

graveolens), лиатрис (*liatris spicata*), полынь лекарственная (*artemisia abrotanum*) и др.;

- концентрированные аромамасла (полученные способом экстракции): нарцисс (*narzissus poeticus*), тубероза (*polianthes tuberosa*), нероли (*citrus aurantium*), липа CO₂ (*tilia cordata*), хмель CO₂ (*humulus lupulus*), шафран (*crocus sativus*) и др.

Вышеперечисленные аромамасла для дальнейшей работы рекомендуется заранее «адаптировать» – сделать масляные или спиртовые разведения в пропорции от 1:5 до 1:25. Такая предварительная подготовка аромамасел позволяет создавать более легкие и в то же время многогранные аромакомпозиции путем «наслоения» масел.

Такой подход в работе обеспечивает более мягкое воздействие аромамасел на организм и сводит

к минимуму все нежелательные риски (аллергические реакции, интоксикации и т.д.).

В таком адаптированном виде аромамасла в качестве духов могут применяться не неся угрозы так называемой группе риска – детям, беременным, кормящим матерям, где допустимы минимальные дозировки эфирных масел.

При наличии соответствующего для этой цели набора масел и профессионализма специалиста можно гарантировать создание оригинальных, индивидуальных аромаформ – масляных и спиртовых духов, одеколонов и туалетных вод, которые смогут не только выступать самостоятельными ароматерапевтическими средствами, но и стать популярными, простыми и удобными в ежедневном применении для улучшения психоэмоционального состояния в достижении внутреннего баланса человека.



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SPECIAL ASPECTS OF THERAPEUTIC PERFUMERY IN PROFESSIONAL AROMATHERAPY

- Emilia Kramar
- SPE "PAVA" LLC, Kyiv

For many centuries, natural aromatic substances in the form of incense, aromatic oils and perfume have been arousing, soothing, stirring up feelings of people, and influencing their consciousness and behavior. The term "perfumery" is derived from lat. per fumum and means "through smoke." The famous Egyptian incense "Kyphi" was burned to create certain mood as well as for disinfection. It was ingested and used to scent the body. The tendency to combine the medicinal properties of fragrant plants and the aesthetic component of the scent was embodied in ancient aromatic compositions – oil perfumes – attars, which up to the present day are an integral part of maintaining psycho-emotional balance and overall health. Cologne "Eau de Cologne" and perfume "Hungarian water" were in fact saturated alcoholic solutions of aromatic oils. They were widely used for medicinal and hygienic purposes in Europe in the 14th-18th centuries. According to reference books of that time, they were used to treat many

diseases. Perfumery then lost its status as a medicine in the middle of the 19th century, when the natural composition of aromatic oils was replaced by their synthetic counterparts.

Today, when many of us are rethinking our attitude to nature and its precious gift – the healing power of plants is reviving interest in therapeutic natural perfumery. Mental balance, strong nerves, adequate reactions, and vitality - this is what every person is dreaming of, especially those who work under constant stress.

Irina (41 years old, a lawyer) asked to help her withstand professional loads during the day. A quite well-balanced woman, she forced herself not to get irritated by levels of effort beyond her own will. She wanted to have at hand a remedy to extinguish destructive emotions and create a comfortable work environment for herself. A number of oils were selected, among which were woody, balsamic

aromas of galbanum (*ferula galbanifula*), of nard (*nardostachys jatamansi*), Indian incense (*boswellia seratta*), patchouli (*pogoscenon patchouli*), iris (*iris pallida*) and a number of floral-fruity aromas of rose (*rosa dasascena*), saffron (*crocus sativus*), magnolia champaka (*michelia champaca* var. *alba*) and mandarin (*citrus Reticulate*). The composition includes 14 components. Jojoba fatty oil has become the basis of oily perfume. During the day, a woman could comfortably use perfume at the first sign of stressful situations. As noted later, the scent calmed her down and switched to a more constructive dialogue with customers, and most importantly she really liked it.

Valentina (50 years old, an accountant) asked to improve her performance in the workplace, increase attention concentration and alleviate the symptoms of the onset of menopause. The woman complained of excessive emotionality, frequent headaches and a periodic increase in arterial blood pressure. A composition of nine components was proposed, among them were aromas of jasmine (*jasminum grandiflorum*), mallow (*hibiscus abelmoschus moschatus*), lovage (*levisticum officinale*), sacred vitex (*vitex agnus castus*) and hops (*humulus lupulus*). The woman's well-being improved. With the help of the perfume, she could reverse symptoms and stop increasing in blood pressure. She had less headaches, became more balanced and attentive. She could endure all physiological and psycho-emotional changes more easily.

Alexey (49 years old, an entrepreneur). He asked to help reduce excessive anxiety as well as strengthen control over emotions. The problems were associated with large losses of vital energy. A composition of 17 oils was created, which formed the basis of oil perfumes. It increased his stress resistance. The composition included the following oils: white sandalwood (*santalum album*), nard (*nardostachys jatamansi*), rose (*rosa dasascena*), vetiver (*vetiveria zizanioides*), atlas cedar (*cedrus atlantica*), himalayan cedar (*cedrus deodara*), neroli (*citrus aurantium*), osmanthus (*osmanthus fragrans*), tonka beans (*dipteryx odorata*) and ginger (*zingiber officinalis*). As a result, the man became less nervous, more tolerant and resilient. His mood and well-being improved significantly.

Creating a natural aroma blend is a whole art and requires a highly qualified specialist who must take into account the following aspects:

- the purpose of use and therapeutic indications;
- the composition of the incoming aroma oils and their characteristics;

- the proportional ratio of the constituents in the calculation of the aroma formula;

- and the aesthetic side of the aroma composition manifested in the harmonious sound of the bouquet of aromas.

In the work on aroma composition, apart from the factors listed above, it is also important to pre-prepare some types of oils, among which the following specific groups of oils can be distinguished: – high-potent essential oils such as angelica (*angelica glauca*), elecampane (*inula graveolens*), st. john's wort (*hypericum perforatum*), yarrow (*achillea millefolium*), rose (*rosa damascene*), lovage (*levisticum officinale*), sacred vitex (*vitex*) and others;

- hazardous aromatic oils (with increased toxicity) such as arnica (*arnica montana*), thuja (*thuja occidentalis*), tansy (*tanacetum vulgare*), santolina (*santolina chamaecyparissus*), rue (*ruta graveolens*), liatris (*Liatris spicata*), lad's-love (*artemisia abrotanum*) and others;

- and concentrated aromatic oils (obtained by the extraction method) such as narcissus (*narzissus poeticus*), tuberose (*polianthes tuberose*), neroli (*citrus aurantium*), CO₂ linden (*tilia cordata*), CO₂ hops (*humulus lupulus*), saffron (*crocus sativus*) and others.

It is recommended to “adapt” the aforementioned aromatic oils for further work in advance – to make oil or alcohol dilutions in a ratio from 1:5 to 1:25. Such preliminary preparation of aroma oils allows you to create lighter, and at the same time, multifaceted aroma compositions by “layering” oils. This approach ensures a milder effect of aromatic oils on the body and minimizes all unwanted risks (allergic reactions, intoxication, etc.).

In such an adapted form, aromatic oils as perfumes can be used without carrying a threat to the so-called risk group – children, pregnant women and nursing mothers, for whom very minimal dosages of essential oils are permissible.

Upon the availability of a set of oils suitable for a specific purpose and the professionalism of a specialist, it is possible to guarantee the creation of an original aroma blend - oil and alcohol based perfumes, colognes and toilet waters, which can not only act as independent aromatherapy agents, but also become popular, simple and convenient in daily use for improving the psycho-emotional state and achieving the internal balance of a person.

