Especially for Women: Super Oils for Women’s Health
Relief from Women’s Health Concerns -- Just a Whiff Away

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Webinar Agenda

• Review recent research on women’s health issues using essential oils
• Examine scientific findings on the 10 most popular essential oils used for women’s health issues
• Discuss the top health concerns women experience and which essential oils have been proven to be helpful
• Consider safety guidelines for essential oils in women’s health concerns
• Assess your understanding!
Women’s Health Essential Oil Research

• An audit of a maternity aromatherapy service in the United Kingdom showed “the service was effective in normalizing childbirth and increasing satisfaction of mothers in respect of their labor experiences”

• The Labor Kit included clary sage, frankincense, lavender, Roman chamomile and mandarin essential oils


Women’s Health Essential Oil Research

• In a study of adolescent women, dysmenorrhea decreased from 82.38% to 51.13% after using eucalyptus and lavender beginning several days before the menstrual cramps were expected

Women’s Health Essential Oil Research

• Nurses with menstrual pain severity >5 points on a 10 point scale volunteered

• Participants massaged lower abdominal area for 10 minutes with a 3% concentration of **rose** (uterine tonic), **clary sage** (anti spasmodic, menstrual regulator, analgesic action, support action of estrogen), and **geranium** (hormone regulator and balancer)


Women’s Health Essential Oil Research

• National Sleep Foundation reports 68% women between their 4th month of pregnancy and through their 2nd month postpartum report increased sleep disturbances due to hormonal changes

• **Orange peel** essential oil indicated potential effectiveness on improving the quality of sleep due to its anti-anxiety and sedative properties

Women’s Health Essential Oil Research

• Research discussed in the *Proceedings of the Society of Experimental Biology and Medicine* discovered thyme essential oil has progesterone balancing effects, for both men and women

• *Thyme* oil benefits the body by improving progesterone production

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Women’s Health Essential Oil Research

• *Sandalwood* is very effective at balancing out testosterone levels in both men and women

• Sandalwood has actually been used as a natural aphrodisiac, making it a desired ingredient in men’s cologne, as well as certain perfumes, for years

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Women’s Health Essential Oil Research

• *Rose*, which has been used also as an aphrodisiac, as well as a natural mood lifter, has been shown to help in improving serotonin and other neuropeptides in the brain — aka those good mood hormones

• In general, one of the best essential oils for thyroid function and autoimmune issues is *frankincense*, which reduces inflammation, also helping to lower those cortisol levels


Women’s Health Essential Oil Research

• 8 year experimental study of 8058 women explored the use of essential oils to ease pain, anxiety, nausea and enhance contractions during labor and childbirth

• 1 drop *rose*, 3 drops *lavender* in 10 ml carrier lotion

Measures:

- 10 mL = 1/3 ounce (2 teaspoons)
- 30 mL = 1 ounce (2 tablespoons)
- 60 mL = 2 ounces (4 tablespoons)

Dilution Percentages

Adolescents and adults:

5% dilution = 30 drops to 1 oz carrier
10% dilution = 60 drops to 1 oz carrier
Most Common Essential Oils Studied for Women’s Health Concerns

• Clary sage
• Geranium
• Eucalyptus
• Lavender
• Lemon
• Peppermint
• Roman chamomile
• Rosemary
• Tea tree
• Ylang ylang

Clary sage

• Tonic for the womb and uterus
• Regulates menstrual periods
• Eases tension and muscle cramps
• Aphrodisiac
• Used for both dry and oily skin
• Helpful in controlling cellulite and cortisol levels
• Supports action of estrogen

Geranium

- One of the best natural perfumes
- Sedative properties, nerve tonic
- Menopausal associated problems
- Can help in coping with pain
- Hormone regulator and balancer
- Used to control emotions, fungal infections, situational anxiety and stress

Eucalyptus

- Leucorrhrea and cystitis of genitourinary system
- Anti-inflammatory effects
- Decreased dysmenorrhea from 82% to 51% when used with lavender several days before cramps were expected


Lavender

• Pain relieving
• Improves feeling of well being, supports mental alertness, suppresses situational anxiety, antibacterial, antifungal, stress, headaches, painful muscles, dysmenorrheal
• Study showed that lavender inhalation was effective in alleviating dysmenorrhea symptoms

Lemon

• Astringent and detoxifying properties
• Skin blemishes
• Brightens and rejuvenates dull skin
• Good in relieving the first stage of labor
• Controls nausea, vomiting
• Mood elevating properties
Peppermint

• Pain associated with the menstrual cycle
• Anti-inflammatory, analgesic, anti-spasmodic,
• Anti-fungal, bacterial, viral


Roman Chamomile

• Headache, insomnia, menstrual disorders
• Menstrual cramps and tension
• Anti-anxiety, stress relieving
• Ease overactive mind
Rosemary

- Excellent skin tonic properties
- Soothing positive effect on menstrual cramps
- Stimulate for the scalp encouraging hair growth


Tea Tree

- Used in female for vaginitis, cystitis, and pruritus treatment

Ylang ylang

• Aphrodisiac properties
• Balances both dry and oily skin
• Anti depressive in nature, with euphoric properties resulting in the feeling of well being
• Results of a study in Portugal verified ylang ylang as effective in relieving anxiety and increasing self esteem in post menopausal women

Don’t Forget These Amazing Oils --

• Orange – aids quality of sleep
• Thyme – progesterone balancing effects
• Sandalwood – testosterone balancing effects
• Rose – uterine tonic, improves serotonin levels, aphrodisiac
• Frankincense – thyroid functioning, lowers cortisol levels, reduces inflammation


Assess Your Knowledge – True or False

1. Essential oils have not been shown in clinical research to be effective in treating women’s health concerns.
2. A dilution rate of .5% should be used on infants between 4 months and one year old. This equates to 1-3 drops of EOs to 1 oz carrier oil.
3. Lavender is the most highly studied, safest, and least toxic of all essential oils.

Common Women’s Health Concerns

- PMS
- Menstrual cramping
- Breast tenderness
- Candidiasis
- Vaginitis
- Menopause
- Urinary incontinence
- Edema
- Stretch marks
- Infertility
Premenstrual Syndrome

• Dysmenorrhea is associated with lower abdominal cramps and back pain, as well as nausea, vomiting, fatigue, nervousness, appetite loss, diarrhea, and headache

• The prevalence of dysmenorrhea is highest in adolescent women, with estimates ranging from 20% to 90%


Premenstrual Syndrome (PMS)

• Peppermint and/or frankincense: for headaches and emotional challenges

• Rosemary and bergamot have also been historically used


• Women’s Health Blend helps women ease the symptoms that are traditionally associated with PMS or the transitional phase of menopause: Clary Sage, Pine needle, Orange, Ho Leaf, Peppermint, Ylang Ylang, and Chamomile.
Menstrual Cramps

• Create a 50:50 blend of carrier oil and any of the following essential oils
• Rosemary, wintergreen, lavender, sweet marjoram, bergamot, Roman chamomile, clary sage
• Apply topically with a gentle massage increasing the pressure to loosen the muscle

Breast Tenderness

• Use 2 to 3 drops each of lavender and Roman chamomile in a teaspoon of carrier oil
• Massage gently on tender areas

Candidiasis

Vaginitis
Menopause

• 50-80% of women worldwide experience hot flashes
• Hot flashes decrease the quality of life
• Lasts 1-2 years in most women; however, in 25% of females it lasts more than 5 years

Lavender

• Research concluded that the effect of lavender aromatherapy on hot flashes was apparent:
• “It is suggested that women suffering from hot flashes should smell lavender essence, which is a simple, noninvasive, safe, and effective method of therapy and can result in an improvement in solving family, social, psychological, and emotional problems caused by hot flashes during menopause.”


Menopause

- Roman chamomile, bergamot, clary sage, lavender, neroli, sandalwood, ylang ylang, peppermint, frankincense, helichrysum

- For headaches related to hormones or for emotional challenges, use a drop of peppermint or frankincense and apply on your forehead, temples, and the back of your neck
- For hot flashes, apply a blend in equal parts of helichrysum and a carrier lotion, and apply to the base of the spine for 20 days

Urinary Incontinence

- Lavender, bergamot, lemon

- Mix 5 to 10 drops of any of the oils above with a cup of Epsom Salts in the tub and soak at least 3 times a week
- Massage the feet after each bath with three drops of any of the oils mixed in a carrier
- Or diffuse 5-10 drops of any of the oils for 5 minutes before bed
Edema

- Patchouli, helichrysum, cinnamon, rosemary

- Create an aromatic bath by mixing 10-15 drops of any oil with a cup of Epsom Salts
- After the bath, create a massage blend with helichrysum and a carrier
- For a more stimulating effect, add cinnamon or rosemary to the massage blend

Stretch Marks

- Tangerine, neroli, lavender

- Apply 2-3 drops of lavender undiluted on marks
- To use other oils, mix them in a carrier

Infertility

- Essential oils for infertility include ylang ylang, clary sage, geranium, fennel, anise, cypress, and rose – they decrease stress and anxiety and may aid in conception
- Researchers have had some success regulating irregular periods that have contributed to infertility by using clary sage, geranium, and rose in a 10% dilution applied to abdomen and back from the last day of period until ovulation


Perfumes

- Use your intuition – there are no rules
- Start small, mixing no more than 2 to 5 oils per blend
- Allow blends to age a week or more before adding them to carrier oils

Ethics

• Always practice extreme caution in pregnancy and nursing
• Know which oils are to be avoided
• Do not use inhalation during asthma attacks
• Safety guidelines

Some Oils to be Avoided During Pregnancy

• Avoid using the following oils during pregnancy: peppermint, clary sage, atlas cedarwood, marjoram, oregano, rosemary, sage, thyme, wintergreen with some of them possessing abortifacient properties
• There are also essential oils such as frankincense that should be restricted to use in the third trimester due to emmenagogic properties
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Oils Considered Safe for Pregnancy

- Roman chamomile
- Bergamot
- Eucalyptus
- Neroli (Orange)
- Patchouli
- Rose
- Sandalwood
- Lavender
- Ylang, Ylang
- Geranium
- Tea tree


“Do No Harm” Safety Guidelines

• Essential oil use on newborns or infants up to three months is not recommended as their organs are still developing and skin is quite permeable
• Essential oils may interfere with optimal bonding that occurs with mother’s own scent

The Aromatherapy Sock

• Made from a tube sock, it contains dry white rice infused with essential oils
• Warmed in the microwave, it can be used as a neck/back wrap or placed beneath the pregnant abdomen to provide comfort between contractions
• The sock can be personalized with essential oils suited to individual preferences and makes a nice gift for use during the childbearing year.
Assess Your Knowledge – True or False

1. Natural does not always equal safe when using essential oils in pregnancy and nursing.
2. Never use intuition when creating your personalized perfume: instead, use only recipes others have designed.
3. Extreme caution must be used with newborns and infants when using essential oils, as optimal bonding occurs with the mother’s natural scent.

Query – Yes or No

• Would you like to see a course on female health concerns that incorporates vitamins, diet, other nutrients, and herbal medicine options?
• Would you like to see a course on auto-immune disorders, including information on which supplements should not be taken with these conditions?
References


References


