

ESSENTIAL

A stylized illustration of a woman with dark, curly hair, looking slightly to the side. She is holding a dark perfume bottle with a label that reads "THE VITAL AROMATICS". The woman's face is light gray, and her hair is dark gray. The background is black. The perfume bottle is dark gray with a white label. The woman's dress is light gray with dark gray vertical stripes.

**THE VITAL
AROMATICS**

ROMAN CHAMOMILE

Latin name: Anthemis Noblis

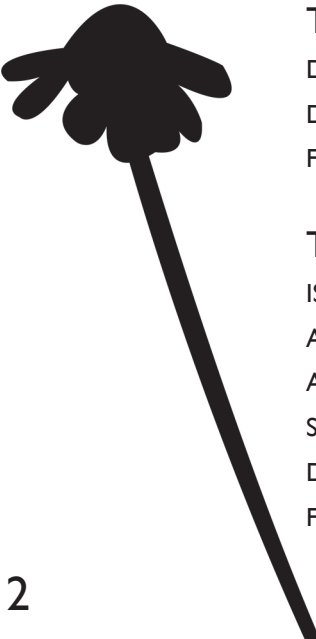
Family: Compositae or Asteraceae

The chamomile flower is natural to Europe most especially; England, France, and Hungary.

This flower grows wild in Peru and many other parts of South America as well.

The chamomile flower has soft fern type leaves attached to small white flowers with bright yellow centers reminiscent of a daisy.

This oil of the sun, and of joy and of harmony soothes the discontent, the tempered, the sensitive and the self-involved.

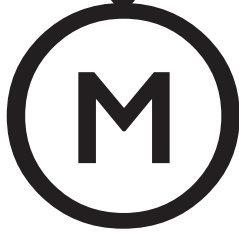


THE ESSENTIAL OIL IS DISTILLED FROM A STEAM DISTILLATION OF THE FLOWER'S TOPS.

THE OIL COLLECTED IS PALE YELLOW, MOBILE, AND WITH A SWEET FRESH APPLE LIKE SMELL. THE SMELL HAS ALSO BEEN DESCRIBED AS HERBACEOUS, FRUITY, AND PLEASANT.

DIRECT CHARACTERISTICS

Digestive, Carminative, Stomachic, Antispasmodic, Sedative, Analgesic, Febrifuge, Sudorific, Bactericidal, Anti-Inflammatory, Vulnerary, Emmenagogue



USES

Chamomile has been used in pharmaceuticals since antiquity.

Some of its various uses in the past have included drinking the tea for aid in digestion, colic, and other issues of the stomach, and in the reduction of mucus membrane irritation.

It has been used in compress form for reduction of swelling, inflammation, and aches.

It is calming to the mind, aiding in hysteria and nervous restlessness, as well as in irritability, impatience, and anger.

For the skin it is a tonic, and for the blood it is a stimulant of white blood cells and low immunity.

SKIN

This oil aids both sensitive and dry skin conditions. (Skin cream)

DIGESTIVES

Chamomile helps with issues of digestion, colic, diarrhea, indigestion, and appetite loss. (tea, compress)

REPRODUCTIVE

This oils aids with amenorrhea, PMS, and dysmenorrhea. (tea, compress)

RESPIRATORY

As an emergency for asthma, rub the diluted essential oil on the solar plexus, wrists, and temples until help arrives

NERVOUS

Chamomile can help with calming anxieties and depression. It also aids with headaches and insomnia. (inhalation)

HOW TO USE

Gentle enough for children, this versatile oil can aid in the pain relief of teething and colic infants.

This oil can be used via massage, bath, compress, skin creams, and steam inhalation.

LAVENDER

Latin name: *Lavendula Angustifolia*

Family: Labiatae or Lamiacea

ORIGIN

Though native to Europe, the lavender flower is most highly prized coming from England, France, Croatia, and Bulgaria. It is also grown now, as far as Morocco, Algeria, India, Russia, Japan, and Australia.



LOOK

Lavender is an evergreen shrub with pointed leaves and bud like flowers in pale to deep shades of purple. Though there are over 30 varieties, the top is *Angustifolia* or True Lavender, and of this variety the best is French lavender; because it is raised from seed and thus with a better smell and of high quality.

USES

SKIN

This potent oil soothes burns and wounds. It calms inflammation, eczema, psoriasis, acne, boils and sores. It prevents infection from developing and promotes the rapid healing of skin. It repels insects, and soothes bites and itching.

REPRODUCTIVE

Used in a compress or massage oil for massage of the lower abdomen area, lavender oil can soothe premenstrual tensions and menstrual pain. It has been known to aid with maternal anxieties.

SKELETAL & MUSCULAR

Lavender soothes muscle aches, sprains, and pains. It also helps rheumatism, sciatica, and arthritis. A bit diluted in olive oil can be used to soothe a tooth ache, but be careful as it can numb the mouth.

NERVOUS

Lavender soothes irritability and can relieve stress of either the sympathetic or parasympathetic nervous system. It helps with insomnia, migraines, and headache related to stress and anxiety.

RESPIRATORY

This oil can help with asthma resulting from anxiety. Its cooling effects dispel fevers, cool the liver, and aid thus with recovery from colds, flu, bronchitis, and throat infection. It can also stabilize the heart, and relieve fainting spells.

OTHER

Lavender's calming effects have been know to help ulcers, colic, and epilepsy. It has also been know to lower high blood pressure. In a foot-bath lavender oil can help with fatigue and burnout.

DISTILLATION AND SMELL

Lavender grown and distilled at a high altitude as in the French and Croatian varieties are of top medical quality. The oil is obtained via steam distillation from the flower buds of the plant. The liquid oil ranges in tone from clear to pale yellow and has both sweet and herbaceous floral notes with a balsamic woody base. Lavandin is a hybrid of true and spike lavender. It is a hardier plant yielding twice the quantity of oil but an oil that is not near the same quality as pure lavender oil. Make sure to shop around to make sure you are getting a good quality unadulterated oil.



DIRECT CHARACTERISTICS

Nervine / Antidepressant / Cordial /
Sedative / Hypotensive /
Anticonvulsive / Antispasmodic /
Ant-inflammatory / Antiseptic /
Antiviral / Bactericide / Fungicide /
Cicatrisant / Restorative / Vulnerary /
Analgesic / Sudorific / Decongestant
/ Carminative / Diuretic /
Emmenagogue / Deodorant

HOW TO USE

DIFFUSE IT

Nervous / Respiratory

USE IT AS A POULTICE

Muscular / Skeletal / Skin / Reproductive

USE IT IN A ROLLER

Nervous / Skin / Muscular

USE IT IN MASSAGE

Muscular / Nervous / Skin

USE IT IN A COMPRESS

Muscular / Skeletal / Reproductive

USE IT IN A CREAM

Skin / Muscular / Other

TRY LAVENDER IN A SPRAY, IN A FOOT-BATH, IN THE BATH, OR IN AN OINTMENT.

Lavender oil is considered to be the mother of all oils as it is a oil that can accomplish many tasks at once.

A small thorned shrub with lush dense foliage in colors ranging from white to pale yellow, fushia, and deep red.

This plant has roots in Persia, Mesopotamia, and Greece, but is now found all over Europe and West Asia, with top oils coming from France, China, Bulgaria, Turkey, Morocco, and Italy.


ROSE

LATIN NAMES: ROSE DAMACENA & ROSE CENTIFOLIA
FAMILY: ROSACEAE

Thousands of varieties exist, but only three are used for oil distillation - Damask for Damacena, May for Centifolia, and Gallica. Rose oil can be obtained in three fashions via steam distillation of petals for an oil, through solvent extraction of leaves and flowers for a concrete, and a further extraction of the concrete yields an absolute. Picking roses between 5 and 10 am yields a most heady aroma, and then creation of an absolute from these flowers creates a most high quality potent product.

Rose Damacena is also known as Turkish or Bulgarian rose. Steam distilled from the petals the rose Otto oil is liquid, and pale yellow to olive toned with a warm deep honey floral odor. Solvent extracted as an absolute, the oil is a viscous liquid of yellow-orange to brown-orange tones with a rich warm and spicy rose odor.

Rose Centifolia is also known as French rose or rose Maroc. Steam distilled from the petals, the rose Otto liquid of the Centifolia rose is colorless to pale yellow with a deep rich and warm rose odor. Solvent extracted as an absolute, this oil is viscous and a yellow to brown orange color with a deep very sweet and heady rose odor.



Rose oil is the most complex of the essential oils with over 300 chemical compounds occurring naturally. It is a cooling and soothing oil that works on the spleen and liver and stomach. It also helps with blood circulation within the body and aids in the healing of diseases of the blood. Rose can help relieve heartache, headache, and it can help bring joy to life. It is anxiety eliminating, and is considered an oil of the spirit and body.

Undiluted, rose and melissa oil can help to remedy the herpes virus.

Rose oil can help to lower high blood pressure, and heart arrhythmia.

S **KIN**
Rose oil is skin softening and hydrating. It is antiseptic and tonic, reducing both inflammation and redness. It is also a skin stimulating oil that encourages cellular repair.

DIRECT CHARACTERISTICS

Antidepressant / Sedative /
Ant-inflammatory / Antispasmodic /
Stomachic / Choleric / Hepatic /
Laxative / Antiseptic / Antiviral /
Bactericidal / Astringent / Cicatrisant /
Aphrodisiac / Emmenagogue /
Tonic for the heart and uterus

HOW TO USE

Massage - skin, nervous, reproduction, heart

Compress - skin, reproduction

Bath - nervous, reproduction, skin

Cream - heart, nervous, skin

Inhalation - nervous, heart

THE NERVOUS SYSTEM

Rose oil refreshes the spirit and brings joy. It is a natural antidepressant that calms nerves and irritability, despair and frustration. It dispels anger, fear, anxiety, sorrow, and sadness. It opens the heart to love, friendship, and empathy.

REPRODUCTION

Rose oil is both purifying and regulating. It acts as a tonic for the uterus by regulating menstruation and aiding with excessive bleeding, and cramps. It has been known at times to aid with infertility.