Aromatics
Psychodynamics
In Skin Care
Beyond the topical approach to skin care in Aromatherapy

Danielle Sade

“Aromatic Psychodynamics is a trade mark of Healing Fragrances School of Aromatherapy and Danielle Sade”.

Major outcomes

1. “Bringing awareness of the emotional and psychological impact on skin condition.

2. Using essential inhalations to lower Cortisol in the system to assist in relieving inflammation.

3. Learn about a selection of essential oils that have been proven to lower Cortisol in the blood
THE SKIN

◆ Provides a protective barrier
◆ Prevents loss of moisture
◆ Reduces harmful effects of UV radiation
◆ Helps regulate temperature
◆ Takes part in the immune response
◆ Synthesis Hormone Vitamin D
The skin is a complex neurological system in the sensory structures!

It "FEELS"

Peripheral Stimulation; such as pressure, vibrations, pain, cold and heat.

&

Internal Stimulation, the skin feels pleasure, love, fear, sadness and stress through the secretions of different hormones from our neuroendocrine system!
“The skin also has the capacity to smell!

Olfactory Receptors have been identified in the epidermal skin layers and other tissues! (Hatt et.al)
The human perception of skin has a lineage that goes back thousands of years!
We are living in a world that puts a lot of emphasis on youthful, flawless, clear, radiant and glowing skin!

Creating an illusion on the reality of what skin should look like!

Aromatic Psycho-Dynamics is a trademark of Healing Fragrances School of Aromatherapy and Danielle Sade
‘Tzarath’ was referred to Biblical Leprosy

This term referred to **SKIN FLAWS** and **RITULISTIC IMPURITIES** – Biblical Leprosy was considered to be a powerful symbol of sin! (Grzybowski et al.)
In the late 17th century Salem Village Massachusetts were tried for the crime of practicing witchcraft. The part of the evidence were skin lesions, birthmarks and moles. when theses were found on the body they were accused of having a pact with the devil. “Described as the Devils mark!” \textit{(Flotte et.al)}
“Adam and Eve had bodies clothed with “Garments of Light.””

_Genesis_

When they sinned they lost their light and were _embarrassed_ and _humiliated_ and were forced to cloth themselves.
Chronic and long term skin conditions have psychological impact on one's quality of life. The longer the duration of living with the condition, the more likely there will be poor emotional functioning and lower energy levels. (Parana et al.)
In 2013

“One in four individuals of all ages were seen by a physician for at least 1 skin condition.”
Dermatologist are beginning to integrate mind & body approach in a new field of medicine “Psycho-Dermatology”

Yoga

Guided Visualization

Mindfulness

Bio-Feedback

Cognitive Therapy

Healthy lifestyle approaches (Nutrition & Exercise)

Aromatic Psycho-Dynamics is a trademark of Healing Fragrances School of Aromatherapy and Danielle Sade
Aromatic Psychodynamics

Can equip the therapist with an integrative tool to provide comfort and well-being for those experiencing skin conditions!

Through inhalation of natural aromatic essential oils, shifting the way the individual feels inside & out!
The Road Map To Feelings!

Experience!

Perception
Positive or negative!

Mind Reactions!

Thoughts are trigger evolving into feelings.

Autonomic System gets involved

Recruiting Sympathetic or Para-sympathetic response

Effecting the Skin

The skin feels what you feel!

Aromatic Psycho-Dynamics is a trademark of Healing Fragrances School of Aromatherapy and Danielle Sade
Olfaction has a unique relationship on how we feel!

Aromatic Vapors enter into the nose towards the olfactory epithelium!

Passes through cribriform bone into the olfactory Bulb

Projecting into the involuntary limbic system

Hypothalamus Maintain & Controls body functions

Amygdala Emotions

Hippocampus Memory

Neo Cortex Cognitive recognition

ANS Sympathetic & parasympathetic

Pituitary Gland

Adrenal Glands Release ACTH

Release Cortisol

Geraniol

Linalool

Limonene

Alpha pinene

Olfactory Bulb Transmits signals to the brain

Aromatic Psychodynamics is a trademark of Healing Fragrances School of Aromatherapy and Danielle Sade
Stress Activates

HYPOTHALMUS - PITUITARY-ADRENAL AXSIS (HPA)
- Produces elevated level
  - Corticotrophin releasing hormone (CRH) &
  - Adrenocorticotropic hormone (ACTH)

- Signals the Adrenals to secrete
  - CORTISOL
  - And other inflammatory neuropeptides

Aromatic Psychodynamics is a trademark of Healing Fragrances School of Aromatherapy and Danielle Sade
High levels of ACTH & CRH in the skin can lead to slower healing recovery in wounds and skin conditions!
Some studies to observe!

- In depressed and anxiety individuals - Leg ulcers healed at slower rate (Cole-King et-al)
- Wound healing in care givers was 24% slower then controlled subjects. (Kiecolt-Glaser JK et, al)
- Mucosal biopsies in dental students writing exams healed 40% slower then control group.. (Marucha PT et,al)
- Pre-existing skin conditions are aggravated with high levels of stress. (Chen et,al)
Why Use of Aromatic Psychodynamics

Studies have proven that *inhalation* of certain essential oils and their components can influence.

1. **Neurophysiological pathways** *(Physiology of the Nervous system)*

2. **The sympathetic nervous system** *(Involves the fight & flight response)*

3. **The Para-sympathetic nervous system** *(involves the rest & digest response)*
Essential Oils can be Psychoactive and Cortisol inhibiting

<table>
<thead>
<tr>
<th>Cortisol Inhibiting Essential Oils</th>
<th>Cortisol Inhibiting Constituents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lavender – Relieves Anxiety, Sedating,</td>
<td>d-limonene – Dopaminergic, antidepressant, Relieves Anxiety</td>
</tr>
<tr>
<td>Neroli – Relieves Anxiety, antidepressant</td>
<td>Linalool – Relieves Anxiety, Sedating, analgesic</td>
</tr>
<tr>
<td>Citrus Oils – Dopaminergic, antidepressant, Relieves Anxiety</td>
<td>Patchouli Alcohol – Relieves Anxiety</td>
</tr>
<tr>
<td>Rose – Relieves Anxiety, Antidepressant</td>
<td>Alpha-Sanatol - Relieves Anxiety, Sedative</td>
</tr>
<tr>
<td>Clary Sage – Sedating, Relieves Anxiety</td>
<td></td>
</tr>
<tr>
<td>Sandalwood – Relieves Anxiety, sedating</td>
<td></td>
</tr>
<tr>
<td>Patchouli – Relieves Anxiety</td>
<td></td>
</tr>
</tbody>
</table>
Chronic Skin Inflammation

**PSORIASIS**

Depression, Anxiety, Insomnia, Isolation, Phobias

**PSYCHOLOGICAL IMPACT**

Increase in Cortisol
Increase in Substances

**HPA**

Bergamot
Lemon
Neroli

Inhalation/Diffuser

Inflammation
Excessive proliferation of skin cells
Pain, Itching, Sensitive, prone to infection and irritation.

**PHYSICAL IMPACT**

Neroli
Sandalwood
Patchouli

Bath 1% in dispersant or oils

Neroli,
Creams, lotions, Gels, Massage Oils
Atopic Dermatitis

Chronic & relapsing inflammatory skin condition related to eczema & itch

Frustration, Tension, Anxiety, Depression

PSYCHOLOGICAL IMPACT

Increase in Cortisol
High levels of substance P

HPA

Inflammation
Raw dry cracked skin, burning Pain, Itching

PHYSICAL IMPACT

Neroli, Bergamot

Inhalations

Aromatic Psychodynamics is a trademark of Healing Fragrances School of Aromatherapy and Danielle Sade
Common skin conditions can have an early onset in puberty and be related to hormonal imbalances during adulthood.

**ACNE**

- **PSYCHOLOGICAL IMPACT**
  - Inferior, Low self esteem, Unmotivated, Depression

- **CRH found in Sebocytes**
  - High levels of Substance P in sebaceous glands and around acne lesions

- **HPA**
  - Red inflamed elevated lesions
  - Inflammation
  - Excessive sebum production.
  - Painful and Sensitive

- **PHYSICAL IMPACT**

- **Inhalations 5-10 drops**
  - Lemon
  - Bergamot
  - Neroli

- **1% Cleansers - Toners**
  - Bergamot FCF
  - Patchouli

- **1% Gels & moisturizers**
  - Bergamot FCF
  - Sandalwood
  - Patchouli
A natural genetic process that influences chemical process that occurs from birth.

Grief, Discrimination, Social anxiety and isolation

UV radiation, smoking, air pollution induces CRH, ACTH, cortisol.
High levels of Cortisol causes sleep deprivation, suppression of hyaluronic synthase and reduction in collagen mass.

HPA

Rose Otto Neroli
Lavender, Sandalwood, Patchouli, Clary Sage

Inhalations

Rose Otto, Neroli, Lavender, Sandalwood, Patchouli, Clary Sage

Baths

Rose Otto, Neroli, Lavender, Sandalwood, Patchouli, Clary Sage

Creams, Lotions, Oils

Reduced elasticity, Fine lines (Wrinkles) and un-even skin tone.

PSYCHOLOGICAL IMPACT

PHYSICAL IMPACT
The Paradox of An Essential Oils & Skin Care

Penetration
Enhancer
Skin Irritant
Potential Allergen
Aromatic Psychodynamics of Bergamot FCF in skin care  
*Citrus bergamia*

*Bitter sweet citrus aroma that allows a frequency of light to move inwards. Enlightening the light within – resonating with harmony that we posses.*

<table>
<thead>
<tr>
<th>Psychoactivity</th>
<th>Therapeutics</th>
<th>Skin Conditions</th>
<th>Type of Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relieves Anxiety</td>
<td>Anti-bacterial</td>
<td>Acne</td>
<td>Olfaction &amp; Topical Up to 1% dilution</td>
</tr>
<tr>
<td>Anti-depressant</td>
<td>Anti-fungal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Balancing</td>
<td>Sedative</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cold Sores</td>
<td></td>
<td></td>
<td>Olfaction &amp; Topical 1% dilution</td>
</tr>
<tr>
<td>Chronic Skin Conditions</td>
<td></td>
<td></td>
<td>Mostly Olfaction &amp; Carrier oils 0.05%</td>
</tr>
<tr>
<td>Fungal infections</td>
<td></td>
<td></td>
<td>Topical Up to 3% dilution</td>
</tr>
<tr>
<td>Wounds</td>
<td></td>
<td></td>
<td>Olfaction – to help reduce stress &amp; anxiety</td>
</tr>
</tbody>
</table>

Inhalation of bergamot has been recognized as reducing stress and anxiety. Recent studies have demonstrated that the essential oil vaporized and inhaled can significantly reduce cortisol levels via the olfactory bulb. A secondary pathway can be described as a time released of the essential oils is absorbed through the respiratory tract then transported to the nervous system via blood circulation recruiting the Para sympathetic state. (Wantabe et, al 2015)

“*Aromatic Psychodynamics is a trade mark of Healing Fragrances School of Aromatherapy and Danielle Sade*.”
Aromatic Psychodynamics of Neroli in skin care  
*Citrus aurantium va amara (orange blossom)*

**Vibrant soft sweet hollow floral fragrance**

*Encourages absolute knowing of direction that with calm and peace*

<table>
<thead>
<tr>
<th>Psychoactivity</th>
<th>Therapeutics</th>
<th>Skin Conditions</th>
<th>Type of Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relieves Anxiety</td>
<td>Anti-bacterial</td>
<td>Acne</td>
<td>Olfaction &amp; Topical Up to 1% dilution</td>
</tr>
<tr>
<td>Anti-depressant Balancing</td>
<td>Anti-inflammatory Sedative</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chronic Skin Conditions</td>
<td></td>
<td>Mostly Olfaction &amp; Carrier oils 0.05%</td>
</tr>
<tr>
<td></td>
<td>Aging Skin</td>
<td></td>
<td>Topical up to 1% olfaction</td>
</tr>
<tr>
<td></td>
<td>Wounds</td>
<td></td>
<td>Olfaction – to help reduce stress &amp; anxiety</td>
</tr>
</tbody>
</table>

Inhalation of Neroli was found to reduce blood pressure and found to decrease cortisol levels having a calming effect on the nervous system. (Choi 2014)
Aromatic Psychodynamics of Clary Sage in skin care
*Salvia sclarea* (French)

*Warm, light musky fragrance that captivates our existence with mellow kind tranquil, clarity elevating content in our heart. Revitalizing an inner force to move with our time.*

<table>
<thead>
<tr>
<th>Psychoactivity</th>
<th>Therapeutics</th>
<th>Skin Conditions</th>
<th>Type of Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relieves Anxiety</td>
<td>Anti-bacterial</td>
<td>Chronic Skin</td>
<td>Olfaction</td>
</tr>
<tr>
<td>Anti-depressant</td>
<td>Anti-inflammatory</td>
<td>Skin Conditions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sedative</td>
<td>Aging Skin</td>
<td>Topical up to 1% olfaction</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wounds</td>
<td>Olfaction – to help reduce stress &amp; anxiety</td>
</tr>
</tbody>
</table>

1 ml of 5 minute inhalation of clary sage essential oil were administrated to a group of menopausal in depressed states. Resulting in a significant reduction of cortisol levels in blood plasma. Concluding that clary sage is anti-depressant (Lyung Bok Lee et al 2014)

“*Aromatic Psychodynamics is a trade mark of Healing Fragrances School of Aromatherapy and Danielle Sade*”.
Aromatic Psychodynamics of Rose Otto in skin care

*Rosa damascena*

**Voluptuous soft feminine aroma which inspires the angelic realms to flow through the heart. Awakening our love that is in the chambers of our heart. Opening the doors to devotion, compassion, purity contentment and inner vitality.**

<table>
<thead>
<tr>
<th>Psychoactivity</th>
<th>Therapeutics</th>
<th>Skin Conditions</th>
<th>Type of Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relieves Anxiety</td>
<td>Anti-bacterial</td>
<td>Acne</td>
<td>Olfaction &amp; Topical</td>
</tr>
<tr>
<td>Anti-depressant</td>
<td>Anti-fungal</td>
<td></td>
<td>Up to 1% dilution</td>
</tr>
<tr>
<td></td>
<td>Anti-Inflammatory</td>
<td>Aging Skin</td>
<td>Olfaction &amp; Topical</td>
</tr>
<tr>
<td></td>
<td>Humectant Balancing</td>
<td></td>
<td>1% dilution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chronic Skin</td>
<td>Mostly Olfaction &amp; Carrier oils</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conditions</td>
<td>0.05%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fungal infections</td>
<td>Topical</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Up to 3% dilution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wounds</td>
<td>Olfaction – to help reduce stress &amp; anxiety, prevents moisture loss</td>
</tr>
</tbody>
</table>

Studies on 43 healthy individuals have demonstrated that through inhalation of rose Otto a reduction of sympathetic activity and levels of adrenalin were found to have decreased. (Sugawara et al, 1998)

Inhalation of rose otto inhibited due to of chronic stress through HPA decrease of trans epidermal water loss, decrease of cortisol in salivary during times of chronic stress. (Fukada 3t, al 2011)
Aromatic Psychodynamics of Lavender in skin care

*Lavendula Angustifolia*

*The fresh bright herbaceous floral fragrance embodies a protective feeling that nurtures our thoughts with comfort. Providing us with heavenly energies to support our needs. Encouraging compassion, vitality, clarity, comfort and acceptance to create an emotional balance.*

<table>
<thead>
<tr>
<th>Psychoactivity</th>
<th>Therapeutics</th>
<th>Skin Conditions</th>
<th>Type of Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relieves Anxiety</td>
<td>Anti-bacterial Anti-fungal Anti-Inflammatory</td>
<td>Acne</td>
<td>Olfaction &amp; Topical Up to 1% dilution</td>
</tr>
<tr>
<td>Anti-depressant</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Uplifting/ Calming Sedative</td>
<td></td>
<td>Aging Skin</td>
<td>Olfaction &amp; Topical 1% dilution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chronic Skin Conditions</td>
<td>Mostly Olfaction &amp; Carrier oils 0.05%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fungal infections</td>
<td>Topical Up to 3% dilution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wounds</td>
<td>Olfaction – to help reduce stress &amp; anxiety</td>
</tr>
</tbody>
</table>

Inhalations of lavender in mice decreased aggression and increased social interaction was observed *(da Silva et.al., 2008).*

The major constituent in lavender linalool presents to be readily absorbs through the skin lowers. Inhalation of linalool was found to increase Dopamine and Noradrenalin neurotransmitters *(Mimaki et.al)* that are fundamental to a state of balanced emotional equilibrium. *(Sade)*

Reduces swelling and inflammation *(Peana et.al)* and has antimicrobial properties *(Herman et.al).*
Aromatic Psychodynamics of Lemon in skin care

*Citrus limon*

A radiant fresh citrus aroma which enlightens motivation towards vitality.

<table>
<thead>
<tr>
<th>Psychoactivity</th>
<th>Therapeutics</th>
<th>Skin Conditions</th>
<th>Type of Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relieves Anxiety</td>
<td>Anti-bacterial Stimulant</td>
<td>Acne</td>
<td>Olfaction &amp; topical up to 1%</td>
</tr>
<tr>
<td>Anti-depressant</td>
<td></td>
<td></td>
<td>Photo-toxic</td>
</tr>
<tr>
<td>Chronic Skin Conditions</td>
<td></td>
<td></td>
<td>Olfaction for depression and motivating</td>
</tr>
<tr>
<td>Wounds</td>
<td></td>
<td></td>
<td>Olfaction – to help reduce stress, depression &amp; anxiety</td>
</tr>
</tbody>
</table>

Lemon specifically was noted to increase the turnover of dopamine and serotonin after inhalation in mice. (Komiya et al., 2006)
**Aromatic Psychodynamics of Sandalwood in skin care**

*Santalum austrocaledonicum*

*Rich balsamic earth aroma that reaches the cosmic world between heaven and earth. Bring for the understanding all is one and we are part of one. Creating sensitivity, serenity, harmony wisdom and unity.*

<table>
<thead>
<tr>
<th>Psych activity</th>
<th>Therapeutics</th>
<th>Skin Conditions</th>
<th>Type of Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relieves Anxiety</td>
<td>Anti-bacterial</td>
<td>Acne</td>
<td>Olfaction &amp; Topical Up to 1% dilution</td>
</tr>
<tr>
<td>Anti-depressant</td>
<td>Anti-fungal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Balancing</td>
<td>Sedative</td>
<td>Aging skin</td>
<td>Olfaction &amp; Topical 1% dilution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chronic Skin</td>
<td>Mostly Olfaction &amp; Carrier oils 0.05%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conditions</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wounds</td>
<td>Olfaction – to help reduce stress &amp; anxiety</td>
</tr>
</tbody>
</table>

Alpha-Sanatol a major constituent inAustralian sandalwood was able to permeate into the skin and lower blood pressure and calm the nervous system down. *(Heuberger E et.al)*

Both alpha and beta santalol were also found to be anti-inflammatory *(Sharma et.al)*.

In another study it was found that alpha-santalol inhibited and was cytotoxic to various skin cancers. *(Kaur M.)*

“**Aromatic Psychodynamics is a trade mark of Healing Fragrances School of Aromatherapy and Danielle Sade**”. 
Aromatic Psychodynamics of Patchouli in skin care

*Pogostemon patchouli*

*A smoky, herbaceous earthy aroma that brings forth sacredness of space stimulating the idea of knowing and appreciating the deepness within ourselves!*

<table>
<thead>
<tr>
<th>Psychoactivity</th>
<th>Therapeutics</th>
<th>Skin Conditions</th>
<th>Type of Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relieves Anxiety</td>
<td>Anti-bacterial</td>
<td>Acne</td>
<td>Olfaction &amp; Topical Up to 1% dilution</td>
</tr>
<tr>
<td>Anti-depressant Balancing</td>
<td>Anti-fungal Sedative</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Aging skin</td>
<td>Olfaction &amp; Topical 1% dilution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chronic Skin</td>
<td>Olfaction &amp; Topical Ointment, gels, creams &amp; lotions 0.05%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conditions</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fungal infections</td>
<td>Topical Up to 3% dilution</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Wounds</td>
<td>Topical &amp; Olfaction – to help reduce stress &amp; anxiety</td>
</tr>
</tbody>
</table>

Calming and relax the mind by reducing the sympathetic nervous system activity. *(Haze et.al)*

Active against several bacterial infections, anti-inflammatory, antiviral and biodegradable insecticidal agent. At 12% dilution relieved ulcerative wounds, pressure sores exhibited anti-oxidative properties and prevented photo aging caused by UV exposure *(Swamy M et.al)*
Aromatic Psychodynamics is the use of Natural Aromatic Essential oils to shift the way we feel!
References


“Aromatic Psychodynamics is a trade mark of Healing Fragrances School of Aromatherapy and Danielle Sade”.
References


"Aromatic Psychodynamics is a trade mark of Healing Fragrances School of Aromatherapy and Danielle Sade"


“Aromatic Psychodynamics is a trade mark of Healing Fragrances School of Aromatherapy and Danielle Sade”.
References


Photography: Slides 1,2,4,5,6,7, 8 Creative Commons Royalty Free

Photography: Slides 3,5,7,11,13, 14 I stock Standard License

Diagrams: Danielle Sade 2018