

“Introduction to Aromatherapy”

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Unfortunately, understanding of Aromatherapy is still low in Japan. Most people use essential oils without knowing correct usage. Some essential oils which they use are sold without descriptions and/or are not 100% natural.

Therefore, my topics in this seminar were about a summary of Aromatherapy including definition of essential oils and correct usage of Aromatherapy.

In Japan, we are not allowed to tell indications and effects of Aromatherapy by the Pharmaceutical Affairs Law in Japan. We also need to pay attention to the Medical Practitioners' Law, Veterinarians' Law, Anma-Massage-Acupressure, Acupuncture and Moxibustions' Law. The following notices should be observed in using essential oils: 1) Don't apply essential oils directly on your body. 2) Don't drink essential oils. 3) Don't drop essential oils into eyes. 4) Don't mix essential oils with synthetic oils. We also pay attention to following articles: 1) Stop using essential oils when you feel uncomfortable. 2) Wash away with water when you suffer from reddish, itch and stimulation. 3) Pregnant mothers, older people, those who suffer from certain diseases such as hypertension should consult with professional Aromatherapists when you want to have Aromatherapy. 4) It is known that some components in citrus essential oils such as *Citrus Limonum*, and *Citrus Bergamia* cause irritation (inflammation) by reaction against UV. 5) Be careful for fire when you use candles or burner in Aromatherapy.

These Law and articles are necessary to foster relaxation and refreshment, to promote beauty and health, to maintain and enhance physical and mental homeostasis, and to alleviate physical and mental disorders and to restore normal health.