
ABBREVIATED COURSE OUTLINE

ESSENTIAL OIL THERAPIST CURRICULUM



AROMA 301

BUSINESS SKILLS AND ETHICS

Basic information on setting up a business, legalities and basic marketing --

- Ethics in business and aromatherapy practice

Development -Recent advancements of (pre--essential oils/ post--- essential oils. Definitions of terms such as wild crafted/certified organic/organic

SELECTED FARMING

Quality / methods of measuring (volume vs. mass) • Gas chromatography/Specific gravity/mass spectrometer

CLINICAL STUDIES

7 CASE STUDIES/PRACTICUM



JUNIPER (*juniperus communis*)Method of Production: Steam distillation Source of Oil: Berries Contra-Indications/Cautions:

1. Prolonged usage or overdosing may cause kidney damage (C - O)
2. Do not use with kidney damage or disease (CI - O)
3. Do not use with pregnancy (CI - O, T)
4. Do not use internally if diabetic (CI - O)

Leung & Foster (Pg 326) report the oil has an anti spasmolytic effect on smooth muscles. Therefore it is beneficial for bronchitis when used in vapour form (Leung & Foster (Pg 326)). In addition the

- HNPD Monograph - Juniper (Blumenthal et al. 1998) indicates it was traditionally used as an anti-inflammatory aid to assist with rheumatism and joint pain.
- Leung & Foster (pg 326) report the oil has diuretic properties and the Commission E report an increase in urine excretion. It has been used for centuries as an **antiseptic and diuretic** for these reasons. These two properties are important for **detoxification**. It is one of the most valuable oils when the body needs to release toxic waste. Juniper has a special affinity with the genital-urinary tract, being a tonic, purifier, antiseptic and stimulant.
- Juniper is one of the best oils to choose for treating **cystitis, pyelitis and urinary stones**. Juniper will **relieve retention of urine**, which often occurs in men with **prostrate problems**.
- Scanty or missing periods can be helped by baths or by massage over the abdomen with Juniper. It is a very good astringent and is used, sometimes combined with frankincense, in the external treatment of **hemorrhoids**.
- Juniper has been traditionally used in France as a tonic especially in convalescence and when a general sluggish condition is due to poor elimination. It **stimulates appetite**. **Poor elimination is one of the root causes of rheumatism, gout and arthritis**. Juniper is an excellent means of **improving elimination**. Recently it has been popular in Europe for use with eczema, **herpes, lichen and porrigo**(Any of various diseases of the scalp.)
- It is helpful for **cellulite** because accumulated toxins are associated with fluid retention. The detoxifying and diuretic actions of Juniper are highly effective. It can be valuable oil for skin conditions such as eczema (particularly if it is weepy), dermatitis and possibly psoriasis.
- The astringent, antiseptic and detoxifying properties make this a good treatment for **acne**.

- **Representative Constituents**
- **_ Juniper Berry**
- **Hydrocarbons:** a-pinene (70%), b-pinene (13%), limonene (2.58%), camphene, a-thujene, myrcene (2.67%), sabinene g-terpinene, terpinolene (**monoterpenes 80%**) - b-caryophyllene, a- copaene, d-cadinene, a-humulene, germacrene (**sesquiterpenes 6%**) - **Alcohols 5%:** terpin-4- ol, a-terpineol, borneol, geraniol (**monoterpenols**) -elemol, a-cadinol (**sesquiterpenols**) - **Oxides:** caryophyllene - **Esters:** bornyl acetate, terpinyl acetate - **Coumarins:** umbelliferone **_ Juniper Twig**
- **Hydrocarbons:** a-pinene, b-pinene, limonene, camphene, thujene, sabinene, myrcene, g- terinene (**monoterpenes**) - b-caryophyllene (**sesquiterpenes**) - **Alcohols:** terpinen-1-ol-4 (**monoterpenols**)

HISTORY

- The plant is native to the northern hemisphere. It is cultivated primarily in Italy, France,
- Yugoslavia, Austria, Spain, Germany and Canada
- Juniper has played a major role throughout history. Greek, Romans, Arabs and Tibetans used it to fight the plague, cholera and typhoid fever. Some cultures used it to assist with labour. In Europe during the 15th and 16th century, it was used to help fight the plague. The French burned a mixture of **juniper twigs and rosemary leaves in hospital wards and sick rooms to purify the air.**

All four levels of the courses are expected to include a requirement for thirty (30) case studies

- **CHAPTERS 16 - 23 AROMATHERAPY FOR MASSAGE THERAPISTS,**
- ANATOMY/PHYSIOLOGY CONTINUED
- PATHOLOGY FOR THERAPIST CONTINUED
- CASES STUDIES, ESSENTIAL OIL PROFILES