



## **Skin References Modules 3 - 15**

### **Module 3**

#### **Bergamot**

Bergamot is one of the most popular fragrance in the cosmetic industry, being extensively used in perfumery and skin care.

The pure essential oil is very potent thus caustic to the skin and phototoxic; a high dilution (maximum 0.5%) is recommended.

Topical: balances sebum production, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health.

However, because it can sensitize the skin a patch test before using is recommended.

Add 1 drop of bergamot essential oil in a carrier oil or a skin lotion to address nervous triggered skin conditions such as eczema and psoriasis and to soothe insect bites. Add 1-2 drops in 1 oz. carrier oil to obtain massage oil with great effects in enhancing peripheral circulation and soothing muscles. It is best to avoid using on the skin before going into direct sun.

#### **Clove**

Clove bud essential oil has anesthetic effects when used in pure state. Clinical studies showed great efficiency in addressing toothaches. However, pure clove bud essential oil is dermocaustic so applying it undiluted to the skin can cause chemical burns.

#### **Eucalyptus**

Eucalyptus also supports cerebral and peripheral circulation, promotes muscle and joint health and protects the skin from bacterial and fungal infections.

Skin: promotes skin health, fights fungal infection, supports wound healing, aids in varicose veins and leg ulcers, has antibacterial properties, great addition for massage oil

#### **Frankincense**

The active ingredients of frankincense are also beneficial for muscles, joints and skin.

Skin: promotes wound healing, has antioxidant and anti-aging properties, effective in wrinkle treatment, reduces scarring, promotes and supports gum health

Add 1-2 drops frankincense essential oil to skin lotion or cream to obtain anti-aging effects. Dilute 1-2 drops in a cup of water and use as gargle and mouth rinse.

### **Lavender**

It is highly compatible and excellent for the skin, especially in wound healing.

Skin: promotes wound healing, helps in skin infection and inflammations, soothes insect bites and stings, treats cold sores, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, reduces hair loss, treats dandruff, promotes skin and hair health

Skin lotion (wound healing support):

- 4 drops lavender
- 4 drops helichrysum
- 2 drops rose

The blend can be applied pure or diluted in 15ml aloe vera gel

### **Tea tree**

Tea tree oil is one of the most beneficial active ingredients in skin care. It helps in acne treatment, balances the sebum production and promotes overall health of skin, hair and nails.

Skin: helps in skin infection and inflammations, soothes insect bites and stings, treats cold sores, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, treats dandruff, strengthens nails, fights nail fungal infections, promotes skin and hair health

Safety: in pure form may be irritant to the skin and mucous membranes, a patch test before using is recommended

## **Modules 4 & 5**

### **Monarda**

It was considered to have an affinity for the skin and hair, and it was used in the preparation of cosmetics.

Monarda essential oil is an excellent choice for skin care when gentle antiseptic effects are needed. However, pure essential oil is very potent and can be caustic to the skin; use only when highly diluted (maximum 1%).

Monarda has an affinity for the skin, due to its antibacterial and antiseptic properties, which are effective yet gentle.

Topical: balances sebum production, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health

Add 1 drop of monarda essential oil in a carrier oil or a skin lotion to address nervous triggered skin conditions such as eczema and psoriasis, soothe insect bites and promote wound healing.

### **Myrtle**

Therapeutically, the essential oil has a relaxing effect on the nervous system, supports the respiratory system and is very good for the oily, acne-prone, seborrhea skin due to its astringency.

Myrtle essential oil is astringent, which makes it efficient in addressing skin conditions associated with excess sebum production such as acne, seborrhea, clogged pores etc.

Skin: balances sebum production, astringent, helps in treating acne, aids in seborrhea, efficient in oral hygiene

Add 1 drop of myrtle essential oil in a carrier oil or a skin lotion to balance sebum production and address acne (especially juvenile), to reduce skin inflammation and blemishes.

### **Pine**

Skin: antibacterial, antiseptic, promotes wound healing

### **Pinon Pine**

Skin: antibacterial, antiseptic, promotes wound healing, helps in healing mouth and throat sores

### **Spruce**

Skin: antibacterial, antiseptic, promotes wound healing

## **Modules 6 & 7**

### **Black pepper**

Safety: non-toxic, irritant if undiluted on the skin

### **Chamomile, Roman & German**

Skin: promotes wound healing, especially in slow healing ulcerations, helps in skin infection and inflammations, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, helps in the treatment of broken capillaries and

varicose veins, treats diaper rash

Chamomile oil can be used directly on the skin, in a diffuser, in bath water, and added in to various lotions and ointments.

### **Fennel**

Fennel essential oil is effective in the same systems as the herb. It is great for the skin, where it balances the sebum production and prevents premature aging by fighting free radicals.

Applied on the skin it has antioxidant and regenerative properties that balance the skin, prevents premature aging, fights rashes, eczema, psoriasis, dermatitis and other skin problems. Fennel oil also promotes wound healing, due to its antibacterial and antiseptic properties.

Skin: promotes wound healing, balances sebum production, has antioxidant properties, fights premature aging of the skin, helps in psoriasis, eczema, rash, dermatitis, promotes healthy skin, hair and nails.

Add 1-2 drops of fennel oil in the skin lotion or ointment to promote a healthy, young-looking skin and to address premature skin aging.

## **Module 8**

### **Grapefruit**

Grapefruit is a popular ingredient in skin care, due to its numerous benefits for the skin.

Grapefruit essential oil is excellent for skin care, in a proper dilution. Topically applied it has detoxifying and slightly astringent effects, which are excellent for young skin problems such as acne. It also supports skin regeneration and rejuvenation.

Topical: balances sebum production, astringent, detoxifying, alleviates juvenile acne, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health, helps in cellulite treatment, attenuates stretch marks

Grapefruit essential oil can be applied (always highly diluted, maximum 1%) topically, as a compress, in the bath, through direct inhalation, or diffuser. However, because it can sensitize the skin a patch test before using undiluted is recommended.

Add 1 drop of grapefruit essential oil in a carrier oil or a skin lotion to rejuvenate skin, enhance its elasticity, address sebum imbalance, to reduce skin inflammation and blemishes.

Skin smoothing blend:

- 4 drops grapefruit
- 2 drops cypress
- 2 drops rosemary

Dilute the blend in ½ oz. grape seed oil and use for dry and sun damaged skin

### **Lemon balm**

Topical: balances sebum production, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health

Add 1-2 drop of lemon balm essential oil in a carrier oil or a skin lotion to address nervous triggered skin conditions. Add 1-2 drops in ½ oz. carrier oil to obtain massage oil with great effects in enhancing peripheral circulation and moisturizing skin.

### **Ravensara**

On the skin it is particularly effective in oral herpes and shingles.

Skin: antibacterial, antiseptic, promotes wound healing, helps in healing mouth and throat sores, aids in oral herpes, soothes shingles

### **Rosemary**

Rosemary is tonic, warming, benefic for peripheral circulation, muscle, joints, skin and hair. It is also highly benefic to the skin, especially the scalp as an anti-dandruff ingredient.

Skin: promotes wound healing by enhancing local circulation, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, reduces hair loss, treats dandruff, helps in alopecia, promotes skin and hair health

Add 1-2 drops rosemary essential oil in skin and hair lotion to promote a healthy complexion and to address dermatological problems such as rash, eczema, dandruff, folliculitis and others.

Hair and scalp formula:

- 8 drops rosemary verbenone
- 4 drops atlas cedar
- 4 drops lemongrass
- 4 drops lavender

Dilute the blend in a carrier oil; optionally add 10% argan. Use a few drops to massage on the scalp

### **Tulsi**

Topical: regulates sebum production, treats oily skin, helps in acne treatment, soothes psoriasis, alleviates eczema and rash

However, pure tulsi essential oil is dermocaustic so applying it undiluted to the skin can cause chemical burns and the more diluted the less anesthetic the essential oil is.

Add 1 drop in skin cream or lotion to balance sebum production and to address oily skin

## **Module 9**

### **Birch**

Do not use birch or wintergreen on infants, on damaged skin, or with individuals on other salicylate-based medication.

### **Helichrysum**

H. italicum essential oil is the go-to oil for skin cosmetics with potent antioxidant, anti-aging and restoring properties.

One of helichrysum's properties is its potent effect in skin conditions and promoting wound healing and skin health.

Skin: promotes wound healing, especially in slow healing ulcerations, treats bruises, helps in skin infection and inflammations, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, helps in the treatment of broken capillaries and varicose veins

Its primary use is by topical application to support skin healing. Helichrysum is compatibility with the skin and can be applied undiluted, but it is also very effective in dilution. Incorporate helichrysum essential oil in skin creams, lotions and ointments.

To support the healing of skin wounds, burns and reduce scarring use undiluted helichrysum essential oil, as many times as necessary.

Skin Regenerative blend:

- 12 drops helichrysum italicum
- 6 drops carrot seed

### **Juniper**

Juniper essential oil is considered purifying, cleansing, and detoxifying, with affinity to the skin, muscle and joints; it is also effective in the lymphatic and circulatory systems.

### **Wintergreen**

Do not use birch or wintergreen on infants, on damaged skin, or with individuals on other salicylate-based medication.

## **Module 10**

### **Clary Sage**

Skin: soothes and reduces skin conditions associated with stress and anxiety, alleviates psoriasis, has antioxidant and anti-aging properties, regulates sebum production, helps in acne treatment, treats excessive dryness

### **Geranium**

In traditional South African herbal medicine various preparations of geranium have been used as therapeutics, especially to address skin problems and support wound and burn healing.

It is considered cooling, grounding, with a special affinity for the skin.

It has an affinity for the skin due to its high content in antioxidants and regenerative ingredients. Geranium essential oil is extremely useful in balancing the sebum production and the sebaceous glands activity, addressing premature aging, rashes, eczema, seborrhea, psoriasis, dermatitis, acne and other skin conditions related to imbalanced sebum.

Skin: balances sebum production, helps in seborrhea, useful in skin conditions associated with both excessive dryness and excessive oil, supports skin cell regeneration, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, promotes skin and hair health

To benefit from rose geranium essential oil on the skin, add 1-2 drops in a face lotion or cream. It will bring antioxidant, anti-aging and skin regenerating effects where topically applied. It will also balance the sebum production and help treating skin conditions associated with sebum imbalance.

Add 1-2 drops in ½ - 1oz. carrier oil to create a massage oil with great effects in enhancing peripheral circulation and moisturizing skin.

### **Rose**

Rose has a particular affinity to the skin where it supports a healthy complexion, promotes the health of hair, skin and nails, helps restore damaged skin, balances the sebum production, moisturizes and hydrates.

Skin: balances sebum production, supports skin cells regeneration, helps in acne treatment, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, promotes skin and hair health

To benefit from the rose essential oil on the skin add one drop in the face lotion or cream. It will bring antioxidant, anti-aging and skin regenerating effects where topically applied.

Add 1-2 drops in ½ oz. carrier (jojoba, marula) oil to make a massage oil with great effects in enhancing peripheral circulation and moisturizing skin.

Skin Health blend:

- 2 drops rose
- 4 drops lavender
- 4 drops helichrysum

Use the blend neat or dilute in ½ carrier such as rosehip seed oil and massage locally

## **Ylang Ylang**

In the local cultures, the flowers are used in rituals and revered for their therapeutic properties, especially in skin conditions; they are also considered an aphrodisiac.

Ylang ylang is excellent for the skin, due to its sebum-regulating activities.

Ylang ylang essential oil has an affinity for the skin where it regulates sebum production and balances the pH. It promotes skin regeneration, fights free radicals and has antioxidant properties.

Skin: balances sebum production, helps in acne treatment, alleviates stress-triggered skin conditions, helps in acne treatment, reduces scarring and stretch marks gentle on the skin, compatible with all the skin types, has antioxidant and anti-aging properties, effective in wrinkle treatment, brightens skin, promotes skin, nail and hair health, promotes wound healing, supports skin regeneration,

Its primary use by topical application is to support skin health. Incorporate in skin creams, lotions and ointments. Dilute ylang ylang in marula oil and use for creating glowing and radiant healthy skin, to address sebum imbalance and acne, excessively dry or greasy skin.

Facial cream:

- 3 drops ylang ylang
- 3 geranium
- 1 drop helichrysum

Dilute the blend in ½ oz. facial moisturizer and apply it on daily basis. Compatible with any skin type.

Smooth skin blend:

- 3 drops Ylang ylang
- 3 drops mandarin
- 3 drops helichrysum
- 3 drops lavender

Dilute the blend in 1 oz. carrier oil (rosehip, tamanu) or skin lotion and used on sebum



imbalanced skin.

## **Module 11**

### **Jatamansi**

Topical: promotes wound healing, reduces swelling, fights inflammations, promotes a healthy complexion of the skin, antibacterial, antiseptic

### **Mandarin**

The pure essential oil is aggressive to the skin and can be mildly phototoxic, so a high dilution / low concentration (1%) is recommended.

Mandarin essential oil is a great adjuvant in stress-related conditions, such as digestive or skin problems.

Topical: balances sebum production, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health

However, because it can sensitize the skin a patch test before using undiluted is recommended.

Add 1 drop of mandarin essential oil in a carrier oil or a skin lotion to address nervous triggered skin conditions such as eczema and psoriasis and to soothe insect bites.

### **Healthy Skin Formula:**

- 4 drops mandarin
- 10 drops helichrysum
- 6 drops lavender
- 2 drops neroli

Dilute the blend in a carrier oil (rosehip) and apply on the skin, or add 1-2 drops in a skin lotion.

### **Vetiver**

It is also used in various cosmetic preparations to promote a healthy, glowing skin, to stimulate skin regeneration and to prevent and repair stretch marks.

Skin: promotes skin health, boosts skin rejuvenation, helps in acne, enhances skin elasticity, balance sebaceous activity, fights fungal infection

It can be also be used undiluted, directly on skin, where a single drop will linger for days.

- Use directly on skin, in bath water or diffuse (essential oil blend only) when exhausted, stressed, anxious, or with insomnia

## **Module 12**

### **Jasmine**

Jasmine is also effective in alleviating skin conditions, stretchmarks, promoting wound healing and skin health, soothing muscles and joint pain and relieving local pain and spasm.

Skin: mild on the skin, highly compatible with all skin types, helps in the treatment of broken capillaries and varicose veins, attenuates stretch marks, has anti-oxidant and anti-aging properties, helps in prematurely aged skin

Add 2-3 drops in ½ oz. carrier oil or a skin lotion and massage into stretchmarks.

### **Neroli**

Neroli essential oil has an affinity for the skin and musculoskeletal systems. It promotes skin regeneration and has antioxidant properties.

Skin: has antioxidant and anti-aging properties, effective in wrinkle treatment, brightens skin, promotes skin, nail and hair health, promotes wound healing, supports skin regeneration, balances sebum production, helps in acne treatment, alleviates stress-triggered skin conditions, helps in acne treatment, reduces scarring and stretch marks

Its primary use is by topical application to support skin healing. Neroli has a great compatibility with the skin. Incorporate alone or with helichrysum and carrot seed essential oil in skin creams, lotions and ointments. Dilute neroli in marula oil and use for bright, glowing and radiant healthy skin.

Smooth skin blend:

- 4 drops neroli
- 4 drops mandarin
- 10 drops helichrysum
- 4 drops lavender
- 2 drops carrot seed

Dilute the blend in ½ oz. carrier oil (rosehip) and used on prematurely aged or troubled skin.

### **Orange**

Pure orange essential oil is aggressive to the skin and can be phototoxic; a high dilution (maximum 1%) is recommended for use.

Applied on the skin in a proper dilution orange oil regulates sebum production, which is useful in both dry and greasy skin.

Topical: balances sebum production, helps in rashes, eczema, psoriasis, soothes insect bites, promotes skin and hair health

Add 1 drop of orange essential oil in a carrier oil or a skin lotion to balance sebum production.

### **Patchouli**

The essential oil has potent antibacterial, antifungal and antiseptic properties and has an affinity for the skin.

Patchouli essential oil has an affinity for the skin and the musculoskeletal system. It is a great adjuvant in stress-related or hormonally triggered skin problems such as acne, sebum imbalance, seborrhea, psoriasis and others.

Topical: balances sebum production, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health, helps nail recovery

Add 1-2 drops of patchouli essential oil in a carrier oil or a skin lotion to address nervous or hormonally triggered skin conditions such as acne, dry skin, oily skin, eczema and psoriasis and to soothe insect bites.

Skin rejuvenation:

- 2 drops patchouli
- 8 drops clary sage
- 3 drops rose
- 3 drops carrot seed

Dilute the blend in 1 oz jojoba or almond oil and apply on the prematurely aged skin to rejuvenate and brighten complexion.

## **Module 14**

### **Agarwood**

Agarwood essential oil is also beneficial for the skin due to its potent antioxidant and cell regenerating properties.

Skin: supports skin cell regeneration, has strong antioxidant properties, alleviates eczema, rashes and dermatitis, mild on the skin, highly compatible with all skin types, promotes skin and hair health

Add 1 drop of agarwood essential oil in face lotion or cream to benefit from its antioxidant, anti-aging and skin regenerating properties.

Add 1-2 drops in ½ oz. carrier oil to make a massage oil with great effects in enhancing

peripheral circulation and moisturizing skin.

### **Cedarwood**

Cedarwood is considered purifying and cleansing, and detoxifying, with affinity to the respiratory system, skin, muscles and joints.

Skin: helps in treating alopecia, balances sebaceous glands activity, aids in seborrhea, promotes a healthy complexion

To benefit from cedarwood's effects on the hair and skin add 1-2 drops in the hair and skin lotions for daily use. Add several drops to ½ oz. jojoba oil, massaging in to hair and scalp to relieve dry, itching scalp and nourish hair.

Hair and scalp formula:

- 4 drops cedar
- 8 drops rosemary verbenone oil
- 2 drops lemongrass
- 2 drops peppermint
- 4 drops lavender

Dilute the blend in 1oz. argan oil. Massage a few drops into scalp a few times a week to treat dandruff and stimulate hair growth.

### **Cistus**

The active ingredients of cistus are also beneficial for muscles, joints and skin, where they soothe and relax.

Skin: has antioxidant and anti-aging properties, effective in wrinkle treatment, brightens skin, promotes skin, nail and hair health

Cistus oil can be used directly on the skin (always in dilution, maximum 1%), in a diffuser, in bath water, and added in to various lotions and ointments.

Add 1-2 drops cistus essential oil into the skin lotion or cream to add anti-aging effects. Cistus essential oil can also be used as a scenting agent for various cosmetic products.

Skin care blend:

- 4 drops cistus
- 4 drops helichrysum
- 3 drops frankincense
- 3 drops chamomile

Dilute in 1 oz. rosehip essential oil and 1 oz. rose infused marula oil and apply to the skin.

### **Palo Santo**

The oil has good skin compatibility and is recommended especially for the oily,

acne-prone skin.

Skin: helps in acne treatment, balances sebum production, helpful in oily skin, promotes skin cells regeneration, has antioxidant and anti-aging effects

### **Sandalwood**

Skin: promotes wound healing, helps in skin infection and inflammations, soothes insect bites and stings, repels insects, treats cold sores, helps in acne treatment, regulates sebum production, highly compatible with dry, scaly, chapped skin, helps in varicose vein

Immunity: has antibacterial, antifungal and antiseptic properties

For skin benefits add 1-2 drops of the oil to ½ oz. skin lotion, cream or ointment.

## **Module 15**

### **Lemon**

Pure lemon essential oil is potentially aggressive to the skin and can be phototoxic, which is why a high dilution (1%) is recommended for use.

Applied on the skin in a proper dilution lemon oil has detoxifying and slightly astringent effects, which are excellent for skin problems such as acne.

Topical: balances sebum production, astringent, detoxifying, alleviates juvenile acne, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health

However, because it can sensitize the skin a patch test before using undiluted is recommended.

Add 1 drop of lemon essential oil in a carrier oil or a skin lotion to balance sebum production and address acne (especially juvenile), to reduce skin inflammation and blemishes.

### **Lemongrass**

Lemongrass is considered to be very good for the skin and currently is extensively used in cosmetics.

Lemongrass essential oil is ideal for topical blends, as it revives tern skin, helps regenerate skin cells and brightens complexion.

The active ingredients in lemongrass oil have potent antioxidant activities that are particularly beneficial for prematurely aged skin, frail hair and weak nails.

Topical: balances sebum production, helps in acne, brightens complexion, fights early

aging, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, helps in athlete's foot, soothes insect bites, insect repellent

Unlike the citrus family essential oils, lemongrass is not photo-sensitizing, which is particularly useful for persons with sensitive skin.

Add a drop of lemongrass essential oil in skin lotion or dilute in witch hazel to support complexion and healthy looking skin. To address nail fungal infection, apply topically in a proper dilution.

### **Lime**

Pure lime essential oil is aggressive to the skin and can be phototoxic, that is why a high dilution (0.7 - 1%) is recommended for use.

Applied on the skin in a proper dilution lime oil has detoxifying and astringent effects, which are particularly useful in addressing skin problems such as acne.

Topical: balances sebum production, astringent, detoxifying, alleviates juvenile acne, helps in rashes, eczema, psoriasis, alleviates skin conditions associated with stress and anxiety, soothes insect bites, promotes skin and hair health

The active ingredients, common amongst the citrus family are very potent and can be aggressive to the skin and human tissue. A high dilution of maximum 1% is always recommended as well as a precaution to photosensitive persons.

Add 1 drop of lime essential oil in a carrier oil or a skin lotion to balance sebum production and address acne (especially juvenile), to reduce skin inflammation and blemishes.