

Chapter Fifteen - Essential Oil Blends

Synergy and Blended Oils

A blended essential oil combines two or more pure single essential oils in such a manner that the result is an oil blend that is more effective than if those oils had been used separately. When oils are mixed together in the correct order and in the correct proportions, a chemical compound is created that is very particular and very powerful. The frequencies of each single oil seem to act both separately and as part of the unique frequency of the blend. Often a drop or two of the blended oil will accomplish what a drop or two of each of the singles oils would do. It will also give you the unique healing properties of the blend itself. As a simple example: the anti-inflammatory properties of Chamomile are greatly increased by adding Lavender in the correct proportion. This cooperative effort by the ingredients in a blend is referred to as synergy or synergism. The interaction of particular essential oils upon each other gives a dynamism to the blend which could not be achieved by using the single oils separately.

There are several factors that contribute to the effect that oils have on one another. One factor that drastically affects the properties of an essential oil blend is what kind of “note” the individual single oils are. The term note, at least in part, refers to the evaporation rate of a single essential oil. Top notes are those oils which evaporate (diffuse into the air) most quickly. Oils that disperse more slowly are considered middle notes and then, finally, base notes are those oils which evaporate the slowest.

In general, base notes are considered to ground our energies. These oils, especially those from the conifer family, ground us to earth while allowing us to keep our vision lofty and pointed toward heaven. Their impact is often on the lower chakras, or on the energy that vibrates between the crown and the sacral chakra. This energy must vibrate smoothly if we are to be vibrant and healthy.

Middle notes are usually essential oils that are derived from the leaves, seeds, spices, or herbs, and are healing to the individual organs and systems of our bodies. They bring nutrition and balance to us physically. The higher notes, usually fruit or floral oils, resonate with us on emotional and spiritual levels. Individual essential oils contain constituents which cover a limited range of frequencies, and operate on all three levels. A well-done blend operates deeply at many frequency levels in the body. A comparison can be made to listening to 3 violins playing well together, or listening (and responding to) music played by a famous orchestra.

The notes of the individual components of a blend enable it to work on all aspects of a problem and a person in the most correct and effective order. A well-blended oil, comprised of several individual essential oils, works in layers when applied to the body or inhaled. The top note oils clear the spiritual aspects of the situation and then evaporate off. The middle notes, according to their various diffusion rates, clear the emotions and begin working on the digestion, respiration, and metabolism before they evaporate off. Finally, the deeper notes finish the process by stabilizing the physical body and grounding the emotions.

Blended oils have the added advantage of being less likely to cause a reaction or any kind of problem. For example, there is quite a long list of cautions associated with the use of Clary Sage. However, in a blend, there is rarely more than a very small percentage of this oil. All the best effects of the use of Clary Sage can be accomplished, along with the benefits of the other oils in the blend, with much less risk of side effects or over-dose of any one oil. This is a very great advantage when working with pregnant women, children, the elderly, or those who suffer from seizure disorders or other major health concerns.

It should be noted, before a discussion of essential oil blends begins, that there really is no such thing as an essential oil that works only on the emotions or only on the physical body. Every physical ailment either has its roots in the emotions, or because of the stress and disruption to life that it has caused, has created emotional components that need to be dealt with.

There are a few blends discussed in the remainder of this chapter that have few physical aspects listed. This is not because they do not affect the physical body. Negative emotions can wreak havoc anywhere in the body. It would be almost impossible to list all of the organs and systems that may have been affected by those emotions. Always keep an eye out for an emotional description of an oil that seems to match you (or the person you are working with). Pay attention, after you have used the oil for a little while, to what has improved physically in the body.

The next section provides indepth descriptions and information about specific essential oil blends created by the author, LaRee Westover, and currently marketed by Butterfly Express, LLC.

USING ESSENTIAL OIL BLENDS OTHER THAN THOSE FROM BUTTERFLY EXPRESS

This book talks about blends that are for sale at Butterfly Express. That is because those are the oil blends with which I am most familiar. I should be. I created the majority of them, and I use and love them everyday. I know, first hand, of their quality and the love and careful handling that they receive.

There are many excellent essential oil blends on the market, and there is a lot to be learned from comparing the ingredients of one blend to the ingredients of another, similar blend. If you have a blend that you like, whose intended use is similar to a Butterfly Express blend, it will be educational to compare their ingredients. Make a note of the single oils that are found in both blends. Study what these oils do by themselves and ponder on what they are meant to accomplish in the blends. Then, make a note of the component oils that are different in each blend. Study what those oils do as singles. Here again, try to decide why each oil was added to the blend. Ask yourself what each oil brings to the blend that makes it unique and different from the other blend. By the time you have done this, you will have a good idea of the subtle differences in the therapeutic action and direction of each blend. You will also have expanded your knowledge of essential oils and how they work together. Then, take a whiff of each one and decide on your own aroma preference. You are now ready to decide which blend is best for you in different situations.

MAKING YOUR OWN BLENDS

Perhaps, you would like to try your hand at making your own blends. In blending, there is just no substitute for experience. Learning to blend can be expensive, but it is very fun and rewarding. Even your mistakes will bless you in ways you may not see at the time. Here are a few tips to help you get started (and hopefully, save you a little bit of money).

The first thing your blend will need will be a stabilizer. Conifer oils such as Spruce or Cedarwood are often used here. The part of the plant used to make the essential oil will usually be the wood, the root, or the resin. If a resin or a root, the percentage will be quite small; the conifers are often quite a large percentage of a blend. Myrrh, as a stabilizer, increases the shelf life and stability of a blend. Be careful; keep the percentage low, and make sure you really want Myrrh's aroma in your blend.

The next level of your blend, usually comprising more than one oil, will be essential oils made from the leaves, seeds, spices, and herbal parts of the plants. Which specific oils you chose will depend completely on what you are trying to accomplish and how "medicinal" you can tolerate letting the blend become. Pay attention to plant families and the part of the plant the various essential oils were derived from. This, and the medicinal properties of the plant, can guide your thinking and make your blend more effective.

The top, and final, notes of a blend will be either florals or fruits. These are the most volatile oils and have the highest frequency. They go in last so their fragile molecules will not be destroyed by the heavier molecules of the stabilizer oils. Florals and fruits are the crowning achievement of the plant. These essential oils are considered to operate on the emotional and spiritual level in our bodies.

When blending essential oils together, work slowly. "Feel" your way. When the right amount has been added for a synergistic and harmonious blend, the energy will shift. You will feel it, if you are working slowly and feeling with your heart. A deep yawn or the urge to let your mind wander and think about something else is often a sign of energy shifting.

If the proportions of each oil were right and the oils were added in a reasonably correct order, there will be harmony in the blend. The aroma and energy of each individual oil will not bombard you all at once. Such a bombardment of disassociated energies is referred to in blending as "clattering" and you will know when you are feeling it! The blend will feel "unpleasant," and won't "open" the energy of the body like a well-done blend does. Just try again. With each experience, you will have learned something about the characteristics and personalities of essential oils.

One last thing: E-everything is relative in blending. An essential oil that was a middle "note" in one blend, may be the "top" note of another blend, depending on what else is in the blend and what you were trying to accomplish in the first place. Study blends that you like as clues for new blends that you might make.