



Lesson Three

Your Skin & Lymphatic System

In the next six lessons, we will be covering systems of the human body. You will learn which essential oils help with particular ailments as well as suggested use of sacred oils.

A term you will hear me use frequently is ***inner alchemy***. This is the term I use in regards to recognizing the inner dynamic —emotional, mental or spiritual, that is contributing to the physical ailment. The physical body is the last place where dis-ease shows up. We can often treat it on just the physical, however, healing is much more effective if you can assist the healing process on the more subtle levels where the imbalance is originating. And even better, if we can harmonize the imbalance on the more subtle planes before it ever manifests in the body. This is the work of the myrrhophore.

Skin

Your skin is not a system, but is your largest organ by far. It protects your body and all your organs. The health of your skin is a direct reflection of what's going on inside. Often, a skin issue is a direct result of a congested liver. Helping to cleanse the liver through diet and herbs often clears the skin quickly. *The liver loves bitter foods and the herbal formula called bitters can greatly assist in toning and cooling a heated liver.* Practitioners from many different healing modalities say, that no matter what the illness, you should always support the liver as part of your protocol.

Skin ailments can either be dry, moist, or hot and fiery. There are layers to the skin and fortunately, essential oils easily penetrate.

There are 3 layers:

Epidermis - The outer most layer of the skin. Provides protection against infection from environmental pathogens and regulates the amount of water released from the body.

Dermis - The thick layer of tissue beneath the epidermis where capillaries, nerve endings, sweat glands, and hair follicles..

Subcutaneous - The fatty layer containing the lymph nodes.

Three ways to keep your skin healthy:

- Good diet
- Good movement
- Good bowel release

Common Disorders

Acne - a common skin disorder brought on by a variety of factors such as hormones, stress, diet and emotional upsets.

Oils - Tea tree, lavender, geranium

Application - Apply with a glass, roll-on to avoid touching acne using a carrier oil that is light and regenerative such as almond.

Psoriasis - a chronic skin disease that is often scaly and itchy.

Oils - Lavender, bergamot, geranium, chamomile, patchouli

Application - Make a salve to gently rub on the itchy patches.

Bacterial Infections - wounds, bug bites, and/or other skin abrasions that have gotten infected.

Oils - Tea tree, lavender, lemongrass, thyme, pomerosa

Application - Make a blend using one or more of the above oils with olive oil using either a tincture bottle or a small glass bottle with orifice reducer. **Lavender** is the only oil I feel comfortable using without a carrier oil AND is the only essential oil that I've used directly into a wound with great success. I prefer not to use salves on open wounds because the beeswax in a salve can seal a wound, trapping bacteria inside.

Eczema - red and itchy skin.

Oils - Chamomile, geranium, mugwort, yarrow, lavender, frankincense

Application - For dry eczema, make a salve using essential oils. For oily eczema, use a combination of clay and baking soda to make a powder and add oils to the powder.

Rosacea - Red, sometimes itchy patches on primarily a person's cheeks. Typically afflicts light skinned complexions that easily blush. Often a digestive issue.

Oils - Chamomile, lavender, mugwort, neroli, clary sage, geranium or yarrow.

Application - Address diet and add probiotics and fermented foods. Make an oil blend with rosehip oil and suggested essential oils. Also cold, wet tea bags of licorice root used as compresses on aggravated rosacea brings a lot of relief. **DO NOT USE WITCH HAZEL ON ROSACEA OR PRODUCTS WITH ALCOHOL. DO NOT DO HOT FACIAL STEAMS.**

Warts - Warts are a virus and best treated with tea tree oil "neet" or blended with a carrier oil with thyme added. An onion cut in half and placed on the wart helps too.

Fungus - Tea tree, rosemary and clove oils are excellent at treating fungus. Use a tincture bottle and make a strong blend for toe fungus. For diaper rashes, make a salve with a much milder blend.

Minor cuts and abrasions - If I have calendula salve or the three-flower salve mentioned in the Remedy Book, I'll use it on a scratch or bug bite. Otherwise, I'll use lavender oil or tea tree oil neet to help heal and prevent infection. For an open wound, I always use lavender neet. It never irritates, is anti-microbial and helps wounds to heal.

Burns - Whether it's a burn from chemicals, fire, or a sunburn, I use lavender neet. Lavender is a cooling oil and will relieve the skin of excessive heat much like putting vinegar on a sunburn. I've also used egg whites on burns and it's proven to be very effective at healing burns.

Facial Serum with Regenerative Oils

Carrier oils:

Almond with Rose hip and sea buckthorn oils added.

Essential oils:

Lavender, geranium and carrot seed

(carrot seed has a very strong aroma. Add no more than 1 or 2 drops.)

This regenerative blend can be made in a 2 oz tincture bottle, 10ml bottle with orifice reducer or even made into a cream. Helps to restore and regenerate skin.



Inner Alchemy Viewpoint:

Many of our unexpressed emotions come out of our skin. Skin problems can be a result of a heated liver where there is anger and frustration, particularly evident if skin eruptions appear to be angry and inflamed. Other skin eruptions and rashes are a result of a person not liking themselves and having a deep fear of being hurt. Using sacred oils, such as rose that support love for oneself and soothing fears helps, along with paying attention to diet and cleansing the liver.

Lymphatic System

The lymphatic system is part of our immune system and consists of lymphatic vessels, nodes, collecting ducts and several organs such as the spleen, thymus gland and tonsils. The lymph system carries fluid through the body to eliminate damaged cells and to defend the body against potential infection.

Lymphatic drainage is a technique that some practitioners use. Using their finger tips, they very lightly “massage” the lymph vessels that lay just beneath our outer most layer of skin.

Dry skin brushing is also a very good way to stimulate and support your lymphatic system. When brushing, always brush towards the concentrated areas of nodes starting from the bottom up to follow the flow of your lymphatic system.

This is such an important system and is often over-looked with our self-care routines. Years ago, I created a lymphatic cleanse essential oil blend for our local spa where it was used during their breast care massages and lymphatic drainage sessions.

Essential Oils work particularly well at stimulating and detoxifying the lymphatic system. Recommended oils blended with carrier oil, as a massage oil are:

Hyssop, myrrh, cyprus, rosemary, orange, grapefruit, lime and cilantro.

