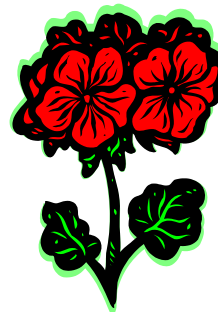


HEALING ESSENTIALS AROMATHERAPY NEWSLETTER SEPTEMBER 2015



Issue #20 Featuring Citronella Essential Oil

SEE MONTHLY SPECIAL BELOW

In the fascinating world of aromatherapy, we find 4 grasses with extraordinary anti-bacterial and anti-viral healing powers. Issue # 17 covered the many wonderful properties of Lemongrass (*Cymbopogon citrus*) essential oil. In the same family, bearing the same odd botanical name *Cymbopogon*, there is Ceylon Citronella (*Cymbopogon nardus*) and Java Citronella (*Cymbopogon winterianus*). Citronella, Lemongrass, Palmarosa (*Cymbopogon martini*), though all are grasses and botanically closely related, have different properties, fragrances, and uses. Both Citronellas like the others are tufted perennial grasses with long narrow leaves and numerous stems arising from short rhizomatous roots. There is a distinct difference between the two Citronella essential oils, the main difference being the geraniol content (explained below).



Cymbopogon nardus

Ceylon Citronella (*Cymbopogon nardus*) is grown only in Sri Lanka. The essential oil is steam distilled from the leaves. Ceylon Citronella oil is a yellow to brownish liquid and has a top note with a distinctive woody, fresh grassy fragrance.



Cymbopogon winterianus

Java Citronella (*Cyboogon winterianus*) is cultivated primarily in Indonesia, Haiti, China, India and Viet Nam. It is also steam distilled from the leaves. Java Citronella is a colorless to pale yellow liquid and has a top note with a sweet fresh lemony fragrance.

The Difference Between the Two Citronellas

Java Citronella has shown to be high in an important bio chemical component: geraniol (24%). Geraniol is one of the most widespread components occurring in several essential oils and has been researched extensively. It is an alcohol and is responsible for the fresh, floral, rosy aroma of rose and geranium flowers. Though very fragrant, geraniol has amazing properties as well. When isolated in studies, geraniol shows great promise as an anti-microbial agent effective against *E coli*, *salmonella*, *influenza*, *streptococcus*, *staphylococcus* and amazingly in vitro against *Mycobacterium tuberculosis*. In addition, geraniol has been studied for its potential as a chemotherapeutic agent inhibiting the growth of malignant tumor cells in rats with mammary tumors, liver cancer, and melanoma. A study with mice showed a 26% reduction in colon cancer tumor cells when geraniol was administered.

Ceylon Citronella also contains geraniol (18%) among other components and was found to give almost complete protection against *Anopheles cullicifacies*, a known mosquito malaria carrier, for up to eleven hours. Both Citronellas are excellent for repelling insects.

Other Known Properties of Both Citronellas: antimicrobial, antifungal, anti-rheumatic, antiviral, antiseptic, diaphoretic, deodorant, febrifuge, insecticidal, tonic.

Citronella Essential Oil Remedies:

- ❖ **Circulatory:** Stimulates blood circulation and supports metabolic function.
- ❖ **Dermatologic:** Successfully used as an insect repellent.
- ❖ **Immune Protection:** The highly antimicrobial properties purify the atmosphere.
- ❖ **Musculo-skeletal:** Recommend adding to a massage oil for the relief of arthritis.
- ❖ **Nervous System (CNS):** Its fresh invigorating fragrance is known to lift spirits and overcome mental fatigue.
- ❖ **Respiratory System:** The high geraniol content suggests excellent antimicrobial properties. Added to a diffuser and Inhaled during cold and flu season could be beneficial.
- ❖ **Insect Repellent:** Known to repel insects including lice, fleas, and ticks. Combine with a few drops of Peppermint and Cedar essential oils in a spray bottle or on a tissue to repel insects and as a spray for dogs to repel fleas.
- ❖ **Ingestion:** small amounts of Citronella oil diluted and / or blended in a tsp of honey, may be ingested during cold and flu season.
- ❖ **Household:** Citronella essential oil is extensively used in commercial detergents, waxes, soaps and cleaning solutions. Add 5 drops Citronella to 1 oz. vinegar to clean counters and stove tops. Or add a few drops of Lemon and Citronella to a spray bottle of water for an excellent anti-microbial room mister and insect repellent.

Application: Safe to use topically in a massage oil, bath, skin care, or diffuser. In some cases Citronella can cause dermatitis so do patch test prior to use and / or dilute. Do not use during pregnancy.

Wonderful Licensed Massage Therapist in Santa Barbara

I have known Nancy Drake for many years. She has been a huge supporter of my Healing Essential products and uses many blends in her practice. In response to her lovely testimonial below I wanted to inform my clients of her practice and new location in Santa Barbara. Since, in almost every one of my consultations, I highly advise massage therapy, I asked Nancy to describe her wonderful technique.

"I practice Qigong Therapy integrating massage, acupressure and intuitive touch. The sessions I give help to bring the body, mind, and emotions into balance.

I have enjoyed using Pat's Relaxation Massage Oil for many years. I find when I use it to massage my feet prior to going to bed, it helps me let go and fall into a restful sleep. And I love the scent. I also use it on clients when I feel they are stressed and they always comment on how good it feels. Thank you Pat for creating such a lovely product."

Nancy Drake, LMT (805) 320-3161

Healing Essential News: A reminder that my products are currently being sold at “Digs” a florist shop in Ojai located on the corner of Hwy 150 and 33 (150 is the road to Lake Casitas). Products are being sold separately or as an addition to flower arrangements and baskets.

Monthly Special:

Bug Off comes in a 5 ml. glass roll-on: (\$7.00) special \$6.00

**Contains Essential Oils Geranium, Lemon Eucalyptus, Citronella, Rosemary, Grapefruit and Tea Tree.
Effective for gardening, camping, and traveling to mosquito infested areas.**

Citrus Room Mister comes in a 4 oz. blue plastic spray bottle: (\$6.00) special \$5.00

**Contains Essential Oils Cedar, Citronella, Grapefruit, Lemon Grass, Geranium, Lemon, Orange
Absorbs bathroom and kitchen odors.**

Both Items \$10.00

Two of one item \$10.00

I am planning to offer the three Aromatherapy classes this fall. The first is an Introduction to Aromatherapy covering the history and properties of essential oils. The second is an Intermediate Aromatherapy class learning to make a blend, and a room mister. The third is Advanced Aromatherapy covering the medicinal use of essential oils. I would greatly appreciate your reply to register if you are interested. The dates are not finalized.

Wishing a healthy fall to everyone with no viruses or allergies!

Patricia Wing, RN, IAC, Clinical Aromatherapist

References:

1. The Complete Guide to Aromatherapy, by. Battaglia, S., P. 186-187.
2. **The International Journal Of Professional Holistic Aromatherapy:** “The Physical, Chemical, Biological and Sensory Properties of Geraniol and Geranyl Acetate,” Vol. 4, Issue 2, 2015 by I. MacCloud and Rudolfo Juliani, PhD, pg. 19 – 23.
3. Information on the history and images of Citronella are adapted from Wikipedia and various internet sites.