



CLASSIC ESSENTIAL OILS



#LAVENDER

Lavandula officinalis: It is called the essence of femininity, stabilizing emotionality and strengthening the female ego, helping to alleviate insecurities and emotional tensions.

It helps reduce insomnia, is calming, anti-bacterial and anti-stress.



#PEPPERMINT

Mentha piperita: An amazing essence, capable of activating everything that tends to doze off in us. It relieves negative thoughts, regenerates optimism and stimulates the intellect. Excellent Essence for students who need to regain concentration during their studies and exams.



#PINO MUGO

Pino mugo: a plant that grows in the high mountains and that contains its strength and attachment to life.

The essence gives strength, new energy and vitality. It has remarkable expectorant properties, relieves muscle and rheumatic tension, it is excellent in the kitchen to make your children happy with balsamic candies or for adults to obtain excellent spirits.



#PINE

Pinus sylvestris: if lavender represents the feminine world, this plant is the phallic representation of the male sexual sphere. It represents the sense of procreation and cyclicity.

The essence has a refreshing and regenerating effect like after a walk in the woods. Excellent for making fumes to relieve seasonal colds, it helps clear the respiratory tract.



#AROLLA PINE

Pinus cembra: since ancient times this tree has been revered by the populations of the Alps and the mountainous regions of Europe as a symbol of protection. He was considered the "guardian" of the mountains. Its longevity and robustness are a symbol of resistance and connection with the earth and nature. Wood was and is appreciated for its ability to purify the environment, improve air quality thanks to its natural compounds. The resin and the Essential Oil that is obtained from it are considered powerful tools for creating sacred and harmonious spaces. It stands for purification and protection, harmony and connection with nature, it has properties of energy purification, relaxation and resilience. When used in meditation, it helps stimulate concentration and "mental clarity" by facilitating the process of spiritual self-exploration of **one's own Self**.



#ROSEMARY

Rosmarinus officinalis: a plant known and honored since ancient times for its protective virtue and ability to strengthen the human Aura, giving confidence and strength to strengthen the character. If used constantly, it increases concentration and memory in periods of high stress.
It is widely used in cooking and also for other uses.



#SAGE OFFICINALIS

Salvia officinalis: Very easy plant to grow both in the vegetable garden, in the garden or in pots.
It has many therapeutic properties such as antibacterial, antisudorific, astringent and antifungal.
It is useful for treating digestive disorders, loss of appetite and some respiratory tract problems.
It also stimulates creative and communicative skills.

Very important to know, **Salvia officinalis** Essential Oil is rich in **TUJONE** (neurotoxic molecules) which if taken orally can lead to obvious intoxications.



#CLARY SAGE

Salvia sclarea: similar to *Salvia officinalis*, the essence gives support in overcoming a delicate phase of life, menopause or midlife crisis. It encourages us to live in the present by guiding us toward wisdom and consistency. It drives away fears and paranoia.
Some of its most effective properties include purifying, relaxing and healing properties.

Rich in **TUJONE**, not to be taken orally.



#TEA TREE

Melaleuca alternifolia: an essence that is never missing in my Beautycase.

Powerful antibacterial and natural antifungal there is no need to add anything else, except that it is important to have a bottle at home, always at hand!!



#RED THYME

Thymus vulgaris: known since the time of the Egyptians who used this plant with strong antiseptic powers for embalming. The Greeks burned it to pay homage to the Gods asking for strength and courage in return. The Romans, on the other hand, used it to preserve food and perfume rooms, it was also added to other spices for regenerating baths. The knights placed some twigs under the pillow to ensure that courage came before battles. This is because the word Thymos in Greek means spirit and/or courage. It has antiseptic, expectorant and revitalizing properties.



#DAMASK ROSE and CENTIFOLIA ROSE

grouped together because their "anatomical" difference is minimal, what distinguishes them from each other is the fragrance and their properties. **The Damask Rose** is very fragrant with strong anti-wrinkle properties, hydrophytes are excellent cleansers for oily and acne-prone skin. In Morocco, in the small but characteristic village whose name is Kelaat M'Gouna in the region of the Rose Valleys (Vallée des Roses), it is cultivated in abundance and the product is of excellent quality (you can't help but buy the oil, if you are in those parts, you won't regret it!).

The oil produced in this area is particularly valuable and is used in cosmetics, perfumery and traditional medicine for its anti-inflammatory, antioxidant and skin regenerating powers. The **Centifolia rose**, on the other hand, is mainly grown in the south of France and in Morocco in the Grasse region, it is called "rose with hundreds of petals", hence the name Centifolia, has a more delicate and sweet scent with floral notes, less intense than the Damask rose, but equally appreciated for its olfactory qualities.

It is used in cosmetics with moisturizing, soothing and regenerating properties for the skin.



#PATCHOULI

Pogostemon cablin: plant native to tropical Asia, India, Indonesia and the Philippines. The name "Patchouli" means green leaf. In the nineteenth century it became very popular in Europe especially for its use in perfumery.

In the 60s and 70s perfume was widely used among members of the youth movement: "Flower Children", becoming a symbol of rebellion and connection with nature and spirituality.

In the past in Asia, it was also used in traditional medicine, to treat ailments such as: skin diseases, digestive and respiratory disorders. The Essential Oil has excellent healing properties, stimulates cell regeneration and is excellent for dry and aging skin. In Aromatherapy it improves mood and promotes relaxation. It has strong antibacterial, antifungal, and anti-inflammatory properties.



#YLANG YLANG

Cananga odorata: plant that grows in Southeast Asia - Philippines, Indonesia. In the Malay language the meaning is "rare flower". In the past, probably still today, YLANG Oil YLANG was used during weddings and religious ceremonies. In traditional Asian medicine it is used in perfumery and medicine. In the nineteenth century, YLANG flowers were introduced to Europe, where they became an important ingredient for the creation of refined and precious perfumes in classic perfumery.

If we want to pay homage to our partner with a stimulating evening, I suggest you put a few drops of Essential Oil in the bathtub, with its aphrodisiac properties it stimulates sexual desire and the evening is guaranteed!

In aromatherapy it stimulates the libido by improving sexual performance, helps balance emotions and reduces stress, anxiety and psychophysical tension. It has a calming and relaxing effect and promotes deep sleep. It also promotes a good mood thanks to its ability to stimulate the release of endorphins.

...AND NOW TELL ME WHAT YOUR FAVORITE ESSENCE IS. WHICH ONE WOULD YOU LIKE TO TRY TO MAKE YOUR PARTNER HAPPY OR IMPROVE YOUR CHILDREN'S CONCENTRATION DURING STRESSFUL TIMES. I'M CURIOUS TO KNOW WHAT YOUR FAVORITE ESSENCE AND EXPERIENCE WITH ESSENTIAL OILS IS.

ALLERGENIC ESSENTIAL OILS



Although the most common Essential Oils may seem harmless and their characteristics and properties are well known, it is essential to carefully consider **which of them** could trigger **allergic reactions** in individuals with particularly sensitive skin.

For this reason, in the table below, you will find a small description of the Oils that can trigger allergic reactions and tips on how to prevent these problems.



#GERANIUM

Pelargonium graveolens: allergenic substances = Citronellol - Geraniol

The Geraniol is known to be one of the most common allergens in aromatherapy and can cause erythema, itching and skin irritation.



#THYME

Thymus vulgaris: allergenic substances = Thymol - Carvacrol

Thyme Essential Oil is an excellent and powerful Essential Oil but Thymol can cause redness and swelling in sensitive people if used in high concentrations and on sensitive skin.



#TEA TREE

Melaleuca alternifolia: allergenic substances = Terpinene-4-Ol

Tea Tree Essential Oil, with its excellent antibacterial and antifungal properties, if used in too high doses and applied to sensitive skin can create redness and itching.



#CHAMOMILE

Matricaria chamomilla: allergenic substances = Chamazulene - Matricin

Chamomile Essential Oil has a calming effect. Those who are allergic to plants such as daisies, calendula and all those of the Asteraceae family, a patch-test is recommended before treatment. Some reactions can occur such as: redness, swelling and itching.



#BERGAMOT

Citrus bergamia: allergenic substances = Linalool - Limonene

Known for its photosensitizing ability, it can cause allergic reactions such as erythema or urticaria. Topical use on people with sensitive skin and predisposition to allergic reactions is not recommended.

	#CINNAMON <i>Cinnamomun verum:</i> allergenic substances = Cinnamaldehyd Cinnamon Essential Oil is considered one of the most "powerful" oils and can cause, if not diluted correctly, serious skin reactions such as erythema, blisters and burning. Cinnamaldehyde can also cause irritation of the respiratory mucous membranes.
	#PEPPERMINT <i>Mentha piperita:</i> allergenic substances = Menthol It is one of the essences of "daily use" but in the most sensitive people or those suffering from allergies it can create dermatitis or itching. In some cases, it can cause respiratory reactions such as coughing or difficulty breathing.
	#EUCALYPTUS <i>Eucalyptus globulus:</i> allergenic substances = Cineole (Eucalyptol) Eucalyptus Essential Oil is one of the most used essences ever, it is good to remember that if used in very high doses in the most vulnerable subjects, it can cause allergic skin and respiratory reactions.
	#LAVENDER <i>Lavandula angustifolia:</i> allergenic substances = Linalool - Linalyl acetate "NO ALARMISM" is among the most commonly used essences, generally safe, but if the essence is not pure or if used in high doses, in some cases, it can cause erythema or itching. ("together with Tea Tree it is the Essence that is never missing in my Beautycase).
	#PINE <i>Pinus sylvestris:</i> allergenic substances = Pinene Pine Essential Oil if used continuously in the long run, in some people, can cause redness and irritation of the skin.
	#FENUGREEK <i>Trigonella Foenum-Graecum:</i> allergenic substances = Diosgenina - Saponine This Essential Oil is known to cause allergic reactions in individuals with allergy to legumes or seeds, applied to the skin in sensitive people it can cause dermatitis and itching.



#ROSEMARY

Rosmarinus officinalis. allergenic substances = Camphor - 1,8 Cineole (Eucalyptol)

- Linalool

This Essential Oil in individuals with sensitive skin can cause allergic reactions such as erythema and hives.

AN EASY WAY TO PREVENT ALLERGIC REACTIONS:

- ***SENSITIVITY TEST:*** it is always a good idea to perform a Patch Test, (especially if you want to discover new essences) to apply to a small area to check for any allergic reactions.
- ***CORRECT DILUTION:*** as we have already seen in previous chapters, Essential Oils must be diluted correctly if applied to the skin to reduce the risk of irritation.
- ***MEDICAL CONSULTATION:*** if you have very sensitive skin or a history of allergies, it is a good idea to consult your doctor before using Essential Oils.

DEAR READERS AND DEAR COLLEAGUES IN THE FIELD, IF THE TOPICS COVERED HAVE AROUSED YOUR INTEREST AND YOU WANT TO TELL YOUR EXPERIENCE WITH ESSENTIAL OILS, I WILL BE VERY HAPPY TO READ YOUR EXPERIENCES.

PHOTOSENSITIZING ESSENTIAL OILS



Essential Oils have excellent properties and magnificent benefits, as already explained in one of my previous articles, however you have to pay close attention to their use. For this reason, I have created for you dear readers, lovers of natural essences (Essential Oils) an information table. Below I have reported a preventive "vademecum" on **PHOTOSENSITIZING Essential Oils**, those oils that, once applied to the skin and exposed to direct sunlight and UV rays, can cause allergic reactions by manifesting skin irritation, erythema, dark spots and blisters.

Let's look at the list of Photosensitizing Oils!



#VERBENA

Aloysia citrodora o *Lippia citriodora*: a photosensitizing component is **Furanocoumarins**, natural organic substances that is activated by UV rays.

In cosmetic products, a maximum limit of use of **Furanocoumarin** has been set, for products such as sunscreens, self-tanning lotions, lip products and post-shave.



#CUMINO

Cuminum cuminum: a photosensitizing component is **Limonene** and **Carvone** (Ketone) which is a **Terpenoid**, an organic compound present in many Essential Oils with a sweet and mentholated scent.

Cumin known for its digestive properties, promotes digestion, counteracts the formation of intestinal gas and reduces abdominal bloating. It has analgesic and anti-inflammatory properties, it is excellent if used during lymphatic massages as it promotes venous and lymphatic recall.

#GRAPPEFRUIT = *Citrus paradisi*

#MANDARIN = *Citrus reticulata*

#LIME = *Citrus aurantiifolia*

#ORANGE = *Citrus sinensis*

#LEMON = *Citrus limone*

#BERGAMOT = *Citrus bergamia*

#ANGELICA = *Angelica arcangelica*

A single, more detailed description of these Essential Oils, I think becomes boring and sometimes repetitive, but it is important to point out that these Oils have a molecular composition **FURANOCOUMARINS** and for this reason in direct contact with sunlight and / or UV they become **PHOTOSENSITIZERS**.

From their use, it is recommended to wait between 12 and 24 hours before direct sun exposure.

#Patch-Test a small area of the body before applying to a large area to monitor any skin reactions.

#Unfortunately, despite being known for their sensitivity to light, these oils have a wide range of therapeutic properties and uses.

In summary, these oils have antibacterial, antidepressant (non-pathological), antioxidant, antispasmodic and digestive actions. In aromatherapy they improve mood and relieve stress, in cosmetics they are used to treat skin problems and in **MASSAGES TO ACTIVATE THE VENOUS AND LYMPHATIC SYSTEM, RELIEVE MUSCLE PAIN AND CRAMPS**.

...AT THIS POINT I AM INTERESTED IN KNOWING YOUR DIRECT EXPERIENCE WITH THESE OILS, SO THAT OTHER PEOPLE CAN ALSO "BENEFIT" FROM THEM.
THANKS FOR SHARING THIS WITH ME!



ESSENTIAL OILS TO DISCOVER WHEN YOU GO ON HOLIDAY

This fourth and final part on Essential Oils refers to limited productions that are part of local traditions and very often are oils that are difficult to find. They derive from lesser-known and difficult-to-grow plants that are not easily found in traditional stores or consumer product guides.

Let's watch them together!



#CAJEPUT ESSENTIAL OIL

Melaleuca cajuputi: origin Australia, Southeast Asia in particular Indonesia and Malaysia.

Antibacterial, analgesic and anti-inflammatory. It is one of the most powerful oils for treating respiratory infections and muscle pain, as well as for the care of irritated skin. Hard to find, production is limited in local regions.



#ELEMI ESSENTIAL OIL

Canarium luzonicum: origin Philippines, Indonesia and some areas of Southeast Asia.

Antibacterial, antiviral, anti-inflammatory and healing. It is known to promote wound healing, treat dry skin and dermatitis. Traditionally, it is used to strengthen the immune system and treat respiratory problems. It is very rare to find it in Western stores, it is highly appreciated in the professional field, for its effectiveness in skin treatments and for its relaxing and toning characteristics.



#NIAOLI ESSENTIAL OIL

Melaleuca quinquenervia: origin Australian continent, New Caledonia and New Guinea.

Antibacterial, antiviral, anti-inflammatory and expectorant. It stimulates the elimination of mucus and phlegm. In aromatherapy it is used to treat the respiratory tract and strengthen the immune system.

*The Gisa Wellness company (an Italian company certified by Agriculture Biologique, offers customers this 100% pure 10 ml product with its technical description)



#FRAGONIA ESSENTIAL OIL

Agonis fragranza: origin Western Australia.

Relaxing, calming, anti-inflammatory and antibacterial. It has similar effects to Lavender Essential Oil, it is produced in small quantities and obtained from a plant endemic to Australia that grows in a limited area.

	#CANANGA ESSENTIAL OIL <i>Cananga odorata</i>: origin Indonesia, the Philippines and some islands of the Malay Archipelago. Antidepressant, anti-inflammatory and skin tonic. Similar to Ylang-Ylang but less known, it is used in cosmetic treatments to improve skin elasticity.
	#SARO ESSENTIAL OIL <i>Cinnamosma fragranza</i>: origin Madagascar. Stimulating, toning, antibacterial and antiviral. It is used in traditional Malagasy medicine to treat colds, sore throats, and respiratory infections. In aromatherapy to reduce stress and improve concentration. Difficult to find outside tropical regions, it is a rare resource in aromatherapy for the local population.
	#TASMANIAN PEPPER ESSENTIAL OIL <i>Tasmannia lanceolata</i>: origin Tasmania, Australia. Anti-inflammatory and antispasmodic. It is used to relieve muscle pain, cramps, and gastrointestinal disorders. The plant is very difficult to find due to the complexity of harvesting and because it is endemic in its area of origin.
	#BAOBAB ESSENTIAL OIL <i>Adansonia digitata</i>: Sub-Saharan African origin, especially Senegal, Mali and Madagascar. Nourishing and healing, antioxidant and regenerating. Although Baobab is known for its longevity and nutritious fruit, Essential Oil is difficult to find and is produced by small artisanal companies.
	#IMMORTELLE ESSENTIAL OIL <i>Helichrysum italicum</i>: Mediterranean origin, in particular, Sardinia, Corsica and some areas of France. Antioxidant, healing and anti-inflammatory. It is rich in antioxidant properties and ideal for fighting skin aging. Rare and very expensive due to the low extraction yield and harvesting process.
	#SANDALWOOD ESSENTIAL OIL <i>Santalum album</i>: origin India, Indonesia and Australia. Relaxing, antidepressant, anti-inflammatory and skin toning. A plant that is slowly disappearing due to the scarcity of new trees. Essential Oil is becoming increasingly difficult to find, therefore, it is also very expensive.

IF YOU ARE ON HOLIDAY IN THESE COUNTRIES, DON'T FORGET TO ADD THESE PARTICULAR ESSENCES TO YOUR "COLLECTION" OF ESSENTIAL OILS.