

## Essential oils, their Names and more!

Ever wonder how essential oils got their name? Well there is more to the name of an essential oil than most people are aware of.

Daily we receive inquiries about essential oils. Most folks just ask by using their common name, such as Lavender, Orange, or Eucalyptus, etc.

But in the practice of Aromatherapy and particularly therapeutic aromatherapy you need to know a little more information.

So when we are asked if we can find Immortelle, for example, we really need more information.

First thing Immortelle or Everlasting is an old name for Helichrysum but what botanical name is it.

Botanical or Latin names are the names given to plants and animals by the scientific community. Often times they are named by the person that first discovered them. They get to name them, the variety or sub species. The correct term used in the naming of plants is Botanical Taxonomy.

Upon looking in our references we find that Helichrysum "Immortelle" is not a species name. But Helichrysum "Immortelle" could be *H. angustifolia*, *H. italicum*, *H. arenarium* just to name a few.

So next we need to know even more. Are you looking for the essential oil from a specific country? Again, many essential oils can come from many different countries. Some essential oils are better when they are produced in certain countries. *Helichrysum italicum* from Corsica is considered the best in the world.

What part of the plant the essential oil is extracted from and was it steam distilled, hydro distilled or is it an absolute? Again, all important questions when asking about essential oils.

Most information about the essential oils available should contain the following on their bottle labels.

Common Name: Thyme, White

Botanical or Latin Name: *Thymus vulgaris*

Chemo type (ct) if relevant: ct Linalol

Country of Origin: France

Part used: Whole Plant

Extraction Method: Steam Distilled

So, when you are using essential oils it is helpful to know not only the common names but the botanical name also. As even though they may have similar common names, the botanical name can better identify an essential oil with certain specific but different properties and will produce different results than that of an essential oil with a different botanical name.

A quick example here would be the Eucalyptus oils. Some are better at pain relief, others at congestion and yet others are better around children.

So that which we call a "Rose will smell just as sweet" when we call it by *Rosa Damascena* !! (The most common used botanical name of Rose essential oil).

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