

# After Sunbathing Essential Oil Lotion

## Ingredients

Serving Size: 16 oz

### *Essential Oils:*

24 drops – Lavender Essential Oil (*Lavandula angustifolia*)

4 drops – Geranium Essential Oil (*Pelargonium graveolens*)

2 drops – Roman Chamomile Essential Oil (*Chamaemelum nobile*)

### *Lotion Formula*

1/4 cup – Sweet Almond Oil (*Prunus amygdalis var. Dulcis*)

1/4 cup – Avocado oil (*Persea Americana miller*)

1/4 cup – Sesame oil (*Sesamum indicum*)

1/2 oz – Beeswax

1 cup – Purified Water

### *Instructions:*

Apply the lotion after sunbathing or up to three times per day.

## Abstract

A 38 year old avid sunbather is looking for an essential oil lotion to help moisturize and nurture her skin. She was given an essential oil lotion that contained lavender, geranium and roman chamomile. Even though this report does not scientifically evaluate the long term benefits of these essential oils, the client's skin felt moisture after use. She also enjoyed the aroma of the lotion and noticed the scent throughout the day.

## Case Description

Client (CJ) is a 38 year old female, who loves to sunbath. She would like an essential oil lotion that will nourish her skin after sunbathing. She would also like to use the lotion on a daily basis as a moisturizer and enjoys the aromatherapy aspect of the lotion.

CJ enjoys laying out in the sun two times per week for two to three hours per session. She wears SPF 15 while sunbathing and keeps herself hydrated by drinking eight to ten 8 oz. glasses of water a day. CJ daily applies to her face Neutrogena® Oil-Free Acne Wash, Aveno® Clear Complexion Daily Moisturizer, Olay® Anti-wrinkle eye cream, and Olay® anti-wrinkle replenishing night cream. She also applies daily to her body Jergens® Ultra Healing: Extra Dry Skin Moisturizer.

### Literature Review

Lavender *Lavandula angustifolia* or true lavender is different from the other *Lavandula* oils because it contains no camphor properties. Camphor is considered a skin irritant.

There has been no scientific studies supporting the claim that *Lavandula angustifolia* is a useful remedy for burns; however, Robert Tisserand's blog mentions anecdotal evidence supporting this claim as well as the scientific studies supporting the oil's analgesic quality. He also summarizes several different studies that suggest lavender has antioxidant properties that could "inhibit degenerative skin changes such as skin cancer, sun damage and the effect of ageing." (Tisserand, R.)

Keville and Green (2009) support Tisserand's statement mentioning that lavender is a cell regenerator and can be used on sun-damaged skin, skin growths and that there is "no better remedy for burns" (p. 196)

*Geranium Pelargonium graveolens* grows well in in subtropical and tropical climates. The essential oil is distilled from the plant's leaves and flowers. Several books have referenced *Pelargonium graveolens* as having skincare benefits that help

with facial neuralgia, eczema, oily or dry skin extremes, burns, acne, mature skin (Cooksley, 2002, p. 348-349). In fact, for centuries geranium has been used for regenerating and healing the skin (Essential Science Publishing, 2009, p. 66)

Roman Chamomile *Chamaemelum nobile* is “grown for oil extraction in Europe, Britain, Italy, France, and the United States” (ACHS, 2012, p. 53). The only part used during steam distillation is the flower.

Price (2007) states *Chamaemelum nobile*'s properties as “antianaemic, anti-inflammatory, antineuralgic, antispasmodic, calming and sedative, vulnerary, and stimulant (p. 326).

Srivastava, Pandey & Gupta (2009) conducted a laboratory study to determine whether chamomile interferes with the COX-2 pathway. This is significant because this pathway has been implicated in the process of inflammation and carcinogenesis. They found that “chamomile works by a mechanism of action similar to that attributed to non-steroidal anti-inflammatory drugs” (p. 1) which lends credibility to the understanding that it may help prevent inflammation and cancer.

#### Treatment Protocol/Methods

CJ was given a 16 oz. lotion containing the following essential oils: twenty-four drops of lavender *Lavandula angustifolia*, four drops of geranium *Pelargonium graveolens*, two drops of roman chamomile *Chamaemelum nobile*. The essential oil blend was placed in the following lotion formula:  $\frac{1}{4}$  cup of almond oil *Prunus amygdalis* var. *Dulcis*,  $\frac{1}{4}$  cup of avocado oil *Persea Americana* Miller,  $\frac{1}{4}$  cup of sesame oil *Sesamum indicum*,  $\frac{1}{2}$  oz. of beeswax, and one cup of purified water.

CJ was instructed to apply the lotion after sunbathing or up to three times per day. She was also informed of the following cautions and contraindications:

Lotion contains oils with toxic rating of I – a skin patch test is required.

Recommended Daily Dosage: 3-4 times a day.

Contraindicated in the first trimester of pregnancy.

May irritate skin, dermatitis, cause insomnia and restlessness.

Caution if allergic to ragweed or other Asteraceae family plants.

#### Client Response

CJ stated she loved the lotion. She enjoys its aroma, texture, and how well it absorbs into her skin. She also noticed that after applying the lotion her skin felt well hydrated. CJ stated that she will definitely use this lotion.

#### Evaluation

This case report was positive because the client enjoyed the aroma and texture of the lotion. She also felt the lotion kept her skin hydrated. Without scientific measures, larger population, skin tests before and after application, testing over a long period of time, etc. we cannot prove the benefits this lotion is offering to the client. Additional studies need to be made.

#### References

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