

Practical Potions

An Aromatic E Course

Unit 3D

Toxicology- Introductory- Brew Your Potions Safely





One of the main differences between an aromatherapist and a casual hobbyist is knowing how to use essential oils safely.

Exercise

After looking at the Sensitizer Chart in your on-line course- name 3 essential oils, commonly used in aromatherapy that people can be sensitized to.

Have you ever been sensitized to anything, i.e. become more sensitive with increased exposure? (This could be food, essential oils, fabric)?

Note- Cross Sensitized means that one substance creates a sensitivity with another substance. Benzoin is an additive in pop has set many people up for a cross sensitivity to benzoin in essential oils.



Exercise

What is a phototoxin or phytotoxin?



Name 3 oils that are problematic phototoxins.

Why is it not a good idea to take essential oils orally?



Name 3 oils that can kill people in even small amounts.



Can oils taken orally, rectally, or even on the skin also cause toxicity? How so?

What are 3 measures you can implement to ensure you are using essential oils safely?





Body Care-Increasing Penetration of Essential Oils:

Information below from: Sheppard-Hanger, Martin Watt.

Part of your exercise with this chapter will be to take notes from the videos to fill in the categories below: This exercise also appears in your on-line notes.

Factors that Affect Penetration of Oils into Skin

Area of skin oils are applied to.

Smaller area less penetration.

Thickness & permeability of skin

Gland Openings and Follicles-

Women's Skin-

Damaged Skin-

Rate of Circulation-

Hydration-

Warmth-

Occlusion-

Carrier Oil-

Use this page to add your own notes.

