

Family Aromatherapy



Joanne Callan

About Joanne Callan



Joanne Callan is a Holistic Therapist and Wellbeing Coach. She is passionate about educating, supporting and empowering people to be the healthiest that they can be and to have a wide range of tools within their health and wellbeing toolkit. Health is like a jigsaw puzzle there are many different pieces and prevention is always easier than cure.

Essential Oils and Aromatherapy have been a significant part of Joanne's life from a very young age. Her earliest memory of using Aromatherapy Oils, was doing her 11 plus and using lavender and rosemary. Throughout life Essential Oils and Aromatherapy have been something that she has relied on for many aspects of her physical and emotional well being. In 2005 Joanne became an Independent Consultant with NYR Organics in order to bring the highest quality Essential Oils to her clients.

Neal's Yard Essential Oils are 100% pure. Whether used in a massage, reed or electronic diffuser, or even as a last minute addition to a bath, these certified organic Essential Oils can help to uplift, revive and relax you. Neal's Yard products are available to order

here: <https://uk.nyrorganic.com/shop/joannecallan/area/shop-online/>

You may also be interested in learning more about the power of Aromatherapy to help restore, revitalise and rebalance you and your family. If so, the Neal's Yard Essential Oils book is available

here: <https://uk.nyrorganic.com/shop/joannecallan/product/7862/essential-oils-book/?a=12&cat=0&search=%20book>

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Essential Oils can be as vital for the medicine cabinet as plasters, paracetamol and disinfectant - genuine Essential Oils can soothe minor childhood ailments. **Do not ingest orally and always dilute before using directly on skin.**

Always seek Medical advice if you are concerned about your own or your children's health.

In addition to individual properties using essential oils in the home will create scents that become familiar to children and then can be used to help create a sense of familiarity on a tissue or clothes when the child is away from home, ie starting nursery, school etc. Thus reducing any distress.



Tea tree oil

Is there anything tea tree oil can't fix?! Tea tree oil comes from a native Australian plant called "Melaleuca alternifolia" and is hailed as a cure-all with antiseptic, antibacterial, antifungal and even antiviral properties when applied to the skin. Information about the safety and efficacy of tea tree oil for pregnant or breastfeeding women is lacking, so most qualified naturopaths suggest **avoiding the use of tea tree oil during pregnancy and lactation. It's definitely not an oil that you should ever ingest or swallow!**

For lice eradication

Add a tablespoon of tea tree oil to hair conditioner and leave on wet hair for 30 minutes before washing out and combing.

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For acne breakouts

Dab a little tea tree oil directly onto the pimple before bedtime. Wash off in the morning.

For sore throats and congestion

Add 3 drops of tea tree oil to a large bowl of boiling water. With a towel over your head and the bowl, lean over the bowl and inhale deeply for 5-10 minutes.

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Eucalyptus Oil

Eucalyptus oil has anti-inflammatory, antibacterial and pain-relieving properties and stimulates the immune system. Particularly effective on respiratory system conditions such as bronchitis, influenza, coughs and colds, eucalyptus oil is used in many of the lozenges, inhalants and ointments you stock up on at the chemist when you're unwell.

Easing muscle soreness

Combine eucalyptus oil with a carrier oil such as sweet almond oil and massage into tender area to ease aches and pains.

Insect bites

Dab a little eucalyptus oil directly to the site of the insect bite for relief from itching.

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Lavender Oil

Lavender oil has long been used in perfume making but its medicinal uses are less well known. Lavender is a pain reliever and antiseptic, particularly good for minor burns and insect bites and stings. Lavender oil is also known to be effective in tackling skin-related conditions - sunburn, stretchmarks, psoriasis and wounds.

Tension headaches

Dab a little lavender oil on the temples and massage gently in. It can also be effective if the vapour is breathed in.

Easing sunburn

Make a cool compress (not cold!) from room temperature water and a couple of drops of lavender oil and apply to the burnt skin. Lavender oil helps the skin to heal and prevents scarring.

Soothing a crying baby

Put one drop of lavender oil on your shoulder before settling your baby to sleep on that shoulder. (also works with camomile)

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Peppermint oil

Aside from flavouring everything from ice-cream to sweets and toothpaste, peppermint oil has long been used medicinally, especially for digestive system conditions. The health benefits of peppermint oil include its ability to treat indigestion, respiratory problems, headache, nausea, fever, stomach and bowel spasms and pain. Peppermint oil contains menthol, menthone and menthyl esters and is often found in soap, shampoo, cigarettes, toothpaste and chewing gum.

Relief from heartburn

Add a drop of peppermint oil to your favourite herbal tea to help digestion generally and heartburn in particular.

Fever in children

Add a drop of peppermint oil to a carrier oil and apply to the soles of the feet of the feverish child by massaging gently. Add a drop of peppermint oil to warm water and, using a washer, dab the face and arms.

Belly ache

Rub a little diluted peppermint oil onto the stomach and lower back to relieve wind.

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Clary Sage Oil

Clary sage oil is known for its calming influence on the nerves, gynaecological and digestive systems. It is also effective against skin conditions such as acne, boils and ulcers. Clary sage has a very pungent smell so be sure to decide whether you can tolerate the smell before you use it. Like many essential oils, it is **contraindicated for pregnancy and not recommended**.

Clary sage oil is also extremely strong and should never be applied topically without the use of a carrier oil. The therapeutic properties of clary sage oil are antidepressant, anticonvulsive, antispasmodic, antiseptic, aphrodisiac, astringent, bactericidal, carminative, deodorant, digestive, emmenagogue, euphoric, hypotensive, nervine, sedative, stomachic, uterine and nerve tonic.

During labour and delivery

Soak a cottonwool ball with clary sage oil and place nearby. Clary sage is said to help contractions become more regular and intense and can be used to progress labour.

Eye inflammation

Dab a little diluted clary sage oil over the painful area to soothe the area.

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Premenstrual symptoms and menstrual cramps

Add a couple of drops of clary sage oil to a warm bath. The bathwater will allow your skin to absorb the oil.

Other oils that are beneficial

Camomile - particularly useful for relaxing babies & toddlers, use as above for lavender or add one or two drops to babies bath water. Also good when added to a jug of cold water as a rinse for Blonde Hair

Rosemary - can help concentration and stimulate the mind add a few drops to a tissue and inhale or burn in a burner. Also good as a rinse for dark hair.

Geranium - A fantastic oil for balancing hormones, would have similar properties as Clary Sage and can be used in the same way.

Lemon - an uplifting fragrance great for use in water used to wipe kitchen and bathroom surfaces. I love using it in the shower in the morning as described below.

Lemongrass - Another Fresh and uplifting Oil - Muscular aches and pains, gastrointestinal disorders, indigestion, colitis, diuretic, detoxifying, cellulite, fever, nonspecific infection, physical and mental exhaustion, acne, pimples, insect bites, insect repellent

Orange - Dull and oily complexions, mouth ulcers, water retention, children, constipation, dyspepsia, spasm, colds, nervous tension, stress-related conditions

Tips for using essential oils

If adding oils to a bath always fill the bath first and take an egg cup of full fat milk add a few drops of your favourite oils to milk, this helps them to get dispersed throughout the water, rather than just floating on top. Will also be much more beneficial than lots of chemical laden bubbles.



If you haven't got time for a bath then place a face cloth over the drain in the shower and take a small shallow dish add a few drops of your favourite oils to the dish and just let the water fill up the dish as you shower in no time your feet will be soaking in the water helping to soften them but you will also be absorbing the oils as you breath but also through the soles of your feet. I love using Orange or Lemon like this.

If you would prefer not to burn oils at home, for health & safety reason put a few drops on a tissue and place on a radiator or if for relaxing at night put a few drops on the pillow.

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Adding a few drops of lavender or tea tree to the softener that you use when washing clothes will have an anti bacterial effect. Particularly good for towels and bed clothes. You can also add some water to an empty spray bottle, add some Essential Oils and spray on clothes before putting them in the hot press.

General Guidance

Floral Oils: Relaxation

Citrus Oils: Uplifting

Herb Oils Oils: Focus and concentration

Recommended read:

For a complete guide on Aromatherapy - The Fragrance Pharmacy by Valerie Ann Worwood. Neal's Yard Essential Oils book is available here:

<https://uk.nyrorganic.com/shop/joannecallan/product/7862/essential-oils-book/?a=12&cat=0&search=%20book>

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None of the information contained in this eBook should be used as a substitute for medical advice.

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