

Arnica Oil

- Who it is for: People with...
 - sore muscles and inflammation due to:
 - Sprains
 - Bruises
 - Dislocations
- How it helps:
 - Alleviates pain.
 - Traditionally used for rheumatism.
 - Reduces pain and swelling in varicose veins.
 - Reduces inflammation
 - For external use only



Arnica Oil - continued

- Arnica oil, made from organically grown flowering tops infused in extra-virgin olive oil, is a natural herbal remedy to soothe sore muscles and inflammation due to sprains, bruises, dislocations, and wounds.
- **It reputedly increases circulation by stimulating white blood cell activity, thereby decreasing the amount of healing time and reducing inflammation.**
- Arnica ... Pierre Barrieu, a former head fitness coach for the United States Men's National Soccer Team, had been treating players with arnica pellets and topical formulations since 2002.
"Basically, it was to relieve the effects of blows and bruises (i.e., prevent [swelling](#) and bleeding) when applied in a timely manner," he wrote in an e-mail. "It's best to apply as early as possible after the traumatic event. We also used it to accelerate the recovery, because arnica decreases the inflammation. And finally, it was used to prevent cramps."

Medicinal Ingredients (per 1 ml): 200 mg of organically grown Arnica flowering tops (*Arnica montana*) in a 1:5 herb to olive oil ratio

Non-Medicinal Ingredients: Certified Organic Gargano Gold® Extra-Virgin Olive Oil, unscented *Rosmarinus officinalis* (Rosemary) extract (antioxidant)



Calendula Oil

- Who it is for: People with...
 - Cuts, minor burns, abrasions, lacerations, eczema, swellings, cutaneous ulcers, venous leg ulcers, inflammatory skin lesions, chicken pox
- How it helps:
 - Activates tissue regeneration.
 - Helps chapped, dry skin and lips.
 - Antiseptic
 - Relieves inflammatory skin lesions
 - Eases pain of wounds.
 - Prevents formation of scar tissue



Calendula Oil - continued

- Made from Certified Organically grown flowering tops infused in extra-virgin olive oil.
- **Contra-indications and Cautions:** Do not use if you are allergic to members of the Asteraceae family. Occasional allergic reactions have occurred in sensitive individuals; discontinue use if this occurs.

Medicinal Ingredients (per 1 ml): Contains 143 mg Certified Organically Grown *Calendula officinalis* (a 1:7 herb to olive oil ratio)

Non-Medicinal Ingredients: Certified Organic Gargano Gold® Extra-Virgin Olive Oil, unscented *Rosmarinus officinalis* (Rosemary) extract (antioxidant)

Calendula oil: Calendula stands out as our premier herb for the healing and nourishment of the skin. It is also our best wound-healer. Think of *Calendula Vitamin E Cream* for skin ulcers and slow-healing wounds, as well as burns and scalds (Hoffmann 2003).

A clinical trial (Lavagna *et al.* 2001) using a mix of infused oils at a ratio of 70% St. John's wort and 30% calendula for wound healing after caesarean section found wound-healing time to be almost half that of a control group given wheat germ oil.

Anti-inflammatory

Calendula is a potent anti-inflammatory (Yarnell 2004). It is this one-two action that sets calendula apart from other dermatological agents: its wound-healing and inflammation-quenching properties make it ideal for healing the skin.

Chicken Pox

Lesley Tierra (2003) states that calendula is specific for the beginning stages of measles, rashes, and other eruptive diseases. She adds that, "When my son had the chicken pox, I only had to apply calendula tincture once to each pox for the itching and eruption to stop".



Calendula Oil - continued

Bacteriostatic

Calendula is bacteriostatic and hemostatic. The surgeon and homeopath Edmond Carleton, MD, esteemed calendula so highly as an aid to prevent sepsis from surgery and for speeding wound healing that he wrote, "I would almost as soon leave my instruments at home when going to cut as my succus calendulae..." (Carleton 1913). Carleton explains that calendula is homeopathic to clean wounds. In other words, it is bacteriostatic.

American folk herbalist Matthew Wood contends that externally used calendula has a specific affinity for swollen, hot, painful, and pus-filled tissue (Wood 1997).

Scar Prevention

Wood (1997) adds that the use of calendula immediately after an injury prevents the formation of "unsightly scar tissue". Wood relates a case from the literature where a woman was upset about the potential of being disfigured from a serious wound to the nose: "Calendula was applied, and the healing of the wounds was so perfect that no one would suspect that there has ever been a wound of any kind."

Lymphatic

Calendula is also a premier lymphatic alternative (Yarnell 2004) and as such can be used both orally and topically to relieve swellings, whether from glandular affections or trauma. Wood adds that it is this lymphatic effect that helps resolve wounds with no outlet, by draining infection via the lymphatic system.



St. John's Wort Oil

- Who it is for: People with...
 - neuralgic conditions:
 - Sciatica
 - Neuropathy
 - Shingles
 - Burns
 - Sunburns
 - Skin injuries
 - Nerve injuries
 - Hemorrhoids
 - Swellings
- How it helps:
 - a potent analgesic with twice the analgesic effect of ibuprofen; unlike ibuprofen, analgesia results from both central and peripheral actions.
 - Its uses for nerve injuries and inflammation and other painful wounds like burns are well founded.



St. John's Wort Oil - continued

- Helps pains or injuries involving nerve rich areas such as fingers and toes.
 - **Contra-indications and Cautions:** Increased photosensitivity has been observed in fair-skinned individuals.
 - Medicinal Ingredients (per 1 ml): 0.4 grams of fresh Certified Organic St. John's Wort flowers (*Hypericum perforatum* L. (Hypericaceae/Clusiaceae))
 - Made from the flowering tops of St. John's wort infused in extra-virgin olive oil.
 - Note that our sun-infused oil is made from fresh flowers. The quality of this superior product is evident in its deep red colour.
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- St. John's wort is indeed a potent analgesic. Its topical uses for nerve injuries and inflammation and other painful wounds like burns are well founded
SJW: has "profound analgesic activity", twice the analgesic effect, in fact, of ibuprofen.
SJW: ... unlike ibuprofen, analgesia results from *both* central and peripheral actions.
 - ... The herb's action on peripheral afferent nerves resembled the analgesia effected by ASA or ibuprofen, whereas its centrally-acting analgesia was more akin that of the narcotic analgesics.
 - St. John's wort oil is ideally suited for neuralgic conditions like sciatica, neuropathy, herpes zoster, and pains or injuries involving nerve-rich areas such as fingers and toes.
 - SJW - Hippocrates, Theophrastus, Dioscorides, and Galen all extolled St. John's wort as an external treatment for burns, hemorrhoids, and skin injuries
(3:47:28 PM) **terryvsfhf**: SJW - A clinical trial (Lavagna et al. 2001) using a mix of infused oils at a ratio of 70% St. John's wort and 30% calendula for wound healing after caesarean section found wound-healing time to be almost half that of a control group given wheat germ oil.

(3:48:04 PM) **terryvsfhf**: SJW notes: ***Oral and Rectal Use: Ulcers and Inflammatory Bowel Diseases***
The late Dr. Rudolf Weiss, herbalist and physician (1988), remarks that the oil can be taken orally for stomach ulcers and as a retention enema for inflammatory bowel diseases such as colitis.



St. John's Wort Oil - continued

- **Earaches**

A clinical trial (Sarell et al) compared ear oil comprised of a mixture of St. John's wort, mullein, garlic and calendula with a standard anodynal drug preparation for ear pain associated with acute otitis media. The authors found a statistically significant benefit for pain with both treatments, noting that there was no difference of note between groups. The research team reinforced their findings in another trial conducted two years later.

(3:48:16 PM) **terryvsfhf**: References:

1. Bukahri IA, Dar A and Khan RA. Antinociceptive Activity of Methanolic Extracts of St. John's Wort (*Hypericum perforatum*) Preparation. *Pakistan Journal of Pharmaceutical Sciences* July 2004; 17(2): 13-19.
2. Lavagna SM et al. Efficacy of Hypericum and Calendula oils in the epithelial reconstruction of surgical wounds in childbirth with caesarean section. *Il Farmaco* 2001; 56: 365-371.
3. HW Felter, *The Eclectic Materia Medica, Pharmacology and Therapeutics*, Portland, OR: Eclectic Medical Publications; 1985. Reprinted from original 1922 edition, p. 424.
4. David Hoffmann, *Medical Herbalism*, Rochester, VT: Healing Arts Press, 2003, p. 559.
5. Rudolf Fritz Weiss, *Herbal Medicine. 6th edition*, Gothenburg (Sweden): AB Arcanum; 1988, p. 296.
6. EM Sarrell et al., "Efficacy of naturopathic extracts in the management of ear pain associated with acute otitis media." *Arch Pediatr Adolesc Med.* 2001;155(7):796-9.
7. EM Sarrell et al., "Naturopathic Treatment for Ear Pain in Children." *Pediatrics* 2003;111;574-9.
8. Mark Blumenthal et al. ed., *Expanded Commission E Monographs*, Newton, MA: Integrative Medicine Communications, 2000, pp. 359-366.



Argan Oil

- Who it is for: People who want to...
 - repair damaged hair, reduce wrinkles and acne, as well as dry scalp and age spots
 - benefit from its natural anti-aging and healing properties
- How it helps:
 - “It is believed that argan oil skin-protective properties, such as moisturizing, anti-aging and repair, result from its high level in polyphenols.” *Temple University Libraries, 2013.*
 - Can be applied to any area of the body to relieve dryness, itchiness, inflammation or any other skin, hair or nail ailment
 - Increases nutrients in skin cells and neutralizes free radicals
 - Contains antioxidants such as vanillic, ferulic and syringic acids, along with tyrosol



Argan Oil - continued

- Made from the nut-sized fruit of the argan tree, which grows in North Africa, this remarkable oil enjoys natural anti-aging and healing properties that make it perfect for dealing with acne and wrinkles, as well as dry scalp and age spots. With a natural abundance of antioxidants, fatty acids, polyphenols and vitamin E, to mention just a few of its components, it has a marked skin-healing and anti-inflammatory aspect, as well as preventing free radical damage.
- Argan: With current methods it takes 16 hours and 30-40 kilograms of the kernels to produce one litre of oil, something which explains its position as the world's second most expensive oil after that of cactus.
- Argan oil has a higher vitamin E content than olive oil.
- The vitamin E content in crude argan oil ranges between 629 to 660 mg/kg and the major tocopherol (500 mg/kg) is the gamma-analogue (75%)
- Argan oil is rich in tocopherol (620 mg/kg versus 320 mg/kg in olive oil and 400 mg/kg in sunflower oil), particularly α and β -tocopherol



Golden Jojoba Oil

- Who it is for: People who want to...
 - moisturize their skin
 - take care of acne & seborrhea
- How it helps:
 - noncomedogenic
 - nourishing moisturizer with antibacterial and anti-inflammatory properties
 - Evening primrose oil component is a rich source of gamma-linolenic acid (GLA), which is critical in maintaining cell structure and function



Golden Jojoba Oil - continued

- A moisturizing antioxidant, our Golden Jojoba Oil is a delicately balanced mix of three superb herbal skin care oils, namely jojoba, evening primrose, and acai. Akin to the body's own natural skin oils, jojoba oil is a great nourishing moisturizer with antibacterial and anti-inflammatory properties. Evening primrose oil is a rich source of gamma-linolenic acid (GLA), which is critical in maintaining cell structure and function.
- For seborrhea, apply place Tea Tree oil in Jojoba or other fixed oil and apply to affected areas. i.e. as a carrier oil for acne: Apply 5–50% tea tree oil diluted in jojoba oil topically one to two times daily as needed. Apply after skin cleansing.
- We have found that 25–50% tea tree oil diluted in jojoba oil applied twice daily is highly tolerable and effective for most patients, though occasionally the strong scent of the tea tree oil is unacceptable for daytime application. In such instances, a 5% dilution is usually acceptable scent-wise for application in the morning and the stronger application can be used in the evening or at bedtime
- Jojoba oil is used because it is noncomedogenic and has demonstrated its own inflammation-modulating effects in animal studies.¹⁵ Habashy RR, Abdel-Naim AB, Khalifa AE, et al. Anti-inflammatory effects of jojoba liquid wax in experimental models. *Pharmacol Res* 2005;51:95–105.
- Jojoba oil is an emollient and it penetrates skin and skin oil easily, unclogging hair follicles and preventing sebum build up which could lead to hair loss.
- The oil is effective against acne, psoriasis, sunburn and chapped skin.
 - Recent study has shown antioxidant activity of Jojoba
- Treatment of skin disorders including chapped, dry skin, scaling, eczema, psoriasis and seborrhea. It is a component of many common skin products.
 - Anecdotal information promotes the use of Jojoba to treat hair loss and acne and to decrease the appearance of wrinkles.
- Anstey A, Quigley M, Wilkinson JD. Topical evening primrose oil as treatment for atopic eczema. *J Dermatol Treat* 1990;1:199-201.



Night Oil

- Who it is for: People who want an...
 - Anti-wrinkle oil
- How it helps:
 - Carrot seed oil, rich in beta-carotene and vitamins B,C,D, and E, tones the skin and enhances its firmness and elasticity
 - Sesame seed oil acts as a cell growth regulator, tightening facial skin and controlling the enlargement of pores that accompanies aging.
 - Oat seed oil is an anti-irritant, relieves itching and moisturizes dry, cracked skin



Night Oil - continued

- A delicate combination of three skin oils – oat kernel oil, carrot seed oil, and sesame seed oil – providing very high levels of anti-oxidants.
- This well-crafted, complementary combination of three vital skin care oils is highly effective in the fight against wrinkles. An anti-irritant, oat kernel oil relieves itching and moisturizes dry, cracked skin, while carrot seed oil, rich in beta-carotene and vitamins B,C,D, and E, tones the skin and enhances its firmness and elasticity. Lastly, the sesame seed oil component of this formula acts as a cell growth regulator, tightening facial skin and controlling the enlargement of pores that accompanies aging.
- Carrot seed oil can be used in face cream recipes for anti aging, and anti-wrinkle effects. **5 ESSENTIAL OILS AND THEIR USES Jill Stansbury, ND**
- Sesame: Research shows that sesame seed oil is a potent antioxidant. In the tissues beneath the skin, this oil will neutralize oxygen radicals. It penetrates into the skin quickly and enters the blood stream through the capillaries



Rose Hip Oil

- Who it is for: People who want...
 - Skin Cell and Collagen Regeneration
- How it helps:
 - An oil rich in retinol, Vitamin A, and Vitamin C.
 - High in essential fatty acids, including Omega 6, Omega 3, and linoleic acids
 - Some even consider it better than Botox in its ability to regenerate skin cells and collagen and restore dermal elasticity
 - Useful in treating acne and eczema
 - Non-greasy and super light



Scar blend:
12 drops Helichrysum italicum
6 drops carrot seed oil
6 drops Rosemary verbenone
15 ml rose hip oil

Rose Hip Oil - continued

- Non-greasy and super light, Rose Hip Oil's astounding power to impart a radiant glow to the complexion is gaining it a lot of coverage these days as the next big thing in terms of natural beauty products. Some even consider it better than Botox in its ability to regenerate skin cells and collagen and restore dermal elasticity. Rich in fatty acids and used from ancient times in cultures like those of Egypt and the Maya, Rose Hip Oil is a natural anti-inflammatory and antioxidant, which makes it useful in treating acne and eczema as well.
- Rosehip: Radiologist and Oncologist Dr. Hans Harbst found that **Rosehip Oil** was excellent as a treatment for the "tracking" and other dermatological problems following radiation therapy.
- This presents an aesthetic problem for patients, but the application of **Rosehip Oil** has produced faster healing of these lesions. Also, treatment of scars that cause tightening of the skin and difficulty in moving the arms and legs has been greatly improved with **Rosehip Oil**. We have achieved a loosening of the tension in the skin with **Rosehip Oil Cream**. The results have been very good with some patients and spectacular with others."
- In 1978 **Dr Fabiola Carbajal, M.D.** while working in the *microbiology department at Concepcion University in Santiago, Chile* conducted clinical studies with rose hip oil:
"The results were superb using **Rosehip Oil and Cream** in all our clinical studies, even with scars over 20 years old and with patients who had not improved using other therapies. **Burns (including UV damaged skin and radiation burns), chronic ulcerations of the skin (such as that with papaplegics and bedridden invalids), skin grafts, brown spots, prematurely aging skin, dry skin:** all benefited with **Rosehip Oil.**"



Pomegranate Oil

- Who it is for: People who want to...
 - Improve skin elasticity and curb the effects of aging on the skin
- How it helps:
 - It is a rich source of punicic acid (60%), a unique polyunsaturated acid which has strong anti-inflammatory and antioxidant properties.
 - Enhances the firmness and radiance of the skin.
 - Easy to absorb.



Pomegranate Oil - continued

- Slowly but surely, modern research has been discovering the amazing properties of Pomegranate Oil when it comes to improving skin elasticity and curbing the effects of aging on the skin. A rich source of punicic acid (60%), a unique polyunsaturated acid which has strong anti-inflammatory and antioxidant properties, Pomegranate Oil enhances the firmness and radiance of the skin and is easy to absorb.
- Pomegranate literally means "apple with many seeds." This ancient fruit has been linked to fertility and beauty. Modern science confirms its use in topical applications due to suppression of lipid oxidation from its high ellagic acid levels (*Plast Reconstr Surg.* 1994 Dec; 94(7):1027-37) and enhanced effects for sunscreens (*Cosmet Dermatol* .2001;14(10):43# 5)



Castor Oil

- Who it is for.
 - Women with hormonal issues
 - People who want to detox their liver
 - Babies with constipation
- How it helps:
 - Eases inflammation
 - Aids circulation
 - Enhances the condition of tissues and organs beneath the skin
 - Stimulates and detoxifies the liver
 - Helps gallbladder inflammation
 - Promotes elimination
 - Improves digestion
 - Best applied to the skin by means of a hot pack



Castor Oil - continued

- Extracted from the bean of the Castor plant by pressing, castor oil has been used medicinally for thousands of years.
- In the past the oil was used internally as a laxative. These days its therapeutic use is mainly external. This is on account of its association with ricin, a highly toxic substance that is part of the plant, but is not normally transferred into the oil because it is soluble in water.
- When applied externally, Castor oil works medicinally by absorption through the skin.
- This soft, emollient oil tends to relax the muscles under the skin and has proven especially therapeutic in terms of the body's hollow organs. These include the uterus, fallopian tubes, the blood and lymph vessels, gall bladder, and bowels. Although not actually hollow, even the liver benefits from castor oil, since it is full of venous lakes.
- The first step in making a pack is to soak a piece of cloth in castor oil. Next, the oil-saturated cloth is placed on the skin and covered with a sheet of plastic. Then a hot water bottle is positioned on the sheet of plastic to provide a source of heat.
- Don't use the castor oil pack when you're pregnant or breast-feeding. Also, don't use it to treat cancerous tumors, uterine growths, or ulcers.

Medicinal Ingredients: Fresh, expeller-pressed, cultivated, Certified Organic Castor Oil (*Ricinus communis*, Linnaeus)

