

# How Professional Aromatherapists Get Results Blending By Plant Part

Presented by Karen & Jenny | Aromahead  
Institute of Essential Oil Studies





# PRESENTERS

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- **Karen**, an RN, Certified Aromatherapist, and Educator, has a wealth of experience in curriculum development. **Just completed a new course on internal use of essential oils, passionate about blending for both therapeutic effectiveness and divine scents.**
- **Jenny**, also a Certified Aromatherapist and Educator, is passionate about teaching and supporting students in building their essential oil businesses. **Led 500+ students through The Natural Entrepreneur Experience, helping members create and launch their own aromatherapy businesses.**





# ENGAGING, APPROACHABLE EDUCATION



WE TAKE NOVICES TO EXPERTS

## THE POWER OF AROMAHEAD

Aromahead is the largest online aromatherapy school, with over 35K students in 180 countries.

Our graduates are shaping the future of essential oil work.





## TODAY'S FOCUS

- Basics of blending by plant part
- Citrus oils and their energetic properties
- Avoiding phototoxic reactions with citrus oils

# PLANT PART





# WHY BLEND BY PLANT PART?

## HOW DO YOU CHOOSE?

Plant parts tell us so much about the essential oil's personality and how it interacts energetically with the body. Each part of the plant holds unique properties





# LET'S TALK PLANT PART

- **Seeds:** Nurture new beginnings; promote grounding, stability, and calm during anxiety and fear
- **Roots:** Deeply grounding; restore balance and stability, ideal for easing feelings of fear and worry
- **Wood:** Centering and supportive; helps with bone and muscle discomfort, cooling for acute issues
- **Resins:** Healing; used for physical recovery and meditation, like a tree's protective pitch
- **Leaves:** Purifying; support respiratory health, clear the air like the plant's role in nature
- **Flowers:** Calming and soothing; heal and balance the skin, heart, and mind
- **Fruits:** Uplifting and cleansing; especially citrus oils, known for their brightness and freshness





## CITRUS OILS IN ACTION

**Citrus oils**, specifically those from peels, offer a unique set of energetic properties. These oils are bright, uplifting, and packed with therapeutic benefits, especially due to their **d-limonene** content.

- **Immunity:** Increases white blood cell production
- **Calm:** Supports anxiety relief
- **Relief:** Helps with depression and pain management





# THE ENERGETIC PROPERTIES OF PEEL OILS



## CITRUS PEEL OILS: A BOOST FOR YOUR SPIRIT

- Fruits are uplifting!
- Oils distilled from peels carry an energetic vibration that is revitalizing and uplifting. They are perfect for supporting emotional wellness.
- Fruits are known for their cleansing and brightness, especially those distilled and pressed from citrus rinds!
- Fresh fruits have lots of water and have an affinity with our lymph system.
- Think fresh, vibrant, uplifting, fun, creative, clearing, inspiration!



# EMOTIONAL ENERGETICS

## LEMON - UPLIFTING AND CLEANSING

Lemon oil expands energy, bringing mental clarity and reducing tension

## ORANGE - SOOTHING AND UPLIFTING

Orange essential oil unblocks stagnant energy and restores emotional flow

## GRAPEFRUIT - ENERGETIC AND CLEANSING

Grapefruit oil boosts energy and clears emotional stagnation

## LIME - REFRESHING AND INVIGORATING

Lime oil refreshes the spirit, promoting clarity and optimism







## ANXIETY GROUNDING BLEND BY PLANT PART

### INGREDIENTS:

- **Citrus: 3 drops Sweet Orange Essential Oil (*Citrus sinensis*)** uplifts and brightens with its cheerful, energizing aroma, helping to clear mental fog and reduce anxiety.
- **Wood: 2 drops Sandalwood Essential Oil (*Santalum album*)** provides deep grounding and stability, calming the mind and offering a warm, centering presence.
- **Floral: 2 drops Lavender Essential Oil (*Lavandula angustifolia*)** soothes and relaxes, relieving tension and promoting peace, while its soft floral scent adds a comforting middle note.
- **Seeds: 2 drops Cardamom Essential Oil (*Elettaria cardamomum*)** brings warmth and emotional balance, helping to release mental overwhelm while invigorating the senses.

DIFFUSER





## CHEMICAL COMPONENTS

Each citrus oil has its own personality, including unique components and safety concerns



# THE CITRUS CHALLENGE

Phototoxicity is a real concern with some citrus oils, like cold-pressed lemon and lime. Let's dive into what this means and how to avoid it.





# PHOTOTOXICITY

This refers to a skin reaction caused when certain essential oils, especially those from **certain** citrus fruits, are applied to the skin and then exposed to sunlight or UV light.

This reaction can lead to redness, burning, blistering, or hyperpigmentation. It occurs because some essential oils contain compounds called **furanocoumarins** that make the skin more sensitive to UV light.







## HOW TO AVOID PHOTOTOXIC REACTIONS

- **Dilution:** Always dilute phototoxic oils before applying them to the skin. This can help reduce the risk, though it doesn't eliminate it completely if UV exposure follows.
- **Time Exposure:** Avoid direct sunlight or tanning beds for at least 12-24 hours after applying oils that are known to be phototoxic.
- **Steam-distilled Versions:** Where available, use steam-distilled versions of citrus oils, as they do not carry the same phototoxic risks.



# TOPICAL BLENDING



## DILUTION GUIDELINES FOR SAFELY USING PHOTOTOXIC ESSENTIAL OILS TOPICALLY

- **Bergamot (Cold-Pressed):** Use 2 drops or less per 1 oz (30 mL) of carrier oil.
- **Grapefruit (Cold-Pressed):** Use 24 drops or less per 1 oz (30 mL) of carrier oil.
- **Lemon (Cold-Pressed):** Use 12 drops or less per 1 oz (30 mL) of carrier oil.
- **Lime (Cold-Pressed):** Use 4 drops or less per 1 oz (30 mL) of carrier oil.

### Non-phototoxic options:

- **Sweet Orange:** Always safe, no phototoxicity risk.
- **Distilled Lime:** Never phototoxic, unlike its cold-pressed counterpart.

These guidelines help minimize the risk of phototoxic reactions when using citrus essential oils on the skin.





SNEAK PEEK



# LOOKING AHEAD

In our 3rd video of this series, we'll dive into a case study using citrus oils and explore the importance of intuition in blending for powerful results.





# THANK YOU FOR JOINING US!

WE HOPE YOU ENJOYED  
LEARNING MORE ABOUT  
BLENDING BY PLANT PART,

SEE YOU IN THE NEXT VIDEO!

CONTACT US

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