



AROMATHERAPY FOR DEPRESSION AND COSMETICS AROMATHERAPY

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Lecture 11

Depression



- *Depression is a mental health condition characterized by persistent feelings of sadness, hopelessness, and disinterest in once-enjoyable activities.*
- Depression is more than just feeling sad occasionally; it's a medical condition that requires proper diagnosis and treatment.
- **Symptoms:** Persistent feelings of sadness, loss of interest or pleasure in activities, changes in appetite or weight, sleep disturbances, fatigue, feelings of worthlessness or guilt, difficulty in concentration, and thoughts of death or suicide.

Aromatherapy for Depression

Aromatherapy can be a complementary approach to treating depression symptoms, but it's important to note that it should not replace professional medical treatment or therapy.

Aromatherapy involves using essential oils extracted from plants to promote physical and psychological well-being.

HOW THE BODY RESPONDS TO STRESS

1. Uplifting Essential Oils:

Certain essential oils have mood-lifting properties and can help alleviate feelings of sadness and hopelessness. Examples include:

- 1. Bergamot:** Known for its citrusy and uplifting aroma, bergamot essential oil can help promote relaxation and reduce anxiety and stress.
- 2. Sweet Orange:** With its bright and energizing scent, sweet orange essential oil can help uplift the mood and boost feelings of happiness and positivity.
- 3. Grapefruit:** Another citrus essential oil, grapefruit oil, is refreshing and can help improve mood and reduce feelings of fatigue and lethargy.

2. Calming and Relaxing Essential Oils: Essential oils with calming and relaxing properties can help reduce anxiety and promote a sense of peace. Examples include:

- 1. Lavender:** Lavender essential oil is well-known for its calming and soothing effects. It can help reduce stress and anxiety, and promote better sleep.
- 2. Roman Chamomile:** Chamomile essential oil has a gentle and calming aroma, which can help ease tension, promote relaxation, and alleviate feelings of irritability and restlessness.
- 3. Clary Sage:** Clary sage essential oil has antidepressant properties and can help uplift the mood while promoting relaxation and emotional balance.

Lavender Essential Oil:

- **Biological Source:** *Lavandula angustifolia* (also known as *Lavandula officinalis* or *Lavandula vera*) is the botanical source of lavender essential oil.
- **Chemical Constituents:** Linalool, linalyl acetate, 1,8-cineole, camphor, and various terpenes.
- **Aromatherapy Benefits:** Lavender oil is renowned for its calming and soothing effects. It can help reduce stress, and anxiety, and promote relaxation, thus aiding in alleviating symptoms of depression.

Bergamot Essential Oil:

- **Biological Source:** *Citrus bergamia*, a citrus fruit tree native to Italy.
- **Chemical Constituents:** Limonene, linalyl acetate, linalool, gamma-terpinene, and beta-pinene.
- **Aromatherapy Benefits:** Bergamot oil has mood-lifting and antidepressant properties. It can help alleviate feelings of sadness, anxiety, and stress, promoting a more positive outlook and emotional balance.

Ylang Ylang Essential Oil

- **Biological Source:** *Cananga odorata*, a tropical tree native to Southeast Asia.
- **Chemical Constituents:** Germacrene-D, beta-caryophyllene, linalool, benzyl acetate, and methyl benzoate.
- **Aromatherapy Benefits:** Ylang-ylang oil is known for its uplifting and euphoric effects. It can help reduce feelings of anxiety, and depression, and promote relaxation and emotional stability.

Clary Sage Essential Oil

- **Biological Source:** *Salvia sclarea*, a herbaceous plant native to the Mediterranean region.
- **Chemical Constituents:** Linalool, linalyl acetate, sclareol, germacrene-D, and alpha-terpineol.
- **Aromatherapy Benefits:** Clary sage oil has antidepressant and stress-relieving properties. It can help uplift the mood, reduce anxiety, and promote a sense of well-being and emotional balance.

Frankincense Essential Oil

- **Biological Source:** *Boswellia serrata*, resinous trees native to the Arabian Peninsula, India, and northeastern Africa.
- **Chemical Constituents:** Alpha-pinene, limonene, beta-caryophyllene, alpha-thujene, and incensole acetate.
- **Aromatherapy Benefits:** Frankincense oil is known for its grounding and calming effects. It can help reduce feelings of anxiety, stress, and promote relaxation, thus supporting emotional stability and mental clarity.

ESSENTIAL OIL BLENDS



•Blend 1: Use

4 drops of Bergamot essential oil

3 drops of Lavender essential oil

2 drops of Ylang-Ylang essential oil

1 drop of Frankincense essential oil

1 drop of Chamomile essential oil (optional)

Blend 2

- *3 drops of Clary Sage essential oil*
- *3 drops of Geranium essential oil*
- *2 drops of Roman Chamomile essential oil*
- *2 drops of Sweet Orange essential oil*
- *1 drop of Patchouli essential oil*

Blend 3

- *Jasmine essential oil* : 3 drops
- *Sandalwood essential oil* : 3 drops
- *Bergamot essential oil* : 2 drops
- *Vetiver essential oil* : 2 drops
- *Lavender essential oil* : 1 drop

How to Use?

Diffusion:

Add a few drops of your chosen aromatherapy blend to an essential oil diffuser filled with water. Turn on the diffuser and allow the aroma to disperse throughout the room. Diffusing blends such as bergamot, lavender, and clary sage can help create a calming and uplifting atmosphere, promoting relaxation and emotional balance.

Inhalation

- Place a drop or two of the selected aromatherapy blend on a tissue, cotton ball, or handkerchief and inhale deeply.
- You can carry the scented tissue with you throughout the day and inhale the aroma whenever you need a mood boost.
- Inhalation of uplifting oils like sweet orange, bergamot, and jasmine can help elevate your mood and reduce feelings of sadness and anxiety.

- **Topical Application:**

- Dilute the selected aromatherapy blend in a carrier oil, such as sweet almond or coconut oil, and apply it to **pulse points like the wrists, temples, and neck. Gently massage the oil into the skin and take deep breaths to inhale the aroma.** Applying lavender, sandalwood, and vetiver blends to the skin can promote relaxation and reduce stress and tension.

- **Bath:**

- Add a few drops of selected aromatherapy blend to a warm bath and soak for 15-20 minutes. The steam from the bath will help disperse the aroma of the essential oils, promoting relaxation and soothing the mind and body. Bath blends containing jasmine, chamomile, and ylang ylang can help calm the nervous system and alleviate feelings of depression and anxiety.

Cosmetics aromatherapy

- **Cosmetic aromatherapy** is a practice that combines the **use of essential oils with cosmetic products to enhance their therapeutic properties and promote overall well-being.**
- It involves incorporating natural essential oils, which are highly concentrated plant extracts containing aromatic compounds, into various skincare, hair care, and beauty products.
- These essential oils are chosen for their specific benefits and added to cosmetics to provide both physical and emotional advantages.

Benefits of Cosmetic Aromatherapy

- **Skin Health:** Essential oils used in cosmetics offer numerous benefits for skin health.
- For example, **Tea Tree oil** has **antimicrobial properties** that can help treat **acne-prone skin**, while
- **Lavender oil** is known for its **soothing effects**, making it suitable for sensitive or irritated skin.
- Other oils like **Rosehip oil** contain antioxidants and vitamins that promote skin regeneration and reduce signs of aging.

- **Emotional Well-being:** Aromatherapy has long been associated with mood enhancement and stress reduction.
- Essential oils used in cosmetics can have mood-boosting and stress-relieving effects, promoting relaxation and emotional well-being.

- **Non-toxic Alternative:** Unlike synthetic fragrances, which often contain harmful chemicals, essential oils provide a natural and non-toxic alternative. They are derived from plants and contain no synthetic additives, making them safer for use on the skin and less likely to cause allergic reactions or sensitivities.
- **Customization:** One of the key advantages of cosmetic aromatherapy is its ability to be customized to individual preferences and needs.
- Essential oils can be blended to create personalized skincare products, personalized to specific skin concerns or desired aromas.

Aromatherapy Jewelry

- **Aromatherapy Jewelry, also known as essential oil jewelry, is a unique and fashionable way to enjoy the benefits of aromatherapy throughout the day.**
- These pieces of jewelry are designed to hold and diffuse essential oils, allowing the wearer to experience the therapeutic effects of aromatherapy wherever they go.
- Aromatherapy jewelry comes in various styles, including necklaces, bracelets, earrings, and rings, each offering a stylish and convenient way to incorporate aromatherapy into your daily routine.

Diffuser Necklaces

Diffuser necklaces typically feature a **pendant or locket** *with a small compartment where a few drops of essential oil can be added.* The pendant is often made of porous materials such as lava stone, clay, or wood, which absorb the essential oil and slowly release its aroma throughout the day.



Walmart
Anavia Essential Oil Diff...



MIMOSA Handcrafted
ESSENTIAL OIL NECK...



Milkweed Health an...
Diffuser Necklace ...



Mommypotamus
Essential Oil Diffuser Necklace



Amazon.com
Essential Oil Diffuser Ne...



Cat's Cauldron
Cat head aroma diffuser...



Tried & True Creative
Essential Oils Diffu...



Barefut Essential Oils
Howlite Diffuser Necklace - B...



Etsy
Lava Stone Neckla...



Don't Waste the Cr...
DIY Essential Oil D...



Hello Glow
DIY Essential Oil Ne...



Jujus Nature Jewelry
Sandstone Oil Diff...



The Rising Spoon
DIY Clay Essential...

Aromatherapy Bracelets

- Aromatherapy bracelets are similar to diffuser necklaces but are worn around the **wrist**. They often feature porous **beads or stones, such as lava rock or porous wood**, that can absorb essential oils. Some bracelets may also have small compartments or diffuser pads designed to hold essential oils.



Essential Oil Earrings

- Essential oil earrings are earrings designed to hold and diffuse essential oils. They may feature small, porous beads or diffuser pads that can hold essential oils. As the wearer moves, the aroma of the essential oil is released into the air.



Aroma Rings

- Aroma rings are rings designed to hold and diffuse essential oils. They may feature a small compartment or reservoir where a drop or two of essential oil can be added. The essential oil is released gradually as the wearer moves their hands.



How Aromatherapy Jewelry Works?

- Aromatherapy jewelry works by **diffusing the aroma of essential oils into the air through porous materials or diffuser pads.**
- When essential oils are applied to the jewelry, they are slowly absorbed and released over time, allowing the wearer to enjoy the therapeutic effects of aromatherapy throughout the day.
- The aroma can be refreshed by adding more essential oil as needed.

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Thank You