

Module 12 – Conditions, Treatments & Recommended Blends

Part 1

This lesson contains information on the 48 conditions listed below – 12 in each lesson, together with my recommendations of the blends you could use, and the methods of use for each one. Remember though, that everyone is different, and you are creating a blend for somebody who may have more than one condition. These are just recommendations to give you ideas upon which to build.

There are the 48 Conditions – and the first 12 are detailed in this lesson –

Part 1 Conditions, treatments and recommended blends.

Acne

Alopecia

Amenorrhoea

Arthritis – osteo

Arthritis – rheumatoid

Asthma

Athlete's foot

Bruises

Catarrh

Cellulite

Chilblains

Colds and Flu

Acne Vulgaris

Definition:	Acne is a common skin disease characterised by pimples/blemishes on the face, chest, upper arms and back. It occurs when the pores of the skin become blocked with oil, dead skin cells and bacteria.
Possible causes:	Over acidity of the sebaceous glands, which produce the oily secretion called sebum. These glands are controlled by testosterone in boys and hormones produced by the adrenals in girls. Stress worsens the condition, as sufferers tend to touch their spots more when under pressure.
General signs and symptoms:	Small spots or lumps on the face, back and chest (the most oil-producing parts of the body). The face is usually affected the most due to the greater number of sebaceous glands.
Methods of Use:	Massage, facial steam, lotions/creams
Suggested oils:	Bergamot, Eucalyptus, Geranium (balances the production of sebum), German Chamomile, Juniper berry, Lavender, Lemon, Lemongrass, Niaouli, Petitgrain, Rosemary. Tea-Tree
Suggested Blends:	<p>Massage Blend</p> <ul style="list-style-type: none"> • 30mls V6 • 3 drops geranium • 6 drops Tea Tree and • 6 drops Lavender <p>OR – 30mls Jojoba Oil (helps clean pores and is moisturising).</p> <p>Facial Steam – carefully pour boiling water into a bowl, and add 3 -4 drops of Tea-Tree or Eucalyptus. Very carefully, with a towel over your head, place your face near the steam, and inhale. Continue for as long as you feel comfortable, or until the steam has subsided.</p>
Additional comments:	There is also an 'adult onset' acne. Possible causes are thought to be hormonal, cosmetic products, stress and increased bacteria. Women often experience increased breakouts with the onset of menstruation each month.

Alopecia

Definition:	Alopecia is the partial or complete loss of hair, especially on the scalp, either in patches (<i>alopecia areata</i>), on the entire head (<i>alopecia totalis</i>), or over the entire body (<i>alopecia universalis</i>). The loss is usually sudden – but generally temporary.
Possible causes:	Autoimmune disease cause when body attacks its own hair follicles. Severe stress
General signs and symptoms:	<ul style="list-style-type: none"> • The client may first notice more hair loss than usual either after a shower (in the shower tray or bath), or on the pillow, or in a hairbrush. • Often begins with 1 or more coin-sized, round, smooth, bare patches where hair once was.
Methods of Use:	Scalp massage oil, shampoo, Vitaflex and/or full body massage
Suggested oils:	Cedarwood, Lavender, Rosemary, Thyme
Suggested Blends:	<p>Scalp Massage Oil: 10mls V6 + 2 drops of rosemary, 1 drop of each lavender, thyme and lemon.</p> <p>Or: 10mls V6 + 3 drops of cedarwood, 1 drop each of lavender, thyme and rosemary.</p> <p>100mls unperfumed shampoo – add 50 drops of essential oil – for example, 15 drops of Rosemary, 15 drops Thyme, 10 drops Lavender and 10 drops Cedarwood = 50 drops</p> <p>Rotate the oils and blends –never use the same blend for more than two weeks continuous daily use – change the blend and the oils so the body can't become too used to them</p>
Additional comments:	<p>To make a coconut scalp massage oil, start by warming 12mls of Virgin Coconut Oil (or V6 oils) (about 3 tablespoons) in a small glass or bottle until it turns from a white solid into a clear liquid. Add 3 drops of Cedarwood, 2 drops of lavender and 1 drop of Lemon. Massage well into scalp – wrap in warm towel, and for 20-30 minutes before shampooing.</p> <p>To make shampoo: Into a tablespoon of Young Living Lavender Volume Shampoo add 3 drops of Cedarwood. And 1 drop of Thyme essential oils – shampoo as normal – rinsing thoroughly.</p> <p>Or – into any mild shampoo containing no harsh chemical ingredients – 3 drops Cedarwood, 2 drops Lemon, 1 drop Thyme and 1 drop Lemon – shampoo as normal.</p> <p>Patience!! Patience is required – it may take up to 6 months for hair to start returning. It may return white and coarse or it may return its normal colour.</p> <p>Reduce stress: it has been suggested that stress may also be a factor in alopecia.</p>

Amenorrhoea

Definition:	Absence of menstruation
Possible causes:	Pregnancy, slow development of the ovaries or womb, anaemia, bad diet, tuberculosis, malaria and anorexia. A sudden fright, stress or intense grief may cause menstrual stoppage for several months.
General signs and symptoms:	Absence of menstrual flow
Methods of Use:	Massage, bath, compress, lotions/creams/ diffuser
Suggested oils:	Cypress, clary-sage, marjoram, geranium, fennel, melissa
Suggested Blends:	Massage Oil: Into 30mls of V6 add: 6 drops of Myrrh, 6 drops of Marjoram and 3 drops of Peppermint
Additional comments: First, before any treatment commences, establish whether the condition is caused by pregnancy. If it is, consult the safety data for each oil as many are contraindicated. Establishing the cause of this condition is a priority, for then the subsequent and correct treatments can follow. So, for example, if the condition is due to stress, blend the emmenagogue oils with calming, anti-depressant oils.	

Arthritis – osteo

Definition:	A degenerative inflammatory disease of one or more joints
Possible causes:	Excessive joint usage. Congenital bone deformity. Can follow injury (e.g. fracture), other inflammatory diseases and diabetes. Can also be caused simply be wear and tear.
General signs and symptoms:	Localised inflammation due to the bones rubbing together. The joints (often the knees, hips, spine and finger joints) may be swollen, stiff and deformed causing a lack of mobility the pain is generally worse in the evening.
Methods of Use:	Compress Bath Lotions/creams Massage (not over swelling or pain).
Suggested oils:	Juniper, lemon, black pepper, cypress, nutmeg, German chamomile, rosemary, Pan Away (YL Blend created especially for pain relief) Pine, marjoram and ginger.
Suggested Blends:	Massage Blend: Into 30mls V6 – add 5 drops of each Lemon, cypress and marjoram essential oils. Or Into 30mls V6 add 15 drops of Pan Away
Additional comments:	Diet plays an important part in osteo-arthritis. Avoid a diet too high in proteins – therefore avoid or greatly reduce red meats, pork and all pork products. Also drink tea and coffee in moderation, ideally avoiding it altogether in favour of herbal teas. Gentle daily exercise strongly recommended as is a daily supplement of Omega 3.

Arthritis – rheumatoid

Definition:	Inflammation of the connective tissue, tendons and ligaments. Characterised by progressive joint destruction, especially of the feet, fingers, wrists, knees, shoulders, ankles and elbows.
Possible causes:	Auto-immune disease affecting the synovial membrane around a specific joint or joints (mostly small joints). Auto-immune enzymes eat into the synovial membranes first and then into the cartilage. Could be triggered by a virus or an allergy. Usually affects both sides of the body.
General signs and symptoms:	Deformity of the thumbs and fingers. Stiffness, weight loss, fatigue, anaemia, fever, tendon rupture, muscle wastage and restricted movement. Blood tests shows rheumatoid factors. Pain and swelling is generally worse in the early morning.
Methods of Use:	Bath, lotions/creams, compress, massage (not over swelling or pain).
Suggested oils:	Juniper, lemon, black pepper, cypress, German Chamomile , marjoram, ginger, nutmeg, pine, peppermint, rosemary.
Suggested Blends:	<p>Massage Into 30mls V6 – add 5 drops each of Lemon, peppermint and cypress</p> <p>Or</p> <p>Into 30mls V6 add 15 drops of Pan Away</p>
Additional comments:	<p>Diet plays an important part in rheumatoid-arthritis.</p> <p>Avoid a diet too high in proteins – therefore avoid or greatly reduce red meats, pork and all pork products.</p> <p>Also drink tea and coffee in moderation, ideally avoiding it altogether in favour of herbal teas.</p> <p>Gentle daily exercise strongly recommended as is a daily supplement of Omega 3.</p>

Asthma

Definition:	Respiratory disorder
Possible causes:	Allergic reaction. Sensitisation to bacteria responsible for chronic or repeated infections e.g. tonsillitis and sinusitis. Allergies to pollen, cats and dogs. Occupational exposure to chemicals. Stress. Hereditary factors.
General signs and symptoms:	Difficulty breathing due to muscle spasm in the bronchi (small passages in the lungs). Intermittent wheezing. Coughing. Restlessness. Can panic and turn pale during an attack.
Methods of Use:	Massage, bath, inhalations, lotions/creams, diffuser, tissue/handkerchief.
Suggested oils:	Frankincense, German & Roman Chamomile, Lavender, Bergamot, clary-sage, marjoram, Melissa, May Chang.
Suggested Blends:	<p>Cold Diffuser: Diffuse Frankincense for 20 minutes on/40 minutes off throughout the day and night.</p> <p>Massage oil: into 30mls V6 add 5 drops each of Frankincense, Lavender and Marjoram.</p> <p>Choose/Recommend diffusing oils rather than direct steam inhalation (head over a bowl of hot water), as the former is more gentle and as effective.</p>
Additional comments:	
<p>The causes of asthma may be an allergic response or emotional factors may be a playing a part or an infection may also be a factor. Anti-spasmodic oils are your first choice – bergamot, camomile, clary, lavender, neroli and rose are all anti-spasmodic.</p> <p>Bergamot and lavender are good if there is an infection present. However, frankincense is, in my opinion, by far the best choice. Frankincense slows and deepens breathing and is also very calming (which is why it is used in meditation).</p> <p>Encourage your client to take up Yoga, Tai Chi, Qigong, or other gentle forms of exercise, as this will improve posture and open up the lung area of the body, promoting better breathing.</p>	

Athlete's foot

Definition:	Fungal disease of the skin between the toes
Possible causes:	Fungal infection which can be a type of ringworm caused by the fungus dermatophyte, or other infections picked up in places such as swimming pools and changing rooms. Can also be caused by the constant sweating of the feet.
General signs and symptoms:	In the area of the infection the skin tends to be inflamed, moist, flaky, itchy and painful. Sometimes it has small blisters or a rash. Toe-nails can be affected and may crumble and separate from the nail bed.
Methods of Use:	Foot bath and/or lotions and creams Homemade foot spray/deodorant
Suggested oils:	Clove, Lavender, Lemongrass, Myrrh, Patchouli, Purification, Tea-tree
Suggested Blends:	Lavender, Lemon & Purification Foot spray/deodorant: Witch hazel is an effective astringent, which decreases the flow of secretions from the sweat glands. Lavender kills the bacteria, while lemon acts as a deodoriser. Into 30mls witch hazel – add 5 drops each of lavender, lemon and purification. Lavender and Myrrh Cream. Into 30mls of calendula cream, add 8 drops of lavender and 7 drops of Myrrh. Apply often
Additional comments:	It is often moist in between the toes of someone with athlete's foot. Therefore dissolve the oils of your choice choosing vodka as the carrier at the onset of treatment, as this assists with the drying out process. Then, when the moistness has gone, use a cream or lotion. Foot powder preparations can be bought without prescription to help the drying out. Change socks every day! Calendula makes a useful carrier cream as it is anti-inflammatory. You can also treat shoes!! Put a couple of drops of Purification onto cotton balls and put the cotton balls into sports shoes, or other shoes overnight, in a carrier bag.

Bruises

Definition:	Injuries to the deep parts of the skin and underlying tissues, accompanied generally with bleeding from damaged vessels.
Possible causes:	Injury, severe blow, crushing and pinching.
General signs and symptoms:	Depending on the extent of the bruise and the amount of bleeding, the colour may first be black or blue, turning brown and then to yellow, which gradually fades. A bruise generally lasts 10 to 14 days.
Methods of Use:	Neat application Lotions/creams Cold compress
Suggested oils:	Lavender, hyssop, rosemary, thyme
Suggested Blends:	Neat application: - 1 drop of Lavender can be applied neat directly onto bruise. Ice-Cold compress – apply 2 drops hyssop (or any of the oils listed above) as soon as possible after bruising has occurred.
Additional comments:	Arnica cream is one of the best first aid treatments for bruises, and no first aid kit should be without it. Once the bruise has turned yellow, then a gentle massage using rosemary essential oil is recommended, as it stimulates the nervous and lymphatic systems and so promotes healing.

Catarrh

Definition:	The production of excess mucus in the nose and other respiratory passages is a response to any inflammation of the mucus membrane that lines them.
Possible causes:	This can be caused by an infection such as colds or flu or by irritants like pollen and/or dust.
General signs and symptoms:	Often starts with sneezing, sore throat and possible a fever. As these symptoms abate, the catarrh discharged from the nose and chest becomes thicker and purulent (pus like).
Methods of Use:	Inhalations, massage (sinus points), diffuser, lotions/creams.
Suggested oils:	Cedarwood, Eucalyptus, Frankincense, Myrrh, pine, Tea-tree
Suggested Blends:	<p>Cold Diffuse: Lavender, Sandalwood, Peppermint, Eucalyptus or Thyme – 20 minutes on, followed by 40 minutes off. Rotate the oils. (Fill container up to the water line. Add 3-4 drops of chosen oil.)</p> <p>Facial massage with Lavender – 5mls V6 and 2 drops lavender, work around the nose and cheeks with circular movements and make some long sweeping downward movements towards the neck.</p> <p>Back Massage – to 10mls of V6 – add 2 drops of Sandalwood, 2 drops of lavender and 1 drop of thyme. Use lymphatic drainage massage movements especially around the upper back.</p>
Additional comments:	Suggest a dairy free diet for two weeks and monitor if that makes a difference, as diet plays an important role with this condition. Wheat too is a culprit. It is important to experiment, because if client excluded both dairy and wheat, then you wouldn't know which one was the culprit!

Cellulite

Definition:	'Orange peel effect' of the skin, usually noticeable around the thighs and buttocks, and sometimes on the upper arms. Not recognised as a medical condition. It is a 'hardening' of the fatty tissue.
Possible causes:	Most probably hormonal imbalances (menopause, puberty, pregnancy), or an accumulation of toxins, stress, sluggish lymphatic system, infiltration of the subcutaneous fat cells by fluids and toxic waste.
General signs and symptoms:	Thickening 'orange peel skin', over hips, buttocks and thighs. Characteristic puckering of the skin which distinguishes cellulite from ordinary fat.
Methods of Use:	Massage, bath, lotions/creams
Suggested oils:	Cypress, Fennel, Geranium, Grapefruit, Juniper, Thyme,
Suggested Blends:	Body Massage:- Into 30mls V6 add 8 drops of cypress and 7 drops of thyme. Or Use 20mls of pre-blended YL massage oil especially blended for cellulite – Cel-Lite Magic.
Additional comments:	
<p>Daily dry skin brushing is highly recommended and this can be done with a dry loofa brush or a massage glove which stimulates the circulatory and lymphatic systems. Always work up the body from the feet working your movements into the groin area. Up the arms, up the back working towards the underarm area – this is best done on a dry skin, before a bath or shower.</p> <p>Diet plays a vital role too in preventing cellulite in the first place, and improving skin texture generally. Fresh fruit and vegetables – in particular beetroot, celery, cucumber, water melons and seaweed products are all especially beneficial.</p> <p>Exercise is important too and reducing weight if overweight all play significant roles in cellulite.</p>	

Chilblains

Definition:	Inflamed condition of the skin of the hands or feet, sometimes even the ears.
Possible causes:	Under feeding, poor circulation, poor clothing and tight shoes or boots. People who suffer with chilblains generally suffer from chills and head colds and are in poor health.
General signs and symptoms:	The skin on the little toe and outer side of the foot or inner side of the hand becomes purple and very itchy. Blisters containing a thin yellow fluid form on the discoloured area which becomes very painful. These blisters break and leave a behind an ulcerated surface that is very difficult to heal.
Methods of Use:	Foot bath Creams/lotions Massage Diffuser Compress
Suggested oils:	Bergamot, black pepper, lemon, marjoram, sandalwood,
Suggested Blends:	Foot Massage: (Before bed) Into 10mls of V6 add 4 drops of sandalwood and 1 drop of lemon. Very gently massage the affected areas. Leave oil on and cover with loose fitting cotton socks for sleeping in.
Additional comments:	As with most things, prevention is better than cure. Wrap up warm when going out in the cold, especially around the head (ears). Wear natural fibres, and well-fitting footwear (not tight boots). Avoid any clothing that restricts circulation.

Colds and Flu

Definition:	A viral infection of the nose and throat that can lead to respiratory conditions.
Possible causes:	Virus (approximately 30 different strains). They then often give rise to secondary infections. E.g. sinusitis and earache.
General signs and symptoms:	High temperature, runny nose, cough, congestion, shivers and lethargy.
Methods of Use:	Bath, inhalations, diffuser, tissue/handkerchief, foot bath, creams/lotions – and a cup of black tea with Thieves.
Suggested oils:	Eucalyptus, Lavender, Lemon, Marjoram, Orange, Peppermint, Pine, Rosewood, Tea-tree, Thieves
Suggested Blends:	<p>Bath: Into a tablespoon of milk, add 2 drops of any oil of your choice. Choose lavender marjoram or rosewood before bed, or peppermint, marjoram or orange before going to work. (Marjoram will help to reduce shivers).</p> <p>Cold diffuser: Diffuse Thieves, or eucalyptus through the evening before going to bed – 20 minutes on and 40 minutes off. If there is a cough, then lavender is a good choice to diffuse in the bedroom an hour before sleeping.</p> <p>Tissue/Handkerchief – add 1 or 2 drops to a handkerchief and smell throughout the day.</p> <p>Tea – Add 1 drop of Thieves to the bottom of a mug, add 1 teabag and hot water. No milk or sugar. The tea will taste like a ‘Chai’ tea from India with the spices contained in the Thieves blend.</p>
Additional comments:	<p>The most useful method is inhalation, and diffusing Thieves at the very first sign of a cold will often stop it from developing.</p> <p>Eucalyptus and Lemon are both antiviral and are therefore every effective too. Take plenty of fresh air but keep warm.</p> <p>Drink plenty of fluids, especially water (don’t be afraid to add 1 drop of Thieves to it – oil first then water). Eat plenty of fresh fruit and vegetables.</p>