

Aromatherapy

What is Aromatherapy? Aromatherapy is a practice using oils that have been extracted from plant parts from flowers, leaves, stems/barks, berries and roots to support mental and physical health. The oils that have been extracted are called Essential oils. Essential oils are generally inhaled and can be absorbed through the skin.

Essential Oils and Distillation: Essential oils are highly concentrated oils and are not meant for internal consumption. Please work with an Aromatherapist if you are interested in the internal use. Essential oils are distilled in several methods details below.

Methods/Water and Steam: Method can be employed with herb and leaf material. During this process, the water remains below the plant material, which has been placed on a grate while the steam is introduced from outside the main still (indirect steam).

Steam Distillation: Method is the most commonly used. During this process, steam is injected into the still, usually at slightly higher pressures and temperatures than the above two methods.

Expression also referred to as cold pressing, a method of extraction specific to citrus essential oils, such as tangerine, lemon, bergamot, sweet orange, and lime.

What are Carrier Oils? Carrier oils are plant based oils that cut or dilute the essential oil before being applied to the skin. Essential oils are highly concentrated oils that when applied to the skin can burn or cause an irritation.

What is the term Therapeutic grade mean? There is no organization that oversees and/or define the term therapeutic quality. The term has been used by some well know companies to help sell their product.



Carrier oils:

Jojoba Oil: a nut oil most similar in one's natural body oil and pH; easily absorbed and non-comedogenic.

Almond Oil: a nut oil that is high in vitamin A & E and is easily absorb into the skin.

Apricot Oil a cold pressed oil from the pit of the apricot. It is easily absorbed into skin and leaves no residue.

Castor oil: derived from the Castor bean, works as a protective barrier for the skin.

Avocado oil: high in vitamin A, E & essential fatty acids, good for dry, dehydrated & mature skin.

Coconut oil a general moisturizer and serves to protect the skin by helping to retain moisture. Can leave a little scent when added in products.

Sesame Seed Oil derived from sesame seeds, a light oil for the skin, with very little oily residue and/or scent.

Vegetable Glycerin: a water and alcohol soluble; ideal for cosmetic products and tinctures, Soft and soothing for the skin.

Shea Butter: high in vitamin A, E and essential fatty acids; very moisturizing for the skin. Offers a small amount of UV protection, similar to SPF-6. Slight scent when added to products.

Rosehip Oil: Skin quenching and little to no residue. Refrigeration recommended for this oil.

The above information is not approved by the FDA is not intended to treat or cure disease.)

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