



"Organica Jane" in a field in Provence, France.

Organica Jane

Aromatherapy for better health

By Angela Cannon-Crothers

Lavender. Spearmint. Eucalyptus. Just hearing their names can fill our senses with relaxation, cool sensations, even memories. "Aroma has such an impact on our well-being," says Amy Jane Stewart, proprietor of the aromatherapy business Organica Jane. "From the smell of Christmas trees to orange peels, aroma does so much for our wellness and immunity." Stewart's passion for aromatherapy—the ancient art of using the essential oils of distilled plants in health and wellness—was so tenacious she left her corporate job two years ago to flesh out her own path.

"I'm doing what I love to do and it gives me goose bumps," says Stewart. "I didn't get that when I worked in a cubicle," she adds with a wide smile. The golden haired Stewart worked for sixteen years with Xerox Corporation as an executive administrator. During this time she also began immersing herself in aromatherapy. "It's a different life now," she adds. "It's not the

big salary but it's also not the busyness, the going round and round on the wheel. I didn't have results I could see and touch like I can now."

Amy Jane Stewart was first introduced to the idea of using essential oils for healing while taking a semester abroad in France in the early 1990s. "I was ill with a sinus infection and my host mother went to the pharmacy for me. She came back with eucalyptus essential oil," says Stewart. "It worked, and after that I loved going to the French pharmacy to see and smell their plant oils."

When Stewart came back to the States, her new interest endured and she found herself driven to learn more about the essential oils her sister was using in her massage business as well as in treating her nephew's asthma. "I saw the legitimacy of essential oils in healing first hand," Stewart says.

Stewart studied under a nationally approved program at Aromahead Institute in Sarasota, Florida, in 2004. The certification program is

approved by the National Association for Holistic Aromatherapists and the Alliance of International Aromatherapists. Stewart began her clinical study there in 2005. This past year she also completed her degree in massage therapy. "Massage is a healing modality where I can further incorporate the use of essential oils in health and wellness," says Stewart. Stewart has made such a name for herself in aromatherapy, she was featured last March on *The Dr. Oz Show*.

Probably the biggest misconception about aromatherapy is that it's strictly for the senses, when, actually, the use of essential plant oils was one of mankind's first medicines. Today, aromatherapy is still used to help fight off viruses and bacterial infections, provide aid in muscle and skeletal disorders, heal skin maladies, offer support for emotional illness, and help in cancer treatments as well.

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“Essential oils are fat soluble,” says Stewart. “Once they get on the skin they absorb into the fatty layers and are identifiable in the blood stream within minutes. Inhalation is another common method of using essential oils because receptors in the nose send chemical messages to the brain impacting emotion and memory.”

Organica Jane’s interest in achieving natural health doesn’t end with essential oils. Because issues like depression or the inability to lose weight as well as diseases like leukemia and Parkinson’s are linked to synthetic chemicals found in popular cleaning supplies, she offers educational and eye-opening Home Green Home workshops that allow participants to create natural care products for their home. “Essential oils contain naturally occurring components that are anti-infectious topical disinfectants—so they’re ideal to use when creating ‘green’ cleaning supplies that help support our bodies and respect our environment,” says Stewart.

Two of Stewart’s favorite essential oils are citrus and sandalwood. “Citrus is great for cleaning and immune system support because it increases white blood cell production. It also

helps with depression and anxiety. Most people smell citrus and they just smile,” says Stewart. “Sandalwood is very grounding, antiviral, and helps with skin care. I also use sandalwood for hospice care,” she adds.

For winter’s flu and cold season, as well as for the “winter blues,” Stewart offers this helpful tip: blend six drops of eucalyptus oil with four drops of lemon oil in one ounce of a carrier oil such as sweet almond, grape seed, jojoba or castor oil. Massage the chest, hands, and feet with the blend. “It’s antiviral, antibacterial, an antidepressant, and a good decongestant,” says Stewart.

Through Organica Jane, Stewart offers consultations which include a full medical intake to create selected blends based on the needs of the clients and what they feel is most helpful and pleasing to them. She also offers fun and creative essential oil classes, hands-on workshops for events, parties, or individuals, cleaning products, and presentations at health fairs, herbalist, and essential oil conferences. And if you ever get a chance to meet aromatherapist Amy Jane Stewart in person, there are surely two things you will notice immediately. The first is that she beams radiant health. The second? Well, she smells divine.



Amy studied advanced aromatherapy at Aromahead Institute in Sarasota, Florida.

To find out how you can learn more about essential oils or to contact Organica Jane for a class or consultation, visit her website at www.organicajane.com or call her at (585) 261-2648.

Angela Cannon-Crothers is a freelance writer and outdoor educator living in the Finger Lakes region of New York.



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