



How Professional Aromatherapists Use Essential Oil Chemistry to Craft Blends That Get Results

Video Series

Presented by Karen & Jenny | Aromahead Institute of Essential Oil Studies



PRESENTERS

- **Karen**, an RN, Certified Aromatherapist, and Educator, has a wealth of experience in curriculum development. She works with distillers across 60+ countries to source premium aromatherapy products for Aromatics International.
- **Jenny**, a Certified Aromatherapist and Educator, is passionate about teaching and supporting students in building their essential oil businesses. With her background in education, she enjoys connecting people with the knowledge and skills they need to thrive in the world of aromatherapy."



ENGAGING, APPROACHABLE EDUCATION



WE TAKE NOVICES TO EXPERTS

WHAT IS AROMAHEAD?

Aromahead Institute is at the forefront of dynamic essential oil education. We take intricate aromatherapy concepts and turn them into engaging, approachable lessons for all, from novices to experts.

Our commitment is clear: spark passion, cultivate a close-knit community, and elevate the learning experience to unparalleled heights.



FOCUS

- Introduction to essential oil chemistry
- Overview of d-limonene and its therapeutic effects
- Real-world application of essential oil chemistry in blends

CITRUS OILS



QUICK QUIZ!

HOW DO YOU CHOOSE?

When deciding which essential oil or blend to use, how often do you rely on **chemical components** to make your decision?



1. Not at all



2. Sometimes



3. Almost always

LET'S DIVE INTO D-LIMONENE

d-Limonene is a chemical component found prominently in citrus oils like sweet orange, lemon, lime, and grapefruit. It has powerful therapeutic properties.



THE POWER OF D- LIMONENE

IMMUNITY

Increases white blood cell
production

CALM

Supports anxiety relief

RELIEF

Helps with depression and pain management



CHEMICAL COMPONENTS

There are hundreds of essential oil components, and each oil has a unique combination.



WHY CHEMISTRY MATTERS IN BLENDING

Knowing the chemistry of your primary oils helps you make blends that work.

Sweet Orange

Citrus sinensis

- Main Chemical Family: Monoterpenes
- Key Component: d-Limonene
- Extraction: Cold pressed from the rind of the fruit
- Primary Sources: Italy, Spain, USA



Sweet Orange essential oil is a versatile remedy with a range of benefits. It supports the immune system, reduces pain and inflammation, and fights off harmful bacteria. It reduces stress and improves mood. Sweet Orange is also a fantastic digestive aid relieve issues like constipation, nausea, and cramps.



Name

**ORANGE
(SWEET)**

Latin Name

Citrus sinensis

Country of Origin

South Africa

Gas Chromatography Analysis (%)

Monoterpenes

β -myrcene	1.98
β -pinene	0.56
d-limonene	96.57



Monoterpenols

linalool	0.48
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Aldehydes

decanal	0.29
geranial	0.07
nonanal	0.05
octanal	0.33

RESEARCH IN ACTION



THERAPEUTIC PROPERTIES

- **Pain Relief (Analgesic):** Studies suggest d-limonene has strong pain-relieving, anti-inflammatory, and antioxidant effects. Citrus oils high in d-limonene, like sweet orange oil, may offer these benefits (Guimarães et al., 2013).
- **Anti-inflammatory:** d-Limonene inhibits 5-LOX, a key enzyme in inflammation, showing potential for reducing inflammation (Baylac & Racine, 2003; Hirota et al., 2010).
- **Antibacterial:** d-Limonene is found in oils with strong antibacterial properties, effective against a range of bacteria including *Staphylococcus aureus* and *Escherichia coli* (Lang & Buchbauer, 2012; Dosoki & Setzer, 2018).
- **Mood Booster (Antidepressant):** Sweet orange oil, rich in d-limonene, has been shown to relax and uplift mood. Inhalation of the oil has produced antidepressant-like effects in studies (Hongratanaworakit & Buchbauer, 2007; Zhang et al., 2019).
- **Antioxidant:** Sweet orange oil demonstrates good antioxidant activity, helping to combat oxidative stress (Singh et al., 2010).

It's easy to experience beginner's luck when starting with essential oils.



However, consistently achieving great results with essential oils requires more than intuition alone. With so many oils offering a wide range of benefits, **it's crucial to understand what makes each oil unique.**



STOMACH CRAMPING AND NAUSEA

INGREDIENTS:

- 7 drops Sweet Orange Essential Oil (*Citrus sinensis*)
- 6 drops Roman Chamomile Essential Oil (*Chamaemelum nobile*)
- 2 drops Peppermint Essential Oil (*Mentha x piperita*)
- 2 drops Bergamot Essential Oil (*Citrus bergamia*)
- 2 oz (56 g) Unscented Lotion

DIRECTIONS

Add to 2 oz (56 g) of unscented lotion or cream.
Apply to belly and lower back every few hours.

ANTISPASMODIC





CITRUS, LAVENDER, TEA TREE INHALER

INGREDIENTS:

- 7 drops Sweet Orange Essential Oil (*Citrus sinensis*)
- 6 drops Lavender Essential Oil (*Lavandula angustifolia*)
- 5 drops Tea Tree Essential Oil (*Melaleuca alternifolia*)
- 1 Blank Inhaler

DIRECTIONS

Add essential oils to an inhaler and breathe deeply 2-3 times a day. Can be used long-term.



IMMUNE SUPPORT

CHEMICAL COMPONENTS

Each citrus oil has its own personality, including unique components and safety concerns



THE CITRUS CHALLENGE

Phototoxicity is one concern we need to address.



SNEAK PEEK



LOOKING AHEAD

In the next video, we'll explore the art of blending by plant part, focusing on how each part contributes to a blend's effectiveness. We'll also cover how to safely avoid phototoxic reactions with oils like bergamot.



THANK YOU FOR JOINING US!

WE HOPE YOU GAINED
VALUABLE INSIGHTS INTO
ESSENTIAL OIL CHEMISTRY
TODAY.

SEE YOU IN THE NEXT VIDEO!

CONTACT US

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