



AROMATHERAPY AND MASSAGE

STEPPING STONE 9

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## STEPPING STONE 9 - AROMATHERAPY

Welcome to the second of our Stepping Stones on relaxation. Sometimes it is very difficult for children and young people with behavioural challenges to begin to relax. Often their nervous system can be so wound up with stressful environments and incidents that happen throughout the day, as well as noisy, hostile environments and hypersensitivity to certain types of food and food additives, not to mention crowds.



Family life style is often lived in the fast lane with little opportunity for families to come together on a regular basis for relaxation time.

For a child, this can often translate as long sleepless nights and difficult behaviour throughout the following day.

Often this means that parents are not able to sleep either. I have recently been supporting a family where a single mom was struggling to hold down her job on 2 hours sleep a night. Her 8 year old son has Asperger's Syndrome and only sleeps for 2 hours a night and has always done that since birth. If she should be asleep when her son is awake then he will run off out of the house. This is a common story for so many families so where do you start when you child is so wound up that he or she is unable to sleep and that impacts on the whole family.

Another family I know had a 6 year old who wouldn't sleep at night and would go in to another bedroom and set fire to his sibling's bed or jump out of the bedroom window and run away.

By now you have probably worked through the other Stepping Stones and you will have set goals, built in rewards and incentives and looked at emotional issues, diet and exercise as well as some deeper issues etc. So this particular part of the series of stepping stones is designed to follow up on all of this with relaxation methods.

If you are experiencing challenging behaviours with your child then there is no doubt that your own stress levels are going to be flying high and of course this creates a dynamic with your child. It is knowing when and how to break into the cycle, to change the outcome for you all.

I have found using aromatherapy oils and massage has been an extremely helpful tool to work with in this respect.



One of my first successes with this approach was at the School where I carried out the initial pilot of HET- in 1999. The Head Teacher there soon realised the power of the oils. He placed a vapouriser in his office and whenever he had a visit from a challenging parent who was going to give him a hard time, he would leave them alone in his office with the vapouriser, burning oils of chamomile and lavender. He would leave under the pretext of having to go and sort something out and when he returned to the office, usually 10 minutes later, the angry parent would be as mellow as a pussy cat and the whole situation was diffused. It worked for him every time!

Well, by the time HET was underway in the pupil referral unit, things had begun to change with measuring the effectiveness of working with natural approaches and we will look at how we achieved this with aromatherapy, a little later on in this book.

But what was really interesting was that very often, I would have a knock on my HET door at school. A pupil would be standing there, asking if he or she could have some oils made up to go and give a massage to one of the other pupils, who was having a particularly bad time that day and this would help!



The young man in the picture was invited to the award ceremony for HET therapists as he had won a special award. He regularly came and asked for a blend of oils to take home and do a hand massage for his grandmother. In doing this on a regular basis he had helped her arthritis in her hands to such an extent that she was no longer in pain.

A very special young man indeed!

You may recall from the 'Willow' film that Tommy was given a special massage based on an animal story. The original story came from my visit to Belfast in Northern Ireland. During this time, I worked with a lady by the name of Margret Adams. She shared the story with me and was responsible for bringing Protestant children into a Catholic school for the first time ever, for them to do peer massage (this is where children massage each other) together. This is the technique that you saw in the film Willow, Tommy's story. The approach was so successful and an absolute first in integrating children together from the two sides in such a troubled area. It truly was a wonderful day and the outcome had a far greater impact than the barbed wire that surrounded the school gates to separate the two communities in hostile neighbourhoods.

She had developed this approach from when she worked in Africa and had worked with two warring tribes where hatred and aggression between them had incited many violent acts over the years. Each incident escalated in retaliation to the other's actions. This was brought to a head by Margaret somehow bringing the two tribal matriarchs together and then they gave each other a hand massage. The result was the tribal feuding ended with the matriarchs agreeing that once they had offered their hands to each other in healing they could never again be raised to each other in hatred.

Powerful story and powerful results!

Anyway, I would suggest that you might like to watch that part of the 'Willow' video again and I have included the story for you in this book so you can try the peer massage in your family group or if you work with a group of children try it with them. I have attached this information later on in the book

So, let's look at the approach with using essential oils, how and when to use them. The only two essential oils that we use in HET are lavender and chamomile. Remember? That every approach that we use is so safe and so simple, that the worst thing it can do is not work?

Well, these two oils are so safe and so simple you can use them even with small babies quite safely.

They can be used in any situation where things need calming down and relaxing. The essential oils can be mixed with carrier oil like sweet almond oil and massaged in through the skin. They can also be vapourised in a room, although special plug in Vapourisers are recommended. They can also be used in the bath (known as hydrotherapy) and we will look at this way of using the oils a little later on in this book.

There are many different essential oils that you can use in aromatherapy, but some of them do have side effects in certain conditions. So generally, it is a good idea to consult a qualified Aromatherapist prior to using them. If anyone has specific questions about this or any of the oils then please contact me on [lin@HETwebsite.com](mailto:lin@HETwebsite.com) for further information.

So let's find out a little bit more about what Aromatherapy oils are and what they can do for us;

## **WHAT ARE ESSENTIAL OILS?**

Plants have many components within them. One of these is called volatile oils. They are highly aromatic and are necessary to protect the plant from disease and to attract insects in order for the plants to propagate themselves. Once extracted from the plant, they are called essential oils.



**Organic plants collected from fields of lavender**

There are over 300 different types of oils which may be stored in the flowers, leaves, stalks, twigs, bark, resin, roots or fruit of a plant. These pure essential oils have many healing and therapeutic properties when used on their own or blended together.

They can be extracted from plant material in different ways. For example, steam distillation which is a very popular method, or extraction with solvents, pressing and squeezing the plant material, or even macerating it.

## **THE QUALITY OF OILS.**

The quality of oils will vary and obviously the purer they are the better. The price will often reflect the degree of purity. For example, the same plant material will often be put through a distillation process several times, giving a weaker yield each time. Sometimes chemical additives are added to make the yield smell stronger because it has become so weak! Oils like a good wine will vary from the region, altitude, climate and soil from the place of origin and good quality oils will always be tested to ensure that they contain a pure yield which can sometimes contain up to 100 different components.

Did you know?

It takes 6, 000 roses to make 1 ounce of oil?

Jasmine blossom needs to be picked on the first day they come into flower and it takes 8,000,000 handpicked blooms to make 1 kilo of oil?

Sandalwood cannot be used until it has matured, grown to a height of 30 feet. It takes 30 years to grow to 30 feet.



**Plant material is added to stills to extract the oil**



**The oils need to be filtered and tested for their quality**





Sometimes the same plants go through several times or even chemicals are added to the process



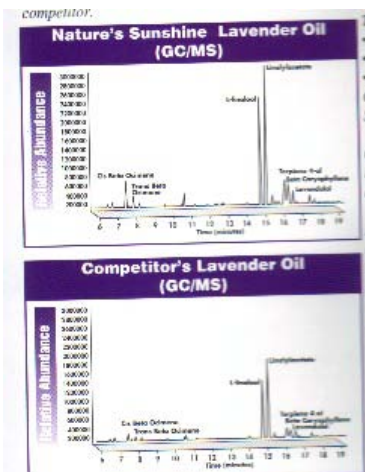
This affects the quality of the oils that you can buy



Only buy high grade oils as others may contain impurities

It is possible to test the quality of the oil and suppliers of pure oils will have a certificate of quality.

Below is a chromatogram. This is a technique of how to test the purity of oil.



## A QUICK HISTORY OF AROMATHERAPY!

The Exact origin of how and when essential oils were first used is uncertain. Papyri show us that ancient Egyptian embalmers used aromatic oils, wood and resins in the mummification process.

Ancient and sacred gardens were often planted with exotic plants for the effects that their perfumes had over the visitors. The banks of the River Nile became so rich with renowned healing and medicinal plants, that many great sages and healers of the time were drawn to the area in order to gather and exchange knowledge and remedies from places like Mesopotamia and Persia.



In ancient Egypt, public squares were often infused with burning aromatic herbs in strict accordance with the public hygiene rules of the day. These substances were known to purify the air. Under the heavy Egyptian wigs, wax cones containing essential oils, were placed, and during the heat of the day, they would obviously melt and drip down the body – an early form of deodorant (and antiseptic!)

The early influence of the Egyptians came to strongly influence the Greeks and the medical school at Cos, which was formed by Hippocrates (originator of the Hippocratic oath taken by all doctors even today).

In turn, the Greeks influenced the Romans, who excelled in the delights of essential oils throughout the use of the 'Unctuarium', this was situated in the roman baths and was where the Romans had a good rub down and massage with essential oils!

Tenth century Persia saw the introduction of the modern still attributed to Avicenna which made the extraction of essential oils from the plant material much easier.

The global spread of exploration and trade increased both interest and popularity in essential oils and their role was an important one in the healing elixirs and potions of the day.

During the great plague of London, a formula was designed by some enterprising thieves. They put together a blend to protect themselves against the plague whilst grave robbing unfortunate victims. This was a blend of absinthe, rosemary, sage, mint, lavender, cinnamon, clove, garlic and camphor, macerated in red vinegar!

After the Renaissance, pharmacists focused their attention on developing chemical synthetics which were deemed to be easier to create and capable of replacing natural ones. An attitude that still pervades throughout the pharmaceutical industry today.

Modern day aromatherapy has been influenced by Rene Gatefosse (1928) a chemist who suffered a fire in his laboratory and plunged his arm into a bowl of lavender oil. Noting the quick healing process and absence of scar tissue, he devoted his time to research the healing properties of essential oils.

Jean Valnet developed this work and added much research to the healing properties of these natural substances.

Marguerite Maury, a leading biochemist researched the application of oils through massage of the skin and won international acclaim for her contribution which showed how oils on the skin relieve tension and improve the skin condition.

Today of course there have been some significant contributions to the understanding and application of essential oils. They are being recognised as replacing the toxic effects of many pharmaceutical drugs with far more effective results. An example of this is the use of Tea Tree oil, with anti biotic, anti- fungal, antiseptic and immune strengthening properties which originated from Australia. Successfully used in cases of 'superbugs' like MRSA, where conventional anti-biotics are proving ineffective.

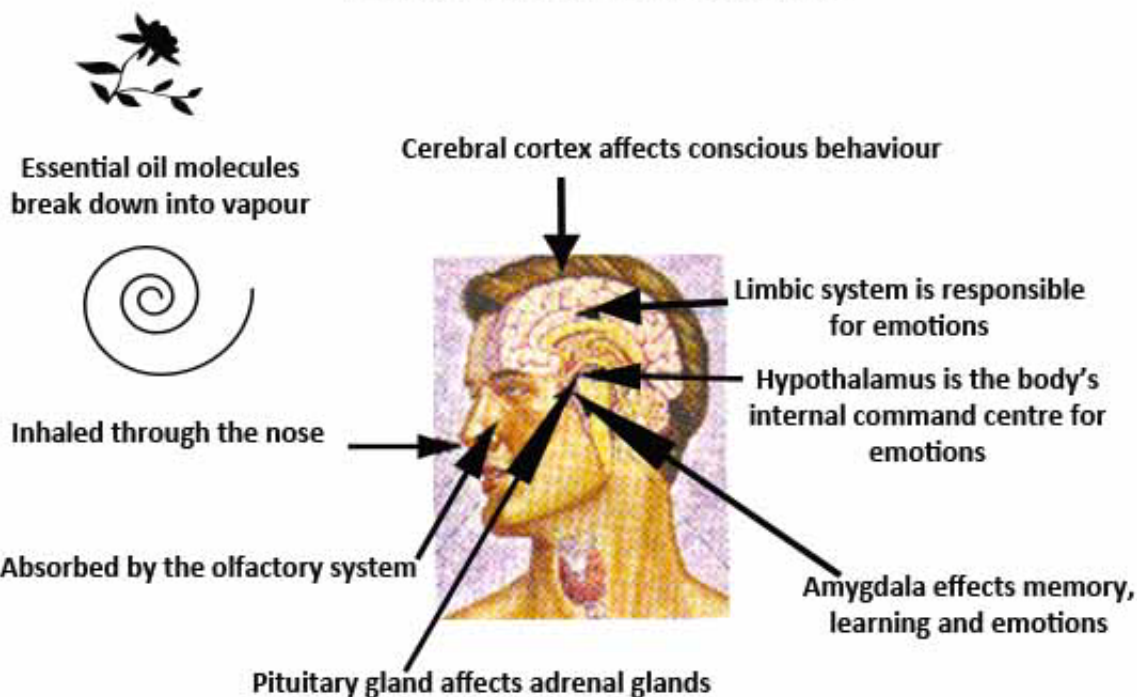
### **Lavender and Chamomile that we use in HET:**

In the introduction to this Stepping Stone, we mentioned how the oils can be used in different ways. I.e. In a carrier oil and used in massage, or in a vapouriser or oil burner, or in the bath.

So here are some suggestions of how to go about this.

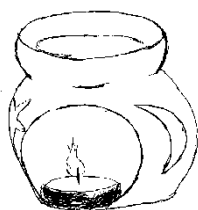
## THE EFFECTS OF ESSENTIAL OILS WHEN INHALED

The chemical compounds of essential oils break into molecules that are released into the air and can be inhaled.



In the original HET research I used some top quality oils sponsored by NSP. Above is a page from their brochure explaining how the oils are used by the body.

## Oil burners



This is probably the easiest way to use the oils. You can get oil burners at most health food stores. The standard type of burners has a space for a small candle underneath a vapouriser dish, which you fill with water, and put a couple of drops of essential oil into it, you would then light the candle. The heat from the candle warms the water and lets off a very light steam which fills the rooms and surrounds you, so that you can obtain the desired effect through inhalation and smell. These are probably not the best idea to use with young children or with hyperactive children or to burn in a bedroom as the naked flame can cause a fire hazard. You can now get plug in varieties or aroma stones which do the same thing just as effectively but are much safer.

## **Bath**

For an aromatherapy treat, you could put 10 drops of your favourite oil into a bath and relax. This enables the body to absorb the oils. The idea is that this is not a regular cleansing bath, but a healing relaxing bath. Run a bath of warm water – just before you get into it put in up to 10 drops of lavender and or chamomile and then add no further bath preparations. Get into the bath and soak for approximately 20 minutes and then pat yourself dry with a towel. This approach is excellent before bedtime with children who are having problems getting off to sleep.

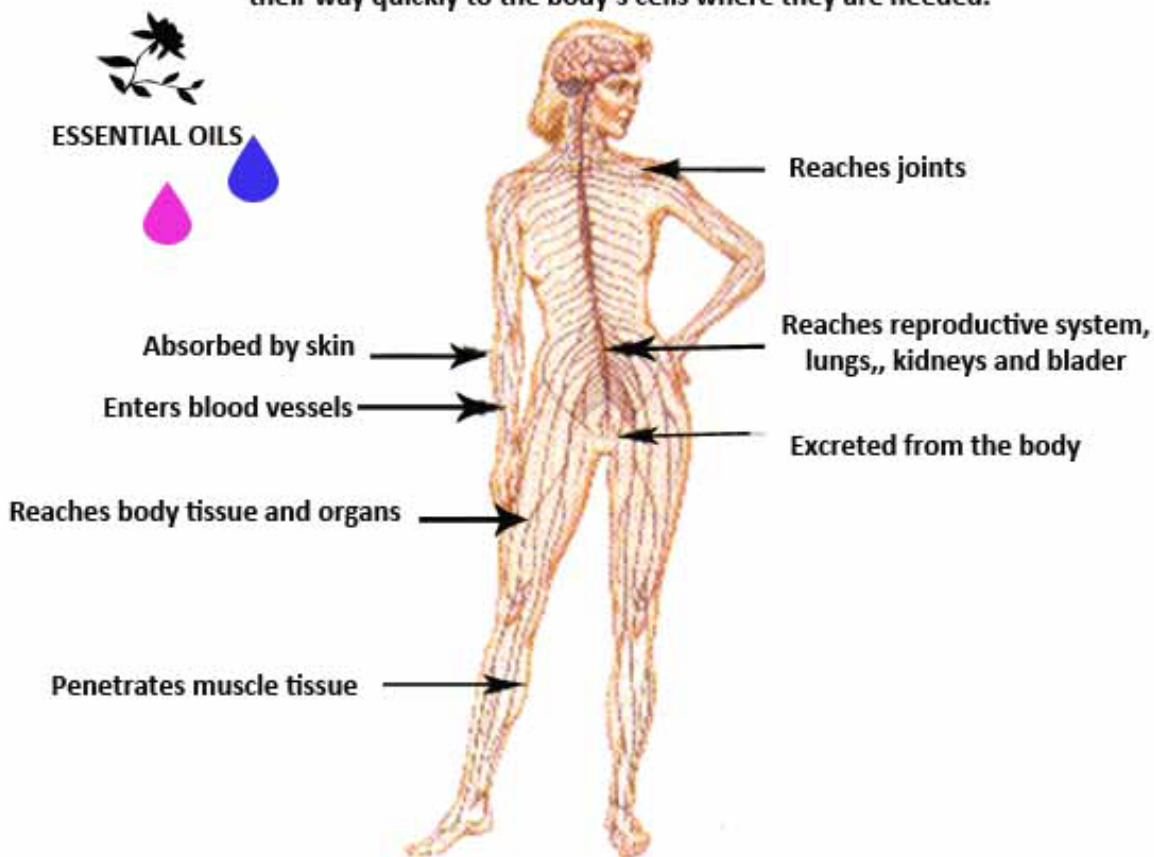
By far the most effective approach is to apply the oils through massage. In the two techniques which are described above you are using the neat essential oils when you start to work with massage then it is important to dilute the essential oils with a carrier oil. This is because they are very strong and potent and they need the carrier oil to carry the minute droplets of essential oils through the skin into the body's system so they can then be carried to the area of the body where they can be most effective. This can work extremely quickly. If you rubbed garlic oil into the soles of the feet, within 20 minutes this can be detected on the breath.

Here is some general guidance on the different ways in which you can use the oils:

## GENERAL USE OF OILS

### EFFECTS OF ESSENTIAL OILS WHEN APPLIED EXTERNALLY

After essential oils are applied to the skin, they soon become absorbed and make their way quickly to the body's cells where they are needed.



### Massage

Oils are generally mixed by 1-drop essential oil to 1 ml carrier oil e.g. Sweet Almond Oil. You would obviously not use sweet almond oil if the person had a sensitivity or nut allergy. Sometimes, if someone has a lot of allergies they can be sensitive to most things even if they are natural or not. If you suspect this may be the case then avoid using the oils if in doubt you can do what is known as a patch test. Just put 1 drop on the inside of the wrist and leave for 12 hours without washing off, to see if there is any inflammation or itching. If this is the case then obviously do not use the oils. You can also use the technique of simple muscle testing which has been described in previous stepping stones with dietary influences for example, in stepping stone 4.

After massage, oils should be left on for a minimum of twelve hours.

## **Baths**

Whilst oils can be added neat to bath water, they are more effective if they are used or blended with carrier oil (5-10 drops of essential oil to 1 tablespoon of carrier oil). This should be added after the bath water has been run and not mixed with any other bath preparations.

The following techniques look at other ways in which you can use the oils and are included for your information only, but do be careful with the age of the child and also if you are using them with a hyperactive condition. Obviously using boiling water for steam inhalation may not be appropriate in these circumstances.

## **Compress**

Prepare 2 pints of hot water (not boiling) in a china bowl; float 4-5 drops of essential oil on the top. Soak a suitable muslin type cloth on the top and then apply to area.

## **Inhalation**

Steam is inhaled by preparing 2 pints of hot water, adding 10 drops of essential oil, placing a towel over the head, closing eyes and inhaling for about 10 minutes.

## **Vapourisers**

Between 3-5 drops of oil or see instructions provided with the vapouriser.

Oils should be stored in brown, glass bottles away from direct sunlight. Blended oils can be stored for up to 3 months in a fridge. Oils should be stored out of the reach of children.

## **Using oils with babies & children**

### **Massage**

0-12 Months, Lavender or Chamomile. 1 drop to 15 mls of Sweet Almond Oil

1-6 Years Lavender, Chamomile. 3 drops to 15 mls of Sweet Almond Oil

6-12 Use half the adult dosage, e.g., 15 drops of essential oil to 30 mls of Sweet Almond Oil

As an inhaler/vaporiser use 1 drop of the above oils for each year of age up to a maximum of three.

To use these blended oils in a simple hand massage

[Please click here for a demonstration](#)

Here is the link: <http://www.youtube.com/watch?v=sugigeTn6cM>

Below is a step by step explanation of how to do a hand massage with a child or to teach children how to hand massage one another

## HAND MASSAGE

Take 2 dessertspoonfuls of carrier oil, usually sweet almond oil but check there are no allergies first. Then add 4 drops of Lavender oil or Roman chamomile oil or 2 drops of each and mix well in a saucer or small bowl.



Find a comfortable table position for working on your partner's hand. You may find it best to rest the hand on your leg if you are seated alongside.

Sandwich your partner's hand between your own hands for a few seconds. Using your thumb massage the palm of the hand.



Massage the back of the hand working in between the bones to help release any tension as shown in the first diagram.

Massage each of the fingers and the thumb in turn, squeezing, rotating and pulling them gently. As in the diagram below.





Using light strokes draw your hands down your partner's arm, down the hand and off at the fingertips. This finishes the hand massage.

Below is a training film I have produced on how to use these oils in a full body massage. I have included this in order to show parents/carers how to massage their children to help calm them down. Any professional working with children should only do this with a child with the parent / carer's signed consent and with that person present as a form of teaching self help techniques. This is offered as instruction only, to assist the parents/carers in learning self help techniques with their children.

[Please click here for a demonstration of a full massage](#)

Here is the link: [http://www.youtube.com/view\\_play\\_list?p=956A9C032A2AE26E](http://www.youtube.com/view_play_list?p=956A9C032A2AE26E)

I have included here details of the different movements used within the massage on the film:

## TECHNIQUES OF MASSAGE



### EFFLEURAGE

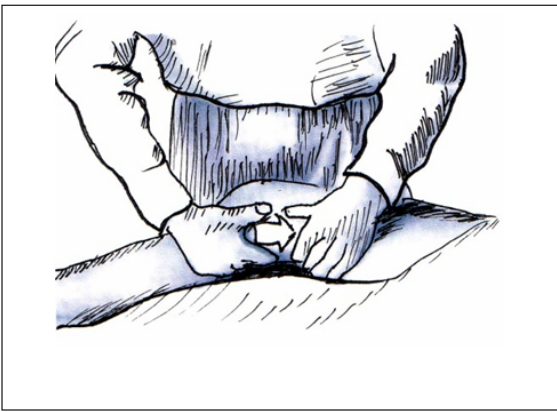
This is the introductory and concluding stroke of a massage. It feels soothing and gently brings awareness to the area being treated. It involves no pressure, is very relaxing and helps to attune the therapist to the client



### KNEADING

These are the deepest strokes of massage where curved muscles such as those on the front of the thighs are squeezed with the whole hand and thumb.

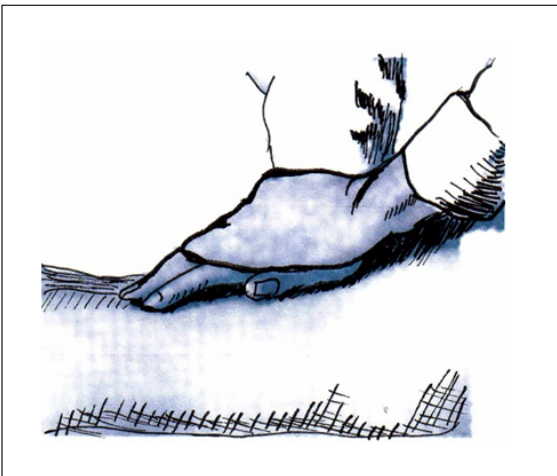
This stroke breaks down deep tensions and conditions in muscles so they have tone. It encourages muscles to relax and helps circulation. This can also shift emotions which are deep seated.



### PETRISSAGE

This technique involves taking the muscle or part of the muscle that is nearest to the bone and squeezing it with the finger tips and thumbs. This is most suitable for sinewy muscles in the limbs and upper back. It aims to adjust tension rather than force it out.

Very suitable for children and older patients



### CIRCLING

Circling is a sweeping stroke like effleurage that lightly drags over the skin. The whole of the back can be circled in any direction. It is very effective when introduced as a warming introductory stroke to a full back massage.

This can also be undertaken with the finger tips in small circling strokes.



### **FANNING**

This is a combination of friction and stretching. It is effective over broad areas of muscles such as those found in the abdomen and upper back. It consists of a steady, repetitive pressure, spreading evenly across the body with fingers trailing at a light stretch. Done quickly it is a suitable preparation for a back massage. It is also a soothing and hypnotic stroke if done slowly at the end of the massage instead of effleurage.



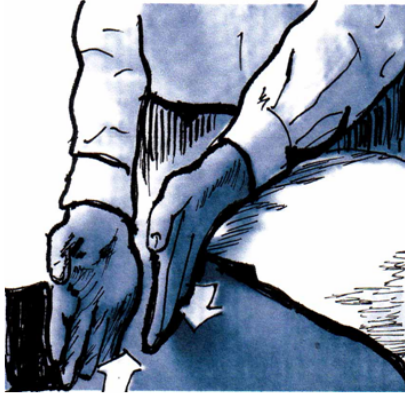
### **ROLLING**

This is very good conditioning and toning the skin as it increases circulation and drainage. Used towards the end of the treatment, it is a good indication of the success of the previous strokes. If all is well the skin should be warm and supple and rolling over the deeper structures and should not create any discomfort. If some resistance is felt, the area should be raked over or given repeat thumbing.



### **PICKING UP**

This is a short tugging stroke used over broad areas for tonal effect. It has no similarity to the holding quality of kneading since whatever tissue is picked up between the fingers is immediately allowed to spring back. It is aimed at the skin, but it also achieves a reaction from the muscles that stretch across areas of the body such as the abdominal muscles and the smaller structures associated with the shoulder blades.



### **FRICTION**

The intention of friction is not only to warm up the area but to gently tug the layers of the skin and muscles to achieve a loosening effect. This is usually required after an injury, where a complication had produced an adhesion. Accelerated friction can also have a vibrating effect on tired muscles that are too painful to be squeezed. By making firm contact during friction, the stroke is converted into the stroke known as shaking.



### **PUMPELLING**

Pummelling involves holding your hands against the client's body and shaking them to achieve a deep vibration of the muscles and other structures within. The areas that benefit most from this are the legs and shoulders, where it is not possible to use the picking p stroke on the muscles. To perform the stroke properly you must be careful not to lift your hands and break contact with the skin, since this would transform the pummelling, shaking effect into a form of percussion.



### **THUMBING**

This is a twisting of the skin over a tight or adhering muscle. It is very specific and allows movement over a tense area without discomfort. Such tension often appears as a reddening of skin after effleurage and this is an indication for thumbing. If the stroke is given with the hands flat and further apart, it can cover a broader area. The thumbs should be kept straight and spun across the skin making a slight indentation.



### STRETCHING

The skin is not just a passive membrane covering the body it is an elastic, muscular organ that helps contain the muscles. The elasticity and resilience of the skin and its muscles is demonstrated by the way it recovers from pregnancy, but it benefits from stretching strokes, which exercise the skin and keep it moving freely over the structures beneath it. Because of shared nervous controls the lungs can be influenced by treating the overlying skin.



### PRESSING

This involves a push slide movement with the hands held in a cross over position to ensure even pressure. It is helpful at the centre and edges of the back, and passing it provides a useful kidney friction. Avoid direct contact with the spine at the waist and the back of the neck but the chest can be firmly pressed. For comfort the patient should exhale at the pressure of the first stroke and inhale on the return stroke.



### HACKING

This is a sympathetic wake up call to the muscle. It can be applied to every area of the body except the face. The technique is often showed in the media but it is quite difficult to do well. The challenge being to apply the stroke evenly with both hands.



### CUPPING

This prepares the larger muscle groups for activity after massage. It is usually used around the rounder contours of the body, but it can also be used over the rib cage to loosen respiratory congestion. The cup that you make with your hands should feel watertight and the wrists perform the same type of controlled flicking movement used in hacking. You will hear a deep hollow sound as the air is beaten from the surface of the skin. Red finger marks indicate that the cupping is too shallow so if it occurs, begin again with more tension in your palms.



### BEATING

This is the most appropriate form of percussion for the strongly muscled areas of the body and for people who are generally well muscled. It is the deepest and most penetrating of the percussion strokes and aims to stimulate right through the muscle layers. The largest muscles, the buttocks, upper arms and legs all benefit from this type of treatment, all the action is generated by the action of the wrists.



### TAPOTEMENT

Consists of various tapping movements and can be applied to the face or any areas that for any reason are in a delicate state. This is the most superficial form of percussion, but it can be carried out with the greatest of speed. Tapotement of the face is locally very stimulating but generally relaxing, owing to the reflex action that any touching of the face triggers. They make an ideal conclusion into facial massage

## WHAT DO OILS DO?

Below is an explanation of how these 2 particular oils work:

## **LAVENDER OIL**

*Lavandula angustifolia*, is commonly known as English lavender, French lavender or true lavender, is sometimes referred to as *Lavandula officinalis*; however, the correct botanical name is *Lavandula angustifolia*. True lavender essential oil has many different qualities, including being relaxant, sedative, and lowering blood pressure. It reduces spasm, is pain relieving, antiseptic, antibacterial, antiviral, and has antifungal properties. Of course, lavender oil's psychological effects are very well-known—an excellent anti-stress remedy, lavender oil improves states of irritability, impatience, extreme panic and hysteria. Therefore it is an ideal oil to use with children who are hyperactive, agitated or find it difficult to wind down and relax.

Lavender's anti-inflammatory properties also make it useful for treating all types of skin problems and irritations, from pore congestion and acne, to itching insect bites and small cuts, to puffiness and skin inflammation, including burns, abrasions and sunburn. Lavender's cooling effect is likewise beneficial for sunstroke and heat exhaustion.

In addition, extensive clinical data suggests that the essential oils of lavender (*Lavandula angustifolia*), diluted in distilled water and applied as a compress, can facilitate the mending of broken skin and be used to heal sores and wounds.

Lavender essential oil contains linalol, a substance with strong sedative effects that makes this oil such an effective relaxant. For example, the sedative properties of lavender (*Lavandula angustifolia*) oil were studied using mice injected with caffeine. The resulting induced hyperactivity observed by researchers was decreased to nearly a normal state only by means of inhalation of the lavender oil. Such results lend credibility to the use of herbal pillows in folk medicine for reducing stress and enhancing sleep in humans.

Today, clinical uses of lavender oil include the treatment of insomnia, due to the confirmed action of lavender oil on the cerebrospinal nervous system. Preliminary findings by Japanese researchers have also confirmed that inhalation of lavender oil increases alpha-wave activity (a sign of relaxation) in humans. This is often a difficult stage for children with hyperactive types of behaviour to get into.

Numerous studies in clinical settings have been conducted using lavender essential oil. An experimental study to determine the effects of aromatherapy on patients in intensive care was conducted at the Royal Berkshire Hospital in England. Individuals were randomly selected to receive either massage, a period of rest, or aromatherapy using essential oil of lavender. Study results showed that those receiving aromatherapy reported significantly greater improvement in their mood and perceived levels of anxiety. The participants also reported feeling less anxious and more positive immediately following aromatherapy. Such instantaneous results are plausible, since researchers have confirmed that lavender oil is quickly absorbed through human skin—the highest concentration of linalool (a main constituent of lavender) in the blood can be detected within 20 minutes following topical application of lavender oil. Furthermore, computer measurements have verified the sedating action of inhaled lavender oil on the central nervous system.

Another study, published in the International Journal of Aromatherapy, showed that 91% of intensive-care patients receiving a massage with lavender experienced a decrease in heart rate of 11-15 beats per minute. Such results confirmed a relaxation response and demonstrated that massage with an essential oil, such as lavender, was more effective for reducing stress than massage alone.

Lavender oil has also proven beneficial in the treatment of infectious diseases. Its antiseptic and fungicidal properties make it an excellent aerosol disinfectant, useful for all respiratory and sinus problems. Linalyl acetate contributes to lavender oil's antiviral and antifungal activity.

A study was conducted in France to determine which essential oils would purify and deodorize the air, destroying bacteria such as *Proteus*, *Staphylococcus aureus* and *Streptococcus pyogenes*. Several vaporized essential oils were found to effectively destroy 90% of microbes within 3 hours, including clove, lavender, lemon, mint, pine, rosemary and thyme.

Many people are unaware that essential oils have been utilized in cough medicines for years. Some researchers believe that the expectorant ability of such medicines is due to the local action of essential oils on the respiratory tract lining during exhalation (after the cough medicine has been swallowed). In one randomized trial of 182 institutionalized patients, a mixture of the essential oils of clove, cinnamon, lavender, thyme and mint appeared to decrease the frequency of bouts of chronic bronchitis. One advantage of inhaling vaporized essential oils is that in many cases, infections linger in the sinuses between bouts. Essential oils regarded as beneficial for the treatment of chest infections and other respiratory problems include eucalyptus (*Eucalyptus globulus*), frankincense (*Boswellia carteri*), lavender (*Lavandula angustifolia*), pine (*Pinus sylvestris*), rosemary, (*Rosmarinus officinalis*) and thyme (*Thymus vulgaris*). Furthermore, lavender and thyme oils are believed to be particularly effective against infection by *Streptococcus aureus*, a common cause of colds and coughs.

## CHAMOMILE

Roman chamomile, a pale blue oil that turns yellow with storage, has traditionally been used to ease spasms and as a relaxant, although it is also recognized as an analgesic (pain-reliever). Studies show that chamazulene, found in the essential oil of Roman chamomile, provides both anti-inflammatory and antiseptic activity.

Thus, Roman chamomile oil makes an effective topical treatment for a variety of skin problems, including acne, burns, rashes and dermatitis. Gentle application of oils such as *Chamaemelum nobile* (Roman chamomile), *Lavandula angustifolia* (lavender), can bring quick relief and facilitate healing. Although Roman chamomile oil can be applied directly to the skin, it is best diluted in a carrier oil or lotion.<sup>1-3</sup>

Roman chamomile's antispasmodic nature as well as the antifungal and calming properties is believed to be one of the most calming essential oils available.



Even in small concentrations, Roman chamomile provides a calming, soothing effect on the central nervous system, which is helpful for relieving anxiety, depression, insomnia, and the hypersensitive behaviour often associated with excitable behaviours and hormone imbalances.

However, this oil also diffuses anger, hysteria, childhood tantrums, choleric tempers, moodiness, nightmares, and symptoms related to shock. According to researchers at Cambridge University, the effects of inhaling chamomile oil causes individuals to shift from describing images in negative terms to describing them in positive terms. Furthermore, it is a known fact that stress causes chemical changes in the body that can be measured, such as the increase in adrenocorticotrophic hormone (ACTH) in blood plasma. Now, researchers in Japan have discovered that inhaling the scent of chamomile oil actually decreases plasma levels of ACTH in rats subjected to stress-inducing restriction.




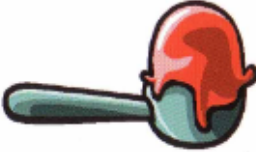

It is advisable not to use Roman chamomile during the first trimester of pregnancy.






## **PEER MASSAGE AND FAMILY MASSAGE**






Having looked at what the oils are that we use in HET and the reasons why. We are now going to briefly look at the peer massage routine that we use without oils. This is an excellent approach to use with groups of children say for example at a party situation or between siblings and other family members. Once more I am grateful to Margaret for introducing me to these approaches and the huge benefits we have subsequently experienced in HET. I have included here some of these techniques that she uses in Belfast schools following her success with peer massage to bring separate denominations together in the area.

Peer Massage Routine (and for children and families to relax together)

Always ask permission before starting the routine.

	<p><b>Eye glasses</b></p> <p>Make 3 circles around the shoulder blades. Stroke out to the arms and hold.</p>
	<p><b>Cat grip</b></p> <p>Stand at the side of the person receiving massage with one hand behind the neck and the other hand on the forehead.</p> <p>Take a 'cat grip' around the neck and make gentle movements with fingers on one side and the thumb on the other side.</p>
	<p><b>Baker</b></p> <p>Place hands on shoulders and gently knead.</p>
	<p><b>Scooping</b></p> <p>Stand behind the left side of the person's back.</p> <p>Place right arm on the shoulder and make gentle half circles with arm and wrist</p> <p>Repeat with left arm on right shoulder</p>
	<p><b>Forehead — stroke</b></p> <p>Place fingers on forehead and stroke out to the sides. Hold the head for a couple of seconds.</p>

	<p><b>hairdresser</b></p> <p>Place fingers on top of hair, make finger tip circles.</p>
	<p><b>slide</b> —stroke from the head down the neck and over the shoulders</p>
	<p><b>climbing down a rope</b></p> <p>Kneel down to one side of the person receiving the massage. Place one hand just under the armpit. Press firmly yet gently and 'climb', hand over hand, down to the hand. Climb back up again.</p>
	<p><b>Bunny hops</b></p> <p>Press gently with thumbs in the palm of the hands.</p>
	<p><b>Hearts</b></p> <p>Begin at the base of the spine, moving up with one hand on either side of the spine, move the hands upwards making a heart-shaped formation, and coming back down to the base to the spine. Continue making larger and larger heart shapes</p>

	<p><b>Brushing off the snow</b></p> <p>Stroke quickly from the head to the shoulders and from head down the back.</p>
	<p><b>bear walk</b></p> <p>— place hand on bottom of the spine</p> <p>Walk with your hands gently up the back — one hand after the other.</p>
	<p><b>Butterfly</b> - hip to shoulder — hold at shoulder — patterns of three.</p>
	<p><b>ice-skating</b> -</p> <p>Place the sides of the hands on each side of the spine, move hands back and forth up the back, glide back down again.</p>
	<p><b>Brushing the horse-</b></p> <p>stroke with one hand at a time from the neck down the back.</p>
<p><b>Say 'thank you'</b> - The child who has received the massage says thank you.</p> <p>And the child who gave the massage says thank you for letting me give you a massage'.</p>	

In the film 'Willow' – we see Tommy demonstrating a peer massage. This was based on Margaret's original story from Africa.



I have developed the story for the Willow Bridge programme and include it below with pictures that link in to the Eco therapy in Stepping Stone 12:

This is the Willow Bridge massage story:

Throughout the short story the aim is to incorporate massage movements.

These movements are based on professional massage movements which will aid in deep relaxation along with the benefits of story visualisation.

The movements are safe to do - first here are some guidelines for the class.

1. Please wash hands
2. Cover any cuts/warts/abrasions.
3. Avoid the spine with any heavy pressure
4. All movements should be light
5. If uncomfortable at anytime — stop
6. Ask your child what they liked and didn't like at the end.
7. Observe your child how they look and feel. Preferably give them a glass of water and let them slowly come round.

Preparation **10** mins :

Quiet room

Pillows

Aroma Burner if required

Suitable music in background

Chairs or floor cushions

Lights — off or dimmed for relaxation

Children or family members are sitting in circle relaxed and ready for story + massage to begin.

## **THE WILLOW BRIDGE MASSAGE STORY**

You can read out or record the story at the same time as you practice the massage movements on your peer massage partner. These movements are described below in italics but you can refresh your memory by watching that part of Willow's film again.

1. As I was looking out of the window one day, over the trees and across the fields in front

of me, I started to slowly relax. My breathing deepened, I could feel my lungs fill up and empty, my shoulders dropped and relaxed and my body started to feel warm as all the muscles relaxed. My eyes closed and I felt myself dreaming of another place. It was a special place where families have fun together and work on the land and with animals. A place where Tommy takes children to learn about a special tree called WILLOW.

The land there was hot and dry, the ground was dusty grey dirt and I started to have the most fantastic adventure there.

The soil was dry and fine— like sand - Effleurage stroking - Long strokes from upper back to base — either side of spine. Fingers together— use all of palm and fingers.



2. I started to stroke the earth to get it ready for the little plants I had grown to be planted and I started to sweep my hands along the earth, making long sweeping strokes as far as I could go. I kept my fingers together to prevent the fine dust, escaping between my fingers. I started to make wave-like movements, first small ones and then bigger ones. Swirls like waves - Effleurage but wave like motion. Small motions, then bigger, then smaller.



3. I looked into the horizon and saw what looked like a pool in the field. I got up and started to jog across the 'Green Mile running track', towards this place. I could feel my feet sink into the warm earth — pitter-patter, not a loud sound but a rhythmical one.

The green mile field Jogging - Little patter movements all over back — avoid spine



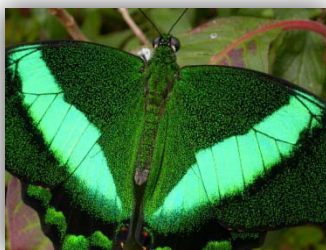
4. It sent a ripple across this whole land, vibrations sending a message across the land rippling out like an electrical wire running through the core of this mysterious place.

Vibrations along the - Fingers only all along either side of spine 3X send up + come down vibrate movement



5. As I approached this green lush area I felt tiny rain drops fall on my head and shoulder and back. Gently drop by drop, a warm rain fell, leaving all the plants gleaming and radiant. Suddenly the whole field and garden came to life.

Fingers dance over back — like piano playing slow then fast, and then slow.



6. I saw a beautiful yellow and green butterfly. It fluttered by, its beautiful delicate wings like the two number 3's side by side.

Make a shape of butterfly like two 3's



7. I was watching this beautiful sight when I heard a little shuffle beside me. I stayed rooted to the ground and there before me, swimming along in the River came a large eel from the distant shores of another country. It slithered from side to side in slow deliberate movements towards a Willow tree stump dipping into the river. Its flexible body spun round like a coil starting off small and getting larger until it fell asleep in the water, wrapped around the willow root.

Snake like movements — slowly move up and around the back.

8. I took a deep breath, I felt my lungs full and empty, any fear I had completely disappeared.

Breathing techniques - Deep breathing — slowly breathe in for 2 out of 4 and gradually increase



9. Suddenly I heard another sound I looked around and a tall creamy coloured bull called Joey had stretched his neck up to a branch of another willow tree and munched happily. Each time Joey stretched his long neck and then grasped the leaves, I heard him munch — munch, as he flipped his tail lazily back and forth.

This movement is petrissage movement — kneading/pick up like munching at food. Long neck reaching up - Slide whole arm along either side of back.





10. I looked down and a little caterpillar was slowly crawling all across my foot.

Caterpillar crawl - Little rolls and lifts on shoulder area



11. I felt a lovely sensation on my ears and looked to see what it was. A beautiful willow branch with gentle leaves was massaging my ears. Ear - Ear massage

12. Then I saw the funniest sight - a group of starlings jumping from tree to tree swinging high and low and checking each other for bugs with small pinching movements with their beaks, all over each other's back.

Now do Pinching movements over all the back and shampooing movements.



13. Then they used shampooing movements with their heads and beaks all over each other's back. The starlings became so still, they looked so relaxed that I kept thinking they would fall off the tree, but they never did. I stood watching for ages and then I felt the sun going down; that big glowing orange sun radiating across the land was dimming. I heard a whoosh, as the starlings dropped to rest for the night in the distant reed beds over the moors.

Sun radiating movements — big circle Relax/Breeze - Stroking — stroking again



14. In the distance I could hear the sound of cow's hooves heading for some evening food. The vibration was felt again through the whole of the land.

Hooves - Clipping movements either side of spine.

I saw a lovely bed of leaves beside a fruit tree and I lay down and felt the wind gently rock me back and forward. The ferns around me swayed and stroked me and I became so relaxed.

Leaves – Do rocking movement up spine with one hand.



15. Then, gently, a little woodpecker tapped my shoulder, as if to wake me up out of my dream. I opened my eyes and saw one of my school friends smiling at me asking where I'd been. I said I'd tell her sometime. I opened my eyes wide and stretched my body and felt totally relaxed, calm and happy.

Now the Woodpecker - Tap, Pat on shoulder.

Now whenever I feel unhappy or sad I go to Willow Bridge in my mind and I can feel the same way all over again.

Open eyes - and finish story.

## MEASURING HOW EFFECTIVE THE OILS ARE

I mentioned earlier about the research. How do you know if using the oils in these ways is really making a difference for your child? When I was researching the effectiveness of using the oils as part of HET programme at the pupil referral unit, I developed the following approach. For 2 weeks prior to introducing oils in the classroom – I checked the consequences that each of the children was getting for their undesirable behaviour. These included warnings, being sent out of the room to a quiet room or even being sent to the Head Teacher’s office.

Then over the next 2 weeks, lavender / chamomile was vapourised in the classroom for 5 days randomly over that time. Then the consequences were compared on days when the oils were used compared to days when they weren’t used. On every occasion, the child had less severe consequences, less often on the days when the oils were used.

Also teachers were asked to rate the behaviours for each child at difficult times of the day. These times were just after breaks, lunch time and PE lessons. This is the chart to show how the children were rated for their behaviours in the classroom at these times:

5	4	3	2	1
<b>-Child comes in well</b> <b>-Follows directions</b> <b>-Seated - Working</b>	<b>Child comes in settles after repeated directions</b>	<b>Child needs redirection to come in and repeated directions with reminders of consequences</b>	<b>Child does come in</b> <b>-Needs fetching. - Several directions + choice of consequences before working.</b>	<b>Child can't come in - Has to be fetched - Quiet room or other space is required.</b>

This is a very simple approach and one that can be easily done in your own home. This can be done by looking at the diaries you were introduced to in Stepping stone 1 and the reward charts you were using in stepping stone 2.

By identifying the times during the day that your child experiences most reaction to stress, you can vaporise the oils and monitor the improvements in behaviour during these times. Make a note of the behaviours – when and what they are in the 2 weeks before you start to use the oils, and then on the random days over the next 2 weeks, when you use the oils 50% of the time, vaporising them on some days and not on others.

Example: This is how we rated this in school:

Scores: 5	4	3	2	1
<b>My Child comes in well from playing or from school</b> -Follows directions - gets changed and tidies up	<b>Child comes in settles after repeated directions to get changed and tidy room+</b>	<b>Child needs redirection to come in and repeated directions to get changed and tidy room with reminders of consequences</b>	<b>Child does come in but...</b> -Needs fetching. Then several directions + choice of consequences before getting changed won't tidy room	<b>Child can't come in - Has to be fetched - refuses to get changed – trashes room</b>

You can follow the same principle here by addressing potentially volatile situations at home with your child. You can use the example above and change the specifics to any time that you have identified, or any situation where you find your child's behaviour stressful and challenging and in need of calming down.

In doing this you should find that you are getting the same results as I did in the pupil referral unit. In other words on the days when the oils are vaporised the behaviours improve. Consequences are down and if you are awarding points that are lined up with your SMART targets (i.e. On the acceptable behaviours), you should notice big improvements on the days when you use the oils. These results can all be added to the incentive chart from Stepping Stone 2 and help your child understand self help routines that can empower them to feel better and help them to make better choices with their behaviour.

If you would like some help in working out these targets and ratings with your child then let me know [lin@HETwebsite.com](mailto:lin@HETwebsite.com) . Similarly, if the problems arise because your child isn't sleeping well or find it difficult to relax, the massage techniques and the oils in the bath routine are very helpful. Sometimes when children are on the autistic spectrum, they can be hypersensitive to touch so it is as well to bear this in mind and perhaps use the bath or the vapouriser as an alternative.

## AROMATHERAPY PROJECTS

The picture includes some young people involved with the Willow Bridge Eco therapy programme, making some natural products using essential oils. Here are some

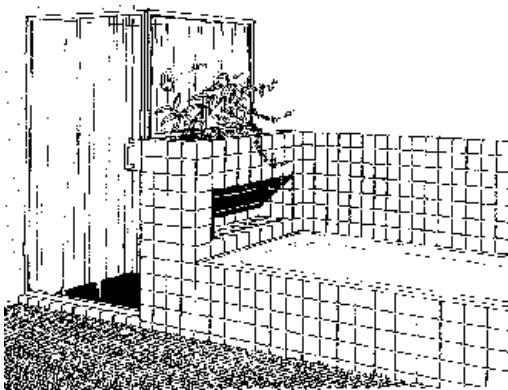
AROMATHERAPY projects that you can do with your child and which link in with the Eco therapy programme in Stepping Stone 12:



### **INVIGORATING BATH SALTS.**

Whether you've had a hard day at school or you want to make a lovely present for someone or even if you've enjoyed a PHEW exercise workout, you'll find the scent of these bath salts will revitalise you. Salt-water baths are good for the skin, helping to heal the wounds, and very invigorating – think of the refreshing effects of bathing in the sea.

Use ordinary salt to make these bath salts – but in rock crystal form which is more attractive. The salts are enlivened with a little blue food colouring to add a sea like feel to your bath water, while the fragrance is responsible for the invigorating uplift to the senses.



You will need:

500g of rock salt

Blue food colouring

Lavender essential oil

Mixing bowl

© Linda Porter – HET 2010

Jar with airtight seal

Pour the rock salt into a mixing bowl. Carefully pour a few drops of blue food colouring onto a spoon – do not be tempted to drop it straight in to the salt – two or three drops are all that is required.

Stir in the food colouring until it is evenly dispersed through the salt. Aim for a pale blue colour rather than a navy blue colour

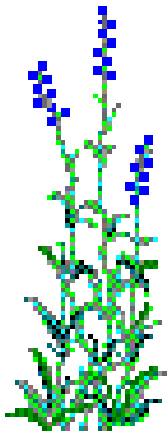
Add the essential oils of lavender (up to 20 drops in total)

Spoon the mixture into a suitable airtight jar – make sure the lid has a tight seal as it is going to be used in the bathroom, and if the moisture penetrates the salt will go damp and lumpy.

### **LAVENDER HAIR CONDITIONER**

The scent of this hair conditioner will evoke warm summer evenings, whatever the time of year. It is most suited to dark hair, and should be used after shampooing as a final conditioning rinse.

The lavender flowers and essential oils have an anti-bacterial action and add shine and fragrance to dark hair. If you prefer, you can use rosemary instead of lavender for dark hair or chamomile for light hair.



You will need:

10 g dried lavender flowers

4 drops of essential oil of lavender

Put the dried lavender flowers into a bowl and pour over 600 ml (1 pint) of boiling water. Leave to infuse for about 1 hour.

Strain the mixture through a fine sieve into a jug. Discard the flowers.

Add four drops of lavender oil to the cooled mixture and stir thoroughly to mix in. Use a funnel to decant the mixture into a bottle. Use as a final rinse for your hair.

## FRAGRANT SOAPS

Sweet smelling soaps made to your own perfume specifications, can be yours following these very simple steps. Tint them lightly with food colouring and add essential oil to perfume them.



Fancy soaps are expensive to buy, but easy to make from plain soap – although the soap is time consuming. The finished soaps make good gifts and can be given an extra shine by polishing them with cotton wool and essential oils.

Grate the two bars of plain soap as finely as possible. Put the grated soap over a pan of boiling water. Add 120 mls of boiling water, stir well until the mixture starts to melt together.

Add 2 or 3 drops of food colouring to the mixture – do not overdo it. Stir the mixture briskly to blend the ingredients together until as smooth as possible.

Add 15 drops of lavender, 15 drops of chamomile oil (or add an equivalent amount of drops of your favourite blend)

Let the mixture cool a little and then roll into a ball of the desired size between the palms of your hands. Leave to cool completely. The soap can be given an extra shine by polishing it with cotton wool and a drop or two of lavender essential oil.

## FACE CLEANSING PASTE:



The following recipe is to provide good oil based cleansing paste which can be used for all skin types.

- 100 ml of sweet almond carrier oil
- 120 g of ground almonds
- 50 ml of cider vinegar
- 50 ml of spring water
- 6 drops of lavender / chamomile essential oil.

Place all the ingredients in a blender and mix for a good two minutes until a smooth paste is obtained. Store the paste in a jar. Put a small amount into the palm of your hand, massage into your face and rinse off very well.

The following formula is helpful for all skin types and all conditions:

30 g of slippery elm. Simmer the ingredients together for 30 minutes and strain. The mixture will thicken on cooling when you can add 5 drops of your lavender / chamomile essential oils. Alternatively, you can add the ingredients to a blender and add 1 teaspoon of sweet almond oil and 5 drops of your chosen blend.

You can add a little food colouring to coordinate with our oils e.g. lavender etc. You can also experiment with your formula by adding a teaspoon of any of the following: Witch Hazel can be drying and an astringent.

Lecithin is available from health shops. Pierce a capsule and empty into mixture high in natural fatty acids and good for all skin types. It is also moisturising.

Evening Primrose oil – this is an anti inflammatory also vitamin E.



1 teaspoon Aloe Vera gel – very soothing, healing and anti-inflammatory.

1 teaspoon of Honey. Soothing healing and moisturising.

Design your own formula and recycle a jar and design a label for it. Photograph the label and post it and send it across to HETwebsite!

### **AROMATIC AFTERSHAVE SPLASH**

Shaving can sometimes leave a delicate skin feeling sore and inflamed.

An alternative to alcohol based aftershave is the following soothing antiseptic splash.

Add 10 drops of chamomile and 10 drops of lavender oil to a bottle containing 150 ml of rosewater and 50 ml of witch hazel. Shake the bottle vigorously before use. Close your eyes and splash a little of the aromatic water over the face and neck area.

### **BASIC HAND CREAM**

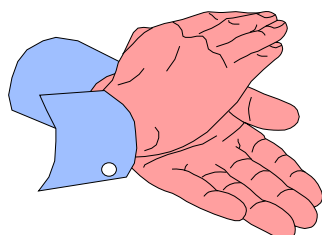
12 g cocoa butter

30 ml of sweet almond oil

12 g beeswax

5 drops of evening primrose oil pierced from capsule

10 drops of your lavender / chamomile essential oils



Melt the cocoa butter and the beeswax in a Pyrex bowl inside the saucepan of boiling water

(Bain-Marie method) then add the massage oil, evening primrose and essential oil blend. You now have a basic hand cream that can be made thinner by adding more massage oil or thicker by adding less massage oil to begin with.

## LAVENDER OR CHAMOMILE LIP BALM

Lip balm is an essential in winter to protect your lips from chapping in cold winds, and in summer to moisturise and guard against the drying effects of the sun.

The lip balm has a good texture not too hard and not too soft – making it easier to apply to your lips and ensuring that it stays put long enough to do its job. The beeswax is available in block form and as granules, from craft shops and hardware. Lanolin and petroleum jelly are available from chemists. The balm will keep up to 6 months.



You will need:

- 15 ml (1TBSP) grated beeswax
- 15 ml (1 TBSP) petroleum jelly
- 15 ml (1 TBSP) of lanolin
- 5 ml of clear honey

3-4 drops of either Lavender or chamomile essential oils

Grater

Bowl

If your beeswax is in a block then grate it until you have about 15 ml.

Place the beeswax in a bowl over a pan of hot water. Add the lanolin and petroleum jelly.

Melt the mixture over a gentle heat. When dissolved stir in the honey. Mix in the essential oil and remove the pan from the heat.

Stir in the mixture vigorously to keep it smooth.

Before it thickens completely, spoon into small pots and seal when cool.

I am currently still experimenting with a healthy lavender ice cream recipe with Agave nectar – so email me for updates!!!

All the information given in this stepping stone relates to using Aromatherapy in HET. In HET we only use Lavender and Chamomile oils. However there are many more oils that you can use but some of them are not to be used in certain situations. As it is not part of the remit in this particular book to look at anything other than the way HET uses aromatherapy, I have included a separate section below and includes projects that you can work through with your child.

Have a very relaxing time with all of this!!

## **AROMATHERAPY PROJECT**



### **Collecting flowers to make essential oils**

Here is a project that you can develop with your child. It is a natural first aid kit that is made from essential oils which are used in aromatherapy. This relates to Stepping Stone 9 also to Stepping Stone 12 as it is possible to grow these plants and make the oils for yourself. We will be looking at how to do this later on in the Eco therapy projects.



You do need to be very careful about the quality of oils that you purchase, as High Street oils are often very diluted or even worse have chemicals added to them to enhance the aroma. These chemicals can cause some toxic reactions so only use a trusted brand or recommended by a qualified Aromatherapist. I purchase mine from PA aromatherapy (online), but Tisserand are good quality. If anyone knows of a good supplier then please share that with us on [www.HETwebsite.com](http://www.HETwebsite.com)

You can build up an Aromatherapy First Aid Kit with your child and discuss what to use and how to use them for family and friends. You can make up blends as gifts and design labels together for little bottles to give to someone who needs help. Oils are best stored in 10 ml amber bottles. They can look very attractive if you paint on the glass!



Green Teens at Willow Bridge enjoy making a natural First Aid Kit with essential oils

Here is a general overview to using the oils:

## GENERAL USE OF OILS

### Massage

Oils are generally mixed by 1-drop essential oil to 1 ml carrier oil (e.g. Sweet Almond Oil). After massage, oils should be left on for a minimum of twelve hours. If in any doubt regarding your sensitivity to a particular oil then apply 1 drop neat, to the inside of your wrist. Any reaction should avoid use of that particular oil.

### Baths

Whilst oils can be added neat to bath water, they are more effective if they are used or blended with carrier oil (5-10 drops of essential oil to 1 tablespoon of carrier oil). This should be added after the bath water has been run and not mixed with any other bath preparations.

### Compress

Prepare 2 pints of hot water (off the boil) in a china bowl; float 4-5 drops of essential oil on the top. Soak a suitable muslin type cloth on the top and then apply to area.

### Inhalation

Steam is inhaled by preparing 2 pints of hot water, adding 10 drops of essential oil, placing a towel over the head, closing eyes and inhaling for about 10 minutes.

### Vaporisers

Between 3-5 drops or see instructions.

Oils should be stored in brown, glass bottles away from direct sunlight. Blended oils can be stored for up to 3 months in a fridge. Oils should be stored out of the reach of children

## Using oils with babies & children

### Massage

0-12 Months Lavender or Chamomile. 1 drop to 15 mls of Sweet Almond Oil

1-6 Years Lavender, Chamomile, Tea tree. 3 drops to 15 mls of Sweet Almond Oil

6-12 Use half the adult dosage, e.g., 15 drops of essential oil to 30 mls of Sweet Almond Oil

As an inhaler/vaporiser use 1 drop of the above oils for each year of age up to a maximum of three.

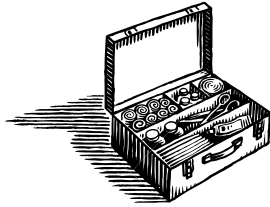
### Using oils during pregnancy

The following oils **should be avoided** throughout pregnancy. Basil, Camphor, Cedarwood, Cinnamom, Clary Sage, Fennel, Hyssop, Juniper, Marjoram, Myrrh, Rosemary, Coriander, Sage & Thyme, Cypress, Jasmine, Oregano, Peppermint.

For specific queries please contact a qualified Aromatherapist.

## FIRST AID

The following fact sheet has been compiled as basic guidelines for an aromatherapy first aid kit.



Remember that essential oils are very strong and should always be applied to the skin in carrier oil (e.g. Sweet Almond Oil). Make up with 1 drop of essential oil to 1 ml of carrier oil.

Occasionally neat lavender oil can be applied direct to the skin in an emergency. Oils can be used as a massage, baths, compresses or inhalations (see above).

Diluted quantities and certain oils only are suitable for use with children.

Certain oils should be avoided during pregnancy

If in any doubt over a condition or complaint, medical advice should always be sought.

### Specific first aid suggestions:



Tummy ache: 3 drops of peppermint and 1 drop of clove in a teaspoon of carrier oil rubbed in a clockwise direction over painful area.

Cuts & Scratches: Bathe with warm water to which 5 drops of lavender have been added. Apply 1 neat drop of lavender.

Athlete's foot: 5 drops of tea tree + 1 drop of lemon in 1 teaspoon of carrier oil well rubbed into the area.

Bleeding from an open wound: Apply a compress to which 1-drop of Geranium (or Lavender), + 1 drop of lemon and 1 drop of chamomile has been added.

Blisters: Apply 1 drop of lavender and 1 drop of chamomile near to the area.

**Bruises:** Make up 1 bowl of hot water and 1 bowl of cold water and add to each: 2 drops of lavender, 3 drops of rosemary, 1 drop of geranium. Soak a flannel in each bowl and apply alternately to the area, then massage in: 2 drops of geranium, 2 drops of rosemary and 1 drop of lavender in a teaspoon of carrier oil.

**Burns:** Apply ice-cold water for at least 10 minutes then add 2 drops of lavender directly to the burn.

**Colds:** Add 2 drops thyme, 2 drops tea tree, 1 drop of eucalyptus, and 3 drops of lemon to a hot bath. Put 1 drop each thyme, peppermint, eucalyptus and clove on a tissue and inhale as appropriate.

**Coughs:** Take oil blend; mix with 2 tablespoons of honey. Take 1 teaspoon of mix and dilute in a wine glass of warm water and slowly sip.

**Dry Coughs:** Eucalyptus 3 drops, lemon 2 drops.

**Mucous Coughs:** Eucalyptus 2 drops, thyme 1 drop, tea-tree 1 drop.

**Ear Ache:** A tablespoon of warm olive oil or sweet almond oil to which 1 drop of lavender and 1 drop of chamomile has been added.

**Headaches:** Mix 3 drops of lavender to 1 drop of peppermint and massage around the temple / hairline or base of skull.

**Sore Throat:** Prepare a steam inhalation to which 2 drops of chamomile, 3 drops of lavender and 1 drop of thyme have been added.

**Toothache:** 1 drop of clove oil added to cotton wool bud and applied to the gum directly.

## **HET PET PROJECT**

Using Aromatherapy oils is as effective with animals as it is with humans. Ruby (our boxer dog below) would want to share information about to help other animals in a natural way.



Here is a project that you can develop with your child. It is a natural first aid kit that is made from essential oils which are used in aromatherapy. This relates to Stepping Stone 9 also to Stepping Stone 12 as it is possible to grow these plants and make the oils for yourself. We will be looking at how to do this later on in the Eco therapy projects.



You do need to be very careful about the quality of oils that you purchase, as High Street oils are often very diluted or even worse have chemicals added to them to enhance the aroma. These chemicals can cause some toxic reactions so only use a trusted brand or recommended by a qualified aromatherapist. I purchase mine from PA aromatherapy (online), but Tisserand are good quality. If anyone knows of a good supplier then please share that with us on [www.HETwebsite.com](http://www.HETwebsite.com)

The following ways to use essential oils can be used effectively with your own pets or you and your child can make up blends to help other animals. This can be for friends, families or how about befriending an animal in a local animal sanctuary or animal rescue centre? You can befriend it, sponsor it, raise some money to help feed it or look after and make some natural remedies up from the information given below. Remember though that you need the permission of the owners or the animal centre in order to use these natural approaches.

If you want to know which of the Bach Flower Remedies or Universal frequencies will help – just send me an email.

## **FACT SHEET FOR PETS**

Aromatherapy is not just beneficial to human health and well being. Pets can enjoy essential oils, saving money on vets bills and pet care products.

### **DOGS**

Dogs have a highly developed sense of smell, so always use minimal amounts of oil, this will vary for small and large dogs.



Fleas and general coat condition: Take a steel brush and a piece of thick material the same size. Pull the material down onto the teeth of the brush, depending on the length of the coat. Add 4 drops of Cedarwood or pine to a bowl of warm water, soak the brush and use. For bad infestations put oils (either Cedarwood or lavender directly onto the material. For flea collars, soak a soft material collar in: 1/2 teaspoon of vodka, add 1 drop of thyme, 1 drop of Cedarwood, 1 drop of lavender, 1 drop of citronella, 2 drops of this mix should then be added to 1 teaspoon of sweet almond oil.

For minor wounds, cleanse with 4 drops of lavender oil to 15 mls of warm water.

For coughs and colds, rub the following over the chest area and in a direct line from ears into shoulders: 2 drops of tea tree and 2 drops of eucalyptus in 30 mls of sweet almond oil.

For cleansing bedding - wash in 600 mls of water containing 6 drops of hyssop and 6 drops of eucalyptus.

For arthritis; massage the following into affected joints: Rosemary 4 drops, lavender 2 drops and ginger 3 drops diluted in 30 mls of sweet almond oil.

Ear wax: dilute 3 drops of lavender into a teaspoon of witch hazel and insert at least 4 drops into each ear (either through a dropper or cotton wool). Gently massage around the ear. Remove wax with cotton wool.

## CATS



For scratching, add essential oil of valerian to an old piece of wood. Cats adore valerian.

For arthritis and fleas (see dogs, above.)

To treat abscesses apply neat tea tree oil. After coming to a head and bursting, apply lavender oil to help with the healing.

For coughs and bronchitis, massage chest and back with 4 drops of eucalyptus oil.

Canker should be cleaned out and sores prevented by a teaspoon of warm olive oil to which 1 drop each of chamomile and lavender has been added. (1 dessertspoon of olive on food is good for passing fur balls)

Mange: Get rid of bedding; cover the cat in as much water as possible to which three drops each of lavender and tea tree have been added

## **RABBITS**

Sniffles and colds; use Eucalyptus, peppermint or tea tree on chest and back. Use eucalyptus or tea tree in the cage washing water.

## **HAMSTERS**

Love lavender, which is antiseptic and anti biotic. 2 drops of lavender to 2 l of water swished around the cage after normal cleansing will help to keep them healthy.

## **Eco therapy project – Growing plants using aromatherapy**

This is an Aromatherapy Project which will help you with your Eco Therapy projects – It relates to Steeping Stone 9 on aromatherapy and also Steeping Stone 12 Eco – Therapy.



Very often it can be very disappointing to see the lovely plants and vegetables that you are growing destroyed by insects! It is a sign what you are growing is definitely YUMMY!! They queue up to munch on it.

It obviously defeats the object of growing pure and organic veggies to eat, if you are going to spray them with chemicals in order to deter or destroy insects.



## Planting Willow - a holographic tree at Willow Bridge in recycled cans

The following sheet has been put together to help you avoid using pesticides by using essential oils that are used in aromatherapy instead. They are invaluable in gardening and growing as it relates to a concept called 'Companion Planting'. This is where you plant certain plants together because they make good team mates and grow well together. This is often because one plant will produce a volatile oil \*, that will deter unwelcome pests and insects from visiting it's neighbour. Often these companion plants taste good together when they are cooked. One good example of this is basil and tomato.

\*that is what an essential oil is called whilst it is still in the plant. It is only called an essential oil after the plant has been processed.

When you do planting out and growing with your child it is helpful to talk about using these oils and why and how they work.

### FACT SHEET FOR GARDENERS

Essential oils are useful in your garden in the following ways: Pest deterrents (pests carry bacteria & virus, fungi, mould,); increasing yields and quality of flowers and vegetables. For example Tagettes deters nematode worms. Roses love garlic, basil or thyme, basil enhances the growth and flavour of tomatoes. Thyme and lavender protect vegetables. Ants can be deterred by peppermint. Mosquitoes have an aversion to lemon grass and citronella.

There are many ingenious ways to use essential oils in the garden.

Sprays: 4-8 drops of essential oil in 4 l of water.

Hanging Strips: Place 1 drop of essential oil on a strip of material and hang from a branch or a stick.

Cotton Wool: 3 drops of essential oil, to stop burrowing or on a nest.

Cartons: For deterring slugs & snails, etc., bury old yoghurt carton so that the top is level with ground. Place 4 drops of essential oil inside and renew when necessary.

String: Soaked in a solution of water and essential oil strung between rows.

Essential oils can be used for washing out plant pots. Indoor plant growth can be encouraged by spraying with a few drops of geranium, frankincense, or lemon grass in a water spray.

## INSECT REPELLENTS

* Ants	Peppermint
* Aphids	Peppermint, Cedar wood, Hyssop
* Bean Beetle	Peppermint, Thyme
* Black Fly	Lavender, Tagettes
* Cabbage Root Fly	Thyme, Sage
* Cabbage White Butterfly	Peppermint, Sage, Rosemary, Hyssop, Thyme
* Carrot Fly	Rosemary, Tagettes
* Caterpillars	Peppermint
* Cut Worm	Sage, Thyme
* Eel Worm	Tagettes
* Flea Beetle	Peppermint, Lemon grass, Lavender
* Fleas	Lemon grass, citronella, Lavender
* Flies	Lavender, citronella, Peppermint
* Gnats	Tagettes, citronella, Patchouli
* Lice	Peppermint, Cedar wood
* Mosquitoes	Lavender, citronella
* Moths	Lavender, citronella, Hyssop, Peppermint
* Nematodes	Tagettes, Sage, citronella
* Plant lice	Peppermint
* Slugs	Garlic, Cedar wood, Hyssop & Pine
* Ticks	citronella, lemon grass, Thyme, Sage
* Weevils	Cedar wood, Sandalwood, Patchouli
* White Fly	Tagettes, Lavender, Sage
* Woolly Aphids	Sandalwood, Patchouli, Pine

Hyssop helps plants recover from a bacterial infection. Chamomile helps sick plants recover.

The following oils enhance specific vegetables:

Vegetable	Oil	Vegetable	Oil
Asparagus	Basil, Parsley	Leeks	Hyssop
Beans	Lavender, Basil	Lettuces	Tagettes
Beetroot	Celery, Marjoram	Onions	Chamomile
Broccoli	Basil, Thyme	Peas	Geranium
Cabbage	Peppermint, Sage, Thyme,	Potatoes	Basil, Sage
Carrots	Sage	Radishes	Parsley
Cauliflower-	Thyme	Swedes	Sage, Tagettes
Celery	Geranium	Tomatoes	Tagettes, Basil
Cucumber	Sage	Apples	Lavender



**Spraying tomatoes with essential oil of basil enhances, growth, flavour and deters insects**

