

Aromatherapy Oils - Standards of Quality **Essential Oils Botanically and Biochemically Defined (EOBBD)**

There are essential oils everywhere... everyone seems to carry products with amazing aromatherapy claims. Because everyone has an aromatherapy oil or essence it is up to us to determine what kind of aromatherapy we are dealing with. Is it a "recreational" aromatherapy, or are we talking about serious "clinical" aromatherapy?

"Recreational" aromatherapy is identified by things like scented candles, air fresheners, bath oils and shampoos. These can be very attractive, beautifully and enticingly packaged ... but generally these types of products that can be found virtually everywhere contain perfumes, synthetic fragrances and/or synthetic or very low grade essential oils. Burning scented candles can be wonderful, giving warmth and comfort, a pleasing environment, but are generally lacking with any real therapeutic benefit.

"The 'Clinical' aromatherapy is a healing process. It is how we use the 'Aroma'—the chemical ingredients present in the essential oils—to improve the health and well-being of the person that receives the "Therapy." "Aromatherapy should not be treated as equivalent to beauty therapy. Essential oils should be regarded with the same seriousness and respect as conventional medicine; natural plant extracts are drugs and should be recognized as such." - Hasnain Walji, Ph. D.

Aromatherapy is known to enhance the individual's physical, biochemical, mental, and psychological status concurrently. Essential oils are not simple substances, they are "mosaics" of hundreds or sometimes thousands of phytochemicals. Each individual essential oil has a specific biochemical "fingerprint" that determines its characteristic fragrance, color, volatility, and biological and physiological properties. —Excerpt taken from Dr. Joel Wallach and Dr. Ma Lan's book Passport to Aromatherapy



For maximum health benefit it is necessary for the oils get into our blood stream, and therefore, we must use therapeutic grade essential oils. The agronomists, doctors, biologists, and pharmacists (all researchers) belonging to France by the Scientific Institute of Aromathology believe it is essential to know the exact botanical Latin name as well as the part of the plant used to produce the essential oil. They introduced the standard quality for essential oils known as, **Essential Oils Botanically and Biochemically Defined** (EOBBD). Look for a certification on the label.

Because a plant's therapeutic action will be governed by its composition (biochemical makeup), consequently one must know the climate, soil conditions, altitude and latitude in which the plant grew. It is this biochemical specificity determines the genetic make up of the plant, hence its therapeutic effect. Purity and quality of the process in which the oil is derived also plays a factor in the ability of essential oils to be therapeutic.

The presence of EOBBD certification on a bottle of essential oil is a guarantee of quality. These oils are tested by pharmacists using gas chromatography and are certified to be used in the medical field. When using essential oils it is recommended you use the best quality available: look for EOBBD on the label.

For example rosemary plants produce three essential oils with varying properties depending where it is grown. In order to understand which oil should be used for a certain therapeutic action you must know that Rosemary grown in France is a tonic for the heart and is hepato-toxic due to the high *camphor* content in the plant. Rosemary grown in Corsica contains two ingredients *verbenone* and *bornyle acetate* – essential oil from this plant in Corsica detoxifies the liver and the blood. Rosemary plants grown in Morocco contain 1.8 *cineole*, which works at a broncho-pulmonary level due to the higher content in oxides (1.8 cineole).

According to EOBBB quality criteria the labels for the above essential oils must mention: *Rosmarinus officinalis b.s. camphor*, *Rosmarinus officinalis b.s. bornyle acetate*, *verbenone*, and *Rosmarinus officinalis b.s. 1.8 cineole*.

The distinction between the oils is critical, because as you have noted from the conversation above, each of the oils from the three different geographical locations have very distinct and specific properties which will affect different health conditions. Improperly using rosemary essential oil will have no effect on a condition outside the scope of that particular rosemary oil.

In fact, using the “WRONG” oil might even lead us to conclude that aromatherapy does not work! So, always look for the board certified oil, and use the correct oil for the action/symptom/effect.



“We feel incredibly fortunate to have such high quality suppliers with such integrity and dedication, and we have much to be excited about. There are many great things in store for us all in this aromatic adventure we are taking together.” –Alexandria Brighton, Ancient Legacy Formulator & Educator

"True Aromatherapy" is the fragrant life-essence of a plant that is gently removed through the process of steam distillation or expression that is cared for and handled in a way that protects the integrity of the essence, allowing its effective use in restoring balance to the physical, emotional, mental, and spiritual nature of the individual end consumer...YOU!

Ancient Legacy™ creates exceptional products following a very simple principle: It must provide a quality experience. Our quality is apparent from the moment you open the deep violet-blue bottle. Every product is a result of a painstaking search for the highest quality essential oils, continuing research and education, and years of personal experience. Our “true aromatherapy” products contain a wide variety of high-quality exotic and natural essential oils distilled from flowers, herbs, trees, and spices, such as organic Rose Damascena from Turkey, East Indian Sandalwood, French Highland Lavender Vera, and Cinnamon from Madagascar.

We search out only the purest concentrations of the essential oils from the most respected and ethical distillers. Many of our essential oils come directly from families in the East, many of which have been distilling for over 100 years.

You can be assured of therapeutic action and purity with essential Oils from Ancient Legacy! To learn more about these pure, therapeutic oils please visit www.vibrantUco.com.

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