

*and there is no new thing
under the sun.*

Ecclesiastes 1:9



Essential Oils

Healing the Lord's Way

“Trending now... again”

*What is an essential oil, or
an essence?*

*The essence of a plant, in a
concentrated form*

Methods for distilling essences

Three methods:

- 1. Distillation*
- 2. Expression*
- 3. Extraction with
Solvents*



- ▶ Essential Oils are mainly obtained by means of distillation in stills.
- ▶ In order to produce a good essence, certain degrees of art and patience are required.
- ▶ e.g. from one hundred kg of eucalyptus leaves, only two litres of essential oil are obtained.

1. Distillation

- ▶ The water inside the still is heated to the boiling point. The volatile active ingredients of the plants, which lie over the boiling water are held in a filtering strainer (double boiler) are carried by the water vapour.
- ▶ The vapour, containing the volatile active ingredients, passes through a refrigerating circuit, where it cools and condenses, forming a liquid.
- ▶ Once the process has ended, and the liquid has steeped, there are two factions decanted or separated out.

into the 2 Factions:

- ▶ 1. Essential Oil, or Essence- which forms the upper layer because of its low density and its insolubility in water
- ▶ 2. Floral/Plant Water, or hydrosol, which is the condensed water vapour, along with the water-soluble substances it has carried. There are also small amounts of essential oils present in suspension in the floral water. As of 2004, floral waters are used mainly to make perfumes, although research is currently examining their medicinal applications.

- ▶ However, citrus essences are crushed, not steam distilled

2. Expression

- ▶ The application of pressure on the active parts of the plant until the essence is extracted.
- ▶ This method is especially used to obtain the essences of citrus rind: orange, lemon and tangerine .



3. Extraction with Solvents

- ▶ The aromatic elements of plants are dissolved into a volatile solvent, which is later evaporated, leaving a dry residue called absolute essence.
- ▶ e.g. vanilla beans soaked in alcohol and then evaporated



“The simple act of smelling the aroma of a flower affects the hormonal balance, the nervous system, the respiratory system, & even our state of mind ”

George D. Pamplona-Roger, M.D.

*Aromatherapy = treatment
by means of aromas*

How aromatherapy works

- ▶ Before reaching the lungs and passing into the blood, the molecules of the essence stimulate the olfactory (smell) cells in the nostrils. The smell cells are actually neurons .
- ▶ The smell cells send electric pulses with the coded smelling message through the olfactory (smell) nerve.

- ▶ The smell nerve carries the stimulus to different parts of the brain:
- ▶ the amygdala and the hippocampus of the temporal lobe, where scent memory lies;
- ▶ the thalamus , where emotions lie;
- ▶ and overall, the hypothalamus and throughout it, the hypophysis, the regulating centre of hormone production for the whole body .
- ▶ The relationship between the olfactory nerve, the thalamus , the hypothalamus, and the hypophysis could explain the well known regulative effects of aromas on the neuro-hormonal system.



To obtain good results,
treatments with essences must

- ▶ 1. last from one to three weeks applied in any of the following four ways

to obtain good results with essential oils

- ▶ A. Treatments should last from one to three weeks
- ▶ B. Treatments can be applied in any of the following four ways:
 - ▶ 1-atmospheric diffusion;
 - ▶ 2-skin massage;
 - ▶ 3-essence baths;
 - ▶ 4-internal use.



1. Atmospheric diffusion- the best method

- ▶ 2 ways:
- ▶ 1. Evaporation- apply some drops on back of hand, palms or over a heat source, like a heater, impregnate handkerchief or pillow . e.g. lavender or orange to restore or encourage sleep. 😴 Orange is especially recommended for children who do not fall asleep easily .zzz
- ▶ 2. Electric Diffuser- which vaporizes the essential oil using a vibrating mechanism . Ten to fifteen minutes should be enough to fill a room with micro-particles of vaporized essence .



2. Skin Massage

- ▶ Rubbing the essence on skin makes the essence penetrate ,soaking the tissues and passing to the blood and lymphatic system. The proper effect of the essence is enhanced by rubbing , which is when the results are noticeable .
- ▶ Massage chest, stomach, back, neck, arms & legs. Avoid contact with mucosa of eyes, mouth& genitals. Normally 20-30 drops suffice.Essence must be applied to hands of person rubbing. For sensitive skin, dilute essence 50/50 with olive, wheat-germ or almond oil.

3. Essence Baths or Water Vapour Inhalers

- ▶ A. Add three to ten 💧 drops of essence per 🛀 bathtub.
- ▶ B. Two or three drops 💧 are enough for a water vapour inhaler .

4. Internal Use- see cautions below

- ▶ Essences can be taken
- ▶ a-orally, or
- ▶ b-by pouring them on the back of the hand;
- ▶ c-by pouring them on a spoon with honey;
- ▶ d-by pouring them into a glass  of lukewarm (Laodicean)  water. Never use hot water since the essence's active components decompose with heat.
- ▶ to complement any of the other treatments.

4. Internal Use - cautions continued

- ▶ Essences are highly concentrated substances, & their doses, of 🙌 one to three 💧 drops , three or four times a day , must not be exceeded .
- ▶ Children under six years old should take hydrosols , not essential oils.
- ▶ Never take an essential oil for more than three weeks.

And now for your Biblical- Essence challenge

*Each group is to name
five essences mentionned
in the Bible , identifying
the book 📖 , chapter and
verse where the essence
is mentioned, and*




*then advise us of the
therapeutic use of the
essential oils chosen.*



*Would you
like me to
give you an
example ?*



e.g.   Rose

- ▶ Rose-  Song of Solomon, c. 2, v.1 :
- ▶ “I am the rose of Sharon,...
- ▶ Rose/Rosehips - infection fighter; stress herb
 - ▶ Natural Pharmacy, p. 11.





OR

to be continued

*“Go ye therefore, and TEACH ALL NATIONS,
baptizing them in the name of the Father, and of
the Son and of the Holy Ghost: TEACHING THEM
to observe all things...”*

–Matthew 28:19,20.



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–Linda H. Kolyn, Toronto ,23 July 2017, A.D.