

# The Aromatherapy Basics of Lavender and Tea Tree

by Kayla Fioravanti

## Aromatherapy

By now everyone has heard the term. Many know what it means, and some know how to apply the use of essential oils into their everyday life. For me, the use of essential oils became a way of life when my son had ringworm. We had already seen the Doctor and tried many prescriptions, but the ringworm kept growing. I made a trip down the book aisle of the local health food store that would forever change our family. Every book I opened recommended tea tree essential oil for ringworm. I invested in a bottle in hopes just maybe aromatherapy would have some merit. Three days later the ringworm was gone and I was on the road that would eventually end with our family starting an aromatherapy based business and myself, becoming a Certified and Registered Aromatherapist. Now my medicine cabinet, beauty counter and bath products are filled with essential oils.

When my kids ask for medicine for their "owie" they are referring to lavender essential oil. They are true believers by way of experience. Recently my two daughters decided to play with the light bulb in their lamp late one night. We were alerted by shrieks of terror. My four year old had put her wet hand onto the light bulb. Her palm had already formed a blister and she was hysterical. I applied a small amount of lavender to my hand and rubbed it into her hand to calm her. I then poured straight lavender essential oil onto her burn and wrapped her hand up tight. She promptly fell deeply asleep. In the morning she unwrapped her hand and was surprised to find she had no pain and no blister. Her wounds had healed over night. She displayed her hand to me with disbelief and exclaimed, "Look Mommy your medicine worked!" After years of nearly miraculous experiences with essential oils I had no doubt that my "medicine" would work.

## The Science of Aromatherapy and Skin

Skin, our largest organ, is a living and dying organ that allows substances like essential oils, with small molecular structures and low molecular weight to penetrate it. The essential oils are then carried away by the capillary blood circulating in the dermis. Essential oils stimulate circulation to the surface skin cells; encourage cell regeneration and the formation of new skin cells. Some essential oils calm inflamed or irritated skin. Many essential oils have antibacterial, antifungal, antiseptic, anti-inflammatory, antispasmodic, anti-infectious, anti parasitic, antitoxic, nerveine (relieves nervous disorders), analgesic (reduces pain sensation), deodorizing, circulatory stimulating and diuretic qualities. The needs of the plant from which an essential oil is extracted will often dictate the aromatherapy properties. For instance, if a plant lives in an environment in which it is threatened by the fungus and bacteria, then the plant will produce an essential oil that is highly antifungal and antibacterial.

## Aromatherapy Emergency Kit

No home is complete without at least two essential oils in your medicine and beauty cabinet. Lavender and tea tree essential oils are the most popular and most common essential oils on the market. Simply because these two essential oils will be the antidote for most everything you will need. They are also the only two essential oils that can be used neat (straight on the skin) in most cases. All other essential oils must be diluted into carrier oil, lotion or other product for usage.

## Lavender

This oil has been used for everything from dermatitis, eczema, sunburn, insect bites, headaches, migraine, rashes, insomnia, infections, arthritis, anxiety, tension, panic, hysteria, fatigue burns, psoriasis, scars, thread veins, all problems concerning splitting of dermis and epidermis, soothes and regenerates cells. It is effective in treating infected hair follicles and other minor skin conditions, pimples, black heads and light forms of acne. It is good for all skin types and balances sebum. Lavender is an excellent and safe children's remedy including rashes, bumps and bruises and sleeplessness. Its properties include being antiseptic, analgesic, and antispasmodic, tonic,

anti-inflammatory, antibiotic, anti-infectious, antitoxin, anti-parasitic, restorative, antidepressant, calmative and sedative.

### **Tea Tree**

This oil has historic uses for rashes, insect bites, nail fungus, dermatitis, ringworm, head lice, sore throats, boils, congestion, wounds, arthritis, cold sores, fatigue, useful for a wide spectrum of infections. Tea tree encourages regeneration of scar tissue and reduces swelling. For treating acne it acts as an oil-controlling agent and has high germicidal value. It also has the property to penetrate pus by mixing with it, which liquefies the pus causing it to slough off, leaving a healthy surface. It has properties of being anti-infectious, antibiotic, balsamic, antifungal, antiviral, anti-parasitic, anti-inflammatory, expectorant, stimulates immune system, analgesic and antiseptic.

So next time you have a migraine from your job, or your child is not in the mood to “go night night”, turn to earth’s gift of lavender essential oil, remembering of course, that fragrance oils are not a substitute for essential oils. If suddenly your face breaks out with one big red pimple on the tip of your nose, apply some tea tree essential oil to the affected area. If you are not getting your beauty sleep put a small amount of lavender essential oil onto a cotton ball and put it into your pillowcase. And then there is the random rash that you can’t quite identify. The best place to start is with lavender essential oil. If that does not work switch to tea tree essential oil. One of the two normally will do the job. You can apply it neat, add it to some oil or drop a few drops into your bathtub. Begin today to enjoy all of the benefits of aromatherapy.

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