

Classifying oils - is there another way to Classify oils?

There are several different ways that folks like to classify essential oils. One way is by their "Notes".

Top, Middle and Base notes. Top notes are light and evaporate into the air within an hour or two. Middle notes take a little longer and may last 2-5 hours. Then the base notes are essential oils that linger for several days. But this doesn't really tell you how to use them.

There is still another way to classify essential oils that help you to identify the ways they might be used.

This method is one of my favorite ways as it can help you know what areas of the body they might be able to help too. And all you need to do is look at the label to find out what part of the plant the oil was obtained from.

I call it the parts classification method. It is quite simple and you will be able to figure it out easily too.

Depending on the part of the plant the essential oil is distilled from will help you understand this method.

Take Lavender as an example. The flowering tops are what are used to extract the essential oil. The "flowering top". The part of the body - "the Head". So Lavender essential oil is good at emotional or mental factors. And you know this to be true too, as what do they say about Lavender? It is calming - a mental or emotional state of inner peacefulness.

You can look at other essential oils this way too. Other oils that come from the "Flowers" that also help you mentally and emotionally include Rose, Jasmine, Neroli, Geranium etc.

Mind you these oils can also have other properties too, but in general if you have an emotional situation, try a blend with some of the essential oils distilled from the flowers of plants.

Other parts of plants can also be designated this way too. And although this method is not an absolute. It will give you an idea where it might be useful at a glance.

You have the Herbs and Leaves - they are often used for things in your breathing or chest and other types of infections whether it involves the lungs or not. Examples here would be basil, peppermint, rosemary, eucalyptus and thyme

You have Twigs, the Bark and the Trunk (including those essential oils produced from resins like frankincense and myrrh - the mid section of your body, your skin and more. Cedarwood, Rosewood, Sandalwood among others.

The Roots - your lower extremities and to help you be 'grounded. Essential oils like Vetiver, Ginger and Valerian fall into this category.

The Seeds and Fruits uses can vary throughout the body and again can vary from their emotional use - such as the spicy ones to 'spice' up your life and moods such as the light and fruity scents of the citrus oils. Some spice oils are warm and can be used to help muscles, etc. Examples of this group are Caraway, Carrotseed, Cumin and Black pepper. Some of the citrus oils are Bergamot, Orange, Lemon, Mandarin, Grapefruit, and Lime.

As always to see all the properties an essential oil may have, consult any number of aromatherapy books where you will find lists of many properties that the most common essential oils may possess.

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