

Essential Oils: methods of application

Bath. Number of drops of essential oil added to 1x teaspoonful carrier oil.

age	no. of drops
1 year	1 - 2 drops
1 year - 7 years	1 - 3 drops
7 years - 12 years	3 drops
12 years and over (adult dilution)	5 drops

Foot & Hand Bath. Put 3 drops of essential oil in a bowl of warm water. Soak hands or feet for 10 minutes.

Sitz bath. Add 6 drops essential oil to warm water. Water up to the waist for 10 minutes.

Other Applications.

type of application	no. of drops
compress	5
face mask	1
douche	4
inhalation	1-2
mouth gargle	3
neat application (after skin patch test)	1
vaporiser	5

Marie-France Bewley

MA (Hons) ITEC, MIIR, MIFPA, MLD (UK)

Individually Created Aromatherapeutic Preparations



*Here's flowers for you;
Hot Lavender, mints, savory, marjoram;*

The Winter's Tale, William Shakespeare



We are all unique and deserve an aromatherapeutic remedy specifically formulated for us. This is the Individual Prescription (I.P.), which takes into account our physiological, psychological, and emotional state. It is both a science and an art. The enjoyment of the scent of the final synergistic preparation is crucial, as a pleasing aroma enhances our healing potential.

For the last 20 years, Marie-France has searched for the best essential oils (organic wherever possible), hypoallergenic clays (sun-dried), creams, floral waters, gels (aloe vera and seaweed), lotions, cold-pressed virgin vegetable oils, and is now confident about the safety and diversity of her range.

Marie-France believes in a respectful and mutually enriching cooperation between orthodox and complementary medicine practitioners. She has set up an alphabetical list of conditions that aromatherapy MAY help, and has organised them into systems.

There is also a special range for cancer and lymphoedema patients, detoxification and cellulite, menopausal and menstrual problems, pregnancy, childbirth, children and lastly, the dying.

For people who live too far away, there is an efficient postal service available. The products range in price from £6 to £26.

Monday - Friday 9:30am - 8:30pm

Abingdon Practice

✉ 160 Oxford Road
Abingdon

OXON OX14 2AF

☎ 01235 555932

Thursday 9:00am - 6:00pm

Summertown Clinic

✉ 362 Banbury Road
Oxford

OX2 7PP

☎ 01865 558561

Circulatory & Lymphatic System

Arteriosclerosis, broken capillaries, bruises, cellulite, circulation (sluggish), fluid retention, haemorrhoids, high blood pressure, hyperventilation, low blood pressure, oedema, palpitations, varicose veins.

Digestive System

Anorexia, loss of appetite, colic, colitis, constipation, cramp, diarrhoea, digestion (sluggish), flatulence, griping pains, headaches (bilious), heartburn, indigestion, irritable bowel syndrome (IBS), migraines (related to digestion), nausea, sickness (morning/travel), spasms, vomiting.

Genito-urinary/ endocrine system

Amenorrhoea (lack of periods), candida (thrush), childbirth, cystitis, dysmenorrhoea (menstrual cramps), genital herpes, leucorrhoea (white discharge), menorrhagia (excessively heavy periods), menopausal disorders (PMS, PMT, pregnancy, pruritis), sexual problems, urethritis, urinary tract infections.

Immune System

Allergies, candida, chicken pox, chronic fatigue syndrome, colds, cold sores, fever, flu, herpes, infections, influenza, low immunity, ME, measles, mumps, shingles, whooping cough.

Muscular and Skeletal

Aches and pains, arthritis (osteo and rheumatoid), bursitis, contractions, cramps, fatigue, injuries, gout, joints (inflamed, swollen giving acute pain), lumbago, neuralgia, rheumatism, sciatica, spasms, sports injuries, sprains, stiffness, strains, poor muscle tone, muscular wasting, muscular weakness.



Nervous System

Addiction, agoraphobia, anxiety, apathy, bereavement, bitterness, boredom, nervous breathing, claustrophobia, compulsiveness, concentration (lack of), confidence (lack of), mental constipation, convalescence, debility, difficulty with adapting to change, depression, despondency, drug dependency, disorientation, epilepsy, excitability, exhaustion, faintness, fear, frustration, grief, guilt, headaches, hyperactivity, hysteria, indecision, indifference, insecurity, insomnia, instability, fatigue, jealousy, jet lag, lethargy, listlessness, loneliness, low motivation, manic depression, memory (poor), migraine, mood swings, nausea, nightmares, obsession, palpitations, panic attack, paranoia, performance stress, phobias, resentment, restlessness, SAD, sadness, shock, stage fright, strain, stress, tantrums, vertigo, weakness, worry.

Respiratory System

Asthma, bronchitis, catarrh, chest tightness, chill, colds, congestion, cough, earache, emphysema, flu, halitosis, hay fever, headaches, hoarseness, infection, laryngitis, sinusitis, throat infections, tonsillitis, voice (loss).

Scalp and hair care

Alopecia, dandruff, damaged/dry/greasy hair, itchiness, lice, loss.

Skincare

Abscesses, acne vulgaris (pustules, redness, scarring), ageing, allergies, athlete's foot, barber's rash, bites, blemishes, blisters, boils, broken capillaries, bruises, burns, calluses, chapped, chilblains, cold sores, combination, congested, corns, cracked, cuts, dermatitis, dhobi itch, dry, dull, eczema (dry, infected, inflamed, scaly, weepy), greasy, haemorrhoids, heat rash, impetigo, infected, inflamed, irritated, itchy, mature, nails (brittle, infections), oedematous, open pores, over hydrated, perspiration (excessive), psoriasis, ring worm, rough, scabies, scarred, sensitive, slack tone, spots, stings, stretch marks, sunburn, swollen, red conditions, thread veins, ulcers, verrucas, warts, wounds, wrinkles.

