

How Professional Aromatherapists Use Essential Oil Blends To Get Excellent Results

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



PRESENTERS

- **Karen**, an RN, Certified Aromatherapist, and Educator, has a wealth of experience in curriculum development. **Crafts multidimensional blends that address multiple concerns (e.g., pain and anxiety).**
- **Jenny**, also a Certified Aromatherapist and Educator, is passionate about teaching and supporting students in building their essential oil businesses. **Passionate about sourcing high-quality oils from distillers who prioritize therapeutic and aromatic quality.**



ENGAGING, APPROACHABLE EDUCATION



WE TAKE NOVICES TO EXPERTS

THE POWER OF AROMAHEAD

Aromahead teaches informed decision-making, from oil selection to blend application, ensuring profound results.



TODAY'S FOCUS

- Case study on blending for anxiety
- Creating two variations
- Applying chemistry and plant part knowledge

PRACTICAL BLENDING



BLENDING WITH PRECISION

HOW DO YOU CHOOSE?

Professional aromatherapists use chemistry and plant part knowledge to create blends with precision.



CASE STUDY

Let's look at how we can take one anxiety relief recipe and create two variations using chemistry and plant part.

Background: Emily is a 30-year-old yoga instructor who **struggles with anxiety**, particularly when she feels overwhelmed by her responsibilities. Her anxiety manifests in different ways: sometimes it's just:

- mental fog
- other times it causes physical tension
- and in emotional moments, she feels like she needs extra comfort and can't relax



CASE STUDY: EMILY

Blend 1: Anxiety Relief

Focus: Reducing anxiety with d-limonene (from citrus), and grounding oils from wood and flowers to balance the mind, heart, and body.

Inhaler Blend: Immediate, portable relief for anxiety and emotional support.

- **Citrus:** Sweet Orange (*Citrus sinensis*) 7 drops – Rich in d-limonene, this citrus oil uplifts and reduces anxiety, promoting emotional clarity and energy.
- **Flower:** Lavender (*Lavandula angustifolia*) 7 drops – Calming and soothing, this flower oil helps balance the mind, heart, and emotions, easing tension.
- **Wood:** Sandalwood (*Santalum album*) 2 drops – Grounding and centering, wood oils provide stability and emotional balance, anchoring Emily's thoughts and calming anxiety.



BLEND 2: ANXIETY AND PHYSICAL TENSION



Blend 2: Anxiety and Tension Relief

Focus: Reducing anxiety with d-limonene and relieving physical tension with leaves, alongside the grounding effects of wood and the calming benefits of flowers.

Blend for 2 oz Lotion:

- **Citrus:** Sweet Orange (*Citrus sinensis*) – 6 drops: d-Limonene reduces anxiety and promotes an uplifting, energizing effect.
- **Flower:** Lavender (*Lavandula angustifolia*) – 5 drops: Soothes both mind and body, reducing mental and physical tension.
- **Leaf:** Sweet Marjoram (*Origanum majorana*) – 4 drops: Soothes muscle tension and cramps, providing physical relaxation.
- **Wood:** Sandalwood (*Santalum album*) – 2 drops: Grounding support and emotional stability.

Application: Blend into 2 oz of unscented lotion. Apply to tense muscles—neck, shoulders, or back—for relief from both mental anxiety and physical discomfort.



DIFFUSER

Blend 3: Anxiety and Emotional Support

Focus: Easing anxiety with d-limonene, and offering deep emotional support through the nurturing effects of floral oils and the grounding power of wood.

Diffuser Blend:

- **Citrus:** Sweet Orange (*Citrus sinensis*) – 6 drops: d-Limonene lifts anxiety, bringing brightness and a boost to mood.
- **Flower:** Lavender (*Lavandula angustifolia*) – 6 drops: Calms emotional tension, soothing the mind and balancing the heart.
- **Flower:** Rose (*Rosa damascena*) – 4 drops: A nurturing flower oil, Rose offers deep emotional healing and comfort.
- **Wood:** Sandalwood (*Santalum album*) – 2 drops: Provides grounding, emotional stability, and balance.

Application: Diffuse this blend to create a calming, emotionally supportive atmosphere at home. It works best for deep emotional comfort and anxiety relief.



APPLICATION METHODS

HOW AND WHERE YOU
APPLY YOUR BLENDS
MATTERS



- **Inhalers:** Ideal for immediate, portable anxiety relief when you need it on the go.
- **Topical Applications:** Best for addressing physical tension and anxiety simultaneously. Apply directly to areas of muscle tension.
- **Diffusion:** Perfect for creating a calming and emotionally supportive atmosphere in your space.
- **Internal Use:** There are some instances where this might be appropriate. Knowing when and how is key!





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CONFIDENCE AND SUCCESS

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