

ESSENTIAL OILS – HERBS – TRADITIONS – APPLICATIONS



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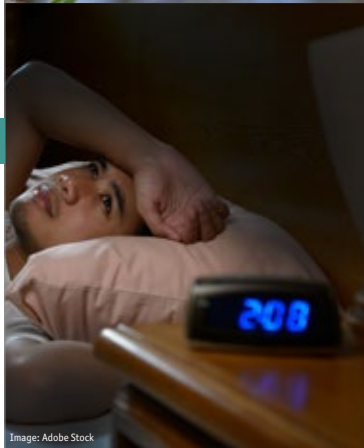


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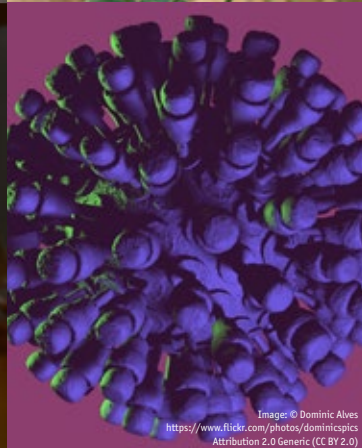


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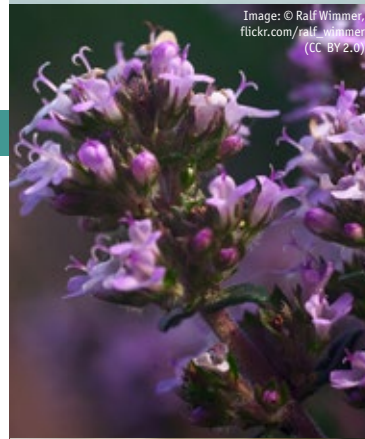


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Our emotional, physical and even sexual lives are profoundly shaped by both our reactions to and interpretations of different smells.



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Rachel Sarah Herz
(Canadian and American psychologist and cognitive neuroscientist, 1963–)





Hello dear reader! You have downloaded the Aromatika article sampler (excerpts only, you can read the full article in the indicated issue it appears in). Before you decide to buy a magazine or journal, for sure, you would like to see what kind of reading you can expect. That is exactly why we put this bonus issue together for you to help in your decision.

Aromatika was founded in 2013 in Hungary by me and one of my former students – Gabriella Schütz, a French language teacher who studied aromatherapy with me –, and who is former editor of the journal. Another former student of mine, Ildiko Berecz, has joined us after two years. Ildiko lives in Crete and is today the editor to the magazine. She sends lovely stories from her aromatic adventures in beautiful Crete. Michelle Ensley, from Washington State in the US joined as the editor in 2022. In 2020, after seven years of solely Hungarian issues and the persuasion of many of my international colleagues, we decided to launch Aromatika in English. After one year, we already had readers from over 45 countries worldwide, including Japan and even the Cook Islands!

Our mission is to bring credible and up-to-date information on essential oils, herbs, lifestyle, traditions and applications of related therapies and the plant world, to name a few. Those include the fields of technical information but those reaching as far as aesthetics (e.g. perfumery) and the spiritual, emotional and energetics topics. In other words: we are doing our

best to be comprehensible!

We are working with several renowned aromatherapy experts around the globe and also provide space for the newcomers and for many who would like to sharpen their creative pens and share aromatic wisdom around the world.

The journal has columns. Some are permanent and featured in each issue; some appear only temporarily when we receive an article with a unique topic. When we feel that an article is of extreme importance to us, it appears in the *In Focus* column, such as, e.g. Dr Kelly Ablard's 2021 article on climate change. In the *Essential Oils* column, we present reports related to one specific essential oil – or a group of oils in the spotlight. For the *Herbs* column, we ask herbalists or phytotherapist to share their findings or specifically highlight the importance of one given herb or herbal remedy, treatment approach, or general herbalism information for beginners or advanced enthusiasts.

The *Applications* column always have the most articles, which ensures that readers get a broad spectrum of practical information about the use of essential oils, herb and various therapies.

In *Traditions*, we collect articles, which talk about various topics, from distillation to historical stories. Still, we also include interviews with many interesting people who try to preserve the true herbalist and alchemist traditions. For us, perfumery profoundly relates to aesthetic experiences. In *Aesthetics*, we always seek something that pleases the nose and mind as well. We seek natural perfumers and oc-

asionally interview them as well.

Now, *7th Sense* is the column, which hosts many therapies, including those that the scientific world sometimes cast a slant eye on. Here we have esoterics, the spiritual realms, colour therapy, and much more beyond and above the commonly known senses, into the 7th!

Perhaps one of the most exciting columns for us is *Aroma Kitchen*. This column includes recipes that may use essential oils or herbs in the kitchen.

Every issue includes a *Phyto-Aroma News*. Our Hungarian colleague Dr Péter Babulka covers summaries of three articles from scientific journals about essential oils, aromatics and nutrition. We also try to keep an eye on the most exciting and interesting books published in English on aromatics, herbalism in the *Bookshelf* column.

Since Aromatika was born in Hungary, we aim to bring you articles from our fellow Hungarian colleagues and introduce local distillers, herbalists, and fascinating stories. As Elizabeth Ashley, aka The Secret Healer, described the journal, "You've read the rest, now, feast on the best!" We are hoping to welcome you as our readers soon! ■

Scentedly,

Gergely Hollódi
Editor in Chief

Would you like to submit an article?

Please send it to:
aromatikamagazin@gmail.com

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AUTUMN



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Dr. Kelly Ablard PhD, RA, MIFPA

CLIMATE CHANGE

WILL AROMATHERAPY WEATHER THE STORM?

The issue of the sustainability of carrier and essential oil-bearing plants, and their extracts sourced for use in aromatherapy, is inseparable from the threat to the global natural environment and from factors that contribute to the ravages of climate change.

Climate change refers to any significant change in climate measures, including temperature, precipitation, and wind, over an extended period of time (Das et al., 2016). According to the United Nations Framework Convention on Climate Change (UNFCCC), it is further defined as "a change of climate which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability observed over comparable time periods."

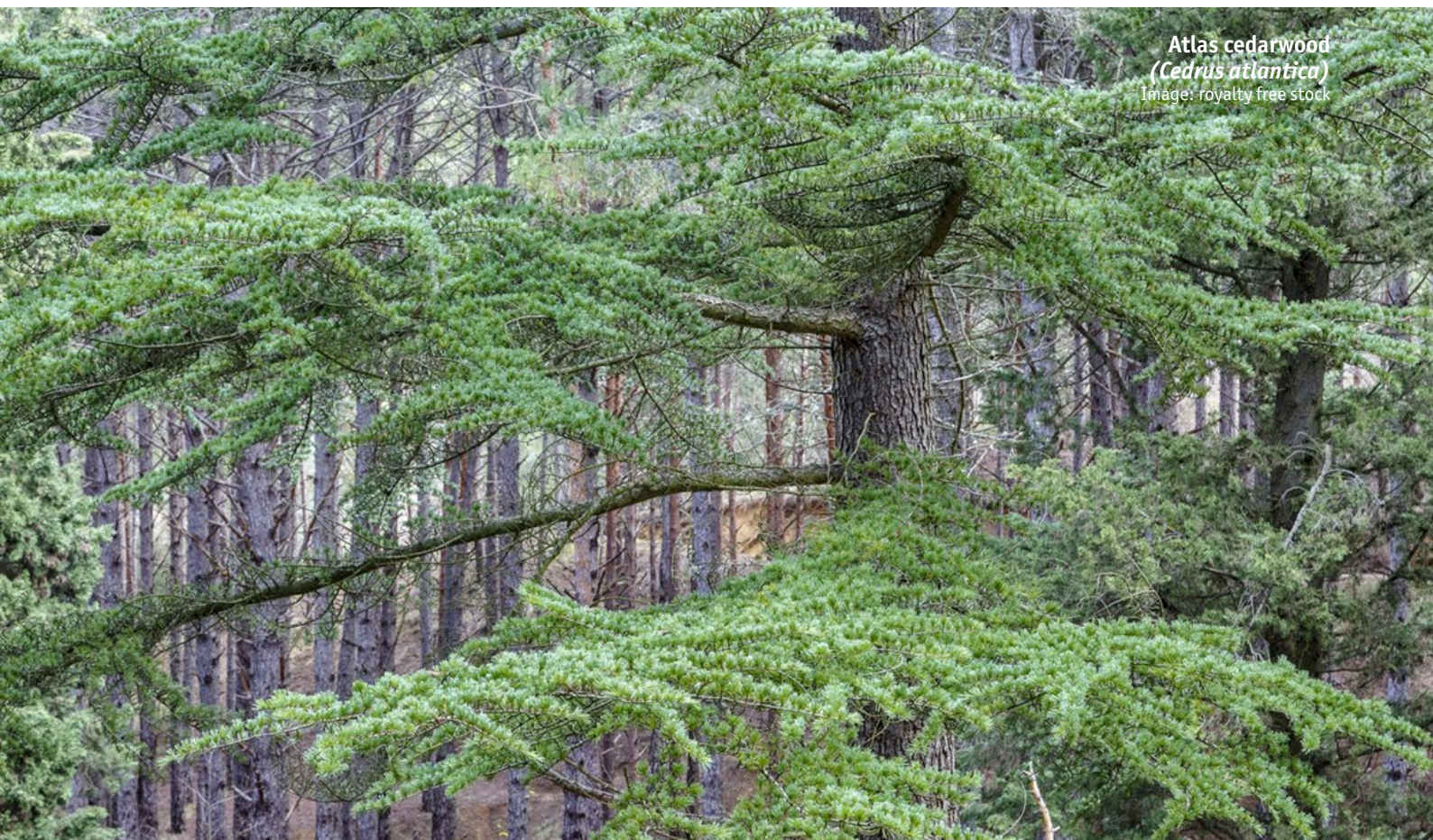
Climate change, considered one of humankind's biggest challenges, will likely lead to limited availability and depletion of varieties of medicinal plants currently utilized by more than 87% of countries worldwide (WHO, 2019). This is because drastic changes in Earth's climate leave an impressionable impact on the genetic di-

versity, biological health, lifecycles, physical characteristics, chemical profiles, and habitats of many species. In fact, one million animal and plant species (including approximately 10% essential and carrier oil-bearing plants) are threatened with extinction, for which climate change is emerging as the direct driver (IPBES, 2019; Kolbert, 2019).

Atlas cedarwood (*Cedrus atlantica*) and Opopanax (*Commiphora guidottii*) and White sage (*Salvia apiana*) are diminishing in numbers, in part due to drought – which is one of the many factors impacting plant species as a result of Earth's drastically changing climate (Thomas, 2013; Alemu et al., 2018). A modicum of research shows drought can result in increased active metabolites in medicinal and aromatic plants (MAPs) and a greater yield of essential oil, as shown with parsley (*Petroselinum crispum*) (Petropoulos, 2008; Applequist et al., 2020).

“

Drought, flood, unpredictable and extreme weather events, temperature fluctuation, shifting ranges, and plant pathogen invasions are but a few examples of the biotic (living factors) and abiotic (non-living factors) stressors on essential and carrier oil-bearing plants. >



Atlas cedarwood
(*Cedrus atlantica*)
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SUMMER



Myoga or Japanese ginger
(*Zingiber mioga*)

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Jasmine Bues

JAPANESE AROMAS: HISTORY, USES, AND COMPARISONS

The author is a graduate of the Aromatic Scholars program of The School for Aromatic Studies

Growing up in Kyoto, Japan, an ancient cultural center, aromas were a significant part of my life. I can still smell the incense my grandmother offered for our ancestors' shrine at home every morning, the refreshing yet sweet aromas of fresh yuzu peels in the bathtub, the strong cumin-like scent of sansho (Japanese peppercorn) and myoga (Japanese ginger) at the dinner table, and the sweet aromas of hinoki wood that would disperse every time my grandfather pulled out medicine bottles from drawers near where he sat to have breakfast every morning.

Ever since I began studying aromatherapy, I have been experiencing many scents that I had never encountered before. It has been an exciting journey learning about all kinds of plants, flowers, and trees from around the world, and I have discovered and fallen in love with many of them. However, at the end of the day, I was always reaching for my hinoki essential oil to feel comforted. Japan is a scent-oriented culture. But there are not many essential oils available in the U.S. market that are distinctively Japanese, besides yuzu (*Citrus junos*). When an aroma is a significant part of the culture, where does aromatherapy place itself in Japan? Do the Japanese relate to French/English aromatherapy, or do they define aromatherapy differently? These questions were the beginning of the path to an incredibly interesting journey into the history and the world of aromas and essential oils in Japan.

History of Aroma in Japan

Because there are no written records from the Kofun period (300–538AD), it is safe to say that the culture of aroma existed or possibly even began during the Asuka period (538–710AD) with the official arrival of Buddhism from China. Buddhism, which began in Ancient India, had incorporated aroma into the religion for its antibacterial affinity to help preserve temples, mask body odors, and as a stimulant to be used during meditation¹. When Jianzhen, a Chinese Buddhist monk, arrived in Japan in 754AD, not only did he introduce incenses and aromas used for religious purposes, but also the medicinal herbs, herbal oils, and essential oils that were used in Traditional Chinese Medicine. There is even a record of him reducing someone's fever with cinnamon during this time².

There is another record of the aroma of Jinko (Agarwood) being popularized in



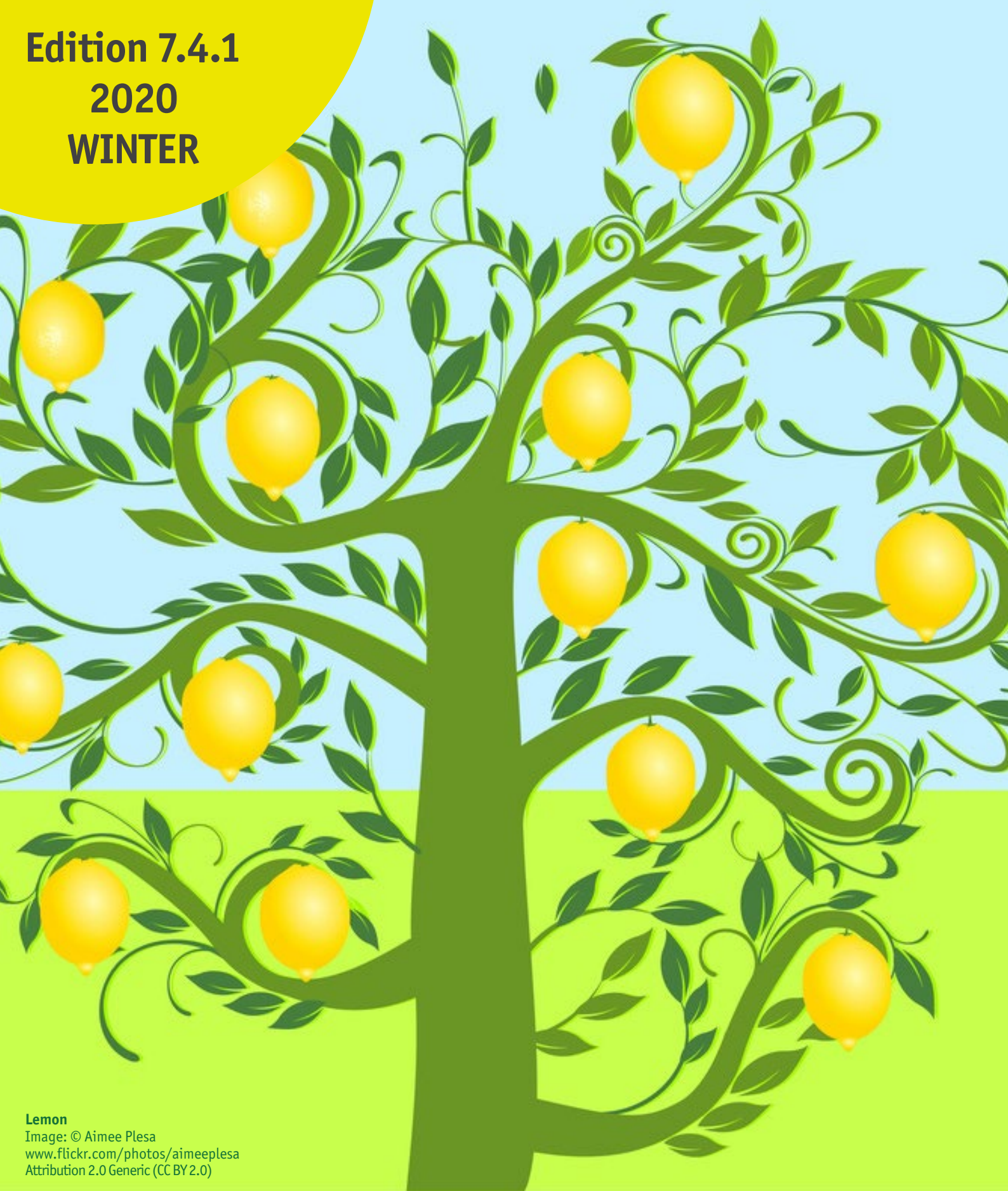
The word “aromatherapy” gained attention and really began to be used during the Great Hanshin Earthquake of 1995. Right after the earthquake, aromatherapists from around the country volunteered to provide aromatic hand massages and foot baths to those affected by the earthquake to help ease their stress and tension. >



Sansho or Japanese pepper
(*Zanthoxylum piperitum*)

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Lemon
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Elizabeth Ashley

LEMON

Citrus limon L.

Common name: Lemon

Latin name: *Citrus limon* L.

Genus: *Rutaceae*

Other varieties in the genus, which have commercial essential oils:

Other gorgeous citruses are grapefruit, orange (sweet and bitter) bergamot, lime for example.

Key actions: Fruity, refreshing, revitalising and uplifting

Country of origin: Italy

Description: A sparkingly zingy top note, its volatile fluid does a veritable skip out of the bottle.

Recently I have been thinking more about the oils that are in my healing clique and those that are not. I had originally spoken about the clique in my new online course and how patchouli is not in my normal collection of favourite oils that respond best to my healing. I have realised lemon is not in their either and I wanted to understand why. As I have studied her more through the summer, I realise that perhaps she is a little sunny for the rather more sullen character of the redhead in the shed. The more I get to know her, the more I have noticed that she is able to make me smile. And the more I am getting to like her.

If she were a person, I think she would have bouncy blonde hair and wear a 50s cotton dress. Always with a smile on her face, she is kind and sweet. She is a lemon bonbon!

There is an honesty to the lemon tree and a kind of modest childishness. Compare her with jasmine and her exotic wiles whose hands rarely smell of the grubbier aspects of healing, (she's aphrodisiac, cleansing calming,) lemon is not afraid to lend her magic to warts, coughs and colds, yellowed teeth or even scurvy. All of these are reputed to be healed by lemon. She makes me think of Mother Theresa tending to the poorest and most frail in Calcutta.

With the suggestion of scurvy and vitamin C's healing effects upon it, we meet one of the main areas of conflict in aromatherapy. This is a dark place in my mind where misinformation muddies our aromatic waters. Lemon is of the main oils MLM marketers tout for ingestion. Often we



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hear how the vitamin content is responsible for the magic of lemon oils elixir. But there are no vitamins in essential oils.

Consider this, most essential oils (not

lemon of course, but bear with me!) are distilled. But not every chemical constituents of a plant passes across distillation. Many are left behind, either in the plant

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Dr. Marco Valussi

CITRUS INDUSTRY

Definition of essential oil and peculiarities of citrus EOs

The ISO definition of essential oil says that an essential oil (EO) is a "product obtained from a natural raw material of plant origin, by steam distillation, by mechanical processes from the epicarp of *Citrus* fruits, or by dry distillation, after separation of the aqueous phase – if any – by physical processes" (ISO 2020 document ISO 9235: 2013-2.11). It, therefore, includes three production methods, one of which is exclusively reserved for Citrus EOs, which are therefore clearly separated from other EOs by production method and therefore chemical composition. Distilled EOs contain only volatile molecules, while cold-pressed EOs may contain much heavier molecules and different chemical compounds from those normally found in distilled EOs. For this reason, cold-pressed oils are sometimes called essences to underline the closeness of the product to the material naturally present in vegetable tissues. The second peculiarity of citrus fruit oils lies in the fact that in many cases, the EO is a secondary product, in economic terms, while fruit juice is the primary product, and other products can also be

obtained from fruit (candied peels, "cells", albedo, etc.). This is true for Lemon, Sweet Orange, Grapefruit and Mandarins, while it is not true for Bergamot and Bitter Orange for which fruit juice is not produced or only in small quantities. This fact partly explains the lower costs of citrus oils.¹

If we add to these considerations the fact that Italy has been and is a country of great importance for the production and research on *Citrus* fruits, and in some cases, as for Bergamot, it dominates production and quality worldwide, we understand why this subject is particularly important, so much so that it deserves a monograph in its own right. It should be remembered that from *Citrus* species can be obtained, in addition to cold-pressed oil, many other aromatic products: EOs distilled from flowers (i.e. Neroli), EOs distilled from leaves and buds (Petitgrain), very different from peel cold-pressed EOs. For this reason, and reasons of space, in this article, we will cover only cold-pressed EOs, except for Lime/Limetta oil, the only example of *Citrus* fruit EO produced mainly by distillation.

Origins of the genus *Citrus*

The development of laboratory techniques involving specific molecular markers^{2,3}, and



The plants of the genus *Citrus* cross with each other very easily, and this has led to the formation of many hybrid species over time, so much so that most of the *Citrus* fruits we normally consume are hybrids.

the triangulation with information from historical literature and contemporary data about the natural distribution of species⁴, have been responsible for a revolution in *Citrus* genus' taxonomy.

The genomic analysis seems to indicate that today's *Citrus* species' wild ancestors originated in tropical Southeast Asia, probably in an area centred in eastern India, in the Himalayan hills, and that the genus would later spread to Asia, Australia, and Africa. At the moment, 10 progenitor



Sicilian farm

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Sea buckthorn (*Hippophae rhamnoides* L.)
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Jade Shutes

UNRAVELLING THE BEAUTY OF SEA BUCKTHORN

HIPPOPHAE RHAMNOIDES L.

Sea buckthorn (Hippophae rhamnoides L.) is a thorny flowering shrub or tree in the Elaeagnaceae family native to Eurasia. Hippophae rhamnoides grows 3 to 7 meters high and feature smooth brown to black bark. Branches are coated with stiff thorns. Leaves are long, lanceolate, and covered in silvery hairs underneath. Flowers are numerous, small, green and brown, borne on racemes and are anemophilous (pollinated by wind). Blooms are succeeded by round berries, typically bright orange or yellow in colour becoming red to dark yellow or orange as they ripen. Inside the fruit, there is a smooth small stone that contains an oily seed.

Sea buckthorn is found in Europe, Caucasus, Asia Minor, Central Asia, Siberia, China, and Tibet. In western Europe sea buckthorn grows on sandy sea cliffs, dunes, and mountain slopes. In central Asia, it thrives in dry and sandy regions, typically as a subalpine shrub. *Hippophae rhamnoides* is drought and frost tolerant and flourishes in cold-temperate zones.

The genus name *Hippophae* arose in ancient Greece and is derived from *hippo* meaning "horse"; *phaos* meaning "shiny or gloss" due to the practice of feeding horses sea buckthorn fruits to render their coats lustrous and shiny. Sea buckthorn fruits are bitter and sour, with an aroma akin to pineapple. The fruits are rich in vitamins C and E, as well as a host of other health-promoting components

from amino acids to mineral elements.

The leaves, fruits, seeds, and roots of *Hippophae rhamnoides* have been used in traditional medicine systems to treat a wide range of health conditions, including cough, asthma, jaundice, skin diseases, wound healing, hypertension, rheumatism, stomach ulcers, and inflammatory conditions.¹ Tibetan tradition and Chinese medicine valued sea buckthorn for a wide range of medicinal benefits related to the gastrointestinal, respiratory, and circulatory systems.^{2,3}

There are several subspecies and a number of cultivars (cv.) of *Hippophae rhamnoides* with *H. rhamnoides* ssp. *rhamnoides* and *H. rhamnoides* ssp. *sinensis* being the most common subspecies and cv. Indian-summer being the most common cultivar.

“

The presence of carotenoids in both the seed and pulp oil are thought to contribute to their ability to stimulate collagen synthesis⁸, thus serving as important oils in the treatment of premature aging of the skin as well as mature skin. >

Hippophae rhamnoides L.

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SUMMER



Greater knapweed (*Centaurea scabiosa*)
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Ágnes Polyák

HERBS OF THE FUTURE
(NEW ACTIVE COMPONENTS UNDER RESEARCH)

Nowadays, the slogan of several commercials is very rotund; they offer anti-ageing products, claiming they support cell renewal and are anti-cancer agents. Very often, these products advertise as wonder substances and healers of the most common diseases. But what is the truth? Can herbs have such a broad mechanism of actions? The answer follows.

Below I introduce a group of compounds, which researchers adverted in the past 10-15 years and are less known in therapeutics. These biologically very active compounds are the **lignans**.

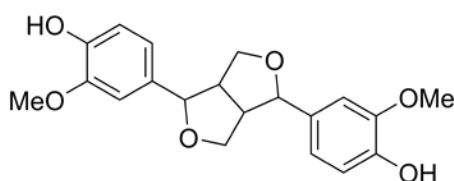
Lignans are polyphenols containing two or more cinnamoyl acid derivatives. The doubles are called dimers, and the larger ones are oligomers. These are secondary plant metabolites, having significant functions in certain plants' life. These compounds show significant antibacterial, antifungal and antiviral actions, weaken the impact of oxidative stress and show insecticide activities, all of which play substantial roles in the plants' self-defence.

Therapeutic actions of herbs were also tested in human pharmacology. Herbalists have known the root of the turnip-rooted chervil (*Chaerophyllum bulbosum* L.) for a long time also used it to treat cancer, even though its high lignan content was unknown.

In vitro studies proved the anti-cancer, anti-oxidative, central nervous system protecting, anti-inflammatory and anti-HIV effects. Unfortunately, high volume extraction still needs to be elaborated.

Many species contain a high amount of lignans. For example, Norway spruce (*Picea abies* H. Karst.) is rich in **matairesinol**, Jerusalem artichoke (*Helianthus tuberosus* L.) in **pinoresinol** and Border forsythia (*Forsythia x intermedia*) in **philligenin**.

Cow parsley (*Anthriscus sylvestris*) contains **deoxypodophyllotoxin** that can be converted to **podophyllotoxin**, which is



▲ **Jerusalem artichoke (*Helianthus tuberosus* L.)**

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◀ **Pinoresinol is a lignan. Jerusalem artichoke contains high amounts from this excellent compound.** ▶

Turnip-rooted chervil (*Chaerophyllum bulbosum* L.)

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Christine Herbert
FAMH, DipAET, BA (Hons)

SLEEP PROBLEMS IN THE CURRENT CLIMATE AND HOW TO PUT THEM RIGHT

Sleep is one of those body functions vital to life. Sleep is the way the body replenishes, restores and repairs every single body process and organ. We are awake, busy and functioning for two-thirds of our life, and we need the other third for restoration just as much as we need air to breathe, water to drink, and food for energy and fuel. Sleep is vital to the function of the brain and the function of the immune system, even to the maintenance of the microbiome in the gut. There are no parts of the body that do not need that restful time, that time for recalibrating and resetting all body functions.

In this time of lockdown and pandemic, there are many reasons why we might not be getting as good sleep as usual. The extra stress of worrying about infection, missing loved ones, or loss of income will all impact sleep. And that leads to a vicious circle of lowered immunity due to lack of sleep, which means there is a greater chance of catching Covid-19 and of it affecting us more severely. For those who have had Covid-19, there are often lingering effects that also impact sleep. In a study involving sleep restriction in healthy young men, sleep was only allowed between ten in the evening and three in the morning. It resulted in a seventy per cent reduction of natural killer cells plus reduced cellular immune response – both vital in a normal immune system that protects us from so many things - from viral

infections to cancer. After one night of recovery sleep, only part of the participants' immune system returned to normal – the conclusion was that even a modest disturbance of sleep produces a reduction of the natural immune response.

If you read a magazine article or an internet feature on sleep, it will talk about using sedative herbs such as valerian or chamomile to promote sleep. It will also go through all the tips on sleep hygiene, such as no screens in the hour before sleep or the importance of a dark and quiet bedroom. But most people with sleep problems have tried all those things, and they often haven't helped because the underlying problem hasn't been addressed.

So how to find out what the underlying problem is?

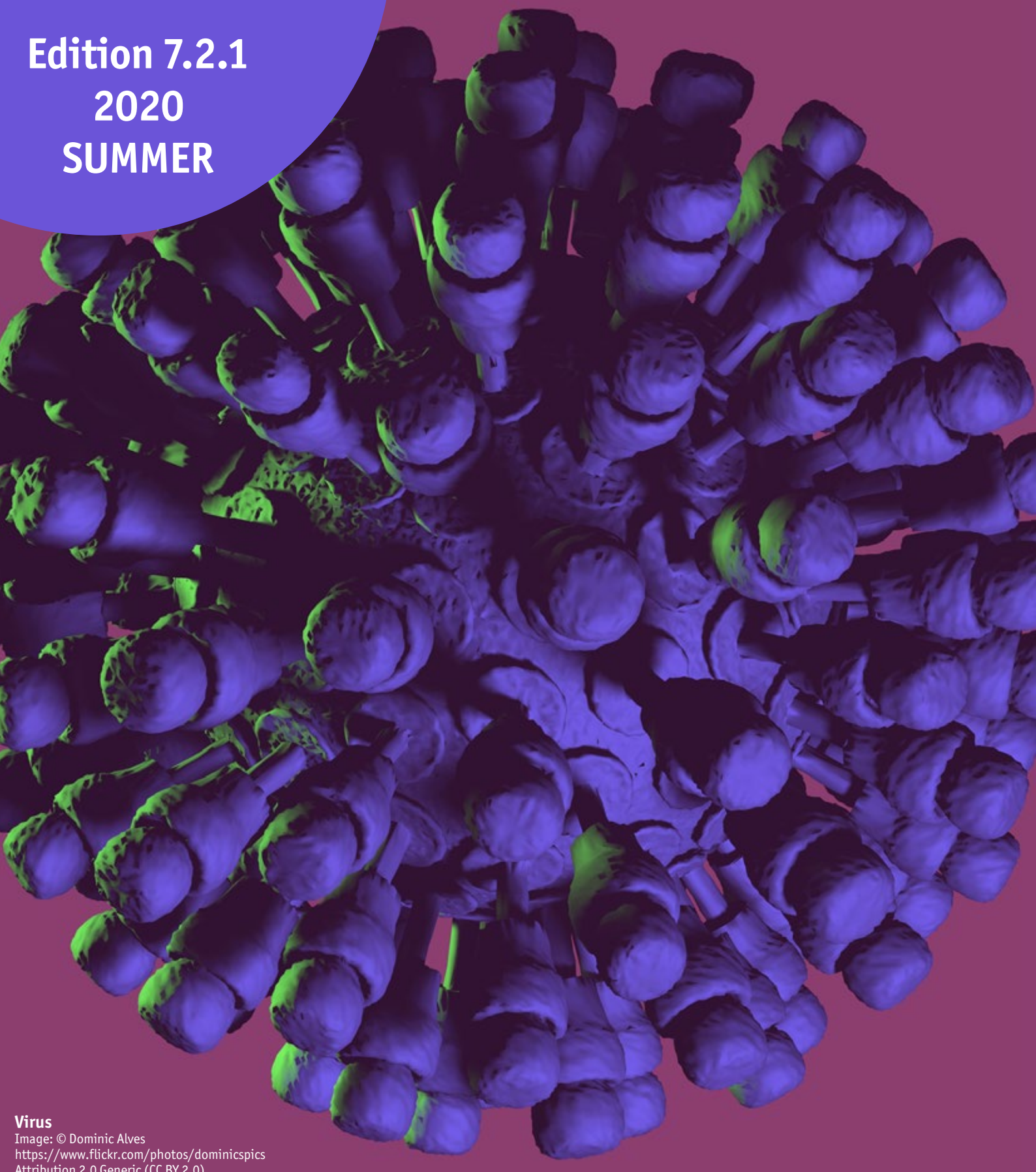


Sleep problems caused by stress and anxiety are widespread, and most people have probably experienced them at some point in their life. If stress and anxiety only affect sleep for a few days, then it's not a problem, but for some, they become a chronic issue and can severely affect their quality of life.

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Virus

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Eliane Zimmermann

**FRAGRANT MOLECULES AND THEIR INTERACTION
WITH THE ENVELOPES OF SOME VIRUSES**

I spent parts of my childhood in Brazil, therefore my heart beats in Portuguese, and I have been very interested in the considerable amount of research with essential oils in several Brazilian universities. Being a huge country with all sorts of climates, most of the common essential oils are locally available – plus many interesting oils, that are completely unknown in Europe. Now it's winter in South America, the pandemic is getting tough, the new disease is especially affecting the poor, the underprivileged and the indigenous peoples – but also some well known celebrities including the president himself...

I am pleased start my article by sharing a new Brazilian-American paper, which outlines the author's hypothesis, that certain essential oil ingredients could interact with key proteins of the severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2). This is because essential oils have repeatedly shown themselves to be promising antiviral agents against a wide range of pathogenic viruses.

Let's remember: Viruses are not living organisms, but particles of genetic material that have to dock into the cell membranes of living host organisms – otherwise they cannot reproduce themselves. The current pandemic is caused by an enveloped Corona virus, which is sensible to solvents like soap, dish washing liquids, petrol and also essential oils. Due to their lipophilic properties, essential oils can destabilise the envelope

of those viruses, thus helping to reduce virulence and possibly also decrease the harm, which this pathogen can cause during the course of this serious – and sometimes deadly – disease.

In these Brazilian experiments, reactions of various dangerous enzymes of the SARS-CoV-2 pathogen to 171 different essential oil molecules were examined by means of molecular docking analysis.

Now don't be intimidated by a bit of "laboratory language" from the abstract, I will explain the most promising scent molecule further below: *"The compound with the best normalized docking score to SARS-CoV-2 Mpro was the sesquiterpene hydrocarbon (E)-farnesene. The best docking ligands for SARS-CoV Nsp15/NendoU were (E,E)-farnesene, (E)-farnesene, and (E,E)-farnesol. (E,E)-Farnesol showed the most exothermic docking to SARS-CoV-2*

ADRP. Unfortunately, the docking energies of (E,E)-farnesene, (E)-farnesene, and (E,E)-farnesol with SARS-CoV-2 targets were relatively weak compared to docking energies with other proteins and are, therefore, unlikely to interact with the virus targets."



Some essential show direct antiviral properties – but bear in mind that most of the scientific experiments were done in vitro, meaning their effect in a living organism might not be as strong. >

Narrow-leaved Eucalyptus (*Eucalyptus radiata*)

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Image: © pakhnyushchy
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Jonathan Benavides

Clinical aromatherapist, HEARTS Teacher (UK), psychologist, educator,
counsellor, Director of Essentia Nobilis (NL)

**TRAIN TO THE LIGHT,
AN AROMATIC JOURNEY IN PALLIATIVE CARE**

In palliative and terminal care, we have to deal almost daily with suffering, pain, distress, despair, hopelessness, anxiety, sorrow, grief, exhaustion and death. And for us, aromatherapists, is quite challenging to be able to provide the necessary comfort and support using essential oils, especially, when you want to go the extra mile and provide and offer them in this remarkable period in their life, something more meaningful and lasting than just a comforting feet or hands massage.

In my opinion, at the end of your life it is crucial to be able to be truly conscious that you are still here and not gone yet, that quality of life is the main reason for palliative care, that it is very important to close circles, to clean what has to be cleaned, to resolve what has to be resolved, to create an harmonious and loving space where it is all about saying goodbye, saying I love you, saying I know you love me and to feel care, compassion and love from family, friends and everybody that has been important in a way or another in your life.

In this context, aromatherapy and essential oils can have and play a meaningful and beautiful role that might last not only until the last breath but beyond. I truly believe that someone is really dead when is forgotten, a loved one passed away but lived further through happy memories in your heart.

“Train to the Light” (TTL) is an in-

tervention that was developed by the author having in mind that in cancer and palliative care you are not just working with a terminal patient but also with the caregivers and family. Especially when the patients are declared terminal and sent home as nothing more can medically be done for them except pain and palliative care.

Any terminal disease produces enormous distress. The emotions of the patients and their caregivers are closely connected during the whole period. This is something that they share in common, the trouble coping with the diagnosis, the physical symptoms, the emotional turmoil, and/or the treatment if any, the disbelief, grief, anxiety, sorrow and tears. Sometimes, a caregivers’ distress is being greater than the patient’. Since the caregivers’ suffering can affect the patient’s well-being in this critical period and both of them need to adjust to the upcoming

loss, an early and constant support of both the cancer patient and the caregiver is very important.

Knowing that aromatherapy is a



They considered particularly important the beautiful moments when, after incorporating the familiar aromas through inhalation, they were able to talk to their loved ones, telling them what they always had wanted to say. >



...the rails through the Poppies

Image: © Claudia Dea

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Rvt. Rana Babaç Çelebi (MSc, PhDc)

EQUINE-AROMATHERAPY: AROMATHERAPY APPLICATIONS ON BEHAVIOURAL ISSUES

The author is a graduate of the Aromatic Scholars program of The School for Aromatic Studies

With aromatherapy gaining ground in human medicine every day, it also started to attract interest from the veterinarian community especially in Western European countries – which in turn led to an increasing number of scientific research in the field. Very much like the human organism, aromatherapy works for animals on a number of different levels: physically, emotionally, conditionally and evolutionarily. Horses, in particular, are very sensitive animals and have been shown to benefit from aromatherapy.

On the physical level; especially in cases of musculoskeletal, skin and respiratory system disorders, many veterinarians are already accustomed to working with essential oils (e.g. Eucalyptus (*Eucalyptus globulus*), Rosemary (*Rosmarinus officinalis*), Peppermint (*Mentha x piperita*), Tea tree (*Melaleuca alternifolia*), etc.), also, several common ready-made equine-veterinary drugs already contain various botanical active ingredients.

Speaking on the emotional/psychological level, as we know, essential oils trigger chemical responses in the olfactory receptors, which in turn forward messages to horses' limbic system via the olfactory nerve, where the animal's behavioural responses are generated by emotional stimuli; establishing a sense of calmness, relaxation, stimulation, contentment, or a number of other responses.

A typical veterinarian may already have heard about the merits of walking

into the box of an uneasy equine-patient with lavender essential oil. However, in veterinary medicine school, for many veterinarians it is relatively something new to consider the smell on its own as a useful tool for behavioural disorders' treatment, or that the complementary medicine would significantly improve animal welfare during training, handling, lengthy uncomfortable treatments and or chronic diseases.

In the greater metropolitan area of Istanbul, under the supervision of Doctor of Microbiology, veterinarian Fikret Memişoğlu, a study of equine aromatherapy on horses with behavioural issues was conducted on four equine patients. Upon the completion of the four field studies over an average period of 1,5 months each, the empirical evidence showed that aromatherapy could be used to tackle and solve reported behavioural issues if/when high quality, unadulterated essential oils are used and administered at 5% dilution

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Working with equine behavioural issues can be challenging because it is labor-intensive and time-consuming. Unfortunately, today, race-horses are commonly considered to be economic assets rather than living companions. It usually means that horse owners' primary interest lies in winning race-medals and selling their horses at a profit.

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Tree (image cut in size)

Image: © AJ Cann

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Jan Kusmirek

SENTIENT TREES OR JUST TREES

There is a certain something about trees. They come in many shapes and sizes, evergreen and deciduous. The world used to be more forested than it is. From Europe to the Amazon and across all continents there is less tree cover than ever before.

Does this matter? Some would say that trees are the lungs of the world. A tree has the ability to provide an essential of life for all living things on our planet – oxygen, and the power to remove harmful gases like carbon dioxide making the air we breathe healthier.

Trees have also provided for millennia basic structural materials for building, tools and furniture. We admire the qualities of trees and their texture, their grains and looks. Clothing has been made from trees and of course, the nuts or seeds form a staple food from humans to animal life of many sorts. In aromatherapie essential oils from trees are the backbone of many treatments. Altogether trees are desirable and useful.

Now I could argue that actually felling trees can make land more productive and that the forest floor is noticeably devoid of a diversity of plant life. It is the woodland edge that contains the great-

est diversity of life. And the monoculture of some forestry management systems is quite sterile. Trees are inevitably going to be cleared for food production as population increases.

Trees are very interesting and inspire or awe us due to their age and size. Mostly we have to look up to see trees and not down! But not always for there are plenty of dwarf trees. When we do pause and think it is mostly of leaf and trunk. Leaves, however only make 5% of a tree's mass, 15 percent goes to twigs and branches, 60 percent goes into its trunk and 20 percent is devoted to the roots. Yet traditionally it is the leaf we mostly consider for its uses in healing and medicine. The Christian Bible Book of Revelation says concerning a future time of blessing: 'Through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each

month. The leaves of the tree were for the healing of the nations.'

“

Essentially the starting point of all vegetable matter is light. This light which we understand to be radiation, electro-magnetism or 'vibes man' is transformed into predetermined structures. In effect, a tree, or any other plant, grows into a predetermined field which we call shape.

Trees

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The Tihany lavender fields around 1936.
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Minden jog fenntartva

József Tóth

QUEST FOR A LEGEND

Lavender!

For many in Hungary, it equals Tihany (a village on the Northern shores of Lake Balaton – ed.) Why? Because Tihany is famous for its lavender farm. Ok, but again why? Not many people can answer further!

Some will say because the Tihany lavender is high quality or because there used to be a great lavender farm or just because they enjoy being there. For some who walk in Tihany with open eyes will recognise a name: Gyula Bittera. He has something important to do with lavender! He is the 'father' of lavender in Hungary and whom Hungarians can undoubtedly call a legend.

Most of the lavender here was apparent in the monastic herb gardens until the purple-flowered plant has appeared in Tihany.

It often happens that we read something and easily overlook certain names. During my horticultural studies the name has lingered but only to know that he has created the lavender farm, which was not only famous but world-renown – that's it. A few years passed and something started itching me. I discovered that I really wanted

to create something that has to do with my profession and some kind of self-realisation, plus something I must make a sacrifice for. Let's say, I was seeking a hobby as well. Finally, I came up with lavender farming. The plant was part of my studies, but I had no practical knowledge whatsoever. Therefore I started visiting lavender farms, collecting information from traders, producers and reading books. Gyula Bittera's name has appeared again and again. Unfortunately, there was hardly any useful information which turned me to foreign sources and examples on farming lavender. Soon, together with my wife, we have decided to start the farm and planting. Three more years have passed, and one day, I met someone – we were introduced to each other by Gergely Hollódi – who wanted to write her aromatherapy essay on lavender and the secrets of the plant – this could only have meant if she was writing about

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He urged the production of several species and the implementation of various already tried and proven cultivation technologies. He warned agricultural officials that herbs and aromatic plants may serve as a success story for the country and its essential oil production – never for his own sake.

Lavender harvest cca. 1930

Image: © 2020 Gyula Bittera Foundation
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Gyula Bittera (1893–1970)

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Ildiko and the godparents of her Melissa:
Babis Psaroudakis and Janina Sorensen.
Image: © 2021 Ildikó Berecz



Ildikó Berecz

MELISSA

LIFE IS BEAUTIFUL, ISN'T IT?

Storytelling, myths, and symbolism appear in our lives from the moment we are born, if not earlier. Ever wondered what form they may take and how they permeate our inner world? I don't think there is a short answer to this, or at least, it would feel like looking for the elixir of life in one word, or trying to simplify the complex reality of infinite worlds. The Tower of Babel is a story explaining why confusion came along amongst people in understanding each other, while one could actually find several fascinating interpretations through different cultures and other dimensions. Gently refined clean abstracts can help us find common ground, meeting points, and power in understanding.

And what does it all have to do with Melissa, you may ask? I could immediately refer to the work of Paracelsus, the famous Swiss physician, alchemist, astrologer, and philosopher who lived in the 15th century and described *Melissa officinalis* as the "elixir of life". Meanwhile, I would generously skip some thousand years here and there in history where this aromatic herb always had its part and position. Should you be concerned about this open approach in my writing, my dear reader, perhaps you could make yourself a soothing decoction from the wonderful leaves of Melissa, and then decide whether to continue reading my composition with an open mind or else, start out with your own research to gain further experience.

Where to start?

It does not matter where, when or how we start. However: It does matter where,

when and how we begin. I believe we can agree that both statements are appropriate within the right context. It's when contemplating over the experiences of working with Melissa, that again, I have come to this gentle wisdom based on a rather positive, and more concessive approach.

Given the present time, for instance, I could start by telling you that it is now the second generation of the Melissa plants that have now found fertile ground in my garden on Crete. I dug them up and planted them somewhere, caring and watching anxiously. I followed every moment, supporting their expansion from the first pot to a giant planter box, and later settling in the half-shaded corner of the garden soil, sometimes from a distance and more freely, other times perhaps with an excessive presence. I was glad when she proliferated, and I grieved when I thought I wasn't providing her with the right conditions.

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With a careful approach and a daring heart, the path assigned to us will unfold in due order at the right time and manner. There might be dragons, and each of us will have to deal with our own monsters. Every battle fought and each summon taken, there comes an opportunity to ascend to new levels through our physical reality... >

Melissa (Melissa officinalis)
in the large planter, May 2020.
Image: © 2021 Ildikó Berecz



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Gergely Hollodi

THE MAN WHO DREAMS WITH ACCORDS

INTERVIEW WITH PERFUMER MATTHEW MELEG

I love natural perfumery and playing with scents. Being more of the aromatherapist, making fragrances is a hobby for me, unlike for Matthew Meleg, a Canadian born perfumer of Hungarian descent who devotes his life to fragrances. I have been following Matthew's artistic work in the last couple of years and became more and more curious about his work. Now you can read the interview with him in full length.

Based on your last name Meleg, most Hungarians would say you have Hungarian origins. Is it true? Can you tell us a bit about the family history?

Yes! Meleg is Hungarian. But our family is a bit of a mystery. The Melegs actually lived in Vojvodina, Serbia, before coming to Canada (1920).

From what I understand, the Melegs, a military family of Slovak / Hungarian origin, were either sent to Serbia by the Hapsburgs or were requested by the Serbs to come – to defend against the Ottomans. Vojvodina has many peoples, religions and nations and tracing family history in this part of the world is nearly impossible. It is a very tricky, unclear task.

For how long have you been making perfumes?

I've been making perfumes for about four and a half years. All of this is done in our one-bedroom apartment, in Vancouver, Canada. (I have a very understanding and patient wife :-)

Where did you learn perfumery?

I am completely self-taught. No mentors and I'm not a highly intelligent person. But I do have the advantage of a very creative and curious mind.

I gather information from universities, from online, I collect old books, frequent libraries and make random phone calls to people within the perfume industry.

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Of course language is important, but I rarely make a perfume from a single word... I have to conjure a place and memory. I will use language to articulate this “feeling,” but I am more after a general feeling than a specific word.

Photo: © 2021 Matthew Meleg
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Jasminum grandiflorum

Image: © Jesús Cabrera

<https://www.flickr.com/photos/jccsvq>

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Tanya Moulding

THE SCENTED STAR
A FRAGRANT GAZE AT JASMINE

"The rose would give up its soul to the sun, the jasmine to the stars..."

Francis de MIOMANDRE, Grasse, 1928

Jasminum represents a genus of more than 200 flowering vines and shrubs of the *Oleaceae* family, which includes the olive tree. Originating from Asia and the Arabian Peninsula, there are now native species worldwide, except for Antarctica and North America.

Jasmine's common name derives from the Persian word Yasmin, meaning "Gift from God", and is known by varying common names depending on the country; *Sampaguita* in Philippines, *Pikake* – Hawaii, *Chameli* – Pakistan.

Jasmine has a long history of medicinal and aromatic use and holds a sacred place in many cultures and traditions as a symbol of purity, love and friendship, with garlands of the flower used in bridal ceremonies and devotional blessings. The

Hindu god of love, Kama, had his arrows tipped with Jasmine flowers in order to pierce the heart with desire, and it is said that Cleopatra would anoint her upper lip with Jasmine to further entice Anthony.

Among the many types of jasmine plants, two species are primarily sourced and cultivated to provide Jasmine oil: *Jasminum officinale* var. *grandiflorum* (synonyms *Jasminum officinale* and *Jasminum grandiflorum*) and *Jasminum sambac*. Commercial production is primarily in India and Egypt due to their warm temperate climates.

Sorceress of the soul

The most popular of all fragrance families, synonymous with romance, sen-

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When blending for perfumery and subtle realms, consider the wealth of unusual materials and extracts available; each possessing its own energetic and esoteric personality to help you create a soul-stirring blend, sacred to your use or that of a client...

suality, femininity, love and beauty, the florals encompass a scale of dazzling olfactory complexity; of them all, Jasmine, the King of Flowers, captures my heart.

Its use in aromatherapy for emotional and psychological support is well known, as is its benefits in reproductive health and skincare, to name a few. Its aromatic and energetic effect is perfectly illustrated in this quote:

"The fragrance penetrates the deepest layers of the soul, opening the doors to our emotions."

Gabriel Mojay

Its intoxicating fragrance is considered an aphrodisiac, used for promoting joy, optimism, self-confidence, self-esteem, compassion, unity of spirit and body, connectedness while combatting depression, anxiety, shock, panic, dispelling psychological tension and emotional blocks.

Such an oil is not only a first choice in my perfumer's palette, but its character lends itself beautifully to the esoteric, energetic, magical and spiritual realms, where subtle use allows its beauty and



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Transition

(image rotated)

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Felicity Warner

SACRED OILS FOR TRANSITIONS AND CHANGE

■ *During these challenging times, the energy of chaos is all around us. Transitions on such a meteoric and global scale are painful to navigate, and although as humans we are hard-wired to cope with the un expected many of us are suffering anxiety and loss.*

I practice as a “myrrhophore” – or mistress of the oils and I work with a repertoire of aromatic and precious Sacred Oils which have a profound ability to heal spirit and soul which can often soothe the pathway or at least re-empower the person to find their own strength to help them through difficult times.

As a Myrrhophore (one who heals with Myrrh) I combine contemporary therapeutic practice within an ancient twist. The Myrrhophore lineage has its roots in ancient Egyptian celestial medicine which centered around the ritualistic relationship between the signatures of body constitution, ailments and remedies and planetary agreement (law of similars). Medical alchemy, celestial anatomy, and planetary movements. It was a combination of medicine, healing and sacred ritual.

Interestingly, the ancient Egyptians believed that the sense of smell and the ability to intuit the effect of smell was the

most important sensory ability. Why? Because they knew that the inhalation or energy absorption of oils can increase one’s frequency, by stimulating the pineal gland.

This gland is thought to be the seat of the soul and the divine connector to enlightenment within the body. It attracts energy from the highest source and vivifies the aura. When the aura is strong and vibrant, we are better resourced to deal with change.

An oil is termed “sacred” when used in a certain way involving ritual and meditation.

The main principles behind the therapeutic practice of working with Sacred Oils are these:

The oils work with the aura rather than the physical body and they resonate with the energetic frequencies generated by both physical and emotional imbalance and trauma.

Oils have specific resonances with

“

Oils have specific resonances with certain conditions. For example, Violet made as a macerated oil has a powerful ability to soothe those who are link grieving, Elemi works by allowing people to “let go” on a subconscious level and Spike-nard is still used to help the dying to depart from this world without fear.

Oils have specific resonances...

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Dark Hedges
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Doreen DeSerres DuJardin

ENERGETIC AWARENESS

For as long ago in my life as I can remember, I loved plants, all sorts of plants from the wee shiny bright yellow Buttercups to the tall deep green Pine treetops. Walking along a natural path there were always botanical wonders to see, smell, feel, hear and sometimes to taste all along the way. It is the Energetics that filled me with awe. Each time I journeyed into natural habitats there was always a sense of wonder which filled me. I felt the presence of the Divine surrounding me in this atmosphere, although I was not really aware that was what it was. I was fortunate that we lived in the country, as I called it. I was a very solitary child; I liked being out in the yard or wandering in nearby fields with the deer, and one of my favourite past times was walking in the wooded areas that surrounded our home. In reflection, I believe this connection I formed with nature began as early as I remember.

Our Souls are ageless, and often children are very aware of the Spiritual dimension with earthly age's innocence. I have often witnessed the fact that as a young being advances in chronological age there is a shift that occurs with a sort of veiling to what one perceives.

*"If nature is your teacher,
your soul will awaken."*

*(Quoted from the renowned incredible
philosophical scientist Goethe)*

I remember sitting in the grass and speaking with the Buttercups when I was about 3 years old, I suppose. I loved the messages, I remember smiling and asking a few of these flowers to be with me closer, so I could rub them across my cheek as I peered into their smooth, soft and shiny

petals. I was and still am fascinated with the glow they exude. Although Buttercups do not have aromatic qualities so to speak, they carry an energetic vibration that lured me into the world of flowers and herbs. When you are small and close to the ground, it is easy to see lots of Wildflowers, Daisies, Clovers, Wild Roses and wonderful Dandelions. Perhaps this is why people often refer to seeing with the eyes of a child. Children are naturally inquisitive, and magic is real in everyday ventures. As for the trees I recall my frequent jaunts to the nearby reservoir through the woods. The pathways fascinated me as I could look to the sky through the Pine needles as I breathed in the forest air. It was always awesome. Sometimes I would lay down on the ground and listen to the earth as I felt a softness caressing

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When we are our authentic self, we feel deeply with all of our sense. We have a certain sort of innocence that comes allowing our instinctual knowledge to naturally evolve. As we learn it, often is more of a validation and awareness of this intelligence that we encompass.

>

Buttercup

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Photo: ©2021 András Vass

Monika Halmos

LIGHT TEMPTATION

Rose is probably the most erotic flower used in cooking. With its charming taste, the rose offers limitless variability. Its colours and scent incite creativity. Its gastronomical history leans back to thousands of years, and modern mankind can also find its new dimensions. Starting in May, dogrose can be the first arrival in our kitchens, then progressing into summer and the heating sun, more species offer their intoxicating aroma.

We can already taste it in May when the fragrant and fresh flowers bloom. This is time to make the first syrup and lemonade. Combined with Elderberry and Robinia, wonderful combinations can emerge. Next, the rainy days produce heavily scented roses – these flowers lend excellent aroma to jams and fillings. We can add them to fresh fruits from the garden like apricots, pears and summer apples.

The end of summer roses are wholly aromatic. Their colourful flowers are charming, and we can already start thinking about preparations for the winter: cookies, dried petals etc. Because winter cannot pass without roses either!

Below, I would like to wake your senses to start – if you have not already used them – using roses, the eternal flowers in the kitchen. Let's meet the queen of flowers from a different perspective. I hope a rose desert will bring you as much joy as it inspired me to make my recipes for several years.



<https://rozsakunyh.hu/index.php/en/>

ROSE BALLS

INGREDIENTS:

- 250 g sugar
- 2 handful of dried rose petals
- 300 g milk powder
- 250 g butter
- 100 ml water
- 3 tbs rose (*Rosa damascena*) hydrolat
- 100-150 g blanched ground almonds

METHOD:

Grind half of the sugar and the dried rose petals together. With the ground mix and the rest of the sugar, prepare a syrup. When ready, pull from the heat and stir in the butter, the ground almonds and the milk powder. Place the mix in a cool place for an hour or overnight. Form small balls and roll them in shattered dried rose petals. The colour of the balls will depend on the colours of the roses used.

Photo: © 2021 András Vass



Fotó: © 2018 Vass András

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Lemon myrtle (*Backhousia citriodora*)
Image: © 2021 Greg Trevena
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Greg Trevena

LEMON MYRTLE **(BACKHOUSIA CITRIODORA)**

AUSTRALIA'S BRIGHTEST AND MOST POPULAR AUSTRALIAN ESSENTIAL OIL

Australia has many unique and emerging essential oils of great value and interest to the aromatherapy and essential oil world. One of the strongest and currently the most popular native Australian essential oil amongst Australians in Australia is Lemon Myrtle essential oil. It is so popular because of its remarkably fresh lemon scent. A substantial percentage (around 90%) of those who inhale it – male or female, young or old, and of any country – find it uplifting and refreshing.

HISTORY

The indigenous people almost certainly used Lemon Myrtle for food and drink flavouring, medicinal purposes, and feeling good or uplifted. Sadly little recorded information of Lemon Myrtle use has been found to present.

In the 1860's Lemon Myrtle was found, identified and named by European Australians for the first time. By the 1880s, only a minimal amount of essential oil had been distilled. In the 1890s, a small amount of Lemon Myrtle essential oil was distilled by Schimmel and Co. and exported for sale into Europe, but this ceased with the breakout of World War I.

For the first 90 years of the 20th century, the plant remained almost idle. The pre-eminent Australian essential oil researchers (mainly Robert Penfold in Sydney) and one or two agricultural plant enthusiasts carried out some research.

The Australian essential oil researchers highly recommended Lemon Myrtle essential oil for development in the 1930s, but little happened.

Small amounts of wild harvest distillations occurred during World War II when lemon essence was in short supply in Australia. After the war, the plant was mostly forgotten.

It was not until around 1989 that the plant was revisited by a couple of private native plant enthusiasts, partly inspired by its potential as a food flavouring for what was the beginning as an emerging new interest in Australia, 'Australian native food'.

By the early and mid-1990s, the first Lemon Myrtle plantations emerged for possible essential oil production, mainly in northern New South Wales and smaller ones in Queensland. By the late 1990s, tiny amounts of Lemon Myrtle oil had started to sell in Australia.

Wisely, much research and develop-

ment had begun on Lemon Myrtle essential oil with the support of Australian agricultural departments and Lemon Myrtle pioneers (in particular Australian Sybilla Hess-Buschmann).

In the next decade or two, this research revealed Lemon Myrtle was highly antifungal.

Research also established that Lemon Myrtle essential oil could be safe to use on the skin at concentrations of 1% or less. In addition to this, Lemon Myrtle essential oil could be used safely in food flavourings (when diluted).

Lemon Myrtle essential oil is now legally permitted to be used on the skin or as a food flavouring. (FEMA No. 2303)

This research enabled Lemon Myrtle essential oil to become available to the world.



I have bottles of Lemon Myrtle essential oil which are ten years old and are still very good. Some of the top notes have a minor loss, but most people still find the aroma wonderful, and the oil remains strongly antifungal. Air or oxidation ages Lemon Myrtle oil more than anything else.

Lemon myrtle (*Backhousia citriodora*) in bud about to flower.
Image: © 2021 Greg Trevena
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Image: Adobe Stock

Will Lapaz

NATURE — OUR TEACHER OF NATURAL LIVING

*The Beauty of Sun and Earth,
Of Moon and Waters,
Stars and tall Trees,
Flowers and Herbs of the Field,
Fresh Air, blue Sky, this Planet, Home,
We are Home. Beauty abounds.*

From where does this Beauty come? Where does it reside and upon whom is it bestowed?

I ask these questions while reflecting on the allure of nature that surrounds me. Wherever I am, I see elegance and grace in the works of our natural surroundings and even sometimes in the creations from the human realm. Particularly from the works of the artists, musicians, gardeners and alchemists who create sublime essences from the roots, bark, leaves, flowers and seeds of aromatic plants.

When I ask who it is that recognises this sublime beauty, I answer: it is nature itself. For we are nature, we are of the earth and the sun, moon and stars. We are made from water and air, soil and the plants in our gardens, the bark of old

oaks, conifer cones and the substance of the tree of life that springs from all of the continents and islands on this planet. We are of the rocks, mountains, rain, and wind; we are not separate. Thus, I acknowledge myself all around me, before me and behind, above and below, surrounding and infusing me with life and the sun's energy, which, metaphorically, also resides deep inside of each of us as our soul.

Plants communicate with us. They wave their leaves like green flags of welcoming hellos; they announce their ripeness with swelling buds which soon turn to flowers that burst forth with aromas so fine that a myriad of flying and crawling insects visit and help them do what they cannot do for themselves. Although it is well known that flowers have aromas that attract insects for their seasonal pollina



Knowing plants is one of the keys to understanding essential oils and plant essences. The feeling of being a part of nature's cycles can help us in our distillation work or in creating essence blends, perfumes, filling bottles, making formulas or diagnosing and treating unbalance using our aromatic tools.



Orchid bee (euglossine)
(image resized)

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Bowen Wei

Master of Acupuncture and Oriental Medicine

TAO OF AROMANCY: ART OF DIVINATION WITH AROMA

The word Aromancy quite surprisingly does not exist in any dictionary. Mancy comes from a word of Greek origin manteia, meaning divination or “to be inspired by a god” thus, Aromancy is an attempt to gain insight into a question or situation by way of Aroma... aroma, in this case, comes from the spirit of the plant. The discovery is often accidental, and it changes the course of life who is involved.

As an acupuncturist and massage therapist, I had a chance to offer a mini-course in subtle touch. I wanted to share the concept of Oriental Medicine’s Five Elements, a way in which students have the direct sensory experience. So I prepared five pieces of coloured paper representing Five Elements and began intuitively assigning my collection of essential oils into each of them.

Upon presentation, I immediately began receiving questions from my students. Not so much about the theory of Five Elements, but upon their lives’ challenges, mostly on relationships, emotional or existential nature. I diagnosed the issue, then focused on the element most pertinent and chose one or two essential oils that I thought suited the theme for them to smell.

What followed was wildly varying observation and reaction to scents by individuals, which opened my eyes to the potential to use scents as the medium to communicate.

And so it began the path of Aromancy as a therapeutic/counselling method and natural perfumery with the intention.

USE OF ESSENTIAL OILS AS THE MEDIUM OF DIVINATION

In aromatherapy, we typically use essential oils for scientific efficacy. An essential oil A has the desired effect for condition B. This aspect is perfectly linear, but the given essential oil's scent is less important than its chemical composition.

Perfumery typically falls on either of two categories: to attract or to dis

“

An Aromancy session is a journey into the world of aromatic treasures, and in the process, learn a new language. This language is as old as humanity itself, spoken in every culture, but perhaps for the first time, we have access to plants from all over the world within our arms reach.



(My first) Aromancy session
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Marshmallow (*Althaea officinalis*)
Image: ©2022 Julie Bruton-Seal
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Anne McIntyre

FNIMH, MAPA, MCPP, Medical Herbalist, Ayurvedic practitioner

ALTHAEA OFFICINALIS: MARSHMALLOW THE FLOWER OF SOFTNESS

*With many a curve my banks I fret
By many a field and fallow,
And many a fairy foreland set
With willow-weed and mallow.*

*I chatter, chatter, as I flow
To join the brimming river,
For men may come and men may go,
But I go on for ever.*

– Alfred Lord Tennyson (1809–1892)

OTHER NAMES

Malva, cheeses, schloss tea, meshmellish, drunkards, bullseyes, moorish mallow, white mallow, althea, mortification root, sweet weed, wymote, mallards, schlos

PARTS USED

Roots, leaves and flowers

Marshmallow is a handsome and stately perennial with endearingly soft velvety leaves and pink flowers. As its name suggests, it is often found growing wild in damp, salty marshes and by the sea in Europe and Western Asia. In Devon the farmers used to call marshmallow 'meshmellish' and 'drunkards' because it was

found growing close to water. Marshmallow is a member of the *Malvaceae* family, the word 'malva' coming from 'malakos' the Greek word for soft or soothing, referring to the demulcent and emollient properties of these plants. In fact, marshmallow is probably more soothing than any other plant because of its high mucilage content. Althea is derived from the Greek 'althane' meaning to cure or to heal as it has been known to ease so many ills.

The use of marshmallow as a nutritious and medicinal herb originated in ancient Greece and later spread to be incorporated into Arabic and Ayurvedic medicine. The Greeks ate the tender leaves and young tops, the Egyptians and Syrians grew it as a food and the Romans



Marshmallow is considered a very safe herb and virtually no side effects have been reported. It may cause low blood sugar in some people and reduce absorption of prescription drugs and supplements; take either six hours before or after taking other medication.

Marshmallow (*Althaea officinalis*)

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Image: Adobe Stock

Dr Daniel Pénoël

OSMOBIOSE

**THE BEST WAY TO KEEP AND BRING THE HEALING POTENTIAL
OF ESSENTIAL OILS TO A HIGHER LEVEL**

Dear reader! Aromatika magazine's editor Ildikó Berecz asked me to present the concept of OSMOBIOSE which she discovered in one of my books, which she found totally in line with her perception, philosophy and practice. So, it is a pleasure and a joy for me to accept the proposal with this initial presentation. Above all, it is important, to begin with, the explanation of the term itself, which I suppose, at this stage, might seem a bit mysterious to you, dear reader. So, let's decipher together its meaning. I will show you that you can already analyse its composition and find its signification with your current knowledge for this process.

I am sure you know that when the COVID-19 virus settles inside the upper respiratory system, i.e. in the nose, it attacks and destroys the olfactory cells. And you know the name of the symptom that results from this destruction? Yes, of course, you do: it is called **ANOSMIA**, which means that the sense of olfaction can no longer perform its function. If decreased, it is called hyposmia. In medical pathology, you also have hyperosmia cases, meaning that odours are perceived in an increased manner. Foul odours are perceived in cacosmia, but the phenomenon can be related to the brain itself, not necessarily to a real situation.

The root «osmia» is linked to «**SCENT**». It is the first discovery of our analytical process. I am sure you are also familiar with the term osmosis or reverse osmosis, a physical process used to ob-

tain pure water. Interestingly, here, we find two major concepts that will play a significant role in the philosophy and practice of OSMOBIOSE.

On the one hand, the concept is linked with the process of **EXCHANGE** taking place through a membrane. Then, another part plays a major role in the method, «**FORCE**» or, in other words, «**THRUST**».

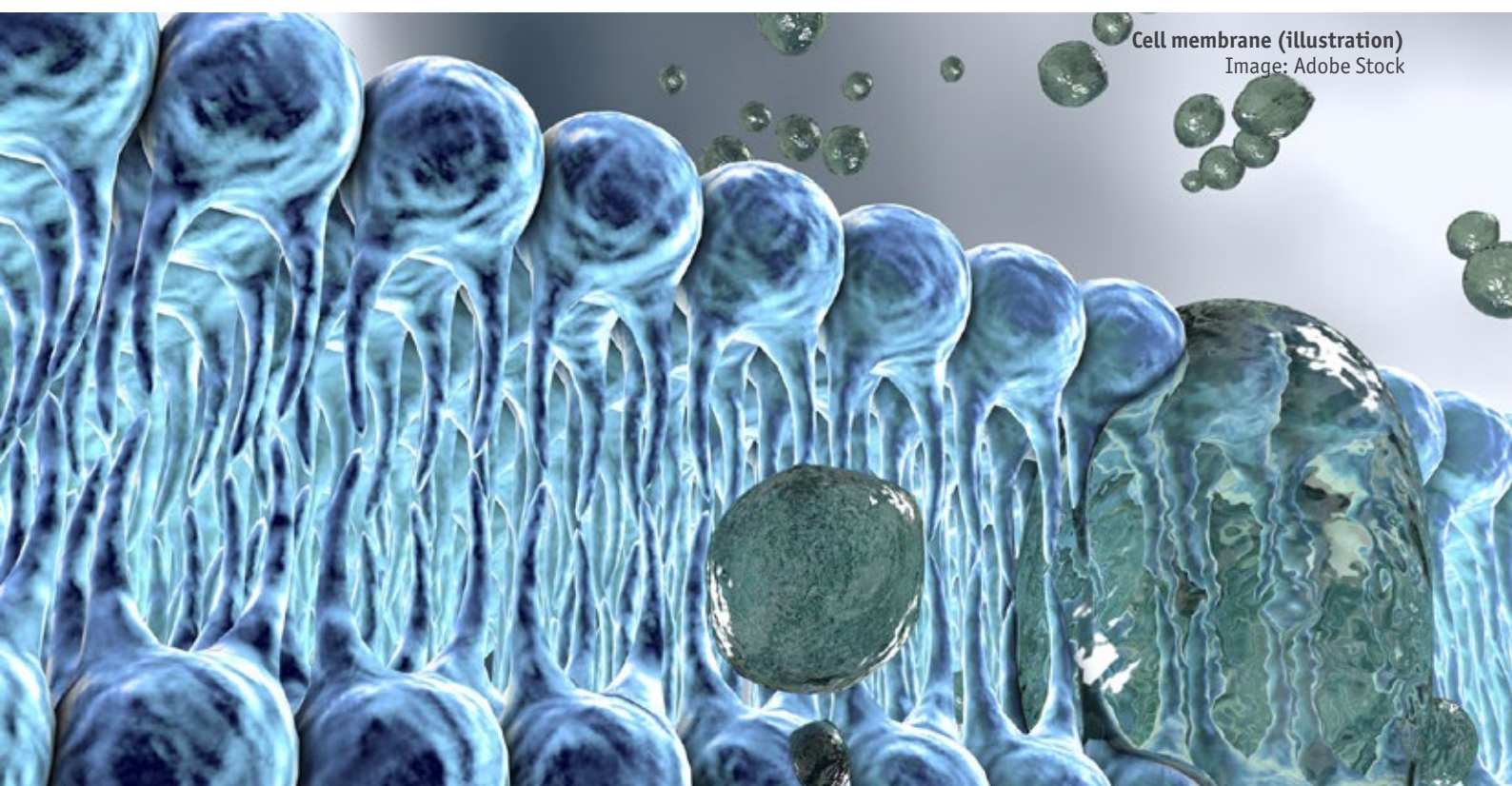
So, as you can see, in my way of teaching or transmitting, I constantly endeavour to make you aware that, in most cases, you have already, inside your mind, the capacity to open the way to a true and deep understanding, leading to your future role of being yourself capable of clear and powerful transmission!

Let's continue our exploration. Our first statement is the fact that, to our knowledge, planet Earth, our common and only home, is a **LIVING PLANET**. And, please, do

“

Osmobiose involves the existence of an aromatic discipline. By that, I mean a way of using essential oils from morning time to bedtime. Not necessarily to attack a disease, but above all, supporting the life processes in many ways. I call it: «Life helping life!»

>



Cell membrane (illustration)
Image: Adobe Stock

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Jill Mulvaney

Distiller and founder of 'Alembics New Zealand', Founder and Head Instructor
of the educational platform 'The Alembics Lab: Distilling Knowledge'

ETHANOL — THE MIGHTY MOLECULE

Alcohol and its applications are not the first things that spring to mind in forums dedicated to botanical learning, health and wellbeing. But I understand that readers of Aromatika like to think (and learn) outside the square, which is why I would like to share my experience with one of the most useful substances I work with as an aromatic distiller. I had the pleasure of presenting on this topic at the Botanica 2022 conference (where I was able to demonstrate the processes live with my equipment and stills). While I can't show you the process from start to finish here, I have re-distilled the experience for reading, as it's an engaging and useful topic for people working with aromatics.

Distilling has a vibrant and diverse community with different focuses and interest groups. Many overlap, but there's sometimes an initial divide between those primarily interested in distilling aromatic plant products for health and wellbeing and those interested in alcohol distillation. This is not unusual, as alcohol carries many negative connotations for health. And I freely admit that when I first began in aromatic distillation, I looked down my nose at alcohol distilling – partly due to these negative associations but also because the home-distilled alcohol for consumption I encountered had always been the kind of drink that would leave you feeling much the worse for wear.

As my interest and knowledge deepened, I came to appreciate that alcohol is of great use to aromatic distillers. It's one of the best solvents known to humankind (and apart from water, the oldest), and its ability to extract flavour and aroma from organic material is invaluable. Today, it has applications across so many different areas, from the food industry, to herbal medicine, as well as in cosmetics and perfumery.

I use alcohol for various purposes in my work – from tincturing to distilling 'spirituous waters' (more on those later) as a base for perfumes, for cleaning, and of course, in product development when creating aromatic spirits. It was a natural step for me to begin making it myself.

If you are lucky enough to live in a jurisdiction (like New Zealand) where it is legal to do so, learning to distil alcohol yourself is a skill that will serve you well for many reasons. Whether you use it recreationally or not, alcohol is useful in so many other facets of our lives, such as:

- Sanitising

- Pain relief
- Making water safe to drink
- Odour management
- Relaxation

I have also become fascinated with the process. And I've realised that in our changing world, it could be important to know how to make alcohol that's safe to use with ingredients we have to hand (or can obtain easily from our local supermarket).

Alcohol distillation is not a modern technique, though it has been refined over the centuries. At its heart lies the simple, fundamental process of fermentation – which is carried out by a living creature – yeast. This organism is remarkable and certainly sparked my curiosity.

YEAST – THE LIVING BEING BEHIND FERMENTATION

Yeast is a single-celled microorganism that is responsible for fermentation. It feeds on sugars and, in the process, converts them into ethanol and carbon dioxide. Yeasts are everywhere, and we humans have had a long and intimate relationship with them and their processes – which is not just about making alcohol but also another staff of life – bread.

To put our history with alcohol into perspective, shards of pottery discovered in the village of Jiahu in northern China hold evidence that points to early fermentation dating back to 10,000 years ago. But it was only 150 years ago we discovered that this tiny organism called yeast was, in fact, responsible for making the mighty ethanol molecule.

Humankind has been successfully fermenting fruits, honey, grains and vegetables for centuries. We'd use these ferments for their nutritional value, psycho-



'Spirituous waters' are aromatic products believed to have originated in the middle ages. They were used as perfumes and medicines. Hungary Water (rosemary tinctured in spirits and then distilled) is one of the most famous examples.

active actions, and relaxation to create a safe way to hydrate and make medicine. But it took a long time for us to discover it was actually yeast doing all the work.

Before 1680 yeast didn't exist as far as we were concerned. Fermentation was (and to some degree still is) a divine mystery. The process of fermentation among indigenous people was considered sacred. Offerings were set before shrines, and brewing implements (infected with these useful yeast strains) were passed down from family to family. Women were often in charge of the process, and while very little is left of the ancient products themselves (alcohol being so prone to evaporation), through modern-day analysis of earthenware vessels, aromatic herbs and resins have been detected as part of these brews. Alcohol and aromatics have been intertwined for a long time.

In 1680, Antonie van Leeuwenhoek (a Dutch businessman and scientist known as one of the fathers of microbiology) was



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Tanya Moulding

CARDAMOM — THE QUEEN OF SPICES

ELETTARIA CARDAMOMUM

Cardamom (Elettaria cardamomum) is a member of the Zingiberaceae family, a highly aromatic family of plants, with most being prized for their exotic spicy aromas and tastes. It is native to the Western Ghats of southern India and grown in Guatemala, the largest producer and exporter of this spice in the world. Cardamom is known locally as 'Elam', which dates back to the Dravidian roots where it was called 'El' or later 'Ela'. The modern botanical name was derived from a combination of 'Ela' and the Greek word 'Kardamum'.

CARDAMOM – THE PASSION POD

Summer is on the horizon, and what better way to metaphorically step into this transformative season than with the regal vitality of Cardamom as your companion. Throughout history, spices have generally been associated with royalty and luxury, and fittingly Cardamom is one of a triumvirate of expensive spices, the others being Vanilla and Saffron.

So, allow this Queen of Spices to guide you! Channel that spicy spirit and use this powerhouse pod to inspire eloquence, action, creativity, love, lust and generosity of heart and spirit.

A FRAGRANT POD OF DUALITY

Magically, Cardamom corresponds to the planets, Venus and Mars. From an aromatic and energetic perspective, this cosmic attribution highlights its unique 'beauty and the beast' qualities; cooling-warming, sweet-spicy, clarifying-grounding, balancing-revitalising.

These contrasting qualities are revealed by its chemical constituents, comprising 1,8 cineole, α -terpinyl acetate and its other principal components, linalool, linalyl acetate, sabinene, limonene, and α -terpineol, which help to illustrate its characteristic aroma.



As a warm spice with a hint of sweetness, Cardamom is associated with love, magic and passion, incorporated in recipes for love potions, philtres and amulets. Perceived as an aphrodisiac, it relaxes the body yet stimulates the mind. >



The birth of Venus, by Sandro Botticelli (1483-1485)
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Image: Adobe Stock

Madeleine Kerkhof, Kicozo

SPICY CO₂ EXTRACTS FOR CLINICAL APPLICATIONS PART 1.

Almost all of us have jars of spices sitting in our kitchen cupboard. They may be whole or ground peppercorns, cinnamon, clove buds or nutmeg. Or perhaps chilli peppers or allspice. Maybe you have worked with conventional essential oils or any of them.

Spices and their extracts have an incredible history, which I describe in more detail in my book on CO₂ extracts. Did you know archaeologists could trace the domestication and use of chilli pepper back to as early as 5000BC in Mexico? And the Egyptians kept epidemics at bay with cinnamon and added it to embalment blends for the deceased?

And did you know that an English sailor introduced star anise in Europe in the 16th century and that nutmeg was worth more by weight than gold in those days? And would you have guessed that a household remedy such as chewing on a clove bud for a toothache originates from ancient Roman times?

Since the development of CO₂ extrac-

tion, which I have written about before, spices have been a major part of CO₂ extract production, having the food and flavouring industry as the most important customer. As you can imagine, these CO₂ extracts contribute significantly to the stability and taste of food and beverages, even wine and liqueurs. Apart from the ones mentioned above, you can think of turmeric, ginger, cardamom and cumin. CO₂ extracts are also increasingly used in perfumery, cosmeceuticals and herbal medicine. As I have explained in my article in Aromatika 7.4.1. (2020 winter) and my book, CO₂ extracts have a rich composition and are beyond their content of essential oil. Fatty acids, waxes and pigments may also be present, making up part of the rich flavour and fragrance.

“

You may sometimes be hesitant to use spicy essential oils or extracts, such as cinnamon bark, clove bud or nutmeg, yet – except for chilli pepper CO₂-total – CO₂ extracts of spices are almost always milder when it comes to the aldehyde or phenol content. >

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AUTUMN

Violets (Viola odorata)
Image: Adobe Stock



Helen Nagle-Smith BA, MIFPA

DISCOVERING VIOLET LEAF ABSOLUTE
(VIOLA ODORATA)

What do you think of when you imagine violets? Tiny plants with striking little purple flowers? Violet sweets or chocolates? Maybe you think of someone you knew who grew them or a place where you have seen them grow. Do you think of the smell of the flower or violet perfume? Perhaps you have even known somebody called Violet?

For me, childhood memories of a sickly, cloying, synthetic smell of violets and hideous mauve Parma violet sweets first came to mind. My negative association with these aroma memories meant I simply wasn't interested in finding out anything about violet leaf absolute for years. I thought there were lots of other expensive oils, such as jasmine and neroli, that I preferred to spend my money on!

My journey with violet leaf absolute has reminded me not to judge an oil before smelling and working with it. Patience, research and experimentation can all change your perception of an oil (or, in this case, an absolute). Many aromatherapists also feel that certain essential oils come into your life when you, or someone you know, need them. Perhaps violet leaf absolute came into my life when I could

appreciate its value more.

If you have smelt violet leaf absolute, do you recall your first impression? 'Pleasantly surprised' was how I would describe my first inhalation of it. Where was the pungent, cloying, sickly smell I had imagined? The aroma seemed quite green and herbaceous, with an earthy tinge and a delicate floral edge. Very different to the awful imagined scent I had conjured in my head!

So come with me and take a look at *Viola odorata*. Together we will explore its heritage and symbolism and the uses and power behind violet leaf absolute.

Violets are tiny plants, often growing in light shade and happily taking place under larger, more showy plants or trees. They have little purple flowers that are offset by dark green heart-shaped leaves

(the shape of the leaf gives us a clue as to how it can support us with emotional heartache, but we will come to that later).

“

In my aromatherapy clinic, I have found it helpful for clients undergoing psychological work with another professional (such as a psychologist or a counsellor). Such work can bring emotions and old wounds to the surface.

Violets (*Viola odorata*)

Image: © Andreas Rockstein

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Image: © 2022 Pacific Institute of Aromatherapy (PIA)

Gergely Hollódi

INTERVIEW WITH DR. KURT SCHNAUBELT

The term 'aromatherapy' was coined by René-Maurice Gattefossé in the 1930s and first appeared in print with the publication of his book, Aromathérapie: Les Huiles Essentielles, Hormones Végétales in French, first published in English in 1993. Many enthusiastic and professional people – coming from a scientific background or not – lay out the path for education and popularising aromatherapy in the coming decades. We experience a changing world around us with many challenges and changing trends in and around our beloved 'therapy' that was initially built on the healing properties of essential oils. With a newer generation evolving, we wanted to know about the individuals – or we can call them pioneers or GIANTS – who worked effortlessly to get this field accepted. In our newest column called GIANTS, we first interviewed Dr Kurt Schnaubelt. Kurt lives in California and runs his school Pacific Institute of Aromatherapy, and his business, Original Swiss Aromatics.

How did you initially get involved with aromatherapy, and what made you start working with essential oils?

While I was doing research for my PhD thesis in macromolecular chemistry (that was in the late 70s), I also became interested in essential oils. The way to gather information about their properties was to go online – an early version of the internet – and find relevant scientific publications in the Chemical Abstracts Database in Columbus, Ohio. Essential oil pharmacology was published under the rubrum of pharmacological biology. So I did not really become interested in aromatherapy, but the essential oils came to me. What finally made me interested in essential oil qualities, as summarized under the aromatherapy header, was when I first saw the word "aromatherapy" in the titles of Jean Valnet's and Robert Tisserand's books.

Where did you start your career?

So, apparently my career began in Munich in the halls of the Technical University of Munich.

What is your first memory about your first contact with essential oils?

My first experience was with the unique euphoric qualities of Clary Sage.

Who did you study with?

I did never really study aromatherapy the way we imagine it today, as in taking an aromatherapy class as they were none at the time. Instead, I studied the scientific literature about essential oil pharmacology and, I think it is fair to say, developed, maybe the first, scientific aromatherapy teaching curriculum in 1985. I am glad to recall how many of the protagonists of the

“

What we call California-style blending or aromatherapy arose from our many exchanges with aromatherapy users who did what we do. We follow the scientific literature, and if it presents something promising, there will always be individuals who take it upon to try for themselves if the lab results will repeat in real life. The results that these lay individuals gather constitute some of the most precious healing strategies available in aromatherapy.

field began their immersion in aromatherapy with the PIA Correspondence Course. (Reliance on the course contents and ideas became so common that we sometimes had to chuckle when we saw how sometimes not only statements were copied from the Course but even the typos that had slipped our attention).

It might be interesting to note that



Dr. Schnaubelt presenting in Chengdu, China

Image: © 2022 Pacific Institute of Aromatherapy (PIA)

Demand for Lavender oils is met by production in Bulgaria, Crimea, Tasmania and also Kashmir

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Quechua potato farmer Salustio
Huatata, Cusco region, Peru
Image: © 2022 Alvaro Daniel Balcázar
@alvarobalcazarfotografo
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Viktória Ferencz

TRADITIONAL HERBALISM AND AROMATHERAPY IN THE PERUVIAN SACRED VALLEY PART 1.

You say Peru, I say: #Perú, #Pachamama,#Apus, #K'intu, #Sacred Valley, #Cusco, #Rio Vilcanota, #Machu Picchu, #Incas, #Coca, #Quechua,#peace, #smile, #ayni, #humbleness, #modesty, #ancient traditions, #ceremonies, #nutritious food, #agriculture, #cosmovision, #connection, #tinkuy, #aymara, #nature, #shamans, #pacos, #curanderos, #Perú

ABOUT PERU IN A NUTSHELL

It may seem cliché that Peru is one of the most diverse countries on Earth. It has three main and totally different zones – the coast, the jungle and the Andes range, La Sierra. Having 84 different climate zones from the pool of 118 spread over the whole world makes Peru completely unique. In this country, everyone can find all interests, wishes and needs.

Reflecting also the country's biodiversity, there are two Peruvian restaurants in the first 11 best restaurants in the world. I believe Peruvian cuisine works as a gate to traditional herbalism. Since multiple nations are being presented in the country, they somehow influenced the traditional Peruvian culinary art. As a result, Chifa (Chinese-Peruvian), Nikkei

(Japanese-Peruvian), and Criolla (African-Peruvian) fusion cuisines popped up over the centuries apart from traditional Peruvian Andean. Not only the food but the whole ecosystem changes from county to county, precisely on how traditional clothing varies by the different communities showing others where the person is coming from. Even in traditional cloth making Peruvians apply their herbal medicinal knowledge to colour alpaca or sheep wool with natural plants.

ABOUT PERUVIAN HERBALISM

According to researchers "the world flora consists of 250 000 species, of which 10% can be found in Peru. It is also considered that only 60% of the Peruvian flora has been studied, 30% of endemic origin and

some 1408 species with medicinal use."¹ Ancient Peruvian civilizations understood herbal remedies in a much broader way than how we explain and interpret them



In rural Peru, farmers store and carry raw vegetables in big, mainly plastic bags. They put different aromatic herbs onto the bags to repel animals and keep vegetables healthy. >

Fruit vendor in the jungle, North Peru

Image: © 2022 Viktória Ferencz
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Imprint of a leaf on the walls
of a copper alembic.
Image: © 2022 Ann Harman
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Ann Harman

THE FOUR PILLARS

EXCERPT FROM HARVEST TO HYDROSOL SECOND EDITION ©2023 ANN HARMAN

As a distiller, you are responsible for everything that goes into your still and everything that comes out of your still!

Ann Harman

I hope I never stop learning. When I wrote the first edition of my book, Harvest to Hydrosol seven years ago, I had been distilling for a couple of decades. I think along my distillation journey my learning has been exponential – I feel I have learned more in the last seven years than the previous 25 years combined. I have met and learned from so many great distillers and chemists from around the world. Over the years I have developed a set of principles (pillars) that I live by. I would like to share these principles with you and hope that you will develop a similar set of standards for yourself.

KNOW YOUR PLANTS

To know the plants is to respect the plants

As a distiller, I cannot stress enough the importance of knowing the plants you are distilling. Not only is it crucial that you correctly identify your plant material but also that you use the most current, accepted Latin name when labeling. You the distiller, have a great responsibility; you must be absolutely positive about your identification. You cannot rely on internet image searches, plant identification apps, or even on nursery tags, as they can be unreliable. I know of a distiller that bought a plant that was labeled *Helichrysum italicum*, unfortunately, the label was wrong, it turns out it was *H. petiolare*. We worked together to correctly identify the plant by using additional photos and a plant identification group with professional botanists to point us in the right direction. The *Helichrysum* genus has over 500 accepted species and the garden center had made a mistake when labeling the plant. Had she not been diligent in her identification she would have labeled her hydrosol incorrectly; the two species have very different chemistry.

It is your responsibility to learn how to positively identify the plant you are working with and to check and recheck your research. This responsibility is not to be taken lightly. Please consider that if you are selling a hydrosol and you get

the identity wrong, the mistake may have negative impacts on the end user.

THE STORY OF THE STINKING CHAMOMILE

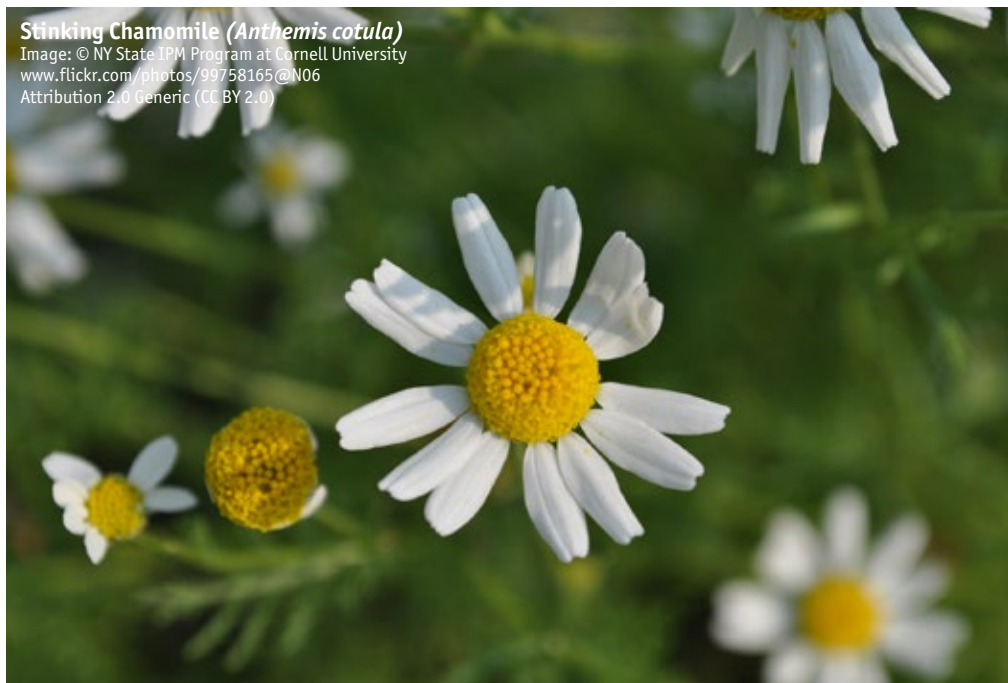
When distilling larger batches, I often purchased botanical material from local organic farmers. I had contracted a local farmer to grow some certified organic Roman Chamomile (*Chamaemelum nobile*) for me. My grower's first delivery of plant material was beautiful. The resulting hydrosol was exquisite. I was so impressed I asked her if she had any more that I could purchase, and she said "yes". As I was loading the still with the second delivery, I would notice an off-smell, not the Chamomile aroma that I was expecting. I would stop and inspect – nothing. Once the distillation had started, I knew imme-

“

I know that I'm not the same person as the girl that started on this journey so many years ago, distillation has a way of peeling away the layers of the distiller. My distillation journey has been a blessing. I have met folks from around the globe that share > my enthusiasm for the art.

Stinking Chamomile (*Anthemis cotula*)

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SPRING



HAPTIC
POWER!

Image: Adobe Stock

Magali Pénoël

WHO HAS THE RIGHT TO... TOUCH?

The right to touch, until recently, was the prerogative of the patriarchy. How to empower women? Magali Pënoel proposes to give back a "haptic power" to women thanks to the polysensory approach that she has developed: AROMABODY'SOUND®

KEYWORDS: sensoriality – female leadership – essential oils – post-trauma – olfaction – body percussion

DEVELOPING "HAPTIC POWER" IN WOMEN?

At a time when omnipresence is at EBP (Evidence-Based Practice), a practice based on evidence, with a hands-off practice (where massage is less present), the AROMABODY'SOUND® method takes the opposite course. It proposes reconnecting with the 'hands-on' experience to put the power of touch and multisensory at the heart of feminine transformation. Why? Because touch is a story of strength and allows you to regain your power.

The female body, throughout history, has been closely linked to the notion of power. Touching with impunity was the prerogative of masters in the days of slavery. Then later, the master of modern times: the husband had the right to life or death over his wife's body.

In obstetrics and gynaecology, at the

beginning of the century, only men could touch a woman's body in their intimacy. Domestic violence inflicted on women on their bodies are so many wounds that women must learn to transform into strength to bring about a new bodily era which starts with them and then affects their family circle before streaming into the political and then the social sphere.

WOMEN AS PROMISING MODELS TO INITIATE A PARADIGM SHIFT?

The McKinsey cabin studies suggest that during the COVID crisis, women demonstrated inventiveness, flexibility, and the ability to bounce back and innovate. Therefore, would it perhaps be ingenious to encourage women's access to decision-making positions, in other words, to positions of power, to initiate this change?

The government's response: yes!

“

If psychedelic therapies emphasize the reconnection of different brain areas via specific substances, I opted to use all the sensory ones. Music, sounds, smells, and touch all activate specific neuromediators (serotonin, dopamine) that act like little electric wires connecting our different brain areas.

As of December 2021, the RIXAIN law is promulgated to impose on companies with more than 1,000 employees gender parity in positions of power in strategic and decision-making positions. Yes, but here it is...

How do we propel women to positions of power when their bodies, their mind, their internal narrative, or even their epigenetics bears traces of this "patriarchal power", relegating them to a "2nd position" to a "2nd body"?

What if the tactile, sensory approach could be a way to reclaim this "haptic power"? What if it was through touch that the reconquest of power could take place?

In my practice and coaching sessions, I encourage my crowd (mainly women) to live a sensory experience to reconnect with their dimension of empowerment. A(auto)-tactile experience amplified by body sound.

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SUMMER



Image: Adobe Stock

Susan Mousley

OUTSIDE LOOKING IN AND REFLECTING

'TIME TO TALK AND LISTEN TO EACH OTHER COSTS NOTHING'

My past articles for Aromatika focused on stress and anxiety and my work with pregnancy and Oasis relaxation services clients in an NHS hospital and beyond. Within this article, I want to reflect on what has been happening since then and focus on where I am now and my roles in healthcare, involving the present workload and my viewpoint and opinion on where we are locally and nationally as a society.

Some of the issues and 'vibes' I am seeing or being aware of are as follows from my perspective or opinion; some are based on my interpretation of the plethora of research that is out there, which, if sourced, gives similar or facts from a different perception especially if it is outside of the United Kingdom.

2023 is a year so far that we are hopefully growing and progressing back to some pathway without fear and panic. My work continued during the pandemic, but on a smaller scale and mainly on my own, as 60% of my team have not returned to Oasis, which has saddened me. However, in my work as a health professional, it has crept into this role naturally and organically to support colleagues, patients and their carers. It has been a struggle to resurrect things coming out of the pandemic restraints, and it is a slow burn, but it is beginning to take shape into a new version to try and fit into new models and limitations. Also, my work outside of Oasis has increased mainly my training in first aid, which has made me notice not just physical illness and problems but also people around me and ask more about whether they are ok. There is an undercurrent not of stress as such but tiredness

physically and emotionally especially coming through the last winter season.

There seems to be a fear of getting ill and panicking when we do due to media frenzies and others' comments and fears. Being still bombarded with Covid news and media hype, the word pandemic seems to be used as a past tense, but we still hear musings of 'new variants' as if a new pandemic is being sought. Is it a new pandemic or just other bacteria or viruses cloaked behind COVID-19 re-emerging and the severity and worries about sepsis returning to the forefront?

Bacteria and viruses have always been there, and many serve good purposes in the body. There is always research and science to look for 'new' strains, or have they always been there and just not been discovered yet? If you look closely, you will find things. Does using sanitisers excessively suppress these things until they find a gap to invade when the systems are vulnerable, have our bodies forgotten how to fight off disease and perhaps the threatened integrity of the skin and its natural barrier, particularly with children whose skin is still developing?

Coronavirus and rhinovirus have been documented as being around since

“

For some, the pandemic has helped to reduce stress and help their lifestyles; for others, it has caused isolation and loneliness and increased mental health problems.

the '60's' that is the human form, other research shows it was discovered in animals back as far as the 1940's. In the 1960's era it was viewed as a 'novel virus' responsible for the common cold. The increased use of antibiotics, sometimes inappropriately, can cause bacteria and viruses to mutate, become resistant, and develop 'super strength' qualities. If the environment suits that growth, we will never eliminate them; we must adapt and re-evaluate.

Equally, our immune systems depleted over the last few years predominantly because of COVID-19 and mask-wearing. Being in our own spaces has meant we have not been exposed to 'bugs' going around and not getting out in the fresh air for many due to vulnerabilities. The financial cost also impacted this area. To keep a roof over their head and pay bills, families cut down on their food intake or went for cheaper, unhealthier options, not realising the long-term health problems it could cause. The Office of National Statistics (ONS www.ons.gov.uk) published a document in March 2023 from evidence gathered via a census regarding public opinion on important issues that people are facing in the UK today. One of the leading factors was the cost of living and



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Carol Rose

Clinical Aromatherapist & Educator

INTEGRATING CLINICAL AROMATHERAPY IN PALLIATIVE CARE — PRURITUS

EXCERPT FROM INTEGRATING CLINICAL AROMATHERAPY IN PALLIATIVE CARE ©2023 CAROL ROSE

Defined as ‘an unpleasant cutaneous sensation which provokes the desire to scratch’ (Rothman 1941), pruritus (or itch) can be a source of considerable suffering for some patients. Although regarded as a rare symptom in patients with cancer, it is estimated that between 5-24% of patients with advanced stage disease, will experience pruritus which adversely affects their sleep, mood, daily activities and their quality-of-life (Alshammery, Duraisamy and Alsu hail 2017; Kantor et al 2016). Self-consciousness, embarrassment, low self-esteem and low self-confidence, are among the most frequently reported concerns by patients, although less commonly reported in research reviews examining pruritus (Kantor et al 2016).

MECHANISMS OF PRURITUS

Pruritus can be acute or chronic in nature with complex pathophysiology. For a long time, itch was considered a variant of pain, following the pathway of nociceptive sensory fibres via the spinothalamic tracts of the spinal cord to the somatosensory cortex. However, researchers identified that a proportion of these sensory fibres are unmyelinated C-fibres and myelinated A-delta afferents, dedicated to the transmission of pruritus (Brennan 2016). Of the dedicated C-fibres, Brennan (2016) estimates that 10% are histamine dependent and 90% are independent of histamine. Consequently, antihistamine medications have little therapeutic effect for the majority of pruritus in these patients.

COMMON CAUSES AND CONVENTIONAL MANAGEMENT OF PRURITUS

Within palliative care, Alshammery et al (2017) categorise the common causes of pruritus as cholestasis, uraemia, malignancy, opioid-induced, infection and drug-reactions.

CHOLESTASIS

Arguably, the most prevalent source of pruritus in this patient group, affecting between 20-25% of patients with advanced liver disease and 100% of those with primary biliary cirrhosis. In malignant cholestasis, such as cancer of the pancreas, cholangiocarcinoma or intrahepatic liver metastases where the bil-



Palliation of pruritus in patients with life-limiting illness requires a combination of approaches which are unique to each person, starting with assessment.

ary duct is compressed or obstructed by tumour, decompression of the common bile duct using stents is the most effective conventional management. However, this may not always be possible and conservative management, using pharmacology is proposed. This includes, serotonin reuptake inhibitors (SSRI), Paroxetine for severe itch of a non-dermatologic origin, mu-opioid receptor antagonists (Nowak and Yeung 2017) and low-dose anti-depressants (Kouwenhoven, van de Kerkof and Kamsteeg 2017).

URAEMIC

Related to chronic renal disease, Nowak and Yeung (2017) report that uraemic itch affects both dialysed and non-dialysed patients, increasing in prevalence to as much as 55-80% of patients with end-stage renal disease. Kappa-opioid receptor agonists can directly minimise itch of this nature, SSRI's and the anticonvulsants Gabapentin and Pregabalin are also beneficial.

MALIGNANCY AND PARANEOPLASTIC ITCH

Alshammery et al (2017) describe a range

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AUTUMN



**Snowy looking at
German chamomile hydrosol**
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Jirbie Go, CA

AROMATHERAPY FOR THE ANIMAL RESCUER

CASE STUDIES

I was an animal rescuer years before I became an aromatherapist. In fact, I got into aromatherapy because of rescuing animals. In 2014, I started taking in stray cats. These are usually small kittens we feel would probably die if we chose to leave them alone. Three years down the road, I think I had about a dozen of them. I started developing asthma and allergic rhinitis – something I never thought I had. And so for a time there, I was taking anti-histamines daily – which I'm fully aware is not okay for my liver and kidneys. How can I be trying to save another living being as I endanger my health? I know letting go of my cats is never an option, so I started looking for holistic ways to alleviate my allergic rhinitis, and that's when I found out about essential oils.

I remember my first few bottles were Peppermint (*Mentha x piperita*), Lavender (*Lavandula angustifolia*), and Lemon (*Citrus limon*). Aromatherapy was never heard of in the Philippines then, so I had to import everything from the US and pay exorbitant shipping fees. Nevertheless, I thought anything from popping OTC pills every day was worth the money and a try.

I excitedly created my first blend, diluting everything in fractionated coconut oil, using three drops each in a 10ml bottle and using the essential oil roller on my temples. I remember I also took a whiff of the blend from the roller bottle and felt an immediate relief from my runny nose. Later on, I learned that creating an inhaler with the same blend would be a more efficient aromatic remedy. Nevertheless, I felt a very calming sensation all over my body. I was pleasantly surprised

and dumbfounded, and with that, as they say, the rest is history.

I have over fifty rescued cats and one rescued dog. Due to this, I have been very much acquainted with using hydrolats more than essential oils with my rescues. In 2022, I started taking my Animal Aromatherapy Certification Course. It took me further down the rabbit hole, making me appreciate the beauty of hydrolats even more and the effective use of essential oils around my four-legged babies.

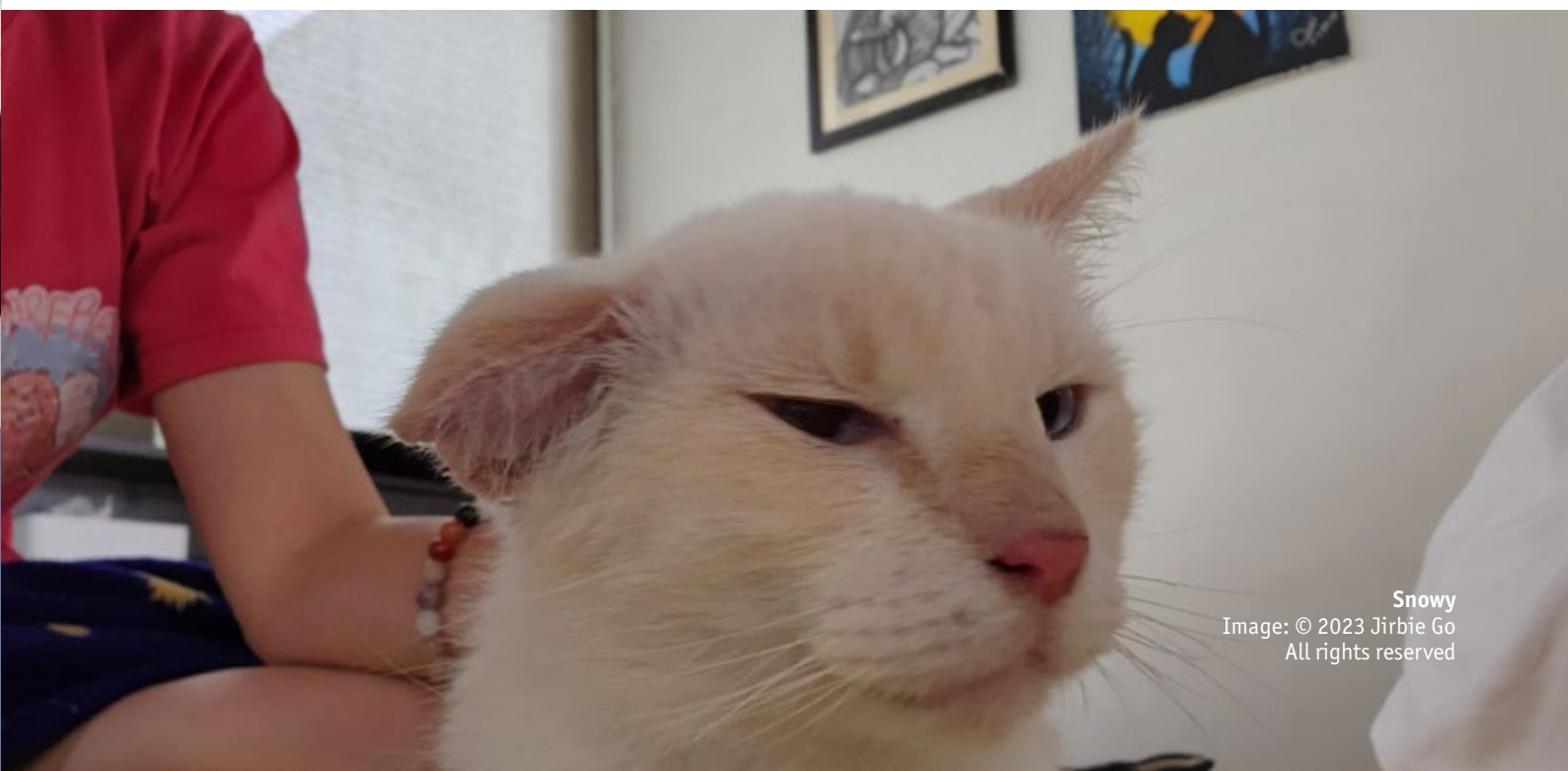
SNOWY

Among all my 50+ rescued cats, Snowy is one of the gentlest. He's a seven-year-old Himalayan mix who gets bullied a lot.

Last October, he suffered from auricular hematoma, where his right ear ballooned with blood that required an

“

I have used this blend of hydrolats countless times with different rescues with great success – whether it was an anxious cat or dog that needed help during stressful situations. Now, Balto is a happier, more active Saluki greyhound that enjoys a lot of zoomies and grazing time when we take him out for his daily walk.



Snowy
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Thyme (*Thymus vulgaris*)
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Stelios Tzourmpakis

THYME — THYMUS GLAND
THE ROAD TO A MORE FULFILLING AND HAPPY LIFE!
A STUDY ON THYME CT P-CYMENE

We, humans, enter this world through conception, through the union of the male & female energies, inside the warm and humid environment of the uterus. We grow up, listen, and acquire the first stimulations. We await the moment of liberation through the procedure of our birth. The first breath, the first sensations on our skin, and the feeling of insecurity about all that is new in this world lead us to the procedure of living, striving and constantly evolving, all of which makes us become what we are today. On our side, we have a love of the people around us, who help us by nourishing us, cuddling us, warming us, singing to us and teaching us everything they know, trying to prepare us for the human world.

How is it possible that something so majestic comes from something so small? It is a miracle of life! The force of Nature! The Divine element that is so clearly and abundantly captured throughout all creation!

Each human is a unique, complex being consisting of mind, body and spirit. It is much easier to concern ourselves with our body and anything material, our desires and superficial needs. Having acquired the illusion that by focusing only on our body and cultivating our material needs by 'having stuff', we reckon we will become happy. This mentality creates a destructive fire within us, always leaving us unsatisfied and wanting more. This feeling of 'failure' leads us to pain, sorrow and eventually loss of the meaning of life. Consequently, these feelings intertwine

with fear, sickness and physical pain.

By suppressing the mind, the spirit also becomes suppressed and poorer. We lose contact with our wholeness, detach from nature and become introverted. This internal movement activates a darker crease of our existence, the cultivation of our ego and the creation of our shadow. On the other end of the spectrum lies the illuminated road of happiness, self-respect, regeneration and transformation of our existence.

In this article, I will concern ourselves with the thymus gland and how it is decisively connected with the immune system and the balance of the whole human existence, physically and spiritually.

Thyme is one of the most important herbs – and consequently essential oils



The thymus gland is the centre of the union between our energetic bodies and our physical body. Thymus vulgaris CT p-cymene is one of the most appropriate tools to activate the thymus gland and to bring balance between mind, spirit and body. To metabolize the feeling of anger and transform catastrophic energy into creative power. Re-program our life purpose, wants, needs and expectations to bring balance.

– connected with the thymus gland. All *Thymus* species affect the thymus gland uniquely. The most common kind is *Thymus vulgaris*, 'vulgaris' means common. In this article, I have chosen to highlight one of the sometimes lesser-known and used thymes, but one with nothing to envy from the rest of the family: *Thymus vulgaris* CT p-cymene.

ETYMOLOGY OF THYME

The Greek word for Thyme is 'Thymari'. The Latin name Thymus is also derived

Thyme (*Thymus vulgaris*)
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Blue violet (*Viola odorata*) (cut in size)
Image: Swallowtail Garden Seeds
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Dorothy Abram

IN PURSUIT OF THE MYSTERY AND MEANINGS OF THE SWEET VIOLET

PART ONE: THE SCENT OF VIOLET

Please tell me, dear readers, if you might already know, what is so amazing about the sweet violet that I continue to passionately hunt for its significance in the myths, rituals, and literature of ancient Greece? As one Classics professor informed me, no one writes about the violet. Poor neglected violet flower! Perhaps that is exactly why I am interested in it. Sometimes an overlooked detail in a narrative proves to be more revealing than the explicit intent of the author's dominant message. This series of essays may not answer my introductory question fully because the aromatic and healing flowers that trace to the furthest antiquity oftentimes do not necessarily leave a documentary trail in their literary, artistic, and historical wake. Still, I'd like to share my inquiry and journey with you. I can't promise definitive answers, but I hope to communicate my joy of discovery - with its frustrations and contradictions along the way - and my delight in an exploration of the cultural, psychological, and sociological implications of the violet flower and the mysteries of its scent.

PRESENTING THE STUDY OF **VIOLA ODORATA**

This essay for *Aromatika* opens a three-part inquiry into the significance of the fragrant violet flower species, *Viola odorata*, in ancient Greece and its appearances since that time. Also called sweet violet, this fragrant variety of violet was beloved in ancient and modern times. My goal is to enhance and extend our understanding of the possibilities of cultural understanding, physical and mental healing, and the expansion of imagination and consciousness today.

This first essay on IN PURSUIT OF THE MYSTERY AND MEANINGS OF THE SWEET VIOLET: *The Scent of Violet* focuses on the unique olfactory effects of the violet flower and its adoration and employment across recent history in the

United States and Europe.

The second essay of this series, IN PURSUIT OF THE MYSTERY AND MEANINGS OF THE SWEET VIOLET: *The Myths of Violet* explores its symbolic dual potentials to both kill and to cure through its association with serpents in ancient Greek myth, tragedy, and iconography. This inquiry is a challenge to ascertain evidence that might be seen as a matter of interpretation. Additionally, it is important to secure the appropriate methodological model for its analysis to make a convincing argument from pervasive evidence. Ancient myth and religion have many gaps that oftentimes require us to weave together disparate and multiple sources to attempt to make sense of a practice. It feels like weaving a tangle of multicolored threads that I hope will compose a revelatory landscape.

“

Ancient scientists Dioscorides and Pliny also note an unusual olfactory experience of this violet that is different from their descriptions of other flowers. Did they know something that we have only "discovered" recently?

The final installment of this series, IN PURSUIT OF THE MYSTERY AND MEANINGS OF THE SWEET VIOLET: *The Eros of Violet* considers the ancient sources of worship of the deities associated with violets to propose how ancient myth might offer insights for living today. Certainly, our worlds today differ distinctly from the cultures of antiquity. Often in academic circles, the study of ancient Greece, because of our postmodern and multicultural priorities and biases, is rejected as a model for contemplation and growth. In these contexts, ancient Greece is dismissed as simply being a study of the power and privilege of "dead old white men". This essay hopes to challenge that rejection and to propose the study of ancient Greece, olfaction, and myth as a valuable source of insight and awareness for us today.

Viola odorata
Image: Fritz Geller-Grimm
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Image: Adobe Stock



Image: Adobe Stock

Yasmine ElGhamrawy
MIFPA

FROM ANCIENT WISDOM TO MODERN INSIGHTS: AROMATHERAPY'S POWERFUL JOURNEY

Aromatherapy is more than just a delightful fragrance; it's a voyage that connects the historical, the contemporary, and the aromatic possibilities that await. Throughout history, our sense of smell has been a guiding force, and today, we stand on the brink of delving into its profound depths. Scent weaves the external world with our deepest convictions, like threads in an ageless tapestry. Unlocking the full potential of aromatic marvels requires a delicate balance between time-honoured traditions and cutting-edge research.

SENSE OF SMELL: A GENTLE GUIDE IN LIFE

Our sense of smell is an age-old companion, guiding us from the earliest moments in the womb (Treloar 2015). As we journey through life, it shapes our perception of the world around us, offering a silent yet powerful influence on our choices and experiences.

This inherent guidance is not a conscious effort but an innate force effortlessly leading us towards a healthier life. Unsurprisingly, fragrant aromas have been synonymous with health and intertwined with the divine throughout history. Long before scientific explanations, the power of observation led humanity to intuitively strive for pleasing scents, going to great lengths to obtain and preserve them, avoiding "mal" odours associated with

diseases (Steeman-Kokkalidou, E. 2019).

As we explore the intersection of biological instincts and cultural significance, the transition is a seamless dance between the scientific and the intuitive. How did our ancestors, devoid of modern technologies, navigate the world of scents? They had an innate understanding of what is beneficial and what is to be shunned, and interestingly, how are we now modifying these traditions to fit in with our current lens of understanding?

ANCIENT SCENT RITUALS

In ancient civilisations worldwide, scented products like perfume oils and incense were crafted with a higher purpose. These aromatic wonders possessed the power to ward off illnesses, providing a shield



The link between the past and present lies in the continued investigation of these traditional practices through a scientific lens. By uniting the core of tradition with the substantiation of science, we not only enhance the advantages of essential oils but also craft a holistic experience that echoes the true spirit of aromatherapy.

against ailments that sought to possess their users. They were conduits to a divine and otherworldly realm where prayers and aspirations transformed into aromatic notes, reaching beyond earthly domains (Manniche, L.1999). Even today, resins like frankincense and myrrh, once revered in ancient Egypt, continue to infuse places of worship worldwide with an enduring sense of sacredness. They are also traditionally used for blessing a ceremony like marriage or transitioning rituals like funerals (McBride, N).

Yet, in contemplating these ancient practices, what if we challenge the immediate dismissal of mythical uses and mystical realms? Could the energy attributed to juniper berries "warding off evil" (Robinson, P. 1979), sage "cleansing an aura" (Hickey, K. 2023) or frankincense in

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SPRING



Sylla at Rumors with her signature vintage clothes
Image: ©2024 Sylla Sheppard-Hanger
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Gergely Holódi

INTERVIEW WITH SYLLA SHEPPARD-HANGER

> *The term 'aromatherapy' was coined by René-Maurice Gattefossé in the 1930s and first appeared in print with the publication of his book, *Aromathérapie: Les Huiles Essentielles, Hormones Végétales* in French, first published in English in 1993. Many enthusiastic and professional people – coming from a scientific background or not – lay out the path for education and popularising aromatherapy in the coming decades. We experience a changing world around us with many challenges and changing trends in and around our beloved 'therapy' that was initially built on the healing properties of essential oils. With a newer generation evolving, we wanted to know about the individuals – or we can call them pioneers or GIANTS – who worked effortlessly to get this field accepted. In this edition Aromatika editor-in chief Gergely Hollódi interviewed **Sylla Sheppar-Hanger**, who formed United Aromatherapy Effort, a non-profit for collecting and disseminating aromatherapy products for first responders after disasters.*

How did you initially get involved with aromatherapy, and what made you start working with essential oils?

I discovered essential oils in a scent shop in Austin, Texas in 1977 and then at local health food stores or co-ops. I started collecting scents and using for myself as perfume when I noticed people had delightful reactions to my personal patchouli blend, which soon became my signature scent, I still wear today. I soon began adding them to my massage blends. I thought I had invented something before I heard the word aromatherapy! Of course, I was thrilled to get my first copy of the *Art of Aromatherapy* and realised this is going to be my journey. I began to seek out companies, courses, and other practitioners and aromatherapy became my greatest passion in life.

Where did you start your career?

I have been a Cosmetologist since 1969 and a Licensed Massage Therapist since 1979. By 1982, I opened a salon called *Rumors* in Tampa, Florida and offered hair and skin care, aromatic massage and sold my own line of aromatics along with my vintage clothes. During this time, I began teaching small classes and opened the *Atlantic Institute of Aromatherapy* in 1989. As I began writing my home study course, *The Aromatherapy Practitioner Course*, I began what became my two volume manuals called *The Aromatherapy Practitioner Reference Manual*, which is still in print and has helped thousands.

I did not set out to write a book as

it started as a wall chart. Once it became too big, my husband created the format, and I started using my first computer. After a few years it was finally published and I went back to updating and finishing the course. The Course itself has been revised over the years with influence by those mentioned below.

What is your first memory about your first contact with essential oils?

I was so fascinated with the variety and chose my favourites to combine as perfumes, but also soon realised the difference in essential oils and synthetics. I remember when I wore certain combinations people would remark about them, this is why I began adding to my massage oils. I soon realised the power they had just on others, on relaxation, and didn't even understand yet they may have medicinal properties. Once I understood they came from medicinal herbs which I was familiar with, and that they had certain properties, I made many remedies for family and friends.

Who did you study with?

I studied with everyone I could and collaborated with more! Once I realised that I did not invent this, I wanted to know more. I first took Kurt Schnaubelt's home study course and began seeking out teachers and colleagues like Emilee Stewart here in Florida. I began looking for oils from true aromatherapy companies, which were few in the eighties. Remember we didn't have the internet and found sup-



We were able to determine the child's preferred scents and use those for motivation. We realized there could be a direct relationship between smelling and behavioural modification and were able to show good results. This led to the formalized study that showed much promise.

plies or teachers via books, herb, health and massage magazines and mail notices or word of mouth. In 1988, a small group of us formed the first attempt at organising the *American Aromatherapy Association* in California, and that enabled me to find more seminars and resources.

Who was your inspiration or the most influential people, and why?

I never stopped studying until a few years ago so my list is long. My first major inspiration was Martin Watt. Once I had started to create the Atlantic Institute of Aromatherapy and began teaching, I started my book. When I thought I was done

**Robert John Thornton: Flowering Sensitive
Plant from The Temple of Flora (1807)**

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