



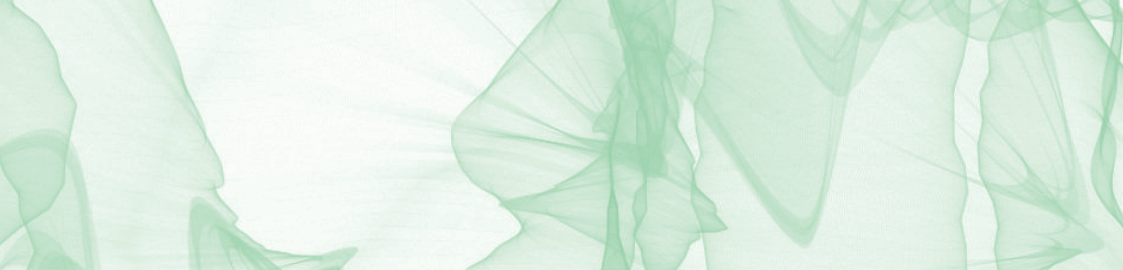
**AromaAlliance**  
[www.aromaalliance.org](http://www.aromaalliance.org)

# Guidelines

- Aromatherapy
- Aroma Care
- Aroma Culture



**Application  
Training  
Raw Materials  
Purchase and Quality  
Legal Classification**



**Imprint**  
**1st Edition**

**Publisher**

AromaAlliance, a network of European associations for aromatherapy, aroma care and aroma culture: Akademie der Düfte e.V., aromaFORUM Österreich, Forum Essenzia e.V., Österreichische Gesellschaft für wissenschaftliche Aromatherapie und Aromapflege (ÖGwA), PsychAroma Schweiz - Fachgruppe für ätherische Öle in der Psychiatrie.

**Responsible**

Forum Essenzia e.V.  
Verein für Förderung, Schutz und Verbreitung der Aromatherapie, Aromapflege und Aromakultur e.V.  
Nesso 8 | D-87487 Wiggensbach  
Phone: +49 (0)8370 423 99 91  
info@forum-essenzia.org  
www.forum-essenzia.org

**Editorial Office**

Dr. Eva Heuberger, St. Ingbert  
Ingeborg Stadelmann, Wiggensbach  
Gabriele Fernsebner, Rosenheim

**Design and Typesetting**

Akademie der Düfte e.V., Forum Essenzia e.V.

**Print**

Uhl-Media, Bad Grönenbach  
Printed in an environmentally-friendly way with low mineral oil eco ink. Waste paper from 100% recycling. Chemical- and water-free printing plate production. Electrical energy for the printing process from 100% green electricity. Climate neutral and alcohol-free print production.  
A tree has been planted for this printing order.

**Picture Credits**

Adobe Stock: Mara Zemgaliete p. 5 | Jacek Fulawka p. 14  
iStock: kireewongfoto p. 1 | ronstik p. 2 | KMNPhoto p. 6  
Azure-Dragon p. 7 | Maximastudio p. 7 | sereznij p. 10

**Notes**

In this brochure we refer to current European and German law.

**Last updated: June 2020**

## Dear readers,

Aromatherapy is becoming more and more widespread. With this brochure, the AromaAlliance would like to help you better understand the world of essential oils and their scented active ingredients.

We, the AromaAlliance, are the union of the associations:

- Akademie der Düfte e.V.
- aromaFORUM Austria
- Forum Essenzia e.V.
- Österreichische Gesellschaft für wissenschaftliche Aromatherapie und Aromapflege (ÖGwA - Austrian Society for Scientific Aromatherapy and Aroma Care)
- PsychAroma Schweiz - Fachgruppe für ätherische Öle in der Psychiatrie (Professional group in Switzerland for essential oils in psychiatry).

AromaAlliance is thus a pan-European network which is committed to a common stance in the safe and professional application of essential & fatty oils and hydrolates, especially in the health care sector, but also in the home environment.

Our guidelines provide consumers and recipients of aroma products with an overview of the constantly growing “world of fragrances”. What is the quality of a product? Is it safe to use? And which providers and/or applications can I trust as a user, customer, patient or anyone in need of care? You will find the answers in this brochure.

We set a high value on the skilled and legally compliant use of essential and fatty plant oils and hydrolates. Since the 1990s we have been working on scientifically well-established effects and proven applications of essential and fatty oils as well as plant waters (hydrolates, hydrosols). Advisory boards and expert committees support the associations. The expert panels consist of scientists (medicine, botany, pharmacy, chemistry, biology and cosmetics), nurses, health staff, distillers and raw material manufacturers.

We wish you great pleasure and fragrant success in the application of aromatherapy, aroma care and aroma culture



**AromaAlliance**  
[www.aromaalliance.org](http://www.aromaalliance.org)

# Application

## Aromatherapy | Aroma care | Aroma culture In Germany, Austria and Switzerland

### Aromatherapy

Aromatherapy, that is the use of essential oils for medicinal-therapeutic purposes, belongs to the science of phytotherapy (herbal medicine). Used to maintain health, but also as a treatment method, essential oils (and blends of them) unfold their effects mostly on our sense of smell, respiratory organs and skin. It is also possible to use them internally, in form of capsules or suppositories. The range of multi-component blends offers pleasant fragrance experiences. Their supportive or direct effects range from relaxing to metabolism stimulating, calming, anti-inflammatory, antiviral and antimicrobial. Essential oils can even be used against multi-resistant germs.

Aromatherapy may be practiced only by members of the academic healing professions and alternative practitioners who are licensed to carry out curative treatment. These are usually doctors, dentists, veterinarians, psychotherapists and alternative practitioners (only in Germany); in special cases this also applies to midwives and physiotherapists. Health care professionals, paediatricians and geriatric care nurses may use aromatherapy under the responsibility and direction of one of the above-mentioned professions.

### Aroma care

Aroma products are used by nursing staff both in body care and in conjunction with physician prescribed therapy to support the individuals during an illness and to promote well-being. Applications here range from oral and body care, over prophylactic rubs, fragrant wraps and pads to room fragrances. Aroma care as a part of the integration of

complementary healing methods into nursing is derived and anchored in the respective care laws, in Germany in § 53 of the caring profession regulations (Pflegerberufegesetz) and in Austria in § 14, § 15, § 63, § 64 (Gesundheits- und Krankenpflegegesetz).

Nursing professionals are:

Germany: (registered) nurses, (registered) auxiliary nurses of different competence level, as well as other health staff, paediatric nurses and nurses for the elderly (Pflegefachfrau/-mann, Gesundheits- und Krankenpfleger/-in, Kinderkrankenpfleger/-in und Altenpfleger/-in).

Austria: certified health and nursing staff (Diplom. Gesundheits- und Krankenpfleger/-in)

Switzerland: nurse HF/FH (Pflegefachfrau/-mann HF/FH)

### Aroma culture

Aroma culture originated in the ancient scent cultures of the Middle East and Far East. Our modern aroma culture gains vitality from all these experiences. Aroma culture combines sensual scent experiences with the arts of painting, music, literature as well as table and dining culture, thus creating new levels of sensory experience to enhance the quality and enjoyment of life.

In food, correctly dosed essential and fatty oils and plant waters (hydrolates) refine our enjoyment of food and drink.

# Profession

## Training (Germany) | Training guidelines

### Training

Guidelines and designations for experts in the field of aromatherapy, aroma care and aroma culture vary by country.

In Germany there are two common designations:

#### **Aromatherapist**

All health care professions that are authorised to treat patients on their own responsibility and have attended corresponding in-service and further training.

#### **Aroma expert**

#### **Aroma specialist**

#### **Aroma practitioner**

This is the additional designation for non-therapeutic professional groups with corresponding in-service training and further training certificates.

### Training guidelines

Forum Essenzia e.V. certifies training on the basis of training guidelines which were drawn up together with the association's board of trustees. The guidelines make an important contribution to professional and qualified training at home and abroad.



# Definitions

## Essential oil | Plant oils

### Essential oils

They are highly concentrated mixtures of fat-soluble (lipophilic), volatile compounds formed by plants. Essential oils originate from a botanically defined plant source material and are obtained by steam distillation from plant parts (blossom, leaf, branch, root); mechanical processes without heating are also possible, for example pressing of citrus fruit peels. The qualitative and quantitative composition of essential oils is subject to natural fluctuations depending on climate, soil conditions, region, time of harvest, weather conditions and distillation process control among other things. Consequently, the scent can also vary, which is the case with rose and lavender oils, for example.

Essential oils have dosage-dependent effects and their efficacy ranges from relaxing to stimulating, antimicrobial, anti-inflammatory and immune-boosting. They unfold their effects both through the sense of smell and through the skin. They influence the central nervous system and our well-being.

In skin-friendly dilutions, such as in fatty plant oils, essential oils are used as perfume, skin care products (cosmetic) and remedies (pharmaceutical and medical products and medical devices).

Exceptions: lavender in its pure form can be used topically for burns whereas skin-irritating oils such as cinnamon bark and thyme (ct. thymol) should only be used in small doses and highly diluted.



### Plant oils (fatty oils)

They come from the pulp or seeds of plants rich in fat and are ideally obtained by gentle cold pressing.

In general, no distinction is made between the terms fat and oil.

Examples: olive oil, shea butter

Fatty oils are used in aromatherapy/aroma care as carrier substances for essential oils. Furthermore, the fatty acid spectrum (e. g. monounsaturated/polyunsaturated fatty acids, essential fatty acids) as well as the accompanying substances such as vitamins, pigments, waxes etc., determine their application.

# Definitions

## Macerates | Hydrolates



### Macerates/extracts

These are extracts obtained by means of a solvent (e. g. fatty oil or alcohol) to transfer the fat-soluble (lipophilic) active ingredients into the fatty oil.

Macerates are used either directly as active ingredients or as a component of a body oil, cream or ointment mixture.  
Example: St. John's wort oil.

Besides the fatty oil extracts, there are also essential oil extracts. These are obtained using solvents such as alcohol, CO<sub>2</sub> or hexane.  
Example: vanilla.



### Hydrolates (hydrosols)

They are formed as a by-products during steam distillation of essential oil plants and are also known as plant waters. They contain small amounts of volatile and hydrophilic compounds (particularly essential oils) of the distilled plant. Ideally hydrolates are not preserved.

Example: rose blossom water (rose hydrolate)

Hydrolates are very mild on the skin and usually have a pH value < 5. They are used as care products in combination with a body oil on the skin or mucous membranes.

### Shelf life

Essential oils, plant oils, hydrolates and aroma products have different shelf lives. Peel pressings of citrus fruits, tea tree oil, evening primrose oil and hydrolates are among the most sensitive oils here. Pay attention to the label and ensure hygienic handling from the time of opening.

# Purchase and Quality

Essential oils | Hydrolates | Fatty oils

With regard to quality, you should consider the following when purchasing

Essential oils	Hydrolates	Fatty oils
<b>Details of the product</b>		
"100% pure essential oil", not: "nature identical" or just "pure fragrance oil" or "artificial", these are usually produced by chemical synthesis (synthetic).	100% pure	100% pure
The Latin botanical name of the plant of origin, to avoid confusion with other species, such as <i>lavandula angustifolia</i> , <i>prunus armeniaca</i> kernel oil, <i>rosa damascena</i> flower water.		
The country of origin (country and territory for clarity), as odorants and ingredients may vary depending on the origin.		
Indication of the herbal source material, if variants are possible, because the effect or the ingredients can be different, e.g. leaves, bark, pulp/kernel oil.		
Information on cultivation: certified organic, Demeter, wild collection, conventional (residue tested).		
The lot number (control number), so that the products are traceable.		
Address/company of the manufacturer/retailer/transport carrier.		
Information on shelf life, e.g. best before date or, in the case of cosmetics, the open-jar symbol (the symbol means the period-after-opening, e.g. 12 months).		
The manufacturer must indicate clearly whether the product is a pharmaceutical product, medical device, biocidal product, cosmetic, consumer good/commodity or food. The declaration must comply with relevant legal requirements (see sample labels).		
Application/usage instructions to ensure proper use.		
The net quantity, in accordance with relevant regulations, in ml or g.		
<b>Information about the production</b>		
Essential oils: steam distillation or cold pressing. Extracts: the solvent, such as vanilla in ethanol.	Only steam distillation permitted	Cold pressing/extraction and information on post-treatment (refining). Cold pressed oils are preferable!
Viscous extracts: exact specification of the additive and the blending ratio, such as for vanilla or tonka, which are often mixed with alcohol (ethanol) or jojoba wax to make them more user-friendly.		
Diluted oil: if very expensive oils (e.g. iris) or highly skin-irritating oils (e.g. cinnamon bark) are offered diluted, the percentage of essential oil (e.g. 3% cinnamon bark in jojoba wax) must be stated.		



# Legal Information

## Criteria concerning use

### Good to know

Essential oils are commercially available as pharmaceuticals (aromatherapy), as medical devices (physical effect), as cosmetics (aroma care, body care, natural perfume), as consumer goods/commodities (aroma culture for room scenting) or as food (flavour).

The table shows which criteria are important for each type of application. As a rule, the prerequisite for production is the registration of a business and compliance with the laws of the EU and the country of production.

### Brief overview

Essential oils according to application areas:

Pharmaceutical Germany, Austria, Switzerland	Medical devices	Cosmetic	Consumer good/ commodity	Food
<b>Recognisable by</b>				
Exact name of the ingredients (formula)  Expiry date  Therapeutic/curative or medical claims allowed  Licence or registration number for finished compounded medication	CE label  Details about shelf life	INCI name such as mentha piperita oil  Best before date or period-after-opening	Warning symbols/hazard pictograms, such as flame, environment, health hazard  Tactile warning of danger (equilateral triangle)  Child-resistant fastening	Statement "for food"  Best before date
<b>Application</b>				
Internal and external; therapeutic effect	Internal and external; predominant physical effect	External and oral cavity; protecting and keeping in good condition	Not on/in people; e.g. as room fragrance	Internal; for the flavouring of meals/food
<b>Purchase</b>				
Custom-made, can be compounded ad hoc with prescription or as individual prescription or magistral preparation in the pharmacy	Generally free for sale	Over-the-counter	Over-the-counter	Over-the-counter

# Sample Labels

## Medical device

### Examples of differentiation

So that you can recognise the intended purpose of a single essential oil or a mixture when purchasing it, sample labels are given here with the minimum required legal information on the products irrespective of advertising effects like brand names.

The following labels are exemplary and do not claim to be complete.



## Medical device

### Olivia's Nasal Care

Nourishing nose oil with orange and lemon oil

Ingredients:  
Refined sesame oil, orange oil,  
lemon oil, antioxidants

Physical treatment and moisturizing of dry  
or damaged nasal mucosa.

Administer 1-2 vigorous sprays into each  
nostril several times a day as required.

Please observe the instructions for use  
Keep out of the reach of children

Batch no.: 081766

 Expiry date: 31/07/2020



Olivia-Öl Med AG  
Königinstraße 3  
10200 Berlin

Content: 15 ml

# Sample Labels

## Finished dosage forms

Manufactured/official medication

### Mint for a Clear Head

Peppermint oil

Use externally for tension headaches.  
For adults and children from 6 years

Composition:

10ml solution for application on the skin:

Active ingredient:

Peppermint oil 0.75 g

Inactive ingredient: ethanol

Keep medicines out of the reach of children! Please observe the package insert! Do not store above 25 °C.

Licence no.: 08150.00.00

Pharmacy-only, art. no. 081515

Lot no.: 081566

Expiry date: 24.07.2020

Olivia-Öl-Med GmbH  
Königinstraße 2  
10200 Berlin

Content: 10 ml

Compounded medication/magistral preparation

### Varicose Vein Oil for Lisa Leidl

Anti-inflammatory, in case of varicose veins rub towards the heart twice a day

Lavender (*lavandula angustifolia*)

15 dr.

Juniper berry (*juniperus communis*)

11 dr.

Cypress (*cupressus sempervirens*)

9 dr.

St. John's wort oil (*oleum hypericum perforatum*)

25 ml

Sunflower oil (*oleum helianthus annuus*)

25 ml

Consume immediately after opening!

Date of manufacture: 24.01.2020

Expiry date: 24.07.2020

Olivia Öl-Apotheke  
Königinstraße 1 | 10200 Berlin  
Tel.: 0123 45678

Content: 50 ml

# Sample Labels

Cosmetic

Cosmetic

## Peppermint

100% pure natural essential oil

Ingredients (INCI): mentha piperita oil  
Naturally contained: limonene\*, linalool\*

For external use only.  
Application: max. 5 drops in 50 ml jojoba wax

Lot no.: 081818181

Olivia-Öl-Kosmetik GmbH  
Königinstraße 4  
10200 Berlin



Content: 5 ml

\*These are natural components of the essential oils and declaration is mandatory according to regulation (EC) N° 1223/2009 on cosmetic products

Cosmetic | *as an aroma product*

## Leg Care Oil

Ingredients (INCI):  
Helianthus annuus seed oil  
Hypericum perforatum flower extract  
Lavandula angustifolia oil  
Juniperus communis oil  
Cupressus sempervirens oil

Naturally contained:  
Limonene\*, linalool\*, geraniol\*

Consume immediately after opening!

Rub for external use only on sensitive,  
heavy legs, towards the heart.

Not for children under 6 years of age.

Lot no.: 081939393

 Best before: 07/2020

Olivia-Öl-Kosmetik GmbH  
Königinstraße 5  
10200 Berlin

Content: 50 ml

# Sample labels

Consumer good/commodity | Food

Consumer good/commodity

## Peppermint

100% pure natural essential oil

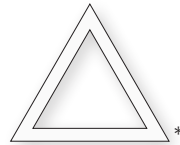
As a room fragrance

Read safety instructions on the inside  
(unroll label)!

Fresh, refreshing

Mentha piperita; USA  
Steam distillation of the herb

Lot no.: 08161607



**WARNING**



Olivia-Öl-Duftstoffmanufaktur  
Königinstraße 6 | 10200 Berlin  
Phone: +49(0) 1234 5678

Content: 5 ml

\* Tactile warnings of danger for blind or visually impaired people

Food

## Peppermint | *100% pure essential oil*

For food

Application:  
1-2 drops on 1 tsp. honey is suitable for seasoning  
and flavouring desserts and drinks.

Lot no.: 0819080808

Best before: 24.12.2020

Olivia-Öl-Aroma GmbH  
Königinstraße 7  
10200 Berlin

Content: 10 ml

# Journal F·O·R·U·M

Collected expertise from 1992 to the present day



## The F·O·R·U·M offers the following topics:

- Aromatherapy, aroma care and aroma culture
- Field reports from real life
- News from the scientific world
- Reports on cultivation and production
- Tasty dishes from the aroma kitchen
- Interesting facts from the press

## How and where can you get the F·O·R·U·M?

- For members of Forum Essenzia free of charge
- Become a subscription customer
- Reseller conditions available for your practice, your company, your shop.

Cover topics, reading excerpts, article summaries and the direct order form can be found at: [www.forum-essenzia.org](http://www.forum-essenzia.org)

## F·O·R·U·M is also available digitally

Distribution: [www.stadelmann-verlag.de](http://www.stadelmann-verlag.de)  
Members receive the digital edition at a reduced price via the member area of the website.

[www.forum-essenzia.org](http://www.forum-essenzia.org)

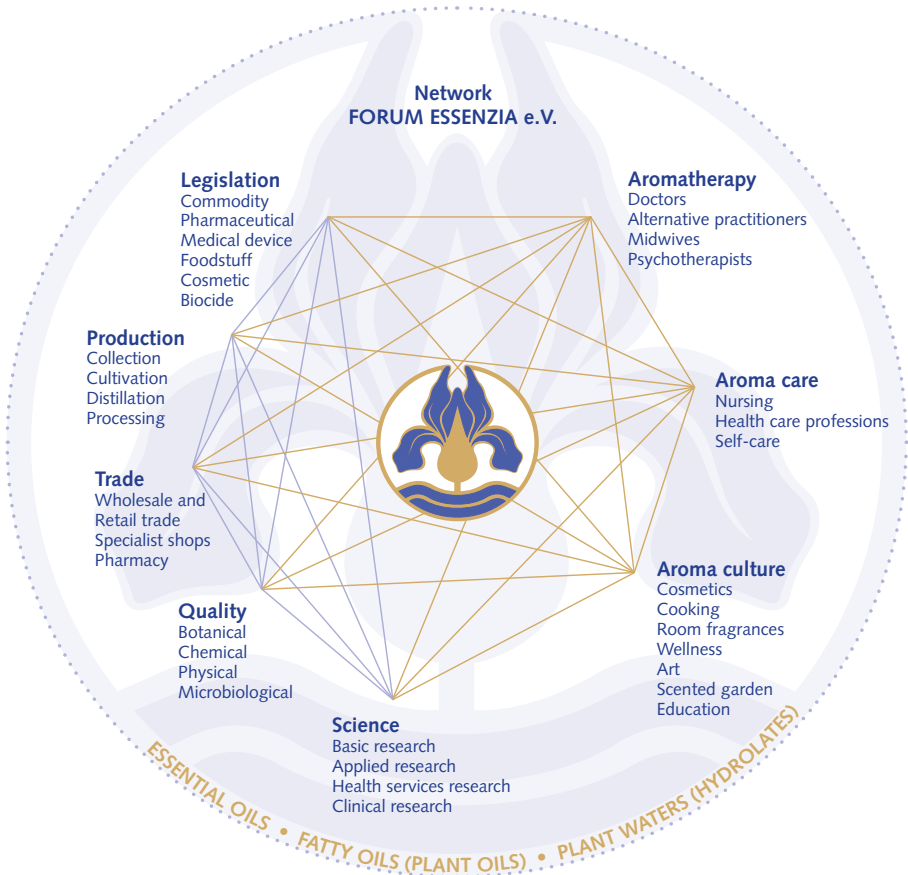
# The network

FORUM ESSENZIA e.V.

## Commitment

FORUM ESSENZIA e.V. is committed to the use and availability of essential and fatty plant oils and plant waters (hydrolates).

We are committed to genuine and authentic quality, organic certification and fair trade of these natural products.





**AromaAlliance**  
[www.aromaalliance.org](http://www.aromaalliance.org)



[www.aromaforum-oesterreich.at](http://www.aromaforum-oesterreich.at)

*PsychAroma*

[www.psycharoma.ch](http://www.psycharoma.ch)



**ÖGWA**

[www.oegwa.at](http://www.oegwa.at)



**F.O.R.U.M.  
ESSENZIA**

[www.forum-essenzia.org](http://www.forum-essenzia.org)



**Akademie  
der Düfte**

[www.duftakademie.de](http://www.duftakademie.de)

This brochure presented by:

