

# 피부관리시스템에 적용되는 아로마테라피에 관한 연구

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## A Study on the Skin Care Treatment System Using Aromatherapy

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### Abstract

에센셜 오일은 고대로부터 향을 즐기거나 직접 상처 부위에 바르는 등의 다양한 방법으로 사용해 왔다. 일반적으로 에센셜 오일을 얻을 수 있는 허브와 스파이스는 약 200종 정도이며 흔히 주변에서 볼 수 있는 것으로는 레몬이나 오렌지, 장미, 제라늄, 민트 등이 있다. 이들 식물의 꽃잎(장미), 잎사귀(유칼립투스), 뿌리(베티본), 고목(샌달우드), 송진(프랭킨센스), 줄기(버베나), 열매(베르가못) 등 여러 부분에서 독자적인 방법으로 추출할 수 있는 에센셜 오일은 식물의 강한 생명의 힘으로 종종 언급되었다. 이는 방향성, 비지방성의 100% 천연의 식물에서 추출한 물질이며, 저마다의 고유한 향과 각기 다른 독특한 생명력과 치유능력을 가지고 있다. 이러한 에센셜 오일을 사용함에 있어서 우리는 감정 치유와 신체 건강을 향상시킬 수 있다. 모든 에센셜 오일은 항-박테리아, 항-바이러스 또는 항균성을 지니고 있다. 연구 조사에 따르면 아로마(향)는 인간의 감정 센서에 직접적인 영향을 끼치는데 이는 우리 신체의 감각 중심의 뇌에 직접적으로 아로마 향이 투입되기 때문이다. 우리의 후각을 통해 뇌 시스템을 직접 통과하여 감정, 행동, 냄새를 판단하는 것을 총괄하게 된다. 항상 아름다운 냄새를 통해 즐거워하고 우리의 감정 균형을 유지시키므로 에센셜 오일을 사용함에 있어 그 향기가 우리에게 즐거움을 주는 것은 중요한 일이다. 이 오일을 통해 우리의 감각 신경이 균형을 유지하게 될 것이다. 이러한 에센셜 오일을 이용하여 마음의 건강, 정신의 건강, 신체의 건강을 향상시키며 유지할 수 있도록 유지, 관리하는 것이 아로마테라피이다. 아로마테라피는 적게는 담배로부터 향수까지 광범위하게 가장 화려한 글로 설명되어 왔다. 에센셜 오일을 사용함에 있어 우리 신체의 가장 좋은 투입 방법으로 마사지 법이 있으며 우리 피부는 에센셜 오일을 놀라울 만큼 빠르게 흡수해 낸다. 이러한 효능의 에센셜 오일을 피부관리에 적용하여 신체의 건강뿐만 아니라, 정신의 건강을 향상시키며 유지 할 필요가 있다고 본다.

**Key words :** 아로마테라피(Aromatherapy), 피부관리시스템(Skin Care Treatment System)

### I. Introduction

We do not know when the wonderful scents of certain flowers or plants were first appreciated for their uplifting qualities, but we all know how walking into a summer rose garden creates a mood of relaxation

and peace.

Essential Oils have been used in healing ancient times. They are found in different parts of the plant: petal (rose), leaves (eucalyptus), and roots of grass (vetiver), heartwood (sandalwood), and resin (frankincense). Often referred to as the 'life force' of plants, these oils have within them the unique complex properties of that plant in a concentrated form that can help the body holistically to heal itself<sup>1)</sup>.

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Through aromatherapy and using the essential oils; therefore, massage is a very effective way of introducing them into the body. All essential oils are anti-bacterial, anti-viral or anti-fungal. Research has shown that *aroma affects our emotional senses*. This is because the olfactory nerves pass directly from the nose to the limbic system- the emotional centre of the brain. It is always important to enjoy the smell of the essential oil that we are using, as this will give us emotional balance<sup>2)</sup>.

The word 'aromatherapy' is derived from the French word 'aromatherapie', which was first coined by French chemist Rene Maurice Gattefosse. He burnt

his hand on a Bunsen burner. A pot of lavender was on the table and he dipped his hand in. To his amazement the pain disappeared and he found the healing process was quick. He started to investigate and research the healing properties of essential oils. Gattefosse used essential oils on wounds of those who suffered in the terrible trench warfare of 1914-18. In his research he discovered that essential oils take from 30 minutes to 12 hours to be absorbed totally by the body after rubbing on the skin<sup>3)</sup>.

In order to begin any discussion on aromatherapy, the term 'aromatherapy' needs to be defined. It has become a very fashionable word illustrating anything from cigars to perfume. There has been a failure to clearly understand the meaning of the word and it has been used to provide credibility for frivolous products.

The Definition of Aromatherapy is the controlled and informed use of essential oils to maintain and improve the health of the mind, body and spirit<sup>4)</sup>.

## II. Theoretical

### 1. How aromatherapy works

Aromatherapy works in two ways, which are complementary to each other.

#### 1) Physically

When an essential oil enters the bloodstream via the skin, it improves circulation, relieves the pain of tense muscles, and physically the areas being treated.

#### 2) Psychologically

Through the mental and emotional effects of the fragrance working on your sense of smell. Scents make us feel things very quickly and Essential oils are often perceived as having very pleasant smells<sup>5-9)</sup>.

## 2. How to use aromatherapy

### 1) Massage

In body massage, where essential oils are diluted in vegetable oil and applied to the skin.

|                 |   |
|-----------------|---|
| Adult           | Add 5 drops in 10 mls white lotion or carrier oil     |
| Child 6-12      | Add 2 - 4 drops in 10 mls white lotion or carrier oil |
| Child 3-6 years | Add 1 - 2 drops in 10 mls white lotion or carrier oil |

#### \*\*\*caution

Baby under 3 years for dermal application, great caution is certainly in order for very small infants. This is because a baby's skin is especially thin and is therefore both sensitive and more permeable to essential oils.

### 2) Bath

4 - 7 drops of essential oil neat or the essential oils can be added to a suitable carrier, (e.g. full fat milk, shampoo base or white lotion). Fill the bath first to the correct temperature before adding essential oils. Mix well to ensure total dispersal of the essential oils.

### 3) Vaporisers(Steam)

In vaporisers, of which there are several models which work electrically, enabling essential oils to be spread in the air.

Add up to 10 drops to a ceramic warm water  
Add up to 10 - 15 drops to an electric vaporiser

### 4) Inhalation

Add up to 2 - 5 drops of essential oils from warm

water or 4 - 7 drops of essential oils from a tissue or handkerchief

**\*\*\*caution**

Not recommended for babies and young children.

**5) Compress**

Add up to 5 drops in 10 mls white lotion or carrier oil, gently massage the part of the body with the massage mixture. Place warm or cold pack on the

area. Can be left for 30 minutes and up to 2 hours before removing.

- Warm compress - aches and pains
- Cold compress - inflammation, temperature and sprains

**6) Hand & Foot**

Add up to 7 drops of essential oil, or mix with white lotion or suitable carrier in a small basin or footbath<sup>10-18)</sup>.

**1) The Body**

|                     |   |
|---------------------|---|
| Cellulite           | Rosemary, Juniper berry, Cypress, Geranium Stimulate the body to remove toxins. |
| Invigorating/toning | Rosemary, Lavender and Geranium help restore balance and revitalise the body.   |
| Muscle & Joint      | Relax in a cleansing combination of Rosemary, Lavender and Sweet Marjoram.      |
| Relaxing/Refreshing | Pamper yourself with Lavender and Geranium at the end of a busy day.            |
| Reviving/Uplifting  | Basil and Bergamot help clear and uplift the mind and body.                     |
| Soothing/Sensual    | An evocative combination of h Lavender and Ylang Ylang to stimulate emotions.   |
| Warming/Clearing    | Black Pepper and Eucalyptus stimulating properties to help clear the senses.    |

**2) The Face**

| Skin type       | Essential Oil  | Carrier Oil                     |
|-----------------|--|---------------------------------|
| Sensitive Skin  | German Chamomile 15drops + Lavender 25drops                      | Sweet Almond 10 ml              |
| Aging Skin      | Frankincense 20drops+ Lavender 20drops                           | Rosehip 40 ml + Wheatgerm 60 ml |
| Normal Skin     | Lavender 20drops + Geranium 10drops + Rosemary 10drops           | Grapeseed 50 ml + Jojoba 50 ml  |
| Allergy Skin    | Sandalwood 15drops + Lavender 15drops + German Chamomile 10drops | Calendula 100 ml                |
| Liver Spot Skin | Lemon 5drops + Petitgrain 15drops + Geranium 20drops             | Evening Primrose 100 ml         |
| Acne Skin       | Sandalwood 15drops + Petitgrain 15drops + Teatree 10drops        | Grapeseed 50 ml + Jojoba 50 ml  |

**3) The Skin Care**

| Skin Care     | Essential Oil  | Carrier Oil                                       |
|---------------|--|---|
| Cleansing Oil | Lavender 4drops + Orange 3drops                        | Grapeseed 30 ml                                   |
| Skin Toner    | Orange 3drops + Petitgrain 15drops + Neroli 3drops     | Water 100 ml                                      |
| Soothing      | Petitgrain 3drops+ Chamomile 15drops+ Peppermint 1drop | Sweet Almond 18 ml+ Wheatgerm 2 ml                |
| Stimulating   | Juniper 3drops + Rosemary 3drops + Geranium 1drop      | Sweet Almond 18 ml+ Wheatgerm 2 ml                |
| Gentle        | Bergamot 1drop + Chamomile 1drop + Geranium 1drop      | Sweet Almond 10 ml                                |
| Luxurious     | Jasmin 1drop + Sandalwood 1drop+ Rose 2drops           | Jojoba 5 ml+ Sweet Almond 30 ml                   |
| Lifting       | Oily Skin  | Bergamot 1drop + Geranium 1drop + Lemon 1drop     |
|               | Sensitive Skin   | Chamomile 2drops + Lavender 1drops                |
|               | Dry Skin   | Frankincense 20drops + Neroli 2drops + Rose 1drop |

#### 4) Foot Care

| Type         | Essential Oil  | Carrier Oil  |
|--------------|--|--------------|
| Tired feet   | Lavender 4drops + Peppermint 1drop                           | Sweet Almond |
| Rough feet   | Frankincense 20drops + Geranium 20drops + Sandalwood 20drops | Sweet Almond |
| Swollen feet | Lavender 3drops + Chamomile 2drops                           | Sweet Almond |

### 3. Aromatherapy for Skin Care Treatment

#### 4. Safety of essential oils

The true essential oils from plants; these oils are so concentrated they should be used only as prescribed. Essential oils should not be used directly onto the skin as this can cause sensitivity with some people. With all essential oils avoid contact with sensitive areas such as eyes and mucus membrane.

The following oils should not be used before exposure to sun or sunbed Angelica Root, Bergoot, Grapefruit, Lemon, Lime, Orange (bitter) and Taget. Do not expose skin to direct sunlight for 12 hours after applying any of the above essential oils. The following oils should not be used on children under three years old or on sensitive skin: Camphor (white), Citronella, Clove Bud, Eucalyptus globulus, Fennel, Hyssop, Lemongrass, May Chang, Melissa, Peppermint, Sage and Thyme.

Essential oils to be avoided at all times are Camphor (white), Cinnamon Leaf, Fennel, Ho Leaf, Hyssop, Lavandin, Parsley, seed, Rosemary, Spike Lavender, Sage and Yarrow. Some of these oils are cautionary only but we feel justified in quoting them for retail use. The following oils would be best avoided during breast feeding: Fennel, Lemongrass, May Chang and Melissa

Avoid these oils in anyone suspected of being vulnerable to seizures: Camphor (white), Ho Leaf, Hyssop, Lavandin, Peppermint, Rosemary, Sage, Spike Lavender and Yarrow. Some of these oils are cautionary only but we feel justified in quoting them for retail use<sup>19)</sup>.

### III. Conclusions

Aromatherapy aims to rejuvenate and beautify the

body through the use of aromatic oils, and generally to improve our outward appearance. Much of this section focuses on the different methods by which essential oils can be used to improve the complexion or to treat specific skin conditions. Beauty, however, is not just skin-deep. The condition of the skin express the overall health of an individual. A relaxed attitude, together with a well-balanced diet, enough exercise, and a daily intake of plenty of spring water or herbal teas, all help to keep the system in top condition.

Aromatherapy is a healing art which has powerful effects on both mind and body. The vital element in aromatherapy is the pure essential oils which are extracted from various part of different plants. The key to aromatherapy lies in its dual use of essential oils and massage, thus masking full use of two of our most important senses-smell and touch.

Aromatherapy massage is holistic, working mainly on the nervous system and including the head and body as part of the same treatment. Using pressure points along the spine, aromatherapy massage on the autonomic nervous system and has an immediate effect of relaxation. In directly it also acts on mood. Many of the massage movements help lymphatic drainage.

Essential oils have many different qualities; they can be relaxing or invigorating and are generally antiseptic and antibacterial. Aromatherapy can have psychological benefits. The power of essences in healing has been recognized in the treatment of insect bites. Clove, thyme, sandalwood, and lavender are a few of the essences that have antiseptic. Essential oils effect the dry skin for small visual pores, dull matte finish, rough sandy feeling, tantskin.

Essential oils effect the mature/sun damaged skin for some red or couperose areas, loose saggy skin, exposure to a lot of ultraviolet light. Essential oils effect the normal skin good elasticity, healthy color (good circulation), smooth terture.

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