

Essential Oils & The Skin

The Complete Skin Series

By Robert Tisserand



A brief history

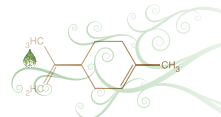
Rhodinon (rose oil)

"Being anointed on, it is good for ye eye-lids that are growne hard...and for the Capitis ulcera manantia."

Dioscorides, 1st Century



1



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5

Lavender oil



Alopecia
Eczema
Burns
Ulcers
Wounds



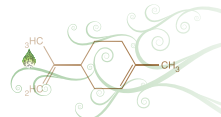
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9

Skin-friendly oils



Essential oil	EO
Absolute	ABS
CO2 extract	CO2
Fixed oil	FO



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10

Essential oils 1

Bergamot	Citrus bergamia
Cedarwood Atlas	Cedrus atlantica
Chamomile (blue)	Matricaria recutita
Chamomile (Roman)	Chamaemelum nobile
Cinnamon	Cinnamomum zeylanicum
Clove	Syzygium aromaticum
Copaiba	Copaifera officinalis Copaifera langsdorfii
Coriander	Coriandrum sativum
Dill	Anethum graveolens
Eucalyptus	Eucalyptus globulus

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11

Essential oils 2

Immortelle

Geranium	Pelargonium x asperum
Ginger	Zingiber officinale
Grapefruit	Citrus x paradisi
Helichrysum	Helichrysum italicum
Holy basil	Ocimum sanctum
Lavender	Lavandula angustifolia
Lemon	Citrus limon
Lemongrass	Cymbopogon citratus Cymbopogon flexuosus
Mandarin	Citrus reticulata
Myrrh	Commiphora myrrha
Orange (sweet)	Citrus sinensis

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12

Essential oils 3

Santalum
paniculatum

Oregano	Origanum onites Origanum vulgare
Palmarosa	Cymbopogon martinii
Patchouli	Pogostemon cablin
Peppermint	Mentha x piperita
Rosemary	Rosmarinus officinalis
Sandalwood	Santalum album Santalum spicatum
Spearmint	Mentha spicata
Tea tree	Melaleuca alternifolia
Thyme	Thymus vulgaris
Vetiver	Vetiveria zizanioides

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13

Constituents

Essential oil	Percent	Major constituent
Clove	85%	Eugenol
Coriander	75%	Linalool
Eucalyptus	75%	Cineole
Lemon	70%	Limonene
Lemongrass	80%	Citral
Oregano	75%	Carvacrol
Palmarosa	80%	Geraniol
Peppermint	40%	Menthol
Rosemary cineole	50%	Cineole
Thyme thymol	55%	Thymol

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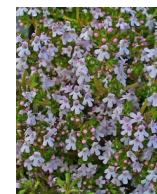
14

Chemotypes

Rosemary
Camphor
Cineole
Pinene



Thyme
Geraniol
Linalool
Thymol



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Absolutes



Cocoa	Theobroma cacao
Jasmine	Jasminum officinalis
Rose	Rosa centifolia
Violet leaf	Viola odorata

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CO2 extracts

Calendula	Total	Calendula officinalis
Chamomile (blue)	Total	Matricaria recutita
Hop	Select	Humulus lupulus
Hypericum	Total	Hypericum perforatum
Sea buckthorn	Total	Hippophae rhamnoides
Turmeric	Select	Curcuma longa

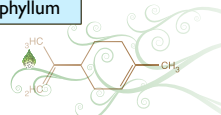
<http://www.youtube.com/watch?v=o2alUemy9Xw>

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19

Aromatic fixed oils

Argan	Argania spinosa
Black seed	Nigella sativa
Coconut	Cocos nucifera
Neem	Azadirachta indica
Olive	Olea europaea
Pomegranate	Punica granatum
Rose hip	Rosa canina Rosa rubiginosa
Tamanu	Calophyllum inophyllum

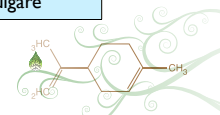


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21

Non-aromatic fixed oils

Borage	Borago officinalis
Evening primrose	Oenothera biennis
Grapeseed	Vitis vinifera
Jojoba	Simmondsia chinensis
Macadamia	Macadamia ternifolia
Shea butter	Butyrospermum parkii
Sweet almond	Prunus amygdalus dulcis
Wheat germ	Triticum vulgare



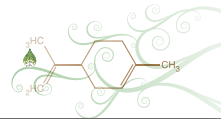
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22

Aloe vera



Antiseptic
Dry skin
Burns
Wounds
Use as a gel base



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24

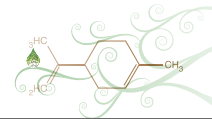
Green tea extract



Camellia sinensis

Oily skin
Acne vulgaris
Atopic dermatitis
Rosacea
Photoaging

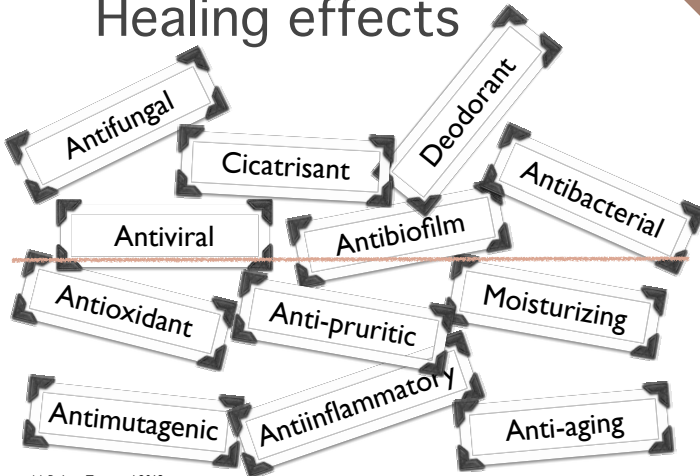
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Healing effects



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Adverse reactions



Phototoxicity



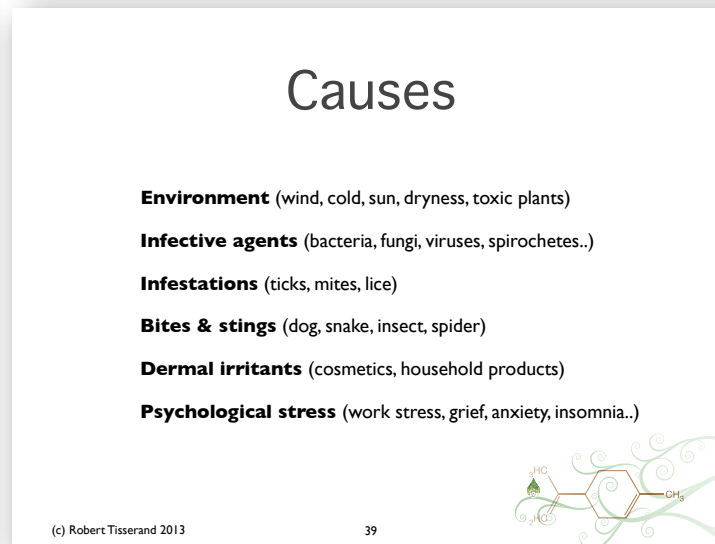
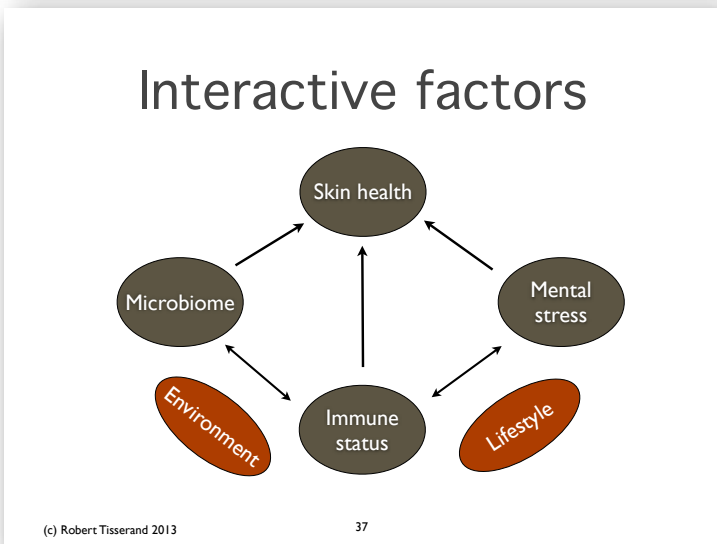
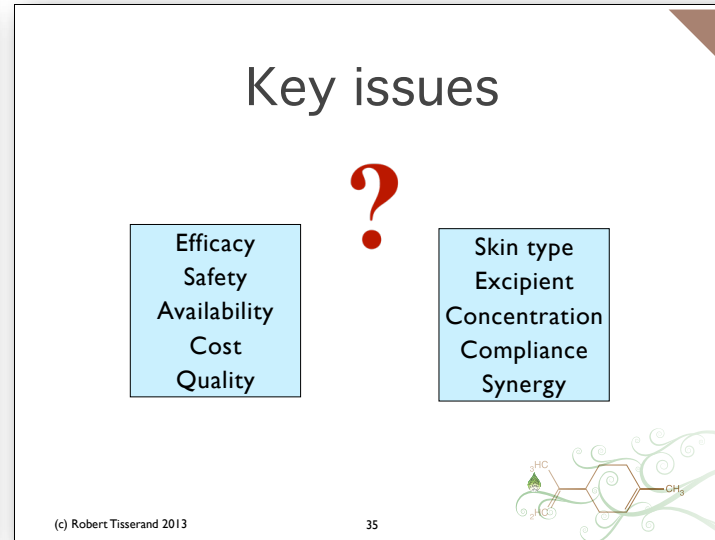
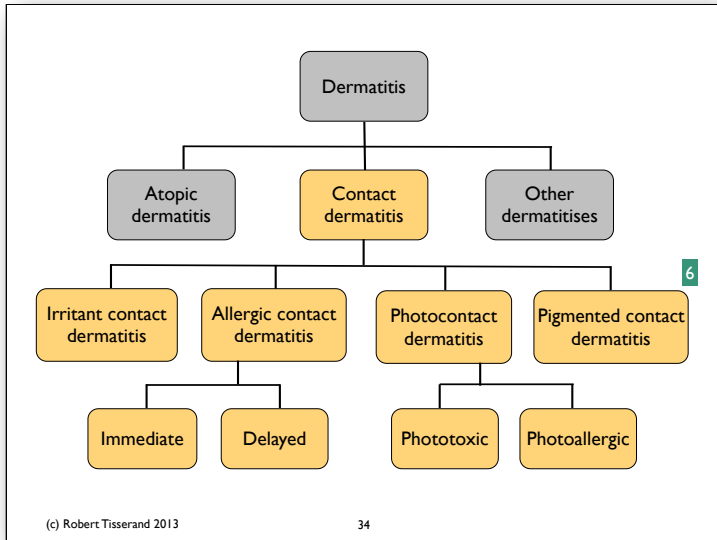
Irritation



Allergy

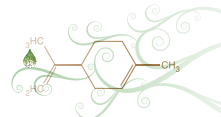
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30



Symptoms

Signs / symptoms
Stinging / burning
Itching / irritation
Inflammation
Dryness / scaling
Oilyness
Pigmentation



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40

Baumann skin types

	Oily Pigmented	Oily Nonpigmented	Dry Pigmented	Dry Nonpigmented	
Sensitive	OSPW	OSNW	DSPW	DSNW	Wrinkled 7
Sensitive	OSPT	OSNT	DSPT	DSNT	Tight
Resistant	ORPW	ORNW	DRPW	DRNW	Wrinkled
Resistant	ORPT	ORNT	DRPT	DRNT	Tight

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41

Bacterial associations

Problem	Associated bacterial growth
Acne vulgaris	Propionibacterium acnes
Atopic dermatitis	Staphylococcus aureus
Plaque psoriasis	Streptococcus species
Impetigo	Staphylococcus or streptococcus species
Burn wounds	Streptococcus pyogenes Pseudomonas aeruginosa

9

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43

Parasites

Common name	Global	Latin name
Eyelash mite	25%	Demodex folliculorum Demodex brevis
Scabies mite	4%	Sarcoptes scabiei var. hominis
Head louse	3%	Pediculus humanus capitis
Body louse	?	Pediculus humanus corporis
Bed bug	?	Cimex lectularius

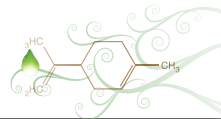
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44

Dose & dilution



How much is enough?
How do I make 1% or 3%?



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mL - drops

mL	drops
0.1	3
0.2	6
0.3	9
0.4	12
0.5	15
1	30
1.5	45
2	60
5	150
10	300

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46

Dilution equivalents

Percent	Drops per oz	Drops per 10 ml
0.1%	1	0.3
0.2%	2	0.6
0.5%	5	1.5
1%	10	3
1.5%	15	4.5
2%	20	6
3%	30	9
4%	40	12
5%	50	15
10%	100	30

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47

Dermal concentrations

End use	Dilution range
Facial cosmetics	0.2-1.5%
Body massage	1.5-3%
Bath & body products	1-4%
Specific problems	3-10%
Pain, wounds	5-15%

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48

Summary points

- Aromatic oils have been used for skin complaints for at least 2,000 years.
- However, aromatherapy was not 'conceived' until 1937.
- Essential oils, CO₂ extracts and fixed oils may all be therapeutic.
- An essential oil's properties are largely determined by its major constituent(s).
- There are proven dermal benefits for aloe vera and green tea extracts.
- Many factors, internal and external, contribute to dermal health status.
- Essential oil percent dilution can be correlated to number of drops.
- There are regulations governing safe levels for essential oils.



CITATIONS

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Links

Slide 8: <http://www.youtube.com/watch?v=vaB3K8XuHAU>

Slide 19: <http://www.youtube.com/watch?v=o2aIUemy9Xw>

Slide 50: <http://www.ifraorg.org>

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