

Quality Matters... 'Natural Variation'

from P3

Citrus essential oils

The essences of Lemon, Lime, Mandarin, Grapefruit, Orange and Bergamot are produced by expeller pressing of the rinds, not by steam distillation. Hence, **wax compounds** present in the rind constitute some part of the natural essence.

We refrigerate all our citrus oils and then finely filter the oils to remove as much of the cold, solidified waxes as possible. However, some of the natural waxes will always remain in the filtered oil.

The amount of wax will vary from season to season and the amount is highest in Grapefruit, Lemon and Lime oils.

When we bottle these oils, they are clear with no wax particles. Over time, especially when the temperature is low, the remaining waxes will settle out to the bottom of the bottle or create a small wax 'bloom'.

Again, this is simply part of the natural oil, not a 'defect' in any way. We do strive to remove as much of the wax as possible, but please accept that there will always be variations – Nature cannot really be fully controlled.

Natural Waters of Distillation, such as Damask Rose hydrosol will also contain some natural 'sediment', even after fine filtration. This sediment is made up of natural waxes and essential oil compounds (phenyl ethyl alcohol) that settle out of the distillate water over time.

Crystals in essential oils

Virginian Cedarwood oil is the major oil that will form crystals. A major constituent of the oil, cedrol, will slowly crystallise out of the oil over time. Heating the bottle in hot water will help to dissolve some of these crystals, but understand that cedrol crystals will continue to form as time goes on.

If the essential oils of Peppermint, Japanese Mint, Fennel and Anise are frozen, menthol crystals will form in the first two oils and anethole in the last two. In fact, this is the commercial method for extracting natural menthol and anethole. So, if you ever place these oils in the freezer, you will know what to expect...

You sold me an empty bottle of Rose oil!

The essential oil of Damask Rose will harden at low temperatures. Below 16°C, natural stearoptenes present in the oil solidify so that the oil will not dispense from the bottle.

Of course, Rose oil is quite expensive, and I have had more than one call during the winter months from a distressed customer complaining there is no Rose oil in their bottle!

A few minutes in a warm pocket will rectify the problem...

2. Appearance and colour

Natural raw materials can also vary in their appearance and colour from season to season.

Examples include the beta-carotene (dark orange) content varying in Calendula and Carrot Root extracts, and the intensely dark blue chamazulene content in German Chamomile and Blue Yarrow.

We will not accept a large variation, but a small variation can be enough to affect the colour of products where these extracts and oils are used.

This is true of our **Damask Rose Healing Moisturiser**. Containing both Calendula and Carrot CO₂ extracts, small variations in the beta-carotene content of these two extracts can give somewhat varying shades of orange colour to the cream from batch to batch.

Amigel is a unique natural gelling agent, as discussed in previous issues of *Essential News*. We provide a prepared Amigel to simplify its' use. Over time on the shelf, the gel will become somewhat 'lumpy' with some water condensing on the top of the gel. Simply shake the container well to reestablish a smooth consistency. When additional ingredients are mixed into Amigel, such as vegetable and essential oils, the gel remains smooth and stable over time.

Essential oils derived from resins, especially Myrrh and Benzoin will harden over time. This is due to various compounds in the oil oxidising and creating resin compounds as the result. This process does not really effect the therapeutic qualities of the oil. Using these oils before the expiry date can be recommended.

3. Storage tips

Oxygen is the major element responsible for chemical changes in essential oils and vegetable oils. The process of oxidation primarily effects various terpene hydrocarbon and aldehyde (notably 'citral' – the 'lemon scent' of lemongrass, etc.) compounds in essential oils. Some of oxidation products formed can lower the therapeutic effectiveness of the essential oil and increase the possibility of allergic sensitisation.

Oxidation of primarily monounsaturated and polyunsaturated fats in vegetable oils is also named 'rancidity'. In terms of negative properties for either use on the skin or for dietary use, avoiding rancid vegetable oils is advised.

Oxidation in essential oils, vegetable oils and products containing them is sped up by three things: exposure to sunlight (especially ultraviolet), heat and air (oxygen).

Hence, as many of you know, it is best to keep essential oils, vegetable oils and

products containing them (such as natural creams) in a cool, dark place with the cap firmly on.

Now, the coolest, darkest place for storage is your **refrigerator** and **freezer**. The lower the temperature, the slower the oxidation process is.

Once you have opened a product, you can store any essential oil or vegetable oil in the refrigerator to extend the 'shelf life' significantly. All essential oils will be fine. The more monounsaturated vegetable oils, such as Almond and Macadamia, will harden somewhat, but will liquify again with gentle warming.

The **freezer** will be the best place for products most sensitive to oxidation. For essential oils, you can look at keeping all the citrus oils and highly lemon-scented oils such as Lemongrass and Lemon Myrtle in the freezer for the longest shelf life.

This is also true for the highly polyunsaturated vegetable oils ('essential fatty acid' or EFA oils) which includes Rose Hip, Hemp, Evening Primrose, Borage and our *Super EFA Blend*. These vegetable oils will not harden even in the freezer.

Occasionally, some people have suggested that refrigerating or freezing essential oils, etc., in the way I have described can 'damage' the oil in some way. This is in fact not true.



ESSENTIAL THERAPEUTICS

The Ultimate Practitioner Range

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Essential News

Essential Therapeutics

The Ultimate Practitioner Range

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Greetings

In this issue we consider the essential oil with the divine name – *Angelica*

archangelica. Besides the long tradition of *Angelica* being used to ward off the evils of enchantments and other witchcraft spells, you will see the numerous beneficial properties attributed to the herb throughout the ages.

We continue with the article on *Quality Matters - Natural Variations*, highlighting all the 'odd things' that can be noticed with

natural essential oils, waters of distillation, virgin vegetable oils and more.

Essential Therapeutics continues to strive to offer you the highest quality products at realistic prices. In *Product News*, you see our offering of new products, including the certified organic essential oils of Italian Bergamot and Ylang Ylang complete.

I can point out that we not only fully analyse our essential oils for authenticity, with products we offer as certified organic, these products are vetted by the ACO (Australian Certified Organic) to **guarantee**

their organic status. Sadly, out in the marketplace, 'organic' products may not always be what they claim to be! Please have a look at our product specials for June. Always an encouragement to try out some new oil or product you haven't tried before...

Best Regards,

Ron Guba,
Editor

Angelica – 'Oil of the Angels'

Common Name	Angelica
Botanical Name	<i>Angelica archangelica</i> L. syn. <i>Angelica officinalis</i>
Family	Apiaceae
Plant part	Root
Extraction Method	Steam distillation
Country of Origin	France
Guarantee	Select
Aroma	Pungent, musk-like with fruit and pepper aspects.

Origin:

Angelica is a herbaceous biennial or short-lived perennial, native from northern and eastern Europe through central and east Asia and the Aleutian Islands. It has a long, thick, fleshy root, greenish-white flowers, and a long hollow stem. Both the root and the seeds are steam distilled with the root oil considered superior in therapeutic benefit. Major producing countries include France, Belgium, Hungary and Germany.

History:

The medicinal virtues of *Angelica* herb are recorded in the ancient folklore of many northern European countries. It was regarded as protection against disease, beneficial for the blood, and good for curing innumerable maladies. In the 17th century herbal entitled "Paradise in sole," author John Parkinson put *Angelica* in the forefront of all medicinal plants because it was angelically able to ward off evil spirits, spells, witchcraft, and enchantment's. *Angelica* preparations have been prescribed



historically for many complaints including: indigestion, flatulence, gastritis, stomach and duodenal ulcers, 'nervous diseases', insomnia, chronic bronchitis, fevers, general debility, to influence menstruation and on. Other *Angelica* species have been used historically (and presently) in Chinese and Indian medicine.

Modern research has demonstrated some of these properties, including protection against liver damage, anti-ulcerogenic effects and more.

It is uncertain where *Angelica* received its 'angelic' botanical and common names.

One suggestion is that it was revealed to have potent magical powers by the archangel Raphael.

Another interpretation is that the revelation was given by an angel in a dream of a monk, for the purpose of curing the bubonic plague, which decimated Europe in 1665. After this it was regarded as "the antidote" to the Plague. *Angelica* water formed part of a royal prescription published in a pamphlet in 1665, the year of London's Great Plague. The prescription was entitled "The King's Majesty's (Charles II) Excellent Recipe for the Plague." The mixture was taken twice a day by thousands of desperate residents of London.

Still another explanation of the name is that in parts of Europe on the day of Michael the Archangel (May 8, in the old calendar) *Angelica* flowers and is therefore important against evil and witchcraft. Indeed, this plant has been held in such esteem that it was called the "root of the Holy Ghost".

"Carmelite water" was a medieval herbal preparation of the 16th and 17th centuries that included crushed *angelica* roots. Among its alleged virtues, it was believed to protect against witches' spells.

Angelica was believed to be the only herb witches did not use, and it's presence in a **continued page 2**

Angelica – ‘Oil of the Angels’

woman's garden or kitchen was once used as a defence against accusations of witchcraft. Sprinkling Angelica root powder in one's home was thought to frighten away witches.

Overall, the therapeutic actions of Angelica root (where macerations or tinctures of the whole root have been used since antiquity) appear to be primarily due to the essential oil content. It has been suggested that the essential oil will provide greater diaphoretic, relaxant and diuretic effects as compared to the whole root.

Energetics:

The popular European medical author Wilhelm Ryff wrote of Angelica root in 1573, "through such a remedy all poison is effectively expelled from the Heart and eliminated through sweating." This says of the anti-infectious effects of Angelica root, that it serves as an immune stimulant, in those days, seen to work via a stimulation of the 'vital spirit' housed in the heart, and activated by sweating (or a diaphoretic effect).

Angelica's action is related to the Air element, hence it's action on the nervous system, the Qi and energy flow specifically. Inhibiting both the sympathetic and parasympathetic nervous system and the vagus nerve in particular, Angelica is excellent to relieve spasms, cramps, wheezing etc in the digestive and respiratory systems, especially when this is due to emotional / mental origins. Like it's Chinese relative, Angelica Dang Qui (Dong Quai), Angelica root oil is a warming, sex hormone balancing, uterine stimulant essence that is useful in a variety of menstrual disorders.

Mind and Emotions: A sedative and relaxing oil that is 'grounding' in its 'rooty' nature. Hence,

Angelica is useful to help pull down or ground those who are excessively 'airy'.

Chakra Affinity: Crown, Heart, Solar Plexus (it is said to link the Crown and Base Chakras)

Safety Issues:

A very non-toxic oil. No caution is advised during pregnancy by French medical practitioners. However, some herbalists

Principal Constituents as determined by GC/MS analysis:

C ₁₀ terpenes	pinene (21 - 25%), pinene (<2%), limonene (<12%), d-3-carene (<11%), (<10%) and (<16%) phellandrene, para-cymene (<6%), <2% of camphene, sabinene, cis and trans ocimene, others
C ₁₅ terpenes	<1% of caryophyllene, elemene, farnesene, bisabolene, muurolene and others
C ₁₀ alcohols	<1% of terpinene-4-ol, verbenol, piperitol and others
Esters	Bornyl acetate (<2%), <1% of verbenyl acetate, pinocaryyl acetate, verbenyl, bornyl and isoamyl isovalerate, others
Terpenic alkaloids (nitrogen containing)	tridecanolide (0.4 - 0.9%), pentadecanolide (0.4 - 0.9%)
Coumarins and furocoumarins	<2% total of umbelliferone, archangelicine, angelicine, bergapten, osthol
Plus small amounts (<1%) of ketones (cryptone) and oxides (humulene monoxide)	

Quality Issues: The major issue is the extension of the root oil with the less expensive seed oil.

Properties:	Therapeutic Indications:
Digestive stimulant, carminative, anti spasmodic and calming + + +	Indigestion and nausea, excellent for "nervous" stomach and digestive disorders related to stress and emotions. Poor appetite. Chronic gastritis, enteritis and colitis, possibly anorexia; Liver congestion, hangovers
Expectorant, anti spasmodic, "circulates the Qi", diaphoretic	Hayfever, bronchitis and other congested respiratory conditions with coughing and / or wheezing. Wind / cold conditions such as onset of infections with fatigue and chills, headaches etc. Neuralgic and muscular pains due to cold
Sedative and calming + + +	"Nervous stomach", colitis (as above), anxiety + + +, nervous fatigue + +, insomnia + + +
Harmonises urination; increase urogenital Qi, "detoxifying" lymphatic stimulant	Difficult urination, bladder irritation, bedwetting, incontinence. Fluid retention, gout (uric acid elimination), cystitis, swollen lymph glands
Emmenagogue, uterotonic	PMS, painful, scanty or delayed menstruation, oestrogen deficiency disorders, Angelica herb had been used traditionally to help stimulate and facilitate childbirth
Anti coagulant	Bruising, contusions.
Anti-toxic (?), immunostimulant	There is a history of use of Angelica root for the treatment of poisoning from food, toxic herbs and alcohols. Preventative in epidemics, speeds recovery from illness and useful for exhaustion due to physical or mental stress.

have cautioned the ingestion of the whole herb during pregnancy due to its supposed uterine stimulant action. Certainly, the use of low concentration topical preparations would be without problem. As with it's Chinese relative, Angelica Dang Qui, large topical doses and ingestion of the herb or oil can be recommended to be avoided during the first trimester of pregnancy.

Angelica root oil is photosensitising due to its bergapten content; less than 0.8% concentration should be used topically on skin to be exposed to excessive sunlight up to 12 hours after application.

Angelica root, especially if old and containing oxidised terpenes, can be a skin irritant or a sensitiser in sensitive individuals.

JUNESpecials

As part of our newsletter specials, we offer you the following products at a 10% discount throughout June.

New formula
Essential Base Shampoo 250mL

New Hydrosol
Jasmine Aromatic Hydrosol 100mL

Oil of the month
Angelica root essential oil 2mL

Stock Specials

We also offer the following products at a special price. A good time to stock up and save! A 10% discount offered throughout June.

Relaxant Therapeutic Massage Concentrate 10mL

This fragrant blend will help to calm and cool stressed and frayed nerves. Relaxant helps to relieve nervous tension, stress, mild anxiety, depression and related conditions, such as insomnia and tension headache. Also for the temporary relief of digestive cramps, colic or nervous "butterflies".

Orange Blossom Aromatic Hydrosol 100mL

The true water of distillation of Bitter Orange flowers.

The Massage Blend 200mL

Our premium, balanced blend of the pure vegetable oils of Grapeseed and Canola with the virgin, unrefined oils of Sweet Almond and Macadamia, and protected with Amiox. An excellent all round blend for any type of massage application.

Therapeutic Massage Blends 100mL

These massage blends are a full 5% concentration of our corresponding Massage Concentrates in our Massage Blend vegetable oil base; all in an attractive cobalt blue glass bottle. On special in June will be **Relaxant**, **Slimming** and **Intimacy Massage Blends**

Going Organic...



As always, *Essential Therapeutics* strives to offer the highest quality essential oils at reasonable prices.

We are pleased to announce the offer of more certified organic essential oils and vegetable oils. As present stocks run out, we will then be offering you the following organic products:

Bergamot Supreme – from the Calabrian region of Italy - ACO certified.

Ylang Ylang complete – from Madagascar - Ecocert certified.

We will be offering these organic oils at just a slightly higher price than at present – an excellent value.

Rose Hip oil – from Chile * Hemp Seed oil – from Hungary - both oils ACO certified.

The price of these oils are substantially more expensive and we will need to raise the price on these products, but we are sure you will appreciate the quality. Please contact your distributor for more details.

On the other hand, we are discontinuing our Red Thyme oil organic, due to its' very high cost. We will be replacing this oil with an excellent cultivated *Thymus vulgaris* (thymol type) oil grown traditionally in Spain. This oil will then be available in a 10mL size at a very good price.

And our popular Frankincense (*Boswellia carteri*) will now also be available in a 10mL size.

New Jasmine Hydrosol

Jasmine flowers are never steam distilled for their essential oil; instead the flowers are always solvent extracted to produce Jasmine absolute.

However, we have now produced our own Jasmine water of distillation by steam distilling Jasmine concrete. The result is an aromatic hydrosol with the delicious aroma of pure Jasmine.

New and Improved Sulfate-free & PEG-free Shampoo!

We have reformulated our *Essential Shampoo Base* with a number of new skin and hair-friendly ingredients. The result is a shampoo for all hair types, with gentle but effective cleansing power. It is concentrated, so a little will go a long way.

The new ingredient listing for *Essential Shampoo Base*: Contains distilled water, cocamidopropyl betaine, lauryl glucoside, sodium lauroyl sarcosinate & amphoacetate, glyceryl oleate (all derived from coconut or palm oil), citric acid and sodium hydroxymethylglycinate (an amino acid-derived preservative).

You can 'customise' *Essential Shampoo Base* by the addition of essential oils to suit different conditions. From 0.5% to 2% additional essential oils can be used. The most effective way to add oils to the shampoo is to mix one part of essential oil with four parts of our *Essential Solubiliser* first. Then, simply mix into the shampoo. There may be a change to the consistency and colour of the shampoo based on the essential oils and dosages used.

Quality Matters... 'Natural Variation'

Continued from March 2004 Essential News

Vegetable oils are another issue. We prefer to offer unrefined or 'virgin' vegetable oils that have only been expeller pressed and then filtered. This is because standard refining processes remove to varying degrees useful compounds (such as for skin benefits) such as phytosterols, vitamins, lecithin and on.

However, many virgin vegetable oils have a distinctive odour. Virgin Sweet Almond oil, for example, can smell quite strongly of roasted almonds. And some oils, like canola and sunflower, have quite an unpleasant aroma in their unrefined state. In terms of using such vegetable oils for massage work or in natural cosmetics, some people prefer to use the odourless refined oils - which are still beneficial for the skin.

This is why we offer both virgin oils, such as Rose Hip and Macadamia, and refined oils, such as Sweet Almond and the coconut oil fractions used in *Super Fine Massage Blend*.

We primarily use virgin oils in our 'base' creams and lotions. This gives these

products some degree of fragrance, but we do find people appreciate the difference and quality.

1. Sediment, Crystals and Cloudiness

We would not be too excited to purchase a bottle of pure drinking water if we saw a layer of sediment lying at the bottom. Yet, as we will discuss, there are natural products that often contain 'sediment'. This is a sign of their 'naturalness' and lack of further refining or processing – not a negative.

Vegetable oils. After final filtration, some virgin vegetable oils may still contain small amounts of fine wax particles that will settle to the bottom of the container.

Virgin Avocado oil is one vegetable oil that vary from season to season in its wax and sterol content. Hence, some batches are almost free of waxes, and others contain significant amounts that appear as a wax 'bloom' in the bottle. With gentle warming, the waxes melt and will form again when the oil is cooled. This has led to questions and complaints at times, but it is simply due to the whims of the avocado!

Now, we could easily offer **refined** Avocado oil (this is what is usually offered in the marketplace) to overcome this. But, certainly in the case of Avocado oil, sterols

and other compounds removed by the refining process do have real benefits for the skin. Some cosmetic raw material suppliers take the avocado oil residues removed by refining and sell them back to customers as an active cosmetic ingredient. I think you will agree that it is better just to leave these bits in the oil!

The **Calophyllum oil** (also known as 'Tamanu' oil) that we have been stocking is a bluish-green oil that is quite cloudy and has plenty of 'sediment'. It is a unique oil with a number of useful properties, including skin regeneration. It may appear 'odd', but that is the natural state of the expeller pressed oil. We now are stocking a finely filtered, virgin Calophyllum oil, and this oil is quite clear in comparison.

Small amounts of sediment are found in our **Herbal Infused Oils**. Even after final filtration, the 'sediment' consists of tiny particles of the herbs that are used - not 'dirt' or other foreign matter.

When it is cold, please remember that many vegetable oils (those rich in saturated and monounsaturated fats) will begin to solidify. Our **Essential Solubiliser** will also begin to solidify in cold weather. Gentle warming will liquefy again.