



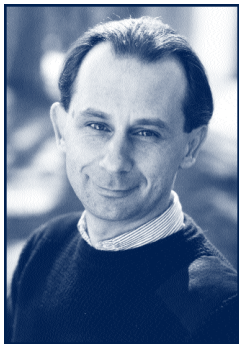
Essential News

Essential Therapeutics
The Ultimate Practitioner Range

Vol 5. July 2001

Welcome to our Winter issue

In this issue we discuss:



- Our new *Essential Base Lotion*. Based on many of our professional customers asking for this, we have formulated a light lotion version of our popular *Essential Base Cream*. Like our cream, it is a natural, vegetable oil-based alternative, that we can describe as "Not Sorbolene Lotion!" In other words, it contains no petrochemical "oils" (like "mineral oil") or synthetic preservatives. *Essential Base Lotion* is useable 'as is' or as a 'carrier base' for the addition of active essential oils or blends.

- Two of our "unique" essential oils – rare, precious and very useful – *Sweet Inule* and *Everlasting* essential oils.
- Specials on the above products, plus our *Ultimate Base Cream* and *Skin Synergies*. *Ultimate Base Cream* is truly the most natural and effective skin-regenerating cream available today – with lots of "EFA" oils (Rose Hip and Evening Primrose), skin-regenerating vitamins and more. To this natural cream you can easily add our *Skin Synergies* (our blends of pure essential oils and CO₂ extracts) to address specific skin conditions, naturally and effectively.

Best Regards,

Ron Guba,
Editor

New! Essential Base Lotion

Due to popular demand, we have introduced a lotion form of our extremely popular *Essential Base Cream*.

Essential Base Lotion makes an excellent carrier base for all types of applications, including Aromatherapy, massage, reflexology and podiatry. *Essential Base Cream* is easy to dispense and is a natural alternative to the mineral oil based creams and lotions such as sorbolene.

Like *Essential Base Cream*, *Essential Base Lotion* can be used as a general moisturiser for the body, face and hands as is, or by the addition of pure essential oils.

Up to a 10% dilution of your favourite pure essential oils, massage concentrates or *skin synergies* can be added to assist many skin conditions or to simply to create a fantastic natural cosmetic! Just add the essential oils and mix in well.

cont P2

Introducing Our NEW Distributors!

For Victoria - Mail Order

Osborne Health Supplies
Ph: (03) 9796 7966
Fax: (03) 9704 0601
Email:
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For South Australia

BettaLife Distributors
Ph: (08) 8351 8455
Fax: (08) 8351 8722
Email:
bettalife@bigpond.com.au

For Tasmania

Cartledge Agency
Ph: (03) 6344 5466
Fax: (03) 6343 2472
Email: cartledge.agency@
microtech.com.au

We warmly welcome these new distributors – all serving the goal of supporting professional therapists with the highest quality, professional products!

Contents

July Specials	2
Coughs and Colds	2
Everlasting	3
Sweet Inule	4
Contact us	4

Cont from P1

Essential Base Lotion contains the pure cold pressed vegetable oils of Sweet Almond and Macadamia. It also has pure Cocoa butter, vegetable derived emulsifying wax phospholipid PTC and vegetable derived glycerine. The lotion is protected against rancidity using our Rosemary extract antioxidant *Amiox* and against microbial growth using our Grapefruit Seed extract *Citricidal*.

The *Essential Base Lotion* is available in a pump to enable the lotion to be easily dispensed without mess or fuss. This makes *Essential Base Lotion* specially useful where more than one person uses the lotion, preventing cross contamination. *Essential Base Lotion* is available in 1 litre and 500ml pump packs.

Normally *Essential Base Lotion* costs \$39.50* for 1 litre and \$25.00* for 500ml.

Special
Introductory
Offer

Available
early
June

You
can purchase
Essential Base Lotion
for 10% off!
1 litre: \$35.55*
500ml: \$22.50*

Special price available until end of August

FREE GIVEAWAYS

of our
Essential Base Lotion
are available for the first
20 people to place an order
with our new distributors!

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

* All prices quoted are practitioner prices

JULY SPECIALS

Enjoy 10% off the following products* until 15th August

Ultimate Base Cream

100ml	normally \$16.00, now \$14.40
500ml	normally \$51.50, now \$46.35

Skin Synergies 5ml

Acne	normally \$25.00 now \$22.50
Couperose	normally \$22.00 now \$19.80
Sensitive	normally \$19.00 now \$17.10
Dry	normally \$20.00 now \$18.00
Mature / Devitalised	normally \$31.50 now \$28.35
Oily / Combination	normally \$15.00 now \$13.50

Everlasting

2ml	normally \$23.00 now \$20.70
5ml	normally \$40.00 now \$36.00

Sweet Inule

2ml	normally \$30.25 now \$27.23
5ml	normally \$72.60 now \$65.34

Essential Base Lotion

Special introductory price

500ml	\$22.50 (normally \$25.00)
1 litre	\$35.55 (normally \$39.50)

*All prices quoted are practitioner prices

Coughs and Colds

Winter is here, and with the colder weather comes coughs, colds and all sorts of upper and lower respiratory tract infections. They can make you feel pretty miserable too! Here are a couple of treatments that will be sure to help fight the infection, help relieve congestion and make you feel a whole lot better!

It is best to start fighting a respiratory infection as soon as symptoms first appear.

A great massage blend for adults and children over 12 who have a respiratory infection is the following:

Tea Tree	2 parts
Eucalyptus Australiana	2 parts
Thyme Red	1 part

Make up the essential oils and place in a carrier (either a vegetable oil or Essential Base Cream) up to a 5% concentration. Massage the chest and upper back for 10 minutes 3 times per day – more frequently if possible.

Phenolic oils such as Red Thyme are not recommended for topical use on children. So for children under 12, replace the Red Thyme with Spike Lavender for an effective treatment and use a 2.5% concentration instead of 5%.

The Aromatiser, is best suited for inhalation treatments. Using our Respiratory Diffuser Blend or a similar blend of pure essential oils, bring your face close to the nebuliser so you are directly breathing in the essential oil mist. Adults can safely do this for 15 minutes at a time, up to 3 times per day. For children, 5 minutes 3 times per day. It is also useful to leave the Aromatiser on low volume close to the bed throughout the night.

So if you are unfortunate and end up with a cold this winter, stay warm, drink plenty, eat well (lots of garlic is good!) and utilise the healing power of essential oils!

Everlasting

Botanical Name: *Helichrysum italicum ssp serotinum*

Family: Asteraceae (daisy family)

Plant Part: Aerial plant parts

Extraction: Steam Distillation (an absolute obtained via solvent extraction is also available)

Common Names: Everlasting, Immortelle

Description

Helichrysum comes from the Greek **helios** (sun) and **chrysos** (gold) due to the way the plant blooms, giving the impression of little golden suns. This plant, belonging to the daisy family, produces delicate yellow, bobble shaped flower heads. These flowers do not wither (and are often used by florists as dried flowers), hence the common names Everlasting and Immortelle (Mailhebiau 1995). There are several subspecies of *H. italicum* including *H. italicum ssp stoechas*, and *H. italicum ssp microphyllum*. *H. italicum ssp serotinum* however, is the subspecies usually used in Aromatherapy.

Helichrysum italicum is a precious essential oil and can be difficult to find. The essential oil burns easily in distillation then loses its delicacy. Few distillers extract the essential oil of Everlasting and it is often rectified or adulterated (Mailhebiau 1995). *Essential Therapeutics* source essential oils from all over the world and we are fortunate that we can acquire this wonderful, pure essential oil.

Everlasting is a strongly aromatic herb that grows to 60cm in height with a many branched stem and is woody at the base. The essential oil is a pale yellow to red oily liquid, with a rich honey-like scent (Lawless 1999).

Everlasting is native to the eastern Mediterranean region and North Africa. It is cultivated in France, Italy, former Yugoslavia and Spain (Lawless 1999, Mailhebiau 1995).

History

The essential oil of Everlasting is a relatively recent discovery by the French Aromatic Medicine practitioners for use in Aromatherapy. The French have been working with Everlasting for over 20 years for its anticoagulant and wound healing effects.

Constituents

The main constituents of Everlasting include:

Neryl acetate	up to 75%
Italidione	up to 20% (a dione unique to Everlasting)
Borneol	up to 6%
Nerol	up to 4%

as well as -pinene, limonene, curcumene and others.

Properties and Indications

The main uses for Everlasting pertain to its remarkable effects on the skin, as an anticoagulant and for wound healing and skin problems as well as its antiinflammatory properties. For more information on the therapeutic properties of Everlasting, the following references are recommended which are listed at the end of this article: Battaglia (1995), Franchomme and Penoel (1990), Lawless (1999), Mailhebiau (1995) and Schnaubelt (1998).

Energetics

Everlasting seems to activate the intuitive right side of the brain, making it useful in relaxation, meditation and creative work.

Everlasting is thought to invoke feelings of compassion (Mailhebiau 1995).

Safety

Everlasting, with its moderate amount of italidiones (ketones) has some potential for neurotoxic effects with large oral doses. No negative effects have been reported, but possible caution can be stated for the use of the oil in the case of epilepsy

or high fevers.

In respect to diluted topical applications (as in baths, up to 2.5% in massage blends, or in application to wounds and bruises), Everlasting essential oil is suitable for use during pregnancy and with children.

Blending

Strongly aromatic, Everlasting blends well with chamomile, lavender, geranium, clary sage, rose, clove and citrus oils.

Everlasting is a wonderful and precious essential oil. Its effects on the skin for wound healing and skin complaints are quite remarkable, making Everlasting a necessity when treating these conditions. Everlasting seems to be a powerful and useful essential oil and an essential edition to any Aromatherapy kit.

References

Battaglia S (1995): *The complete guide to Aromatherapy: The Perfect Potion*: Australia

Franchomme P and Penoel D (1990): *L'aromatherapie exactement*: Roger Jollis Editeur: France

Lawless J (1999): *The illustrated encyclopaedia of essential oils*: Element Books: Brisbane Australia

Mailhebiau P (1995): *Portraits in oils*: The CW Daniel Company Ltd: England

Schnaubelt K (1998): *Advanced Aromatherapy*: Healing Arts Press: USA

Watt M (1994): *Plant Aromatics – effects on the skin of aromatic extracts*: Atlantic Institute of Aromatherapy: USA

Botanical Name: *Inula graveolens*

Family: Asteraceae (daisy family)

Plant Part: Aerial foliage

Extraction: Steam Distillation

Common Names: Sweet Inule

Description

Sweet Inule is an annual herb, growing between 30cm and 60cm in height. The plant is slender with many branches coming off the main trunk. The leaves are small and slender with a pointy end and without a stem. The flowers are typical of the daisy family, being very small with few bracts (fake petals), producing fruits about 6mm long with hairs. The plant is native to India and can be found westward towards Spain and in Crete (Kirtikar and Basu 1989).

History

Sweet Inule is a recent addition to the practice of Aromatherapy. The French practitioners however have embraced the remarkable mucolytic properties of the essential oil over the past 20 years or so. A similar herb *I. helenium* (common name Elecampane) used as a herbal extract has been used extensively in the East both as a spice and a medicine. *I. helenium* is rarely found as an essential oil and is mainly used as a herbal extract or tincture where the actives are extracted from the roots (or rhizomes) (Lawless 1999, Sheppard – Hanger 1996).

Constituents

The main constituents of Sweet Inule include:

Camphene	3-9%
Trans- farnesene	less than 1%
Borneol	6-30%
Bornyl acetate	45-60%

alantolactone trace (small amounts and are highly active)

The essential oil of *I. helenium* mainly consists of a mixture of alantolactone and isoalantolactone. Alantolactone has excellent anthelmintic properties and antimicrobial properties (usually used in herbal extract form). However the essential oil is extremely sensitising to the skin and can cause irreversible damage (Guenther 1975, Lawless 1999, Sheppard – Hanger 1996). This is one reason why this essential oil is not available. *I. graveolens* however only contains a small amounts of these lactones, therefore the risk of skin sensitisation is markedly reduced (to almost no risk at all). The lactones are very powerful and it is thought that the lactones are responsible for the mucolytic properties (Schnaubelt 1998).

Properties and Indications

The main use of Sweet Inule is for respiratory problems as a mucolytic to ease congestion and as an antimicrobial agent for various ailments. Kurt Schnaubelt (1998) explains at length the remarkable properties of this essential oil for use in the treatment of respiratory infections. There is also valuable information found in Franchomme and Penoel (1990) on how Sweet Inule can be used. For more information on the therapeutic properties of Sweet Inule, refer to the references found at the end of this article.

Safety

The mucolytic properties of Sweet Inule are quite strong. Care is required when treating someone to release mucous, as the response can be quite strong. The effect can be so pronounced that it can have an effect at concentrations below odour

threshold. Other than this response, Sweet Inule is considered to be non toxic, non sensitising (Franchomme and Penoel 1990, Schnaubelt 1998). However, given the small amount of alantolactone the oil contains, the oil does have a possible skin sensitising quality. This has not been formally tested. Therefore, it is recommended that care is taken with topical applications on those with sensitive skin or skin conditions such as eczema. The possible sensitising effects of long term use of the oil topically is not known. A caution is therefore recommended.

References

Balz R (1996): *The healing power of essential oils*: Lotus Light: Germany

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Guenther E (1975): *The essential oils* Vol 5: Robert E Kieger Publishing Co: New York

Kirikar KR and Basu BD (1989): *Indian Medicinal Plants Vol2*: Lalit Mohan Basu: India

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Sheppard – Hanger S (1996): *The aromatherapy practitioner reference manual*: Aquarius Publishing: Western Australia



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The Ultimate Practitioner Range

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Tasmania - Cartledge Agency
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Northern Territory - Kay Halstead (Agent)
Tel 0428 898 410

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