.

The following list gives the main properties and effects of each group.

Terpenes – end in 'ene'

A large number of hydrocarbons, found in most essential oils and formulated from the isoprene unit, which is made up of 5 carbon atoms in a branched chain.

- Monoterpenes are formed from 2 isoprene units/10 carbon atoms
- Sesquiterpenes are formed from 3 isoprene units/ 15 carbon atoms
- Diterpenes are formed from 4 isoprene units/20 carbon atoms

Monoterpenes - end in 'ene' and may have Greek letter prefix

- They are small enough to pass through the cell membrane and into the cell.
- Effects are bactericidal, antiseptic, antiviral, stimulating, decongestant, expectorant.
- Slightly irritating to the skin.
- e.g. Pinene, Limonene, Camphene

Sesquiterpenes - end in 'ene' and may have Greek letter prefix

- Anti-inflammatory, anti-bacterial, antiseptic, calming, mildly hypotensive, analgesic, antispasmodic.
- e.g. Chamazulene, Bisabolene, patchoulene.

Diterpenes

- Found in a small number of oils, usually in small quantities, for example sclareol in Clary Sage.
- Thought to be antiviral, expectorant, antifungal, balancing to endocrine system.

Esters - end in 'yl and 'ate' or have 'ester' as part of the name

- fungicidal and relaxing sedative

- anti-inflammatory
- e.g. linalyl acetate, benzyl acetate.

Aldehydes - end in 'al' or aldehyde as part of the name

- common in lemon-scented oils
- antiseptic
- sedative
- anti-inflammatory
- can cause skin sensitivity
- e.g. citral in lemongrass

Ketones - end in 'one'

- often poisonous and several oils containing them, e.g. pennyroyal, are banned from use
- decongestants, thus used for upper respiratory problems e.g. thujone (found in clary sage -generally used in preference to sage which has a higher ketone content)
- safe ketones: jasmone (in jasmine) and fenchone (in fennel).

Alcohols - end in 'ol'

- antiseptic, antiviral, uplifting
- linalool (in bergamot, basil, ylang ylang)
- menthol (in peppermint)
- geraniol (in neroli, geranium, lavender)

Phenols - end in 'ol'

- bactericidal, stimulating e.g. eugenol in basil
- may irritate skin
- most, when isolated, are toxics so it is wise to be extra careful when using any essential oils containing them.

Oxides - end in 'ol' or ole

- expectorant e.g. 1,8 cineole in eucalyptus (globulus, citriodora, smithii, rosemary)
- antibacterial.

Acids - end in 'oic'

- rarely found in essential oils and only in tiny amounts

- anti-inflammatory.

Ethers- normally have 'ether or ethyl

- anti-depressant
- antispasmodic
- relaxing, e.g. Methyl chavicol - Basil
- can be neurotoxic.

Lactones - may end in 'ine', 'ene', 'en' or 'one'

- occur in small amounts in few essential oils
- expectorant
- mucoolytic
- anti inflammatory
- lactones have similar neurotoxic effects to Ketones and may cause skin sensitisation and reactions

Coumarins and Furanocoumarins - end in ene

- calming
- uplifting
- sedative
- hypotenisve
- antispasmodic
- e.g Furanocoumarins such as Bergaptene, found in Bergamot, causes photo-toxicity.

Safety considerations

See individual profiles but some notable items are:

- Asthma sufferers should avoid in tea tree and eucalyptus
- Can be irritating to the skin and sensitizing if oxidized
- These oils should be avoided around young children
- Large doses of ethers can be neurotoxic and cause convulsions and death

Lesson 8: The Skin

OBJECTIVES OF THIS LESSON

- Describe the structure of the skin and identify key elements;
- Identify and describe different skin types and disorders.

Essential oils are absorbed through the skin. In order to understand this, it helps to understand the skin's structure. The skin is the largest human organ and it covers the body. It is water-resistant, but extremely minute substances, such as the molecules of an essential oil, can enter the tiny pores of the epidermis, the skin's surface layer, as well as penetrating through the hair follicles and the sweat glands. From the hair follicles and sweat glands, they enter the blood capillaries in the dermis, the skin's second layer. Once the oil reaches the blood and the circulation it is transported around the whole body.

The Skin Structure

Skin makes up around 12% of an adult's body weight. It's very adaptable and able to mould into different shapes, covering bones and muscles to perform various functions of the body's make up.

The functions of skin are:

- **Sensation** - Main sensory organ for temperature, pressure, touch and pain.
- **Heat Regulation** - Regulates the body temperature by sweating to cool the body down when it overheats, and shivering when the body is cold.
- **Absorption** – Some creams, essential oils and some medication can be absorbed through the skin.
- **Protection** – Too much UV light may harm the skin, so the skin protects itself by producing a pigment, seen in a tan, called *melanin*. Bacteria and germs are prevented from entering the skin by a protective barrier called the **Acid Mantle**. This barrier also helps protect against moisture loss.
- **Excretion** – Waste products and toxins are eliminated from the body through the sweat glands.
- **Secretion** – Sebum and sweat are secreted onto the skin's surface. The sebum keeps the skin lubricated and soft and the sweat combines with the sebum to form the acid mantle.
- **Vitamin D production** - Absorption of UV rays from the sun helps formation of vitamin D, which the body needs for the formation of strong bones and good eyesight.

There are 3 major layers of the skin, the Epidermis, Dermis and the Subcutaneous.

The Epidermis Layer

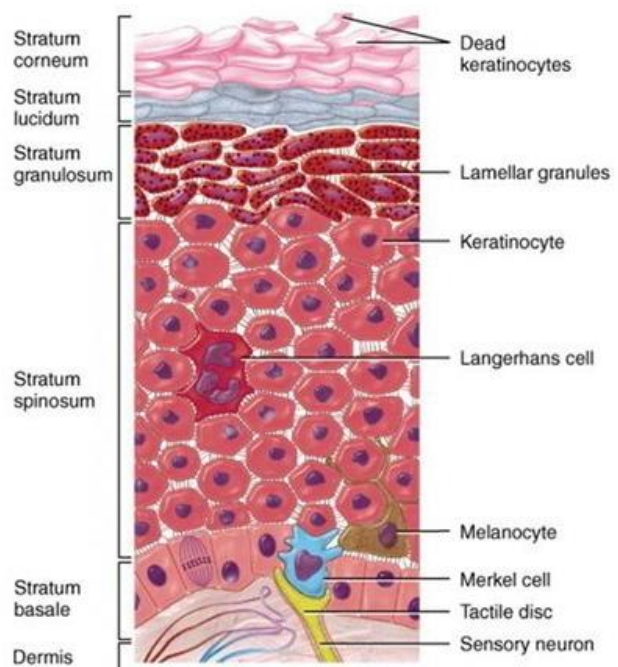
The outermost layer of the skin is called the epidermis layer. There are no blood vessels in the epidermis but it's the deepest layer and is supplied with lymph fluid. It is thickest in the palms and on the bottom of the feet.

There are various layers of cells within the epidermis, the outermost of which is called the *stratum corneum* (or *horny layer*). The layers can be seen clearly in the diagram of the skin. The surface layer is composed of twenty-five to thirty sub-layers of flattened scale-like cells, which are continually being cast off by friction and replaced by the cells of the deeper epidermal layers.

The surface layer is considered the real protective layer of the skin. The cells are commonly called keratinised cells because the living matter within the cell (termed protoplasm) is changed to a protein (keratin) which helps to give the skin its protective properties. New skin cells are formed in the deepest layer within the epidermis. This area is called the *stratum basale* (or *basal/germinative layer*). The new cells will gradually move towards the outer layers of the skin as the stratum corneum is shed. The new cells gradually change in form as they move upward to the outer layers, becoming keratinized in the process.

Layers of the Epidermis

English Name	Latin Name
Horny Layer	Stratum Corneum
Clear Layer	Stratum Lucidum
Granular Layer	Stratum Granulosum
Prickle Cell Layer	Stratum Spinosum
Basal/Germinative Layer	Stratum Basale



The Dermis Layer

The dermis is a tough and elastic layer containing white fibrous tissue interlaced with yellow elastic fibres.

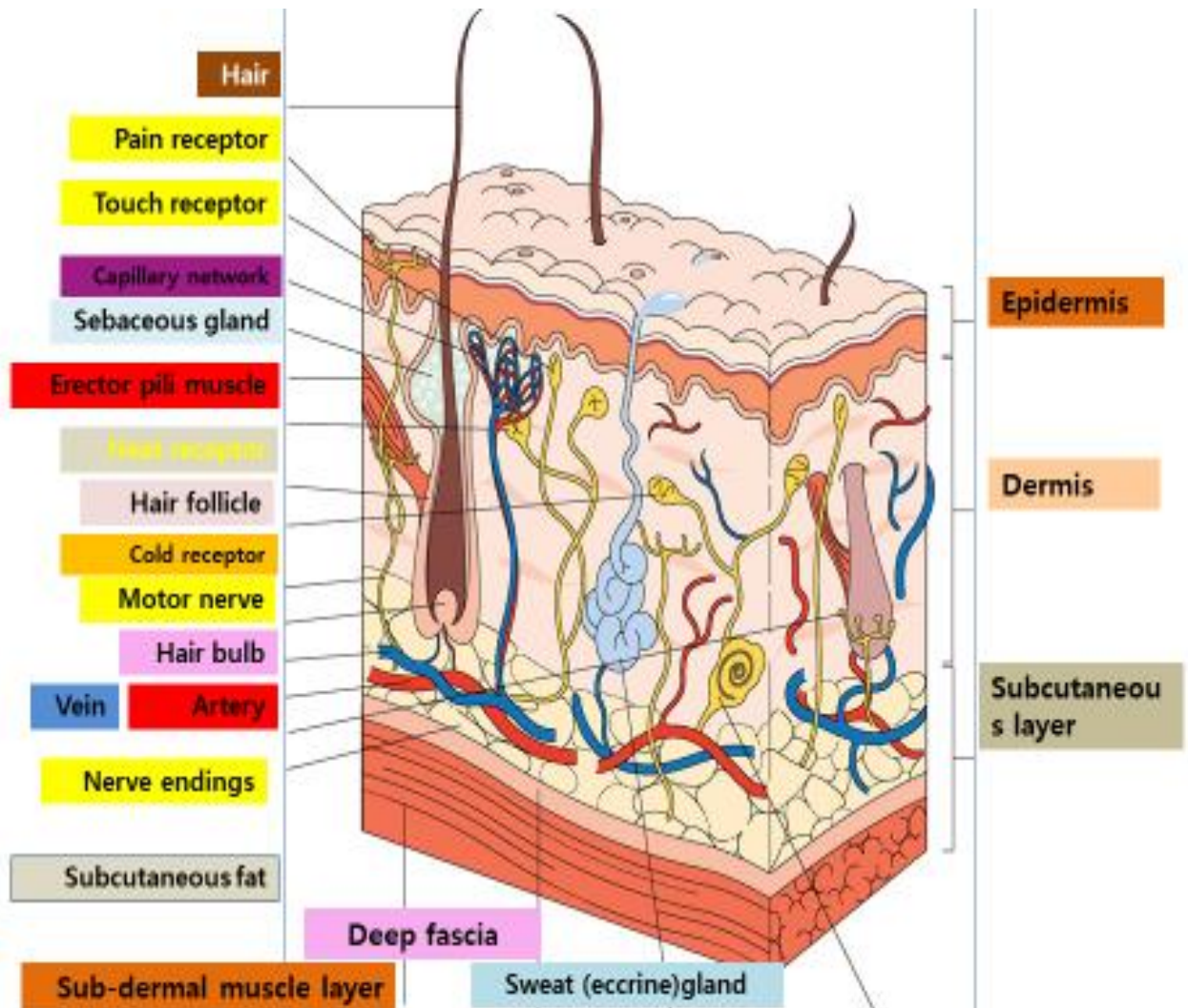
Many structures are embedded in the dermis including:

- blood vessels
- lymphatic capillaries and vessels
- sweat glands and their ducts
- sebaceous glands
- sensory nerve endings
- the erector pili - involuntary muscles are sometimes activated in cold weather to give 'goose bumps'
- hair follicles, hair bulbs and hair roots.

The Subcutaneous Layer

This layer of skin is located on the bottom of the skin diagram. It connects or binds the dermis above it to the underlying organs. The subcutaneous layer is mainly composed of loose fibrous connective tissue and fat (adipose) cells interlaced with blood vessels. The hypodermis (subcutaneous layer) is generally about 8% thicker in females than in males. The main functions of the hypodermis are insulation, storage of lipids, cushioning of the body and temperature regulation.

Diagram of the Skin



Skin Types

Basic skin types are determined by genetic disposition and will have become apparent in the early teens. Most people know their skin type, but if you are unsure, the following pointers should help.

- Youthful skin
- Mature skin
- Normal skin
- Dry skin
- Oily skin
- Combination skin
- Sensitive skin



The difference between youthful and mature skin

The structure and elasticity of healthy young skin

Young skin contains large amounts of Hyaluronic acid (HA)

Hyaluronic acid is a natural sugar found in all living cells that attracts and binds water, hydrating the skin and giving it volume.

Hyaluronic acid also affects some of the other components of skin structure such as collagen and elastin, as well as the function of skin cells

In these ways, Hyaluronic acid is very important in maintaining the structure and function of young skin, helping it to look healthy, feel smooth and elastic

Skin changes with aging

As we get older, Hyaluronic acid is lost from the skin

Women aged 75 years have approximately four times less HA in their skin than women aged 19 – 47.

This decrease in HA contributes to some of the signs of ageing – loss of skin hydration, skin thinning and decreased ability for the skin to restore itself

Young skin

If the natural oils in the skin are well balanced the skin remains healthy and is considered young / normal

Young / normal skin tends to be:

- Soft subtle & smooth with a velvety feel to it
- Appearance similar to a young child / good elasticity
- No areas of excess oiliness or dryness
- Skin is balanced throughout with perhaps a slight oiliness in the T – zone
- Clear appearance with a fine-grained texture / small pores



Young Skin	
Recommended Carrier Oils:	Recommended Essential Oils:
<ul style="list-style-type: none"> • Sweet Almond • Jojoba • Apricot Kernel 	<ul style="list-style-type: none"> • Geranium • German Chamomile • Lavender • Mandarin • Neroli • Rose • Sandalwood • Ylang Ylang

Mature skin

This skin is usually very dry, lacking both oil & moisture, and is developing wrinkles and lines.

Mature skin tends to have:

- Expression marks around the eyes, nose and mouth
- Slackness around the eyes
- Dull complexion with loss of skin elasticity and natural moisture
- Fine network of veins, broken capillaries
- Age spots



Mature Skin	
Recommended Carrier Oils:	Recommended Essential Oils:
<ul style="list-style-type: none"> • Apricot Kernel • Jojoba • Evening Primrose • Avocado 	<ul style="list-style-type: none"> • Geranium • German Chamomile • Roman Chamomile • Lavender • Jasmine • Frankincense • Neroli • Rose • Sandalwood • Myrrh

Dry Skin

Dry skin lacks the surface oils, which give normal / young skin its smooth velvety feel.

It is often delicate & sensitive and tends to have:

- Dull appearance with a dry and course feel to it
- Often flaky & chapped and feels 'tight' after washing
- Finely textured and prone to broken capillaries
- Creases visible
- Feels tight after washing
- Sensitive to cold



Dry Skin	
Recommended Carrier Oils:	Recommended Essential Oils:
<ul style="list-style-type: none"> • Sweet Almond • Avocado • Jojoba • Evening Primrose 	<ul style="list-style-type: none"> • Geranium • German Chamomile • Roman Chamomile • Lavender • Jasmine • Neroli • Rose • Sandalwood

Oily Skin

Oily skin is caused by overactive sebaceous glands, which secrete too much sebum.

This skin type is prone to breakouts and tends to have:

- Shiny look with a greasy feel to it
- Course grained texture and dilated pores
- Blackheads, acne and skin blemishes due to excess sebum clogging up the pores
- Not generally sensitive



Oily Skin	
Recommended Carrier Oils:	Recommended Essential Oils:
<ul style="list-style-type: none"> • Apricot Kernel • Jojoba 	<ul style="list-style-type: none"> • Bergamot • Lavender • Lemon

Combination Skin

Combination skin is a mixture of dry skin with oily patches on the T – zone, where the sebaceous glands are more productive and generally it is best to treat each area separately, using the appropriate oils.

Combination skin tends to be:

- Partly dry and partly oily / different appearance between T – zones
- Prone to dilated pores and blackheads on the T – zone

Combination Skin	
Recommended Carrier Oils:	Recommended Essential Oils:
<ul style="list-style-type: none"> • Apricot oil • Jojoba 	<ul style="list-style-type: none"> • Frankincense • Geranium • Lavender • Juniper • Sandalwood • Ylang Ylang • Neroli

Sensitive Skin

This skin type is prone to sensitivities and allergies, particularly to the chemicals and fragrances found in many skin care products.

Sensitive skin tends to be:

- Pale, dry and fine textured
- Sensitive to many products (burning sensation)
- Sensitive to sunlight, developing red, scaly patches
- Develop red blotches and broken veins in extreme temperatures
- Poorly protected due to insufficient epidermic oils

Sensitive Skin	
Recommended Carrier Oils:	Recommended Essential Oils:
<ul style="list-style-type: none"> • Apricot Kernel • Jojoba • Evening Primrose 	<ul style="list-style-type: none"> • German Chamomile • Roman Chamomile • Neroli • Rose • Sandalwood

Skin Colouring and Presentations

The skin owes its coloring to the red hemoglobin found within the blood vessels, yellow carotenoids within subcutaneous fat and the dark brown pigment, melanin. Various degrees of pigmentation are present in different ethnic groups. The differences are in the amount of melanin produced and not dependent upon the number of melanocytes present.

Albinism

Some people are born without the ability to produce melanin within their skins and with no hair pigment – a congenital condition called albinism. People with this condition have pure white hair, white skin and pink eyes.

Lesions

Lesions are growths or abnormal patches of skin that do not resemble the area of skin around them. Many cause no ill effects; others are more serious and require treatment.

Bulla	A raised, fluid-filled lesion larger than a vesicle
Fissure	Crack or break in the skin
Macula	Flat colored spot
Nodule	Solid raised lesion larger than a papule, often a symptom of a systemic disease
Papule	Small circular raised lesion at the surface of the skin
Plaque	A broad, raised area on the skin
Pustule	A raised lesion containing pus – often in a hair follicle or a sweat gland
Ulcer	A lesion resulting from the destruction of the skin and often as deep as the subcutaneous tissue
Vesicle	Small, fluid-filled raised lesion, a blister
Wheal	Small, rounded, slightly raised area, often itching and can be seen as hives (Urticaria) when a person suffers an allergic reaction.

It is important to be able to identify (not diagnose!) which skin presentations may be cause for concern or contraindications and which are completely innocuous and simply part of beautiful human variation.



Skin Diseases and Disorders

Name	Appearance	Cause
Dermatitis	Inflammation of the skin, swelling & redness	Allergic reaction to contact with allergen
Seborrheic Warts	Flat top/warty looking lesions	Ageing
Herpes simplex	Red sore/scab usually on side of the mouth also none as a cold sore	Viral infection transmitted by contact with another infected area. Highly contagious
Scabies	Itchy white spots	Mite transmitted by direct skin to skin contact typically from itchy infected area and transporting mite to someone else under fingernails.
Psoriasis	Red itchy scaly patches erupting on skin	The immune system sends out a faulty signal that speeds up the growth cycle of skin cells
Acne Rosacea	Redness on nose and cheeks	Dilation of minute capillaries in the skin
Impetigo	Red spot which blisters then discharges developing a yellow crust	Highly contagious. Spread through direct contact and itching
Milia	Same as dermatitis: redness is due to dilated blood vessels and as fluid accumulates itching, and swelling occurs. Weeping skin can then become infected	Allergic reaction. Stress

Lesson 9: Aromatherapy Massage and the Body

OBJECTIVES OF THIS LESSON

- The structure and function of the olfactory tract;
- Apply anatomical understanding to massage to identify the effects of aromatherapy on each system of the body.

Remember

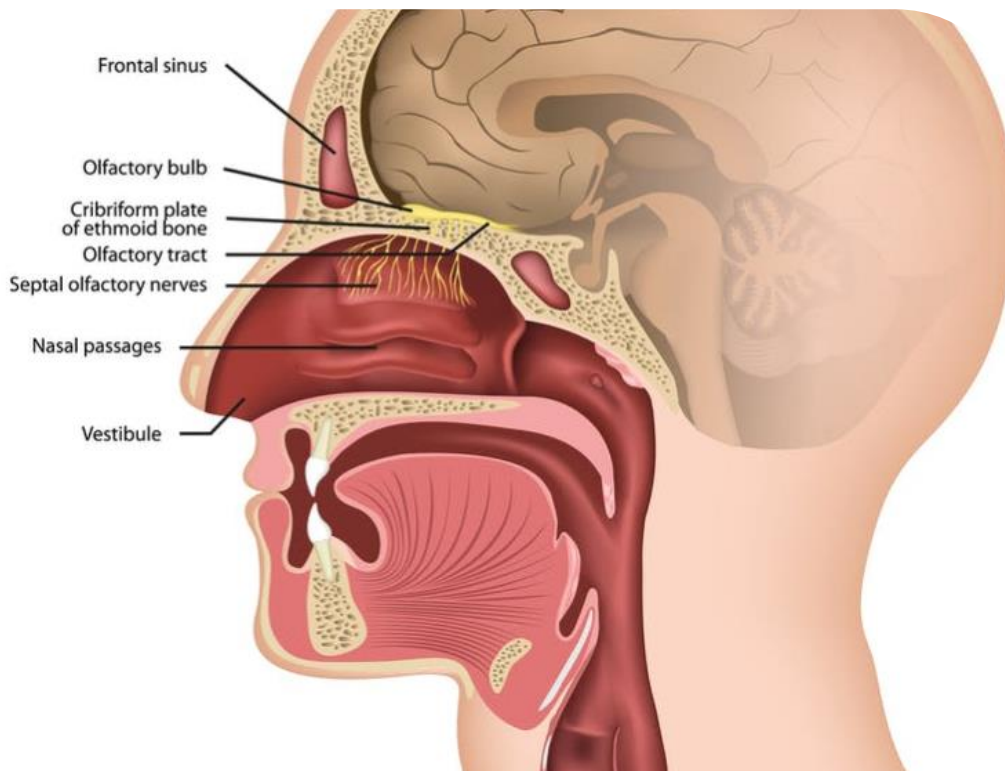
Ingestion (swallowing) of essential oils is unsafe and not recommended in any circumstances.



Smelling and inhaling essential oils

In addition to penetrating the skin, essential oils can enter the body via inhalation through the nose. The molecules travel up the nose and there are two results:

- They send a message to the brain and nerves which respond to the smell
- They pass into the bloodstream via the lungs and respiratory system



Structure

Most of the nose is concerned with breathing: inhaling air into the body and exhaling it from the body. However, it is also the organ of smell and thus very (swallowing important in a therapy based on the power of aromas! At the top of the nose there are two areas of pigmented tissue known as olfactory membranes. They contain the olfactory, or smell-sensing cells, which have fine hair-like protrusions called cilia. The olfactory cells connect to nerves in an area known as the olfactory plexus. Once triggered, these nerves send messages along the olfactory nerves to the brain, particularly the limbic system. This area of the brain deals with memory, emotions, our basic instincts and mechanical functions.

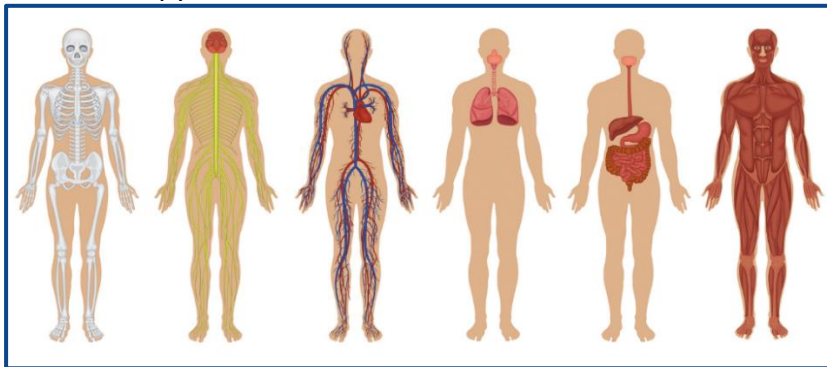
Function

When the essential oil molecules pass over the olfactory cells, it is thought that these cells trigger receptor areas which send an impulse via the olfactory plexus and nerves to the brain. Here the information is processed and interpreted (i.e. is it a new smell, a nice smell, a smell with positive or negative associations?). Depending on the interpretation, the brain sends messages to other parts of the body to elicit a response (e.g. if dislike is the message the person will stop sniffing the bottle, possibly grimace, and turn away from the smell). The brain may also react to different chemicals in an essential oil and produce particular effects: e.g. a relaxing or sedative substance may cause the brain to send out a message of relaxation either to the whole body or a particular part.

How do essential oils and aromatherapy massage affect the body's systems?

Massage has an immediate physiological effect on the local area of the body being worked on and it also affects the whole body through stimulation, and relaxation, of the muscles and the nerves. It has physiological and psychological benefits and can affect all the body systems in a positive way.

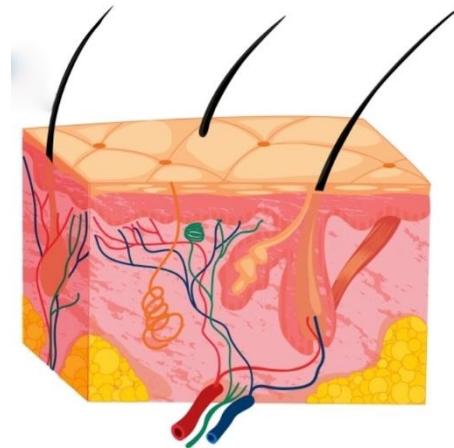
Though the effect of a particular oil is generally integral (i.e. applies to the whole body, not just one part) it is possible to describe how each system is specifically affected by aromatherapy.



Effects on the skin (integumentary system)

Aromatherapy massage treatments affect the skin directly because massage involves rubbing oils into the skin. So, no matter what problem or part of the body is being treated, the skin will benefit.

- Improved circulation to the skin, increased nutrition to the cells and encouraging cell regeneration.
- Stroking and rubbing of the skin helps speed up desquamation which encourages regeneration of skin cells leading to better skin tone.
- Increased production of sweat from the sweat glands, helping to excrete urea and waste products through the skin.
- Vaso-dilation of the surface capillaries helping to improve the skin's colour.
- Improved elasticity of the skin
- Stimulates the sebaceous glands to increase sebum production, helping to improve the skin's suppleness and resistance to infection.



Remember

Massage removes dead skin cells. Pores are encouraged to stay open by allowing increased skin respiration, increasing its suppleness & elasticity – giving the skin a healthy and glowing appearance.

Effects on muscular-skeletal system

Joints and muscles benefit from oils with a rubefacient effect. The blood, warmed and stimulated by the oil, moves faster, bringing oxygen to stiff or immobile muscles and joints and thus helping to remove lactic acid build-up and waste such as carbon dioxide. Detoxifying oils, such as juniper, lemon and fennel can help to reduce the uric acid build-up that causes gout as well as relieving the symptoms of arthritis, such as inflammation and swelling.



Helpful treatments include:

- rubefacients: black pepper, rosemary, ginger, lemon, eucalyptus. (NB None of these oils should be used on an area that is already red, sore or inflamed).
- depurative (detoxifying): fennel, lemon, juniper, grapefruit.

Effects of massage on muscular-skeletal system:



- Massage movements such as kneading, wringing and friction help to separate congested muscle fibers – they break down fibrocystic nodules and adhesions, improving the elasticity, strength, and tone of muscles, and relieve muscular fatigue.
- Massage relieves muscular tightness, stiffness, spasms, and restrictions in the muscle tissue.
- It increases flexibility in the muscles due to muscular relaxation.
- It increases blood circulation bringing more oxygen and nutrients into the muscle. This reduces muscle fatigue and soreness.
- Massage can help increase joint mobility by reducing any thickening of the connective tissue and helping to release restrictions in the fascia.
- Massage improves muscle tone and balance, reducing the physical stress placed on bones and joints.

Remember

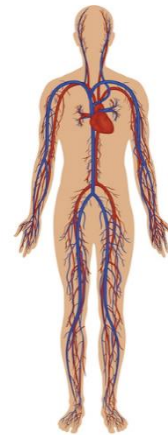
Massage relaxes, stretches & softens muscle tissue - reducing muscular tension and fatigue.

Effects on the cardiovascular system

No matter which method of applying essential oils is used, the essences will eventually find their way into the blood and be transported around the body. Certain essences have a particular effect on the blood and the circulation.

Hypotensive oils -these oils lower blood pressure and are very efficient for treating high blood pressure (hypertension). They also have calming and relaxing effects, thus reducing blood pressure even further. Hypotensive oils include lavender, marjoram, ylang ylang and lemon.

Hypertensive oils -low blood pressure is as dangerous as high blood pressure and hypertensive oils help to stimulate and invigorate the circulation, thus increasing pressure and aiding the prevention of other circulatory problems such as chilblains. Hypertensives include rosemary, black pepper, eucalyptus and ginger.



Tonics- oils with a tonic, cooling effect have an opposite effect to that of rubefacient oils. They help to constrict capillaries thus reducing swellings and inflammations. Tonics include cypress, lemon and clary sage.

Rubefacient oils - also known as 'warming' oils, these oils warm the tissues in the area of application. This allows the blood vessels in that area to dilate, enabling a more efficient circulation. Thus, the delivery of oxygen and food and the removal of waste are faster which helps to speed up healing. Rubefacients include black pepper, rosemary, ginger, lemon and eucalyptus.

Effects of massage on cardiovascular system:

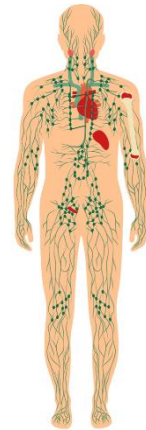
- Improve circulation by mechanically assisting the venous flow of blood back to the heart.
- Dilate blood vessels helping them to work more efficiently.
- Produce an enhanced blood flow; delivery of fresh oxygen and nutrients to the tissues is improved and the removal of waste products, toxins and carbon dioxide is hastened via the venous system.
- Help temporarily to decrease blood pressure, due to dilation of capillaries.
- Decrease the heart rate due to relaxation.

Remember

A slow relaxing massage strengthens the heart; the rate of the heartbeat decreases, and high blood pressure may be reduced.

Effects on lymphatic system

The lymphatic system helps the circulation by collecting any excess tissue fluid that the blood capillaries are unable to carry, filtering it and returning it to the blood. It is especially important for the body's immunity because antibodies and bacteria-eating cells are produced in lymphatic tissue. Stimulating the lymphatic system thus stimulates two processes: the production of antibodies and the filtering of tissue fluid to remove waste and potentially harmful micro- lymphatic organisms. Oils that stimulate the lymphatic system can be used preventatively, to strengthen the body's own defences or to treat particular conditions caused by an ineffective lymphatic system, like the build-up of cellulite, water retention and bloating.



Useful oils include:

- lymphatic stimulants: geranium, juniper, sweet orange
- eliminating oils (for cellulite, bloating): grapefruit, fennel, lemon
- diuretics (for fluid retention): cedarwood, fennel, juniper.

Effects of massage on lymphatic system:

- Reduce oedema (excess fluid in the tissue) by increasing lymphatic drainage and the removal of waste from the system.
- Regular massage may help to strengthen the immune system, due to increase in white blood cells.

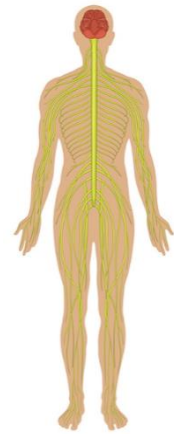
Remember

When we sustain injuries, there is often a great deal of edema (swelling), which should be dispersed into the lymphatic circulation.

Massage can help empty the lymph vessels and allow the swelling to disperse.

Effects on nervous system

The nervous system is the body's communication and instruction network. Think of it as a very complex wiring arrangement rather like a telephone system linking every area of the body. It is able to send and receive messages to every cell ensuring optimum functioning under all circumstances. It warns the body of danger and sends messages regarding pain and all sensations. Often the nervous system works to protect us by coordinating various body functions and physical and mental reactions. Sometimes a non-physical danger can occur which can produce the sensations of worry or stress. The body has a tendency to react to these sensations in the same way as if a physical danger had occurred, e.g. keeping the body in a state of heightened nervousness, anxious and full of adrenaline, ready to react if necessary. In the long term, this can cause tension, restlessness, an inability to relax and insomnia. In more serious cases, high blood pressure and heart problems may develop. Aromatherapy can relax an over- active nervous system and, where pain is felt, slow down the reactions of pain receptors and thus reduce the pain.



Useful oils include:

- analgesics: painkillers e.g. German and Roman chamomile, lavender, rosemary
- antispasmodics: calm nerves which tell muscles to go into spasms e.g- German and Roman chamomile, lavender, marjoram
- sedatives: slow down activity thus help relieve insomnia, stress, tension e.g lavender, German and Roman chamomile, bergamot, ylang yang
- stimulants: get systems going, for use in cases of convalescence and weakness e.g, basil (used with care), peppermint
- nervines: help the whole nervous system e.g, rosemary, marjoram and neroli.

Effects of massage on nervous system:

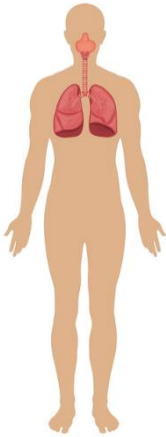
- Massage stimulates sensory receptors: this can either stimulate or soothe nerves depending on the techniques used.
- It also stimulates the parasympathetic nervous system, helping promote relaxation and the reduction of stress.
- Massage helps to reduce pain by the release of endorphins (endorphins are also known to elevate the mood).

Remember

A slow, light pressure massage will have a soothing & sedative affect and will provide relief from nervous irritability.

A vigorous & firm pressure massage will stimulate the nerves and promote an increase in the activity of the muscles, vessels and glands governed by them – invaluable in cases of lethargy & fatigue.

Effects on respiratory system



One of the most effective ways of using essential oils is to inhale them, either from a tissue that has been impregnated with drops of oil, in a steam inhalation, from bath water or in the vapours from burner or diffuser.

The essential oil molecules cause impulses to be sent to the brain. The brain can then send responses, which may affect various parts of the body. Using essential oils in this way will also allow some of the oil molecules to dissolve in the mucus that lines the respiratory tract. These will then be absorbed into the body's fluids and diffused throughout the body. Many oils have the ability to irritate mucus membranes and a good working knowledge of essential oils is necessary to avoid reactions. It is difficult to do a patch test up the nose!

No matter which method of aromatherapy treatment is used, smelling and breathing in the oils is an important factor. For example, during massage, oils penetrate the skin in a blend or a cream but the smell of the oils used will also have an effect. Thus the respiratory system, like the skin, can benefit directly or indirectly from aromatherapy treatments. Specific treatments to help respiratory problems (such as asthma, bronchitis, coughs, colds, flu and pneumonia) include-

- antispasmodics: bergamot, chamomile, lavender decongestants: lavender spike eucalyptus, globulus and dives
- antiseptics (for infections): bergamot, lavender, eucalyptus, tea tree, lemongrass
- expectorants (encourage coughing and clearing of mucus): cedarwood, eucalyptus, lavender, sandalwood, marjoram
- general cold remedies: eucalyptus, lavender, marjoram, thyme.

Effects of massage on respiratory system:

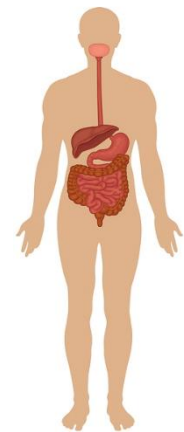
- Massage deepens respiration and improves lung capacity by relaxing any tightness in the respiratory muscles.
- It also slows down the rate of respiration due to the reduced stimulation of the sympathetic nervous system.
- Increases the blood flow to the lungs and produces a better interchange of gases.
- Helps loosen mucus and eases congestion, especially cupping & vibration movements.
- Increases lung activity – making them more resistant to infections.

Remember

Massage helps to slow down & deepen the breath – helping the body to relax.

Effects on digestive system

Essential oils should not be taken internally but they can be used externally to help the digestive system. Baths and massage of the abdomen both help intestinal problems such as diarrhoea, the indigestion and constipation. Also, geranium, inhalation of oils affects the digestive system indirectly because the molecules of essential oils are carried to it in the circulation.



Useful oils include:

- antispasmodics (prevent pain and spasm): German and Roman chamomile, clary sage, sweet fennel, peppermint, lavender, petitgrain
- stimulants: black pepper, orange, sweet fennel, ginger, myrrh
- eliminating oils (especially for flatulence): chamomile, fennel, marjoram, peppermint.

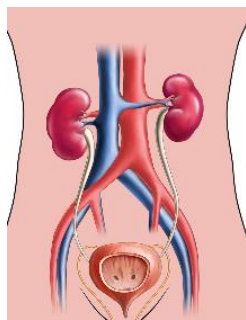
Effects of massage on digestive system:

- Increase peristalsis in the large intestine, helping to relieve constipation, colic, and gas.
- Promote the activity of the parasympathetic nervous system, which stimulates digestion.

Remember

As well as helping the digestion and elimination of food, massage also increases absorption of digested foods & nutrients.

Effects on urinary system



The urinary system is the body's liquid waste removal unit. It is often subject to bacterial infections - in the bladder (cystitis), kidneys and urinary tract and aromatherapy can be used to treat the symptoms and effects of these problems. Antiseptic oils can help to clear infections, diuretic oils can be used to encourage urine production and thus help wash away bacteria and certain oils are effective in relieving the symptoms of kidney infections, although medical advice should be sought before treating any kidney problem.

Useful oils include:

- antiseptics: bergamot, German chamomile, tea tree, cedarwood, sandalwood
- diuretics: cypress, fennel, juniper.

Effects of massage on urinary system:

- Massage increases urinary output due to the increased circulation and lymph drainage from the tissues.

Remember

The use of abdominal and lower back massage promotes the activity of the kidneys which enhance the elimination of waste products.

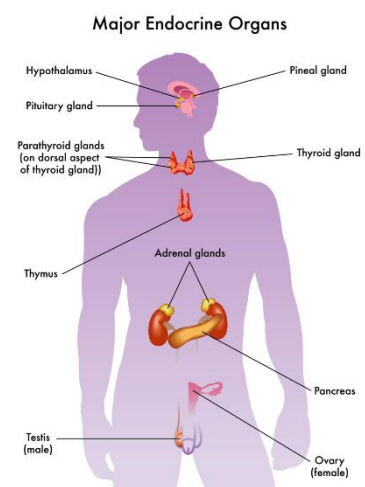
Heavy percussion movements should not be performed over the area of the kidneys, as there is a risk of damage.

Effects on endocrine system

The endocrine system, like the nervous system, is a communication network. It uses chemicals known as hormones to tell the body to grow, change and behave in certain ways.

Aromatherapy can help this system in several different ways:

- may help control over/under production of certain hormones, especially those from the thyroid gland and the adrenal cortex (e.g. basil, geranium and rosemary oils)
- balancing the hormones used in the reproductive system, thus relieving menopausal/menstrual problems e.g. fennel - used with care, clary sage, cypress, German and Roman chamomile, rose, cabbage and damask
- may help control high, and thus potentially dangerous blood sugar levels e.g. geranium, eucalyptus
- may help control appetite e.g. bergamot.



Remember

The endocrine system and nervous system control & co-ordinate body functions and maintain the body's internal balanced state known as homeostasis.

Regular massage can help maintain this balance.

Effects on reproductive system

Essential oils are very useful for treating the problems associated with pre-menstrual tension (depression, anxiety, fluid retention, cramps) and the menopause.

Remember: Essential oils should never be used in the first three months of pregnancy. For the rest of the term, mandarin is the only oil that is recommended for use and only in weak dilution.



However, pregnant women should avoid many essential oils because they are abortifacients (cause abortions) and emmenagogues (provoke menstruation).

Helpful treatments include –

- geranium for pre-menstrual tension
- rose, geranium, jasmine for menopausal problems
- jasmine for prostate problems
- chamomile, fennel, juniper, geranium, cypress for fluid retention (PMT)
- rose for re-establishing balance.

Effects of massage on reproductive system:

The use of abdominal & back massage can help alleviate menstrual problems such as menstrual pains, irregular menstruation, PMS & the symptoms of the menopause.

Remember

Abdominal massage in the first couple of days of menstruation may cause discomfort as it increases blood flow.

The immune system

An immune system that is working properly can help to stop the body becoming ill in the first place. Due to their antiseptic and antiviral qualities, regular use of essential oils can help to strengthen the body's immunity and prevent infection and disease. Most oils have some antibacterial qualities. Oils have two benefits: they can attack bacteria that are already in the body and they can stimulate cells and organs, in a sense waking them up, so that they are better equipped, more efficient and ready to attack any bacteria that appear thus preventing an infection.

Useful oils include -

- antibacterial: eucalyptus, tea tree, lavender, myrrh
- antiviral: bergamot, tea tree, rose, marjoram
- febrifuges (reduce fever): eucalyptus, peppermint
- sudorifics (promote sweating): rosemary, peppermint, basil
- overall immune system stimulants: lavender, bergamot, tea tree, thyme, lemon
- lymphatic system stimulants: rosemary, geranium.

Lesson 10: Aromatherapy and the Brain

OBJECTIVES OF THIS LESSON

- Understand how aromatherapy relates to the systems of the brain;
- Consider how aromatherapy can benefit conditions of the mind, such as anxiety.

Inhalation is a very efficient mode of administration for affecting neurological function, as the smell receptor sites in our nasal cavity have a direct link to the brain, via the olfactory bulbs.

- When you smell an essential oil, some molecules dissolve in the mucus lining of the olfactory epithelium on the roof of the nasal cavity. The molecules stimulate olfactory receptors.
- Olfactory sensory neurons carry the signals from the receptors to the olfactory bulb, which filters and begins processing the input signals of the scent.
- Mitral cells then carry the output signals from the olfactory bulb to the olfactory cortex. Here you perceive and recognize the scent of the oil.
- Mitral cells also carry the signals from the Essential oil to other areas in the brain's limbic system.
- Some mitral cells connect directly to the amygdala, the brain structure involved in emotional learning and memory.
- Indeed, the olfactory system is the only sensory system that involves the amygdala and the limbic system in its primary processing pathway.
- This link explains why smells are often linked to specific memories.
- For example, if you have had a positive experience with ginger biscuits, the scent of ginger may induce positive thoughts.

In a 2013 article, researchers at Xiamen University, China, commented: "Most studies, as well as clinically applied experience, have indicated that various essential oils, such as lavender, lemon and bergamot can help to relieve stress, anxiety, depression and other mood disorders. Most notably, inhalation of essential oils can communicate signals to the olfactory system and stimulate the brain to exert neurotransmitters (e.g. serotonin and dopamine) thereby further regulating mood." <http://www.ncbi.nlm.nih.gov/pubmed/23531112>

The Placebo effect

There is another explanation for mood improvements and the reported pain reduction, called the placebo effect.

This theory is based on the individual's expectancies, rather than the scent's characteristics, and this determines the effects of the scent.

Studies at the Monell Chemical Senses Centre show that people's expectations about odours have the power to affect their health and behaviour.

Therefore, scents that are perceived as positive may actually induce their positive effects due to the placebo effect.

The Limbic System

We have all had the experience where a particular smell has brought us back to a time and place of memory.

It could be freshly baked biscuits transporting you back to childhood and the first time you smelled moms baking.

Thanks to the Limbic system, that ancient part of the brain, you have direct access to your past through the sense of smell.

The limbic system is part of the reptilian brain, the older embryological part of brain that is one of the first to form as a foetus.

It is the interface between the brain and the outside world.

The limbic system is the seat of the emotional centre and is partly responsible for our fight or flight response.

It is responsible for our emotional reaction to an event, our hormonal secretions, motivation, pain reflex and our mood fluctuations.

There are three main components to the limbic system: the hypothalamus, the hippocampus and the amygdalae.

There are also the pituitary, the cingulate gyrus, the fornicate gyrus, the thalamus, the mammillary body, the nucleus accumbens that help form the system, plus the olfactory bulb that plays such an important part in aromatherapy.

The hypothalamus.

This part of the brain strives to bring the body into homeostasis.

When the body is feeling imbalanced, the hypothalamus will try to return it to "set point" much like a thermostat adjusting hot and cold.

The hypothalamus regulates hunger, thirst and response to pleasure and pain.

It affects, through the parasympathetic and sympathetic nervous system your blood pressure, heart rate, the sleep/awake response and sexual arousal. Its relationship to the endocrine system allows for hormone production and release.

The Hippocampus

The Hippocampus converts short-term memory into long-term memory and deals with spatial navigation.

In Alzheimer's patients, this is one of the first parts of the brain to be affected and if there is damage to this part of the brain, memories prior to the damage are hard to retrieve. In a faulty functioning hippocampus, people somehow forget where they are and how they got there.

The hippocampus allows us a sense of direction and a knowing of how to navigate through life both physically and internally.

The amygdala

This is our primeval arousal centre that process the memory of emotional reactions. They store all information concerning emotional events, which include fear conditioning and conditioning of emotional response.

The amygdalae register non-verbal signals of anger, fear, defensiveness, and aggression. They also contribute to the sexual response.

Input from the olfactory bulb and olfactory cortex arrives at the amygdalae, impulses are then sent out to other the parts of the limbic system and the fight or flight response takes over.

There is a demand for increased sympathetic nervous response, asking for faster reflexes, such as an appropriate facial expression and increased hormonal production.

The pathway

An aroma fills the room, and the smell is inhaled.

Odorant molecules infiltrate the nasal passages and travel through to the olfactory epithelium where neurons with cilia bind onto the odorant.

Inside the neurons there are protein called odorant receptors. There are thousands of neurons in the epithelial tissue, but in humans we can only pick up smell with about 300 different odorant receptors (dogs have many more).

The odorant receptors in the neurons bind to an odorant molecule.

The receptor cells then convert the proteins into electrical impulses, which travel along the olfactory nerve to the cribiform plate and then to the olfactory bulb.

From the olfactory bulbs, odour impulses travel directly to the olfactory cortex in the temporal lobe or to the limbic system (especially the hypothalamus and pituitary).

What is aromatherapy's part in all of this?

Each of the essential oils has therapeutic properties, in that they are stimulating, calming, sedative, balancing, and so on.

When we inhale an essential oil molecule, it travels through the nasal passage to a receptor neuron that transports it up to the limbic brain, especially the hypothalamus. Some of the functions of the hypothalamus are to regulate blood pressure, control heart rate and adjust hunger and thirst.

Well, if you smell an essential oil that has a vibrationally calming effect on the body, and the hypothalamus receives the input to relax, then it creates neurochemicals that are sent through the body to relax and calm.

If an essential oil has a frequency known to stimulate the body, then the limbic system will conform by sending the message to energize and become more active. This manner of transport allows aromatherapy oils to increase immunity, balance hormonal secretions, dampen or enliven hunger and thirst, and create sexual desire. We call this a neurochemical change.

Aphrodisiacs are potent as they affect not only the hypothalamus and the pituitary, but also other brain parts associated with sexual arousal, increased libido, and desire for procreation. Most aphrodisiac oils send messages to relax peripheral nervous energy and instead concentrate that energy for stimulation of the sexual centres.

There are also emotional responses that get set up.

If a situation is sensual, pleasing, fun, exciting or amusing, the odours present at that time help to reinforce the neural pathways of the brain.

Each time the same aroma is present with a similar pleasure, the pathways deepens, until the memory transfers from short term to long term memory and is indelibly planted in the brain. This is like building a little muscle in the brain that gets stronger over time.

Years after the event, even if the smell hasn't been present all that time, one whiff and the brain falls right back into the pleasure pathways and the memories kick in.

Unfortunately, the same applies for 'bad' memories. The unpleasant external events associated with the aroma become internalized and are remembered by the stimulus of the odour. An arousal or fight/flight state is triggered in the limbic system by the direct access of the aroma molecule.

Aromatherapy can play a big part in stress reduction, balanced heart rate, and hunger control because of its inter-relationship with the limbic system.

Neurotransmitters

Scientists have identified several physiological suspects that play a role in Seasonal Affective Disorder (SAD): serotonin, melatonin, dopamine and norepinephrine.

SAD has been mostly linked to reduced levels of serotonin, an important “feel good” neurotransmitter. Eating carbohydrates increases serotonin levels, and this may explain the tendency to binge on carbs. Studies have shown that dopamine depletion causes a temporary worsening of symptoms in SAD patients. Dopamine is associated with “reward” pathways in the brain, and may also be linked to binge eating.

Fatigue and lethargy in SAD are very likely associated with low levels of dopamine and also norepinephrine (Levitan 2007).

Melatonin is a hormone produced by the pineal gland when there is very little light, and it signals our body to sleep. We naturally produce more melatonin in winter months.

The animal kingdom naturally decrease their activity during winter months, as food sources are diminished and there is not enough sunlight to go hunting for whatever is still available. Animals, such as bears and hedgehogs, choose total hibernation, sleeping through the winter months to awaken when sun is high and food abundant. We cannot afford such winter sleep indulgences, and so we need to fight the ramifications of ignoring our natural circadian rhythms (the inner clock that tells us to sleep when the sun goes down).

Common treatments for SAD include light therapy, vitamin D supplements and antidepressants. However, essential oils may also be of great service.

What is GABA?

- Gamma aminobutyric acid (GABA) is a naturally occurring amino acid that works as a neurotransmitter in your brain.
- Neurotransmitters function as chemical messengers.
- GABA is considered an inhibitory neurotransmitter because it blocks, or inhibits, certain brain signals and decreases activity in your nervous system.
- Essential oils are emerging as a promising source for modulation of GABA and sodium ion channels.
- GABA is the major inhibitory neurotransmitter in the CNS and the GABA receptor system exerts a major inhibitory function in the brain.
- The dysfunction or deficiency of GABA has been implicated in epilepsy, pain, and anxiety.

What are adaptogens?

- Adaptogens are herbal pharmaceuticals.
- They work to counteract the effects of stress in the body.
- Stress causes very real physical changes in the body, including harming the neurological, endocrine, and immune systems.
- Adaptogens have stimulant properties that help counteract those harmful effects.
- Adaptogens can be seen in Nutritional therapy as well as Aromatherapy.

What is generalized anxiety disorder?

Generalized anxiety disorder, or GAD, is a condition that makes you worry uncontrollably about common occurrences and situations.

GAD is different from normal feelings of anxiousness. It's common to feel anxious about the things happening in your life — such as your finances — every now and then.

The person is often aware that there is no reason for them to worry.

Symptoms of GAD include:

- difficulty concentrating
- difficulty sleeping
- irritability
- fatigue and exhaustion
- muscle tension
- repeated stomach-aches or diarrhoea
- sweaty palms
- shaking
- rapid heartbeat
- neurological symptoms, such as numbness or tingling in different parts of the body
- relationships and daily activities

How is generalized anxiety disorder treated?

- Cognitive behavioural therapy
- Medication
- Lifestyle changes to help ease symptoms of GAD
- regular exercise, a healthy diet, and plenty of sleep
- yoga and meditation

- avoiding stimulants, such as coffee and some over-the-counter medications, such as diet pills and caffeine pills
- talking with a trusted friend, spouse, or family member about fears and worries

Essential oils for GAD

- Valerian is thought to contain compounds that promote sleep and calm nerves. It can have a mild sedative effect on the body.
- Lavender is thought to calm anxiety by impacting the limbic system, the part of the brain that controls emotions.
- Inhaling jasmine oil can promote a sense of well-being and romance. Unlike some other essential oils used for anxiety, jasmine oil is thought to calm the nervous system without causing sleepiness.
- Holy basil is an adaptogenic herb that has shown promise in treating physical and mental stress.
- Sweet basil phenol compounds in sweet basil oil helped relieve anxiety. These compounds were found to be less sedating than the anxiety medication diazepam.
- Bergamot has been found to help relieve anxiety and improve mood.
- Chamomile There isn't much research on chamomile essential oil for anxiety. Research Trusted Source has shown, however, that chamomile supplements may benefit people with mild to moderate generalized anxiety disorder.
- Rose has an enchanting floral scent known to relax the senses.

SAD and Essential oils

Studies on depression and the sense of smell show that clinical depression is associated with reduced olfactory sensitivity (Negoiias et al 2010, Schablitzky and Pause 2014).

However, this may not apply to seasonal affective disorder (SAD), where researchers find the opposite – an increased olfactory sensitivity, especially in the right nostril, which corresponds to the right side of the brain (Postolache et al 1999).

This increased sensitivity suggests that people with SAD may be especially responsive to aromatherapy.

Many studies have found that vaporized citrus oils are particularly effective for mood enhancement. In one, a mixture of bergamot, orange and lemon (with lemon predominating) was slowly vaporized throughout the day over a two-week period, and depressed patients exposed to this fragrance were able to reduce their dose of antidepressants (Komori et al 1995).

Bergamot and lemon oils are among the most widely-researched for positive effects on mood. Rodent studies show that lemon oil is antidepressant (Komori et al 1995) and

invigorating (Komori et al 2006). It also reduces anxiety and boosts both serotonin and dopamine (Komiya et al 2006), two neurochemicals that are often reduced in SAD. In addition to lemon oil, other essential oils that positively impact dopamine and/or serotonin, and are also antidepressant, include clary sage, Atlas cedarwood, eucalyptus globulus and orange (Costa et al 2013, Kako et al 2008, Martins et al 2015, Seol et al 2010).

The citrus oil that has been most widely researched for mood effects in humans is bergamot. Bergamot oil inhalation, from diffusion or water-based sprays, has shown significant effects in the following conditions:

Many other essential oils are said to be uplifting – some of these are more stimulating, and some are more calming (see below). However, note that a “relaxed alertness” is also described for some essential oils, as is as an antidepressant effect.

Stimulating oils

- Black pepper

Black pepper is the only essential oil that has been shown to significantly increase epinephrine levels on inhalation (Haze et al 2002) and so might be useful where lethargy is a problem, but perhaps not if anxiety is high.

- Grapefruit

In healthy adults, inhaled grapefruit oil was stimulating and invigorating, increasing the activity of the sympathetic nervous system by 50%, and causing a slight increase in skin temperature (Haze et al 2002). Grapefruit oil inhalation slightly increased epinephrine and norepinephrine levels. The effect was not statistically significant, but it may reveal a tendency (Haze et al 2002).

- Jasmine

Jasmine absolute is widely regarded as an antidepressant. Vaporized jasmine absolute had a stimulating effect on the autonomic nervous system, resulting in greater blood oxygen saturation and increased alertness and perceived vigor (Sayowan et al 2013).

- Lemon

Rodent studies show that lemon oil is antidepressant and invigorating (Komori et al 1995, Komori et al 2006). It reduces anxiety and boosts both serotonin and dopamine (Komiya et al 2006).

- Rosemary

A proven essential oil for those who have difficulty concentrating (Moss & Oliver 2003, Moss et al 2003), rosemary oil also acts on serotonin receptors (Martinez et al 2009). Also see [Rosemary Boosts Brain Power](#).

Calming oils:

- Bergamot

Bergamot was a key ingredient in the original Eau de Cologne, which was said to have restorative and refreshing properties. According to the research (cited above), inhaled bergamot oil reduces anxiety and stress, and correspondingly causes slight reductions in blood pressure and heart rate.

- Clary sage

Clary sage oil increases both dopamine and serotonin levels, and these effects are thought to explain its notable antidepressant action (Lee et al 2014, Seol et al 2010).

- Orange

Research on orange oil demonstrates that it is calming, reduces anxiety and heart rate, and improves mood (Goes et al 2012, Jafarzadeh et al 2013, Lehrner et al 2005). Orange oil does increase serotonin levels (Costa et al 2013).

- Rose

Inhalation of rose essential oil resulted in a 30% decrease of epinephrine levels (Haze et al 2002). So this would be an appropriate essential oil for extreme stress, but not for extreme lethargy. Prolonged inhalation of rose oil (24 hours) by gerbils revealed an anti-anxiety effect that was described as being similar to “some serotonergic agents” (i.e. substances that increase serotonin) (Bradley et al 2007).

- Sandalwood

Traditionally, Buddhists used sandalwood oil as a therapy for anxiety, depression and insomnia, while Tibetan Monks used it to relax the body and focus the mind. Research reveals that inhaled sandalwood oil is calming, while improving mood and increasing attentiveness (Heuberger et al 2006).

Not everyone should take substances that increase serotonin. In particular, drug interactions are possible. Be aware that a few essential oils, if taken with for example SSRI drugs, could possibly lead to serotonin syndrome, such as I reported here [Interaction with SSRI medication] almost certainly due to blue (German) chamomile oil.

If you have chosen an oil or blend that fits you the best, I recommend using a diffuser with intermittent setting and diffusing oils in intervals of 30 to 60 minutes and then stopping for at least the same amount of time for the greatest therapeutic benefit. This way the nervous system does not habituate or adapt to the olfactory stimulus. And, it's safer. In a day, 2-3 sessions are usually adequate. If diluted essential oils are being worn as fragrance, body oil etc., these limits won't apply.

So, get those diffusers and inhalers ready, because the winter still has a long way to go and even if you are not suffering from SAD we can all use some uplifting now and again, especially when the temperatures drop into single digits and blizzards roar outside.

<https://roberttisserand.com/2016/01/essential-oils-and-seasonal-affective-disorder/>

Lesson 11: Application of Oils

OBJECTIVES OF THIS LESSON

- Understand where to buy essential oils;
- Explain how essential oils should be safely stored;
- Be able to explain key safety precautions.

Before explaining how to use essential oils it is important to explain how not to use them! The first consideration for anyone planning to use essential oils is where to buy them.

How and where do I buy essential oils?

The most important factor to consider when buying essential oils is who supplies them. With a good, reliable supplier, there is no need to worry about the purity, origin or quality of the oils. The checklist below will help in selecting a supplier: a reputable source will be able to provide all the required information.

- Where is the oil from? What country and which region of that country?
- Was the plant organically grown?
- Which part of the plant was used to produce the oil?
- What is the plant's botanical name (usually in Latin)?
- How was the essential oil extracted: distillation, solvent extraction or expression?
- How long has the oil been in stock?
- Where are the oils stored/are the oils stored properly? (if you are in the shop/warehouse you can check this) i.e. away from extremes of temperature.

Also, be aware of the following:

- are the oils unusually cheap? If so, they might not be the real thing. For example, if rose or jasmine oils are not much more expensive than rosemary or thyme, they might be blends or dilutions...rose and jasmine are extremely expensive.
- buy the best you can afford, The better the quality the better the effect
- check that the oils are not synthetics, adulterations or 'nature-identical' copies: the positive effects of an essential oil cannot be exactly synthesised and aromatherapy treatments using artificial or diluted oils will be just as artificial, ineffective and weak!

How should oils be stored?

Essential oils are delicate and expensive. It is therefore wise to look after them. They should be stored:

- away from extremes of temperature
- heat will evaporate them and cold can affect their composition

- in dark, amber glass bottles (or dark blue glass bottles if kept in the dark or a refrigerator): essential oils are sensitive to ultraviolet light; they should not be stored, or bought, in plastic because it affects the molecular structure of the oil
- in tightly sealed bottles: to protect them from evaporating in the air and to stop contact with the air from changing their composition
- out of the reach of children (childproof caps are now available for use with essential oil bottles)
- bottled and stored appropriately, away from air, heat and light. They are susceptible to oxidation and hydrolysis - contamination and degradation by oxygen and water and can turn rancid. Changes in the quality of carrier/fixing oils are usually detectable by changes in colour, odour and viscosity.

Are essential oils safe?

Used correctly, essential oils are very safe, mainly because they are used in such tiny amounts. When used in the wrong and in the wrong conditions they can produce adverse effects. Certain oils should never be used under any circumstance and some should not be used for specific conditions.

When should oils not be used?

The effects of certain oils can be positive for some conditions and not for others.

Problems can be avoided in three ways:

- consulting with clients to find out as much about their medical history and any contraindications
- knowing the properties and effects of all oils used
- using the oils in their correct and safe dilutions

General skin irritants

The following oils can irritate the skin so are not recommended for those with sensitive skin or anyone prone to skin allergies. It is also useful to remember that solvent-extracted oils will contain traces of the solvent used and may cause irritations.

- | | |
|----------------|--------------|
| • Melissa | • Thyme |
| • Basil | • Ginger |
| • Orange | • Tea tree |
| • Black pepper | • Lemon |
| • Peppermint | • Lemongrass |
| • Clove | |

Photosensitisation

Certain oils make the skin more sensitive to ultraviolet light and should be avoided before exposure to sunlight or before going on a sunbed.

- | | |
|--|------------------------------------|
| • Bergamot | • Patchouli |
| • Grapefruit (particularly if distilled) | • Lime (particularly if expressed) |
| • Lemon | • Sweet orange |
| • Mandarin | |

Hazards associated with essences:

In addition to irritation and sensitisation, there are other hazards associated with the use of essences.

Certain oils are toxic, causing damage to the body cells and tissues usually through overdosage or oral ingestion.

Sensitive skin and allergies

Before using any medium, the therapist may wish to carry out a patch test, especially if the client has sensitive skin or allergies.

Wash the crook of the elbow with water, dry it and apply a small amount of the medium onto the skin. Leave for 24 hours and check for any reactions.

**Specific conditions and essential oils****Pregnancy**

Avoid oils which have the following properties:

- emmenagogues: provoke menstruation.
- diuretics: provoke urine production.
- parturients: provoke parturition i.e. childbirth.
- abortifacient: cause abortions.
- uterine stimulants: cause the uterus to constrict thus provoking abortions.
- The oestrogenic effects of certain oils such as basil and fennel may upset the balance of hormones during pregnancy.

Essential oils should never be used in the first three months of pregnancy. For the rest of the term, mandarin is the only oil which should be used.

**Epilepsy**

Never use:

- fennel (fenchone)
- rosemary (camphor)

Neurotoxic - can induce seizures.

Liver Disorders

Never use:

- fennel (trans-anethole)
- basil (methyl chavicol)

Hepatotoxic- can cause damage to liver cells.

Some oils are also suspected of carcinogenesis, forming or stimulating the growth of cancer cells. The oils considered toxic contain many of the chemicals thought to be harmful.

Any medication (prescription and non-prescription) taken must be fully discussed with the client as essences may cause adverse effects when used in combination.

Which oils should never be used?

Here is a list of toxic oils which should -be used, under any circumstances.

- Cinnamon bark
- Aniseed
- Dwarf pine
- Arnica
- Elecampane
- Bitter almond
- Horseradish
- Bitter fennel
- Hyssop
- Camphor
- Mustard
- Cassia
- Origanum
- Pennyroyal
- Rue
- Sage
- Sassafras
- Savin
- Savory (winter and summer)
- Southernwood
- Tansy
- Thuja
- Wintergreen
- Wormseed
- Wormwood

Essential oils should never be used undiluted on the skin, so they need to be blended with a carrier oil. They can be blended in different types of massage mediums. There are separate reasons and benefits for using massage mediums in massage.



Lesson12: Carrier Oils

OBJECTIVES OF THIS LESSON

- Explain reasons for using massage mediums.
- Describe the key properties of typical carrier oils.

Carrier oils are used to blend with aromatherapy oils since essential oils cannot typically be used undiluted on the skin.

Massage Mediums

A massage medium is a lubricant, which helps the therapist's hands to move freely and smoothly over the client's skin.

Reasons for using lubricants in massage:

- Reduces friction between therapist's hands and the area being massaged
- Improves the gliding movement of the therapist's hands over the area that is massaged
- Increases client's comfort
- Prevents dragging and pulling hairy skin
- Prevents stretching loose, fragile skin

Massage mediums should be selected to suit your client's skin.

Massage mediums are also referred to as base oils, carrier oils or vegetable oils.



Methods of application

The oil may be cold and uncomfortable if not warmed up and evenly distributed. The therapist should dispense a small amount into the palm of one hand and then rub the hands together to warm the medium and spread it smoothly across palms and fingertips. Apply to the client's skin using effleurage strokes.

Remember

All massage mediums should be dispensed into the therapist's hands first, rather than directly onto the client's skin.

This is for the comfort of the client and an important part of providing a quality treatment.



Storage and safety precautions of oils

A Material Safety Data Sheet (MSDS) should be available for the oils you purchase. This will provide health and safety information you need relating to the oil. You should read and retain this data sheet for your reference. Retain all original labelling if you transfer oils from their original bottle. Be sure to adequately label bottles of oils. All oils should be kept out of reach of children and animals.

Typically, oils should be stored in a cool dark place away from extremes of temperature. Once opened, thus exposed to the air, carrier oils will typically last up to 1 year, but do be sure to check expiry dates as oils can go rancid. Make sure that the bottles are always resealed tightly and stored upright. Always check carrier oils are 100% natural - and not blended with additives, preservatives, perfumes, paraffins or mould inhibitors (parabens).

You may purchase oils in larger bulk bottles, so prior to treatment, transfer some oil to a dispenser bottle. A typical full body massage will use 20-25ml oil, but more may be required on dry skin and/or larger bodies. Any leftover oil should be discarded and never poured back into the original bottle. Always use a clean dispenser bottle for each treatment. Clean any spillages promptly to avoid hazards.

Buy your oils from a recognised oil supplier, chemist, or health store.



Carrier Oil Properties

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Apricot Kernel Oil	<i>Prunus armenica</i> Family: Rosaceae Country of Origin: Europe, Asia, Middle East	Cold pressed from the kernels (seeds)	A pale-yellow oil, light textured, slowly absorbed oil.	Oleic acid (MFA), Linoleic acid (PFA) Palmitic acid (SRA); Vitamins A, B1, B2, B6, E. Light and non-sticky	Excellent for skin protection being both emollient and nourishing. Suitable for facial massage. Good for all skin types.	May be expensive.
Avocado Oil	<i>Persea Americana</i> Family: Lauraceae Country of Origin: Central and South America	Cold-pressed from the dried fruit flesh	The unrefined oil is dark green, viscous and rich with a distinctive green colour.	Contains lecithin (which contains phospholipids, which are an important part of all body membranes), saturated and monounsaturated fatty acids (essential for the body to function). High vitamin content: A, B, D. High in oleic and palmitic acids, also contains linoleic and linolenic acids	All skin types, if using unrefined avocado oil. It aids dermal regeneration and is highly nutritious. Stores well (because it contains a natural antioxidant). Emollient (softens and smooths skin). Good for dry and/or wrinkled skin. Unrefined (which is why, when chilled, the oil sometimes turns cloudy). Viscous but still penetrates the skin.	Can become sticky during massage. Has a strong and distinctive smell.

Carrier Oil Properties

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Castor Oil	<i>Ricinus communis</i> Plant family: Euphorbiaceae Country of Origin: Europe, India, China, Brazil	Pressed or solvent extraction from castor bean seeds.	Castor oil is a colourless to very pale yellow liquid with a distinct taste and odour.	Useful for dry skin and scalp conditions. Used in ointments and compresses. High in Ricinoleic acid. Also contains linoleic, oleic, linolenic and palmitic acids.		Should only be used in small amounts in blended products as viscous.
Coconut Oil	<i>Cocos nucifera</i> Plant Family: Arecaceae Country of origin: South Asia, East Indies, USA	Sourced from the flesh of coconut.	Solid and white at room temperature or heat-extracted, fractionated oil is liquid.	High in saturated fats – caprylic, capric and lauric acids.	Emollient properties make it good for all skin types.	Strong odour. May cause allergic reactions.
Evening Primrose Oil	<i>Oenothera biennis</i> Family: Onagraceae Country of Origin: USA, UK	Cold pressed from the seeds	A golden yellow oil, fine textured.	Contains gamma-linolenic acid (GLA, PFA) and linoleic acid (PFA) which are both essential for the body but not made by it so must be provided by diet. GLA is also known to reduce the symptoms of pre-menstrual tension. Also contains oleic and palmitic acids.	Due to its high GLA content, the oil is valuable for a wide range of conditions. It is an excellent moisturiser useful for treating dry skin conditions including eczema and dandruff. Useful for PMT.	Expensive. Turns rancid quickly if not stored correctly.

Carrier Oil Properties

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Grapeseed Oil	<i>Vitis vinifera</i> Family: Vitaceae Country of Origin: Mediterranean	Solvent or heat extracted from the seeds	A pale green oil, light textured, odourless, easily absorbed oil.	Vitamins A, B6. high in linoleic acid (a poly-unsaturated fatty acid, essential to the body and good for helping prevent heart disease). Also contains linolenic and oleic acids. Contains some vitamin E (which helps the oil keep for longer and protects/ nourishes the skin).	Slightly astringent – tightens and tones skin. Overall good emollient. Leaves the skin with a smooth satin finish without feeling greasy. An inexpensive oil with no odour, it has slightly astringent properties.	Produced by hot extraction (the raw material is heated beyond 70 degrees to extract the oil), therefore it is not as pure as some other oils. May also undergo solvent extraction, thereby increasing the risk of sensitising the skin.
Hazelnut Oil	<i>Corylus avellana</i> Plant family: Corylaceae Country of origin: Europe, North America	<i>Carbon dioxide extraction from the nut.</i>	Light yellow in colour.	Light, high in oleic acid, rich in vitamins A, B, E, also contains linoleic, linolenic and palmitic acids, good for oily or combination skin.	Useful for clients with an oily skin type, acne. Has astringent properties.	May be expensive

Carrier Oil Properties

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Jojoba Oil	<p>Simmondsia sinensis</p> <p>Family: Simmondsiaceae</p> <p>Country of Origin: USA, Mexico</p>	Cold pressed from the beans.	A pale-yellow liquid wax, light textured, and highly absorbent.	<p>Useful for many conditions: its chemical structure is similar to that of the skin's own oil, sebum, so it is useful for treating both excessive sebum production (oily skin and/or acne) because it can dissolve the sebum, as well as underproduction, such as dry skin, dandruff or other dry skin conditions like eczema and psoriasis.</p> <p>Nourishing. Contains many fatty acids including stearic, erucic, palmitic and palmitoleic acids.</p>	<p>Jojoba is one of the most versatile carrier 'oils'. It is suitable for all skin types, including blemished and oily skin, as it helps to nourish and balances the skin and unclog the pores.</p> <p>Acts as a natural sunscreen.</p> <p>Stable (i.e. Does not evaporate or react easily with the air) so keeps well.</p>	Expensive.
Linseed Oil	<p>Linum usitatissimum</p> <p>Plant family: Linaceae</p> <p>Country of Origin: UK, USA, India</p>	Heat extracted from the dried, ripened seeds of the flax plant.	A colourless to yellowish oil.	Rich in omega-3 fatty acids - Linolenic acid, oleic and Linoleic acids.	A rich, healing oil useful for cellulite.	Oxidises rapidly. May be sticky so blend with other oils.

Carrier Oil Properties

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Macadamia Oil	<p><i>Macadamia ternifolia</i></p> <p>Plant family: Proteaceae</p> <p>Country of Origin: Australia, Africa</p>	Cold pressed from the macadamia nut.	Golden colour.	<p>Good for dry/wrinkled skin (considered to be anti-ageing). Emollient.</p> <p>Contains palmitoleic acid, also found in sebum (so therefore useful for treating both dry and oily skins).</p> <p>Also contains oleic, palmitic, stearic and linoleic acids.</p>	<p>Stable.</p> <p>Fine texture.</p>	Expensive.
Olive Oil	<p><i>Olea europaea</i></p> <p>Plant family: Oleaceae</p> <p>Country of Origin: Europe</p>	Extracted from the olive fruit.	A liquid fat obtained from olives.	<p>Emollient, rich in vitamins.</p> <p>Contains oleic, palmitic, linoleic and linolenic acids.</p>	<p>Soothes inflamed skin and tissues.</p> <p>Relatively inexpensive.</p>	<p>May stain due to chlorophyll content.</p> <p>May be sticky so useful blended with another fixed oil.</p> <p>Strong odour.</p>
<p>Peanut Oil</p> <p>Also known as Arachis or Groundnut oil</p>	<p><i>Arachis hypogaea</i></p> <p>Plant family: Fabaceae (Leguminosae)</p> <p>Country of Origin: USA, Australia, Asia</p>	Pressed / solvent extraction from the nut.	Refined groundnut oil is odourless, whereas crude oil usually has a nut-like aroma.	<p>Rich in emollients.</p> <p>Contains oleic, linoleic, palmitic, arachidonic and arachidic fatty acids, vitamin E, magnesium and copper.</p>	<p>Suitable for dry skin.</p> <p>Inexpensive.</p>	<p>May be sticky.</p> <p>Must be avoided with clients with nut allergies.</p>

Carrier Oil Properties

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Peach Kernel Oil	<i>Prunus vulgaris</i> Plant family: Rosaceae Country of Origin: Mediterranean	Typically, cold pressed from the stone/seed of peaches.	Fine and easily absorbed, a light and velvety textured oil.	Similar (in terms of chemical structure and effects) to sweet almond and apricot kernel oils. Light texture, high in vitamins A and E, oleic acid and linoleic acid. Rich in vitamins (A, B1, B2, B6).	Keeps well. Good for all skin types, emollient, anti-inflammatory. Protects and nourishes skin.	Expensive. Almond oil is sometimes substituted for Peach kernel – so needs careful sourcing.
Sesame Oil	<i>Sesamum indicum</i> Plant family: Pedaliaceae Country of Origin: Mediterranean, India	Extracted from the seeds.	Nourishing, healing, odour free oil. easily absorbed by the skin.	High in oleic and linoleic acids, minerals and Vitamin E. It also contains linolenic acid.	It has a natural SPF (Sun protection factor) It is healing to dry skin, eczema and psoriasis. Good for dry skins.	May be sticky on some skin types.
Soya Oil	<i>Glycine max</i> Plant family: Fabaceae (Leguminosae) Country of Origin: USA, South America, Asia	Solvent extracted from the soya bean.	Light, smooth, oil.	Not as rich in vitamins as some other oils, does contain a small amount of Vitamin C. High in linoleic and oleic acids. Also contains palmitic, linolenic, stearic and palmitoleic acids.	Light, smooth, oil. Suitable for all skin types.	May cause skin reactions. Oxidises rapidly.

Carrier Oil Properties

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Sunflower Oil	<i>Helianthus annuus</i> Plant family: Asteraceae (Compositae) Country of Origin: Europe, Africa	Solvent extraction or pressed from the seeds.	Light yellow in colour.	Light, non-sticky, rich in vitamins A, B, D and E. Healing to the skin, so useful for treating skin diseases, bruises. contains linoleic, oleic, palmitic and linolenic acids	Light. Inexpensive. Good for all skin types.	Absorbed slowly, ideally mix with other carriers/fixated oils.
Sweet Almond Oil	<i>Prunus dulcis</i> Family: Rosaceae Country of Origin: Asia, Middle East, and Mediterranean	Cold pressed from the kernels	Pale-yellow oil with a slightly nutty aroma	Contains high percentage of vitamins (A, B1, B2, B6) and mono- and polyunsaturated fatty acids (essential for the body to function) Linoleic, oleic, palmitic and linolenic acids	Excellent emollient as it softens, revitalises, protects and nourishes skin. It is one of the most useful, versatile and multipurpose oils. Keeps well due to vitamin E content.	None
Walnut Oil	<i>Juglans regia</i> Plant family: Juglandaceae Country of Origin: Europe	Cold pressed extraction from the nut.	A very pale fatty oil.	Rich in essential fatty acids, emollient - linoleic, oleic, palmitic and stearic acids.	Normally cold-pressed, so high in nutrients. Good for dry, ageing, or irritated skin.	Can sometimes have strong nutty odour. Use in blends with other oils as it's expensive.

Carrier Oil Properties

	Latin name	Source	Description	Properties	Advantages	Disadvantages
Wheatgerm Oil	<i>Triticum vulgare</i> Plant family: Poaceae (Graminae) Country of Origin: Worldwide	From the vitamin-rich 'germ' (i.e. The seed of the seed which will grow into wheat) of the wheat kernel.	Orangey-brown in colour.	Stabilises other oils and blends because it is a natural antioxidant*; adding 5-10% wheatgerm oil to another carrier or a blend will help preserve it for a couple of months. Contains vitamin E and linoleic, palmitic, oleic and linolenic fatty acids.	Good for reducing scarring after operations. Useful on dry/mature skins.	Too thick and sticky to use alone for massage; needs to be mixed with a light oil. May cause allergies.
*oxidation is a chemical reaction caused by the presence of oxygen: for example rust is the result of a metal reacting with oxygen and moisture an antioxidant slows or prevents the reaction and in the case of oils helps to preserve them.						

Lesson13: Blending Guidelines

OBJECTIVES OF THIS LESSON

- Explain safe dilution and correct blending of essential oils;
- Understand different notes of essential oils.

Recommended Dilutions

Dilutions depend of two factors: the treatment and the 'scale' of the treatment. The scale depends on which area/s the treatment is covering. The more experienced aromatherapist will adapt the recommendations to the individual client and their circumstances.

3%	dilution of essential oil in carrier is maximum recommended for healthy adult
2%	is most common dilution for treatments for healthy adult (up to maximum of 8 drops of essential oil in any one treatment)
1%	dilution for sensitive skin, the elderly, the frail/convalescents, pregnant or breast feeding women (only after first trimester) and children
.5%	dilution for babies

Calculating dilutions

1 drop of essential oil in 99 drops of carrier equals a dilution of 1%. i.e. 1 out of a total 100 drops is essential oil; $1/100 = 1\%$.

2 drops of essential oil in 98 drops of carrier equals a dilution of 2% etc.

		Carrier Oil				
		10ml	30ml	60ml	120ml	240ml
Essential Oil Dilution	0.5%	1 drop	3 drops	6 drops	12 drops	24 drops
	1%	2 drops	6 drops	12 drops	24 drops	48 drops
	2%	4 drops	12 drops	24 drops	48 drops	96 drops
	3%	6 drops	18 drops	36 drops	72 drops	144 drops

100 drops of carrier is typically equal to 5 ml, however there is [evidence](#) to suggest that drops are not the most accurate way to measure either carrier or essential oils.

As you can see, when you start to want to scale and prepare larger quantities of aromatherapy oils, the number of drops naturally increases somewhat. There is a good argument for using high-accuracy scales to measure the quantity of carrier and essential oils. Drop sizes can be different, depending on the type of dropper in the bottle, therefore it is not always a reliable measure. Different essential oils have different densities, as do different carrier oils. Using weight maintains a consistent dilution each time you create a specific blend. Another reason to use scales to measure the weight, rather than count the drops, of an oil is to avoid human error. It is all too easy to miscount or be interrupted and forget where you counted too, even in low numbers.



		Carrier Oil (weights)				
Approx.		9g 10ml	27g 30ml	54g 60ml	108g 120ml	216g 240ml
Essential Oil Dilution	0.5%	0.045 gram	0.135 gram	0.27 gram	0.54 gram	1.08 gram
	1%	0.09 gram	0.27 gram	0.54 gram	1.08 gram	2.16 grams
	2%	0.18 gram	0.54 gram	1.08 gram	2.16 grams	4.32 grams
	3%	0.27 gram	0.81 gram	1.62 grams	3.24 grams	6.48 grams

You can decide which method you use – both are widely used by aromatherapists. The important thing is to accurately document the blend you use.

How much oil is needed for aromatherapy massage treatments?

Full body massages typically require about 20-25ml of oil.

For face massage, only about 5ml of oil is needed.



Maximum dosage per treatment

The maximum number of different essential oils in a single treatment is 3 for the body and 1 of these for the face.

The maximum number of drops of essential oils to be used in a treatment is 8. This, of course, is only if mixed in enough carrier oil to meet dilution requirements. For example, you will not use 8 drops of essential oils if you are only using 5ml of carrier oil for a facial – in this case maximum number of drops would be 2.

Client Blends

Oils that are blended for the client following a thorough consultation should be appropriately bottled and labelled. The label should contain the client's name, date that the blend was created, a 'use by date', the common and Latin names of the essences and fixed oils blended, directions for use i.e., once per day, the name and contact details of the therapist, safety precautions to be followed i.e., not to be used in the bath, not to be applied before sun exposure.



Does the treatment start working immediately?

The smell of an oil during any treatment will register in the brain and provoke a response within seconds. In massage, essential oils are primarily absorbed through the skin, and then into the body fluids. An area of skin is only able to absorb oils for about ten minutes after which it becomes saturated. The time taken for the oils to pass around the body is dictated by the individual metabolic rate and this varies from about twenty minutes to twelve hours. Most essential oils are processed and eliminated from the body within 24 hours although there are a few exceptions e.g. juniper and myrrh which both remain in the body for longer and therefore require careful use.

Blending Essential Oils

Blending is a complicated art at first - there are many oils to choose from and a potentially confusing array of client requirements, which can often seem daunting for the therapist. It is best to select between one and three oils for a blend. Using the client consultation, decide upon the presenting conditions. The client's skin type may also provide an opportunity to select specific oils. Decide upon the emphasis of the blend - for example is it stress, insomnia or backache the client is having problems with?



Select the appropriate oil based upon chemistry, therapeutic properties, and the client's scent preferences.

Clients often have favourite scents and may not always like the most relevant or useful oils for their condition. Select up to three essences in this way, taking into account any other conditions and approach the treatment in a holistic way, thinking about the physical and psychological needs of the client. Carrier/fixated oils will also need to be considered as part of an effective blend. Essences chosen may overlap conditions being treated and a synergistic effect may be created. Once the client is happy with the chosen oils, the therapist can create the blend using the correct dilutions (as detailed previously).

Record the specific blending ratios, quantities of oils used, oil details, including botanical names and reasons for choice on the client consultation form for future reference and reflective practice. The client must also sign the consultation form to endorse the blend chosen.

Fragrance Notes

The note of an essential oil may help provide some guidance when creating a blend. A technique of classification developed by the perfume industry, essential oils are categorised by their volatility - the rate at which they evaporate.

Top notes

Essential oils that are classified as top notes normally evaporate very fast and typically have anti-viral properties. They tend to be light, fresh and uplifting in nature and are usually inexpensive. Top notes are highly volatile, fast acting, and give the first impression of the blend. However, they are not very long lasting.

Middle Notes

The bulk of essential oils are considered middle notes and normally give body to the blend and have a balancing effect. The aroma of middle notes are not always immediately evident and may take a couple of minutes to establish their scent. They are normally warm and soft fragrances.

Base notes

These notes evaporate slowly and their scent develops over time. Some base notes can be overpowering so the aromatherapist needs to use them with care. Examples include Patchouli, Frankincense and Jasmine. This is not a definitive science as some oils fall into two or more note categories. An experienced nose will develop with time and blending skills will increase as the therapist gains practical experience and confidence.



Top notes	Middle Notes	Base Notes
Basil (top to middle)	Chamomile	Benzoin
Bergamot	Ginger	Ylang ylang
Clary sage (top to middle)	Fennel (middle to top)	Cedarwood
Eucalyptus	Geranium	
Grapefruit	Juniper	Frankincense
Lemon	Lavender (middle to top)	
Lemongrass (Top to middle)	Marjoram	Myrrh
Mandarin	Rosemary	
Orange sweet & bitter		Patchouli
Petitgrain	Black pepper	Rose
Peppermint	Cypress (Middle to base)	Sandalwood
Tea Tree (top to middle)	Jasmine	Vetivert
Thyme (top to middle)		
Neroli (Top to middle)		

Blending Suggestions

Peppermint oil

- Blended with ginger, it is a good digestive stimulant from mouth to stomach.
- In a foot bath, it is very good for soaking tired feet in.
- Lavender and peppermint are good for easing muscles which have just been over-exerted relieves muscular aches and pains
- It also blends well with benzoin, cypress, mandarin, marjoram, , pine, rosemary

Patchouli

- Patchouli blends well with lavender to aid sleep
- It also blends well with clary sage, frankincense, geranium, ginger, myrrh, neroli, rose, pine, vetivert



Clary Sage

- Over-use of clary sage can induce feelings of euphoria. Can become spaced out if you use too much — unpleasant feeling
- Clary sage blended with lavender can be used to 'wind down' the mind at night.
- It also blends well with bergamot, cypress, frankincense, geranium, grapefruit, jasmine, juniper berry

Marjoram

- It blends well with cypress, lavender, mandarin, chamomile roman, rosemary, rosewood, ylang ylang

Ginger

- Blended with peppermint, ginger helps most tummy complaints
- or with coriander to relieve indigestion.
- Blended with German chamomile and eucalyptus, ginger can be used to treat back pain.
- For the relief of colds with chills, blend with cinnamon and lemon
- It also blends well with coriander, eucalyptus, frankincense, geranium, all citrus oils



Ylang Ylang

- The first distillation of the flowers produces ylang ylang extra / plus which is the highest grade. Then comes 3 further distillations (1, 2 and 3) which are successively lower grades. An absolute is also produced. There is an inferior essence from the same plant called cananga oil.
- Ylang ylang has an aphrodisiac effect especially for men
- Dry, aged or mature skin (also scalp) can be treated effectively with ylang ylang
- Integumentary system — balances sebum production for dry and oily skins, extracts acne — draws out spot and infection so it gets worse before it gets better, good for psoriasis if mixed with jojoba, stimulates hair growth]
- Nervous tension, insomnia and frustration can be eased by using this essence [nervous system — anger, balancing and calming down central nervous system, good for people who are jumpy, antidepressant, anxiety, creates feelings of joy,
- endocrine system — regulates flow of adrenaline to reduce stress, anger, frustration, panic, fear, shock, balances hormones
- It also blends well with bergamot, grapefruit, jasmine, lavender, orange, rose, rosewood, sandalwood. Digestive system — stimulates secretion,

Jasmine

- Blended with sandalwood, jasmine is of broad spectrum benefit
- It also blends well with bergamot, frankincense, geranium, all citrus oils

Neroli

- The emotional aspect of this essence is that it is good for shock [nervous system — sedative and calming effect on central nervous system but also livens people up so is a balancing oil, lifts depression, relieves stress, insomnia, anxiety, neuralgia]
- Neroli is wonderfully relaxing and uplifting, but not if a clear head and concentration is needed - can be rather hypnotic
- It also blends well with benzoin, bergamot, coriander, geranium, jasmine, lavender, lemon, palmarosa, rose, sandalwood, ylang, ylang



Lesson 14: Alternative Aromatherapy Applications

OBJECTIVES OF THIS LESSON

- Describe alternative methods for using essential oils.
- Explain key safety notes relating to alternative applications.

Whilst aromatherapy massage is the most common application of aromatherapy oils, there are other recommendations professional aroma therapists can offer clients to see the benefits of aromatherapy in their own daily life.

Baths

Perhaps the easiest and most everyday way to use essential oils is to put them in the bath. Remember, though, that essential oils do not mix with water, so will remain in concentrated pockets. Essential oils should not be used concentrated on the skin, so it is important that



they are blended with a carrier oil or an emulsifier, such as a liquid soap, body wash or milk. The recommended maximum is a 3% dilution.

Instead of the entire bathtub, aromatherapy baths can be used for specific parts of the body, such as the hands and/or the feet.

Compresses

A compress is a piece of material (e.g. a flannel) soaked in water with an aromatherapy oil mixed in it. The water can be hot or cold depending on the desired effect. Cold are good for joint pains and headaches, whereas warm compresses can be more beneficial for muscle aches and earaches.

Face masks / creams / gels

Any unperfumed cream can be mixed with a few drops of essential oil (being mindful of dilution ratios using safety data sheets) to create a bespoke aromatherapy blend. Simple face masks can also have essential oils added to customise and add therapeutic qualities. Using natural clays is a great way to make face masks.



Cosmetic Products or Aromatherapy Products?

Remember that if you are selling (or including as part of a service) a product that would be classified as a cosmetic product, it will need to follow the Cosmetic Regulations including having a Cosmetic Product Safety Report (CPSR) by a verified assessor and be entered on the cosmetics portal (SCPN). Aromatherapy products, without cosmetic intention, fall under the General Products Regulations.



Inhalation

Essential oils can be added to hot water and inhaled via the steam, typically with a towel over one's head. This is effective for respiratory problems and sinus infections, clearing the mucus and blocked noses. It can also be good for brightening the complexion and clearing blocked pores or excessively oily skin. Steam inhalation is not recommended for those with asthma.

Self-massage

An aromatherapist may consult and create a blend for a client who will then use the massage oil at home as desired.

Vaporisers

Essential oils can be vaporised (evaporated into the air) by warming them. Oil burners, diffusers or radiators are all effective methods of vaporising aromatherapy blends. Follow product instructions for use.



Undiluted

The only essential oils suitable for use undiluted on the skin are lavender for small wounds and tea tree for topical treatment of spots.

How do I add essential oils to my everyday products?

It is important to note that manufactured products were not formulated with the addition of any extra ingredients in mind. This means that the emulsion itself, as well as the preservative, could be seriously challenged, and fail, if you add essential oils.

Some companies sell stock formulas or bases that DO take into account the addition of essential oils and other ingredients, usually at a maximum additional percentage, say, 1-4% of the total amount by weight. You can safely add essential oils to these bases, following the manufacturer's guidelines. **In ½ ounce of base, 1-4% is about 5-20 drops of essential oil.**

Shelf life: add your essential oils to the amount of product you intend to use at the time you intend to use it. For example, if you're going to wash your hair and typically use ½ ounce shampoo, then you can put that amount in a little dish, add in your safe percentage of essential oil, mix well, and use.

Be sure to use what you've made in short order and don't try to keep it for an extended period, in order to avoid contamination issues.

How to use: Mix 5-20 drops of essential oil per ½ ounce (1 tablespoon) of your chosen bath base. Either use this amount for one bath, or make up a larger quantity for future use.

Vegetable oils (coconut, olive, sunflower...) as a carrier oil

Essential oils can be safely added to any vegetable oil, properly diluted, if thoroughly mixed. However, once added to the bath, and because oil and water don't mix, the carrier/essential oil will not disperse throughout the water. Instead, it will float on the surface and cling to the sides of the tub and your skin. So, although the essential oils are safely diluted in the carrier, this does make for a pretty slippery, greasy bath experience. For a slightly less greasy floating bath oil, you could use fractionated coconut oil or jojoba oil.

How to use: Mix 5-20 drops of essential oil per ½ ounce (1 tablespoon) of your chosen bath base. Either use this amount for one bath, or make up a larger quantity for future use.

- **Fractionated coconut oil (FCO)**

This is coconut oil that has gone through a physical process where the liquid portions are separated from the more solid portions based on melting points, thus the term 'fractionated'. No other change has been made to the oil, so the same guidelines apply as to any other vegetable oil. There is also Caprylic/Capric Triglycerides (MCT oil), which is a specific fraction of coconut oil, the medium chain triglycerides, produced through the chemical process of esterification. This makes it an ester and not a true oil. These types of oil have benefits in aromatherapy because they are a fluid, virtually odorless, non-greasy carriers that are colourless and have a light, silky feeling.

How to dilute essential oils with coconut oil: Mix 5-20 drops of essential oil per ½ ounce (1 tablespoon) of your chosen bath base. Either use this amount for one bath, or make up a larger quantity for future use. FCO and MCT oils will make for a less greasy experience.

- **Solubol**

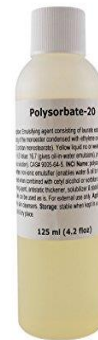
If you want to use essential oils in the bath — or dilute them in any water, to use for things like body mists and sprays — this is the product we recommend.

This is a dispersant for essential oils in water-based systems like body mists and sprays which are high in water or hydrosols. Start mixing at a 1:1 ratio, then add more solubol until the essential oils are fully incorporated or solubilized, which may require a dilution ratio of 1 part essential oil to up to 8 parts solubol. Ingredients (INCI): sucrose stearate, Helianthus annuus (sunflower oil), cera alba (beeswax), Sterculia urens gum, acacia gum, Propolis cera (bee propolis), glycerin, lecithin, Cocos nucifera (coconut oil), tocopherol, L-ascorbic acid, Rosmarinus officinalis (Rosemary) Leaf extract.

How to use: Mix 5-20 drops of essential oil with Solubol at the recommended ratio. Follow manufacturer's instructions.

- **Polysorbate 20**

Although it has a largely unfounded bad rep, Polysorbate 20 is a safe substance to use if you want to disperse essential oils in water. This is a non-ionic surfactant that can solubilize essential oils into a water based system. It is soluble in water and glycerin and partially soluble in fractionated coconut oil. Best used for adding small amounts of essential oils – 2-3% is ideal, or whatever is skin safe, but you can go up to 15% or so if needed, in water based products like room spray, body mist, linen spray. Not suitable for carrier oils. Start mixing at a 1:1 ratio.



How to use: Mix 5-20 drops of essential oil with an equal amount of Polysorbate 20. Add to bath.

- **Polysorbate 80**

Just like Polysorbate 20, this is a safe substance to use to dissolve oils in water. It is a better option if you want to disperse both essential oil and a carrier oil in your bath for an extra moisturizing effect. In more technical terms this is a safe non-ionic surfactant that can solubilize carrier oils and essential oils into a water based system. It is insoluble in glycerin, soluble in water, and partially soluble in fractionated coconut oil and soy bean oil. Best used for carrier plus essential oils in products like scrubs, dispersible bath oils, bath bombs, bath melts. Can be used for body sprays. Use up to 20% max with carrier oils and 5% max for just essential oils. Start mixing at a 1:1 ratio.

How to use: Mix 5-20 drops of essential oil with an equal amount of Polysorbate 20. Add to bath.

- **Natrasorb Bath:** INCI Tapioca Starch

This is modified tapioca starch. It will absorb and carry large quantities of carrier and essential oils and is particularly useful for bath products. The starch is processed to create little 'pockets' to hold the oils in a solid, powder form. Once the natrasorb bath comes into contact with the water, it dissolves and releases its carrier/fragrance load safely dispersing them into the water. It will not cling or leave a film on your skin or the tub. Very easy to use. Great for including in a dry shampoo. Use from 1 to 50%.

How to use: Mix 5-20 drops of essential oil with 2 tablespoons of natrasorb. Add to bath. Can be used immediately or to prepare a quantity for use over time.

BATH SAFETY II

How to disperse essential oils

Do use

**Toiletries (Castile soap, shampoo, shower gel)
Vegetable oil**

Add 5 - 20 drops of essential oils (total) to a tablespoon of either of those substances (1-4% dilution) and mix in before putting in your bath water

**Polysorbate 20
Polysorbate 80
Solubol**

Mix 5 - 20 drops of essential oils (total) with 5 - 20 drops of either substance (1:1 ratio) and mix before putting in your bath water
Note: You may have to add more solubol (up to 1:8).

Natrasorb Bath

Mix 5-20 drops of essential oil with 2 tablespoons of natrasorb. Add to bath.

Do not use



**Milk
Salt
Soda
Cornstarch
Witch Hazel
Glycerin
Aloe gel**

All these substances are water soluble, will dissolve once put in the water, releasing undiluted essential oils into your bath. None of them will act as a proper dispersant.



Products you cannot safely use with essential oils in the bath:

- **Cornstarch**

Regular cornstarch is oil and moisture absorbent in its dry form, but it has no physical mechanism to “hold” essential oil once it is added to bath water. It is insoluble in cold water, and with heating, the granular structure will first swell then begin to break down and disperse. However, any carrier oil or essential oil that has been added to it when dry will release directly into the water, floating or clinging to surfaces and skin.

- **Baking soda**

Baking soda is fully water soluble but has no physical mechanism to “hold” or disperse carrier or essential oils. You may be able to incorporate the oils by mixing or kneading where it appears there are no clumps or other visible signs of the oils, but the baking soda will dissolve in the water, leaving the oils floating in the tub.

- **Epsom salt or regular salt**

Salt is fully soluble in water and will dissolve once added to your bath. However, adding essential oils to salt and then stirring does not properly dilute or solubilizing the oils, even if the salts appear dry. Salt is not a carrier for essential oils. You can first dilute your essential oils with a vegetable oil and then add to salt to create a “wet” mixture. The salt will mostly stay incorporated with the carrier oil/essential oil, but only until added to a bath. Then, the oils will be released to float and cling to skin and surfaces.

- **Milk (animal or vegetable)**

Animal milks are an emulsion of fat in water. Nut and plant milks are created as stable emulsions of oil (fat) in water. All milks are water soluble and are not suitable carriers, dispersants or solubilizers for essential oils, again, because water and oil don’t mix. While you may be able to create a temporary emulsion between essential oils and milk, particularly in high fat content animal milk, at a molecular level there is nothing holding the drops of each liquid together except for the mechanical action of vigorous whisking. Once in the bath the essential oils float on the surface, perhaps slightly more dispersed than if undiluted oils were added, but not much. You will still have virtually undiluted essential oils coming into contact with your skin.

- **Witch hazel**

Witch Hazel Distillate is all water and completely water soluble. Witch Hazel with 14% alcohol is also completely water soluble. Remember, water and oil don’t mix! The alcohol proof and percentage is too low to be an effective solubilizer for essential oils.

- **Glycerin**

Glycerin is completely water soluble. Essential oils are oil soluble. Glycerin is not an appropriate carrier for essential oils because oil and water don’t mix!

- **Alcohol**

At least 160 proof alcohol is necessary for proper dispersion of essential oils with 190 proof being preferable. Ever clear and perfumer’s alcohol fall into this category and the purchase

of both is restricted in some areas. (You cannot dissolve essential oils in vodka.) So long as you first dissolve the essential oil in the alcohol, a certain percentage of water can be added with no separation. However when added to a bath, any solution of alcohol and essential oil floats on the surface with an oil slick appearance. The alcohol rapidly evaporates, leaving the essential oil virtually undiluted to attach to your skin.

- **Aloe vera**

There are several types of Aloe Vera leaf extract – Gel, Jelly, Juice and Liquid. There is also a powder that is meant to be reconstituted in water. None of these are appropriate carriers for essential oils in the bath. Aloe Vera Jelly, which has added thickeners and preservatives, may be used as an essential oil base for direct application to the skin. However, if added to the bath, the essential oils will separate and float, as with other watery bases.

Where can I get the supplies to safely put essential oils in the bath?

Lotioncrafter – www.lotioncrafter.com
 Wholesale Supplies Plus – www.wholesalesuppliesplus.com
 Ingredients To Die For – www.ingredientstodiefor.com
 Making Cosmetics – www.makingcosmetics.com
 Brambleberry – www.brambleberry.com
 The Herbarie – www.theherbarie.com
 The Formulator Sample Shop – www.formulatorsampleshop.com
 The Sage – <https://www.thesage.com/>
 New Directions Aromatics – www.newdirectionsaromatics.com/
 SaveonCitric – www.saveoncitric.com
 Camden Grey – www.camdengrey.com
 Sunrose Aromatics – www.SunroseAromatics.com
 Gracefruit – www.gracefruit.com
 The Soap Kitchen www.thesoapkitchen.co.uk
 Soaposh www.soaposh.com
 Phoenix products – <http://www.phoenixproducts.co.uk>
 Plushfolly – <http://plushfolly.com>
 Aromantic – aromantic.co.uk
 Aroma Zone – <https://www.aroma-zone.com>


Lesson15: Essential Oils Directory

OBJECTIVES OF THIS LESSON

- Define the key therapeutic actions of essential oils.
- Recall key characteristics of essential oils for use in aromatherapy treatments.

Glossary of Therapeutic Actions	
Analgesic	painkilling effect
Anti-acid	reduces the effects caused by too much gastric acid
Anti-allergic	prevents allergic reactions
Anticatarrhal	helps remove catarrh
Antidepressant	helps lift depression and symptoms related to it
Anti-inflammatory	reduces inflammations
Antimicrobial	an agent which resists or destroys pathogenic micro-organisms
Antipruritic	relieves sensation of itching or prevents its occurrence
Antiseptic	prevents or removes infection
Antispasmodic	calms, slows muscle spasm
Antiviral	kills virus, or helps prevent a virus developing
Aphrodisiac	heightens sexual desire
Astringent	contracts and tightens tissues, especially skin
Bactericidal	kills bacteria
Balancing	creates balance in emotions or in activity of part of the body
Calming	has an overall calming effect
Carminative	helps prevent flatulence
Cephalic	clears and focuses the mind
Cicatrisant	helps wounds heal
Cooling	cools the area of application; reduces temperature
Cordial	a stimulant and tonic
Cytophylactic	cell-regenerator
Deodorant	removes or masks unpleasant smells

Depurative	removes impurities and toxins
Diuretic	increases urine production
Emmenagogue	provokes menstruation- useful for clients suffering from amenorrhoea (absence of periods) but contraindicated for pregnant women
Expectorant	helps fluidity, thus remove, mucus from lungs and respiratory passages
Febrifuge	reduces fever
Fungicidal	destroys fungi
Galactagogue	increases the secretion of breast milk
Haemostatic	stops bleeding
Hypertensive	increases blood pressure
Hypotensive	lowers blood pressure
Immuno-stimulant	stimulates the immune system
Laxative	promotes evacuation of the bowel
Nervine	strengthening and toning to the nerves and nervous system
Oestrogenic	helps promote production of oestrogen
Prophylactic	preventive of disease or infection
Relaxing	has a general relaxing effect
Refreshing	has a refreshing effect
Rubefacient	warms and reddens the area of application, and subsequently the blood vessels in that area dilate
Sedative	calms the nervous system
Stimulant	stimulates a particular system or the whole body
Stomachic	aids digestion, eases indigestion
Sudorific	increases perspiration
Tonic	invigorates and gives strength to a specific area or the whole body depending on the oil
Uplifting	helps positive thinking, lifts' the emotions
Vasoconstrictive	reduces dilation of capillaries (thus reducing blood flow to an area and the redness it causes)
Vasodilatory	increases dilation of capillaries (thus warming and increasing the blood flow to an area causing it to redden)
Vermifuge	expels intestinal worms
Vulnerary	helps heal wounds and sores by external application
Warming	Produces feeling of warmth.

<p>Basil (sweet) <i>Ocimum basilicum</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: Asia, Africa, now also found in Italy, France and USA Oil source: Flowers & Leaves</p>		
<p>Method of extraction: Steam Distillation Note: Top to middle</p>		
<p style="text-align: center;">Concentration, strengthening, trust – very versatile Blends well with lavender, geranium, bergamot, chamomile, clary sage, rose</p> <p style="text-align: center;">~</p> <p><i>Basil essential oil is renowned as an excellent aromatic stimulant, clearing the head and bringing strength and clarity to the mind, a good toning refresher for the skin, restorative for the nerves, aids concentration, insect repellent, prevents vomiting, and soothes itching. Basil has a beneficial action on the respiratory tract and is often used for asthma, bronchitis and sinus infections or to help with concentration. A good tonic for the treatment of nervous disorders and stress related headaches, migraines etc.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Cephalic <li style="width: 50%;">• Antidepressant <li style="width: 50%;">• Tonic <li style="width: 50%;">• Antispasmodic <li style="width: 50%;">• Prophylactic <li style="width: 50%;">• Emmenagogue <li style="width: 50%;">• Warming 	
<p>Systems / conditions benefitted: Skin: <i>acne, reduces inflammation of wasp stings.</i> Muscular/digestive: <i>relieves muscle tightness esp. intestines & stomach.</i> Nervous system: <i>uplifting for depression, insomnia, stress; helps to focus the mind & aids concentration. Helps headaches, migraines.</i> Reproductive: <i>amenorrhea (absence of periods) or irregular/scanty menstruation.</i> Respiratory: <i>sinusitis</i></p>		
<p>Typical methods of use: Room fragrance, bathing, hot compress, massage, inhalation.</p>		
<p>Safety Note: Do not use on sensitive skin, avoid during pregnancy.</p>		

Benzoin*Styrax benzoin***Plant family:** Styracaceae**Country of Origin:** Sumatra, Java and Thailand**Oil source:** Resin from the tree**Method of extraction:** Solvent extraction**Note:** Base**Calming and uplifting. Confidence, deep sleep, warming**

Blends well with bergamot, coriander, frankincense, juniper, lavender, lemon, myrrh, orange, petitgrain, rose and sandalwood.

Benzoin essential oil is a warm energy giving oil that relieves tension and is used in many creams and balms as a natural preservative. Benzoin is used in creams and massage oils for dry hands, chapped skin, poor circulation or tired stiff muscles. A few drops can also be added directly to a bath or used in an oil burner and is said to ease general aches and pains, arthritis and rheumatism, and chronic bronchitis or coughing as well as been uplifting for the mind making it a great oil to use if down or feeling low. Benzoin is very thick, treacle like oil. Benzoin creates a feeling of euphoria, and has a warming effect on the whole body, especially the heart, lungs and circulation.

Significant chemical constituents:

- Ester

Therapeutic actions:

- Cordial
- Carminative
- Expectorant
- Vulnerary (healing of wounds)
- Warming
- Sedative

Systems / conditions benefitted:

Skin: reduced inflammation, good for dermatitis.

Skeletal: warming effect reduces inflammation caused by rheumatoid arthritis & gout.

Circulatory: warms heart and circulation.


Nervous: stress, relieves tension.

Digestion: aids digestion and relieves flatulence. Urinary: cystitis.

Respiratory: bronchitis, coughs, colds

Typical methods of use: Massage, steam inhalation, compress.

Safety Note: Sensitive skins may react to it.

<p>Bergamot <i>Citrus bergamia</i></p>		
<p>Plant family: Rutaceae Country of Origin: Asia and now found in northern and southern Italy Oil source: Peel/rind of fruit</p>		
<p>Method of extraction: Cold expression Note: Top</p>		
<p style="text-align: center;">Anti-depressant, motivation, cheerful & joy. Blends well with cypress, geranium, jasmine, neroli, rosemary.</p> <p style="text-align: center;">~</p> <p><i>Bergamot is an appropriate oil if you are the type of person who pursues goals with a determination to succeed at any cost. It is cooling and refreshing for the cross, critical, exacting person who begins to suffer from digestive and skin problems, and who's nerves become edgy and raw.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Analgesic • Antiseptic • Antiviral • Cooling • Relaxing • Sedative • Laxative • Vermifuge • Uplifting 	
<p>Systems / conditions benefitted: Skin: antiseptic- good for eczema, psoriasis & acne. Nervous: uplifting thus reduces anger, frustration, anxiety, stress & depression. Digestive: relieves flatulence, colic & painful digestion, helps regulate appetite. Respiratory: colds, flu & bronchitis. Reduces inflammation & infection such as tonsillitis & sore throats. Urinary: cystitis. Immune: strengthens system.</p>		
<p>Typical methods of use: Massage, bath, compress, vaporizer.</p>		
<p>Safety Note: Phototoxic.</p>		

Black Pepper*Piper nigrum***Plant family:** Piperaceae**Country of Origin:** India, Indonesia and Greece**Oil source:** Dried berries**Method of extraction:** Steam distillation**Note:** Middle**Energising, stimulating, relieves aches and pains in muscles, stimulates appetite.**

Blends well with sandalwood, rosemary, lavender marjoram, frankincense, rose.

Black Pepper essential oil is obtained from the dried peppercorns and is lovely warm stimulating oil wonderful for massage oils it is known for treating poor circulation, sluggish digestion and constipation or neat in a bath for aching limbs, coughs and colds and muscle cramps. Black Pepper is one of the very oldest and highly revered spices, used in India for over 4,000 years, mainly for urinary and liver disorders. Black pepper is appropriate for chilly, weak and debilitated people, who are weary and suffer from feelings of hopelessness. The use of black pepper will help to strengthen such people and develop their physical and creative energy.

Significant chemical constituents:

- Monoterpene

Therapeutic actions:

- Analgesic
- Antispasmodic
- Stomachic
- Rubefacient
- Tonic (especially of the spleen).

Systems / conditions benefitted:

Respiratory: colds, flu, chills.


Digestive: relieves feelings of sluggish, alleviates constipation, indigestion, flatulence, dyspepsia


Circulatory: warming, aids poor circulation, helps cellulite, detoxifying, stimulates circulation and lymphatic system.


Muscular: good for muscular aches, rheumatism.

Nervous: stimulates and strengthens the nerves and mind.

Typical methods of use: Bathing, compress, massage, inhalation, room fragrance**Safety Note:** Use in low concentrates, strong oil & excessive use may over stimulate kidneys. Do not use if breastfeeding. Can irritate a sensitive skin. Incompatible with homeopathic treatments.

Cedarwood (Atlas) <i>Cedrus atlantica</i>		
Plant family: Pinaceae Country of Origin: Algeria and Morocco Oil source: Wood stumps or sawdust		
Method of extraction: Steam distillation Note: Base		
<p style="text-align: center;">Inner strength, confidence, masculine, respiratory.</p> <p style="text-align: center;">Blends well with sandalwood, bergamot, frankincense, jasmine, neroli, juniper.</p> <p style="text-align: center;">~</p> <p><i>Cedarwood essential oil is soothing and harmonising It is one of the oldest aromatics known, used by Egyptians and valued with a very long history Cedarwood is used in the treatment of oily or itchy skin, acne & scalp problems. It is also helpful for cystitis and other urinary problems. Blend with citronella for a powerful insect repellent. Good to renew inner strength. Helps calm and balance energy, but also promotes spirituality. Supportive and grounding- good to use in meditation as its good for when you are working with the breath. To help fight viruses blend with black pepper.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Ketone 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Insecticide <li style="width: 50%;">• Antifungal <li style="width: 50%;">• Sedative <li style="width: 50%;">• Antiseborrhoeic <li style="width: 50%;">• Fungicide <li style="width: 50%;">• Astringent <li style="width: 50%;">• Mucoylitic <li style="width: 50%;">• Diuretic <li style="width: 50%;">• Nervine <li style="width: 50%;">• Expectorant <li style="width: 50%;">• Tonic 	
Systems / conditions benefitted: Skin: dandruff, seborrhoea of scalp, acne, oily skin. Muscular: aches and pains, stiffness. Nervous: reduces anxiety, tension, and stress. Urinary: cystitis and urinary tract infections. Lymphatic system: cellulite and oedema. Respiratory: coughs, colds, catarrh, bronchitis		
Typical methods of use: Massage, bath, inhale, vaporize, local wash.		
Safety Note: Avoid during pregnancy		

<p>Chamomile (German) <i>Matricaria recutita</i></p>		
<p>Plant family: Asteraceae (Compositae) Country of Origin: Europe, especially Hungary, Bulgaria and Germany Oil source: Flower</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p>Relaxation, sleep, soft, peace, children, good for frail and elderly. Blends well with melissa, lavender, rose, cedarwood, neroli, geranium.</p> <p>~</p> <p><i>Chamomile German essential oil is renowned for its soothing properties and is especially useful for dry, problem and irritated skin. Chamomile German essential oil is also very effective for everyday aches and pains. It is a wonderful essential oil for promoting a good night's sleep.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Sesquiterpene 	<ul style="list-style-type: none"> • Analgesic • Anti-spasmodic • Anti-allergic • Antibiotic • Anti-inflammatory • Emmenagogue (mild) • Sedative (nervous system) • Stimulant (immune system) • Vulnerary • Vermifuge 	
<p>Systems / conditions benefitted: Skin: rashes, allergies, dry skin conditions: effective for eczema, psoriasis. Skeletal: soothes joint inflammations, arthritis, infant teething pains. Muscular: relieves aches and pains. Nervous: relaxing thus reduces tension and anxiety, stress, depression, insomnia. Digestive: regulates peristalsis – IBS, indigestion and nausea. Reproductive: antispasmodic - relieves premenstrual tension and menopause. Immune: Stimulates whole immune system.</p>		
<p>Typical methods of use: Massage, bath, vaporizer, compress.</p>		
<p>Safety Note: Non-toxic, non-irritant, non-sensitising: however, it may cause reaction in some - skin patch test advised prior. Avoid during pregnancy.</p>		

<p>Chamomile (Roman) <i>Chamaemelum nobile</i></p>		
<p>Plant family: Asteraceae (Compositae) Country of Origin: Europe, especially England, Belgium, France and USA Oil source: Flower</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p style="text-align: center;">Relaxation, a good all-rounder oil. Good for children Blends well with melissa, lavender, rose, cedarwood, neroli, geranium.</p> <p style="text-align: center;">~</p> <p><i>Roman chamomile essential oil can be used with great effect on children and is found in some baby massage oils. It is also ideal for irritable, impatient, teething or colicky children. It is also renowned to relieve the symptoms of P.M.T and for throat infections and seen in many remedies for allergies, hay fever and asthma. In massage oils, creams or directly in the bath, Roman chamomile is great for the skin calming acne, eczema and dry skin while soothing itchy or irritable skin.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Analgesic • Anti-spasmodic • Antiseptic • Antibiotic • Anti-inflammatory • Bactericidal • Carminative • Emmenagogue • Sedative (nervous system) • Stomachic • Vulnerary • Vermifuge 	
<p>Systems / conditions benefitted: Skin: rashes, allergies, dry skin conditions: effective for eczema, psoriasis. Skeletal: soothes joint inflammations, arthritis. Muscular: soothes inflammation aches and pains. Nervous: stress, depression, insomnia, relaxing thus reduces tension and anxiety. Digestive: teeth abscesses, diarrhoea, nausea, upset stomach, nervous indigestion. Reproductive: premenstrual tension and fluid retention; relieves period pain and menopausal depression. Urinary: cystitis and other urinary infections.</p>		
<p>Typical methods of use: Massage, bath, vaporizer, compress.</p>		
<p>Safety Note: Non-toxic, non-irritant, non-sensitising: however, it may cause reaction in some - skin patch test advised prior.</p>		

Clary Sage*Salvia sclarea***Plant family:** Lamiaceae (Labiatae)**Country of Origin:** England, Russia, Morocco, France, Italy, Spain**Oil source:** Flowers and leaves**Method of extraction:** Steam distillation**Note:** Top to middle

Mood enhancing, vitality; reduces PMS - encourages energy and optimism for life.

Blends well with lavender, sandalwood, jasmine, geranium, cypress, orange, rose.

~

Clary sage essential oil is a popular aromatic perfume with a warming, relaxing and long-lasting fragrance. It has properties that induce a sense of wellbeing and easing depression. Well known for reducing hot flushes, night sweats, P.M.T. and female functions in general. Clary sage is also used in massage oils for during labour. It makes a very relaxing bath oil, excellent tonic which strengthens nerves and is helpful for depression. A drop on your pillow encourages vivid dreams or may be used to enhance dream recall. Clary sage is known as the 'sacred feminine oil'- supporting a woman's journey. Mood enhancing, regulating, supportive. Can help with mood swings- good for teenagers.

Significant chemical constituents:

- Ester

Therapeutic actions:

- Anti-inflammatory
- Antispasmodic
- Relaxing
- Sedative
- Tonic
- Uplifting
- Hypotensive

Systems / conditions benefitted:

Skin: reduces inflammations, oily skin.

Muscular: relaxes muscles, reduces spasm, muscle fatigue, cramp, fibrositis.

Nervous: uplifts and promotes feeling of well-being/euphoria, soothes nervous tension, panic, and acts as a sedative, relieves headaches and migraine symptoms.


Respiratory: antispasmodic properties ease symptoms of asthma.


Reproductive/endocrine: balances hormones, relieves PMT, fluid retention and painful cramps, menopausal symptoms.


Immune: general tonic, strengthens the immune system - useful for the weak/convalescent.


Typical methods of use: Massage, bath, vaporiser.


Safety Note: Do not use alongside alcohol. Over-use of clary sage can induce feelings of euphoria. Can become spaced out if you use too much — unpleasant feeling. Avoid during pregnancy.


<p>Cypress <i>Cupressus sempervirens</i></p>		
<p>Plant family: Cupressaceae Country of Origin: France, Spain, Italy, Portugal, also parts of North Africa. Oil source: Leaves/needles and cones</p>		
<p>Method of extraction: Steam distillation Note: Middle to base</p>		
<p>Toning, calming and soothing. Strong astringent – controls body's production of liquids (excess sweat or oil), fluid retention, heavy menstrual bleeding. Blends well with bergamot, clary sage, juniper, pine, lemon, lavender, orange</p> <p><i>Cypress pure essential oil stimulates blood circulation and is restorative and calming. Cypress oil's powerful astringent properties make it effective for strengthening and toning the cardio-vascular and nervous systems and for relieving tension held deep within the body. Cypress oil is the essential oil most often used to strengthen and support healthy functioning of the heart and circulatory system. Its astringent action makes it effective for conditions associated with congestion of lymph or blood. This clear and fresh smelling essential oil is great to use during times of major upheavals and changes in your life, as it restores calm, soothes anger and making your life flow better.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Astringent • Antispasmodic • Diuretic • Tonic • Uplifting • Vasoconstrictive 	
<p>Systems / conditions benefitted: Cells & tissues of whole body: astringent, acts as a diuretic, acts on cellulite and water retention. Skin: controls water loss, oil and sweat production: good for excessive perspiration, oily and mature skin. Circulatory: narrows blood vessels so eases varicose veins, haemorrhoids and heavy bleeding. Reproductive: regulates problems related to menstruation (heavy periods, PMT, hormonal and menopausal problems).</p>		
<p>Typical methods of use: Massage, bath, vaporize, local wash.</p>		
<p>Safety Note: Generally safe and non-irritating</p>		

Eucalyptus (Blue gum) <i>Eucalyptus globulus</i>		
Plant family: Myrtaceae Country of Origin: Tasmania and Australia, Spain and Portugal Oil source: Leaves & young twigs		
Method of extraction: Steam distillation Note: Top		
<p style="text-align: center;">Protects the whole body against disease and viruses by strengthening the immune system.</p> <p style="text-align: center;">Blends well with melissa, lavender, lemon, pine, thyme, chamomile</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Derived from the leaves of the eucalyptus globulus tree. It is an important ally to fight against the common ailments of winter affecting the respiratory system (colds, sinusitis, bronchitis ...). This essential oil helps to calm the cough and evacuate bronchial sputum.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Oxide 	<ul style="list-style-type: none"> • Analgesic • Antiseptic • Antispasmodic • Antiviral • Depurative • Expectorant • Prophylactic • Stimulant • Uplifting 	
Systems / conditions benefitted: Skin: infections, dull, congested skin, wounds, outbreaks of spots. Skeletal: eases rheumatism. Muscular: relieves aches and pains. Nervous: clears the head, calms emotions, headaches. Respiratory: effective for all cold and flu symptoms as well as throat infections, catarrh, sinusitis, asthma, infections, coughs (expectorant- clears mucus by encouraging coughs). Urinary: cystitis. Immune: stimulates body's immunity against infection.		
Typical methods of use: Massage, bath, hot compress, steam inhalation.		
Safety Note: Do not overuse. It is incompatible with homeopathic treatments.		

Eucalyptus (Lemon) <i>Eucalyptus citriodora</i>		
Plant family: Myrtaceae Country of Origin: Australia, South America, South Africa Oil source: Leaves		
Method of extraction: Steam distillation Note: Top		
<p style="text-align: center;">Lemon-scented Eucalyptus citriodora is a good insect repellent. Blends well with benzoin, thyme, lavender, lemongrass, lemon, pine.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Distilled from the leaves of Eucalyptus citriodora citronnellifera tree. It is used for its anti-inflammatory, anti-infectious and anti-pain properties. This essential oil allows you to soothe muscle and joint pain (tendonitis, rheumatism ...) and skin disorders (shingles, inflammation ...).</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Aldehyde 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Insect repellent <li style="width: 50%;">• Antiviral <li style="width: 50%;">• Stimulant <li style="width: 50%;">• Insect repellent <li style="width: 50%;">• Uplifting 	
Systems / conditions benefitted: Skin: fungal infections, herpes, dandruff, insect repellent. Respiratory: asthma, throat infections. Immune: colds, influenza, infections.		
Typical methods of use: Massage, bath, hot compress, steam inhalation.		
Safety Note: Do not overuse. It is incompatible with homeopathic treatments.		

<p>Eucalyptus (Peppermint) <i>Eucalyptus dives</i></p>		
<p>Plant family: Myrtaceae Country of Origin: Australia and South Africa Oil source: Leaves</p>		
<p>Method of extraction: Steam distillation Note: Top</p>		
<p>Lemon-scented Eucalyptus citriodora is a good insect repellent. Blends well with benzoin, thyme, lavender, lemongrass, lemon, pine.</p> <p>~</p> <p><i>Eucalyptus Dives essential oil has a strong, sharp, penetrating mint scent with a balsamic woody undertone. It is considered to be uplifting and refreshing. Being low in Eucalyptol, this variety is excellent for skin and topical applications, and has also been used to treat colds and the flu.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Ketone 	<ul style="list-style-type: none"> • Antiseptic • Antiviral • Analgesic • Antifungal • Decongestant • Expectorant • Mucoylitic • Stimulant • Uplifting • Rubefacient 	
<p>Systems / conditions benefitted: Skin: fungal infections, wounds, sores. Skeletal: arthritis, rheumatism. Muscular: aches and pains, sporting injuries. Nervous: headaches, migraines. Respiratory: asthma, throat infections: bronchitis, coughs, catarrh. Immune: colds, flu, infectious illnesses</p>		
<p>Typical methods of use: Massage, bath, hot compress, steam inhalation.</p>		
<p>Safety Note: It is incompatible with homeopathic treatments.</p>		

Eucalyptus (Smithii) <i>Eucalyptus smithii</i> RT Baker		
Plant family: Myrtaceae Country of Origin: Australia and South Africa Oil source: Leaves		
Method of extraction: Steam distillation Note: Top		
<p style="text-align: center;">Good for skin infections and respiratory conditions, good for children and elderly. Blends well with thyme, lavender, lime, lemon.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Eucalyptus Smithii</i> is the mildest of all the <i>Eucalyptus</i> oils and is therefore suitable for use with children and the elderly. It has a rich, pungent scent and has a particular affinity with the respiratory system.</p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Oxide 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antiseptic <li style="width: 50%;">• Expectorant <li style="width: 50%;">• Analgesic <li style="width: 50%;">• Rubefacient <li style="width: 50%;">• Antiviral <li style="width: 50%;">• Stimulant <li style="width: 50%;">• Antibacterial <li style="width: 50%;">• Uplifting <li style="width: 50%;">• Decongestant <li style="width: 50%;">• 	
Systems / conditions benefitted: Skin: acne, boils, infections. Skeletal: arthritis, rheumatism. Muscular: aches and pains. Nervous: headaches, migraines. Respiratory: asthma, throat infections, bronchitis, coughs, catarrh. Immune: colds, infectious illnesses.		
Typical methods of use: Massage, bath, hot compress, steam inhalation.		
Safety Note: It is incompatible with homeopathic treatments.		

<p>Fennel (sweet) <i>Foeniculum vulgare</i></p>		
<p>Plant family: Apiaceae (Umbelliferae) Country of Origin: France, Italy and Greece Oil source: Crushed seeds</p>		
<p>Method of extraction: Steam distillation Note: Middle to top</p>		
<p>Balance, cellulite, flatulence, constipation, cleans the body. Blends well with rose, sandalwood, juniper.</p> <p><i>Fennel essential oil is used for all cough related problems including whooping cough. Sweet fennel is found in cough drops, lozenges and is an ingredient in children's gripe water. It is good for the skin bringing dull skin back to life as well as helping with oily complexions and fighting wrinkles. Sweet fennel used directly in the bath can help with colic, feeling bloated, wind and digestion. It has a toning effect on the spleen and liver, that helps with the results of excess drink and food. This oil is used to boost your courage, resolve and strength in the face of adversity.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Phenol 	<ul style="list-style-type: none"> • Carminative • Antiseptic • Antispasmodic • Depurative • Diuretic • Emmenagogue • Galactagogue • Laxative • Antimicrobial • Tonic 	
<p>Systems / conditions benefitted: Skin: clears congestion, antiseptic qualities help bruises to heal and relieves pain and irritation from bites and stings. Skeletal: helps rheumatism. Circulatory: helps reduce cellulite. Lymphatic: oedema, eliminates toxins. Digestive: eases spasms in digestive tract, relieves colic, flatulence, constipation. Reproductive: eases PMT, amenorrhoea and menopausal issues, increases milk flow when nursing. Urinary: cleanses kidneys and stimulates them. General: detoxifies the body: good for hangovers.</p>		
<p>Typical methods of use: Bath, massage, inhalation.</p>		
<p>Safety Note: Use in moderation, do not use if epileptic, avoid during pregnancy.</p>		

Frankincense*Boswellia sacra***Plant family:** Burseraceae**Country of Origin:** Africa, especially North East, Somalia and Ethiopia**Oil source:** Resin of the tree**Method of extraction:** Steam distillation**Note:** Base**Spirituality, meditation, rejuvenating, grounding, uplifting.**

Blends well with neroli, myrrh, sandalwood, citrus oils, vetiver.

Frankincense essential oil is beautiful oil of ancient repute and very popular in aromatherapy. Used in an oil burner frankincense is known to calm the mind and dispel anxiety, helps to create inner peace. It is also very rejuvenating, balancing and healing for the skin. It is good for colds and coughs, bronchitis, rheumatism, poor circulation, exhaustion, and heavy periods. Frankincense is emotionally balancing, producing a sense of calm. It is of benefit to people who have become cluttered in their atmosphere and who constantly wish they had the time for all the creative and spiritual pursuits that they are attracted to. Using frankincense helps you to reprioritize your life and to concentrate on those areas that will bring you greater satisfaction and happiness.

Significant chemical constituents:

- Monoterpene

Therapeutic actions:

- Emmenagogue
- Antiseptic
- Expectorant
- Sedative
- Relaxing
- Tonic

Systems / conditions benefitted:

Skin: Rejuvenates mature skin by smoothing wrinkles and dry skins, balances oily skin.

Nervous: comforting, warming, relaxing, great for meditation to help focus the mind, helps stress and anxiety.

Respiratory: helps asthma, bronchitis, coughs, laryngitis; clears mucus and catarrh, calms breathing.

Urinary: eases symptoms of cystitis.

Reproductive: dysmenorrhea (painful periods), metrorrhagia

Typical methods of use: Massage, bath, vaporizer, compress, inhalation.**Safety Note:** None

Geranium*Pelargonium graveolens***Plant family:** Geraniaceae**Country of Origin:** South Africa, now in Europe, Russia and Egypt**Oil source:** Leaves, flowers and stalks**Method of extraction:** Steam distillation**Note:** Middle**Balancing, stimulates circulation, nurturing, emotionally uplifting.**

Blends well with bergamot, citronella, lemon grass, lavender.

Geranium essential oil is widely used in aromatherapy. In an oil burner geranium has a wonderful fresh scent that is both relaxing and refreshing that can ease stress, depression, anxiety, tension and one of the most important oil for menopausal problems. Geranium balances both mind and body, is emotionally uplifting and stimulates the circulation. Used in a cream, massage oil or directly in the bath geranium is good for eczema, burns, healing wounds, cellulite, ringworm and haemorrhoids. Geranium has an excellent reputation in skin care and is a popular ingredient of many creams and lotions. It has a regulating effect on the secretion of sebum, making it suitable for dry or oily skin types, and it is a useful antiseptic and anti-inflammatory in the treatment of acne. It is also used as an insect repellent especially good for mosquitoes as well as been a popular ingredient in soaps and perfumes. Blend with chamomile/melissa in the treatment of dry eczema.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Antidepressant
- Astringent
- Diuretic
- Anti-inflammatory
- Balancing
- Haemostatic
- Vulnerary
- Vermifuge
- Stimulant
- Tonic
- Uplifting
-

Systems / conditions benefitted:

Skin: benefits all skin types, balances sebum, helps keep skin supple, tonifies dull, congested skin, improves circulation preventing chilblains, enlivening pale skin, bruises, eczema, broken capillaries.

Circulatory/lymphatic: improves circulation and stimulates lymphatic system, oedema, cellulite.

Nervous: tonic, lifts the spirits and relieves anxiety, depression and stress.

Endocrine/reproductive: balances the hormones, thus regulating PMT, menopause (especially the depression associated with this), and heavy periods.

Typical methods of use: Bathing, massage, vaporizer, fragrance, inhalation.**Safety Note:** Avoid on very sensitive skin. Otherwise, it is completely safe.

Ginger*Zingiber officinale***Plant family:** Zingiberaceae**Country of Origin:** Asia especially India, Jamaica, West Indies and Nigeria**Oil source:** Dried, ground rhizome root**Method of extraction:** Steam distillation**Note:** Middle**Comforting, warming, strengthening and stimulating**

Blends well with lavender, orange, neroli, coriander, eucalyptus, frankincense, geranium, citrus oils.

Ginger essential oil is warming oil that is renowned for preventing vomiting, morning sickness and travel or motion sickness. Ginger is also good when used directly in the bath or massage blends for arthritis, muscle aches, lethargy, colds, flu and all winter chills as it warms the mind and body giving a feeling of wellbeing. It stimulates the circulation and wakes up sluggish, tired bodies. Its warming qualities are good to use for feelings of loneliness and winter depression, and its energizing properties make it a good aphrodisiac. Using ginger oil helps create a sense of determination and confidence, so that you can work through difficulties with a greater sense of your own inner power.

Significant chemical constituents:

- (Sesquiterpene)

Therapeutic actions:

- Stimulating
- Tonic
- Analgesic
- Laxative
- Warming
- Rubefacient
- Antispasmodic
- Analgesic
- Stomachic

Systems / conditions benefitted:

Skin: stimulates circulation thus helps heal bruises and chilblains.

Skeletal: eases joint pain, arthritis, and rheumatoid arthritis.

Muscular: relieves cramps, muscle spasms and sprains.

Circulatory: stimulates the circulation which helps to ease blood vessel problems such varicose veins, warming to cold hands and feet.

Nervous: warms emotions especially when lethargic and fatigued.


Digestive: settles the stomach, nausea, motion sickness, stimulates appetite.

Respiratory: eases flu and cold symptoms, especially catarrh, sore throats, fever runny nose.

General: removes toxins, stimulates, and wakes up the body.

Typical methods of use: Massage, warm compress, inhalation, vaporizer.

Safety Note: On sensitive skin it can be phototoxic. Ginger is spicy and can thus be an irritant. Use in low concentration.

<p>Grapefruit <i>Citrus paradisi</i></p>		
<p>Plant family: Rutaceae Country of Origin: Tropical Asia, West Indies, USA Oil source: Fruit peel</p>		
<p>Method of extraction: Expression Note: Top</p>		
<p style="text-align: center;">Energising, uplifting, benefits SAD or general fatigue.</p> <p style="text-align: center;">Blends well with other citrus oils, cypress, ginger, lavender, neroli, pepper and rosemary</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Grapefruit is a refreshing tonic and has an uplifting effect, thus helps combat depression (especially S.A.D), lethargy and general fatigue. It is good for tissue toning, treats congested skin, cellulites, diuretic, digestive, antiseptic, liver tonic. Relieves nervous exhaustion and stress, joyful and energizing. Using grapefruit will help to improve your sense of self-worth and help you to become more empowered and positive about yourself and what you can do.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Astringent • Depurative • Diuretic • Stimulant • Tonic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: astringent for dull, oily skin and acne.</p> <p>Lymphatic: diuretic thus reduces water retention and oedema, helps cellulite.</p> <p>Nervous: uplifting and refreshing thus revives depressed and stressed minds.</p> <p>Immune: stimulates immunity and helps prevent colds and flu.</p> <p>General: fatigue, jet- lag, morning tiredness.</p>		
<p>Typical methods of use: Massage, bath, vaporizer.</p>		
<p>Safety Note: Phototoxic.</p>		

Jasmine (absolute)*Jasminum grandiflorum***Plant family:** Oleaceae**Country of Origin:** China, Northern India, Egypt, France and any Mediterranean countries.**Oil source:** Flower**Method of extraction:** A concrete is produced by solvent extraction: further solvent extraction creates an absolute which may then be steam distilled.**Note:** Middle**Rejuvenates the skin, and soul, relaxes, soothes, uplifts.**

Blends well with neroli, sandalwood, rose, cedarwood bergamot, frankincense, geranium, citrus oils.

Good for depression, nervous exhaustion and stress related conditions, jasmine is said to produce a feeling of optimism, confidence, and euphoria. It is especially good in cases of apathy, indifference, or listlessness. Jasmine is also used for catarrh, coughs, hoarseness, laryngitis, dysmenorrhoea, labour pains, uterine disorders and other skin problems such as dry, greasy, irritated, sensitive skin and for muscular spasms and sprains. Is known to be a classic aphrodisiac. Jasmine rejuvenates the skin and the soul, relaxes, soothes and uplifts. The use of jasmine can help to encourage an acceptance of all the experiences of life and promote enjoyment and relaxation.

Significant chemical constituents:

- Ester

Therapeutic actions:

- Antidepressant
- Antispasmodic
- Galactagogue
- Parturient
- Relaxing
- Sedative
- Tonic (Uterine)

Systems / conditions benefitted:

Skin: encourages cell renewal thus heals scar tissues and reduces stretch marks; hydrates and soothes dry, mature skin and increases elasticity.

Nervous: improves self-confidence, optimism, lifts depression, calms nerves and warms emotions: eases nerve pain.

Reproductive/ endocrine: balances hormones in PMT and menopause: eases child labour pains and speeds up delivery.

Typical methods of use: Massage, vaporizer.**Safety Note:** Useful at the end of pregnancy as it strengthens uterine contractions, but therefore not recommended during pregnancy.

Juniper (berry)*Juniperus communis***Plant family:** Cupressaceae**Country of Origin:** Siberia, Canada, France, Italy, Hungary, Czechia and Slovakia**Oil source:** Dried Berries – cheaper oil from needles and wood is not recommended for aromatherapy use.**Method of extraction:** Steam distillation of berries**Note:** Middle**Detoxifies, cleaning our the body and mind of excesses, whether fluids, anxieties or toxins.**

Blends well with sandalwood, bergamot, geranium, rosemary, marjoram and citrus oils.

Juniper essential oil can be extracted from the berries which take three years to ripen or the needles and wood of the plant which is much cheaper oil. Always check when buying juniper, it states whether it is the berry oil. Used in an oil burner juniper berry is known to be great for hangovers, over indulgence and tension headaches. In massage oils, creams or used directly in the bath it is famed for eczema relief and is in many eczema remedies as well as other skin ailments including dermatitis, acne, blocked pores and psoriasis. Juniper detoxifies, cleaning out the body and mind of excesses, whether fluids, anxieties or the build up of toxins. The use of juniper promotes a more optimistic outlook and encourages a warmer and friendlier state of being.

Significant chemical constituents:

- Monoterpene

Therapeutic actions:

- Antiseptic
- Antispasmodic
- Emmenagogue
- Diuretic
- Depurative
- Tonic
- Relaxing
- Sedative
- Stimulant
- Rubefacient

Systems / conditions benefitted:

Skin: detoxifies blocked pores, acne, oily skin: good for dermatitis, psoriasis, and eczema.


Skeletal: warming effecting eases symptoms of arthritis, rheumatism, and gout.


Circulatory: aids cellulite.


Nervous: clears and stimulates the mind, relieves stress-related conditions and tension.


Urinary: cystitis: diuretic helps fluid retention.

Typical methods of use: Massage, bath, vaporizer, compress, inhalation**Safety Note:** Do not use with kidney disease, use in moderation as prolonged use can cause kidney damage. Abortifacient - so do not use during pregnancy. Can take more than 48 hours to be eliminated from the body.

<p>Lavender (true) <i>Lavandula angustifolia</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: France and England Oil source: Flower</p>		
<p>Method of extraction: Steam distillation Note: Middle to top</p>		
<p>Great all-rounder, useful for treating all conditions and relaxing and balancing the body. Blends well with most oils but particularly bergamot, orange, lemon, geranium, pine.</p> <p>~</p> <p><i>Lavender is the essential oil with wide ranging benefits and lovely aroma. Lavender is the most used essential oil in aromatherapy. The whole body can benefit from lavender. It is an all-rounder, useful for treating all conditions as well as relaxing and balancing the whole body. Used in oil burners, massage oils, as a bath oil, in creams and lotions or directly on the skin lavender is calming, balancing, aids a restful night's sleep, relaxing, hay fever, headaches, tension to name just a few. It is also used to sooth burns prevent blistering & scaring (cooks should always keep a small bottle to hand in the kitchen) as well as been an antiseptic used on spots, bites, and stings etc. as well as an insect repellent.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Antiseptic • Analgesic • Antidepressant • Anti-spasmodic • Anti-inflammatory • Antiviral • Cooling • Sedative • Detoxifying • Hypotensive • Balancing • Detoxifying • Fungicidal 	
<p>Systems / conditions benefitted:</p> <p>Skin: effective for all skin types and conditions- balances sebum in oily skin, promotes cell growth and rapid healing for scars and stretch marks, antiseptic for insect bites and stings, burns, sunburns, wounds, healing for dermatitis and psoriasis.</p> <p>Skeletal: eases rheumatism.</p> <p>Muscular: soothes and relieves aches, pains, and sprains.</p> <p>Circulatory: lowers high blood pressure and other stress-related conditions such as palpitations.</p> <p>Nervous: balances emotions, lifts depression, relieve headaches, migraine, tension, shock.</p> <p>Respiratory: relaxes breathing, eases bronchitis, laryngitis, antiviral effect on colds and flu.</p>		
<p>Typical methods of use: Bathing, massage, compress, room fragrance.</p>		
<p>Safety Note: No notes.</p>		

<p>Lavandin <i>Lavandula x intermedia</i></p>	
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: Mediterranean but cultivated worldwide Oil source: Flower</p>	
<p>Method of extraction: Steam distillation Note: Middle</p>	
<p style="text-align: center;">A calming and relaxing oil good for balancing the body. Blends well with most oils but particularly bergamot, orange, lemon, geranium, pine.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Lavandin is a hybrid plant from a cross of true lavender and lavender spike.</i></p>	
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Antispasmodic • Analgesic • Antimicrobial • Mucolytic • Insecticide
<p>Systems / conditions benefitted: Skin: insect repellent. Circulatory: palpitations. Digestive: stimulates the appetite, soothes colic, flatulence. Respiratory: infections, colds, flu. Muscular: soothes aches and pains, antispasmodic. Nervous: stimulating and uplifting</p>	
<p>Typical methods of use: Bathing, massage, compress, room fragrance</p>	
<p>Safety Note: No notes.</p>	

<p>Lavender (spike) <i>Lavandula latifolia</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: Mediterranean, particularly France and Spain Oil source: Flower</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p style="text-align: center;">A calming and relaxing oil good for balancing the body. Blends well with most oils but particularly bergamot, orange, lemon, geranium, pine.</p> <p style="text-align: center;">~</p> <p><i>Spike Lavender possesses usage applications similar to that of traditional Lavender Oil. However, it's greater percentage of the constituent camphor gives it stronger analgesic and expectorant properties. It is a better choice to ease headaches or use as an expectorant in the diffuser.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Oxide 	<ul style="list-style-type: none"> <li style="width: 50%;">• Analgesic <li style="width: 50%;">• Mucolytic <li style="width: 50%;">• Expectorant <li style="width: 50%;">• Insecticide <li style="width: 50%;">• Uplifting <li style="width: 50%;">• Vulnery 	
<p>Systems / conditions benefitted: Skin: insect repellent. Circulatory: palpitations. Digestive: stimulates the appetite, soothes colic, flatulence. Respiratory: infections, colds, flu. Muscular: soothes aches and pains, antispasmodic. Nervous: stimulating and uplifting</p>		
<p>Typical methods of use: Bathing, massage, compress, room fragrance.</p>		
<p>Safety Note: No notes.</p>		

Lemon <i>Citrus limonum</i>		
Plant family: Rutaceae Country of Origin: Asia and India, Spain, Portugal Oil source: Fruit peel		
Method of extraction: Cold Expression Note: Top		
<p style="text-align: center;">Protects and stimulates the body's systems and lifts emotions.</p> <p style="text-align: center;">Blends well with lavender, ylang ylang, eucalyptus, fennel, juniper, cedarwood.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Lemon essential oil is well known to be very refreshing to both mind and body, clearing the mind helping decision making and uplifting the body. It is high in minerals and is often used to strengthen weak nails. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream lemon essential oil is good for colds, the voice, lack of energy, depression and clearing the mind while boosting the immune system and aiding digestion. Lemon has also been known as a painless treatment for warts and verrucae. Using lemon oil helps to tighten up your tissues and encourages you to feel healthier and cleaner with more self-confidence.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> <li style="width: 50%;">• anti-fungal <li style="width: 50%;">• diuretic <li style="width: 50%;">• antiseptic <li style="width: 50%;">• hypotensive <li style="width: 50%;">• fungicidal <li style="width: 50%;">• tonic <li style="width: 50%;">• detoxifying <li style="width: 50%;">• uplifting <li style="width: 50%;">• depurative <li style="width: 50%;">• 	
Systems / conditions benefitted: Skin: useful for boils, warts, acne/other seborrheic conditions. Circulatory: tonifies blood and improves circulation, reduces pressure on varicose veins, lowers high blood pressure, slows external bleeding, including nosebleeds. Nervous: refreshes and stimulates the mind, allowing clarity of thought. Digestive: dyspepsia. Respiratory: protects against infections like colds and flu, lowers temperature. Immune: stimulates immune system to produce protective white blood cells.		
Typical methods of use: Dab with cotton swab, massage, inhalation.		
Safety Note: Phototoxic, use in low concentrations.		

Lemongrass*Cymbopogon citratus*

Plant family: Poaceae (Gramineae)
Country of Origin: Asia, West Indies and East India
Oil source: Leaves of the grass (both fresh and dried)

Method of extraction: Steam distillation
Note: Top to middle

**Stimulating for skin and muscles, refreshing.**

Blends well with lavender, eucalyptus, geranium, juniper, rose

Researchers have found that lemongrass holds antidepressant, anti-oxidant, antiseptic, astringent, bactericidal, fungicidal, nervine and sedative properties. It also can be used as a deodorant and body tonic. Lemongrass is helpful for treating certain skin conditions such as acne, rough skin patches, open pores and the link. Lemongrass is refreshing and stimulating for muscles and skin. Many have found that adding a few drops to skin treatment products had greatly enhanced them. Skin oils may also be made by mixing lemongrass with sweet almond or jojoba oil. Lemongrass oil revitalizes the body and relieves the symptoms of jetlag, clears headaches and helps to combat nervous exhaustion and stress-related conditions. It is a great overall tonic for the body and it boosts the parasympathetic nervous system, which is a boon when recovering from illness, as it also stimulates glandular secretions.

Significant chemical constituents:

- Aldehyde

Therapeutic actions:

- Antidepressant
- Antiseptic
- Astringent
- Stimulant
- Tonic
- Uplifting

Systems / conditions benefitted:

Skin, tonifies open pores, acne, oily skin: insect repellent.

Skeletal: useful for aching joints, gout, rheumatism.

Muscular: tonifies, aching muscles, tired legs, and veins, relieves muscle fatigue: useful for sports injuries.

Nervous: stimulates, revives, energises the emotions, and relieves stress-related conditions and nervous exhaustion.


Digestive: stimulates appetite, relieves indigestion and gastro-enteritis.


Respiratory: antiseptic effect on infections, sore throats, laryngitis.

Immune system: reduces fever.

Typical methods of use: Massage, vaporizer, foot bath, inhalation.

Safety Note: May irritate sensitive skin.

<p>Mandarin <i>Citrus reticulata</i></p>		
<p>Plant family: Rutaceae Country of Origin: Southern China and Eastern Asia Oil source: Peel Fruit</p>		
<p>Method of extraction: Expression Note: Top</p>		
<p>Refreshing, happy, soothing, relaxing – good for children, the frail, and the elderly. Blends well with all citrus and spice oils, clary sage, geranium, juniper, lavender and neroli.</p> <p style="text-align: center;">~</p> <p><i>Mandarin essential oil is gentle and calming oil which is great for skin. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream it makes a lovely fruity air freshener that is relaxing, stress reducing and can aid a peaceful sleep. Known to be good for the skin especially stretch marks it is also good for digestion, circulation, diarrhoea, constipation, and flatulence.</i></p> <p><i>Mandarin is refreshing and happy, soothing, and relaxing and eases all aspects of nervous exhaustion and anxiety. Using Mandarin will encourage you to be more positive about your own attributes and strengths and will help you to develop a greater sense of self worth.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> <li style="width: 50%;">• Anti-viral <li style="width: 50%;">• Sedative <li style="width: 50%;">• Antispasmodic <li style="width: 50%;">• Tonic <li style="width: 50%;">• Carminative <li style="width: 50%;">• Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: helps cell growth for scar tissue and stretch marks, astringent for oily skin. Lymphatic: mild diuretic qualities help cellulite, oedema. Nervous: mandarin's refreshing aroma lifts anxiety and symptoms of depression as well as helping insomniacs. Reproductive: helps PMT. Digestive: tonifies digestion, expels wind, calms the stomach, and stimulates appetite.</p>		
<p>Typical methods of use: Massage, bathing, compress, inhalation.</p>		
<p>Safety Note: Mildly phototoxic. Safe for pregnancy after first trimester.</p>		

<p>Marjoram (sweet) <i>Origanum majorana</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: Spain, France, Egypt and parts of North Africa Oil source: Dried flowers and leaves</p>		
<p>Method of extraction: Steam Distillation Note: Middle</p>		
<p style="text-align: center;">Restful sleep, soothing and comforting for over active minds, anxiety</p> <p>Blends well with lavender, bergamot, rosemary cypress, mandarin, chamomile roman, ylang ylang.</p> <p style="text-align: center;">~</p> <p><i>Marjoram essential oil comes from the same wild perennial as the herb oregano and is great for anxiety of any kind especially grief. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream can be used to calm hyperactivity, ease colds, bronchitis, coughs, headaches, tension, sinusitis and helping sleep. It is good for muscular pain, arthritis, back pain or period pains. Marjoram is warming oil and it is useful to counter chilblains and also has been used to disperse bruises. Helps you to relax and opens up the possibilities of a more fulfilling and enjoyable life.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Analgesic • Anti-spasmodic • Vasodilatory • Hypotensive • Emmenagogue • Relaxing • Tonic • Warming • Vulnerary • Laxative • Sedative 	
<p>Systems / conditions benefitted:</p> <p>Skin: helps heal bruises.</p> <p>Skeletal: eases joint problems.</p> <p>Muscular: eases aches and pains, especially after sport, also helps period cramps.</p> <p>Circulatory: lowers high blood pressure, improves poor circulation, and prevents chilblains.</p> <p>Nervous: calms and soothes the emotions, especially in times of stress, grief, and loneliness: good for headaches, insomnia, and migraines.</p> <p>Digestive: eases stomach cramps, indigestion, and constipation.</p> <p>Respiratory: eases congestion in nose and sinuses, relieves asthma and bronchitis.</p>		
<p>Typical methods of use: Bathing, compress, inhalation, massage.</p>		
<p>Safety Note: Avoid during pregnancy.</p>		

Myrrh*Commiphora myrrha***Plant family:** Burseraceae**Country of Origin:** Red sea area and North-East Africa (Ethiopia, Sudan), South West Asia**Oil source:** Resin**Method of extraction:** Resinoid by solvent extraction/ essential oil by steam distillation**Note:** Base**Healer, stimulating, strengthening, good for respiratory infections.**

Blends well with spices, cedarwood, cypress, frankincense, lemon, patchouli and rosemary.

Myrrh is a healer, especially good for healing wounds, mouth and gum problems and infections of the respiratory system. The main action of this essential oil is on the respiratory system, where its tonifying properties make it helpful in the treatment of chronic lung conditions. It is also an excellent expectorant, particularly when there is thick, white mucus. It can be used to treat coughs, colds and bronchitis- especially as an inhalation. Myrrh is very stimulating, strengthening and highly antiseptic. Myrrh is appropriate if you are a purposeful and creative person but lack confidence in your ability to overcome difficulties and achieve what you want to. Using Myrrh helps put you back in touch with your purpose and supports the expression of love.

Significant chemical constituents:

- Sesquiterpene

Therapeutic actions:

- | | |
|--|---|
| <ul style="list-style-type: none"> • Anticatarrhal • Anti-inflammatory • Antiseptic • Carminative • Cicatrisant • Cooling • Emmenagogue | <ul style="list-style-type: none"> • Expectorant • Fungicidal • Sedative • Vulnerary • Stimulant (digestive/pulmonary) • Tonic. |
|--|---|

Systems / conditions benefitted:

Skin: chapped skin, fungus infections like athletes' foot and ringworm, wounds, mature skin.

Nervous: stimulates and revives, relieving apathy, lack of motivation and general lethargy.


Reproductive: regulates menstrual cycle: relieves thrush.


Digestive: mouth and gum ulcers, gingivitis: stimulates appetite, aids diarrhoea, flatulence.


Respiratory: myrrh is good for helping all respiratory problems, anti-catarrhal and expectorant thus helps remove mucus from lungs, anti-septic, fights infections, colds, bronchitis and glandular fever.


Typical methods of use: Massage, bath, compress, room fragrance, inhalation.

Safety Note: Do not use in high concentrations or pregnancy. Do not use on a prolonged basis as it takes more than 24 hours to eliminate from the body.

<p>Neroli <i>Citrus Aurantium</i></p>		
<p>Plant family: Rutaceae Country of Origin: Italy, France, Spain, parts of North Africa and China Oil source: Orange blossom flowers</p>		
<p>Method of extraction: Solvent extraction or steam distillation Note: Top to middle</p>		
<p style="text-align: center;">Tonic for nervous system, rejuvenates body and soul.</p> <p>Blends well with rose, sandalwood, lavender, jasmine, lemon, bergamot, benzoin, ylang ylang.</p> <p style="text-align: center;">~</p> <p><i>Neroli essential oil is one of the more expensive essential oils but is well worth the money due to its great therapeutic properties and most incredible aroma. Neroli is also widely used in skin preparations for stretch marks or to prevent scarring. Its action of stimulating cell growth and cellular activity helps it to rejuvenate and regenerate the skin. The emotional aspect of this essence is that it is good for shock (nervous system — sedative and calming effect on central nervous system) but also livens people up so is a balancing oil, lifts depression, relieves stress. Neroli is wonderfully relaxing and uplifting, but not if a clear head and concentration is needed - can be rather hypnotic. Using Neroli helps you to relax and become more in touch with your heart, able to express your true emotions. Neroli helps you to sleep better, relax more and participate in life more fully.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Antidepressant • Antispasmodic • Cicatrisant • Detoxifying • Digestive • Sedative • Tonic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: helps cell regeneration (tonic) thus benefiting dry, mature skins, scars and stretch marks, thread veins, eczema, and psoriasis.</p> <p>Circulatory: tonic for circulation (especially varicose veins) and eases palpitations (due to calming effect)</p> <p>Nervous: lifts depression, relieves stress-related conditions, especially insomnia and anxiety: eases neuralgia, calms and soothes nerves and nerve endings.</p> <p>Reproductive: relieves PMT.</p>		
<p>Typical methods of use: Bathing, room fragrance, inhalation, massage.</p>		
<p>Safety Note: None</p>		

<p>Orange (bitter) <i>Citrus aurantium</i></p>		
<p>Plant family: Rutaceae Country of Origin: The Mediterranean, USA, South America Oil source: Fruit peel</p>		
<p>Method of extraction: Expression Note: Top</p>		
<p style="text-align: center;">Bright, sunny, joyful: relieves stress.</p> <p>Blends well with spice oils, other citrus oils, clary sage, geranium, lavender, myrrh and rosemary.</p> <p style="text-align: center;">~</p> <p><i>Bitter Orange essential oil is derived from the outer peel of the orange fruit with the same tree also producing Petitgrain from the leaves and twigs, and Neroli from the fragrant white flowers. Bitter Orange essential oil has an enlivening effect on the emotions and has been associated with helping people to overcome rejection.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Antidepressant • Antispasmodic • Antiviral • Hypotensive • Sedative • Stimulant (digestive) • Stomachic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: skin tonic for dull, oily skins: refreshes and detoxifies. Circulatory: hypotensive thus lowers blood pressure. Lymphatic: relieves oedema and fluid retention. Nervous: provokes positive outlook, refreshes the mind, lifts and relieves depression, tension and stress. Digestive: calms the stomach, aids peristalsis: helps relieve digestive problems such as diarrhoea and constipation. Immune: helps protect against infections, flu and colds.</p>		
<p>Typical methods of use: Massage, bath, compress, room fragrance, inhalation.</p>		
<p>Safety Note: Phototoxic.</p>		

<p>Orange (sweet) <i>Citrus sinensis</i></p>		
<p>Plant family: Rutaceae Country of Origin: China, California, Florida, Spain, France and Italy Oil source: Fruit peel</p>		
<p>Method of extraction: Expression Note: Top</p>		
<p style="text-align: center;">Sunshine, uplifting, warm, bright, restorative.</p> <p>Blends well with spice oils, other citrus oils, clary sage, geranium, lavender, myrrh and rosemary.</p> <p style="text-align: center;">~</p> <p><i>Thanks to its properties as an anti-inflammatory, relaxant and circulation booster, Sweet Orange Oil can promote better digestion, easing cramps and other stomach pains. Research suggests that this natural oil helps to calm the heart rate and reduce levels of cortisol secretion to help keep stress and anxiety to a minimum. It has been shown to be one of the most effective essential oils with regards to its ability to fight pain, infection and chronic inflammation.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Astringent • Antiseptic • Anti-inflammatory • Sedative • Tonic • Carminative 	
<p>Systems / conditions benefitted:</p> <p>Skin: oily, congested skin. Circulatory: water retention, palpitations. Nervous: stress, nervous tension, and tension headaches. Respiratory: bronchitis. Immune: colds, flu</p>		
<p>Typical methods of use: Massage, bath, compress, room fragrance, inhalation.</p>		
<p>Safety Note: Phototoxic.</p>		

<p>Patchouli <i>Pogostemon cablin</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: Asia: Philippines, Indonesia, Malaysia, China, India Oil source: Leaves</p>		
<p>Method of Extraction: Steam distillation Note: Base</p>		
<p style="text-align: center;">Uplifting and sedating.</p> <p>Blends well with ylang ylang, rose, bergamot, lemon, geranium, jasmine, ginger, myrrh, neroli, rose.</p> <p style="text-align: center;">~</p> <p><i>Patchouli is very beneficial for the skin and may help prevent wrinkled or chapped skin. It is a general tonic and stimulant and helps the digestive system. It is also antimicrobial, antiseptic and helps relieve itching. Patchouli is both uplifting and sedative: a small amount stimulates the nervous system, a large amount is relaxing and soothing. Patchouli blends well with lavender to aid sleep. Patchouli will benefit a person lacking in energy and drive- somewhat weak, easily influenced and over-sensitive, finding it difficult to concentrate and focus on the requirements of everyday life. Using patchouli imparts a warmth and energy that helps stimulate and focus attention, increasing contact with the surroundings.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Sesquiterpene 	<ul style="list-style-type: none"> • Antidepressant • Anti-inflammatory • Cytophylactic • Diuretic • Anti-fungal • Sedative • Tonic • Anti-microbial • Nervine • Prophylactic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: helps cell growth, scarred tissue, chapped skin, insect repellent. Nervous system: relieves stress-related conditions, lethargy, anxiety. Digestive: stimulant, helps peristalsis, aids weight loss.</p>		
<p>Typical methods of use: Massage, warm compress, bathing, inhalation.</p>		
<p>Safety Note: Do not overuse and use in low concentrations since it may cause phototoxicity.</p>		

Peppermint*Mentha piperita***Plant family:** Lamiaceae (Labiatae)**Country of Origin:** USA but now grown worldwide**Oil source:** Leaves and flowers**Method of extraction:** Steam distillation**Note:** Top**Peppermint is cool, refreshing and good for digestion.**

Blends well with eucalyptus, lavender, marjoram, rosemary, benzoin, cypress, mandarin.

Peppermint is a lovely fresh and cooling oil, mixed with carrier oil and rubbed onto temples is wonderful for migraines or headaches plus mental fatigue and depression. Peppermint is appropriate for times of transition, when one phase of life is completed and a new one about to begin, such as changing schools or adapting to a new lifestyle. You may know that you need to leave a job or a relationship or move to a new house, but do not yet know which direction to take. Using peppermint will help you to make a break with the past and strengthen your resolve and courage to take the next step.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Analgesic
- Antiseptic
- Antispasmodic
- Antiviral
- Antipruritic
- Carminative
- Cephalic
- Cooling
- Digestive tonic
- Expectorant
- Stimulant
- Febrifuge
- Vermifuge
- Uplifting
- Vasoconstrictive

Systems / conditions benefitted:

Skin: vasoconstrictor thus reduces inflammations, itching: cooling effect on sunburn, hot flushes.

Nervous: wakes up and refreshes the mind, improves concentration, helps mental fatigue, headaches, and depression: cools and calms anger, hysteria, nervous trembling.


Digestive: effective for flatulence, indigestion, nausea, travel sickness.


Respiratory: decongests blocked sinuses, relieves asthma, cold and flu symptoms: encourages perspiration thus reducing fever.


General: relieves pain and cools-headaches, migraines, toothache, aching feet.


Typical methods of use: Inhalation, compress, massage, bathing.

Safety Note: Do not use before bedtime or if you suffer with insomnia, may irritate sensitive skin, peppermint counteracts the benefits of homeopathic remedies and should not be used with or even stored near them.

Petitgrain <i>Citrus aurantium</i>		
Plant family: Rutaceae Country of Origin: France, North Africa, Paraguay Oil source: Leaves and twigs		
Method of extraction: Steam distillation Note: Top		
<p style="text-align: center;">Inspiration, hope, stress reliever, anti-depressant.</p> <p style="text-align: center;">Blends well with bergamot, lavender, geranium, rose, sandalwood</p> <p style="text-align: center;">~</p> <p><i>Petitgrain essential oil produced by steam distillation of the leaves and twigs of the bitter orange (citrus aurantium). Used in an oil burner, a few drops in the bath or blended as a massage oil or cream Petitgrain can help to calm anger and panic or soothe anxiety. Been such a relaxing oil it can even calm a rapid heartbeat and is good for insomnia. It is often used in blends for greasy skin but is also great for helping clear acne, scars, and blemishes.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Ester 	<ul style="list-style-type: none"> • Antiseptic • Anti-spasmodic • Anti-depressant • Digestive • Relaxing • Nervine • Stimulant (digestive, nervous) • Sedative • Tonic • Uplifting 	
<p>Systems / conditions benefitted:</p> <p>Skin: tonic for greasy skin and hair.</p> <p>Nervous: soothes anxiety tension, hyper-activity; sedates nervous spasms and physical problems relating to this such as rapid heartbeat and breathing, insomnia, fatigue.</p> <p>Digestive: calms stomach muscles, relieves indigestion, upset stomach and painful digestion.</p> <p>Immune: mild stimulant, which helps body recover after illness.</p>		
Typical methods of use: Inhale, massage, bath.		
Safety Note: None		

Rose (cabbage) <i>Rosa x centifolia</i>		
Plant family: Rosacea Country of Origin: Morocco, France, Italy and Tunisia Oil source: Flowers		
Method of extraction: Direct/ steam distillation. However, a lot of rose oil is solvent extracted, producing a concrete and then absolute. Note: Base		
<p style="text-align: center;">Aphrodisiac– more than damask, balancing, love, relaxing – more so than damask. Blends well with neroli, sandalwood, jasmine, geranium</p> <p style="text-align: center;">~</p> <p><i>Rose essential oil has always been an expensive and luxurious oil due to the difficulty extracting it from the plant. It can take 40 tons of rose petals to extract just 300g of this beautiful oil. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream rose oil is a popular perfume and excellent antidepressant, calming the nerves and soothing the digestive system, it is especially beneficial for mature, dry, or sensitive skin. Rose is also known to be used for lack of confidence, is wonderfully uplifting, and is thought to help those who lack love in their lives, very important oil in aromatherapy. Cabbage rose is more aphrodisiac and relaxing than damask.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Antidepressant • Antiseptic • Antispasmodic • Antiviral • Relaxing • Emmenagogue • Astringent • Bactericidal • Depurative • Haemostatic • Sedative • Stomachic • Laxative • Tonic • Vulnery 	
Systems / conditions benefitted: Skin: anti-inflammatory, tonic and astringent effect on broken capillaries and thread veins, dry, mature skin and wrinkle, eczema. Nervous: rose oil is an effective anti-depressant and helps relieve symptoms of nervous tension and stress as well as insomnia; stimulates positive emotions, thus combating jealousy, sadness, and grief, balancing. Reproductive: regulates menstrual problems and uterine disorders, calms PMT, increases semen production: relaxing thus helps impotence/low libido.		
Typical methods of use: Massage, bath, vaporizer, inhalation.		
Safety Note: Do not use when breastfeeding.		

<p>Rose (damask) <i>Rosa damascene</i></p>		
<p>Plant family: Rosacea Country of Origin: Asia, Bulgaria, Turkey and France Oil source: Flowers</p>		
<p>Method of extraction: Direct/ steam distillation. However, a lot of rose oil is solvent extracted, producing a concrete and then absolute. Note: Base</p>		
<p style="text-align: center;">Damask rose is especially effective for emotional and reproductive problems. Blends well with neroli, sandalwood, jasmine, geranium</p> <p style="text-align: center;">~</p> <p style="text-align: center;">Damask rose (sometimes known as Bulgarian rose), like jasmine, is one of the best and most expensive essential oils. However, it can be used sparingly to great effect so it may be worth the investment. Distilled rose oil is known as rose otto.</p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Alcohol 	<ul style="list-style-type: none"> • Antidepressant • Antiseptic • Antispasmodic • Antiviral • Relaxing • Emmenagogue • Astringent • Bactericidal • Depurative • Haemostatic • Sedative • Stomachic • Laxative • Tonic 	
<p>Systems / conditions benefitted: Skin: anti-inflammatory, tonic and astringent effect on broken capillaries and thread veins, dry, mature skin and wrinkle, eczema. Nervous: rose oil is an effective anti-depressant and helps relieve symptoms of nervous tension and stress as well as insomnia; stimulates positive emotions, thus combating jealousy, sadness, and grief, balancing. Reproductive: regulates menstrual problems and uterine disorders, calms PMT, increases semen production: relaxing thus helps impotence/low libido.</p>		
<p>Typical methods of use: Massage, bath, vaporizer, inhalation.</p>		
<p>Safety Note: Do not use when breastfeeding.</p>		

<p>Rosemary <i>Rosmarinus officinalis</i></p>		
<p>Plant family: Lamiaceae (Labiatae) Country of Origin: France, Spain and Italy Oil source: Leaves and flowers</p>		
<p>Method of extraction: Steam distillation Note: Middle</p>		
<p>Rosemary is a good all-round oil, stimulating both mind and body. Blends well with peppermint, lemon, bergamot, basil, cedarwood.</p> <p>~</p> <p><i>Rosemary essential oil is a powerful mental stimulant which aids memory and concentration, restores vitality, and invigorates. Used in an oil burner, a few drops in the bath or blended as a massage oil or cream it can be helpful for congestion, alcohol over-indulgence, overwork, sinusitis, mental and physical tiredness. It furthermore stimulates the brain, improves memory, and promotes clear thinking. It is also used for muscular aches, cramps, pains, rheumatism, arthritis, coughs and colds, bronchitis, back pain, scalp disorders and sinusitis. It provides support in stressful situations, burn some in the room while revising or working.</i></p>		
<p>Significant chemical constituents:</p>	<p>Therapeutic actions:</p>	
<ul style="list-style-type: none"> • Monoterpene 	<ul style="list-style-type: none"> • Analgesic • Antiseptic • Antispasmodic • Antiviral • Astringent • Cephalic • Emmenagogue • Nervine • Vulnerary • Cordial • Uplifting • Diuretic • Hypertensive • Nervine • Stimulant • Tonic 	
<p>Systems / conditions benefitted:</p> <p>Skin: effective astringent, eases puffiness and clears congested dull skin. Skeletal: joint problems including arthritis, rheumatism, bursitis. Muscular: pain relief for sport/exercise related injuries/pain. Circulatory: rubefacient thus stimulates poor circulation, tonifies heart, improves low blood pressure. Nervous: refreshes and clears the mind; improves and aids memory; relieves mental fatigue and lethargy; also activates the brain and stimulates nerve endings (useful for stroke patients), relieves headaches, migraines, and vertigo. Respiratory: flu, colds, sinusitis, chest infections. General: diuretic thus aids fluid retention, obesity.</p>		
<p>Typical methods of use: Bathing, massage, cold compress, inhalation, vaporizer.</p>		
<p>Safety Note: Unsuitable for pregnancy or people with epilepsy or high blood pressure.</p>		

Sandalwood*Santalum album***Plant family:** Santalaceae**Country of Origin:** East India, Sri Lanka and Australia**Oil source:** Wood, inner heartwood and roots**Method of extraction:** Water or steam distillation**Note:** Base

A relaxing and soothing oil, especially good for calming irritations.

Blends well with frankincense, rose, jasmine, ylang ylang

Sandalwood has been used for medical and therapeutic purposes for over 4000 years. It is appropriate if you feel stuck in your life, or constantly experiencing repeating patterns. You may approach life in a rational, intellectual way without this being balanced by your intuitive, feeling side of your nature. Using Sandalwood helps you to come up with fresh solutions and actions- creating a wider vision of life. Santalum spicatum is sometimes used in place of Santalum album.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Antidepressant
- Antispasmodic
- Antiseptic
- Bactericidal
- Cicatrisant
- Expectorant
- Aphrodisiac
- Relaxing
- Sedative
- Tonic

Systems / conditions benefitted:

Skin: soothes dry, irritated, chapped skins: eczema, sensitive skins, calms redness of broken capillaries and reduces high colouring.

Nervous: soothes tension, relieves stress, insomnia, and anxiety.

Respiratory: throat and chest infections, bronchitis; sedates dry, tickly coughs.

Urinary: infections, cystitis, cleansing effect on kidneys.

Typical methods of use: Inhalation, bathing, compress, massage.

Safety Note: None.

Tea Tree*Melaleuca alternifolia***Plant family:** Myrtaceae**Country of Origin:** Australia**Oil source:** Leaves**Method of extraction:** Water or steam distillation**Note:** Top to middle

The all-round first aid oil. It has been proven to combat bacteria, viruses, and fungi.

Blends well with lavender.

~

Tea tree essential oil is one of the most used essential oils in the world due to its outstanding healing properties. It can be used neat on spots, acne or insect bites and is also widely used to treat head lice. Tea tree is good to use if you are prone to complaints that are lingering and slow to heal. You may also have the feeling that you are never quite reaching your full potential, and that you are somehow disadvantaged and held back by circumstances beyond your control. Using tea tree will help you to realise that you can have an effect on your life and that you can take at least the next step towards a more fulfilling, happy, and purposeful existence.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Antiseptic
- Anti-inflammatory
- Antiviral
- Bactericide
- Cooling
- Fungicide
- Stimulant
- Sudorific
- Immuno-stimulant
- Sudorific

Systems / conditions benefitted:

Skin: Any fungal or viral infections: cold sores and spots, (used neat) acne, athlete's foot, warts, verrucae: infected wounds or boils: blisters.

Lymphatic: glandular fever.

Nervous: Revitalises the mind.

Respiratory: flu, colds, catarrh promotes sweating so can reduce fever.

Urinary: thrush, cystitis, urinary tract infections.

Immune: boosts immune system, thus can help shorten time of illness by helping body's defences to fight back.

General: Useful to prepare body for an operation and to help it recover.

Typical methods of use: Massage, bathing, compress, room fragrance, local wash, neat.

Safety Note: Tea tree is a powerful oil and neat application to the skin must be done with care.

Thyme*Thymus vulgaris***Plant family:** Lamiaceae (Labiatae)**Country of Origin:** Mediterranean, Southern Italy**Oil source:** Leaves & flowers**Method of extraction:** Steam distillation**Note:** Top to middle**Powerful antiseptic, stimulates the immune system.**

Blends well with other strong antiseptic oils, such as eucalyptus, lavender, lemon and pine.

Thyme can strengthen the nerves and stimulate brain cells to help memory and concentration. It may help to release mental blocks at the same time. The thymol content of thyme works as an expectorant and cough suppressant and is frequently used in cough syrups prescribed for lung ailments like bronchitis. When combined with fenugreek, thyme works to relieve the pain of migraine headaches. The carminative properties of thyme make it an effective treatment for stomach upsets. By helping to eliminate excess uric acid from the body, gout, sciatica, arthritis, and rheumatism can be more easily combated.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Antiseptic
- Antifungal
- Antispasmodic
- Astringent
- Digestive
- Expectorant
- Emmenagogue
- Hypertensive
- Mucolytic
- Nervine
- Stimulant
- Tonic

Systems / conditions benefitted:

Skin: Acne, oily skin, boils.

Muscular: Arthritis, sports injuries, and rheumatism.

Circulatory: Stimulates blood flow, thought to raise blood pressure.

Nervous: Headaches, stress, nerve tonic, and mental stimulant.

Digestive: Improves appetite, eases flatulence.

Immune: Stimulating, tonic for system.

Respiratory: coughs, colds, catarrh, bronchitis, flu.

Typical methods of use: Inhale, massage, bath.

Safety Note: May cause some sensitivity in some people, use in low dilution. Avoid in hypertension and pregnancy.

Vetiver*Vetiveria zizanioides***Plant family:** Poaceae (Gramineae)**Country of Origin:** South India and Indonesia, South America, Reunion, Java and Haiti**Oil source:** Root**Method of extraction:** Steam distillation**Note:** Base**Earthy, grounding, warming, tranquility.**

Blends well with clary sage, jasmine, lavender, patchouli, rose, ylang ylang.

Vetiver essential oil is a great balancing oil. It is wonderful for the skin helping reduce wrinkles and stretch marks while nourishing and moisturizing. Vetiver oil calms and soothes the mind; it helps to dispel anger, hysteria and irritability and reduce stress and tension. It is helpful for muscular aches and pains, as well as having a positive effect on hormonal imbalance, it can relieve insomnia. Vetiver is specifically beneficial for dry, irritated or dehydrated skin and is helpful in reducing wrinkles, stretch marks and to improve skin tone. It has a tranquilising grounding effect, bringing the user back down to earth, helping relaxation and the release of mental and physical exhaustion. Vetiver is most appropriate when you are feeling emotionally overwhelmed. You may be weepy, feeling under pressure and uncertain which direction to take. Using vetiver will help you to keep calm and deal with the stress of change so that you can begin to see new opportunities and directions.

Significant chemical constituents:

- Alcohol

Therapeutic actions:

- Relaxing
- Rubefacient
- Sedative
- Stimulant
- Vermifuge
- Nervine
- Tonic

Systems / conditions benefitted:


Skin: helps heal acne scars.

Muscular: eases aches and pains.

Circulatory: increases blood flow, mild rubefacient.

Nervous: the mind benefits the most from vetiver: it calms the central nervous system, reduces tension, worry, anxiety and any stress-related symptoms; relieves insomnia and nervous debility.

Typical methods of use: Bath, massage.**Safety Note:** None.

Ylang ylang <i>Cananga odorata</i>		
Plant family: Annonaceae Country of Origin: Indonesia, the Philippines, Madagascar Oil source: Flower petals		
Method of extraction: Steam distillation Note: Base		
<p style="text-align: center;">Ylang ylang has a euphoric effect, promoting positive emotions.</p> <p style="text-align: center;">Blends well with sandalwood, lemon, orange, bergamot, jasmine, neroli, grapefruit, lavender.</p> <p style="text-align: center;">~</p> <p style="text-align: center;"><i>Ylang ylang has a euphoric effect, promoting positive emotions in the user and is calming and sedating in times of stress. Ylang-ylang is most appropriate if you have pushed yourself to work hard and taken on many commitments until you are no longer in control of the stress in your life. Using ylang-ylang oil helps you to relax and reprioritise your life so that you can begin to enjoy yourself again.</i></p>		
Significant chemical constituents:	Therapeutic actions:	
<ul style="list-style-type: none"> • Sesquiterpene 	<ul style="list-style-type: none"> <li style="width: 50%;">• Antidepressant <li style="width: 50%;">• Hypotensive <li style="width: 50%;">• Aphrodisiac <li style="width: 50%;">• Sedative <li style="width: 50%;">• Relaxant <li style="width: 50%;">• Tonic 	
Systems / conditions benefitted: Skin: balances sebum production both for oily and dry skins: extractive effect on acne i.e draws out the spot and infection (so it will get worse before getting better). Circulatory: slows over- rapid breathing (hyperpnea) and heartbeat (tachycardia): reduces high blood pressure. Nervous: antidepressant, creates feelings of joy, calms central nervous system. Endocrine: regulates flow of adrenaline and thus slows its effects reducing stress, anger, frustration, panic, fear, and shock: balances hormones. Reproductive: tonic for womb: impotence, libido.		
Typical methods of use: Bathing, room fragrance, massage, inhalation, compress.		
Safety Note: Can cause headaches and nausea. It should therefore be used in moderation.		

Lesson 16: Understanding Muscles

OBJECTIVES OF THIS LESSON

- Describe the structure and shape of muscles;
- Identify common soft tissue dysfunctions;
- Locate muscles of the head, face and upper body as well as describe their action.

The Muscular System

When a muscle is relaxed, there is a good flow of blood to the area, but during contraction, the flow of blood is reduced and therefore waste removal is limited. This is not a problem if this is occurring during exercise, as the constant contraction and relaxation allows the blood flow to remain. The problem can occur if we constantly contract the muscle without it actually moving, such as in sitting in a poor position, as the blood capillaries can become compressed and blood flow can be impeded, resulting in an accumulation of waste and a reduction in the delivery of nutrients and oxygen. Muscles can become fatigued and become weaker and can result in spasm, eventually creating pain. As the muscles become shorter, they will eventually pull on the tendons that attach them, which can result in loss of function and pain. As function gradually deteriorates, an imbalance can be caused in the muscle group and unless the action or activity that started the issue in the first place is not stopped, the problem will usually re- occur, even after treatment.

If a client is presenting with a sharp pain, this can mean inflammation in the area and massage should not commence until the pain has turned into a dull sensation.



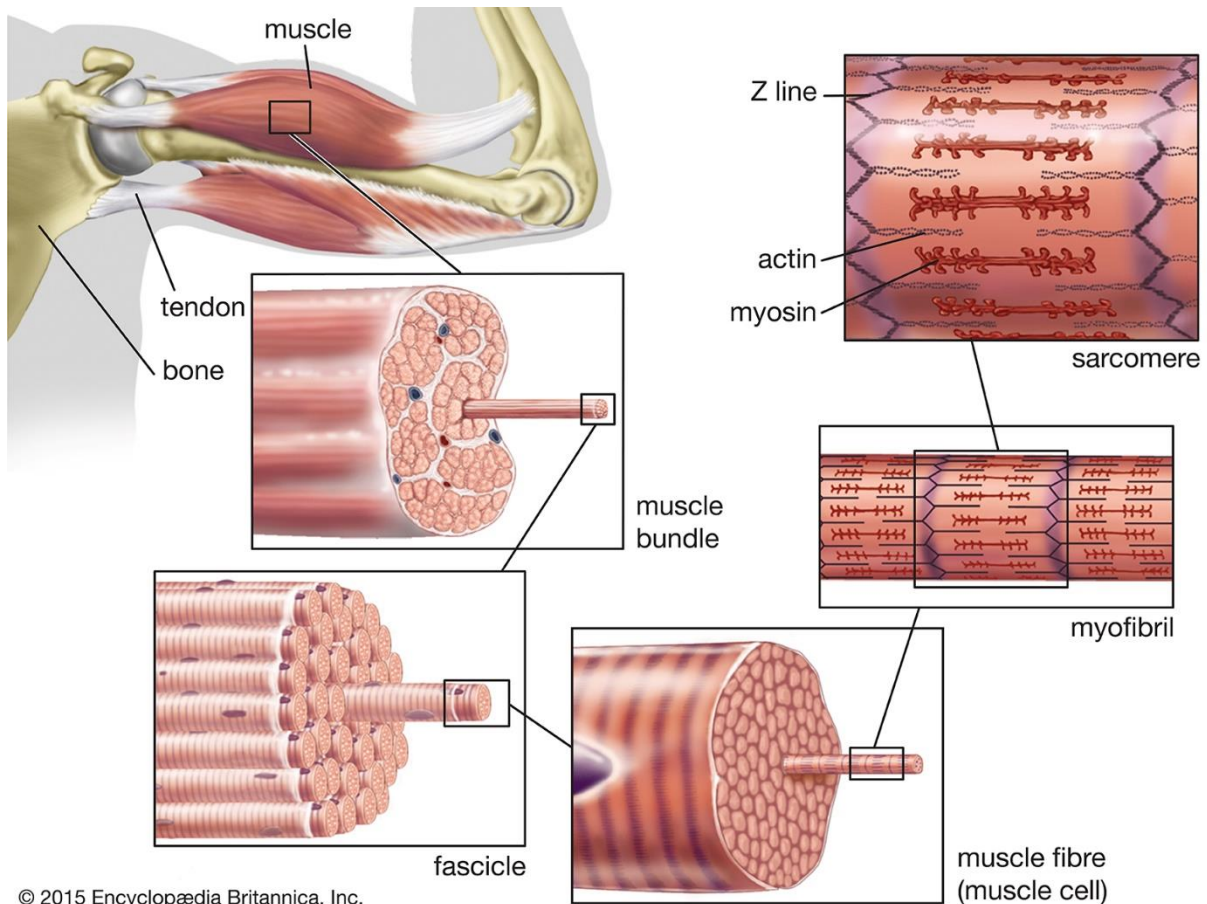
How muscles work

Muscle Structure

Muscles are classified into three different types, which are skeletal, smooth and cardiac.

For the purpose of this course, we are mainly going to concentrate on skeletal muscle, as smooth muscle is mainly found within hollow organs and cardiac muscle is found within the heart.

Skeletal muscles, also known as striated due to its appearance, or voluntary due to its action, are attached to bones and deal with movement. These muscles are made up of fine, thread like fibres of muscles, containing light and dark bands. Skeletal muscles can be made to contract and relax by voluntary will. They have striations due to the actin and myosin fibres and create movement when contracted. There are over 650 different types of muscles in the human body, making up nearly half of the body weight.



Muscles have the following properties:

Excitability – the muscle responds to stimuli

Contractibility – the muscle shortens due to a nerve impulse

Extensibility – the muscle can stretch and increase its length by half

Elasticity – the muscle will return to its normal length

Muscles consist mainly of muscle fibres which are held together by fibrous connective tissue, with numerous blood vessels and nerves penetrating through them. The muscle fibres are made up of muscle cells, which vary in length and are rod shaped. The fibres are called myofibrils and they get shorter (contract) in response to a nerve impulse. The protein strands then slide against each other when the muscle contracts.

Each muscle fibre has an individual wrapping of a fine connective tissue called endomysium, which are then wrapped into bundles called fascicule and are covered by the perimysium. This is what forms the muscle belly, and has its own covering called the fascia epimysium. The fascia acts as a “Clingfilm” around muscles, giving them support and also acts as a pathway for nerves, blood and lymph vessels.

When a muscle is damaged, fibres become torn and the connective tissue around the muscle is also damaged. Fluid seeps out of torn fibres, which can cause localised swelling. This fluid tends to stick the fibres together which causes pain as the muscle is irritated by

the slightest contraction. The fibres stop sliding as effectively and the fascia gets tighter and begins to constrict the muscle. The fascia can also become torn and the loss of elasticity can create tissue congestion. If the body is held in the same position for too long, such as sat at a computer, then the fascia can easily adapt to that shortened position, and any attempts to return it to its normal length can be painful. There is then a temptation to remain in that position, which in turn worsens it.

Muscle Shapes

The bundles of fibres within muscles will determine the shape of the muscle. The most common muscle fibre arrangements are:

Parallel fibres – these muscles have fibres that run parallel to each other in length and can sometimes be called strap muscles. These muscles have great endurance but may not be that strong due to their length. An example would be the Sternocleidomastoid (SCM).

Circular muscles – these muscles are usually circular in shape and an example would be the muscles surrounding the mouth and eye.

Convergent – this is where the muscle fibres converge to an attachment to a bone. The fibres are arranged to allow maximum force and can sometimes cross joints which have a large range of movement such as the Pectoralis Major.

Pennate – these are made up of short fibres, so the pull is short but also strong, though the muscle tires easily.

Fusiform – these are sometimes included within the parallel muscle group and are made up of spindle shaped fibres. A good example is the Biceps Brachii as the belly is wider than the origin and the insertion.

Muscle Movement

You need to know a little about how your muscles work in pairs, and all the terminology used to describe this.

Muscles are attached to two different bones with tendons.

To make a joint move one of these bones move whilst the other will not.

c. The insertion is the point where the muscle is attached to the moving bone.

An example of this is: - The origin of the bicep is attached to the shoulder and the insertion of the bicep is attached to the forearm/elbow joint.

Antagonistic Muscles Work in Pairs: Muscles can only do one thing and that is to pull (by contracting). To make a joint move in two directions, you need two muscles that pull in opposite directions.

- Antagonistic muscles are pairs of muscles that work each other.
- One muscle contracts (shortens) while the other relaxes (lengthens) and vice versa.

- The muscle that is doing the work (contracting) is the prime mover or agonist.
- The muscle that is relaxing is the antagonist.

Muscles called flexors and extensors occur opposite each other. Flexors make joints close (flexion) while extensors make joints open (extension). Adductors and abductors are another pair of opposite muscles that work together in joints.

There are Two Types of Muscle Contractions: There are two types of contraction that a muscle can undergo, these are isometric and isotonic.

- Isometric Contraction - the muscle stays the same length and so nothing moves. Like if you pull on a rope attached to a wall.
- Isotonic Contraction - the muscle changes length and so something moves. Like if you exercise with weights that are free to move.

Effects of Using Muscles and Muscle Contraction: If you use your muscles constantly or you under use them several things can happen.

- Muscle Fatigue - if you use your muscles a lot and they don't get enough oxygen they will feel tired or fatigued.
- Muscle Atrophy - if you don't use them, they will get smaller, this is called atrophy.
- Cramp - Cramp is a sudden contraction of a muscle that won't relax.

Muscles never relax completely, there is always some tension in them, and this is called muscle tone. Exercise improves muscle tone, which in turn improves posture, if you improve your posture you put less strain on your muscles, joints and bones and you won't get injured so easily.

Flexibility: Flexibility, suppleness and mobility are all basically the same thing; they are all to do with how far your joints move, the type of joints you have and the stretchiness of the muscles around it.

Flexibility has many benefits - It's often forgotten about but suppleness is very useful for any sport, the reason for this is:-

- Stretches get you ready to work
 - Stretching is a good way to warm up and get your body ready to work this means you are less likely to pull or strain a muscle.
- Better performance
 - You can't do some sports without being flexible like gymnastics and trampolining.
- Fewer injuries
 - If you are flexible you are less likely to over stretch and injure yourself.
- Better posture

- More flexibility means better posture, fewer aches and pains prior, during and after training. Flexibility in certain joints is especially important because they are used all the time in sports.

Active Stretching:

- You do the work of stretching your muscles without help from an external source.
- You take it slowly and gentle.
- If it hurts or your muscle starts to shake, ease up.
- Don't bounce into a stretch because this will tear your muscle fibres.

Passive Stretching:

- A partner does the hard work of stretching your muscles.
- Tell them straight away if you feel any pain.

Growth and Repair of the Muscles

Muscle hypertrophy is the term used for when a muscle cell grows in size, and the commonest reason for this is due to exercise, where there will be an increase in muscle fibre. When a muscle is damaged (torn), the body has to repair it and will do this by using satellite cells which fuse with the ends of the damaged fibre. If the damage is constant, then the process will repeat itself so that more satellite cells are used which will create growth of the muscle.

Muscle Tone

Muscle tone refers to the amount of tension or resistance to movement in a muscle. Muscle tone is what enables us to keep our bodies in a certain position or posture. A change in muscle tone is what enables us to move. For example, to bend your arm to brush your teeth, you must shorten (increase the tone of) the bicep brachii muscles on the front of your arm at the same time you are lengthening (reducing the tone of) the tricep brachii muscles on the back of your arm. To complete a movement smoothly, the tone in all muscle groups involved must be balanced. The brain must send messages to each muscle group to actively change its resistance.

Tendons and Ligaments

Tendons and ligaments are made up of collagenous tissue with ligaments attaching bone to bone and tendons attaching muscle to bone. The place where a muscle attaches to a bone but does not move, is known as the origin. To make movement occur, the muscles contract, which will pull on the tendons, this then pulls on the muscles.

Tendons are tough, yet flexible bands of fibrous tissue, which allows movement. Ligaments are stretchy connective tissue which helps to stabilise the joints. They control the range of movements of a joint to prevent them from bending the wrong way. Injuries to both

tendons and ligaments are very common, caused mainly by sporting injuries. It is fairly common for tendons to be stretched or torn which can be extremely painful. If ligaments are stretched, caused by injury or excess strain, the joint will become weaker, as the ligaments are unable to support it.

As discussed, the muscles within our body act when they receive impulses. The nervous system is the means by which the body co-ordinates bodily systems and informs the body about any changes in the environment.

The nerves carry brief electro-chemical messages that trigger appropriate responses in the various parts of the body. The messages (impulses) then react and will do certain tasks such as make the muscles contract, the glands secrete, and the blood vessels widen or narrow.

The nervous system is a very complex system in the body but is divided up into two main parts. The Central Nervous System (CNS) and the Peripheral Nervous System (PNS).

Musculo-Skeletal Problems

Very often, the problem will not be noticed for a long time and the symptoms can be very subtle at first. This can make it difficult to be able to determine the cause of the problem. However, below are some of the most common causes.

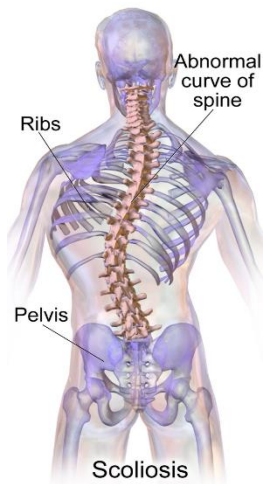
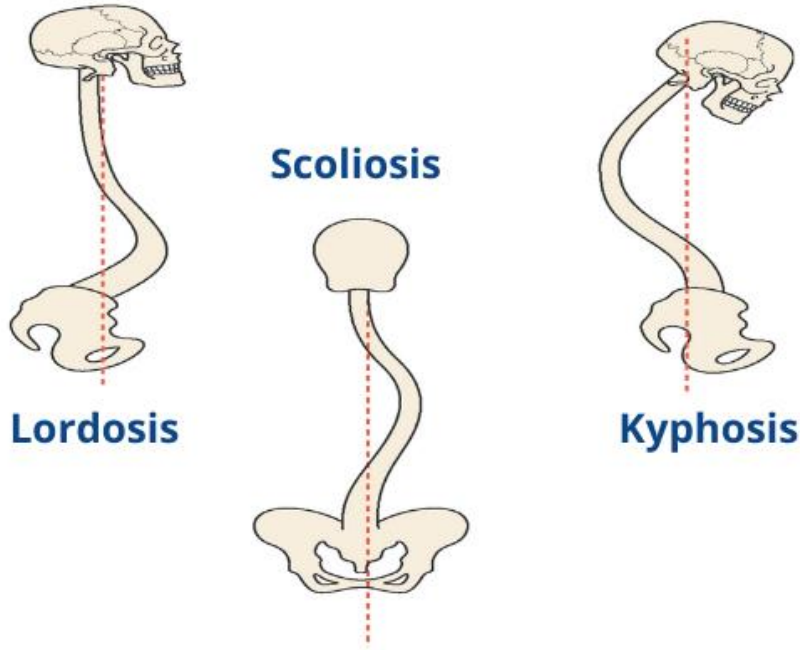
Stress – emotional stress will usually show itself in physical tension, causing tight muscles and poor posture.

Environment – by looking at the client’s lifestyle and occupation, a pattern may form that could highlight a potential problem. Such activities as walking a dog which pulls on a lead or carrying heavy bags over the shoulder can often lead to problems.

Injury – any type of injury will cause the soft tissue to become swollen and may lead to increased muscle tension or spasm. This can lead to a lack of range of motion. If you suspect an injury, always refer your client to a professional such as osteopath, physiotherapist or GP.

Posture – postural problems may be due to bad habits, but they may also be due to postural faults, such as those below:

Postural Fault	Definition
Kyphosis	Excessive curvature at the top of the spine, creating a “hump”
Scoliosis	Curvature of the spine to one side, causing the hips to be misaligned.
Lordosis	Inward curve of the lower back, creating a protruding abdomen.



Scoliosis

As a massage therapist, this is where **caution** is needed. Focus on the massage being mindful of pressure close to the spine.

If scoliosis is severe, only a **relaxing** massage, with lots of effleurage, petrissage, and other relaxation techniques, is appropriate.



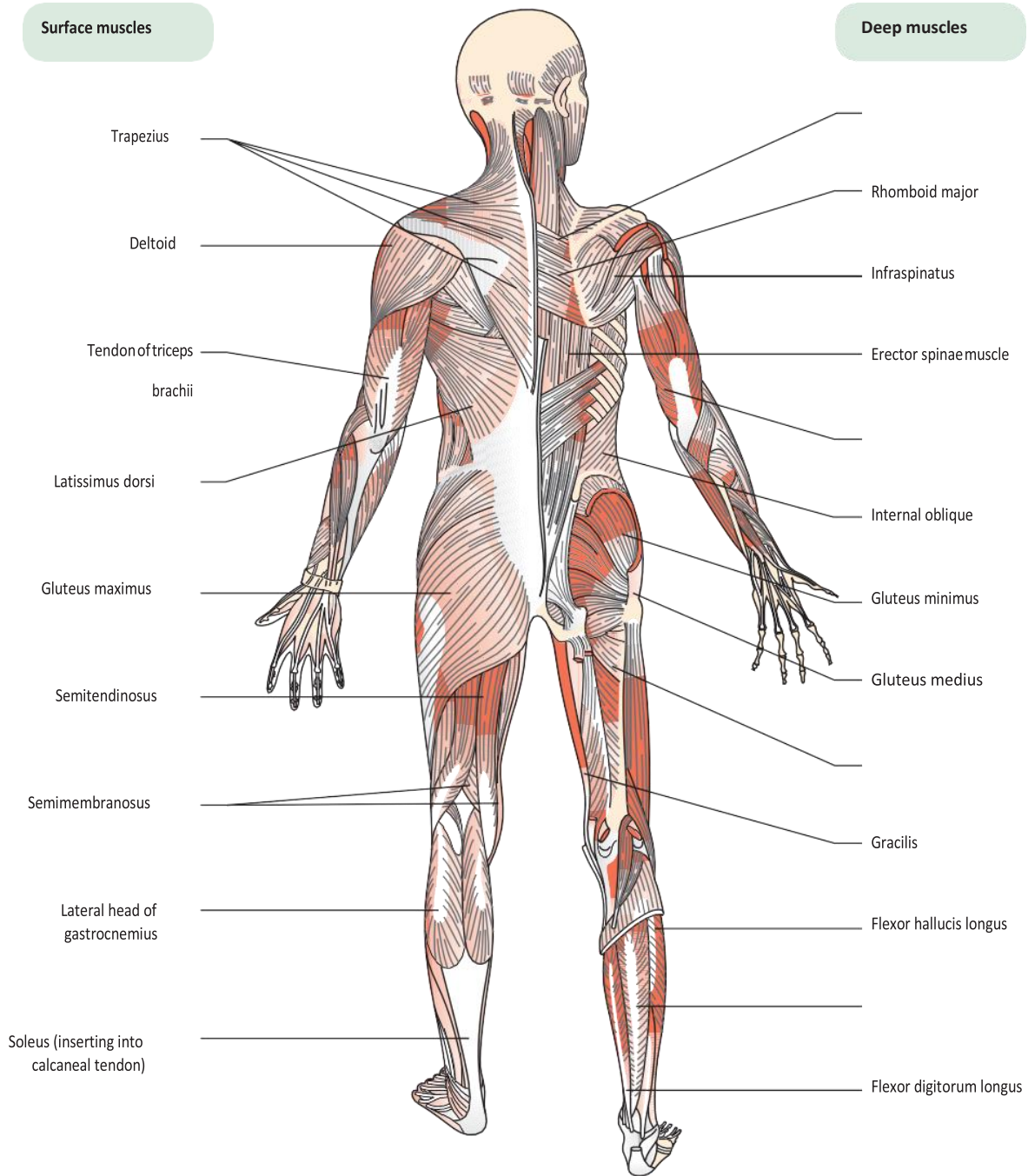
Soft Tissue Dysfunction

Before you start massage you will need to be able to assess the condition of the muscles. Here are a few guidelines to help you.

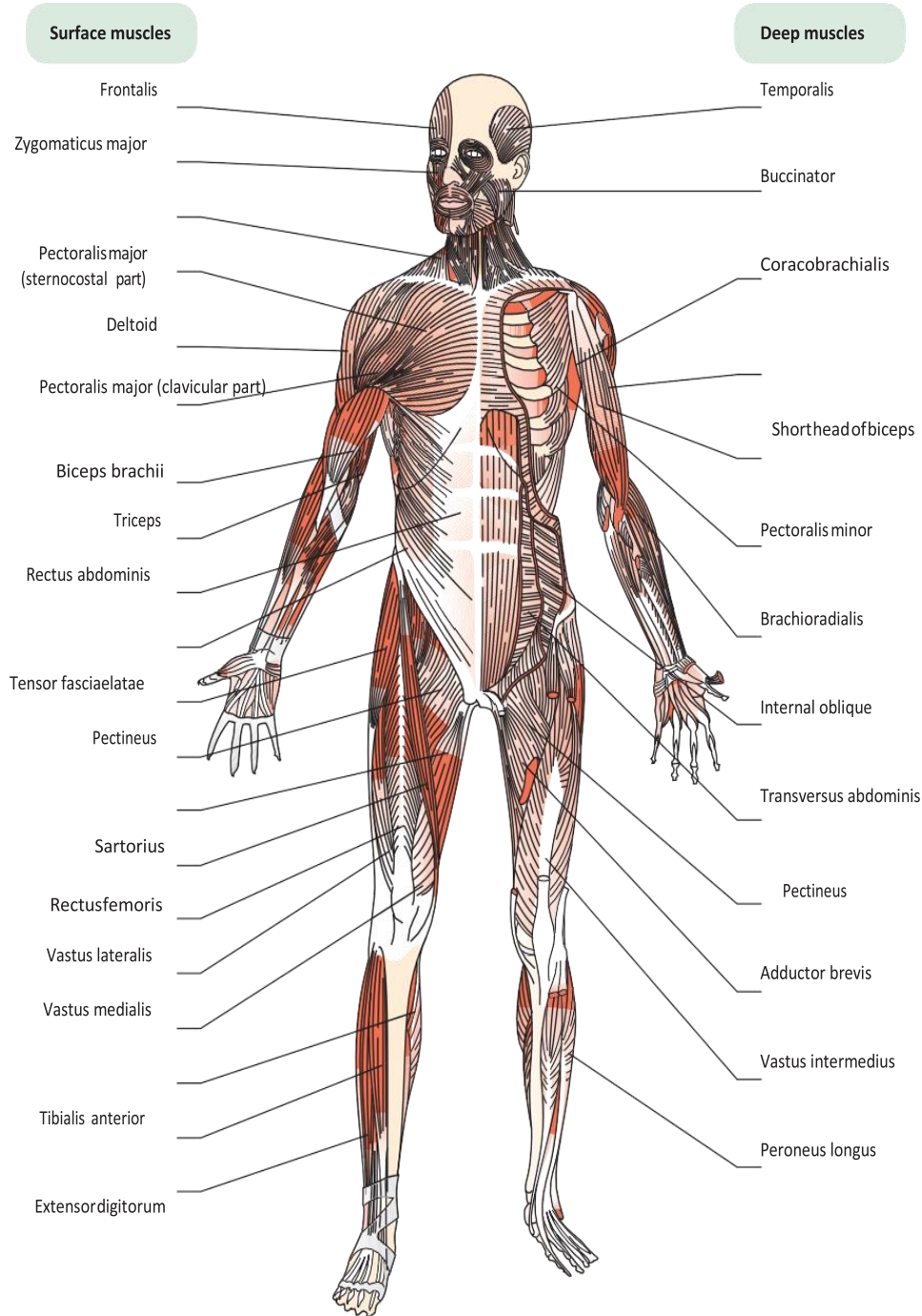
Acute pain	If client experiences acute pain that lingers, stop massaging the area and suggest they see a GP for diagnosis
Adhesions	Adhesions are fibrous bands that form around joints or within the fascia layers. The muscle fibers or the fascia stick together and eventually fibrous nodules develop – the area feels fibrous and less flexible. They are usually caused by inflammation or injury and the release of adhesive glycoprotein's which aid the repair process. They seldom cause acute pain when worked over but they can cause discomfort and sensitivity. You may know adhesions as "knots".
Crystal Deposits	Found on muscle fibers and around bone structures: e.g. around the edge of the scapular. Can feel gritty and 'crunchy' and can cause pain when worked over
Edema	Excess fluid in tissues. Test by applying pressure to the area, if the area stays white for longer than 10 seconds it is edema. Extremely swollen areas will be firm, even solid with little movement and pain due to excess fluid pressure on the sensory nerves. Avoid area and work softly above area to aid drainage
Fibrosis	Occurs when excess fibrous connective tissue forms usually due to tissue damage such as repetitive strain
Fibrous Nodules	Located close to the surface of the skin. They are moveable, often jumpy and the areas will feel lumpy. They seldom cause acute pain when worked over but they can cause severe discomfort and sensitivity
General tension	Muscle fibres will be hard and difficult to move. Unlike a toned muscle, which can feel hard but will be pliable and will move with you as you massage over it. With deep held tension the area will become sensitive to touch and often ticklish
Inflammation	Symptoms to look out for are: redness, heat, pain, swelling
Muscle spasms	A convulsive muscular contraction which can be a result of tissue damage as the natural response is to contract nearby muscles. They can also occur if a muscle is overworked or over stretched. The contraction of the muscle fibres can compress on blood vessels and with a build-up of toxins in the muscle, the nerves can become irritated, causing pain.
Scar tissue	The body's natural response to injury, and its aim is to bring two ends together, for example in a torn muscle. It is also made of elastic fibres but also collagen and can be sticky in its early stages, causing the fibres to adhere together, causing muscle fibres to clump together over time and preventing the fibres from gliding. Not as mobile or pliable as normal tissue. Old scar tissue will feel lumpy or solid with no flexibility. New scar tissue will feel firm with little flexibility. The muscles affected will feel stiff and inflexible.
Tearing	There will be a dip or a hole in the muscle contour and acute pain. Advise client to see a GP. Do not massage

Muscles of the body

Muscles of the posterior body



Muscles of the anterior body



Muscles of the Chest and Upper Arm

Name	Position	Action
Pectoralis major	Across upper chest	Used in throwing and climbing; adducts arms
Pectoralis minor	Underneath pectoralis major	Draws shoulders downwards and forwards
Deltoids	Surrounds shoulders	Lifts arms sideways, forwards and backwards
Biceps	Front of upper arm	Flexes elbow; supinates the forearm and hand
Triceps	Back of upper arm	Extends the elbow
Brachialis	Under the biceps	Flexes the elbow

Muscles of the Hand and Forearm

Name	Position	Action
Brachio radialis	On the thumb-side of the forearm	Flexes the elbow
Flexors	Middle of the forearm	Flexes and bends the wrist drawing it towards the forearm
Extensors	Little finger side of the forearm	Extends and straightens the wrist and hand
Thenar muscle	Palm of the hand below the thumb	Flexes the thumb and moves it outwards and inwards
Hypothenar muscle	Palm of hand below little finger	Flexes little finger and moves it outwards and inwards

Muscles of the Back

Name	Position	Action
Trapezius	The back of the neck and collarbones	Moves scapula up, down and back; raises the clavicle
Latissimus dorsi	Across the back	Used in rowing and climbing; adducts the shoulder downwards and pulls it backwards
Erector spinae	Three groups of muscles which lie either side of the spine from the neck to the pelvis	Extends the spine; keeps body in an upright position
Rhomboids	Between the shoulders	Braces the shoulders; rotates the scapula.

Muscles of the Abdomen

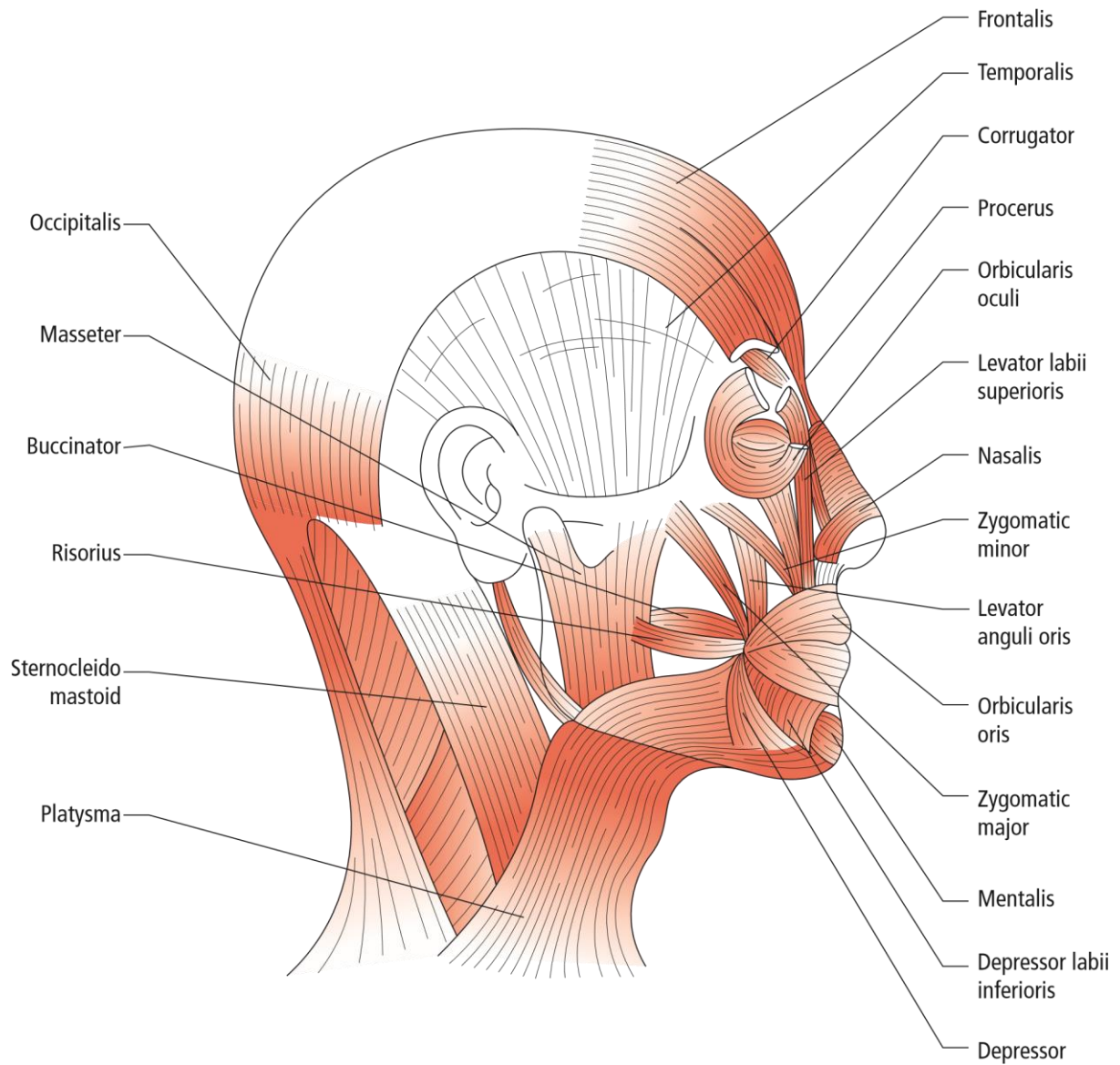
Name	Position	Action
Rectus abdominis	Front of abdomen from the pelvis to the sternum	Flexes the spine; compresses the abdomen; tilts the pelvis
Obliques	Internal – either side of the rectus abdominis External – lies on top of the internal oblique's	Both compress the abdomen and twist the trunk

Muscles of the Buttocks and Legs

Name	Position	Action
Gluteals	In the buttocks	Abducts and rotates the femur; used in walking and running
Hamstrings	Back of the thigh	Flexes the knee; extends the knee
Gastrocnemius	Calf of the leg	Flexes the knee; plantar-flexes the foot
Soleus	Calf of leg, below the Gastrocnemius	Plantar-flexes the foot
Quadriceps extensor	Front of the thigh: group of four muscles	Extends the knee; used in kicking
Sartorius	Crosses the front of the thigh	Flexes the knee and hip; abducts and rotates the femur
Adductors	Inner thigh	Adducts the hip; flexes and rotates the femur
Tibialis anterior	Front of the lower leg	Inverts the foot; dorsi-flexes the foot; rotates the foot outwards

Muscles of the Face and Head

Name	Position	Action
Buccinator	Forms most of the cheek and gives it shape	Puffs out cheeks when blowing; keeps food in mouth when chewing
Corrugator	Inner corner of eyebrows	Draws eyebrows together (frowning)
Frontalis	Upper part of the cranium	Elevates eyebrows; draws the scalp forwards
Masseter	Runs down and back to the angle of the jaw	Lifts the jaw; gives strength for biting (clenches the teeth)
Mentalis	Forms the chin	Lifts the chin; moves the lower lip outwards
Nasalis	Over the front of nose	Compresses nose (causing wrinkles)
Orbicularis Oculi	Surrounds the eye	Closes the eye (blinking)
Orbicularis Oris	Surrounds the lip and forms the mouth	Closes the mouth; pushes lips forwards
Platysma	Front of throat	Pulls down the lower jaw; angles the mouth
Procerus	Top of nose between eyebrows	Depresses the eyebrows (forms wrinkles over the nose)
Quadratus labii superioris	Runs upward from the upper lip	Lifts the upper lip; helps open the mouth
Risorius	Lower cheek	Pulls back angles of the mouth (smiling)
Sternocleidomastoid	Either side of the neck	Pulls head down to shoulders; rotates head to side; pulls chin onto chest
Temporalis	Runs down the side of face towards jaw	Aids chewing; closes mouth
Triangularis	Corner of the lower lip, extends over the chin	Pulls the corner of the chin down
Zygomaticus	Runs down the cheek towards the corner of the mouth	Pulls corner of the month upwards and sideways



Example Actions of Muscles

Head / face / neck muscles and their actions

Muscles	Example Action
Buccinator	Compresses cheeks as in whistling
Depressor anguli oris	Pulls down corners of mouth Creates the expression of sadness
Depressor labii inferioris	Pulls lower lip down
Frontalis	Draws scalp forwards
Lateral Pterygoid	Opens mouth
Levator Anguli Oris	Raises corner of mouth Creates cheerful expression
Levator labii superioris	Lift upper lip Creates cheerful expression
Levator palpebrae	Opens eyelid
Masseter	Closes mouth and clenches teeth Chewing food
Medial Pterygoid	Raises the mandible (lower jaw)
Mentalis	Lifts skin on chin and draws lower lip outwards Creates the expression of discontent
Nasalis	Compresses and dilates nasal opening Creates annoyed expression and used in sniffing
Occipitalis	Draws scalp backwards
Occipito-Frontalis	Lifts eyebrows, wrinkles skin of forehead Creates looks of surprise and horror
Orbicularis oculi	Closes eyelids
Orbicularis oris	Purses the lips / compresses lips against teeth
Procerus nasi	Wrinkles skin at bridge of nose Creates expression of disgust
Risorius	Retracts corners of mouth and lifts upper lip up Creates expression of grinning
Splenius capitis	Looking up or down
Sternocleido mastoid	Flexes & turns head from side to side Shaking head – saying 'No' Looking over your shoulder Raising your head from pillow
Temporalis	Raises and retracts the lower jaw / clenches teeth
Zygomaticus	Moves angle of mouth up, back and outwards Creates the expression of smiling

Trunk - front and back shoulder / upper arm muscles

Muscles	Example Action
External Oblique	Dancing the twist / Gymnastics
Internal Oblique	Digging with a shovel, raking / Golf
Diaphragm	Produces 60% of our breathing capacity
Transverse Abdominis	Support when sneezing and coughing / maintains good posture Seated rowing, Javelin
Rectus Abdominis	Initiating getting out of a low chair / All sports
Quadratus lumborum	Bending sideways from sitting to pick up an object from the floor Tennis serve
Gluteus maximus	Walking upstairs / rising from sitting / Running / High jumping
Gluteus medius	Stepping sideways over an object, such as a low fence / Ice skating
Gluteus minimus	Stepping sideways over an object, such as a low fence / Ice skating
Erector spinae	Keeps back straight / maintains posture All sports, especially swimming, gymnastics, ballet
Rotators located between each vertebra	Rotates and assists in extension of the vertebral column Helps maintain good posture and stability during standing and sitting
Trapezius	Painting a ceiling / Boxing
Levator scapulae	Carrying a heavy bag over your shoulder / Weightlifting
Rhomboids minor & major	Pulling something toward you, such as opening a drawer Archery / Wind surfing
Pectoralis major	Clavicular attachment – brings arm forward and across the body, as in applying deodorant to opposite armpit Sternal attachment – pulling something down from above, such as a rope in bell ringing / Baseball pitching
Latissimus dorsi	Pushing on arms of chair to stand up / Climbing , Rowing
Deltoid	Reaching for something out to the side, or raising the arm to wave / Javelin, Wind surfing
Supraspinalis	Holding shopping bag away from side of body / Racket sports
Infraspinalis	Brushing back of hair / Racket sports
Teres minor	Brushing back of hair / Racket sports

Teres major	Reaching into your back pocket / Cross-country skiing / Rowing
Subscapularis	Reaching into your back pocket/ Athletic throwing events
Biceps brachii	Picking up an object- bringing food to your mouth / Rowing
Brachialis	Bringing food to your mouth / Rowing, Boxing
Triceps brachii	Throwing objects, pushing a door close / Volley ball

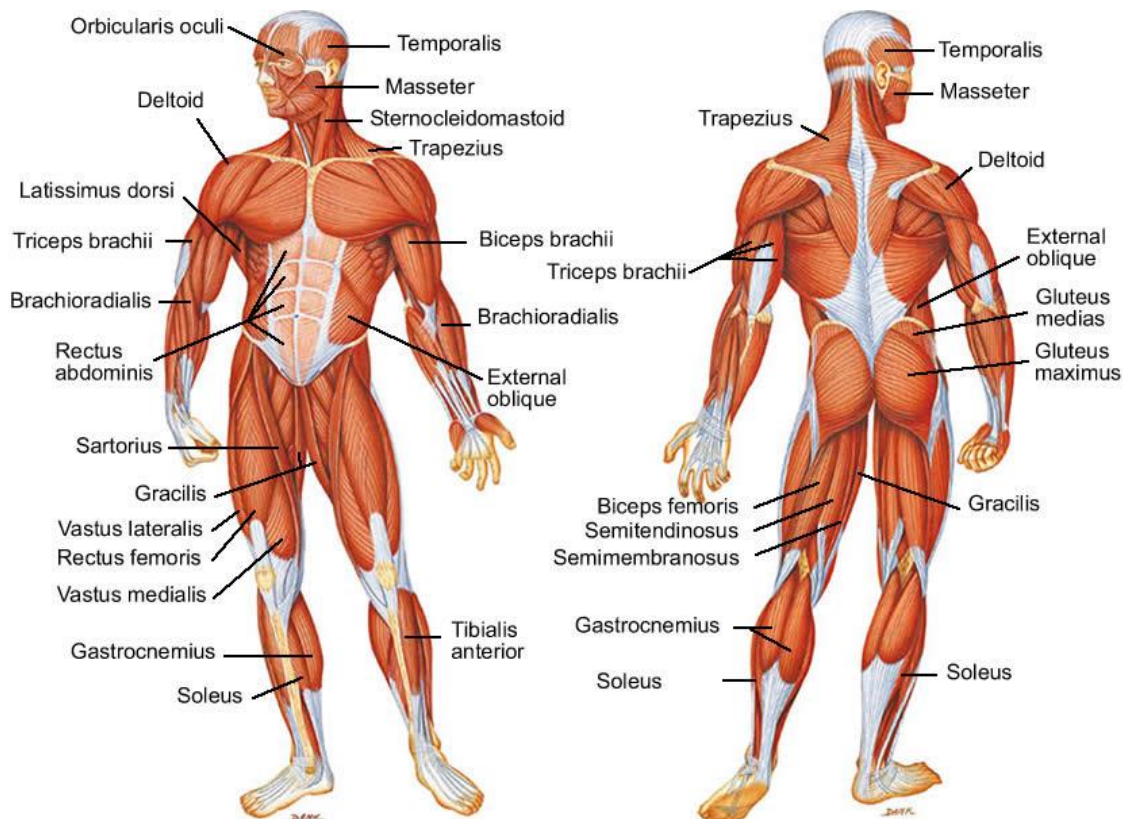
Lower arm muscles / hands

Muscles	Example Action
Pronator teres	Pouring liquid from a container / turning door knob Hockey dribbling
Brachio radialis	Turning a cork screw / Cricket
Supinator	Pushing a door handle / Backhand in all racket sports
Extensor carpi Radialis, longus, brevis Wrist extensor	Kneading dough, typing, cleaning windows Motor cycle sports- throttle control
Opponens pollicis	Picking up small object between thumb and fingers Motor cycle sports – clutch and throttle controls
Extensor digitorum Finger extensors	Letting go of objects held in hand

Hip and leg / foot muscles

Muscles:	Example Action:
Tensor fasciae latae	Walking and strolling / Horse riding, Hurdling
Piriformis	Taking first leg out of car / Swimming (breast stroke legs) Soccer
Adductor Magnus, longus, brevis	Bringing second leg in or out of the car / horse riding / Soccer
Hamstrings	During running the hamstrings slow down the leg at the end of its forward swing and prevent the trunk from flexing at the hip joint / Sprinting / Cross country running
Gracilis	Sitting with knees pressed together / Horse riding
Sartorius	Sitting cross-legged / Ballet, Ice-skating

Quadriceps Rectus femoris Vastus lateralis & medialis	Walking up the stairs / Cycling, Skiing / All jump events
Tibialis anterior	Walking and running – lifts foot clear of the ground as the legs swings forward / Hill walking, Mountaineering
Gastrocnemius	Standing on tip-toe / High jumping, Volley ball, Ballet
Soleus	Standing on tip-toe / High jumping, Volley ball, Ballet
Extensor digitorum Longus / Hallucis longus	Walking up the stairs – ensuring the toes clear the steps Hill walking, Mountaineering
Flexor hallucis longus	Pushing off the surface when walking / Hill walking / Ballet
Fibularis (Peroneus) Longus and brevis	Walking on uneven surfaces Running, Soccer, Jumping



Muscles of the body

Useful links:

<http://www.thestretchinghandbook.com/>

<http://www.getbodysmart.com/ap/muscularsystem/menu/menu.html>

<http://www.innerbody.com/htm/body.html>

http://www.bbc.co.uk/science/humanbody/body/factfiles/muscle_anatomy.shtml

Lesson 17: Contra-indications to Massage

OBJECTIVES OF THIS LESSON

- Explain the contraindications to massage treatment:
 - requiring medical consent
 - total contra-indications
 - local contra-indications
- Describe appropriate course of action for common conditions.

What is a contra-indication?

A contra-indication is a reason or situation that either prevents treatment being carried out or that the treatment needs to be adjusted to suit the client's specific need.

Massage is non-invasive, relaxing, and natural. It is therefore generally considered a safe treatment for most people. However, there are two types of contra-indication:

- With GP, medical or specialist permission (or a signed indemnity form)
- Contra-indications that restrict treatment (either totally or locally)

Before commencing with any treatments, it is vital the client is checked for contra-indications.

Does a contra-indication mean a treatment cannot take place?

Not always, however if you are concerned about giving a massage or unfamiliar with a condition, it is best to refer the client to their GP for advice. Remember, that the client is likely to know a fair amount about their condition, so ask them to tell you more about it.

A therapist should not, under any circumstances, attempt to diagnose a condition or decide whether an existing condition is treatable. This is vastly acting outside the scope of massage therapy.

The code of conduct for many complementary health associations states that diagnosis is not allowed. If you have any concerns, always refer the client to their doctor for advice



Types of Contraindication

Contra-indications that restrict treatment totally

This means that no massage treatment should be carried out.

Require GP permission or signed indemnity/consent form

The client may be able to receive a treatment - but written medical permission should be obtained before treatment, to ensure it is safe and beneficial to the client.

In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effect has been fully explained to them and that they are willing to proceed without permission from their GP or specialist.

Once permission has been granted – caution is required during treatment and the massage must be adapted to suit the client's individual needs.

Contra-indications that restrict treatment locally

The client can receive a treatment - but it will need to be adapted to suit their specific needs and areas of their body may need to be avoided.

General considerations

As a massage therapist, you must be aware of the following guidance.

If a client is having a condition treated by medical professional, or another complementary therapist, you should never specifically treat the same condition as it may interfere with the course of treatment. Ask client to check with their consultant or therapist if a massage will be beneficial at present, and/or how it may be adapted to suit. This is also the case for any prescription medication.

You should **not continue with a treatment at all** if any of the following apply to the client:

- Has a fever (>37.8°C).
- Is feeling nauseous or experiencing vomiting or diarrhea.
- Has an infectious disease.
- Is in the first trimester of pregnancy.
- Is under the influence of alcohol and recreational drugs.
- Has had an accident, injury or surgery within the last 3 months (6 months if major).

Contraindications to Massage Treatment

The following table provides guidance on appropriate course of action for a number of common ailments or conditions. This does not replace qualified medical recommendations.

	Condition	Description	Type of Contraindication	Treatment Notes
Cardiovascular	Angina Pectoral	Reduced blood supply to the heart, causing spasm and pain in the chest area	Require GP permission or signed indemnity form.	
	Arrhythmia	Abnormal / irregular heartbeat	Require GP permission or signed indemnity form.	
	Arteriosclerosis	Accumulation of fatty substances in the walls of the arteries causing them to narrow and harden	Require GP permission or signed indemnity form.	
	Carotid Bruit	Irregular heart murmurs in the cervical region	Require GP permission or signed indemnity form.	Massage should be slow and given with light pressure.
	Haematoma	A haematoma is a severe bruise within the soft tissues, usually a muscle. It often results from an injury. Symptoms will often resolve over time, but it can take several months before all the bruising and swelling goes.	Require GP permission or signed indemnity form.	when the condition is severe the area must be completely avoided. Internal and external

				infections are the greatest dangers.
Haemophilia	A condition of diminished or absence of blood clotting. Anyone suffering from this condition will bruise and bleed easily. Deep pressure could cause internal bleeding – haematoma.		Require GP permission or signed indemnity form.	Pressure must be kept light.
Hypertension	Clinically high blood pressure		Require GP permission or signed indemnity form.	
Hypotension	Clinically low blood pressure		Require GP permission or signed indemnity form.	
Localised swelling or inflammation (in the treatment area)	The five classical signs of inflammation are heat, pain, redness, swelling, and loss of function. Inflammation can indicate infection.		Avoid area completely.	Advise client to see their doctor if condition doesn't improve.
Oedema (Medical)	An accumulation of excess lymph fluid in the body, oedema is the increase of interstitial fluid in any organ, tissues, or cavities. It may indicate several dangerous conditions.		Require GP permission or signed indemnity form.	Only an experienced therapist should undertake treatment.
Oedema (Non-medical)	Oedema is swelling. With an injury, swelling may be localized and often corrects itself. Subcutaneous oedema commonly occurs in women before menstruation but does subside if legs are rested in a raised position.		Require GP permission or signed indemnity form.	Gentle massage can be given to help alleviate the condition.

	Phlebitis	A painful condition where the lining of a vein in the legs becomes inflamed and may result in thrombosis.	Require GP permission or signed indemnity form.	
	Thrombosis	A clot forming on the vein wall, usually in the leg.	Require GP permission or signed indemnity form.	Any pressure applied to the vein may dislodge the clot with potentially dangerous circumstances. Massage of the leg is a definite total contra-indication. Light pressure elsewhere.
	Varicose veins and varicose ulcers	Swollen and enlarged veins that are usually blue or dark purple. They may also be lumpy, bulging or twisted.	Any obvious protruding vein must be avoided – massage above the veins can help relieve the pressure. Also avoid treatment below the varicose veins.	Gentle massage above the veins only.
Digestive	Gastric (stomach) ulcer	Open sores that develop on the lining of the stomach.	Massage is locally contraindicated in the area of any ulcer. With regard to a peptic ulcer,	

			abdominal massage can make symptoms worse.	
	Vomiting and diarrhoea (particularly when acute)	Vomiting and diarrhoea cause the body to be dehydrated. Typically, a sign of infection.	Massage totally contra-indicated. Increased stimulation may interfere with the body's own healing process.	Advise client to return home and get plenty of rest / fluids or to seek medical advice.
Endocrine	Diabetes	A group of metabolic disorders characterized by a high blood sugar level over a prolonged period of time.	Require GP permission or signed indemnity form.	
Immune	HIV (human immunodeficiency virus)/ AIDS (acquired immune deficiency syndrome)	<p>HIV is a virus that damages the cells in the immune system and weakens the ability to fight everyday infections and disease.</p> <p>AIDS The breakdown of the immune system makes the receiver susceptible to any pathogens the therapist may carry.</p> <p>HIV is rarely life-threatening these days and is typically managed with medicine.</p>	<p>HIV requires GP permission or a signed indemnity form.</p> <p>Massage is regarded as totally restricted for clients with AIDS.</p>	<p>Massage can be greatly beneficial, but only after approval with medical advice.</p> <p>In serious/late-stage cases where terminal, a gentle hand massage, encouraging words, compassion and empathy are an equally valuable form of treatment to release stress and anxiety.</p>

Infectious Disease	Localized infections	For example, Herpes simplex, boils, verruca, athlete’s foot.	Danger of cross infection – avoid the area completely.	
	Acute infectious & contagious diseases	Examples include: Scabies, Impetigo, Ringworm, Shingles, Measles, Pediculosis, Tuberculosis, Hepatitis, Influenza.	Massage totally contra-indicated. Danger of cross-infection – passing condition on to therapist and possibly next client.	Advise client to seek medical advice if not already done so.
	Fever	A fever is any body temperature elevation over 100°F (37.8°C). Fever generally occurs in response to an infection and is an important immune system response.	Massage totally contra-indicated.	Be particularly mindful of fever during the COVID-19 pandemic. Consider taking client’s temperature prior to treatment to ensure no fever is present.
	Meningitis	Inflammation of the connective tissue (Meninges) that encircle the spinal column & the brain.	Massage totally contra-indicated. Highly contagious – especially in the early stages.	

Musculo-skeletal	Ankylosing Spondylitis	Chronic inflammation of the spine and the sacroiliac joints. The sacroiliac joints are in the lower back where the sacrum (the bone directly above the tailbone) meets the iliac bones (bones on either side of the upper buttocks). Chronic inflammation in these areas causes pain and stiffness in and around the spine.	Require GP permission or signed indemnity form.	Massage should be light. Percussion movements must be avoided.
	Cervical Spondylitis	Cervical spondylosis is a common, age-related condition that affects the joints and discs in your cervical spine, which is in your neck. It's also known as cervical osteoarthritis or neck arthritis. It develops from the wear and tear of cartilage and bones.	Require GP permission or signed indemnity form.	Massage should be light. Percussion movements must be avoided.
	Hereditary spastic paraplegia	a general term for a group of rare inherited disorders that cause weakness and stiffness in the leg muscles. Symptoms gradually get worse over time.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended. Percussion movements must be avoided.
	Hernia	A hernia is when an internal part of the body, such as an organ, pushes through a weakness in the muscle or surrounding tissue wall.	Gentle massage can be given - the herniated area must be avoided completely.	Gentle massage recommended.
	Muscular spasticity (thus conditions which	Spasticity is a condition in which muscles stiffen or tighten, preventing normal fluid movement. The muscles remain contracted and resist being stretched, thus affecting movement, speech and gait.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended.

<p>cause this e.g., cerebral palsy)</p>			<p>Percussion movements must be avoided.</p>
<p>Osteoporosis</p>	<p>A condition where the bones become thin and weak and break easily. Bones start to lose density, particularly of calcium and collagen. It frequently goes undiagnosed until a fracture occurs, as there are no warning signs. The spine, wrist and hips are particularly vulnerable to fracture.</p> <p>It is more common in elderly people, particularly in women after the Menopause. The onset is usually after 60 years of age.</p>	<p>Require GP permission or signed indemnity form.</p>	<p>Relaxing and light pressure massage is recommended. Percussion movements must be avoided.</p>
<p>Recent sprains, fractures, or muscle strains in the treatment area</p>	<p>There may be damage to the ligament, tendons and muscle fibres.</p>	<p>Injury must be allowed to heal before massage in the affected area can take place.</p> <p>Fractures – allow a minimum of 3 months before massage treatment on the area.</p>	

	Rheumatoid Arthritis	Caused by inflammation of the joint and the synovial membrane, which eventually causes the erosion of the cartilage and bone. Usually affects the feet, ankles, fingers, and wrists.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage. Percussion movements to be avoided.
Musculo-skeletal	Slipped Disc - prolapsed or herniated disc	<p>A common back complaint, which affects the fibres of the intervertebral discs.</p> <p>The shock-absorbing discs in the spine are made up of a strong outer fibrous coat that contains soft gel-like material.</p> <p>A prolapsed disc occurs when the gel-like material pushes out from between the vertebrae.</p> <p>A herniated disc occurs when the outer coat ruptures.</p> <p>Pain is caused when the disc puts pressure on the surrounding nerves or spinal cord.</p> <p>A slipped disc is most common in the lower back, but it can also occur in the neck and upper back.</p> <p>It is most likely to occur between the ages of 25 and 45 and is slightly more common in men.</p>	Require GP permission or signed indemnity form.	<p>It is a very painful and debilitating condition, and it is best to refer any client to a good Chiropractor or Osteopath.</p> <p>Relaxing and light pressure massage only. Percussion movements must be avoided.</p>
	Spinal Deformities	A side-to-side curve is called scoliosis; a forward curve (kyphosis) shifts the centre of balance in front of the hip; a concave lower back (lordosis) thrusts the hips forward.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended
	Spondylosis	Degeneration of the joints and intervertebral discs of the spine causing pain in the neck and lumber region.	Require GP permission or signed indemnity form.	Relaxing and light pressure massage is recommended.

				Percussion movements must be avoided.
	Whiplash injury (recent)	<p>Caused by the sudden forwards and backwards jerking of the head and neck, usually in a car accident – but can be caused by strenuous sports.</p> <p>This stretches and tears the soft tissues of the neck - the tendons, ligaments & muscles – usually the Splenius capitus and Sternocleidomastoid muscles and may damage the nerves and other structures in the area, such as the cervical vertebrae and spinal cord.</p> <p>It is also known as cervical sprain or hyperextension injury.</p>	<p>Avoid neck and shoulder area for a minimum of 3 months. Best practice advice is to check any x-rays have been signed-off by a medical practitioner before treatment.</p> <p>Require GP permission or signed indemnity form.</p>	<p>Relaxing and light pressure massage is recommended.</p> <p>Percussion movements must be avoided.</p>
Nervous system	Bell's palsy	Paralysis of the face muscles caused by infections, the result of a stroke or basal skull injuries.	Require GP permission or signed indemnity form.	<p>Massage must be soft and gentle.</p> <p>Percussion and vibration movements must be avoided.</p>
	Epilepsy	Epilepsy is a common condition where sudden bursts of electrical activity in the brain cause seizures or fits.	Require GP permission or signed indemnity form.	A very gentle massage only as over stimulation may trigger a fit. Avoid friction movements

				around the occipital and facial area. Percussion and vibration movements must be avoided.
Migraine	A migraine can feel like a throbbing headache, usually on 1 side of the head. Other symptoms include feeling sick and sensitivity to light.		Massage totally contra-indicated during an attack only.	Migraine sufferers' benefit from massage but should not have treatment during an attack.
Motor Neurone Disease	A fatal, rapidly progressing neurological disease. It attacks the nerves that control movement (motor neurones) so that muscles no longer work. Motor neurones control important muscle activity such as gripping, walking, speaking, swallowing and breathing.		Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.
Multiple Sclerosis (MS)	A condition that can affect the brain and spinal cord, causing a wide range of potential symptoms, including problems with vision, arm or leg movement, sensation or balance. It's a lifelong condition that can sometimes cause serious disability, although it can occasionally be mild.		Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.
Neuritis	Inflammation of a nerve.		Massage totally contra-indicated. Massage would be too painful –	

			increased body stimulation increases the pain level.	
Parkinson's disease	A progressive disease caused by degenerative abnormalities in the brain and characterized by tremor, or shaking hands and limbs, and by stiffness in movements.		Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.
Psychosis	Psychosis is a condition of the mind that results in difficulties determining what is real and what is not real. Symptoms may include delusions and hallucinations. Other symptoms may include incoherent speech and behaviour that is inappropriate for the situation. There may also be sleep problems, social withdrawal, lack of motivation, and difficulties carrying out daily activities.		Seek medical advice to ensure the deep relaxation caused by massage will not trigger any emotional problems. Require GP permission or signed indemnity form.	Massage should be gentle and can be useful for treating these conditions, if used properly, as a means of reducing the anxiety and stress causing it.
Sciatica (trapped/pinched nerve)	Condition caused by entrapment of the long Sciatic nerve as it exits from the spine. The nerves become inflamed and cause pain in the buttocks and thigh.		Require GP permission or signed indemnity form.	Massage must be soft and gentle. Percussion and vibration movements must be avoided.

	Undiagnosed pain	Pain where the client does not know the reason.	Massage totally contra-indicated.	Advise them to see their Doctor before you give them a treatment.
Reproductive	Hormonal contraceptive implant	A small flexible plastic rod placed under the skin in the upper arm. It releases the hormone progesterone into the bloodstream to prevent pregnancy.	If it can be felt, the local area should be avoided.	Light movements may be used across the skin to join up the routine.
	Menstruation	Menstruation (also known as a period) is the regular discharge of blood and mucosal tissue from the inner lining of the uterus through the vagina. The menstrual cycle occurs due to the rise and fall of hormones.	Avoid abdomen in the first few days – depending how client feels, as there is a risk of increased blood flow and may be painful.	
	Pregnancy	<p>Pregnancy usually lasts about 40 weeks, or just over 9 months, as measured from the last menstrual period to delivery.</p> <p>The first trimester is typically defined as the first 12 weeks, the second from weeks 13 – 27 and the third from week 28 until childbirth.</p>	<p>Require GP permission or signed indemnity form.</p> <p>Massage should not be given in the first trimester, as there is a risk of miscarriage.</p> <p>In second and third trimester, gentle massage can be given.</p>	<p>As a rule – overall pressure should be kept light.</p> <p>Avoid deep pressure around the occipital and lumbar areas, at all times during the pregnancy.</p>

			Seek medical advice for massage of the abdomen or avoid.	
	Gynaecological infections e.g. thrush	Increased blood circulation could aggravate inflammation and worsen infection.	Require GP permission or signed indemnity form.	
Respiratory	Asthma	Asthma is a long-term condition in which over-sensitive airways become narrow and inflamed, making it difficult to breathe in and out normally. Its cause isn't completely understood, but asthma is one of a group of allergic conditions, including eczema and hay fever, which often occur together.	Require GP permission or signed indemnity form.	If your client requires medication – ensure they have their inhaler with them.
	Disorders affecting the treatment area	For example: severe eczema, psoriasis, dermatitis, allergy reactions, active alopecia, acne vulgaris, acne rosacea.	Only contra-indicated if weeping as there is a danger of aggravating the condition and causing infection.	Always ensure the client is not sensitive to the massage medium used.
Skin	Scar tissue	A scar is an area of fibrous tissue that replaces normal skin after an injury. Scars result from the biological process of wound repair in the skin, as well as in other organs and tissues of the body. Thus, scarring is a natural part of the healing process.	Avoid localised area for: 2 years – for major operations/ large areas of scarring 6 months – for minor operations / small scar	

Urinary	Kidney infections / disorders Including cystitis	The kidneys are unable to absorb the correct substance from filtration. Stimulation of lymphatic flow could put further strain on the kidneys.	Require GP permission or signed indemnity form.	
	Cancers	Massage stimulates the Lymphatic and Circulatory systems. Cancerous cells are carried within the lymph and blood circulation.	In the early stages of cancer, massage is not recommended, as there is a danger of spreading the cancerous cells. Require GP permission or signed indemnity form.	In the later stages and during remission, any form of bodywork can help reduce the anxiety and stress, but should be carried out with medical permission, and the treatment needs to be adapted to suit the receiver's individual needs.
Other	Extensive bruising, cuts, abrasions, or sunburn in the treatment area		Avoid area completely.	
	Heavy meal within 2 hours	A heavy meal should be avoided in the two hours prior to massage treatment. The client risks nausea, indigestion, bloating and general discomfort.	Localised contra-indication. If a client has eaten a heavy meal, massage could be limited to face, arms, and legs. – avoiding	

			abdomen and lower back.	
	Recent surgery	<p>Surgical operation within 6 months.</p> <p>Major surgery normally involves opening the body. Includes caesarean section, organ replacement,</p> <p>Minor surgical procedures are those that are minimally invasive. Include biopsies, laparoscopy amongst others.</p>	<p>Major surgery; no massage for a minimum of 6 months, thereafter only with medical advice/ indemnity.</p> <p>Minor surgery; no massage for a minimum of 3 months, thereafter only with medical advice / indemnity.</p>	
	Under the influence of alcohol and/or recreational drugs	Increased blood circulation could exacerbate the effects of the drug/s.	Massage totally contra-indicated.	Be sure to advise clients when they book that they should avoid alcohol and drugs on the day of their treatment.
	Undiagnosed lumps and bumps	Any lumps or bumps which the client has not had diagnosed or medically assessed.	Avoid area completely - and advise client to see their doctor.	

References

Tosch, H., 2014. *Massage and Medication* | *Massage Therapy Journal*. [online] American Massage Therapy Association. Available at: <<https://www.amtamassage.org/publications/massage-therapy-journal/massage-and-medication/>> [Accessed 2 January 2021].

Lesson 18: Consulting the Client

OBJECTIVES OF THIS LESSON

- Describe influencing factors which need to be considered when carrying out a consultation.
- Describe key elements of a consultation and how to use consultation to identify features which may influence treatment, including physical examination when appropriate.
- Outline possible outcomes following consultation and explain why a client might be referred.
- Explain the principles of consent and confidentiality.

An Aromatherapy massage aims to treat the overall person and offer a treatment to promote general good health and wellbeing. To accomplish this, it is important that a thorough consultation is carried out to find out necessary information about the client's health and lifestyle to be able to effectively plan an appropriate treatment plan. It is also an important opportunity for the client to find out more about the treatment/s that you offer and ask any questions they have. This lesson covers the essential considerations for a professional consultation procedure.

See Case Study resources for a sample client consultation form.

Preparing for Consultation

Before meeting your client be sure that you are ready to do so. Your **treatment room** should be ready, with the couch made up and all equipment that you might need ready to hand.

Check that you have removed any watch or jewellery you may be wearing, and that you are fresh and presentable. Take a moment to breathe and **mentally prepare for your client**.

You should ensure that you are **punctual for your client** as they may arrive early and will expect the treatment to start on time. The consultation will typically take place within the advertised treatment time, unless it has been previously stated that the client should arrive early for an initial consultation or provide a completed information form in advance of the session. Your consultation will need to start promptly and not overrun into treatment time.

Consultations should take place in a **private, comfortable area** to promote a comfortable open dialogue between client and therapist and ensure there is no interruption or distractions. You should ensure that both you and your client are seated for the consultation so that you are not looming over your client. Try to have an open, angled set up, so that seats are not directly facing each other but are positioned slightly askew, without a desk in between.



Chairs angled for consultation

This helps to create a comfortable environment which doesn't feel like an interview.

Consultation should always take place **before the client undresses** for treatment. Not only so that they are more likely to be comfortable to share and not feel vulnerable, but importantly there may be a reason (a contraindication) raised in the consultation that means that massage is not part of the immediate treatment plan for the client. Specific contraindications are outlined in the next lesson.

Communication

Good communication skills are essential in creating a positive, professional client-therapist relationship and are a huge part of ensuring that your client is relaxed and enjoys the entire experience of your practice, thus more likely to return.

Strong communication skills include asking the right questions, listening with attention and interest, being comfortable with pauses and silences, using appropriate body language.

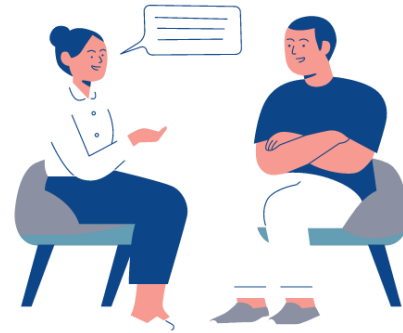
Positive communication and an effective consultation will contribute to the enjoyment for the client of the overall treatment. Asking questions is one of the best ways of encouraging clients to share with you and give you the information you need to treat them effectively.

It is important to understand the difference between closed and open questions so that you can ask the right kind of question at the appropriate time. Closed questions are ones that you can answer yes or no to whereas open questions are those that allow the person to give a broader response.

Open questions are particularly useful when you are meeting a client for the first time and need to take a medical history quite quickly or when you are talking to a client you've seen before and you want to find out how they felt after the last treatment or if there have been any changes to their details that you'll need to update on their record.



Whilst it may feel a little stilted at first, once you get used to the consultation process, you'll feel more confident to carry it out with ease and this will allow you to settle in and listen to your clients with genuine interest and attention, putting them at ease and building that positive professional relationship. Be very conscious to actively listen to your client. Not listening to your client may make them seem that you are not interested and may not give you sufficient information to be able to provide the most appropriate treatment for them.



Listening with attention and interest involves being focused on your client for the duration of their time with you and concentrating on what they're saying, listening without interrupting them (though of course you want to manage this effectively so that you can be efficient in the consultation process allowing them to have their full treatment time without running over), maintaining comfortable levels of eye contact whilst they are speaking, using open questions to appear interested and glean more information.

Top tip

Try to remember the small details that your client has shared so that at the next appointment you can ask them about what they shared with you last time - whether it's to do with their health, lifestyle or where they may have been going on holiday. If you are not particularly good at remembering these sorts of details from conversations, be sure to make a little note on their record card so that you can review it before you see them next.



Good communication is as much about listening as it is about being able to effectively share information. You will need to ensure that your client understands you and that you are being clear and concise to help them do so. Make sure your client understands the reason for the consultation. If they understand why you need the information you are asking for, they are more likely to share.

Start with general questions, or more basic personal detail questions to get the conversation started and ease into the flow to asking about health and lifestyle.

Don't forget a little confidence and enthusiasm goes a long way!

Using appropriate body language

It is important to consider body language that you use around your clients as this will affect the relationship with them and how easy and reassured they feel in your presence. Non-verbal communication is another term for body language. Simply be aware of your body language and convey an openness and interest through your posture and hand gestures, to communicate that your client can trust you and share with you.

Pay attention to your client's body language, too, as they may share more with you about how they are feeling through their non-verbal communication than what they say. Look out to see if they seem particularly anxious or uneasy.

Task: Nervous clients

Come up with as many reasons as you can as to why a client may feel anxious on arriving to your massage appointment. What could you do, as the therapist, to minimise the effect of these anxieties (even if you weren't aware of the reason)?



For example, a client may arrive anxious to your appointment because they have never had an Indian head massage before and are not sure what to expect. Don't take for granted that clients have had previous massage experience and be sure to discuss expectations and process with all new clients. You could even send an information sheet before a new client's first appointment.

What should the consultation include?

The consultation should provide the opportunity to:

- establish the client's reasons for booking a massage treatment.
- make clinical observations about the client which might influence treatment plan, for example observing their gait or posture as they arrive.
- discuss the benefits of holistic massage and clarify the client's expectations of massage treatment and manage these as appropriate, including sharing any limitations.
- confirm what the treatment involves and possible effects.
- gather personal details necessary (e.g., contact details, age, GP details).
- take the client's medical background, primarily to ascertain if there are any contraindications to massage or considerations for the treatment plan.
- Make a decision on massage medium to use (e.g. based on nut allergy disclosure).
- learn more about the client's lifestyle for a holistic approach to the treatment plan.
- ask if there are any additional needs or preferences which may alter the treatment.
- Signpost or refer to other practitioners as appropriate.
- share your confidentiality policy / data protection policy / etc. with clients.
- answer any questions the client may have.

- Discuss the possible essential oils with the client. The client should smell a number of potentially suitable oils before you make the final selection. The aroma of the oils, absorbed via the olfactory tract, is vital to the effectiveness of the treatment. If there are any selected oils which are unsuitable (due to association or because the client doesn't like the smell) this can be sorted out before the massage begins. For example, it is no good using a blend with geranium on the client if the smell makes them feel sick, because the oils will not produce the appropriate therapeutic effect.
- agree on a treatment plan.
- establish any process that you typically use for communication and feedback during treatment (e.g. pressure scale feedback).
- receive informed consent from the client (or responsible person) for the proposed treatment.
- confirm payment amount and method, if not already done so.

You should retain a consultation record for each client and record treatment notes for each appointment they have. You may wish to create your own system to capture and store data or utilise existing complementary therapy client form systems on the market. Whichever approach to record keeping you take, you must ensure that it complies with data protection legislation.

You must check the details of the client consultation form at each appointment to check for any changes in health or lifestyle which may contraindicate massage or affect the treatment plan.

Make sure to keep your records up to date and stored securely.



Physical Assessment

If a client presents to you with pain, you may wish to carry out a physical assessment to better inform you before deciding whether, and how to carry out treatment.

Important

If a client is presenting with a sharp pain, this can represent inflammation in the area and massage should not commence until the pain has turned into a dull sensation.

Recommend the client seeks medical advice.

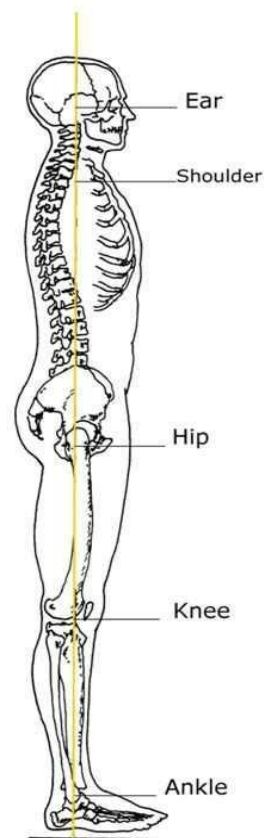
The assessment process will take a variety of procedures. Firstly, there will be a verbal discussion, completing a consultation form to determine the clients' lifestyle, medical

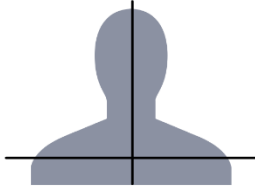
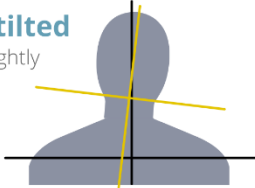
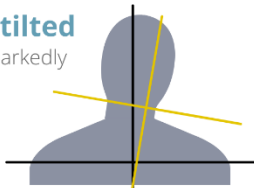

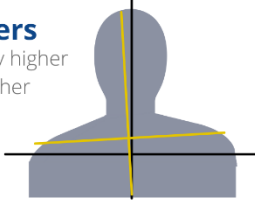
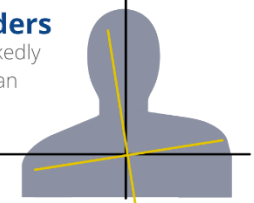
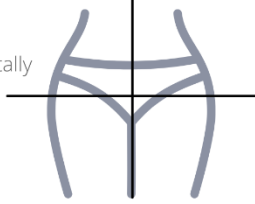
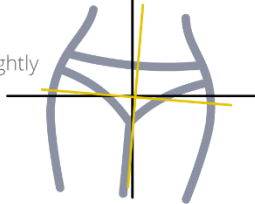
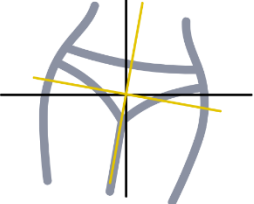
history and also the presenting problem/s. It is essential, that during this process, you find out as much information as possible on what seems to make any muscular pain worse and if you feel that the client needs medical advice due to the presence of an injury, then to refer them appropriately and do not treat. As part of your consultation process, below are other ways to carry out an assessment.

Observation

One of the best ways to observe the client is naturally, because if you tell someone you are watching them, they will unconsciously change their actions. Watch them as they walk across the room, as they sit down, or reach for their bag. Do they have an unusual gait, do they appear to have one shoulder higher than the other etc.

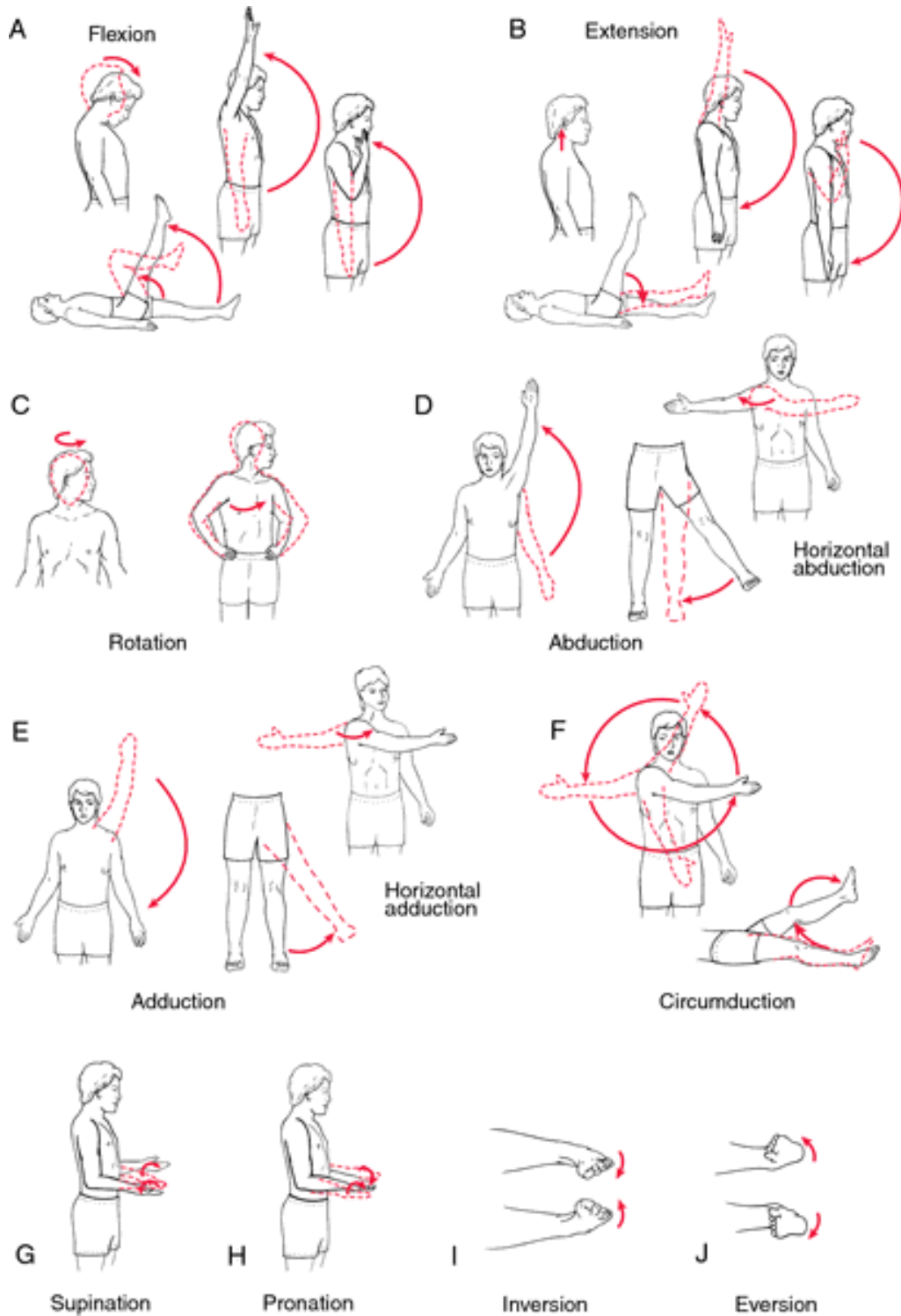
- Ideally, ask your client to be dressed in undergarments (shorts/vest), and stand behind them approximately a metre away.
- Imagine they have a plumb line running through the body from head to the feet. The line should run through the ear, through the shoulder, through the hip and knee and be in front of the ankle.
- Start by looking at the head to see if it is level, use the ears as a guide.
- Do the shoulders sit straight? Check the “key hole” (the gap between the arms and the body) to see if the gap is wider on one side. Do the hands hang at the same length?
- Look at the belt line of the clients’ underwear to see if level, this may indicate scoliosis otherwise.
- Look at the back of the knees to see if the skin creases are level. Do the knees turn in or out?
- Check for the alignment of the Achilles tendons to see if there is any thickening of either tendon. Look at the angle of the feet to see if they are turned in or out.



	Good (10)	Fair (5)	Poor (0)
Head	<p>Head Ears level</p> 	<p>Head - tilted One ear slightly higher</p> 	<p>Head - tilted One ear markedly higher</p> 
Shoulders	<p>Shoulders Horizontally level</p> 	<p>Shoulders One slightly higher than the other</p> 	<p>Shoulders One markedly higher than the other</p> 
Hips	<p>Hips Horizontally level</p> 	<p>Hips One hip slightly higher</p> 	<p>Hips One hip markedly higher</p> 

Range of Motion (ROM)

Another way to carry out an assessment is to determine the amount of movement which occurs without discomfort or pain. If you are going to carry this out, demonstrate the movement to your client beforehand and always carry out checks on the unaffected side first, so that you have something to compare it to, then check for restriction or pain. This is purely as a guide and should not be used as a diagnosis but can help you understand that muscles may be tight or restricted in a particular area.



Palpation

Palpation is the process of feeling with your hands, sometimes before but definitely during the massage and it is a continual process throughout the treatment. Palpation will give you feedback on areas where you need to concentrate on and with lots of experience your fingers will begin to “see” what is beneath. During palpation, your fingers move the skin

over the underlying tissues so that you are able to determine different textures. This procedure needs to be carried out very slowly. Below are some of the textures you may feel:

- **Soft and pliable** – this indicates healthy and relaxed soft tissue.
- **Firm and stringy** – will usually be tendons, due to their fibrous nature. Firm and less resilient – this can indicate thickening of the fascia.
- **Dip in the contour of the muscle** – this can represent a tear in the muscle. Woody and stringy and may “flick” – can signify adhesions of the fascia.
- **Firm, gritty and fairly pliable** – can indicate recently formed scar tissue.
- **Firm, solid** – can signify mature scar tissue.
- **Knotty and resistant** – this can indicate tension within a muscle.
- **Fluid** – if there is oedema in the soft tissues, the sensation can be soft and mobile, however if there is excessive fluid then the skin can feel tight, firm and be painful.

Don't forget to be sure to record any results of your physical assessment, and anything your have advised the client, on to the consultation card.

Asking for Personal Information

It is important to consider why you are asking information and whether you need to or not. You should only collect and store personal information that you can justify having a reason to have collected. So, make sure that your consultation form is as succinct as possible whilst still gathering sufficient information for you to carry out an effective holistic treatment.

You should not make assumptions about people and record answers that you haven't asked the question to. For example, you should not assume someone's age or gender and record that on your record card. If you need the information, then you should ask everyone the question.

You should aim to be inclusive when asking questions, and minimise binary options, by asking open questions. For example, “how would you like me to record your gender?” is more inclusive than asking “are you male or female?”, as some people do not identify as either male or female and is certainly more appropriate than making an assumption about how someone identifies. Remember there are other considerations too. For example, if you typically ask whether someone is currently menstruating, due to contraindication of



abdominal massage, then you should offer the question to everyone - it is not always visible from the outside what reproductive organs people have.

It is unlikely that people will be easily offended by questions that you ask, provided you do make them aware of why you are asking. It is important to note, also, that even questions you may think innocuous can be upsetting to individuals depending on their circumstances. For example, asking “are you pregnant?”, or “do you have children?” may illicit an emotional response in someone who has found out they are unable to have children.



Some therapists find that it is more efficient to give the client a simple form to complete, either at the time of booking or on arrival, which covers some basic personal and medical details you require. It will likely be quicker for an individual to glance down a list of contraindications and highlight any relevant information, than for you to verbally list each one. It is important, however, to not let a form replace the bulk of the consultation. You should review any total contraindications verbally and use the consultation as an opportunity to expand and find out more about the person’s general health and wellbeing and lifestyle.

Consent

It is important that the client gives informed consent for the treatment they receive. Informed consent is the process by which permission is granted and is only possible if the client is aware of the risks, benefits, and alternatives to a treatment. It is the therapist’s responsibility to check that the client has sufficient understanding of the risks and benefits (including managed expectations of the benefits) before proceeding with a massage treatment.

Ideally, clients should sign the consultation form to consent to receiving treatment. Remember that it may be a chaperone who signs consent on the client’s behalf if they are unable to give fully informed consent. In lieu of signed consent, clear verbal consent must be given before a treatment continues.

Confidentiality

Your clients entrust you with personal, sensitive, medical information which you must treat in strict confidence. It is good practice to share a confidentiality statement with new clients so that they understand your policy on confidentiality.

Typically, you should not share any personal or identifying information about your clients with other people. This may not be the case if you work in a salon where clients see multiple practitioners, and it is in the best interest of clients that their information is securely shared between therapists.

You must ensure that details held about your clients are stored securely and in such a way that they are not accessible by others inappropriately.

You may wish to reach out to other practitioners regarding a client's health and wellbeing, for example if there are medical contra-indications, and this process may involve disclosing information about the client. This should only be done with the client's informed consent.



Most confidentiality policies include a statement to share with the client that you will share no details of their personal information without express (often written) consent, unless you believe that the client is a danger to themselves or others. In this case, you would want to inform other services which could help your client and you would ideally like to do this with their consent. However, in the event that consent was not granted, you would break confidentiality to ensure the safety of your client or others.

It is important to make this information clear to clients, when they are new to you, when any information changes, and when it has been a while (perhaps a year) since they reviewed it.

Referral to other practitioners

As a massage therapist it important to remember, and work only within, your scope of practice. There may be reasons that a client requires referring to medical, or other, services for a condition that they bring to your attention.

Where massage is contra-indicated, appropriate guidance and signposting should be given. Typically, this is referral to a medical practitioner. If a client has brought to your attention a medical condition that they have not sought medical advice for, or not recently if the condition has changed, then you should suggest that they seek medical attention. This could be brought to your attention through the consultation, or you may notice something when giving treatment that they are not aware of. If in doubt, you should err on the side of caution and refer the patient.

The health and well-being of the client should come first. It could be that massage is not the best course of action for a condition. For example, if a client presents with a slipped disc, it is best to refer client to a good Chiropractor or Osteopath.

It may be that massage is an appropriate and beneficial therapy, but that the client may additionally benefit from other complementary services too. Perhaps they have highlighted a desire to alter their diet or to increase their cardio fitness, so you could refer them to a nutritionist or a personal trainer. Building up a referral network with local practitioners could help support your business too. Curler (2016) suggests "when we refer out for complementary, but different services, our clients are more likely to return to us for the unique benefits our approach provides".

There may be circumstances where massage is inappropriate for a client, not because it is medically contraindicated. Examples of situations where this may be the case is if they are unable to give informed consent, or because they are experiencing some emotional trauma. Refer to Lesson 2 on the use of chaperones, as this could be useful in certain situations.

Services you can refer to include, but are not limited to:

- GP
- NHS 111 helpline
- Counsellor
- Other complementary therapist
- Member of the social care or nursing team (when working in care)
- Other voluntary or statutory services e.g., Social services, Citizens Advice Bureau etc.

**Task: Consultation**

Print a blank consultation card and practice a consultation on a willing friend or family member. Do you know why you are asking each question? Are you able to answer any questions they have?

References

Curler, G., 2016. *Referring A Massage Client to Another Massage Therapist: When and Why*. [online] Elements Massage - Elm Grove. Available at: <<https://elementsmassage.com/elm-grove/blog/referring-a-massage-client-to-another-massage-therapist-when-and-why>> [Accessed 1 January 2021].

Lesson 19: Planning a Treatment

OBJECTIVES OF THIS LESSON

- Identify when a treatment routine may be adapted to meet the client's needs.
- Explain how massage techniques can be adapted to suit the individual characteristics of a client.

Treatment planning starts as soon as your first consultation with your client is underway. Refer to lesson 13 about creating a treatment blend, as this a very important step in planning a treatment.

Treatment Routine

You may offer different treatments in your practice and these may be of different times or types. For example, you may simply offer a 60-minute aromatherapy massage treatment, or you may offer a choice of a 30-minute massage treatment, a 60-minute massage treatment, and a 90-minute massage treatment. With appropriate training, you may extend your practice to include hot stone massage, pregnancy massage or Indian Head massage, for example, so you may end up having a range of treatments that your client will book onto. You will, of course, have a generalized plan for what to include in each of your treatment offerings, however it is important that you consider how to personalize each treatment for every client you work with. This is the key to great repeat business.

This course provides you with a sample routine for a full-body massage that can be downloaded.

Don't forget to take this to your practical lessons!



Your treatment routine will depend on the time allocations you have, and the areas of the body required to cover. There are commercially acceptable times to consider, too. For example, a typical full body treatment should be comfortably completed in a 60-minute massage. You can of course, offer longer full-body massages as part of your service list.

Adapting a treatment

To be able to meet the needs of a diverse client base, it is important that you are prepared to adapt the treatment you offer. You may need to adapt the massage treatment relevant to:

- the client's physiological requirements
- any time restrictions the client has
- any localised contraindications
- client preferences
- the client's abilities or disabilities
- The client's physiological requirements

- Any localised contraindications
- Any time restrictions the client has
- The client's abilities or disabilities
- Client preferences

Massage for the elderly

Massage treatment can be greatly beneficial for elderly clients. Massage can help with a number of physiological conditions which are exacerbated as we age, and to soothe and relax, as well as provide comfort.



Devising a treatment plan

A treatment plan is a proposed set of treatments that form part of an individualised plan for a particular client. It will be aligned with the client's needs and wants.

The treatment plan should be based on your recommendations depending on their goals and can be co-created with the client. It should ultimately be realistic and feasible for the client. This may include considerations of their schedule and financial circumstances, not simply their physical condition. The treatment plan should always be created in the client's best interest.

You will likely want to outline the following in your summary of the treatment plan:

- Aromatherapy blend
- Treatment area
- Duration
- Frequency
- Style of treatment

Examples

- Maintenance massage: 1 x full body, relaxation massage (60 mins) every 3 weeks.
- Acute shoulder aches: 1 x back and shoulder, deep tissue massage (60 mins) weekly for 4 weeks, followed by monthly maintenance massages.

After each treatment progress should be assessed. Depending on the progress made, the treatment plan might need to be revised.



Task: Treatment Planning

Create three fictitious clients.
Summarise their situation and outline a brief treatment plan for them.

Lesson 20: Massage Preparation

OBJECTIVES OF THIS LESSON

- Describe how you can keep yourself safe and healthy as a therapist including posture, working positions, attitude and exercise;
- Describe the requirements for preparing the client for massage.

How can massage therapists protect and take care of themselves?

Massage is a very physical treatment. It can take a lot out of the therapist giving it.

The effects of the treatment depend on the physical energy of the therapist performing it. If the energy is depleted by health problems or limited by incorrect posture, then the treatment will be less effective.

Any therapist continuing to work without paying attention to correct posture will cause damage to their own body, both in the short and long term.

To protect themselves, massage therapists should pay attention to the following 4 areas:

- Posture
- Working positions
- Attitude
- Exercise



Each one of these factors contributes to the positive effects of treatments and prevents the therapist from harming themselves.

Posture

Good posture is necessary both for your own health and well-being and to maintain a quality and sustainable practice.

When consulting and working on the client the therapist should avoid:

- Tension in arms, neck, and shoulders
- Stiff, rigid legs and locked knees
- Stiff, inflexible wrists and hands
- Uneven distribution of weight in the legs
- Slouching or crossing the legs
- Repeating the same movements too often: varying the routines helps prevent repetitive strain injuries.

All the above can cause neck and back problems, muscle strain and repetitive strain injuries. Not only are they damaging, but they also affect the therapist's attitude, give a poor impression, and prevent the most effective treatment.

A balanced upright posture has many advantages:

- Enables the body to withstand fatigue,
- Eases nervous tension and increases mental alertness,
- Increases physical stress tolerance,
- Body becomes less susceptible to infections and illness and less prone to injury,
- Increases physical confidence and emotional balance.

Receiving body massage can help improve posture as it:

- Helps lengthen compressed joints,
- Helps to improve nutrients to soft tissues and joints,
- Helps loosen stiff joints and encourages movement where it is lacking,
- Helps maintain full joint mobility and good muscle tone.

Maintain correct posture during massage treatments:

- Keep the back straight but not rigid,
- Keep wrists and forearms as straight as possible without locking them,
- Keep legs slightly bent,
- Keep shoulders relaxed,
- It is common tendency to tense the shoulders, holding them close to the ears – practice rolling your shoulders forward and backward before each treatment,
- Move around the client instead of overreaching and risking muscle damage,
- Distribute the weight of the body evenly between both legs - many of us tend to rest on one leg, overworking it and weakening the other,
- Take regular breaks between (not during!) treatments,
- Invest in a height adjustable chair or couch for clients,
- Be aware of your own body, where tension is held and what causes strain. Awareness of one's body limits will help prevent overstretching it.

Remember – it is often the tiniest movements which cause the most damage.

Good posture enables the therapist to concentrate on the massage without worrying whether they will be able to perform the movements and limits the likelihood of acute or chronic injury.



Working Positions

Working positions are designed to protect the working therapist from muscle or joint strain as well as allowing maximum mobility and pressure for the treatment

The positions below are the recommended main positions for a full body massage.

Striding position

Stand with your body at an angle to the table, feet positioned as if striding forward in a lunge position. Maintain flexible knees and shift your body weight from the back leg into the front leg to get momentum to your stroke.

This position is used for long strokes, such as effleurage, along the length of the body, particularly across the back and the legs.

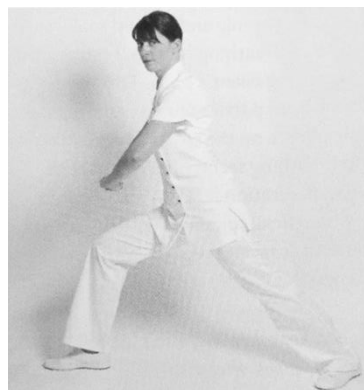
Side standing position

Feet should be wide apart and positioned at 45 degrees from the body. Keep knees soft and hips forward, with your rear tucked under. Forearms should be at right angles to the body and wrists flexible. Keep the neck straight and glance down at your client without bending your neck.

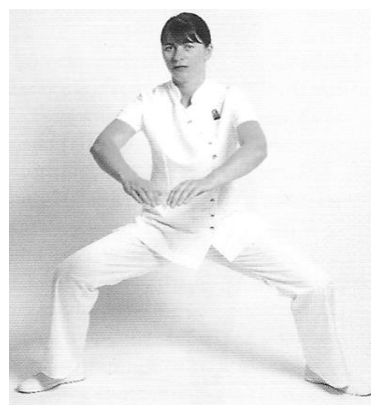
This position is used for short strokes such as kneading, wringing and percussion, rather than effleurage, when work is across the muscles or in a local area.

Attitude

Have you ever noticed that when you are in a good mood and you meet someone in a bad or negative mood, you often leave feeling less positive? This is because other people's moods and attitudes affect us. When giving a treatment a therapist's mood & attitude will affect their client.



Striding Position



Side Standing Position

A tense therapist will make the client tense.

A rushed therapist will make the client feel rushed.



For a massage to have the desired effect for the client, whether it's intended to be relaxing or energizing, the therapist will need to bring the right attitude to the treatment room.

In general, the therapist should feel centered and focused, secure and calm and able to concentrate on using their own physical or mental energy to work on and improve the physical or mental energy of the clients. Always begin a massage in a positive and caring frame of mind. Take time to relax and center yourself before you start the treatment. Once the treatment has started, encourage your client to relax by not engaging in too much conversation, merely reply to any questions and let them know you are listening.

To give a treatment you need to be quiet and calm. Put aside at least 10 minutes before each new client to free yourself from tension and mental preoccupation, so you can relax into the rhythm of the massage, which will enhance the treatment for your client and is less tiring for you.



Try these simple techniques to focus and prepare yourself:

Close your eyes and sit quietly for a few minutes.

Let go of any thoughts that may be worrying you or are cluttering your mind.

Concentrate on your breathing. Imagine all unnecessary tension flowing out of you each time you exhale.

Exercise and breathing

A massage therapist will need to take regular exercise to have the physical fitness and stamina to carry out the treatments. Exercise is one of the best ways to relax after work, to prevent the build-up of tension and stiffness from working in similar standing positions all day. Hands and wrist should also be exercised on a regular basis to keep them supple and flexible.

Breathing exercise can help with relaxation both during and between treatments. Throughout the massage the therapist should be aware of their breathing and that of the client. The therapist should encourage the clients to breathe deeply and evenly and should make sure their own breathing is calm, regular and matches the client's pace. This will enable both parties to relax and concentrate on the treatment. Yoga, meditation and t'ai chi are all exercises which include breathing techniques, while at the same time strengthening the body and mind. (Tucker, 2016)



Good news!

Therapists should try to receive regular massage treatment themselves.



Preparing Yourself – Therapist Presentation

The previous lesson considered elements of preparing yourself for giving massage treatments in terms of your attitude and physical wellbeing, but it is important to also consider the presentation of you, the therapist, when preparing to offer body massage.

Therapists should wear appropriate attire including comfortable and covered footwear. Massage therapy uniforms are typically single coloured, normally white, grey, black or blue but can range in colour. Clothing for massage should be comfortable and breathable, not too tight, but not so loose that it risks being too revealing when bending over. You should have more than one uniform so that they can be washed regularly to maintain hygiene standards.

Therapists should wear no jewellery when giving treatments other than a simple band ring (such as a single wedding band) and simple stud earring/s. Fingernails should be short, clean, and unvarnished. Hair should be worn away from the face/collar.

Task: Preparing yourself



Make a list of anything you think you might need to research further. Perhaps you want to consider purchasing some branded uniforms. Do some research.

Preparing the client for massage

Following your consultation and with informed consent to continue with a planned massage treatment, there are important steps to take before the client is ready for massage.

Ensure that the client undresses to their underwear. If the massage is only going to be covering their top half it is preferable for them still to remove lower-half clothing, however if they prefer to keep comfortable bottoms on, they can do.

Always protect the client's modesty by providing somewhere private to change. This may mean you leave the room and knock to re-enter. Give your client a dressing gown or towel to cover themselves between changing and laying on the couch.

The client should remove all jewellery, except for a wedding band or similar. Make sure you have somewhere safe and secure for the client to store their valuables during the treatment.

Remind client of the treatment plan and ensure they know whether they should position themselves prone or supine on the couch. Offer help to the client for getting on to the couch prior to treatment.

Ensure that the client is comfortable with the use of supports, e.g., under ankles, chest, forehead, knees, head.

Ensure all parts of the client are covered except the area being massaged. Your towel management routine will need to ensure that you can easily alter the areas covered and uncovered without causing interruption to the routine. For example, ensure that the towels

across the back form a T shape, with the towel tucked firmly into underwear so that the lower back can later be easily accessed.

Wipe the client's hands/feet before and after treatment using wet wipe cloths.

Don't forget to wash your hands before the treatments begins.

Before uncovering the client use cat paw technique from the feet to the shoulders to engage the client's body and physically prepare them for massage.

Lesson 21: Massage Movements

OBJECTIVES OF THIS LESSON

- Describe massage movements and identify appropriate body areas for use of the movements.
- Outline the effects of the massage movements.

Massage Movements

Massage is the combination of various movements Used to manipulate tissues for both local and overall effects and benefits.

The movements range from gentle stroking to invigorating friction, depending on the desired effect.

Massage Strokes

Effleurage	a relaxing stroke that is used to prepare the body
Petrissage	a firm application of pressure using kneading motions
Frictions	firm rubbing and heat-producing techniques
Percussion	a striking, wake-up stroke
Vibration	a pain reliever which helps loosen tightness in the muscles
Lymphatic Drainage	Increases blood and lymphatic circulation and removes build-up of excess fluid.
Acupressure	is an ancient Chinese healing method that involves applying pressure to certain points of the body to aid the smooth flow of energy
Other	movements include passive joint movements and linking movement

Effleurage

French: 'effleurier' – to touch lightly / skim over

Performing effleurage

- Therapist should be in a striding position.
- Effleurage consists of a soothing, stroking movement, usually performed with the palm of one or both hands.
- The hands should be relaxed with fingers together and moulded to the shape of the limb or area treated
- Move with the flow of the blood back to the heart (except when performing reverse effleurage)
- Hand contact is maintained during the return stroke, although less pressure is applied.
- The pressure during effleurage may be light, medium, or firm / deep, depending on the massage given, but always increases at the end of the stroke.



Effleurage performed on the back

Uses and effects of effleurage

- Helps therapist to evenly spread the oil or other massage medium used and to feel out the area for areas of tension or other notable indicators
- Helps client to adjust to the therapist's touch and stretch and warm muscles
- Helps to attain a sense of continuity during treatment by linking one movement to the next
- Used after stronger and stimulating strokes to soothe the area
- Stimulates blood circulation and a sluggish circulation – to prevent varicose veins and varicose ulcers
- Increases and improves lymphatic flow and assists in the elimination of waste products
- Stimulates lymphatic drainage – to prevent edema
- Increases and improves flow of tissue fluid and nutrients to the tissues – helps to improve and nourish muscle tissue
- Helps to naturally moisturize and nourish the skin by increasing the functions of the sweat and sebaceous glands
- Helps to exfoliate dead skin cells – therefore improving color and texture of skin
- Promotes relaxation when using rhythmically slow movements with light-medium pressure

- Invigorates and stimulates the body when using rhythmically fast movements with deep pressure

Movements related to effleurage

- Superficial effleurage – slow and light-medium pressure – relaxing effect
- Deep effleurage – fast and firm – deep pressure – stimulating effect
- Stroking – slow and very gentle pressure – calming effect

Petrissage

French: 'petrir' – to knead

Performing petrissage

- Working position depends on the direction of strokes
- Petrissage is a compression or kneading type movement
- The movement may be done with one hand, double handed or fingers
- Pressure should be upwards, towards the heart
- All movements are firm and stimulating
- Can be performed quickly or slowly



Petrissage performed on the lower calf

Uses and effects of petrissage

- Generates heat and helps break down fatty deposits
- Can cause erythema (redness) and improve blood flow
- Performed *slowly*, it *relaxes* underlying structure worked on
- Performed *quickly*, it *stimulates* structure worked on
- Increases circulation and speeds up the process of nutrient absorption
- Stretches tight fascia and muscle fibres thus improves extensibility
- Helps to remove lactic acid in circulation, alleviating stiffness and refreshing muscles
- Mobilises tissues and improves conditions of muscles by maintaining tone and elasticity
- Helps to eliminate waste products in tissues
- Stimulates peristalsis and prevents or relieves constipation by kneading the abdomen in the direction of the movement of the colon
- Warms tissues and thus helps to ease tension and relieve pain

Movements related to petrissage

- Single handed petrissage – using the heel of the hand, while the other hand supports the structure worked on
- Double handed petrissage – using the heel of both hands together
- Kneading – single / double-handed, reinforced, alternated palmer (flat-handed) kneading, circular, thumb
- Picking up (pinching) – manipulation technique where muscle tissue is lifted away from the bone, squeezed and released
- Skin rolling – manipulation technique where muscle tissue is lifted away from the bone and rolled down and up in a rocking manner
- Wringing – manipulation technique where muscle is pushed and wrung back and forth using the palms of your hands
- Friction – see below

Friction

Latin: 'fricare' – to rub or rub down

(Sometimes related to a petrissage movement depending on the literature you read)

Performing friction

- Friction is used when deep pressure is required to disperse and free up localized areas of deep-seated tension.
- Muscle tissue is moved against the bone or underlying tissue instead of being drawn away from it. The movement is made with the pads of the fingers or thumbs; sometimes the heel of the hand, knuckles or elbows may be used.
- These movements should not merely move the skin, but the tissue underneath.
- Friction should never be introduced until the area has been sufficiently warmed up with effleurage and Petrissage movements.
- Pressure should be applied gradually and released slowly.



Thumb friction performed above the patella

Uses and effects of friction

- A warming movement which raises the temperature of the area and helps absorption in the part under treatment as it breaks up inflammatory products and breaks down superficial adhesions
- Loosens adhesions around joints thus improves their mobility
- Breaks down fibrosis or arthritic adhesions
- Provides deep localized massage to connective tissue
- Increases circulation to the area promotes healing of chronic tendon strain, such as tennis elbow
- Helps to disperse tension nodules and crystal deposits found particularly in the *trapezius*, *erector spinae* and *sternocleidomastoid* muscles
- Performed in areas such as the spine, friction can have an invigorating and refreshing effect on muscles
- Eases sinus problems and headaches
- Localized hyperemia (increase in blood in a vessel) helps to nourish the joint structures and increases and maintains joint mobility

Movements related to Friction

- Circular Friction – using fingers or thumbs
- Transverse Friction – working in a crisscross fashion across an area
- Knuckling – using knuckles in a circular motion

Percussion

Latin: 'percutere' – to hit

Performing Percussion

- Percussion movements are in general rhythmical, stimulating, and fast. The hands usually work alternately, and the wrists are kept flexible
- These movements are performed with either:
 - cupped hands
 - ulna surface of hands and fingers
 - loose fists
- All movements should be light, springy, and rhythmic and therapist should be in side standing position
- Percussion movements should not cause pain or bruising and should not be used over bony or delicate areas such as the front of the lower leg (*tibia*) or the abdomen – except abdominal cupping
- Effleurage or soft kneading should always follow to soothe and relax the area



Hacking performed on the back

Uses and effects of percussion

- Helps to improve and strengthen muscle tone
- Helps to break down and mobilize fatty deposits, e.g., on thighs
- Stimulates and softens adipose tissue
- Helps to improve circulation, creates heat, and increases absorption of nutrients
- Helps with the elimination of waste products in tissues and muscles
- Performed over the abdomen – it aids digestion and peristalsis (cupping movements only)
- Performed over the back – increases blood flow to the lungs and thorax, loosening mucus and easing congestion for a better interchange of gases

Movements related to percussion

- Cupping – hands cupped
- Hacking – skin is struck with Ulna border of hands
- Pounding – skin is struck with the Ulna border of the little finger
- Beating – skin is struck with hands held in a loose fist
- Tapotement - a very gentle form of percussion, using the fingertips, and is used on delicate areas such as the face as an alternative to percussion. Can also be a safe alternative for the young, elderly or those with osteoporosis or ME for example.

Vibration

Performing vibration

- Vibration is a trembling movement, either performed with:
 - The tips of the fingers - *Point vibration*
 - Or the whole palm of the hand – *Flat-handed vibration*
- Can also be performed with knuckles, elbows, forearms
- Vibration is usually performed with one hand while the other hand rests on the body to support the structure worked on
- The hands or fingers are kept in contact with the skin so that, though little or no pressure is exerted, the vibratory movement is transmitted to the deeper structures of the area under treatment
- The vibration may be static and performed in one area only, or they may run or move over the area
- Can be fast or slow vibration depending on requirement



Vibration performed with two hands on the back

Uses and effects of vibration

- Before the start of a massage to aid a client's relaxation (performed through the towel)
- When muscles are very tight and not responding well to petrissage or friction movements
- As a pain reliever, which clears nerve pathways and helps loosen tightness in the muscles, or release tension in 'knots'
- Can be a very soothing technique or a very stimulating one, depending on the desired result. It can literally surprise the muscle into releasing its tension
- Helps to loosen scar tissue and small adhesions
- Used over the thoracic area and upper chest for respiratory problems such as asthma
- Aids in the loosening of mucus build up
- Over the abdomen to relieve flatulence, intestinal spasm, or mild constipation
- Over nerves to relieve pain in the case of neuralgia
- To relieve effusions and congestion in cases of recent injuries

Remember:

- Do not perform vibration where there is inflammation
- Do not apply too much pressure

Movements related to Vibration

- Shaking – The area of the body to be affected is grasped with one or both hands and then gently and rhythmically shaken from side to side, up and down or with an 'in' and 'out' movement

Other Massage Movements

Passive joint movements

- Passive joint movements require the client to relax and let the therapist gently take a joint (e.g., shoulder, elbow, wrist, ankle, knee) through its natural range of movements
- Passive movements help to improve mobility and release tension



Traction performed on a finger

Traction

- A gentle pulling motion, typically used on arms, legs and fingers or toes. Can be used on the neck with care
- Designed to increase flexibility by stretching the muscles and connective tissues around the joint

Stretching

- Performed to relax a muscle, for example stretching the neck
- Thai massage is a routine of yogic stretches and pressure

Linking movements

- To maintain the feeling of continuity and flow during the treatment it is sometimes necessary to insert a linking stroke
- A linking stroke is a gentle stroking motion with one or both hands to maintain physical contact between completion of one stroke and commencement of the next
- They are intuitive and optional on the part of the giver, but will enhance the treatment for both the receiver and the giver

Rhythm and Flow

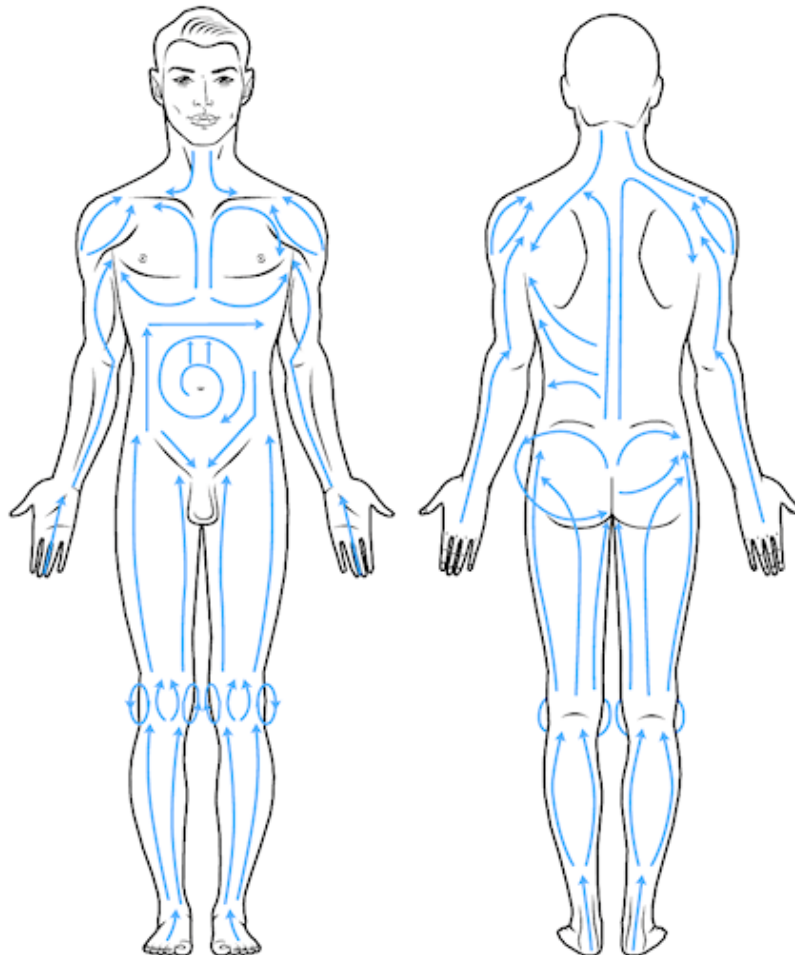
- Good technique depends on the rhythm and flow throughout the massage
- A therapist must work with a client to achieve best results
- A therapist must learn to adapt their routine to suit each client's individual needs and recognize a client's pain threshold
- Ignoring these factors can prevent the massage from being relaxing and even cause damage
- The therapist should always aim to keep at least one hand in contact with the client, to prevent interrupting the mood of relaxation and to reassure the client.
- Contact can be broken where there is a natural break within the routine or for practical reasons (for example, cleaning hands before starting face massage or during towel technique manoeuvres)
- Movements should flow into one another with no interruptions, use linking movements to ensure the hands do not leave the body

- Rhythm should be even, continuous, and consistent.
- Rhythm is produced by a swaying motion, backwards and forwards from the ankles, knees and hips
- Stance, or working position, is important in creating good rhythm and freedom of movement

Remember that at least one hand should always stay in purposeful contact with the client during the treatment, unless there is a natural break in the routine, such as moving to a new treatment zone.



Direction of massage strokes



Graphic representation of massage strokes direction. Image credit: massageprocedures.com

The choices of massage stroke directions are circular, longitudinal, and transverse. All stroke directions can be used on the torso, but longitudinal strokes applied to the peripherals

should be deeper and stronger towards the heart and significantly lighter on their return. Transverse direction is also suitable for legs and arms.

Pressure

- The therapist should start with light strokes and gentle pressure and build up to deeper strokes and firmer pressure, whilst checking with their client for their preference
- Use a scale of 1-10 to request feedback on pressure during the treatment. Make sure you client is aware of this method before starting.
- Depends on the area being treated and sensitivity of tissues
- Is obtained by correct use of body weight transferred through the arms into the hands, not by pushing harder into the body, squeezing tighter or massaging quicker
- The back and lower limbs require deeper pressure than that for the neck, chest, abdomen and upper limbs
- Lighter pressure can be more relaxing, sleep inducing - Ensure that lighter pressure is not ticklish or irritating
- Deeper pressure can be more stimulating and invigorating and relaxing

Remember

The therapist should always be well organized and start each treatment prepared and with a positive, focused mind.

Always keep in mind this is your client's healing space not yours



References

Massage Therapy Techniques. n.d. *Swedish Massage*. [online] Available at: <<https://www.messageprocedures.com/techniques-procedures/swedish-massage/>> [Accessed 1 January 2021].

Lesson 22: Contra-actions and Client Aftercare

OBJECTIVES OF THIS LESSON

- Describe the contra-actions that may occur during and after a treatment and how to respond appropriately.
- Explain the after care and home care advice that should be provided to clients.

During Treatment

It is important to regularly check your client's satisfaction and comfort throughout treatment. This can be done verbally, by asking the client, or non-verbally, using visual cues to assess the client's situation. Before the massage begins, be clear with your client that they are encouraged to express their feelings or requirements during the treatment – not to 'suffer in silence'.

When asking for verbal feedback during a massage, questions should be kept simple. Asking closed questions allow for a straightforward response, however asking (simple) open questions might allow your client to give a more honest response and avoid response bias where the client simply answers what they think you want to hear. Consider 'are you warm enough?' versus 'how is the temperature for you?'; 'how is the pressure for you?' versus 'would you like a little more pressure?'. What sorts of answers do each question illicit?

It is also possible to collect information about how comfortable and satisfied your client is with the treatment without asking questions. You might notice that your client is fidgety, or starts drifting off to sleep. Perhaps they wince, or visibly relax during a particular movement.

Task: Mid-treatment Feedback



Make a list of simple questions that you could ask during a treatment to ascertain if your client is comfortable. Then consider whether you would be able to identify the answer to the questions with visual cues or not.

A client could experience a number of contra-actions during a treatment. You will need to be familiar about what can happen and know how to respond appropriately. Remember, part of a good consultation is informing your client of not only the desirable effects of massage but also any possible effects which are less desirable. If you have addressed, prior to treatment, that something might arise, it is likely to minimise any discomfort or embarrassment your client might experience.

Possible contra- actions include	Likely caused by	Appropriate action
Desire to sleep	State of relaxation	Allow client to doze. Rouse gently at the end of the treatment. The client may be disoriented and unsure of where they are.
Perspiration		Continue massage confidently to reassure the client that it is nothing to be concerned by. If the client seems particularly distressed or uncomfortable, you could provide a tissue or small towel. If it is profuse (or unusual for that client), check if the client is feeling okay as it could indicate a fever.
Flatulence	Relaxation. Movement of wind in abdominal or lower back massage.	No action needed.
Micturition (need for urination)		You will be unaware of this unless a client shares their need. If a client asks to use the bathroom during a massage, of course allow them to. On their return, simply restart the massage with some additional effleurage movements.
Runny nose	Position	If you are aware of it, you could offer your client a tissue. Keep tissues on your trolley so they are in easy reach.
Reaction to massage medium	Allergy or sensitivity	Stop the treatment and place a cool damp cloth over the area. Assist client with first aid if appropriate. Share the details of the label with the client for their information.

After Treatment

- After a massage you should ensure that you wash your hands.
- Provide your client with freshwater before helping them off the bed, using appropriate towel management to protect modesty, and allowing them to come back to full alertness in their own time.
- You should discuss with your client any findings during the massage and allow them an opportunity to give any feedback or share any comments.
- You should remind clients about the potential of a healing crisis and aftercare actions that they can do to minimise the effects or any contraction's to massage.
- As part of a holistic massage, you should discuss home care including a few recommendations for them between now and their next treatment.
- The client should be reminded of their treatment plan and encouraged to rebook if they have not already done so.

Treatment Findings

Following a massage, you should share your observations and findings with your client. This includes any areas of tension, limited (or positive!) range of movements, any lumps or bumps or unusual markings that you notice. This can help in the early identification of any conditions that the client may not notice themselves – for example a mole on a client's back which may appear to have changed in size, shape or colour since the last treatment. You can help to make your client more aware of their body but should be cautious not to alarm and certainly not to diagnose anything!

If you do notice lumps or bumps, for example, on a client's body which have not been highlighted in the consultation, but constitute a local contra-indication, simply continue the massage avoiding the area. Make sure to mention this to your client when sharing treatment findings.

You should record any findings in your treatment notes. See Lesson 19.

Reactions to treatments

Many of the reactions to aromatherapy treatment will be favourable, for improved mood, improved skin tone and texture, increased energy or relief from symptoms suffered. However, not all reactions experienced may be beneficial.

When you use essential and carrier oils or other media on the skin you are introducing a foreign substance the body. In some cases, the body may have an adverse or allergic reaction to the oils and this may show on the skin or in other systems of the body (e.g. sneezing or asthma).

This section explains the most likely and common reactions. however, it is always advisable to be aware that other adverse irritations may occur and be able to recognise them.

Skin reactions

There are three main types of skin reactions.

Cutaneous

This common skin irritation is caused by a foreign substance reacting with the mast cells of the dermis. These cells respond by producing histamine which causes an inflammation of the skin. It is a local not whole body reaction.

There are four main phases:

1. a localised wheal (raised, red mark) appears on contact with the substance (a common example of this is the spotty red nettle rash, also known as a form of urticaria)
2. generalised (whole body) urticaria, inflammation and pain
3. urticaria and bronchial asthma
4. urticaria and anaphylaxis (a state of shock which occurs as a result of an antigen-antibody reaction in the cells).

Allergic/sensitivity

This is a reaction of the immune system. When it first enters the skin, the foreign substance integrates with the lymphatic tissue and sensitises the T-lymphocytes. In the future, any contact with the same substance will cause the immune system to react and attack-this is an allergy. This attack usually causes skin irritations like those described above. Sometimes an allergy or hypersensitivity to a particular: substance can be extremely fast and severe (nut allergies, for example, may prove fatal). Sensitising oils include benzoin, black pepper, clary sage, eucalyptus, jasmine absolute juniper, pine, rose absolute, ylang ylang

Photo toxicity/ photosensitisation

This is a very common reaction to citrus oils. The foreign substance enters the skin and fuses with the cells. When the skin is later exposed to sunlight, it will be more sensitive and may burn and/or develop melanin disorders. Photosensitising oils include bergamot, ginger, lemon, mandarin, orange, patchouli.

Non-skin reactions

Any of the following may occur:

- asthma attacks
- migraines
- headaches
- severe nausea
- diarrhoea
- depression
- fatigue
- Foggy' or 'muzzy' head.
- dizziness
- increase in frequency of micturition
- changes in appetite
- altered sleep patterns
- hyperactivity
- healing crisis

Most of these may be caused by over dosage. The strength and concentration of essential oils is such that any mistakes in dilutions or blending may cause one or several of the above. If clients are planning to buy their own oils, it is very important to explain that they need to be used diluted not neat (there are very few exceptions). It is crucial to provide written instructions on correct use and safety implications.

How can reactions be prevented?

The first step is to take precautions by getting as much information from the client as possible and then giving them as much information as possible. This should be done in the first consultation. Any allergies to cosmetics, perfumes, toiletries, food or any family history of such allergies needs to be recorded. If any cosmetics or creams have been used on the area to be treated, especially the face and neck, the area will need to be cleansed.

Any of the following will increase skin sensitivity:

- Perfumes or perfumed products
- Deodorants/antiperspirants aerobic/vigorous exercise or any

- Activity that increases perspiration (because perspiration increases skin sensitivity).

If any cross-sensitisation or reaction occurs it must be recorded on the client card.

It is important to remember:

atopic clients (anyone who suffers from hay fever, allergic rhinitis, eczema, asthma, allergies to wool, dust or animal hair) are 13.5 times more likely to have a reaction to essential oils

any history of melanoma or skins with large/dark moles are contra- indications for citrus oils which have been shown to increase malignancy rates



What if the aromatherapist is allergic or atopic?

The same precautions taken for client should be taken by the aromatherapy especially since the therapist will be spending long periods of time working with these concentrated substances. The following preventative measures should be used at all times:

- limit the amount of direct contact with neat oils.
- keep oils, both neat and diluted, away from the face and eyes. Hair should be tied up during massage but if a strand falls over the face, use the forearm to push it away from the face.
- between clients wash hands thoroughly and use an unperfumed moisture cream to protect them.
- if hands are sore or cracked do not use sensitising oils especially not absolutes which are known to cause more irritation due to the solvents used to extract them.
- limit personal use of perfumed products and cosmetics and limit exposure to household chemicals such as cleaning products/washing- up liquid (e.g. wear gloves when cleaning to protect hands). Cross- sensitisation may occur with constant exposure to perfumes or chemicals which react with the oils.

Healing Crisis

After treatment, many reactions can be experienced - this is a positive result and is also known as the '**Healing Crisis**'. It is important to explain to the client that this is a normal reaction to a treatment, especially if the client has never had a massage before.

With regular treatments and as the body starts to heal and re-balance these symptoms will subside. Any symptoms experienced should subside within 24 hours.

Typical contra-actions or 'Healing Crisis' symptoms

Symptoms are individual, they vary from client to client, and may include:

- Erythema (redness) on areas which included deep tissue movements.

- Tiredness and altered sleep patterns leading gradually to increased energy levels.
- Muscular ache and/or headaches with gradual relief from symptoms, due to the nerve fibers responding to the deep work undertaken.
- Heightened emotions or vivid dreams or positive mood changes, due to the positive release of deep held feelings and emotions.
- Increased need for urination (micturition) or bowel movement (defecation).
- Mucus release and/or runny nose.
- Spots may appear on the skin.
- Increased thirst.

Aftercare Advice

To help counter the impact of any contraction's and enhance the full benefits of massage treatment the following can be advised:

- take time out to relax and practice self-care.
- Avoid strenuous exercise for the remainder of the day – light, stretching exercise can be beneficial.
- Avoid stimulants - such as tea, coffee, alcohol, nicotine, or any non-prescription drugs.
- Rehydrate with water or herbal teas.
- Avoid heavy meals – eat a light, healthy meal instead.
- Get plenty of rest as you may feel tired after treatment.



Task: Aftercare Advice

Design a leaflet that you could give to clients that explains the healing crisis and gives aftercare advice to help them minimise negative effects and maximise the positive effects of massage.

Home Care Advice

Home care advice are suggestions that you give to your client to enhance their lifestyle in their day-to-day life. Advice given should be specific to the client, referring to the consultation and any treatment findings. Homecare advice offers a good way to demonstrate an understanding of your client as a whole and is a beneficial part of a holistic massage which can aid building up a professional relationship with your client.

Home care advice can include lifestyle suggestions such as ways to enhance a healthy diet, promote good mental health and minimise stress, or increase physical wellbeing. Try to keep recommendations goal-oriented, specific, tangible, and measurable. For example, rather than “drink more water”, you could say “you should be drinking between 6-8 glasses of water a day. Since you only drink one glass a day currently, aim to increase your intake to three glasses per day between now and next week. Try having a glass with each meal”.

Stretches

Including a stretch recommendation in your homecare advice gives your client a specific and tangible action to carry out between treatments which will aid their physical wellbeing. Your client may have already highlighted an area that is prone to tightness or aching or you may have noticed a sign during treatment, such as limited range of motion in the shoulder. This will help you to give a personalised stretch suggestion. Alternatively, you may be informed by lifestyle details from the consultation, such as the client working at a desk for 9 hours per day.

Stretching has many benefits which support the desired outcomes of massage, so they are a good way to maximise the benefit of your treatments.

Stretching guidelines to share with clients:

- Always warm up before stretching
- Stretch slowly and exhale as you gently stretch the muscle
- Stretch the intended muscle until you feel a mild tension. Stop the stretching if you feel pain
- Hold your stretch between 15 to 30 seconds
- Don't bounce the stretch. Slow and steady stretching is more effective



Task: Home care advice



Go back to a sample consultation you completed in lesson 18, or complete a new one. What home care advice would you give based on that client's lifestyle responses?

Write down three suggestions.

Lesson 23: Evaluating and Recording Treatments

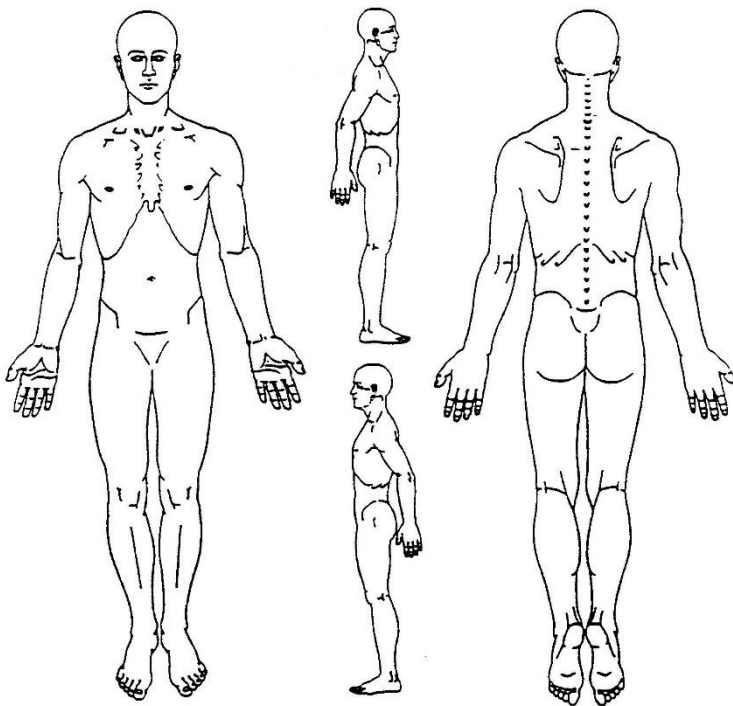
OBJECTIVES OF THIS LESSON

- Describe the methods of evaluating effectiveness of treatment.
- Identify what information about clients / treatments should be documented.
- Describe the requirements for record keeping as a massage therapist.

Evaluating Treatments

At the end of each treatment, the client's psychological and physiological reactions should be recorded on the consultation form. You should ask your client for feedback after each treatment but should also document your own observations.

You should also document any physical observations, or findings, you noticed while giving the massage treatment. Remember to share these with your client as part of the post-treatment conversation. You could record findings on a diagram such as the one shown. Use symbols or initials to keep this process quick and simple but be sure to make a key of your symbols!



An example of a full body diagram which can be used to document findings

A summary of the treatment given should be documented, including areas massaged and specific movements used.

It is important to evaluate the treatment against the consultation to identify whether the treatment achieved the desired outcomes and to what extent it was effective in doing so. You should note if there was anything you would change next time, for example, you may re-assess the massage medium used.

You must note down on the consultation card any advice (after care or home care advice) that you give to your client.

Following a treatment, you may consider changes to the client's treatment plan. Be sure to discuss these with the client and make a note of what is agreed. You should note anything to look out for next time to help judge client progression.

It is good practice to also record your own reflections of the treatment and evaluate your performance against your professional standards. How well did the massage treatment meet your own expectations? Is there something you should work on next time? More about reflection is explored in the next lesson.

Record Keeping

Records must be maintained for several reasons:

- They provide contact details in case you have to alter or cancel an appointment.
- So that you can monitor the client's progression.
- To track any aftercare advice that you have given the client.
- To help you recall details to offer a bespoke service.
- As a backup in case the client has an adverse reaction to a treatment.
- To protect you, or provide evidence, against claims.
- If you work in a team, other therapists should be aware of what treatments and products the client has had.

Data Protection

All data that you, or your company, store about a client must comply with the Data Protection Act (2018).

Client records can be stored electronically or filed manually and should be updated at every visit. If record cards are not updated and do not contain a history of services and dates, you may find your insurance invalidated.

Client confidentiality must be protected at all times. If a salon holds computerised records, they must register with the [Information Commissioner's Office](#). If a salon only holds written records, this does not apply, but they must uphold the principles of the Data Protection Act and comply with the following:

- All info information must be accurate and necessary to the service or treatment to be performed.
- Individual client records must be available for the clients to view if requested.
- All information must be stored securely by password protected computer file.

Remember that when establishing informed consent, any contra-indications and possible contra-actions must be identified and discussed prior to the service. In the case of medical referral, the practitioner should keep a copy of the GP's letter with the client's record card, along with any other consent forms or similar.

Always allow the client the opportunity to question and clarify any points before signing the record card.

Records cards must be kept for at least three years after the last treatment, as personal injury claims can be made up to three years after the client became aware of the problem. If a client is under 18 years of age, it is recommended that their record card be kept until they are 21 years of age. Due to other variables in potential claims, it is considered good practice to retain records for at least 7 years from the date of the last treatment, however, bear in mind that if you are a member of a professional body (such as FHT) they might have different guidelines that you should adhere to. Check the code of conduct to make sure you are compliant.

REMEMBER

Your client has a legal right to access the data, including all notes, that you store about them. Do not document anything that you would not wish for them to see.



Communications that you have with your client outside of treatment appointments should also be documented. For example, any text messages, emails, or phone calls should be recorded in your client notes, particularly if any aftercare advice is given or any contra-actions disclosed by your client.

It is good practice to have a clear and concise policy which covers privacy and confidentiality made available to clients alongside other important information such as cancellation policies. Consider having new clients sign to say that they have read these policies and review this on an annual basis.

Task: Code of Conduct

Download the latest version of the Federation of Holistic Therapists (FHT) [Code of Conduct](#). Consider how you can ensure that you meet each of the standards and adhere to guidelines in section 3.1 and 3.2. Note: This Code of Conduct is for a variety of complementary therapies, so not all guidelines may be relevant.



References:

Salon Gold. 2018. *Therapist Counselling Notes and Your Client Record Keeping Guide*. [online] Available at: <<https://www.salongold.co.uk/holistic-complementary-insurance/holistic-therapist-insurance/therapist-insurance-client-records>> [Accessed 29 January 2021].

Lesson 24: Professional Development: Reflective Practice & Lifelong Learning

OBJECTIVES OF THIS LESSON

- Describe the basic elements of reflective practice.
- Self-reflect in relation to personal growth as a massage therapist.
- Identify lifelong learning opportunities to plan for self-development
- Explain the importance of acting on evaluation to improve treatment.

A study of the perceptions of what makes a successful massage therapist (Kennedy & Munk, 2017) highlighted four key themes for success:

- Effectively establish therapeutic relationships (with clients)
- Develop massage therapy business acumen
- Seek valuable learning opportunities
- Cultivate strong social networks

This lesson looks at ways that you can reflect upon ways to ensure that you become a successful massage therapist. In order to highlight areas that you can continually develop and hone your skills, you should partake in reflective practice.

What is reflective practice?

Reflection is an “active, persistent and careful consideration of any belief or supposed form of knowledge” Dewey, 1933.

Reflective practice is essentially thinking about, or reflecting, on what you do or have done. It is about considering our experiences and learning and developing from them – experiential learning. Self-reflection is an important tool that promotes lifelong learning.

Reflective practice involves forming strong, cyclical habits which raise your awareness and promote critical analysis of your own actions. Reflection is about “learning from experience” (Spalding, 1998) and “thoughtful deliberation” (Tickle, 1994)

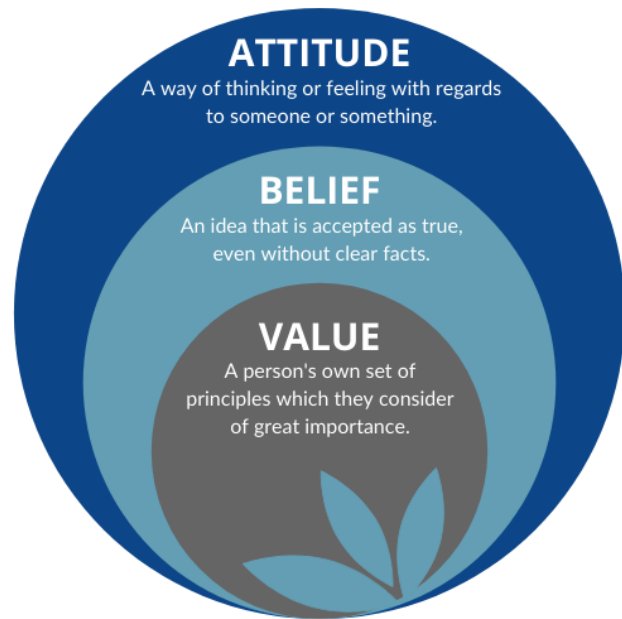
It can involve:

- Learning to pay attention
- Listening to ourselves
- Noticing patterns
- Changing what we see and how we see

Our attitudes, beliefs, and values

As adult learners, we come to the position of learning new skills with a strong set of knowledge, abilities, values, beliefs, and experiences already set in ourselves. It is important therefore, to make time to review what we are learning and analyse how our actions fit into existing connections in our brains and how we can develop and process them to continue to learn and grow. Reflective practice helps us to cement learning and achieve our goals.

Whilst it may seem that reflection, thinking about an experience or action, is a cognitive process, it can also be emotional and physical. Part of being reflective involves challenging our existing thinking and allowing different perspectives to support our learning.



Reflective practice is the systematic process of engaging in, and documenting, self-reflection. Reflective practice can also involve other people.

A key purpose of reflective is to enhance learning and continual development of skills, attitudes, or beliefs.

Why be reflective?

Being reflective underpins continual professional development (CPD). Professional aspiration is about moving beyond the norm and believing that personal and professional change can be made despite barriers. Having an aspiration to change and grow and develop your practise. For change to happen, we need to be critically reflective. Being reflective allows you to consider what steps to take to help develop and grow.

Key reasons to reflect:

- To make change happen
- To gain confidence
- To assess a critical incident
- To resolve a problem
- To develop a specific skill
- To seek reassurance
- To gain knowledge
- To work more effectively with others
- To celebrate successes

When should we practice self-reflection?

There are no hard and fast rules about when reflection should take place. However, there are some different approaches.

You can reflect:

- Rapidly, during an action – for example you may need to reflect during a massage and alter your routine depending on an unexpected finding. This is often a reactive reflection.
- Thoughtfully, during – whilst you are giving a massage you might take a moment to reflect on the treatment and start the evaluation process.
- Briefly, after – part of reflective practice is about analysing an action or experience. After it has happened you may use a reflective tool to reflect on it.
- Systematically, over a period of time – you may reflect on a series of actions and experiences to get a broader picture, or to reflect on a specific focus for development.

Schon's theories around reflective practice consider that we can carry out "reflection IN action" and "reflection ON action".

Reflection in action is the 'thinking on our feet' process. We engage with the situation we are in and are influenced by it. We will consider what's gone before, what might come, our own repertoire and our frame of reference. This allows us to build theories and responses that fit the new/current situation, as we see it already existing as similar or different to our other 'familiar situations'. This helps us to identify and necessary direction of change.

Reflection on action is the retrospective process of reflecting after something has happened. It affords us the space to think more deeply and meaningfully to explore what was happening, why we acted as we did, etc. This allows us to develop a system of reflective practice.

Note: If you are reflecting on a specific massage treatment, or a learning experience, or any other specific event, it is recommended to do so as soon as possible after the event so that your recollection of the event is as reliable and accurate as possible.

How to be reflective

There are many different models of reflection, many of which have similar elements. Reflective practice is often a personal experience and people have different ways that work for them.

Essentially the process is:

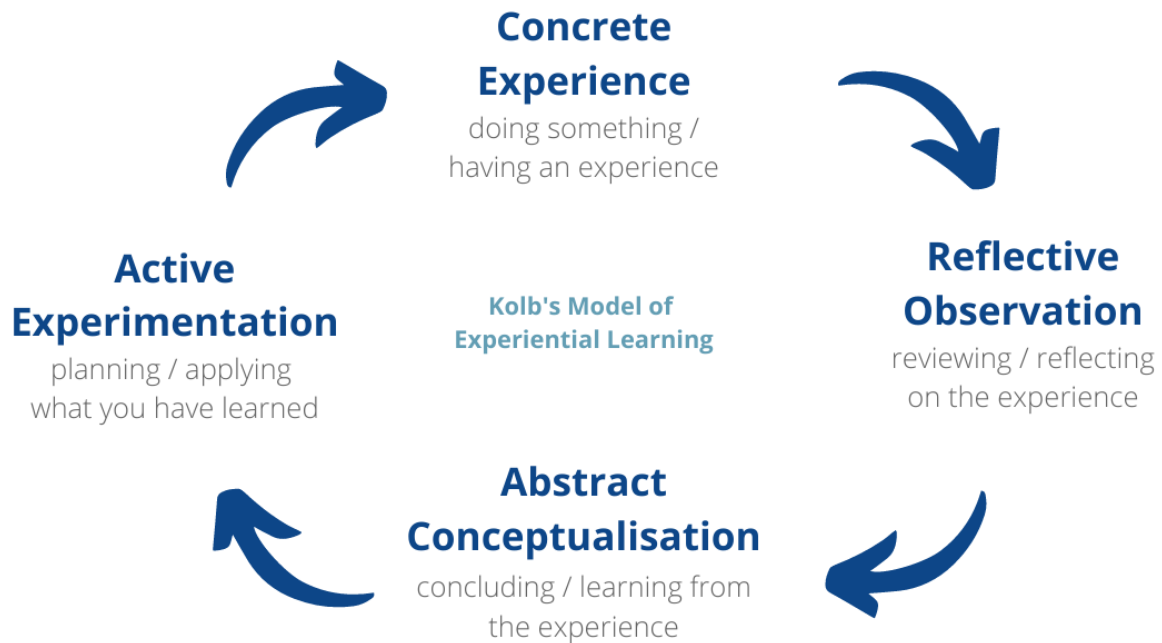
- We experience or are exposed to a situation
- We feel emotion
- We process information or feedback
- We internalise through analysing the available information
- We apply the analysis to subsequent experiences

We will review some theoretical models of reflection and consider some tools/methods for processing reflection.

Models of Reflection

Kolb's Model of Experiential Learning

Kolb's cycle of reflective practice is probably the model of reflective practice or learning which has been most used, written about and adapted. It is essentially a process of 'Do – Review – Learn – Apply' which leads back to do. A limitation of Kolb's cycle is that the 'review/reflect' element requires an active approach to reflection. Some learners find it helpful to embed another reflective model within Kolb's cycle.



Gibbs'

Gibbs (1984) provides a framework to build on the reflective element of experiential learning.

'It is not sufficient simply to have an experience in order to learn. Without reflecting upon this experience it may quickly be forgotten, or its learning potential lost. It is from the feelings and thoughts emerging from this reflection that generalisations or concepts can be generated and it is generalisations that allow new situations to be tackled effectively.' (Gibbs 1988)



Using this 6 step model should help to identify your strengths, areas for development and actions you can take to enhance your professional skills. Starting with the description as step 1, steps 1 - 3 relate to what happened during the experience and steps 4 - 6 focus on how you could improve on the experience and outcome in the future.

Step 1 – Description

This should be a brief description of the experience or event to set the scene and give context.

Step 2 – Feelings

Consider what you were thinking and how you felt before the experience. How did you feel during the experience? How did you feel after the experience? This is another short descriptive step, rather than being analytical.

Step 3 – Evaluation

Evaluation looks objectively at both positive and negative aspects of the experience. Describe key elements that went particularly well. Was there anything that did not go well or did not work? If appropriate, you can include what others did or did not do well.

Step 4 – Analysis

Analysis attempts to explain why the experience was positive or negative and should form the largest section of your reflection. Take into account points made in the previous steps and identify any factors which helped you e.g. previous experiences, carrying out research or consulting with others. Consider your role in the experience and how you contributed to the success of this experience? If things did not go to plan, why do you think this was e.g. lack of preparation or external factors beyond your control? It can be useful to consider other people who were involved in the experience. Did they have similar views or reactions to you? If not, why do you think that was the case?

Step 5 – Conclusion

Focus on what you have learned. Are there any skills you developed as a result of the experience? If so, how would you apply them in future experiences or situations? Are there areas of knowledge or particular skills you now need to develop? Is there anything you would do differently in the future? Try to give specific examples.

Step 6 – Action Plan

What specific actions can you now take to build on your knowledge or skills? You could include any training that would benefit you (formal or otherwise), as well as identifying sources of information or support (people or resources).

Rolfe et al.

Rolfe, Freshwater and Jasper (2001) created a framework for reflection based upon their work with nurse practitioners. It is a simple process of three key questions: what? So what? Now what? Each question in the stage has a series of underpinning questions which can help to frame your thinking.

What?

what happened?



**Rolfe, Freshwater
and Jasper's
Reflective Model**

Now what?

now what will you do?

So what?

so what does it mean?



What?	So what?	Now what?
Describe the experience in detail	Describe why this experience was significant	Describe next steps you will take
What happened? What did you observe? What was your role? What issue is being addressed or population is being served? What were your initial expectations? What was good/bad about the experience? What did you learn from the experience? What part of your experience was most challenging? What part did you find surprising? What did you already know about the topic you explored? Who did you work with?	What critical questions does this experience cause you to ask? What made an impact on you? How does it make you feel? What broader issues arise from the situation at hand? What did you learn about others and yourself? How were you different when you finished this experience? What values, opinions, decisions have been made or changed through this experience? What new skill did you learn? What impacts the way you view the situation/experience?	How will you apply what you learned from your experience? What would you like to learn more about? What follow-up is needed to address any challenges or difficulties? What information can you share with others? If you could do it again, what would you do differently? Have your career options been expanded by your experience? How will your efforts on this experience contribute to your career? Where do you go from here? What is the next step in the process?



Task: Self-reflection template

Pick a reflective model and create a simple template that you could use to reflect after giving your next massage treatment.

Further Reading: [Towards Reflective Practice in Massage Therapy](#)

Methods of Reflective Practice

There are numerous different tools and methods that you can utilise for Reflective Practice. A few suggestions are listed here.

Journal / Treatment Logs

As best practice, you should keep treatment logs for each treatment that you give. This can be held in a wide number of ways and can include your reflective practice. Review the previous lesson for more information on record keeping and documenting treatments.

In addition to treatment logs, or instead of storing your reflective practice on each treatment log, you could keep a journal to document your reflective practice. Rather than being assigned to each client, this becomes a chronology of your reflective practice over time and can incorporate reflections of other experiences that influence your practice, beyond simply each treatment.

Video-based self-reflection

A well-documented and growing method of reflective practice is to record and review your practice using video. There are several different tools available to do this, but at its most simple, a standard digital camera or smart phone and mini tripod should do the trick! Make sure that you get consent from your client to record a treatment and be clear with them what the purpose of the recording is.

When you review a recording, you may be looking to reflect on a particular area for development that you have already identified, or you may review a massage treatment from start to finish, including the consultation to highlight area/s in which you would like to improve your practice. Review the footage of the areas you wish to improve upon and set yourself targets for improvement. Then record another treatment in a couple of weeks and compare your practice. Have you developed that skill? Does it feel natural or conscious? How can you continue to improve? You do not need to review whole hours of video, but just select a small part of the treatment. A 10-minute section is a good amount to aim to reflect upon.

Peer Feedback / Mentoring

Consider working with another practitioner to receive feedback and support. This could be a reciprocal arrangement whereby you each offer feedback on one another's practice. You could offer massage swap, you could share videos of your massage practice (with client

consent!) or share supporting resources (such as forms, pricing list or patient care documents) for feedback.

Working with someone else who is trained and experienced, in either a peer/equals or mentor/mentee relationship, is a great way to get constructive critique of your practice to help you to develop and hone your skills.

CPD Plan and Log

Having a CPD plan to document how you intend to develop your practice and achieve your goals is important to help keep yourself accountable to your ongoing development. Align your planning with short-term, medium-term, and long-term goals. You should keep a record of any CPD experiences that you have undergone and evaluate the effectiveness of them against your goals. This can help inform your CPD plan.

CPD logging is important to not only document your activity and progress, but to have as a reference for updating your CV and also as evidence for renewal of insurance or professional body membership.

Personal Development Plans

It is important to remember to view yourself holistically and consider your own personal development needs alongside your professional development. What are your personal strengths and weaknesses and areas that you would like to develop in your personal life? How can you incorporate these into your professional world?

Goal-oriented reflection

You can use reflective practice to identify areas for development and to help set goals, but you can also use reflective practice to work towards goals that you have already established.

Goal Setting

To support any professional development, it is important to have short-term, medium-term, and long-term goals established. This will help to focus your CPD plans and visualise what your end-goals are. These goals can be dynamic and change over time, but it's useful to take the time to set them so that you have purpose and direction.

SMART Targets

To make sure that your goals are well thought out, you could use a SMART Target framework to create them.

- S Specific** What exactly are you trying to achieve?
- M Measurable** How will you measure your success?
- A Achievable** Is it, realistically, possible to achieve?
- R Relevant** How does this goal contribute to your wider plans?
- T Time-bound** When, specifically, do you aim to achieve it?

SWOT Analysis

Another tool to help with goal setting is a SWOT analysis. It includes looking at strengths, weaknesses, opportunities and threats. You can use it broadly to analyse yourself, or your company for example, or alternatively you can conduct a SWOT analysis on a specific goal to help develop your plans for success.

	Positive	Negative
Internal	<p>S Strengths</p> <p>What do you do well? What skills, attributes, qualifications and achievements do you have? What is unique about you? What do others come to you for?</p>	<p>W Weaknesses</p> <p>Where are your weak areas or flaws? What resources are limited for you? What are the gaps in your skill or knowledge base? When have you struggled previously?</p>
External	<p>O Opportunities</p> <p>How can you utilise your strengths? What immediate opportunities are open to you? Who can support you to achieve goals? How can I improve my weaknesses?</p>	<p>T Threats</p> <p>What barriers do you face? What is the impact of any weaknesses? What must you address immediately? Are there upcoming changes in policies or procedures which will affect me?</p>

Applying Reflective Practice to your Massage Course

As a trainee massage therapist, and as you progress in your practice as a qualified therapist, you should regularly reflect on your learning experiences.

Within this course, your case studies must include reflective practice. This is your opportunity to reflect on what you did and what you learnt whilst working with your client and, importantly, what you can take from that learning to develop your practice for the next client. It is important not to see this as a 'box-checking' exercise for your course, but as a positive habit to form to support your professional development and contribute to your lifelong learning and career development.

Lifelong Learning

A healthy approach to professional development is to consider that we are all lifelong learners.

Setting goals and creating plans for continual professional development is a good way to commit to lifelong learning. See the attached CPD plan template and write down some considerations.

It is important to log and evaluate your CPD so that you can keep your CV up to date, evidence your progress and inform your goals for development. It is important to note that regular CPD is often a requirement to maintain membership of professional bodies.



Task: Self-reflection template

Download the CPD plan and consider what actions you could take in the next month.

Your CPD plan can include revision, learning of theory, observing peers, honing skills, attending courses, adding new skills to your repertoire, and any number of other activities which help your professional practice.

As a massage therapist, your CPD could focus on your consultation skills - such as developing active listening skills through reflective practice and applied research, your massage practice - such as attending and advanced massage skills course, your business skills – such as attending a short course on accounting.

Next steps...

Take a look at the Brighton School of Massage website and explore the range of courses on offer. Which courses interest you for your next phase of your development?



References

Kennedy, A.B, Munk N. Experienced Practitioners' Beliefs Utilized to Create a Successful Massage Therapist Conceptual Model: a Qualitative Investigation. *Int J Ther Massage Bodywork*. 2017 Jun 30;10(2):9-19. doi: 10.3822/ijtmb.v10i2.367. PMID: 28690704; PMCID: PMC5495388.