

# Lavender Blend Supporting Skin Wellness

## Ingredients

### *Essential Oil:*

1 drop – Lavender Essential Oil (*Lavandula angustifolia*)

### *Base Oil:*

1 drop – Sesame oil (*Sesamum indicum*)

### *Instructions:*

Apply oil to bruised skin one to two times daily.

## Abstract

A 72 year old male has been taking various doses of Warfarin since he was hospitalized for blood clots in 1978. The cell wall lining of his skin has become paper thin where he is tearing and bruising his skin on a daily basis. He is also constantly scratching his skin due to the irritation. Since administering the lavender blend, the client's skin irritation reduces within five minutes of application and the skin's bruises disappear much faster than before.

## Case Description

Client (RS) is a 72 year old Caucasian male, who has very thin skin, bruises easily and has chronically irritated skin. He scratches his skin constantly to relieve the irritation. He would like an essential oil that reduces the duration of his bruises and skin irritation.

RS was hospitalized in 1978 for blood clots. Since then he has been taking various doses of Warfarin. He believes that due to the extensive use of Warfarin, his skin's cell walls have weakened. He experiences bruises from the slightest bumps

against objects and his skin tears easily.

RS is currently taking Warfarin 7.5mg, Amlodipine 10mg, Diovan 160mg, Pravastatin 40mg.

RS works out, golf and lifts weights at the gym, five to six times a week, eats three meals a day and drinks three to four 8oz glasses of water daily. RS drinks coffee throughout a day, has two to three glasses of wine each night, and smokes a pipe throughout the day.

RS is not interested in seeking a comprehensive alternative holistic health treatment plan. Ease of use is very important to him. Since his wife currently uses *Lavandula angustifolia*, he is willing to try the oil on his skin.

### **Literature Review**

Lavender *Lavandula angustifolia* essential oil is steam distilled from the flower and flower stalk of the plant. There are several hybrids of this plant. Their therapeutic attributes are also different.

Several authors have recommended *Lavandula angustifolia* for skin benefits. Cooksley (2002) stated lavender has medical properties of "analgesic, antirheumatic, antispasmodic, decongestant, anti-toxic, restorative, sedative, and nervine" (p.353-354) and Valnet (1990) reported supportive properties as "nervous system regulator, wounds, sores of all descriptions, burns, acne and acne rosacea." (p. 144-148)

### **Treatment Protocol/Methods**

RS placed one drop of lavender *Lavandula angustifolia* in one Tbsp. of sesame oil *Sesamum indicum* and applied the blend to all of his bruises especially his arms. He was instructed to apply the oil blend one to two times daily. He was also instructed to inform his doctor about the oil blend since he is taking several medications. It was recommended that RS

reduce and/or eliminate his coffee and smoking habit and to increase his water consumption.

### **Client Response**

Client stated that he notices a reduction in skin irritation within five minutes of applying the oil to his skin. He also noticed that his bruises are disappearing much faster. RC is pleased with his results and he plans on incorporating the essential oil's application into his wellness routine; however, he is not willing to change his coffee and smoking habit.

### **Evaluation**

The overall treatment was a success. The client's quality of life has diminished since his skin began tearing and he was bruising himself daily. He was also unwilling to invest his time in the reduction of his skin's irritation. Since the blend was easy to apply and the client enjoyed the scent and results, the client now has an additional product to improve his overall wellness.

### **References**

Cooksley, V. G., (2002). *Aromatherapy: Soothing Remedies, to restore, Rejuvenate, and Heal*. (pp. 353-354). New York, NY: Prentice Hall Press.

Valnet, J., & Tisserand R. (Eds.). (1990). *The Practice of Aromatherapy: A classic compendium of plant medicines & their healing properties*. (pp. 144-148). Rockester, VT: Healing Arts Press.

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# 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 SPS 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

Cooksley, V. G., (2002). Aromatherapy: Soothing remedies to restore, rejuvenate, and heal. (pp. 348-349). New York, NY: Prentice Hall Press.

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Keville, K., and Green, M., (2009). Aromatherapy: A complete guide to the healing art. New York, NY: Crossing Press.

Price, S., & Stuart, C., (Ed.) (2007). The complete book of massage and aromatherapy: A practical illustrated step-by-step

guide to achieving relaxation and well-being with the top-to-toe body treatments and essential oils. (pp. 326) London, UK. Lorenz Books.

Tisserand. (2012, May 15). Lavender oil – skin savior or skin irritant? [blog}. Retrieved from <http://roberttisserand.com/2011/08/lavender-oil-skin-savior-or-skin-irritant/>

Srivastava, J., Pandey, M., & Gupta, S. (2009). Chamomile, a novel and selective COX-2 inhibitor with anti-inflammatory activity. *Life Sciences*, 85(19-20), 663-669. doi:10.1016/j.lfs.2009.09.007