A warm, intimate family portrait. At the top, a woman with dark hair pulled back, wearing a light blue top, smiles broadly. Below her, a young girl with brown hair and bangs leans forward, looking down. In the center, a young woman with long brown hair, wearing a cream-colored sweater, smiles and cradles a baby wrapped in a pink and white fuzzy blanket. To the right, another young woman with long brown hair, wearing a black and white patterned sweater, smiles directly at the camera. The background is softly blurred, showing what appears to be a doorway or a wall with a light-colored door.

**Sailing Through Life's Phases**  
**Unit 3 C**

# Gynecology-(3C)



## Transformations:

1. Learn about which essential oils are helpful for gynecological issues.
2. Make a soothing vaginal cream.
3. Read about Bartholin Gland Cysts and a recipe from a previous student who experienced this issue.
4. Make a vaginal powder
5. Create a stress blend.
6. Learn some menopausal recipes.
7. Hand in the perimenopause and menopausal lab, unit 3A

## Aphrodite's Soothing Vaginal Cream



This mixture is soothing for minor itchiness that can occur after the menstrual cycle, when ph. is disturbed, or after intimacy and garden variety vaginal itchiness.

1 tbsp. melted coconut oil or MCT coconut oil

3 drops roman chamomile essential oil

4 drops tea tree essential oil

2 drops manuka essential oil

10 drops vitamin E- (squeeze from a capsule)

Put into an ointment jar.

Scoop out with a sterile medium, like a spoon.

Apply gently. Check for reaction.

You can adjust this formula if it tingles too much, you may want to decrease the amount of essential oil.

## Bartholin Gland Cysts- (3C)

Recipe from Doris- (previous student- who suffered from this issue and helped herself heal with the recipe below).

Web MD, Women's Health Guide says- "**The Bartholin glands**

<http://www.webmd.com/women/bartholin-gland> are two small organs under the skin in a woman's genital area. They are on either side of the folds of skin (labia) that surround the vagina and urethra. Most of the time, you can't feel or see these glands.

The Bartholin glands make a small amount of fluid that moistens the outer genital area, or vulva. This fluid comes out of two tiny tubes next to the opening of the vagina. These tubes are called Bartholin ducts.

### **What are Bartholin gland cysts?**

If a Bartholin duct gets blocked, fluid builds up in the gland. The blocked gland is called a Bartholin gland cyst <http://www.webmd.com/women/bartholin-gland-cyst>. (Sometimes it's called a Bartholin duct cyst.) These cysts can range in size from a pea to a large marble. They usually grow slowly. **If the Bartholin gland or duct gets infected, it's called a Bartholin gland abscess.**

Bartholin gland cysts are often small and painless. Some go away without treatment. But if you have symptoms, you might want treatment.

**If the cyst is infected, you will need treatment. This might mean medical treatment.**

Web MD, Women's Health Guide:

What causes a Bartholin gland cyst?

Things like an infection, thick mucus, or swelling can block a Bartholin gland duct and cause a cyst. The cyst can get bigger after sex, because the glands make more fluid during sex.

Infected Bartholin cysts are sometimes caused by sexually transmitted infections (STD's). You can lower your risk of STIs by using a condom when you have sex.

What are the symptoms?

You may not have any symptoms if the Bartholin gland cyst is small. But a large cyst or an infected cyst (abscess) can cause symptoms.

Symptoms of a cyst that is **not** infected include:

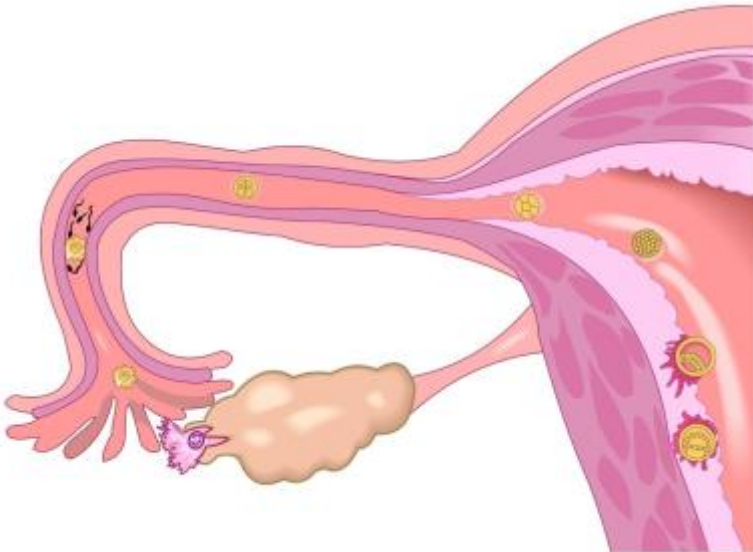
1. A painless lump in the vulva area.

2. Redness or swelling in the vulva area.
3. Discomfort when you walk, sit, or have sex.

Symptoms of an infected cyst include:

2. Pain that gets worse and makes it hard to walk, sit, or move around.
3. Fever and chills.
4. Swelling in the vulva area.  
Drainage from the cyst."

Glands get clogged or infected on labia minor. They can get marble sized. Monitor the results closely for improvement. **If it does not improve, seek medical help.**



This is Doris' recipe.

25 drops cypress  
 25 drops juniper berry  
 10 drops lavender  
 Add a little of this to:  
 epsom salts and do a sitz bath  
 or onto coconut oil and apply a little  
 directly on.

Alternate cold/hot compresses

Homeopathics-  
 Hepar Sulph 6ch  
 Mercuris Heel

## Aphrodite's Vaginal Powder (3C)



Adapted from Rosemary Gladstar pg. 223

1 cup fine white clay

½ cup cornstarch

3 drops myrrh e.o.

2 drops tea tree e.o.

2 Tbsp./ golden seal root powder.

Combine the ingredients extremely well.

Spoon into a jar with a shaker top for easy application.

## Stress Blend-(3C) Dr. Lunny's



Black Spruce- 4 drops

Atlantic Cedar- 4 drops

Ylang-Ylang- 5 drops

Sandalwood- 3 drops.

Apply this mixture to your adrenal glands, which sit on top of your kidneys.

You may dilute in grapeseed oil, or a thin carrier oil before application.

## **Peri & Menopause Formulas-**

Dr. V. Lunny

Aromatic Thymes, Vol. 5, # 1- 1997.



### **To Improve Circulation and Diminish Irritability-**

Push, pulling of relationships. "I want you--- leave me alone".

Cham. - 4 drops

Spike Lav.- 4 drops

Lavender- 4 drops

Clary- 2 drops.

Try using this mixture in a diffuser, bath or diluted in a carrier for massage.



# Hot Flash Recipe

(3C)



Bergamot 3 drops

Myrrh 2 drops

Ylang 2 drops

Fennel 3 drops

Rose Geranium 3 drops

You might use this in a diffuser, with a massage or bath.

## Hot Flush Blend-

Aroma Quarterly, Issue 51, Winter 1996



1-drop rosemary verbenone

1-drop fennel

2 drops rose geranium.

Put in 1 tbsp. calendula cream.

Although the magazine article suggests applying the formula onto the armpits, I would like to caution to try this slowly, as armpits can be very sensitive and clog easily.

I might be more inclined to try this formula on my inner thighs, again watching for sensitivities and reactions, or just use the essential oil proportions in a diffuser, or bath.