



Spring has sprung!

Spring has certainly sprung with dreamy abandon, and I am once again reminded of why I love aromatics so much, and the source they come from; magnolia's in full bloom, lilacs unfurling their lacey blossoms, forsythia in its golden glory. Before we know it, the lavender will grace us with its fragrant spires and lemon balm will proffer its gentle, lemony aroma into the air. How I love spring!

As I write my last interim president's report, I would like to thank everyone for their support during this transition.

We have a wonderful AGM planned for you on June 12, and will also see some new faces brought onto the board. If you would like to volunteer your time, experiences and ideas for the future of aromatherapy in Canada and around the world, please consider joining us to make a change. We have a lot of great ideas brewing for the coming years, and would love you to help us facilitate them. Remember, be part of the solution.

Enjoy this newsletter full of great information and inspiration, and we will see you in June.

Best,
Marina Featherstone
Interim President



Note: The CFA cannot be held responsible for how individual aromatherapists utilize their essential oils in the treatment of their clients.

If you are concerned about your aromatherapy treatment, whether it be internal/external use of essential oils, please check with your therapists' professional liability insurance policy.

The CFA does not prescribe nor advocate the internal use of essential oils since there is no regulatory body in Canada which governs and tests the chemical constituents of essential oils.

However, the CFA is an impartial conduit to all areas of aromatherapy research.

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An update on CEUs: You know you need them but how to get them?

You know that you'd like to maintain your standing in the CFA but every year you find it difficult to get enough Continuing Education Credits (CEUs) to keep up. Well, here's some good news for you.

First, the number of CEUs that you need has been reduced. We have high standards at the CFA but we realize how difficult it is to find training that meets our high expectations. So, now you only need 12 CEUs, instead of the previous 24, every two years. And, there's more good news. There are lots of ways to obtain those 12 CEUs that you may not know about.

Write an article

Did you know that you can get points for writing an article in a CFA-approved publication (including our very own newsletter). Please submit a short draft and forward it to the CFA office to the attention of the Education Committee.

Attend the AGM

You can obtain seven CEUs just for attending the AGM! This is one of the best ways to earn CEUs, network with colleagues and friends, attend informative workshops and access our host of vendors selling their wares. Please see AGM details on page 7 of this newsletter.

Take a course

There are lots more wonderful courses and workshops that are available to CFA members. Please check our website and look under the Information section in the members area for a downloadable list of CFA-approved courses.

The CFA board will be looking into ways to offer on-line courses, more workshops in other areas so if you have any suggestions please let us know.

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ALCHEMY: The Art of Perfume Blending with Essential Oils

By Danielle Sade



Perfume has been with us for more than five thousand years. It lingers in places that we least expect evoking our memories and feelings; perfume triggers sub-conscious states, thoughts and desires.

The story of perfume has traveled throughout the mists of time and has found its way into different cultures and nations around the world. Alchemists and craftspeople took pleasure in using essences of herbs, spices, flowers, wild grasses, barks and resins and allowing these natural aromatic essences to evolve into common use for ritualistic ceremonies, medicine and leisure.

Fragrances have helped people to pray, heal, make love and war, prepare for death and to create ritual. They inspired the greatest of men and women throughout history.

As humans, it is our sixth sense and our curiosity that has been guiding our species to discover the mystery of smell. Man created perfume (from the Latin word *per fumes meaning through smoke*) through incense made with herbs, spices and resins. Burning aromatic incense was believed to empower prayers to connect with the heavens and was also thought to attract positive influences.

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The Art of perfume blending is alchemy

Alchemy is the great work of nature that perfects any matter or substance to a better state including the human self. An Alchemist transforms plain into unique. To be immersed in the world of alchemy is to shift your consciousness to awaken your senses to the fullest.

To blend a perfume blend is to understand that your work is not only based on the sciences, esthetics and technique, but the unity of nature's secrets.

Blending – a symphony of fragrance

When composing a blend, we speak in the terms of the idea that the essences are like musical notes. In the perfume industry the aromatic essences are classified according to top, middle and base notes.

Important guidelines before you begin

- Investigate and learn about the quality, and safety of essential oils you will be working with. Please remember that the essential oils still have the same properties and contraindications. Just because you are blending them for a

perfume, the oils do not know that! The citrus oils are still photosensitive, toxic oils are still toxic and the contra indications still hold for pregnancies, epilepsy, high/low blood pressure and allergies.

- Educate your sense of smell. The sense of smell can be educated to appreciate specific perfume ingredients as easily as the sense of taste can be educated to wines, teas, and coffees. Explore the different aromas that come forward as you inhale each essential oil.
- Document everything you blend, while you are blending, so you don't forget your formulas.
- Take breaks, for safety reasons. Essential oils are very powerfully concentrated substances, and when working for a long time can create side effects, such as headaches, nausea or drowsiness.
- Make sure that the jars and utensils you use for your perfumes are glass and sterilized.

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CFA Keeping in Touch



In the following charts you will find the guidelines on how to select your essential oils to create your own signature blend of perfume. Choose from each category one to two essential oils according to their dilution. It is advisable to start blending with the base notes moving up to the Top note. (* Top-middle note, **Middle note) Make sure that your perfume will contain all the notes to insure a harmonious aroma. Keep in mind the true aroma will only be revealed two to three hours after the blend has been blended.

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Blending according to Notes

Notes	Character	Essential oils	Dilutions
Top Note	Provides a fresh light quality that is noticed immediately, volatile, evaporates quickly, uplifts yet stimulates. They give you the first impression of the blend	Angelica* Basil* Bergamot Coriander Eucalyptus Fennel Grapefruit Lavender Lemon Lemongrass Lime Mandarin True Melissa* Orange Peppermint Spearmint Petitgrain* Tea tree	30-40% 6-8 drops of top notes
Middle note	Provides body, the “heart “of the blend, smooth out the sharp edges, balancing evaporates at more steady pace. They are warm, soft and mostly contribute to the floral fragrances.	Roman Chamomile Clary sage Clove Geranium Fir Balsam Jasmine Absolute** Juniper berry* Lavender Neroli Myrtle Palma Rosa Rose absolute** (middle note cont'd)	50-60% 8-10 drops middle notes

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		Rose Otto Rosemary Ylang Ylang	
Base note	Acts as a fixative to stop lighter oils from dispersing too quickly, Sedative, grounding, evaporates slowly	Cypress ** Jasmine absolute** Myrrh Rose absolute** Cedarwood Frankincense** Sandalwood Patchouli Vetiver	10-20% 4-6 drops of base not oils

Use the following chart to find the percentage of alcohol to use in water dilution

Type of perfume	Drops of Essential Oils	Carrier Dilution
Perfume	18-20 drops in a 30 ml bottle	5-30% alcohol in 30 ml. of distilled water
Eau de toilette	18-20 drops in a 30 ml bottle	10-15% alcohol in distilled water
Eau de cologne	18-20 drops in a 30 ml	3-5% alcohol in 30 ml. of distilled water
Aromatic perfume oil	18-20 drops of essential oils	30 ml of Jojoba

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The following are some ideas on what essential oils are used for commercial perfumes consist of.

Fragrances	Top Notes	Middle Notes	Base Notes
Obsession	Bergamot, Lemon, Lime,	Ho leaf Cinnamon leaf	Cedarwood, patchouli sandalwood Benz ion
Boss	Bergamot, Lemon, Mandarin Orange	Juniper, cypress, Fir, Geranium, rose Otto	Patchouli Atlas Cedarwood, Sandalwood
Old spice	Orange, mandarin, lemon, Lime, fennel,	Cinnamon, geranium, jasmine, rose, Otto	Cedarwood, Benzion, frankincense
Tabu	Orange bergamot Coriander	Ylang ylang, jasmine, clove, rose Neroli	Vetiver, Atlas cedarwood, patchouli, Benzion sandalwood
Chanel o. 5	Bergamot, lemon	Jasmine, Neroli, ylang ylang	Vetiver, sandalwood, cedarwood, Benzion
White Linen	Neroli, bergamot	Jasmine, rose otto, Geranium	Sandalwood, Benzion
Shalimar	Lemon, bergamot, mandarin	Ho leaf, rose absolute jasmine	Benzion patchouli, Vetiver

Danielle Sade B.Sc Nutrition, is a Certified Aromatherapy Instructor and founder of Healing Fragrances School of Aromatic Sciences. She offers a two-day program "The magic of making perfumes" that is worth 12 CEUs. For more information contact 905-763-9601 or www.healingfragrances.net

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Aromatic Kinesiology 1 *The Path of Beauty* **With Robbi Zeck**

World-renowned aromatherapist, and author of *The Blossoming Heart*: Robbi Zeck will be holding a three-day workshop in Toronto on **October 29-31**. Please see details below and also the accompanying brochure for more details.

Where

Assembly Hall
1 Colonel Samuel Smith Park Drive
(Kipling Ave & Lake Shore Blvd W)
Toronto, Ontario
Parking is free

When

October 29-31

Friday October 29 – 6:30 pm – 8 pm

Introduction

This is an important component of the weekend to help the group harmonise and clear the next two days for Robbi's work. We will also complete registration and distribute manuals.

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Saturday and Sunday October 30 and 31 9:00 am – 5:30 pm

What to Bring

We will be sitting for most of the seminar, but there will be some meditative floor work. Please bring a blanket or comfortable mat to lie on. You are responsible for your own snacks, meals and beverages. There are restaurants nearby. We have a small kitchen facility on Sunday for making tea.

Getting There From Toronto

Driving:

A five-minute drive from the Gardiner Expressway. Take the Kipling exit south to Lake Shore Boulevard West.

By TTC

Easily accessible by the Long Branch 501 Streetcar, which runs along Queen St. and Lake Shore Blvd. W., or by the 44 Kipling South bus, which departs from the Kipling Subway Station.

Accommodation

Hotel rooms are blocked at **The Stay Inn**, a 5-minute drive from the Assembly Hall. Room rates are 90.00 for a single, and 100.00 for a double. Please call the hotel directly at 1-888-445-4473 and ask for the reserved rate under: Rae Dunphy Aromatics. There is a wedding that weekend and the hotel tells us that October is a very busy month, so please book early. Parking at the hotel is complimentary and breakfast is included.

Stay Inn Suites

560 Evans Ave

Etobicoke, ON M8W 2W1

1-888-445-4473

www.stayinnsuites.ca

If you have any questions, please direct them to Rae, Patricia or Jennifer at 1-800-563-8938 or raedunphy@shaw.ca or www.aromatic-kinesiology.com

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AGM and Call for Board Members

By Tricia Eagle

The AGM is fast approaching (June 12, 2010) and the CFA will be looking for at least one new board member.

If you are passionate about aromatherapy and would like to see this industry thrive throughout Canada please consider the above positions. The CFA is constantly moving forward in innovative ways within the industry and are continually looking at ways to improve or increase services to our membership. If you are enthusiastic, energetic and committed about aromatherapy please come and join the Board.

There are many benefits to being on the Board. Not only are you serving your community and increasing the profile of your profession, you will also earn all 24 of your CEUs for your two-year term.

Meetings are usually held monthly and through teleconferencing throughout the winter months.

We are also considering offering the incoming President a stipend of \$1,000 per year of service. This stipend will be reviewed each year with the aim of increasing it to a maximum of \$5,000 per year of service. This payment will need to be voted into the By Laws at the next AGM in order to become effective.

Again, please consider joining one of our committees – we will be unveiling some new ones at the AGM. If you should have any questions please do not hesitate to either contact myself at the office or any of the board members.

Tricia Eagle is CFA Office Administrator/Secretary and can be reached at cfamanager@cfacanada.com or 519 746-1594

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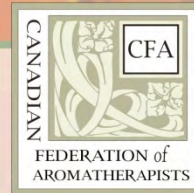


CFA Keeping in Touch

Canadian Federation of Aromatherapists ANNUAL GENERAL MEETING

Harcourt United Church, 87 Dean Ave., Guelph, ON

June 12, 2010



- 7:30 - 8:30 Vendors Set Up
- 8:30 - 9:00 Registration
- 9:00 - 11:00 CFA Annual General Meeting - CFA Members only
- 11:00 - 11:15 Break
- 11:15 - 12:15 **AWAKEN MY SENSES:** Presenter: Colleen Hague
Colleen Hague, proprietor of Awaken My Senses, will be discussing strategies for developing a successful aromatherapy business.
- 12:30 - 1:30 Lunch
- 1:30 - 2:30 **RESEARCH SUMMARY** Presenter: Monika Meulman
Chemotype differences and antibacterial effects of essential oils, new oils and other tested data.
- 2:30 - 3:30 **NEW DIRECTIONS WORKSHOP** Presenter: Catherine Bourque
Carrier oils - properties, how they are harvested, tested and sourced
Sea Salts, Muds and Clays - types, methods for harvesting & sourcing
- 3:30 - 3:45 Break
- 3:45 - 4:45 **NEW DIRECTIONS WORKSHOP** Presenter: Catherine Bourque
Essential oils - sourcing information for production, testing, looking at GC analysis, requirements to analyse and prepare oils for the market, determining the MSDS information
- 4:45 - 5:30 Take time to browse the variety of products in the gym

Please Register By May 18

Members: \$95.00

Non Members: \$105.00 afternoon workshops only

Vendors \$60.00

7 CEU's awarded to members attending

Registration Form 2010

Name: _____ Tel: _____

Address: _____

Payment: Cheque ___ Visa ___ #: _____ Exp. Date: _____

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