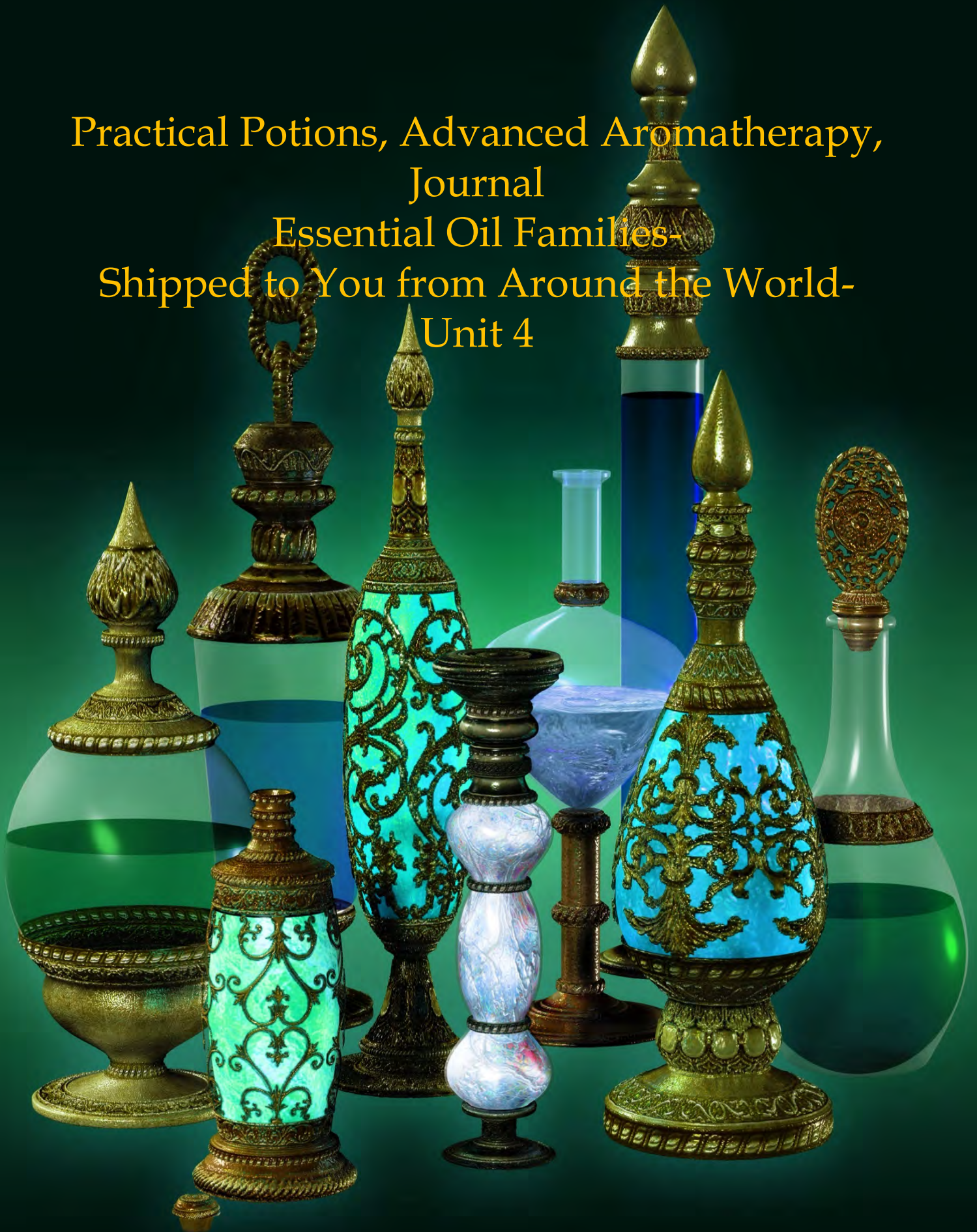


Practical Potions, Advanced Aromatherapy,  
Journal  
Essential Oil Families-  
Shipped to You from Around the World-  
Unit 4



A lush garden scene featuring a wooden fence in the background. Several tall, spiky blue delphinium flowers stand prominently. In the foreground, there are numerous orange flowers and pink roses. The overall atmosphere is bright and sunny, with a clear sky and green foliage.

Unit 4 A-  
Essential Oil Families Shipped to you  
From Around the World.  
Overview and the Rutaceae Family

## Learning the Properties of Individual Oils. (4a)



### **Transformations:**

#### **Unit Overview**

Each essential oil is a tool to build your aromatic knowledge. Many of the essential oils will provide simple home healing expertise, (non- life threatening) often touching on the following areas.

- 1) gynecological
- 2) heart
- 3) muscles,
- 4) immune
- 5) respiratory
- 6) mythological
- 7) skin and hair
- 8) spiritual
- 9) safety

## Overview of How the Essential Oils are Presented in the Course

In The Practical Potions Introductory Course, you learned over 90 essential oils from a variety of families. In Practical Potions Advanced, you will learn about 70 more essential oils and how carrier oils and products are used specifically for skin.

Remember to review the 90 oils from last term and get to know each new essential oil.

The majority of information on the essential oils can be located inside the online e-course.



This resource is available to you anytime.

In Practical Potions 2, like in the introductory course, you will also learn about the personality characteristics of the oils. In the videos, we will sometimes mention systems like: the enneagram, the Hippocratic system, Woorwood, Astrology and the Ayurvedic system.

In advanced aromatherapy, we explain these concepts more fully. The comprehensive aspect of the Properties of many essential oils in



Practical Potions 2, will increase the choices and options available in your health, home and beauty regimes.

For most of the essential oils covered you will have a write up of properties, a short 3, 10-minute video, a picture if available, your scent impression sheet to copy, paste and fill out and sometimes a recipe or photo.

\* Not every oil has an equal amount of information. Some of the oils have been more researched than others. Some essential oils are more widely understood, available and useful. The new essential oils discussed are concentrated in unit four of this program.

## **The Rutaceae Family-(4A)**



### **The Devas of Adorability**

#### **Transformations:**

- 1) Make a citrus lip balm.
- 2) Make a bottle of fruity, room spray- using essential oils from this family in safe proportions.
- 3) Explore how useful this versatile family is for every day needs-
- 4) Make A Fruity Hair Gel

## Aromatic, Trivia Questions-



1. Name two essential oils in the Rutaceae family where the bark or twigs and leaves are used.

2. Mandarins and tangerines are very similar; explain how they are different.

## Fruity Frog, Lip Balm (4A)

2 oz. Cocoa Butter (60 ml = 1/4 cup plus 10 ml)

2 oz. Beeswax- or amount that creates a hardening effect. This can depend on room temperature.

You may test the hardness by dropping melted beeswax on wax paper.

1 oz. Shea butter (30ml)

Essential Oil- 1 ml. (Your choice of citrus oil- lime, lemon, tangerine and orange are often good choices for very kissable lips.)



Melt oils and beeswax on low heat.

Remove from heat, add essential oil and mix well

Pour into sterile containers.

If neighborhood frogs turn into a prince, (or princess), after application, you know you have become a master level potion maker!



## Mandarin Tingle Room Spray



3-8 mls mandarin e.o., (depending on your strength preference)

100 ml spray bottle

Water.

Fill the bottle with water, add the mandarin, shake well and spray to add an uplifting, gentle energy to the room.

Mandarin is enjoyed by most people and safe for children over the age of 2.

Share how you might use the citrus essential oils with your facebook group. What wonderful ideas can you concoct?

# Fruity and Flavorful Tangerine

## Hair Gel

### Ingredients:

Distilled Water - 70%  
Xanthan Gum (as a natural thickener) - 1%  
Glycerin (humectant) - 5%  
Aloe Vera Juice (soothing agent) - 10%  
Tangerine Essential Oil - 2%  
Lemon Essential Oil - .5%  
Preservative (e.g., Geogard Ultra) - 1.5%

### **Phases:**

#### **Phase A (Water Phase):**

Distilled Water

Glycerin

#### **Phase B (Gel Phase):**

Xanthan Gum

#### **Phase C (Cool Down Phase):**

Aloe Vera Juice

Tangerine Essential Oil

Lemon Essential Oil

Preservative (Geogard Ultra)

Phenoxyethanol

### **Formulation Technique:**

**Prepare Phase A:** Combine distilled water and glycerin in a clean beaker. Heat gently to ensure they blend well.

**Create the Gel:** Slowly sprinkle xanthan gum into the water phase (Phase A) while stirring continuously to prevent clumping. Keep stirring until the gum is fully dispersed and the mixture thickens.

**Incorporate Phase C:** Once the gel base (Phase A + B) has cooled to room temperature, add aloe vera juice, tangerine essential oil, lemon essential oil, preservative, and phenoxyethanol. Stir well after each addition.

**Finalizing:** Ensure the pH is suitable for hair care (typically around 4.5 to 5.5). Adjust if necessary.

Mix thoroughly to ensure a homogeneous product.

**Packaging:** Transfer the gel into a clean, sterilized container.

### **Special Notes:**

Always conduct a patch test before using the product, especially when incorporating essential oils.

The preservative system is crucial to prevent microbial growth. Ensure it's suitable for your product's pH and water content.

Label your product clearly, including the name, ingredients, and batch number.

