



# BALANCING ESSENTIAL OILS

**Dr. Kamran Javed Naquvi**

Course name: **AROMATHERAPY**

**Grade 4-** Spring Semester 2023-2024

Course code: **PHAR 429**

**Lecture 6**

# Balancing oils

- Balancing oils in aromatherapy refers to essential oils with properties believed to **restore equilibrium to the mind, body, and emotions.**
- These oils promote overall well-being by addressing imbalances and developing harmony.
- They are selected for their therapeutic effects, which can include calming the nervous system, reducing stress, and uplifting mood.
- Balancing oils are often used in various aromatherapy applications such as diffusion, massage, baths, and inhalation to harness their benefits effectively.

# Role of Balancing oils in Aromatherapy

- The role of balancing oils in aromatherapy is multifaceted, encompassing both physical and emotional aspects of well-being.
- **Emotional Balance:** Balancing oils are used to stabilize emotions and promote emotional well-being. They can help alleviate feelings of anxiety, stress, and depression, while also uplifting mood and promoting a sense of inner peace and harmony.
- **Stress Reduction:** Balancing oils have calming properties that help reduce stress levels and promote relaxation. They can help soothe the nervous system, ease tension, and induce a state of calmness, allowing individuals to cope better with stressors in their lives.

- **Promotion of Relaxation:** Balancing oils are often used to create a calming atmosphere conducive to relaxation. Whether through diffusion, massage, or baths, these oils help create a soothing environment that **encourages relaxation and renewal of the mind and body.**
- **Support for Sleep:** Many balancing oils have sedative properties that can promote better sleep. By calming the mind and body, these oils help improve **sleep quality and duration**, making them valuable tools for individuals **struggling with insomnia or other sleep-related issues.**

- **Energetic Balance:** In addition to their emotional and physical benefits, balancing oils are believed to help harmonize the body's energy systems. They can help balance and align the chakras (*Chakras are believed to be energy centers within the body*), promote energetic flow, and restore equilibrium to the body's indirect energy centers.
- **Enhancement of Mental Clarity:** Some balancing oils have stimulating properties that can improve **mental clarity, concentration, and focus**. They can help sharpen the mind, increase alertness, and promote mental sharpness, making them useful for tasks that require intellectual function and concentration.

## Uses

- **Diffusion:** Adding a few drops of balancing oils to a diffuser can help disperse their aroma into the air, allowing you to inhale the therapeutic vapors and experience their benefits.
- **Massage:** Mixing balancing oils with a **carrier oil** and using them for massage can help **promote relaxation, ease muscle tension, and restore emotional balance.**
- **Baths:** Adding a few drops of balancing oils to a warm bath can create a soothing and therapeutic experience, helping to relax the body and calm the mind.
- **Inhalation:** Inhaling balancing oils directly from the bottle or by adding a few drops to a tissue can provide quick relief from stress, anxiety, and other emotional imbalances.
- **Topical application:** Applying balancing oils diluted in a carrier oil to pulse points, such as the wrists or temples, can help promote a sense of balance and well-being throughout the day.

# Lavender Oil

**Biological Source:** Lavender oil is primarily sourced from various species of the lavender plant, primarily *Lavandula angustifolia* (also known as *Lavandula officinalis* or True Lavender), *Lavandula latifolia* (Spike Lavender), and *Lavandula x intermedia* (Lavandin).

Lavender belongs to the **Lamiaceae** family, commonly known as the **mint family** or the **Lamiaceae/Labiatae family**.

France, Bulgaria, Spain, and some regions in the United States (such as Oregon and Washington) are among the largest producers of lavender oil.



# Chemical constituents

- **Linalool:** It possesses sedative, anti-inflammatory, and analgesic properties, making it useful for promoting relaxation, reducing stress, and relieving pain.
- **Linalyl acetate:** Linalyl acetate has calming and anti-anxiety effects, making it beneficial for promoting relaxation and reducing tension.
- **Cineole (Eucalyptol):** Cineole is a monoterpene oxide with expectorant and mucolytic properties. It contributes to lavender oil's respiratory benefits, helping to clear congestion and support respiratory health.
- **Camphor:** In lavender oil, camphor contributes to its pain-relieving and anti-inflammatory effects.
- **Terpinen-4-ol:** Terpinen-4-ol is a monoterpene alcohol known for its antimicrobial properties.
- **Borneol, Geraniol,  $\beta$ -Caryophyllene,  $\alpha$ -Pinene and  $\beta$ -Pinene**



# Uses

- Lavender oil is one of the most versatile and widely used essential oils in aromatherapy.
- Promotes Relaxation
- Improves Sleep Quality
- Alleviates Anxiety and Stress
- Relieves headaches and migraines
- Soothes Skin Irritations:
- Aids in Wound Healing
- Repels Insects

# Geranium Oil

The primary biological source of geranium oil is *Pelargonium graveolens*, which is native to South Africa, Zimbabwe, and neighboring countries. *Pelargonium x asperum* is a hybrid species that is also cultivated for geranium oil production.



# Chemical Constituents

- **Citronellol:** Citronellol is one of the main constituents of geranium oil. It possesses antifungal and antibacterial properties used in skincare products.
- **Geraniol:** Geraniol is another major constituent of geranium oil, responsible for its characteristic rose-like scent. It has antimicrobial, antioxidant, and anti-inflammatory properties, making it beneficial for supporting overall skin health and reducing signs of aging.
- **Linalool:** It has calming and sedative effects, making it useful for promoting relaxation and reducing stress and anxiety.
- **Citronellyl Formate:** It has insect-repellent properties and is often used in natural insect repellents and mosquito repellent products.

# Uses

- **Emotional Balance:** Geranium oil has a calming and uplifting effect on emotions, making it effective for reducing stress, anxiety, and tension.
- **Mood Regulation:** Geranium oil has the unique ability to adapt to the body's needs, helping to balance mood swings and promote emotional stability. It can uplift mood when feeling down or anxious, and it can also help to calm and ground excessive energy or excitement.
- **Hormonal Balance:** Geranium oil is known for its hormone-regulating properties, particularly in women. It can help alleviate symptoms of hormonal imbalances such as PMS, menopause, and menstrual irregularities.
- **Stress Reduction:** Geranium oil has stress-relieving properties. It calms the mind and nervous system, allowing for greater clarity, focus, and relaxation.

- **Skincare:** Geranium oil is often used in skincare products for its ability to balance oil production, tighten and tone the skin, and promote healthy, radiant skin. It is beneficial for all skin types and can help alleviate various skin conditions, including acne, dermatitis, and eczema.
- **Aromatherapy:** Geranium oil is widely used in aromatherapy for its calming and uplifting effects on the mind and body. It can help reduce stress, anxiety, and tension, while also promoting relaxation and emotional balance.

# Frankincense oil

**Biological Source:** Frankincense oil is extracted from the resin of the Boswellia tree, *Boswellia serrata*. These trees are native to regions of the Middle East, Africa, and India.

**Burseraceae family**



## Chemical Constituents:

- $\alpha$ -Pinene,
- Limonene
- Octyl acetate
- Incensole acetate,
- Boswellic acids.

**Aroma:** Frankincense oil has a woody, earthy, and slightly sweet aroma with delicate hints of citrus and spice. It is often described as warm, resinous, and balsamic.



# Uses

- Stress Relief:** Frankincense oil has calming and grounding effects on the mind and body, making it effective for reducing stress, anxiety, and nervous tension.
- Skin Health:** It promotes skin regeneration, helps reduce the appearance of scars and blemishes, and provides moisturizing and anti-aging benefits.
- Respiratory Support:** Inhalation of frankincense oil can help alleviate respiratory issues such as coughs, colds, and asthma by clearing congestion and promoting easier breathing.
- Anti-inflammatory:** Frankincense oil has potent anti-inflammatory properties, making it beneficial for reducing inflammation and pain associated with conditions such as arthritis and muscle soreness.
- Antimicrobial:** It exhibits antimicrobial activity against bacteria, viruses, and fungi, making it useful for supporting immune health and preventing infections.



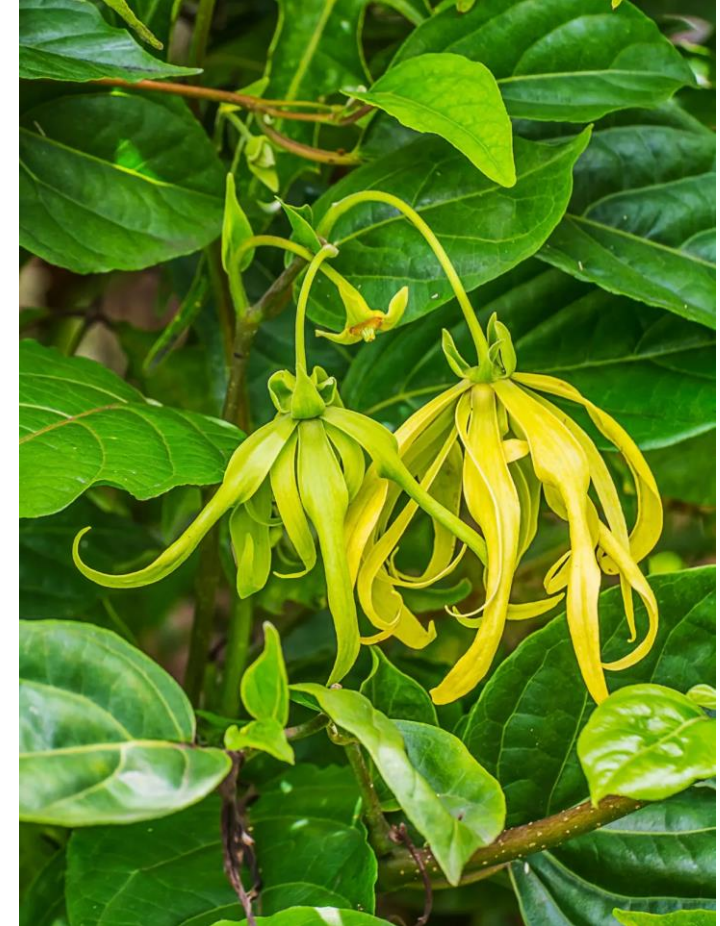
# Sandalwood Oil

- **Biological Source:** *Santalum album* (Sandalwood)
- **Chemical Constituents:** Contains mainly  $\alpha$ -santalol,  $\beta$ -santalol, and santalenes.
- **Uses:** Sandalwood oil has a grounding and calming effect on emotions.
- It helps reduce stress, anxiety, and tension, while also promoting relaxation and mental clarity.
- It's commonly used in meditation and spiritual practices for its soothing aroma.



# Ylang Ylang

Ylang Ylang (*Cananga odorata*) is a tropical tree native to Southeast Asia, particularly Indonesia, Malaysia, and the Philippines. It belongs to the Annonaceae family and is characterized by its glossy, dark green leaves and fragrant, star-shaped flowers.



# Chemical Constituents

- Linalool,
- Geraniol,
- $\beta$ -Caryophyllene,
- Benzyl acetate,
- Methyl benzoate,
- $\beta$ -Caryophyllene,
- p-Cresyl methyl ether,
- Farnesene
- **Sesquiterpenes:**  $\beta$ -caryophyllene oxide, germacrene D, and  $\delta$ -cadinene.

# Uses



- **Skincare:** Ylang Ylang oil is beneficial for skincare due to its hydrating, soothing, and balancing properties. It helps moisturize dry skin, soothe irritation, and regulate oil production, making it suitable for both dry and oily skin types.
- **Aphrodisiac:** Ylang Ylang oil has long been associated with romance and sensuality due to its exotic fragrance and reputed aphrodisiac properties. It can help enhance libido, increase arousal, and promote intimacy when used in aromatherapy or massage.
- ***Aromatherapy, Perfumery, Hair Care, Relaxation, Emotional Balance, Natural Perfume***



# Vetiver

Vetiver (*Vetiveria zizanioides*), also known as Vetiver grass or Khus, is a perennial grass belonging to the Poaceae family. It is native to India and is cultivated in various tropical regions worldwide for its aromatic roots.



# Chemical Constituents

- Vetiverol,
- Vetiverone,
- $\beta$ -Vetivone,
- Khusimol,

- $\alpha$ -Vetivone,
- Vetiselenol,
- Vetiselenone,
- $\alpha$ -Bisabolol.

# Uses



- Aromatherapy
- Perfumery
- Skincare
- Hair Care
- Insect Repellent
- Erosion Control
- Land Reclamation
- Traditional Medicine: It is believed to have anti-inflammatory, antiseptic, and analgesic properties and is used to relieve muscle aches, joint pain, and skin conditions such as eczema and dermatitis.

# References

- Evans, W. C. (2009). Trease and Evans' Pharmacognosy. Elsevier Health Sciences.
- Price S, Price L. Aromatherapy for health professionals. 4<sup>th</sup> Edn., London: Churchill Livingstone; 2011.
- Lis-Balchin M. Aromatherapy Science: A guide for healthcare professionals. London: Pharmaceutical Press; 2006



Thank You