



Smarter Essential Oil Swaps LIVE

A 3-PART SERIES

PART 3

Root to Leaf: Choosing Essential Oil
Substitutes by Plant Part



3-Part Series

The goal of this 3-part series is to give you expert-level insight into how professional aromatherapists approach essential oil substitution.

Here's what you'll gain:

- Aromatic Notes & Beautiful Blends – Learn how to swap essential oils while keeping your blends smelling absolutely incredible
- Essential Oil Chemistry Basics – Discover how understanding chemistry helps you make smarter choices for real, transformative results
- **Plant Part Substitutions** – Explore how the part of the plant an oil comes from impacts its properties and how to make the best swaps

By the end, you'll feel more confident, creative, and empowered in your essential oil blending!



Presenters

- **Karen**, an RN, Certified Aromatherapist, and Educator, has a wealth of experience in curriculum development. **Crafts multidimensional blends that address multiple concerns (e.g., pain and anxiety).**
- **Jenny**, also a Certified Aromatherapist and Educator, is passionate about teaching and supporting students in building their essential oil businesses. **Passionate about sourcing high-quality oils from distillers who prioritize therapeutic and aromatic quality.**

Engaging, Approachable Education



WE TAKE NOVICES TO EXPERTS



The Power of **Aromahead**

Aromahead teaches informed decision-making, from oil selection to blend application, ensuring profound results.

Schedule

Today, we're diving into Event 2, but here's what's coming up over the next two days:

APRIL 10

The Art of Aroma:

Choosing the Right
Essential Oil Substitutions
for Beautiful Blends

Explore how aromatic notes
impact your blends and how to
make substitutions that keep
them smelling incredible.

APRIL 11

The Chemistry Connection:

How to More Confidently
Substitute Essential Oils
for Safe, Effective Blends

Learn how essential oil chemistry
helps you choose the best swaps
for powerful, transformative results.

APRIL 12

Root to Leaf:

Choosing Essential Oil
Substitutes by Plant Part

Discover how the plant part an
oil comes from influences its
properties and how to make
the best substitution choices.

We're so excited to take this journey with you

Let's Get Started!



Building Expertise in Blending

Where We've Been & Where We're Going

In our first session, we explored aromatic notes, learning how top, middle, and base notes influence the scent and balance of a blend.

In our second session, we went beyond aroma, diving into essential oil chemistry—understanding how components like camphor, linalool, and menthol shape an oil's therapeutic effects and safety considerations.

Now, in our third session, we bring it all together with a new lens:

Blending by plant part.

Why?

- The part of the plant an oil comes from often reflects its energetic and emotional qualities.
- Blending by plant part helps us create both effective and deeply personal blends.

Today, we'll discover how plant wisdom guides our blending choices.

Revisiting Our Diffuser Blend: Understanding Plant Parts



5 drops Sweet Orange (*Citrus sinensis*) – Fruit (Peel) (Top Note)

- Sweet, fruity, uplifting
- Peels contain high amounts of d-limonene, known for its mood-boosting and cleansing properties.



3 drops Black Spruce (*Picea mariana*) – Needles (Middle Note)

- Grounding yet refreshing
- Conifer needle oils are rich in esters and monoterpenes, supporting respiratory health and emotional balance.



2 drops Vetiver (*Chrysopogon zizanioides*) – Root (Base Note)

- Deeply grounding and stabilizing
- Root oils contain sesquiterpenols and sesquiterpenes, which provide long-lasting, calming effects for the nervous system.



By blending with plant parts in mind, we create a synergy where each ingredient plays a specific role—the fruit peel uplifts, the needles refresh and support, and the root grounds and stabilizes. This approach ensures our blends are both balanced and effective.

Why Blend by Plant Part?

Each part of a plant carries unique therapeutic and energetic properties.

- **Seeds:** Nurture new beginnings; promote grounding, stability, and calm during anxiety and fear
- **Roots:** Deeply grounding; restore balance and stability, ideal for easing feelings of fear and worry
- **Wood:** Centering and supportive; helps with bone and muscle discomfort, cooling for acute issues
- **Resins:** Healing; used for physical recovery and meditation, like a tree's protective pitch
- **Leaves:** Purifying; support respiratory health, clear the air like the plant's role in nature
- **Flowers:** Calming and soothing; heal and balance the skin, heart, and mind
- **Fruits:** Uplifting and cleansing; especially citrus oils, known for their brightness and freshness





Root Oils

Stability & Deep Grounding

Root oils are deep, steady, and grounding. They support calm, focus, and connection to the earth.

Examples of Root Oils:

- Angelica Root (*Angelica archangelica*)
- Ginger (*Zingiber officinale*)
- Spikenard (*Nardostachys jatamansi*)
- Vetiver (*Chrysopogon zizanioides*)



Resin Oils

Protection & Strength

Resin oils are deeply protective and have been used for centuries in spiritual and meditative practices. They offer emotional stability, healing, and resilience.

Examples of Resin Oils:

- Elemi (*Canarium luzonicum*)
- Frankincense (*Boswellia carterii*)
- Myrrh (*Commiphora myrrha*)
- Peru Balsam (*Myroxylon pereirae*)



Wood Oils **Strength & Resilience**

Wood oils provide structure and inner stability. They are steadfast, calming, and deeply supportive.

Examples of Wood Oils:

- Cedarwood (*Juniperus virginiana*)
- Palo Santo (*Bursera graveolens*)
- Rosewood (*Aniba rosaeodora*)
- Sandalwood (*Santalum album*)



Flower Oils

Emotional Balance & Upliftment

Flower oils are gentle, nurturing, and emotionally supportive. They help with stress, self-expression, and heart-centered healing.

Examples of Flower Oils:

- Lavender (*Lavandula angustifolia*)
- Ylang Ylang (*Cananga odorata*)
- Roman Chamomile (*Chamaemelum nobile*)
- Rose (*Rosa × damascena*)



Fruit Oils

Bright & Expansive Energy

Fruit oils are joyful, uplifting, and expansive. They bring cleansing, lightness and optimism to a blend.

Examples of Fruit Oils:

- Bergamot (*Citrus bergamia*)
- Grapefruit (*Citrus paradisi*)
- Lemon (*Citrus limon*)
- Lime (*Citrus aurantiifolia*)
- Mandarin (*Citrus reticulata*)
- Sweet Orange (*Citrus sinensis*)



Leaf & Needle Oils Clarity & Fresh Energy

These oils are fresh, renewing, and energizing. They support clear thinking, breathing, and movement.

Examples of Leaf and Needle Oils:

- Balsam Fir (*Abies balsamea*)
- Black Spruce (*Picea mariana*)
- Eucalyptus (*Eucalyptus globulus*)
- Peppermint (*Mentha × piperita*)
- Pinyon Pine (*Pinus edulis*)
- Rosemary (*Salvia rosmarinus* ct. camphor and verbenone)
- Tea Tree (*Melaleuca alternifolia*)
- White Pine (*Pinus strobus*)



Case Study

Sophie's Nervous Public Speaking

Sophie, 29, has an important presentation at work. She feels nervous, scattered, and overwhelmed.

She needs a blend that will help her:

- Bring energy and excitement to her presentation (top note - citrus)
- Stay focused and clear (top note - leaves)
- Speak from her heart with confidence (middle note - flowers)
- Feel grounded and steady (base note - roots & resins)

Let's craft a personalized blend for Sophie, using plant part wisdom.



Sophie's Public Speaking **Inhaler blend**

For Sophie's needs, we're blending by plant part for emotional support. Aromatic support for grounded presence, focused clarity, and heart-led expression—infused with a bright citrus lift to connect and inspire.

- 6 drops Sweet Orange Oil (*Citrus sinensis*)
- 6 drops Lavender Oil (*Lavandula angustifolia*)
- 3 drops Eucalyptus (*Eucalyptus globulus*)
- 2 drops Vetiver Oil (*Chrysopogon zizanioides*)

Inhalers for adults use 15–18 drops
For children ages 5–10 add 10–12 drops and leave out the eucalyptus.

Sophie's Public Speaking Blend

For Sophie's needs, we're blending by plant part for emotional support:



Root

Vetiver (*Chrysopogon zizanioides*)
Deep grounding



Citrus

Sweet Orange (*Citrus sinensis*)
Lifts the mood, calms the nerves,
and gently energizes



Leaf

Eucalyptus (*Eucalyptus globulus*)
Mental focus & energy



Flower

Lavender (*Lavandula angustifolia*)
Emotional balance & calm

This blend will help Sophie feel steady, clear, energized, joyful, and confident as she speaks.

Blending with Intention

A Full Circle Approach

Throughout this journey, we've explored three powerful ways to blend:

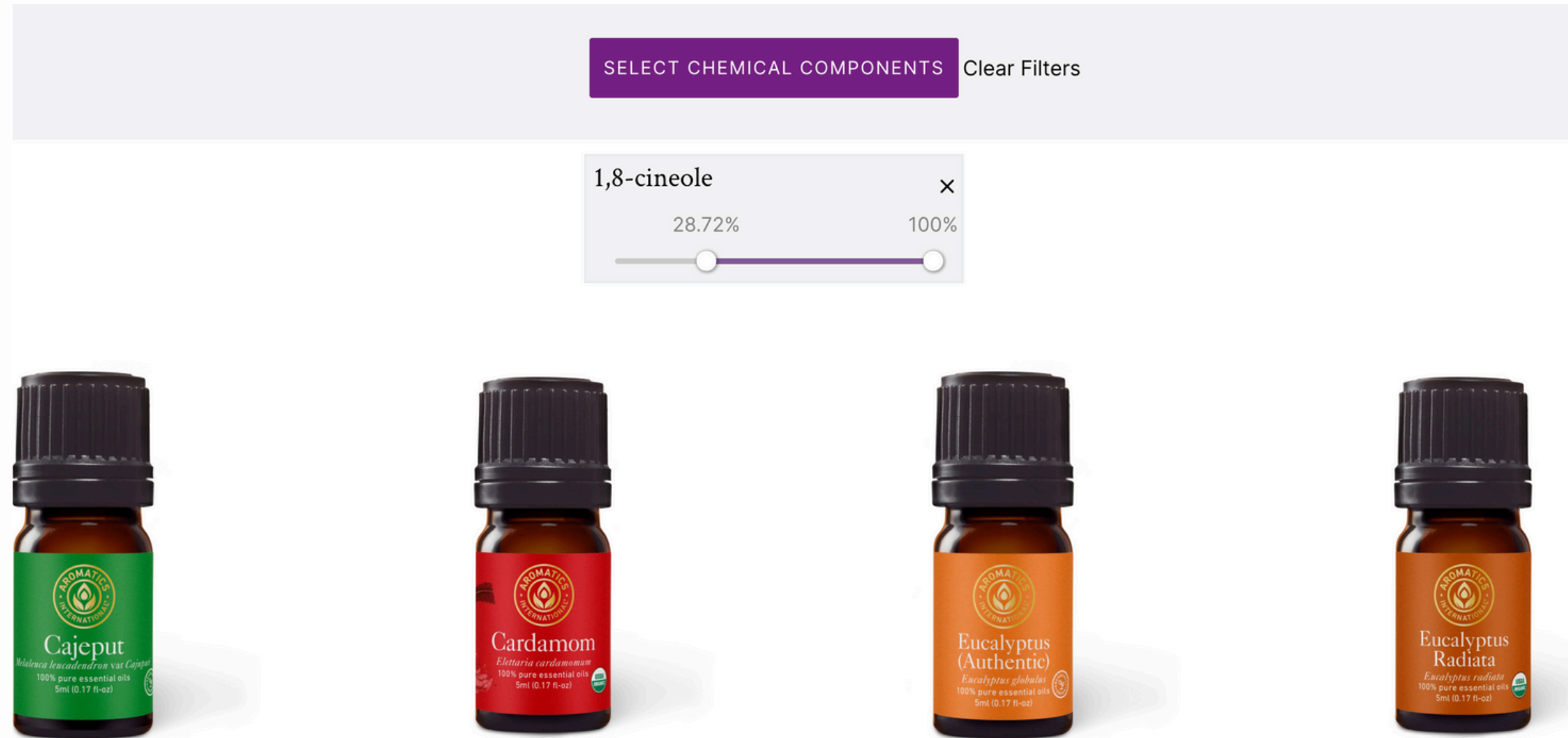
- By Note – Creating aromatic harmony through top, middle, and base notes.
- By Chemistry – Understanding the therapeutic effects based on chemical families.
- By Plant Part – Honoring how the plant expresses itself—from roots to leaf.

Now, we bring these elements together.



Your Blending Substitution Companion

A tool that makes it easy to keep blending with clarity.



At Aromatics International (aromatics.com), you can search for essential oils by:

- Aromatic Note – Find top, middle, or base notes with ease.
- Plant Part – Explore oils distilled from roots, flowers, leaves, and more.
- Chemical Component – Target oils rich in specific constituents like 1,8-cineole.

What Happens When We **Blend with Intuition?**

When we blend with awareness of note, chemistry, and plant part, we create more than just a beautiful aroma—we craft a full-spectrum experience that meets mind, body, and spirit.

This is aromatic alchemy at its most intuitive and intentional blending.

What plant parts speak to you the most?

Drop your thoughts in the chat!



Take Your Essential Oil Journey Further!

Join us for **Your Journey to Essential Oil Mastery: How Aromatherapy Certification Can Help You Reach Your Goals**—a live event on April 26 where we'll dive even deeper into these concepts.

If you're ready to expand your knowledge and confidence with essential oils, this is the perfect next step. Reserve your spot today!

Save Your Seat
aromahead.com/open



It's Time For
Your Q&A!



Thank you so much for joining us today!

We can't wait to see you again for

Your Journey to Essential Oil Mastery: How Aromatherapy Certification Can Help You Reach Your Goals

A live event on April 26 where we'll dive even deeper into these concepts.

LIVE TRAINING

Your Journey to Essential Oil Mastery

How Aromatherapy Certification Can
Help You Reach Your Goals

Join Us for our LIVE Webinar!

Save Your Seat
aromahead.com/open



Duration:
60-minute training



Plus:
Live Q&A Session



What You'll Learn:
Your path to blending
like a professional!

Thank You for Joining Us!

We hope this series has empowered you to blend
with greater confidence and success

Join Us for the Webinar!

Link to Join! aromahead.com/open

The Essential Oil Professional: Unlocking Advanced
Techniques for Safe, Effective Blending





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