

Unicorn Aromatherapy

Abortifacient	Capable of inducing abortion
Absolute	The most concentrated form of fragrance obtained when distilling a concrete
Adulterate	This is when unscrupulous companies mix pure essential oils with a base oil - thereby watering down the essential oil - but then still sell the 'watered down' oil as 100% pure essential oil. This is a huge problem in the essential oil market, as people are tempted to adulterate their oils for higher profit margins.
Acetylcholine	Is a fluid used in the transmission of information from one nerve ending to another
Allergy	Hypersensitivity caused by a foreign substance
Alopecia	Baldness – can be temporary or permanent
Alterative	Correcting disordered bodily functions
Amenorrhoea	The absence of menstruation
Anaerobic	Type of organism that does not require oxygen
Analgesic	Relieving or deadening pain
An aphrodisiac	Lessening sexual desire
Anaemia	Deficiency of either quantity or quality of red corpuscles in the blood

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Anaesthetic	Pain relieving by loss of sensation
Annual	Plant that completes its life cycle in one year
Anodyne	Stills pain and quieten disturbed feelings
Anosmic	Loss of smell
Anthelmintic	A vermifuge, destroying or expelling intestinal worms
Anti-acid	Combats acid in the body
Anti-arthritis	An agent which helps to combat arthritis
Anti-allergenic	Reduces symptoms of allergies
Antibacterial	Fights bacterial growth
Antibiotic	Fights infection in the body by preventing the growth or destroying bacteria
Anti-convulsant	Helps control convulsions
Anti-depressant	Helps to counteract depression and lifts the mood
Anti-dontalgic	Relieves toothache
Anti-emetic	Reduces the severity or incidence of vomiting

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Anti-fungal	Prevents the growth of fungi
Anti-galactagogue	Impedes or lessens the flow of milk
Anti-hemorrhagic	A substance preventing or combating bleeding
Antihistamine	Counteracts allergic reaction
Anti-infectious	Prevents against infection
Anti-microbial	A substance reducing or resisting microbes
Antioxidant	A substance to prevent or delay oxidation
Anti-parasitic	Acts against parasites
Anti-phlogistic	Counteracts inflammation
Anti-pruritic	Relieves or prevents sensation of itching
Anti-pyretic	Reduces fever
Anti-rheumatic	An agent which helps to combat rheumatism
Anti-sclerotic	Helps to prevent hardening of arteries
Anti-seborrheic	Helps control the oily secretion from sweat glands

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Antiseptic	A substance helping to control infection
Anti-spasmodic	A substance to help prevent and ease spasms and cramps
Anti-sudorific	A substance to help lessen sweating
Anti-toxic	Antidote or treatment to counteract the effects of poison
Anti-tussive	Relieves coughing
Aperient	Mild laxative
Aphonia	Loss of voice
Aphrodisiac	Increasing sexual desire and sexual functioning
Apoplexy	Sudden loss of consciousness, a stroke or sudden haemorrhage
Aromatherapy	The therapeutic use of essential oils
Arrhythmia	Irregular or loss of heartbeat rhythm
Arteriosclerosis	Hardening of the arteries
Astringent	Causing contraction of organic tissue
Atherosclerosis	Accumulation of fatty deposits on the inside walls of arteries

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Atony	Lack of muscle tone
Bactericidal	An agent destroying bacteria
Balsam	Water soluble, semi-solid or viscous resinous exudate similar to that of gum
Balsamic	Soothing medicine or application having the qualities of balsam
Bechic	Anything referring to coughing, or an agent relieving cough
Biennial	A plant completing its life cycle in two years, without flowering the first year
Bilious	A condition caused by an excessive secretion of bile
Blepharitis	Inflammation of the eyelids
Calmative	A sedative
Carcinogenic	A substance that promotes cancer or cancerous growths
Cardiac	Pertaining to the heart
Carminative	Settles the digestive system and relieves flatulence
Carrier oil	An oil which is used to dilute essential oils for the purpose of massage - see fixed oils

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Cellulite	An "orange peel" effect caused by local accumulation of fat and waste products
Cephalic	A substance stimulating and clearing the mind
Chemo types	The same botanical species occurring in other forms due to different growth conditions
Chi / Qi	Chinese term referring to the essential life force
Cholagogue	Stimulating the secretion of bile into the duodenum
Cholecystokenetic	Agent that stimulates the contraction of the gall bladder
Choleretic	Helps the liver to excrete bile, leading to greater bile flow
Cholesterol	Is a steroid alcohol found in red blood cells, bile, nervous tissue and animal fat
Cicatrisation	Formation of scar tissue
Cicatrissant	Agent promoting healing by scar tissue formation
Cirrhosis	Chronic inflammation and degeneration of any organ (normally in the liver)
Clinical trial	A controlled study to look at the effectiveness of a specific ingredient or application

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Cohobation	Is a process in the extraction method of especially rose essential oil, to ensure a "complete" oil
Cold pressed	Refers to a method of extraction where no external heat is applied during the process
Colic	Pain due to contraction of the muscle of the abdominal organs
Colitis	Inflammation of the colon
Concrete	A waxy concentrate semi-solid essential oil extract, made from plant material, and is used to make an absolute
Constipation	A state where normal bowel functions are not present
Coetaneous	Pertaining to the skin
Cystitis	Bladder inflammation
Cytophylactic	Action of increasing the leukocyte activity to defend the body against infection
Cytotoxic	Toxic to all cells
Decoction	A herbal preparation made by boiling the material and reducing it to a concentration
Decongestant	A substance which helps to relieve congestion

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Demulcent	An agent protecting mucus membranes and helps stop irritation
Depurative	Helps to detoxify and to combat impurities in the blood and body
Dermatitis	Inflammation of the skin
Detoxifier	Helps to detoxify and to combat impurities in the blood and body
Diaphoretic	A substance which helps to promote perspiration
Diffuser	A device which helps to release the fragrance molecules into the air
Distillation	A method of extraction used in the manufacture of essential oils
Diuretic	Helps to produce urine and remove water from the body
Dysmenorrhoea	Painful menstruation
Dysuria	Pain or difficulty in urinating
Edema	Water retention
Emetic	Inducing vomiting

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Emmenagogue	Inducing or assisting menstruation
Emollient	Softening and soothing to the skin
Emphysema	Degenerative disease of the lungs where the air sacs become enlarged
Endocrine	Pertaining to the ductless glands
Engorgement	Congestion or fullness of the tissue
Enteritis	Inflammation of the mucus membranes of the intestine
Enuresis	Involuntary urinating
Enzyme	Protein produced by living cells which catalyze biochemical reactions
Erythrim	Abnormal state of irritation or excitement
Essential Oil	Volatile aromatic liquid constituting the odorous principles of botanical matter
Exocrine	Pertaining to a gland with a duct, secreting directly onto outside surface of organism
Expectorant	A substance that helps to expel mucus from the lungs

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Expression	Is an extraction method where essential oils are pressed to obtain the oil
Exudates	Natural material secreted by plants - can be spontaneous or after damage to plant
Febrifuge	Helps to combat fever
Fibrillation	Rapid twitching of muscle fibre
Fixative	Material that slows evaporation of volatile components in perfume
Fixed oils	Vegetable oils obtained from plants that are fatty and non-volatile
Flower water	The water resulting from the distillation of essential oils, which still contains some of the properties of the plant material used in the extraction
Fold	Refers to the percentage of terpenes removed by re-distillation - single fold to fivefold
Fractionated oils	Refers to oils that have been re-distilled, either to have terpenes removed or to remove other substances
Fungicide	A substance which destroys fungal infections
Galactagogue	Helps to increase milk secretion

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Germicidal	An agent that destroys micro-organisms
Gingivitis	Inflammation of the gums
Glossitis	Inflammation of the tongue
Halitosis	Bad breath
Hematuria / Haematuria	Presence of blood in the urine
Haemorrhoids	Piles which are dilated rectal veins
Haemostatic	Helps to stop bleeding
Hepatic	Pertaining to the liver
Hepatotoxic	An agent having a toxic or harmful effect on the liver
Herpes	Inflammation of the skin or mucus membranes
Hormone	A product from living cells that produces a specific activity of cells remote from its point of origin
Hybrid	A plant created by fertilization of one species by another
Hydrodiffusion	Is a distillation method of essential oil extraction where the steam is produced above the botanical material and then percolates down

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Hydrosol or Hydrolat	Floral water
Hyperglycemia / Hyperglycaemia	Excess of sugar in the blood
Hypertension	High blood pressure
Hypocholesterolemia	Lowering of the cholesterol content of the blood
Hypoglycaemia	Lowered blood sugar levels
Hypotension	Abnormally low blood pressure
Hypoxia	A shortage of oxygen
In vitro	In a test tube
In vivo	In a living body
Infused oil	An oil produced by steeping the macerated botanical material in oil until the oil has taken on some of the material's properties
Infusion	Herbal remedy made by steeping the plant material in water
Laxative	A substance that helps with bowel movements
Leukocyte	White blood cells responsible for fighting disease

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Leucocytosis	Raises number of white blood cells in the blood
Leucorrhoea	Whitish vaginal discharge
Lipolytic	Causing lipolysis which is the chemical disintegration of fats
Macerate	To soak until soft
Massage therapist	A person qualified to perform therapeutic massage on people
Massage therapy	The manipulation of soft tissue to enhance health and general well-being
Menopause	The normal cessation of menstruation
Menorrhagia	Excessive blood loss during menstruation
Metrorrhagia	Uterine bleeding outside the normal menstrual cycle
Microbe	Minute living organism such as pathogenic bacteria and viruses
Mucilage	Substance containing demulcent gelatinous constituents
Mucolytic	Breaking down mucus
Myelin	Fatty material enveloping the majority of nerve cells
Narcotic	Substance inducing sleep

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Nephritis	Inflammation of the kidneys
Nervine	Substance that strengthens and tones the nerves and nervous system
Neuralgia	Stabbing pain along a nerve pathway
Neurasthenia	Nervous exhaustion
Neurotoxin	A substance having a toxic or harmful effect on the nervous system
Oedema	Water retention
Oleo gum resin	Odoriferous exudation from botanical material consisting of essential oil, gum and resin
Oleoresin	Natural resinous exudation from plants or aromatic liquid preparation extracted from botanical material
Olfaction	Sense of smell
Olfactory bulb	The centre where the processing of smell is started and is then passed onto other areas of the brain
Oliguria	Low volume of urine
Ophthalmia	Inflammation of the eye

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Otitis	Inflammation of the ear
Oxidation	Related to the addition of oxygen to an organic molecule, or the removal of electrons or hydrogen from the molecule
Palpitations	Undue awareness of heartbeat, or rapid heartbeat or abnormal rhythm of the heart
Parturient	Assisting and helping childbirth
Pathogenic	An agent causing or producing disease
Peptic	Pertaining to gastric secretions as well as areas affected by them
Perennial	A plant living for more than two years
Pharmacology	Medical science pertaining to drugs
Pharmacopoeia	Official book of drugs
Pheromone	Chemical messenger used between people
Phytohormones	Plant substances mimicking the actions of human hormones
Phytotherapy	Treatment of disease with plant material, including herbal

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	medicine
Polypus	Non-malignant type of growth
Pomade	Perfumed fat obtained during the enfleurage extraction method
Prophylactic	Preventative of disease or infection
Prostatitis	Inflammation of the prostate gland
Pruritis	Itching
Psoriasis	A chronic skin disease characterized by red patches and silver scaling
Psychosomatic	Pertaining to the mind and body
Pulmonary	Pertaining to the lungs
Pyelitis	Inflammation of the kidneys
Pyorrhoea / Pyorrhoea	Discharge of puss from the gums
Pyrosis	Heartburn
Rectification	Process of re-distilling essential oils to rid them of certain constituents

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Renal	Pertaining to the kidneys
Resin	Natural or prepared product - natural resins are exudations from trees, prepared resins are oleoresins from which the essential oil has been removed
Resinoids	Perfumed material extracted from natural resinous material by solvent extraction
Resolvent	An agent that helps disperse swelling, or that helps absorption of new growth
Rhizome	Underground stem that lasts for more than one season
Rubefacient	Substance causing redness and possible irritation to the skin
Sciatica	Pain down the back of the legs in the area serviced by the sciatic nerve
Sclerosis	Hardening of tissue due to inflammation
Scrofula	Tuberculosis of the lymphatic glands
Seborrhoea	Increased secretion of sebum
Sialogogue	An agent stimulating the secretion of saliva
Soporific	A substance which helps to induce sleep

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Spermatorrhoea	Involuntary emission of sperm without orgasm
Splenic	Pertaining to the spleen
Stomachic	A substance which helps with the digestion and helps to improve appetite
Stomatitis	Inflammation of the mucus membranes of the mouth
Styptic	An agent that stops external bleeding
Sudorific	An agent causing sweating
Synergy	Agents working together and in harmony to produce an effect greater than the sum of the two separate agents
Synthetic	Refers to anything not of organic source
Tachycardia	Abnormally increased heartbeat
Tannin	An astringent substance that helps seal tissues
Terpeneless	Essential oil from which monoterpene hydrocarbons have been removed
Thrombosis	The formation of a blood clot
Thrush	A fungal infection in the mouth or vaginal area

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Tic	Repetitive twitching
Tincture	Referring to either a herbal or perfume material prepared in an alcohol base
Tracheitis	Inflammation of the windpipe
Tuber	Swollen part of underground stem of one year's duration and capable of new growth
Unguent	A soothing or healing salve or balm
Urticaria	Weal on the skin
Vasoconstrictor	An agent causing the contraction of blood vessel walls
Vasodilator	An agent causing the dilation of blood vessel walls
Vermifuge	An agent expelling intestinal worms
Volatile	Substance that is unstable and evaporates easily
Vulnerary	An agent applied externally which helps to heal wounds and sores and helps to prevent tissue degeneration