



mountain rose herbs

# EXPLORING AROMATHERAPY & ESSENTIAL OILS

# WHO AM I?

- Mountain Rose Herbs Products Manager & Aromatherapist
- Been with Mountain Rose for over 15 years
- Working closely with our essential oils for over 10



# TODAY WE WILL LEARN:

- What are hydrosols and essential oils?
- How are they made?
- What to look for when purchasing
- How to use them safely?
- Storage tips and shelf life
- Basic blending tips

# WHAT IS AROMATHERAPY?

## **The National Association of Holistic Aromatherapy (NAHA):**

“...the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize, and promote the health of body, mind, and spirit. It seeks to unify physiological, psychological, and spiritual processes to enhance an individual’s innate healing process.”

## **The Alliance of International Aromatherapy (AIA):**

“...refers to the inhalation and topical application of true, authentic essential oils from aromatic plants to restore or enhance health, beauty and well-being.”

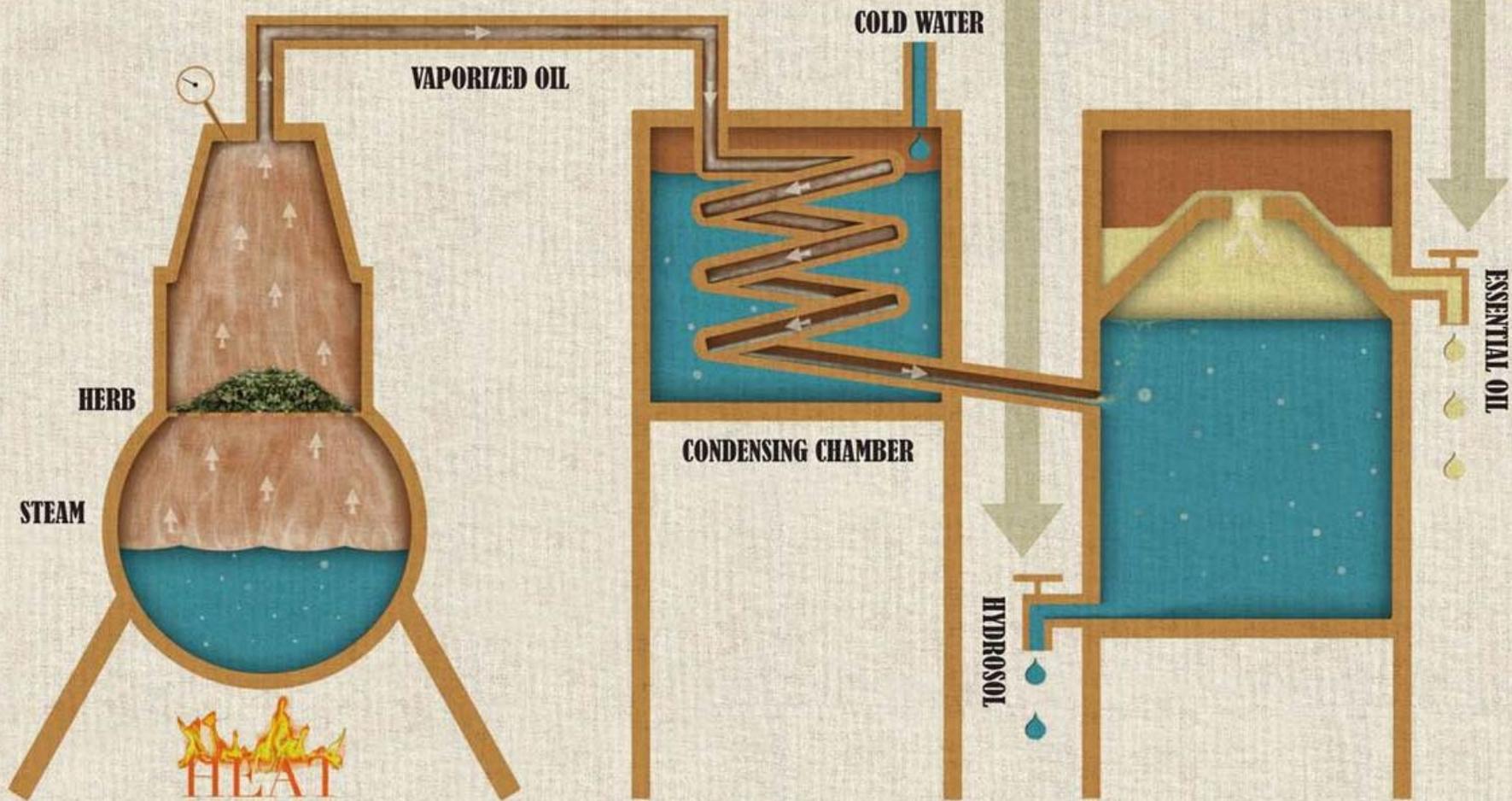
# WHAT IS A HYDROSOL AND EO?

- Essential oils (EOs) and hydrosols are naturally extracted plant-based products crafted using a variety of methods
- All methods can extract a single botanical or a blend (a.k.a. “co-distillation”)

# HOW IS ESSENTIAL OIL MADE?

Also known as flower water, hydrosols are produced by steam-distilling plant materials. With similar therapeutic properties to essential oils, these waters are much less concentrated. Generally, they contain less than 5% essential oil and the aromas are often subtle. Wonderful as a facial toner, body perfume, deodorant, air freshener, or an ingredient in body care products.

Produced by distilling a large quantity of plant material, essential oils are highly concentrated and very aromatic. In fact, one drop of rose essential oil contains 60 whole roses! These plant oils are used for aromatherapy, skin care, hair care, perfumery, natural cleansers, insect repellents, medicinal applications, and for meditation.



# WATER-BASED EXTRACTIONS

- Most common processes in our line of essential oils
  - Ex: Lemon balm, peppermint, lavender
- Pure steam distillation
  - Steam passes through plant material
- Pure water distillation
  - Plant material is only in the water used for steam
- Water and steam distillation
  - Plant material is in the water used to create the steam and above where the steam passes

# WATER-BASED EXTRACTIONS

- All 3 methods result in hydrosols and EOs
- EOs are the non-water-soluble extracted constituents
- Hydrosols are the water-soluble extracted constituents
- The same plant can produce different fragrances in its EO vs. hydrosol form
  - Hydrosol is often more subtle and vegetal



# COLD-PRESSED EXTRACTIONS

- The main process for citrus peel oils
  - Ex: Sweet orange, bergamot, lime peel, etc.
- The fruit peels are penetrated while rolling over a trough, piercing the cells that contain the EO
- Then the peel is compressed to release its EOs
- The EO is further separated with a centrifuge



# SOLVENT EXTRACTIONS

- This method is typically used with plant material that is too fragile to undergo distillation's heat or is not water-soluble
  - Ex: jasmine or vanilla
- The plant material is extracted using a solvent (like hexane), which extracts the waxes and very concentrated aromatic oils producing “concrete”
- The “concrete” is then further extracted (typically with another solvent) to separate the wax from the oily absolute

# SOLVENT EXTRACTIONS

- Absolutes are technically not EOs and when used in aromatherapy it is usually for their scent
  - Best used for their fragrance
- They can often be thick, and can be found pre-blended with a carrier
  - Can also rub bottle between hands or place in bowl of warm water before use

# WE WORK WITH EXPERTS

Making hydrosols and especially EOs is very complex, so we leave the craft to multigenerational distilling experts we trust!



# HYDROSOLS

# WHAT IS A HYDROSOL?

- Known by many names:
  - “Flower water”
  - “Aromatic water”
  - Or sometimes just “water”
- It’s the resulting water from any distillation method involving water
- Non-aromatic plant distillations

# HOW TO BUY

- When buying a hydrosol, look for:
  - Common plant name
  - Latin name
  - Plant part
  - Purity
    - Should contain hydrosol, not water with EO added
  - Color
    - Most hydrosols are clear
  - Lot number

# QUALITY

- We test all hydrosols at our in-house Quality Control Lab before they're approved for bottling
- Organoleptic testing: sight and smell
- Microbial testing: bacteria, yeast and mold

# SAFETY

- Much easier to work with than essential oils for those just getting started with aromatherapy
- Hydrosols are generally safe to use
- Can be used directly on the skin without diluting
- Naturally contain <1% essential oil if any

# WAYS TO USE

- Single ingredient facial toner or body mist
  - Ex: chamomile
- Replacement for water in body care recipes
  - Ex: rose
- Replacement for water in water-based EO diffusers
  - Ex: eucalyptus (especially in winter!)
- Replacement for water in DIY cleaning recipes
- Simmer a pot on the stovetop to humidify the air

# SHELF LIFE

- From date of purchase, 1- to 1 1/2-year shelf life
- Typically distilled from fresh material, so it can only be distilled 1x/year
- Depending on what time of year you buy, that means it could already be aging when you take it home

# STORAGE

- In plastic or glass
- In temperature-controlled closet or shelf
- Out of direct sunlight
- Refrigerate to prolong shelf life
- Can freeze if shipping during cold months
  - Won't ruin the hydrosol
  - Can lead to bottle breakage, though

# ESSENTIAL OILS



# OUR ESSENTIAL OILS

We offer the largest selection of certified organic essential oils on the market, and we're always looking for new organic crafters!



# HOW TO BUY

- When buying an EO, look for:
  - Common plant name
  - Latin name
  - Plant part
  - Extraction method
  - Purity
    - Look for 100% EO; ingredient list if not 100% pure
  - Lot number
  - “Therapeutic Grade” is misleading

# QUALITY

- Similar to hydrosols, we also test our EOs in-house
  - Organoleptic testing on every batch: aroma, color, clarity, and tactile sensation
  - Third-party labs for GCMS (Gas Chromatography Mass Spectrometry) testing verify plant identity and look for unwanted additives
  - Offer Certificates of Analysis for every oil upon request

# SAFETY

- EOs are highly concentrated plant-based products
  - Ex: 10 lbs. of peppermint = 1/2 oz. (1 Tbsp.) of peppermint EO
- Because of this, if not used properly, they can:
  - Damage your esophagus and mucus membranes
  - Cause liver failure, over time
- MRH's EOs are labeled for "external use only"
  - Labeling mandated by American Herbal Products Association's Code of Ethics

# SAFETY

- Always dilute EOs before using on the skin
  - Unless under the guidance of a qualified healthcare practitioner
- Avoid contact with eyes and mucus membranes
- When blending, gloves and eye protection
  - Unless just adding drops to a diffuser
- If you want the benefits of herbs internally, we recommend:
  - Herbal teas: peppermint or ginger
  - Alcohol extracts: skullcap or echinacea

# SAFETY

- Cautiously diffuse or clean with EOs if you have pets
  - EOs are very hard on cats' livers and hydrosols are a safer ingredient for dogs
  - Check out [Aroma Web](#) for tips on using EOs safely with your pets
- Never use with infants
- Be careful using around children
  - Check with your healthcare practitioner for proper dilutions
- We reference the *Essential Oil Safety Handbook* by Tisserand and Young for the oil specific precautions listed on our website and labels

# SHELF LIFE

- EOs have a much longer shelf life than hydrosols
- If stored properly, can last for years
- Except cold-pressed citrus EOs; 1-2 years
- The reducers on top can break down faster than the oil; purchase extras and replace
- If an oil is getting old, use in cleaning products
- How do you know if it's old? Trust your instincts!
- EOs are “hazardous waste” so dispose of them properly

# STORAGE

- Always store in glass
- Like hydrosols, store in temperature-controlled space
- Out of direct sunlight
- Refrigeration can prolong life, but oils could solidify

# WAYS TO USE

- In an aroma spray
  - [See our blog for recipes!](#)
- Added to DIY body care
- With body care, you absorb the EO through your skin, so use proper dilution ratios:
  - Massage oil = 1%
  - Small area topical application = 2%
  - Facial care products (toners, creams) = 1-2%
  - Sensitive or mature skin = 1%

# IN 1 OZ. CARRIER...

**6 drops = 1%**

**12 drops = 2%**

# WHAT IS A CARRIER?

- Organic oils
  - Sweet almond or jojoba (neutral scents)
  - Olive oil (easy to find)
- Distilled water
- Organic witch hazel extract
- Organic hydrosol
- Unscented creams or lotions

[blog.mountainroseherbs.com/best-carrier-oils-for-aromatherapy](http://blog.mountainroseherbs.com/best-carrier-oils-for-aromatherapy)

# (MORE) WAYS TO USE

- In a diffuser!
  - Visit our website for videos on how to use diffusers
- Overwhelming number of diffusers to choose

[blog.mountainroseherbs.com/5-different-types-of-essential-oil-diffusers](http://blog.mountainroseherbs.com/5-different-types-of-essential-oil-diffusers)

# ULTRASONIC ELECTRIC DIFFUSERS

- Good for larger rooms
- Uses water to create mist
- Dispenses without heat
- Typically have plastic interior
- Usually offer different mist settings
- Automatic shut-off

# CERAMIC DIFFUSERS



- Better for small spaces
- Tealight creates heat
- Plastic-free

# WATERLESS ELECTRIC DIFFUSERS



- Good for medium to large rooms
- Add EO directly in glass
- Easy to clean
- Intermittent cycles
- Automatic shut-off

# BLENDING BASICS

- EOs are classified as different note types
  - Top notes, middle or body notes, base or fixative notes
- A balanced blend of oils will most likely contain all three
  - 30-70% top notes
  - 20-40% middle notes
  - 10-30% base notes
- Always start small, blending with drops of oil
- Write everything down so you can recreate blends you love

# TOP NOTES

- First impression of an oil or scent
- Bright and sharp
- Evaporates quickly
  
- Favorites
  - Lavender
  - Neroli (Orange Blossom)
  - Petitgrain
  - Juniper Berry

# MIDDLE NOTES

- Also referred to as body notes
- Main part of an aroma
- Rounded scent
  
- Favorites
  - Clary Sage
  - Elemi
  - Geranium
  - Palo Santo
  - Rosemary

# BASE NOTES

- Also referred to as fixative or dry-out notes
- Heaviest part of a blend
- Helps hold onto top notes making them last longer
- Last notes to dissipate
- Don't always have a strong scent
  
- Favorites
  - Amyris
  - Atlas Cedarwood
  - Vetiver

# BLENDING TIPS

- Always start small
- Use droppers instead of reducer caps
- Work from the bottom up
- Spend some time with each oil before you start OR just start smelling to see what you want to work with
- Walk away
- Smell at different times of the day
- Have Fun!

QUESTIONS?





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