

**360 Homeopathy, LLC**

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Sorry if you couldn't make it to **November's Natural Skin and Body Care with Essential Oils** class. We compiled all our notes and are excited to share a recap of everything we covered.

If you have any follow-up questions, please don't hesitate to contact us!

**Natural Skin and Body Care with Essential Oils (NOVEMBER)**

*Notes from the class offered at 360 Homeopathy and guest Angie Roherty, LMT, Aesthetician*

As a homeopath, I of course love my remedies and think that everyone on the planet should be using them. I also know that nature has given us dozens of healing medicines and essential oils are a great tool to improve our health.

I encourage my clients to stretch themselves and learn about all the potential healing modalities out there and incorporate health into your daily life. I also suggest that if using other supplements, remedies, or alternative treatments to check with your practitioners and make sure there are no contraindications of incorporating these oils with your current protocols.

I have two main requirements for my clients when using essential oils.

First, you **MUST** store your essential oils in a separate area from your homeopathics because of the strong smells. Secondly, if using the essential oils, I prefer them to **NOT** be given at the same time as the homeopathics.

Additionally, refrain from the strong peppermint oils, as they can potentially inactivate a remedy. It is more likely is that the lingering foods or flavors in your mouth interfere with the adequate absorption of homeopathic medicines through the mouth's mucous membranes; therefore, the homeopathic medicines are hindered from reaching the blood stream properly and their effects are lost. The other possibility is that the subtle effects of some homeopathic medicines are overwhelmed by caffeine or menthol, which possess strong physiological actions of their own.

The skin is the largest organ, a semi-permeable two-way membrane. What encourages healthy skin? Clean water, eating organic, getting in good fats/omegas, exercising, ingesting antioxidants, good sleep, meditation/stress reduction, using natural chemical/additive free skin products, and supplements.

Great skin routines to practice:

- Body and face brushing (This is a great [dry brushing video!](#))
- Hot/cold therapies (hydrotherapy)
- Daily facial routine - cleanse, tone, serums, moisturize
- weekly facial routine - masks, exfoliants

**Essential Oils for the skin:**

**Lavender** - tissue regeneration, wound healing, scarring, stretch marks, perineals repair, anti-inflammatory, anti-fungal, antiseptic, burns, eczema, psoriasis, hair loss

**Frankincense** - supports overall immunity and skin health, rejuvenating, improves skin tone and firmness, promotes healing, fights inflammation, spiritual awareness

**Carrot Seed** - great for eczema, psoriasis, wrinkles, natural SPF, repairs damage

**Cedarwood** - acne, eczema, hair loss- stimulates the roots of the hair shaft, antibacterial, lymph, enhances deep sleep

**Chamomile** - skin regeneration, dermatitis, eczema, anti-inflammatory, scar tissue, digestive/liver/gallbladder health. Roman Chamomile is best for more dry skin and sensitive skin

**Cinnamon** - anti-inflammatory, antibacterial, anti-fungal, antiviral, circulatory stimulant

**Clove** - anti-aging, anti-inflammatory, antibacterial, anti-fungal, antiviral, anti-parasitic, analgesic/anesthetic, throat/sinus/lung infections, rheumatism, toothache it is considered a "hot oil"

**Elemi** - considered the "poor man's frankincense" because it is less expensive, good for face cream, anti-aging, scars, wrinkles, anti-inflammatory, antiseptic/microbial, grounding

**Geranium** - revitalizes skin cells, acne/overactive sebaceous glands, dermatitis, eczema, psoriasis, fights fungal/viral (ringworm), anti-inflammatory, antibacterial

**Ginger** - anti-inflammatory, anesthetic, rheumatism/arthritis, digestive disorders, nausea, respiratory infections/congestion/expectorant, muscular aches/pains. Ginger is best diluted and better for soaks and not directly on the face.

**Myrrh** - anti-inflammatory, antiviral, antioxidant, wrinkles, stretch marks, chapped/ cracked skin, eczema, candida/ringworm

**Peppermint** - anti-inflammatory, sore muscles, dermatitis, eczema, psoriasis, itchy skin, varicose veins, antibacterial, anti-fungal, antiviral

**Rose** - healing, scars, wrinkles/anti-aging, anti-inflammatory, anti-viral

**Sandalwood** - acne, wrinkles, scars, immune boosting, enhances deep sleep

**Tea tree** - anti-inflammatory, antibacterial, anti-fungal, antiviral, acne, cold sores, candida, ringworm

**Thieves** - anti-viral, anti-septic, anti-bacterial, anti-infectious

**Ylang ylang** - anti-inflammatory, balances sebaceous glands (hormonal), hair loss, balances male/female energies, enhances spiritual attunement

**How do you incorporate these oils into everyday use?**

**Toners:** 1 oz of distilled water to 5 drops of essential oil

**Room Spritzers:** 1 oz of distilled water to 5 drops of essential oil

**Body Scrubs:** 1 cup sea salt, 3 tsp of carrier oil (organic cold pressed coconut oil, almond oil, etc) and 8-10 drops of essential oil

**Some great gift ideas for the holiday season:**

**Sugar and spice bath mix: Use 1/4 c for each bath**

1/2 C baking soda

1/2 C Sugar (organic cane sugar, coconut sugar, etc)

2 drops of Cinnamon Essential Oil

2 drops of Clove Essential Oil

**Candy Cane Bath Salts: Use 1/4 cup each bath**

1/2 C Sea Salt

1/4 C Epsom Salts

1/4 C Baking Soda

5 drops of Peppermint Essential Oil

These are great gift giving ideas and you can easily recycle glass bottles or jars you already have and dress them up with ribbons and other items you have at home!

If you are interested in purchasing oils or have any questions please [contact 360 Homeopathy](#).

Enjoy the magic of the holiday season!