



ESSENTIAL THERAPEUTICS

## Natural Variations

Manufacturers of cosmetics, fragrances and personal care products go to great lengths to create products that remain consistent in their appearance, fragrance, colour, feel and on. Of course, this is one reason for the use of strong synthetic emulsifiers, preservatives, fragrances, synthetic oils and dyes. Such products may not be of any real value for your skin, for example, but they are consistent – and this is what we as consumers have come to expect.

When we consider using **fully natural** products, we now find that consistency in a number of areas can vary quite a bit. This has led me to answer numerous questions over the years about these issues and to people wondering whether or not a variation is acceptable.

These issues were discussed in full in our *Essential News* journal, Vol. 15 & 16. Please contact us if you'd like a back copy.

As a summary:

### Fragrance variation

As a professional aromatherapy supplier, we find that odour acceptance can be a major issue for our customers. Most of us do not have a gas chromatography machine at home to test for authenticity, so checking the fragrance of an essential oil is often a major method of “quality control” by customers.

**Natural essential oils** will often vary a small amount in aroma from each harvest. Or there may be a change due to using a different steam distillation unit and on. We accept these variations – they are simply natural – and we do **fully** test all our oils for authenticity. If the aroma varied dramatically for any reason, we would reject the batch.

In the flavour and fragrance industry (and unfortunately what too often ends up offered as so-called Aromatherapy oils), essential oils and synthetic aroma chemicals are routinely blended together to create a consistent acceptable fragrance and a lower cost product.

Often, people are more used to the aroma of these commercial adulterated oils instead of the real thing.

As an interesting example, I have tested some hundreds of participants in seminars with a blind odour evaluation test. Using Lavender essential oil as an example, I have people evaluate three samples by odour alone – a real wild harvested True Lavender, a Lavandin Super Acetate clone and a very inexpensive Lavender blend of Lavandins and synthetic aroma chemicals.

On average, **50%** of people judged the **fake Lavender**, as the “real Lavender” and about **30%** of the people felt the real wild harvested **True Lavender** (as Lavender as Lavender can be!) was the adulterated Lavender blend.

In summary, we have to be careful about **only** trusting our nose!



## ESSENTIAL THERAPEUTICS

### **Sediment, Crystals and Cloudiness**

Some essential oils and other products can have crystals or sediment in the bottle. Sediment and the like is never “dirt” or foreign matter, but naturally occurring compounds in the raw material.

**Virginian Cedarwood** essential oil will develop crystals of cedrol over time. Gentle heating will re-dissolve.

**Myrrh** oil and **Benzoin** will slowly harden over time to a thick resin.

**Expeller pressed citrus oils** will often form a small bloom of natural citrus wax in the bottle when cold.

**Virgin, unrefined vegetable oils** can contain natural waxes that settle out when cold.

**Avocado oil** is a prime example. Virgin vegetable oils can also have a **distinctive odour** – but this is simply what the natural odour of the oil when it is not fully refined.

Our **Herbal Infused Oils** can contain some very fine particles of the herbs used, even after final filtration.

**Natural Waters of Distillation**, such as Damask Rose water 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.

### **Appearance and Colour**

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

Calendula and Carrot extracts can slightly vary in the amount of the deep orange beta-carotene from batch to batch. We use these extracts in our **Damask Rose Healing Moisturiser** and these variations can be enough to vary the colour of the cream.

**Amigel** is our unique natural gelling agent. The prepared gel we provide will become somewhat ‘lumpy’ with some water condensing on the top of the gel over time. Simply shake the container well to re-establish a smooth consistency.

### **Lastly, we will never sell you an empty bottle of Rose oil!**

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

Of course, Rose oil is quite expensive, and we 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...