

AROMATHERAPY PROJECT

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.



Collecting flowers to make essential oils

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



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:

AROMATHERAPY FACT SHEET

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

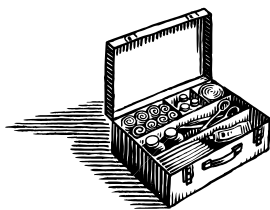
As an inhaler/vaporiser use 1 drop of the above oils for each year of age up to a maximum of three.

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 a carrier oil (e.g. Sweet Almond Oil). Usually 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.
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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.
- Athletes 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.