



### **Deepening Practices for Modules 6 & 7:**

- 1: Practice contemplative aromatherapy with the three most important essential oils used for nausea: ginger, peppermint and lemon; use these individually to study their specific effects. Practice before a meal and after a meal. Notice effect of each oil on the digestive system, appetite and digestion. Use if there are specific digestive symptoms. Keep a record of which oils you are using and what effects you get. Don't overdo it, keeping in mind that frequent inhalation can irritate or damage the sinus mucosa.
2. Start making simple blends for inhalation, starting with two, then three and then four oils. Keep notes of the amounts, the rationale for the formula, and what you are treating. Use the blends to treat specific symptoms if needed, and observe their effects.
3. Make an abdominal massage oil with a single essential oil. Give yourself a gentle abdominal massage before a meal or in between. Notice the effects of each oil on the digestive system, appetite and digestion. Try spice oils for activation, flower oils for relaxation. Use if there are specific digestive symptoms. Keep a record of which oils you are using and what effects you get. Don't overdo it, keeping in mind that skin sensitivities can develop several days after repeated applications of even diluted essential oils.
4. Start making simple blends for abdominal massage, starting with two, then three and then four oils. Keep notes of the amounts, the rationale for the formula, and what you are treating. Use the blends to treat specific symptoms if needed, and observe their effects.
5. Use one oil at a time on a warm compress of the abdomen. Practice before a meal or between, before bed, or if there are specific digestive symptoms. Notice effect of each oil on the digestive system, appetite, digestion. Keep a record of which oils you are using and what effects you get. Don't overdo it, keeping in mind that skin sensitivities can develop several days after repeated applications of even diluted essential oils.
6. Start making simple blends for abdominal massage, starting with two, then three and then four oils. Keep notes of the amounts, the rationale for the formula, and what you are treating. Use the blends to treat specific symptoms if needed, and observe their effects.
7. Start making and using synergies and blends for specific digestive problems. Keep notes of the amounts, the rationale for the formula, what you are treating, and observe their effects.