



Essential News

Essential Therapeutics
The Ultimate Practitioner Range

Vol 4, March 2001

Greetings!



In this issue we consider the “modern alchemy” of preparing carbon dioxide extracts and their unique properties and application in the practice of Aromatherapy, plus more recipes, a book review and a special offer on all our Diffuser Blends.

As well, we present our newest product, Agua Massage Blend, a water-dispersible massage oil that easily washes out of towels and is completely “skin-friendly”. A special introductory price will be offered for all of March.

The Fate of the Australian Dollar...

Essential Therapeutics has continued to offer the same realistic professional prices for many years now, without increasing prices.

I am sure you have noticed how low the Australian dollar has fallen against the US dollar and other major currencies over the past year.

Since we purchase most of our essential oils and other natural raw materials based on the US dollar, the costs have risen significantly.

Hence, the time has come to adjust the prices on many of our products. Our new prices will come into effect on 1st March, 2001. Please contact us, and we will make sure you receive an updated catalogue ASAP.

Regardless, Essential Therapeutics will continue to give you real “value for money” in offering realistic, professional prices for fully guaranteed therapeutic grade essential oils and related products. We’re not going to make any compromises!

Best Regards,

Ron Guba
Editor

Look What’s New!

AGUA OIL

Our New Water Dispersible
Massage Oil

- ☞ Cleaner towels
- ☞ No Smell
- ☞ Leaves skin soft and smooth
- ☞ Readily absorbed by the skin
- ☞ Nourishing and moisturising

As every professional massage therapist knows, massage oils are notoriously difficult to fully remove from towels and linens, leaving them with a rancid smell and stains. After extensive research and development, we have created a new water dispersible massage oil called AGUA Oil, that looks after your towels as well as your skin!.

Our formula contains a naturally derived dispersant enabling easier washing of towels, while still being friendly to the environment, our waterways, marine life and our skin.

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All
Diffuser Blends
10% off - during
March (see P2)

Courses for 2001

Workshops

Unique Essential Oils
Aroma Treatments
Toxicity Myths
Carrier and Infused Oils
Aromatherapy Prescription Bases

Seminars

Aromatherapy and Regenerative
Skin Care 1 & 2
Aromatherapy for Mother and Child
Aromatherapy for Massage
Therapists

And much much more!

Contact your nearest Distributor for courses on offer in your area.

Not all courses available in all areas.

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AGUA Oil is based on 100% pure vegetable oils and is:

- ☞ An excellent massage oil which is light, spreadable and suitable for all skin types
- ☞ Compatible with pure essential oils for use in Aromatherapy treatments
- ☞ Easily washes off the skin and your towels!

AGUA oil contains the following pure cold pressed vegetable oils and natural ingredients:

- ☞ Grapeseed Oil
- ☞ Canola Oil
- ☞ Sweet Almond Oil
- ☞ Macadamia Oil
- ☞ Vegetable Oil Dispersant
- ☞ Amiox to protect against rancidity.

The final product is a lovely light and washable massage oil, that will be of benefit to anyone involved with massage.

AGUA Oil is available in 1 litre size and costs only **\$18.00** for practitioners.

**Special
Introductory
Offer**

**For the month of March
you can buy AGUA oil
for 10% off!!
Give it a try!**

FREE GIVEAWAYS

**of our new AGUA Oil are
available for the first 20
people to place an order
with their distributor.**

**See page 4 for your
closest distributor.**

Essential Therapeutics Diffuser Blends

All Diffuser Blends 10% off - for March only

Diffusing essential oils is a great way to disperse their beautiful fragrances into the environment. They can be used to set the mood for a special occasion, aid relaxation, induce sleep, promote concentration or just for their lovely smell!

Blending essential oils for diffusion can be fun, trying different oils and seeing if they work together. However, when using 3 or more

oils in a blend, it can be difficult to get the oils to smell just right. Perfumery blending is quite a skill, and it takes a trained nose to be able to do this well. Making up your own blends can also be expensive, especially when you may only want a few drops of Jasmine, Rose or Neroli for the blend, but you need to buy the whole bottle!

Essential Therapeutics have a range of Diffuser

Blends for any occasion. The blends contain only 100% pure essential oils, specifically blended for your enjoyment and well being.

The Diffuser Blends are suitable for candle burners, electric oil burners, steam vaporisers and our unique Aromatiser®. Each diffuser blend is available in the convenient 15ml size and the economical 100ml size.

Lavender Relaxer Diffuser Blend 15ml \$10.80 100ml \$41.85

Our most popular of all of the diffuser blends, the Lavender Relaxer Diffuser Blend is a beautiful blend of True Lavender, Mandarin, Blue Yarrow and Patchouli. When you need to relax after a stressful day, this blend will help you unwind and feel great.

Peaceful Sleep Diffuser Blend 15ml \$14.40 100ml \$67.05

Beware! Guaranteed to help get you to sleep! This blend of Lavender, Ho Leaf, Vetiver, Geranium, Ylang Ylang, Sandalwood, Lemongrass, Valerian, Atlas Cedar, Benzoin, Clary Sage and Petitgrain provides a very soothing and sedating blend. It is ideal to use when you need help getting to sleep (or for helping the kids!). Either diffuse in the bedroom over night (DO NOT USE A CANDLE BURNER OVERNIGHT) or place 1 or 2 drops on a pillow (so only those that need it benefit). It is not advised that this blend be used for relaxation, unless you wish to nod off!!

Ambience Diffuser Blend 15ml \$9.90 100ml \$40.50

Containing Sweet Orange, Ylang Ylang, Geranium and Neroli, our Ambience Diffuser Blend is refreshing and uplifting. Use Ambience when you need balance in the environment, and if you need to be uplifted. A very popular blend.

Clarity Diffuser Blend 15ml \$9.90 100ml \$40.50

As the name suggests, our Clarity Diffuser Blend clears the head and refreshes the mind. Clarity Diffuser Blend contains

Lemon, Rosemary, Peppermint, Geranium, and Sage. This blend is very useful when concentration or a clear mind is required. The fragrance is also beautiful, so you can just diffuse it for the smell!

Meditation Diffuser Blend 15ml \$12.60 100ml \$57.15

Our Meditation Diffuser Blend contains Frankincense, Atlas Cedar, Clove Bud, Nutmeg, Cinnamon (Cassia), Sandalwood, Sweet Orange, Patchouli, Terebinth, Peru Balsam and Myrrh. This blend is based on ancient aromatics, which used essential oils to sanctify and purify the environment and to clarify and calm the hearts and minds of many different cultures. This spicy blend is useful for relaxation and concentration, when you wish to clear the head and rest the body.

Respiratory Diffuser Blend 15ml \$9.90 100ml \$40.50

More of a therapeutic blend rather than for the lovely aromas alone, the Respiratory Blend is ideal for diffusing to help treat mild respiratory complaints. The Respiratory Blend contains Eucalyptus, Red Myrtle, Tea Tree, Sea Pine, Peppermint, Spearmint and Lemon. Strongly antiseptic, the respiratory diffuser blend works best when diffused into the environment using our Aromatiser®, or sprayed frequently into the environment via a spray bottle. This will help destroy microbes floating around the air. A few drops dispersed in a hot bath, foot bath or via steam inhalation (supervise children and the elderly) will help treat mild respiratory infections, congestion and help clear the head. An essential part of any Aromatherapy Kit!

Special Prices for Practitioners

Traditionally, Aromatherapy has employed oils created primarily by steam distillation (essential oils) and less commonly by solvent extraction (flower absolutes) using solvents such as hexane. Carbon dioxide under high pressure can also act as a suitable solvent.

Beginning with research as early as the 1860's, various gases under high pressure were found to exhibit excellent solvent qualities for lipophilic compounds (ie compounds that dissolve in 'non-polar' solvents such as vegetable oil, hexane, ethanol etc). This technology was developed into commercial extraction plants in the 1970's, with carbon dioxide being used as the main extraction medium.

We are all familiar with the three phases of water; the liquid form (water), the solid form (ice) and the gaseous form (steam). However for carbon dioxide (CO₂) under normal atmospheric conditions (ie a pressure of 1 atmosphere [101.3 kPa, 1.01 Bar or 14.7 pounds per square inch] and the temperature around 20-25°C), the liquid form does not exist, rather we find the solid state (dry ice) and the gas. However, as the pressure increases we can create a liquid form of CO₂ (liquid CO₂ plants operate at 50 to 60 bar at ~10° C).

As we take the pressure and temperature even higher, carbon dioxide becomes "super-critical". Here there is no distinction between the gas or liquid phases. Hence, we have an extremely dense gas with the properties of a liquid. Super critical CO₂ plants operate from 100 to 400 bar pressure at approximately 40°C.

In both the liquid and super critical state, carbon dioxide is an excellent solvent for essential oils and other lipophilic compounds. This extraction method demonstrates a number of advantages over the traditional methods of obtaining oils.

Steam Distillation

Generally, steam distillation is carried out at a temperature of 100°C, the boiling point of water. At this temperature certain compounds are heat sensitive, or thermolabile. In other cases, water will react with the plant components, creating what are known as 'artifacts' or 'still notes'. For example, linalyl acetate can decompose to linalool and acetic acid in Lavender oil when steam distilled and matricin will decompose to the intensely blue chamazulene in German Chamomile.

Steam distillation also favours only the most volatile compounds, starting with monoterpenes (ten carbon atoms) and lastly diterpenes (20 carbon atoms). The 'heavier' the compound, the higher it's boiling point, and hence it remains behind in the still.

What this means, is that depending on the plant, a more complete extraction (short of using simply a herbal tincture, etc.) could be of higher therapeutic value. This is because more of the active constituents attributed to the plant may be extracted using CO₂.

Solvent Extraction

Floral absolutes, such as Jasmine and Rose, are usually extracted with hexane and pentane. Solvent extraction is generally employed for the finest floral fragrances, as the process tends to capture more of the lighter volatile compounds that can be lost during steam distillation (hence will better represent the original fragrance of the flower) and will extract the heavier components as well. The major problem with these extracts is removing the solvent at the completion of the extraction, this process can cause some volatile components to be lost.

Carbon Dioxide Extraction

CO₂ extraction is performed at a low temperature, from 10°C (for liquid CO₂) to 40°C (for super critical). Carbon dioxide

is also safer to use than flammable solvents such as alcohol or hexane and is obtained on the large-scale as a by-product of fermentation.

As in traditional solvent extraction, all the heavier, less volatile components will be extracted. At the end of extraction, the pressure and temperature are returned to normal and the simply evaporates with a minimal loss of the more volatile components. This means that even the most sensitive, elusive fragrances such as Lily of the Valley can be extracted.

Super critical CO₂ extraction also has the unique capacity to selectively extract different components. At 100 bar pressure, super critical CO₂ will extract only the volatile aromatic compounds, creating an 'absolute' essential oil extract. By increasing the pressure to 350 bar and above, all the lipophilic components are removed, including waxes, fatty oils, carotenoids, etc., as in a traditional solvent extracted 'concrete'.

Generally, only dried plant material is used: one, to conserve weight, and two, water can create degradation in the extraction process. For this reason, and for other commercial demands, only a selection of aromatic plants are extracted, such as hops for use in beer. Altogether, a good range of herb and spice extracts are produced, as well as extracts specifically for cosmetic and pharmacological use.

Essential Therapeutics carries a range of CO₂ extracts, which include Calendula, German Chamomile, Ginger, Frankincense and Carrot.

Calendula CO₂ extract contains the active triterpene diols and their esters, which are not found in the steamed distilled extract. These compounds are fully removed from the plant by CO₂ extraction. Calendula CO₂ extract (25% dilution in

Jojoba oil) is 50 times more concentrated than the infused oil of Calendula, thus only small amounts are required (1% - 4%). Calendula CO₂ is an excellent anti-inflammatory and healing extract. Suited for conditions such as acne, eczema, allergic dermatitis and the healing of burns, wounds and ulcers.

German Chamomile is one essential oil that is substantially altered during steam distillation. The dark blue colour of German Chamomile is due to chamazulene, which is formed from matricin during distillation. The CO₂ extract of German Chamomile maintains the matricin content, which is why this extract is not the vibrant blue colour of the steam-distilled essential oil. In terms of anti-inflammatory power, there is research demonstrating that matricin has significantly stronger (ten times more active) anti-inflammatory properties than chamazulene. This does not mean however, that steam distilled German Chamomile is ineffective. Essential Therapeutics specifically carries the -bisabolol chemotype of German Chamomile. Bisabolol also has been demonstrated to have strong anti-inflammatory properties. As well, chamazulene may have other useful properties, such as in reducing allergic reactions (as has been reported often anecdotally), as the role of matricin is not well defined in this area.

Both of the CO₂ extracts of Calendula and German Chamomile are thick, so to allow them to be dispensed easily as a liquid they are diluted 25% in Jojoba oil.

Frankincense CO₂ extract is a much smokier, fragrant oil than the steam distilled variety. Some heavier components are present that do not occur in the distilled oil. We cannot say unequivocally that the CO₂ extract of Frankincense is therapeutically more valuable

Soothing Lip Balm

With Autumn now upon us strong, dry winds are about that can result in dry and chapped skin and lips. Sore cracked lips are no fun, and many lip balms may protect the lips from the environment, but provide no nourishment for the lips, prolonging healing time. This simple recipe for a soothing lip balm, protects and nourishes the lips, and tastes great!

Ingredients

Makes 50 grams

Utensils

- Wooden Spoon
- Stainless Steel Saucepan
- Heat Source
- Jars (clean)
- Scales
- Mini Blender
- Thermometer (optional)

Raw Materials

• Virgin Beeswax	7 grams
• Cocoa Butter	10 grams
• Jojoba	26.5 grams
• Vitamin E	0.5 grams
• Calendula CO ₂ extract	15 drops
• Petitgrain Bigarade	8 drops
• Geranium	8 drops
• Neroli	7 drops
• Honey	5 ml

Method

- Place the beeswax and the cocoa butter in the saucepan and gently heat (do not boil) until just melted, stirring while melting. Set aside until the mixture is at 50°C.
- Add the jojoba and the vitamin E and mix thoroughly. If the mixture starts to harden, gently heat to remelt while stirring.
- Add the essential oils and mix thoroughly.
- Finally add the honey and mix well. The balm may need to be gently heated to disperse the honey.
- Immediately decant into jars.
- Using the mini blender, periodically blend the balm while in the jars to prevent the honey from separating out, until cooled.
- Enjoy!!

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than the distilled oil - no particular research has been done. However we can say that the CO₂ extract better represents the composition of what is contained in the dried resin (which has been used since antiquity for medicine), compared with the distilled oil.

Ginger CO₂ extract contains up to 20% gingerol and 4% shogaol, which are the active constituents not found in the steam distilled oil. Therefore Ginger CO₂ extract is therapeutically more active than the essential oil, making it more suitable for treating nausea, travel sickness, muscular pain, cramping, arthritis and so on.

Carrot CO₂ extract represents the CO₂ extraction of 10kg of dried carrot root, dispersed into 1 kg of pure Jojoba. As such, it is approximately 50 times more concentrated than a carrot infused oil. Rich in beta-carotene and lycopenes, carrot CO₂ has excellent "free radical" scavenging activity. Anti-inflammatory and healing, it is especially suited for inflamed skin conditions, as well as dry and mature skin types.

CO₂ extracts are a very useful tool for use in Aromatherapy. Although the traditional steam distilled oils will remain the most popular and most accessible plant extracts used in Aromatherapy, there are definite advantages in using CO₂ extracts when available in some circumstances. As this form of extraction becomes more popular, and not quite as expensive, there are sure to be more CO₂ extracts available in the years to come.

BOOK REVIEW

The Illustrated Encyclopedia of Essential Oils - The complete guide to the use of oils in Aromatherapy and Herbalism.

Element Books, by Julia Lawless

Julia Lawless has been involved with essential oils since childhood and she was responsible for the formulation of natural products for her family business. Julia has studied Western and Tibetan herbal medicine and is a qualified Aromatherapist. Julia Lawless has also written other books, including Aromatherapy and the Mind, Home Aromatherapy, Lavender Oil, Rose Oil and Tea Tree Oil.

The illustrated encyclopedia of essential oils is a beautifully presented book, with comprehensive information of over 160 essential oils.

The history of Aromatherapy and Herbalism is discussed, from the ancient times, through to the modern day.

The systems of the human body are covered, highlighting how essential

oils can be so beneficial for balancing the body and mind. A quick reference guide for common health complaints is also included.

The information on the essential oils is easy to read, incorporating drawings and photos of the plants and essential oils. Herbal and folk traditions, extraction methods, characteristics, actions, principle constituents, Aromatherapy and home use, distribution and safety issues are all detailed for each essential oils discussed.

This book makes a terrific gift for anyone who is interested in Aromatherapy, or buy it for yourself as a great easy to read reference guide on essential oils and Aromatherapy.

A great easy to read reference text.
Price \$36.95



ESSENTIAL THERAPEUTICS

The Ultimate Practitioner Range

Head Office

39 Melverton Drive, Hallam 3803
Tel (03) 9702 4281 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

For your local distributor please contact

New South Wales - Select Botanicals
Tel (02) 9817 0400 Fax (02)9817 0500

Western Australia - Olfactory Sensations

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

Queensland - Sunstate Therapy Supplies

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

South Australia - Integrated Medical Services

Tel (08) 8357 7379 Fax (08) 8357 7359

Northern Territory - Kay Halstead (Agent)

Tel 0428 898 410 Fax (08) 8981 3610

Feedback... Any questions for the editor? Would you like to see an article on a particular essential oil? Would you really like for Essential Therapeutics to offer some new product ideas? Please direct your ideas and comments to us here at the Victorian showroom or on esstherapeutics@ozemail.com.au. We look forward to hearing from you.