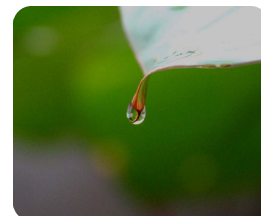


# Essential Oils

## Than & Now Newsletter

- By Joanna Barrett, RN, CNHP



December 2006

### 3 WISE MEN

The blending of essential oils is both an art and a science. By combining a single oil with another pure therapeutic-grade oil or blend, a synergistic or additive effect is produced resulting in a stronger total effect than the sum of the actions produced by each oil or blend separately. Often in Aromatherapy texts there is a distinction between oils described as top note, middle note, or base note. Top note oils are thinner, evaporate quickly, and are more aromatic than the more viscous middle and base note oils. Top note oils also move faster through the body and have a shorter half-life. Half-life (term also used for pharmaceutical effects) is the time for the concentration of a chemical substance to half its initial value. Base note oils are the most viscous, have the longest half-life, the mildest fragrance, and the slowest evaporation rate because the oil molecules are larger and heavier. Still these oils are small enough to enter and nurse and care for every cell of the body. The blending of top note oils and middle or base note oils causes the half-life of the blend and its therapeutic effects to last longer in the body.

When we anoint with oils in our office during the Raindrop Technique we use at least 7 single oils and 2 blends. The oils go from foot to head in about 2 minutes and into every cell in the body in about 20 minutes. The effects of the oils last for an average of 7 days, sometimes longer, instantly or gradually continuing its restorative effect physically, mentally, emotionally and spiritually. Although anointing may seem relatively new to many denominations, the history of anointing spans from the most ancient civilizations to the fortunate of this century. During the Reformation, the Episcopalian Common Book of Prayers was founded and though revised many times I like its prayer for the "Ministration to the Sick" I view it holistically.

*As you are outwardly anointed with this holy oil, so may our heavenly Father grant you the inward anointing of the Holy Spirit, of his great mercy, may He forgive you your sins, release you from suffering, and restore you to wholeness and strength. May He deliver you from all evil, preserve you in all goodness, and bring you to everlasting life: through Jesus Christ our Lord. Amen*

I chose a blend of oils for this season. Although it may be argued that the number of Wise Man who brought Jesus the gold, frankincense and myrrh is unknown, the wisdom of the oils has impacted for health an innumerable number of souls through the eons of time. This blend contains 3 base note oils, sandalwood, frankincense, and myrrh and 2 middle note oils, juniper and spruce. The properties of these oils may be found in past newsletters in the archives of our Website. May you enjoy health, peace and God's essential oils

For a long, long time,

*Joanna*