



# Essential News

The Ultimate Practitioner Range

Vol 1. April 2000

## Our Millennial Objectives...

During this 2000 year, Essential Therapeutics will be offering a series of specialty Aromatherapy training seminars, in all the states of Australia.

Our goal is to provide you with truly informative education, so that you can widen your horizons on all the possible uses of Aromatherapy.

We are constantly asked for requests for Aromatherapy information on many topics. Our seminars help to address this. Further, we are committing to produce four newsletters this year for all our customers.

Each issue will be filled with information on essential oils, quality issues, Aromatherapy treatment plans, book reviews and more.

We plan to make the extended stories

of some of the articles in the newsletter (such as essential oil reviews) available to our customers via email (our new email address is [esstherapeutics@ozemail.com.au](mailto:esstherapeutics@ozemail.com.au))

We look to expand our network of therapists and healthcare professionals this year, to further promote the awareness of Aromatherapy as a bone fide health care approach.

We will continue to offer only the highest quality essential oils and Aromatherapy products - and look to further promote the excellence



Ron Guba harvesting lavender

and benefits of wild-harvested and certified organic products.

We all wish you a happy and prosperous new millennium!

Best Regards,

Ron Guba,  
Editor

## Educational Programs for 2000

### Practical Aromatherapy Evenings

- ☉ Unique Essential Oils 4  
Australian Oils; West Australian Sandalwood, Lemon Tea Tree, Eucalyptus Australiana and Australian Sweet Basil.
- ☉ Unique Essential Oils 5  
The Lavender Story. Discussing the different lavender species, quality issues, therapeutic issues and more
- ☉ Unique Essential Oils 6  
"Dangerous Oils". The Three Rosemary's, Sage Hyssop and Yarrow
- ☉ Aromatherapy Prescription Bases
- ☉ Toxicity Myths
- ☉ Aroma Treatments
- ☉ Creative Gifts Using Aromatherapy

### Seminars

- ☉ The Fragrant Pharmacy
- ☉ Aromatherapy in Aged & Palliative Care
- ☉ Aromatherapy & Regenerative Skin Care 1 & 2
- ☉ Certificate Course in Aromatherapy Level 1
- ☉ Aromatherapy for Mothers and Children
- ☉ Energetic Aromatherapy
- ☉ Veterinary Aromatherapy
- ☉ Aromatherapy & The Mind
- ☉ Aromatic Prescriptions
- ☉ Skin Care Applications

For course dates and details, please contact your nearest distributor.  
Please note that not all courses are available in all areas.

*"Australian (Sandalwood) has been found to be equally efficacious and in some instances superior to the Indian oil in pharmacology"*

Arthur Penfold FACI FCS  
Australasian Journal of Pharmacology  
18 (1937) 154.

*see our article on Australian Sandalwood P3.*

## Contents

Quality Matters	2
Product Reviews - The Aromatiser Diffuser	2
Aromatic Reviews - Australian Sandalwood	3
Treatment with our products - Sunburn	4
Events	4
Recommended Reading	4
Contact us	4

## Quality matters...

I keep hearing comments about the ongoing marketing hype and outright deception practiced by some retail and Multi Level Marketing aromatherapy companies world wide. What else is new?

Essential Therapeutics has always taken quality seriously. If you want a therapeutic outcome - you need the real thing - fully specified, 100% pure and guaranteed.

Our goal is to provide the best essential oil range for therapists, we look to obtain and guarantee the 'growing method' for each individual essential oil.

Just as with herbal medicine - even food - we feel that wild harvested and certified organic essential oils represent the best "value" from both a therapeutic and environmental viewpoint.

'Wild harvested', means just that. However, we also take into account sustainability - let us not take plants that are being over exploited or where harvesting damages the environment. This is one reason why we would not carry Indonesian Sandalwood oil - reserves in Timor have been very over exploited (let alone the people).

You will notice many wild harvested oils in our range - a great collection of Australia oils - *Eucalyptus*,

*Meleleuca species*, our new Australian Sandalwood, and more.

Wild harvested oils are the best value where available. Such oils are of superb quality and generally are not as expensive as the certified organic variety.

**Certified organic** means **certified**. Suppliers have been known to 'stretch the truth' in passing off conventionally grown plants as organic. We demand that our suppliers provide us certification documentation from the relevant organic association before we will put on the 'organic' guarantee.

Our 'traditional' guarantee stands for "uncertified" organic, if you will. These oils are from plants grown

to the best of our ability to ascertain, free from high toxicity pesticides and synthetic fertilizers - but without the guarantee of certification. Essential oils examples include Patchouli, Calendula CO<sub>2</sub> extract and Lemongrass.

Lastly our 'select' guarantee stands for oils derived from conventional growing methods. We use the term "select" to state that these are selected oils guaranteed 100% pure and natural, chosen for their quality and applicability to aromatherapy - not just what the local fragrance/flavour supplier has on offer!

*Certainly to us . . . quality does matter.*

## Product Review

### The Aromatizer Diffuser and Diffuser Blends

For a full description, please see our Produce and Price Guide.

Over recent years, the use of "candle burners" and electrical burners have become quite popular as a method of diffusing essential oils.

Perhaps aesthetically pleasing, such burners present some limitations.

- Candle burners, of course, present an open flame. More than one house fire has been caused by their use. Nursing homes, hospitals and the like will not allow an open flame in the environment
- Both varieties of burners are suitable for only small areas

- Burners heat and 'fractionate' essential oils, driving off the lighter 'top notes' first with heavier components evaporating last - or leaving a sticky residue in the burner.

In contrast, I originally came across French aerosol diffusers over 16 years ago and went on to develop our own aerosol diffuser - the Aromatizer

Instead of using heat to evaporate essential oils, the Aromatizer creates a fine aerosol mist of essential oils, which quickly evaporate without added heat. The total oil is diffused; no fractionation occurs.

Both Aromatizer models are fully adjustable so that either small or large areas can be covered effectively and Aromatizers are very safe in any environment.

The Aromatizer is also especially suited for inhalation therapy, delivering a significant quantity of essential oils deep into the lungs - excellent for many types of respiratory and sinus complaints. The cool essential oil mist is less irritating than the vapours given off by traditional steam inhalations.

Other uses for the Aromatizer include mood enhancement (using oils that are sedating, stimulating, uplifting, etc.), the generation of negative ions and air purification.

If you haven't yet experienced our Aromatizer and Diffuser Blends, please visit any of our distributor showrooms - and enjoy a 'breath of well-being'!

# Aromatic Reviews

## Australian Sandalwood

A true "home grown" alternative ...

The uses both religious and medicinal, of Indian Sandalwood (*Santalum album*) stretches back over 4000 years. We find Sandalwood as an important medicinal plant in the traditional medical systems of Indian Ayurvedic, Tibetan and Chinese medicine.

Both as a medicinal plant and as one of the 'premium' oils used in Aromatherapy, *Santalum album* has generally been considered to be the "best" oil for therapeutic applications - as compared to similar species such as the Australian Sandalwood (*Santalum spicatum*).

However I will make the argument that Australian Sandalwood is in fact almost identical in its therapeutic applications, and in some cases even superior.

*Santalum spicatum* is a native tree of Australia with large reserves existing in the semi arid 'wheat belt' of South Western Australia (Western Australia and South Australia). As with other members of the *Santalaceae* family, *S. spicatum* is a semi parasitic tree requiring the use of a host trees roots for the uptake of water and nutrients.

Growing up to eight meters in height, the tree requires about twenty five years of growth, even up to fifty years in arid areas, before it is suitable for harvesting.

Unlike Indian Sandalwood with poor management of native reserves and demand outstripping supply (and increasing prices), *S. spicatum* reserves are being sustainably managed by the Conservation and Land Management Department of Western Australia (CALM). At the current rate of harvest, there is over 100 years supply. However it is highly unlikely to be over harvested as CALM is successfully promoting plantation growth both for commercial gain and to combat soil salinity.

## Composition and Therapeutic Activity.

Australian Sandalwood has a similar composition to Indian Sandalwood, rich in - and - santalols.

Sandalwood is regarded in Ayurvedic practice to be an excellent "anti-fire" (or anti-*Pitta*) medicine, cooling and calming to the circulatory digestive respiratory and nervous systems.

In regards to Australian Sandalwood, its composition, empirical evidence and energetic qualities demonstrate the same qualities and applications. In terms of its anti-inflammatory action, *S. spicatum* stands superior to *S. album* with its contents of anti-inflammatory compounds such as epi(-) bisabolol and -santalene.

In the French practice of Aromatic medicine, Indian Sandalwood is further indicated for: venous and lymphatic congestion (as for fluid retention), varicose veins, haemorrhoids, as a mild analgesic/ anti-inflammatory compound for conditions such as neuralgia, sciatica, lower back pain and for urinary tract infections (such as cystitis).

Again the characteristics of Australian Sandalwood oil demonstrate the same applications. Its' greater anti-inflammatory power may be better suited for nerve or muscular pain and inflammation.

In regards to its antimicrobial qualities, Australian Sandalwood oil has been demonstrated to be superior to the Indian - *S. album* oil showing no activity against *Staphylococcus aureus* and *Candida albicans* whereas *S. spicatum* demonstrated significant activity - in the case of *Staph. aureus*, even stronger than Tea Tree oil.

Other recent research on Sandalwood oil has demonstrated:

- the inactivation of *Herpes simplex* virus I and II (cold sores and genital herpes). (*S. album*)

- Significantly (67% less) reduced incidence of skin papillomas in mice, initiated by topically applied carcinogens (DMBA, TPA). Hence, it is suggested Sandalwood oil could be an effective chemo-preventive against skin cancer. (*S. album*).

- Australian Sandalwood inhibits bacteria responsible for acne (such as *Propionibacterium acnes*) and fungi responsible for tinea (*Trichophyton species*). This activity is suggested to be due to the content of farnesol in the oil.

- Based on past empirical results, studies have begun on the potential of Australian Sandalwood oil to alleviate symptoms of eczema, psoriasis, allergic dermatitis and scalp irritations.

Lastly, preliminary work utilising Kinesiology techniques (testing 'meridians' as in Chinese medicine) has shown a great similarity between the Australian and Indian Sandalwood oils.

In summary, Australian Sandalwood oil is now available after a long pause in production. Harvested and managed in a fully sustainable manner, Australian Sandalwood oil is less costly than its Indian counterpart, and always of consistent quality.

Past clinical results, its composition and empirical evidence of both a pharmacological and "energetic" nature, all point to Australian Sandalwood being a "twin" to the Indian oil, even superior in some applications.

Australian Sandalwood is truly a homegrown alternative.

**SPECIAL OFFER**

try our

**Australian Sandalwood**

(10ml) for \$18.50

contact your local distributor for details

## An Aromatic Treatment for ... Sunburn

Skin damage due to excessive exposure to ultraviolet (UV) radiation has received lots of media attention.

Excessive UV exposure leads to premature skin aging, solar keratoses and potentially to skin cancers. Most of the damage is caused by the production of free radicals liberated by UV exposure in the epidermis of the skin. Even with liberal use of sunscreens (and there are pros and cons about the effects of sunscreen chemicals on the skin) sunburn is an

all too common occurrence. The free radical reaction initiated by UV radiation creates a classic inflammatory response, with heat, pain and redness (erythema) arising some hours after exposure.

The following formulas are designed to be used liberally as an after - sun preparation. The healing, anti-inflammatory and demonstrated 'free radical' scavenging qualities of the ingredients will serve to reduce pain, skin damage and promote rapid healing.

### SUNBURN SPRAY (for 100 ml)

Essential Oils and CO<sub>2</sub> extracts.

True Lavender or Lavender Super Hybrid	1.5ml/50 drops
Australian Sandalwood	1.5ml/50 drops
Calendula CO <sub>2</sub> extract	0.5ml/16 drops
Amiox (Rosemary extract)	0.5ml/16 drops

Other additions

Rose Hip Oil or Super EFA Blend	5ml
Vitamin E acetate	5ml
Vitamin B5 (panthenol)	3ml/grams
Amigel	25 ml
Aloe Vera Juice	
(drinking variety from health food stores)	58 ml
Citricidal	6 dps

Simply measure all ingredients into a container and mix well (a blender is best).

### SUNBURN CREAM (for 100ml)

Ultimate Base Cream	100ml
---------------------	-------

Use the same amounts of the essential oils and CO<sub>2</sub> extracts as above and simply blend well into the Ultimate Base Cream. The Ultimate Base Cream has a very similar ingredient contents to the Sunburn Spray formula.

Apply either formula often, even every hour, as soon as possible after sun exposure, continue until inflammation and pain ceases.

## Recommended Reading

### Medical Aromatherapy - Healing with Essential Oils

By Kurt Schnaubelt PhD

Frog: Ltd. Berkely, California, Cost \$32.95

Kurt Schnaubelt is the original "Aromatic Medicine" enthusiast and teacher in North America. *Medical Aromatherapy* refreshingly stands out from the vast number of basic aromatherapy books on offer.

In this book, Kurt traces aromatherapy's French origins paralleling the development of modern pharmacology. He explores the molecular makeup of the major essential oils: their composition, biosynthesis, and therapeutic effects.

Treatment regimes for many common ailments are discussed.

Kurt ranges further to review the standing of aromatherapy as an alternative medicine in the present cultural landscape within science, government and industry.

The fact that essential oils can never be patented is a virtue, he argues, preventing them from coming co-opted by corporate commercial interests, allowing aromatherapy to be a major force in the return to more individual complementary health care.

*Highly recommended reading.*

## Events

### 3rd International Scientific Aromatherapy Symposium

Friday 19 - Sunday 21 May  
Grasse Ph 0493 36 6666

### Turkish Rose Tour

24 May - 3 June

### Provence Aromatherapy Retreat

France

19 - 26 June

### Provence Aromatic Tour

France

19 - 26 June

### Australian Aromatic Tour

Byron Bay/Darwin

23 August - 2 September

For more information on the above Aroma Tours, visit the website [www.aroma-tours.com](http://www.aroma-tours.com) or phone (03) 9481 1933 fax (03) 9499 8681

### Lavender 2000

The International Lavender Conference

26 - 28 October

Wagga Wagga

### 4th Scientific Aromatherapy Conference

10 - 12 November 2000

San Francisco

Contact PIA Fax +1 415 479 0119 or contact Ron Guba at Essential Therapeutics

### Sydney Aromatherapy Conference 2001

Sydney from 9-11 Feb 2001

[www.sydaromaconf.com](http://www.sydaromaconf.com)



ESSENTIAL THERAPEUTICS

The Ultimate Practitioner Range

#### Head Office

39 Melverton Drive, Hallam 3803  
Tel (03) 9702 4821 Fax (03)9796 4966

#### Showroom & Training Centre

100 Dight Street, Collingwood 3066  
Tel (03)9419 0860 Fax (03) 9419 0245  
Email [esstherapeutics@ozemail.com.au](mailto:esstherapeutics@ozemail.com.au)

For your local distributor please contact  
New South Wales

Tel (02) 9817 0400 Fax (02)9817 0500

#### Western Australia

Tel (08) 9470 9770 Fax (08)9470 9766

#### Queensland

Tel (07) 5493 6555 Fax (07)5493 6566

#### South Australia

Tel (08) 8367 7379 Fax (08) 8367 7359

#### Tasmania

Tel (03) 6334 6276 Fax (03)6334 6256

#### Northern Territory

Tel/Fax (08) 8981 3610