Essential Oil Research Project
Learning to Think Like an Aromatherapy Practitioner

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Disclaimer
The material in this book is a guide to the practice of aromatherapy. It is not a replacement for traditional health care, medical diagnosis, or medical treatment for illness. Refer to a licensed medical practitioner for medical care.

About the Author
Linda is President of the Institute of Spiritual Healing & Aromatherapy. She is certified in holistic nursing, Healing Touch, Healing Touch Spiritual Ministry, and in aromatherapy. As creator of a certification in clinical aromatherapy program, Linda has produced a unique offering that enhances the study of clinical aromatherapy by adding the study of vibrational frequencies of the oils, emotional and spiritual aspects of healing with oils, and energetic healing techniques. When students graduate from this 300 hour course of study, they will have learned much more than the national requirements to become an aromatherapist. Linda lives in Arvada, Colorado but can be found most weekends teaching somewhere throughout the world. Her “calling” is to help restore healing in Christianity and so she takes a Christian approach to the presentation of essential oils—God’s healing pharmacy. Linda is also an expert article writer on the internet and has published well over 250 articles for ezine articles primarily on aromatherapy and topics concerning Healing Touch Spiritual Ministry. To see a list of her published works you can google Linda Lee Smith or go to http://www.ezinearticles.com/?expert=Linda_Lee_Smith For more free aromatherapy education, you can go to Linda’s blog at http://EssentialOilEducation.com for the latest news and short articles on aromatherapy.
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Introduction

A mark of a professional clinical aromatherapist is thinking like a researcher. “If I have my client apply this oil several times a day, will it decrease the symptoms they are experiencing?” Or, “if I diffuse lavender oil at bedtime, will it help my child to sleep through the night without night terrors?” OR, “I wonder if a certain oil will decrease chemotherapy side effects of nausea and vomiting in a population of 30 patients at my place of work?”

Whether you are looking for a remedy for a client, yourself, a family member, or identified populations, the process is the same. You are using your knowledge base of essential oils, their known effects on human physiology and emotions, common pathologies as well as knowledge of human anatomy to come up with a question worth your time to study. This is critical thinking at its best and it is what makes the difference between a “dabbler” in essential oils and a true clinical aromatherapist.

This ebook will teach you the research process from identifying a question, to study, to developing a hypothesis, methods to either prove or disprove the hypothesis, collecting and then evaluating the data to finally writing your research paper.

Is conducting essential oil research easy? No, it is difficult to conduct any kind of blinded studies with aromatic substances so researchers usually focus on cause and effect that is observable. If you are using an essential oil in a massage or in combination with an energy technique, it is equally difficult to tell whether the effect (outcome) is due to the essential oil alone or to the massage/healing technique, or to the combination.

Is essential oil research worth the challenge? Yes. You are adding to the growing body of knowledge and you are training your mind to think and act like a clinical aromatherapist.

Welcome to the world of essential oil research.
The Research Process

1. Choose Topic
2. Narrow to Research Question
3. Do your Information Search
4. Develop Hypothesis
5. Choose Method of Study
6. Get Project Approval
7. Conduct Your Study
8. Gather Your Data
9. Evaluate Your Results
10. Write your Paper

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Step One—
Identifying a Worthy Question to Study

A research project begins with a question in your mind or something you have wondered about. By this point in your aromatherapy studies, you have become familiar with a number of oils and have learned that they have a “history” of having certain effects on the body/mind/spirit. Do you just take this information at face value because it is written in a book or do you wonder if it is always true? Or, is it applicable for you or your client(s)? Just because it is written does not make it so. Shirley Price has noted in her book that a number of oils have been incorrectly identified as being harmful or abortive yet there is no research to support or reject those statements.\(^1\)

However, this questionable information has been repeated in a number of books written by fairly famous aromatherapy authors. How would you know if the information in aromatherapy textbooks is true or not? By doing “Evidence Based Practice,” a new term for research with the goal of adding to the body of knowledge. And that is what this research project is going to lead you to do. We can’t spend our lives researching and confirming for ourselves everything we learn about essential oils. But we can observe, raise questions, and do our own informal research studies, as well as complete a formal research study which could be published. We can start thinking like a clinical aromatherapist now!

Selecting a Topic to Study

Selecting something to study may sound simple but there are actually several steps which will make it much easier for you to narrow down a topic to study. First, select an area that draws your interest. Have you wondered why some oils are pain relieving and others are not? Maybe you have wondered about natural sleep aids and whether they work as well as drugs, but without side effects. Or perhaps you have a science background and wonder what components in essential oils make them anti-infectious. Maybe you are just intrigued by a particular family of oils like the eucalyptus oils or you want to know more about the differences between various frankincense species. Or, in your family you are
dealing with an aging parent with dementia and you wonder if essential oils can help. Maybe you have a grandchild that has been diagnosed with ADD or ADHD and you wonder if essential oils can have a calming effect. The list could go on and on about topics of interest to you.

**Some Topic Areas to Ponder**

Be observant, look around you. What is working and what is not? Do you already have a healing practice? Then think about your clients. What issues do they have that essential oils might help? Not in a practice yet? Then think about those closest to you—family, neighbors, friends. What issues have they expressed that you wonder if essential oils might help? Now think about the anatomy and physiology of the body. What systems are compromised? What needs attention?

Is it **skin**—warts, blemishes, wrinkles, boils, infection, alopecia, nail fungus, burns, dry cracked skin, eczema, dermatitis, psoriasis, wounds, scars, or lice?

**Nervous system**—Alzheimer’s, dementia, mental fatigue, brain tumor, depression, headaches, insomnia, palsy, carpal tunnel, neuralgia, shingles, neuropathy, stroke, Parkinson’s, or multiple sclerosis?

Is it **circulatory problems**—anemia, heart, blood pressure issues, phlebitis, angina, heart arrhythmias, bleeding, or swollen ankles?

**Kidney or bladder issues**—edema, inflammation, stones, or urinary tract infections (UTIs)?

**Reproductive or hormonal problems**—premenstrual issues like bloating or pain; menopause symptoms like night sweats, hot flashes, or mood swings; cancers of the uterus, ovaries, or breast; infertility, vaginal yeast infections, endometriosis, excessive bleeding, cramps, Herpes, or warts? Pregnancy issues like hemorrhoids, heartburn, insomnia, morning sickness, stretch marks, backache, constipation, or emotional upsets? In the male, is it prostate enlargement or cancer, male hormone imbalance, impotence?
**Respiratory issues**—cold and flu, sinusitis, sore throats, bronchitis, pneumonia, allergies, or asthma?

**Digestive issues**—bad breath, mouth ulcers, toothache, loss of appetite, stomach cramps, indigestion and heartburn, nausea, gas, flatulence, constipation, ulcerative colitis, Crohn’s disease, irritable bowel, diarrhea, or liver congestion?

**Musculoskeletal problems**—spasms, pain, fibromyalgia, broken bones, backache, arthritis, bruising, connective tissue traumas, joint stiffness, osteoporosis, scoliosis, or sciatica?

**Step 2—
Narrow Your Search**

Now that you have a few ideas of where you might want to go, start narrowing down your topic. List **key words** that will help you look up information about your topic. Make some source cards for all the references you are going to use to describe your topic/identified problem area.

Next, begin to focus the topic into something you can cover well. Start doing your internet searching, as well as searching the aromatherapy resources you have already gathered on your bookshelf or found in the library. If you choose to study how a certain oil works on a particular problem area but find that it has never been studied before, you will have the challenge of looking for other research using your chosen oil but in unrelated studies.

Write down a statement of purpose about your focused topic. Brainstorm questions about your focused topic statement. Get out those source cards and start putting down some ideas, noting where you can return for more information.

Refine the question you want to study—is the question clear to you? If you need more clarity—then go back to your sources and your list of questions. Keep working it until you have a mental picture of a clear question to study with potential methods of studying this topic.
Putting Your Question under the Microscope

Okay, now that you have your question, let’s put it to the test. Doing research is just like that—putting your question to the test, looking at it from every angle until you are able to clarify that question for yourself and know where you are going in your research.

You have narrowed your research topic down to something that is manageable, but is it really clear? If it isn’t to you, then it won’t be to anyone else. You don’t want to pick a general category like fibromyalgia which affects many systems in the body—you want to narrow your topic to a specific aspect of fibromyalgia, for example, the chronic pain in the neck from fibromyalgia, or the chronic muscle fatigue in the shoulders and back from fibromyalgia. Neither would you want to pick something so general as the topic of arthritis—be very specific—arthritic pain in the finger joints.

Here are some sample questions if you can’t think of any. Use these as jumping off points to formulate your own research question.

- Will 2-3 drops of basil oil applied neat to the temples, forehead and back of the neck decrease a migraine headache?
- Will wintergreen relieve arthritic pain in fingers when diluted 50-50 and rubbed on joints twice a day for a month?
- Will two drops of valerian essential oil rubbed on the soles of the feet nightly aid sleep and relieve generalized body pain?
- Will two drops of thyme oil rubbed on the soles of the feet at bedtime, stop snoring within two weeks?
- Will one drop of tea tree oil applied to the lip shorten the duration of a fever blister to only 2-3 days versus 7-10 days?
- Will two drops of Ylang Ylang essential oil rubbed on the carotid arteries twice a day lower chronically high blood pressure within one month?
- Will 2-3 drops of spikenard oil rubbed neat on the edges of a decubitus ulcer and the wound spritzed with a 2.5% solution of spikenard in sterile water heal the ulcer within two weeks?

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Will rosemary essential oil improve alertness and mentation in an elderly population when diffused throughout the nursing home twice a day for 15 minutes?

Will ravintsara essential oil rubbed twice a day on a shingles outbreak stop the pain and heal the lesions within two weeks?

Will a 5% dilution of peppermint oil applied to an outbreak of poison ivy decrease the pain and itching and heal the lesions within one week?

Will 2-3 drops of peppermint oil applied to the temples and back of the neck stop a tension headache?

Will one drop of peppermint oil dropped on the tongue stop heartburn within seconds?

Will one drop of patchouli oil applied to the mastoid bone behind the ear stop nausea associated with motion sickness?

Will 1-2 drops of neroli absolute oil decrease anxiety, depression and hysteria when inhaled on a tissue?

Will 1-2 drops of myrtle oil applied neat twice a day shrink an enlarged prostate within 3 months as shown by x-ray?

Will a 10% dilution of marjoram oil applied twice a day relieve shoulder and back muscle aches and pain from fibromyalgia within one month?

Will applying lavender oil neat 2-3 times a day to a kitchen burn stop the pain and heal the burn within 2-3 days?

Will applying 1 drop of lavender oil to each foot at bedtime aid falling asleep for a person who suffers from insomnia?

Will inhaling jasmine absolute oil lower blood pressure within 20 minutes?

Will helichrysum essential oil regenerate nerves that have been cut when applied twice a day for 3 months?

Will applying helichrysum essential oil neat relieve deep tissue bleeding and prevent bruising?

Will 1-2 drops of hyssop oil applied neat at the throat and upper chest area twice a day relieve congestion and dry up secretions in the bronchi?
Will one drop of hyssop oil applied at the suprasternal notch aid the dying process by drying up secretions?

Will diffusing nutmeg oil throughout a nursing home 15 minutes before meantime increase the amount of food consumed by the elderly who exhibit decreased appetite?

Will one drop of geranium oil applied under the nose decrease nasal allergies to tree and grass pollen?

Will *Eucalyptus globulus* (Blue Gum) decongest a sinus infection and improve breathing when applied in a 5% dilution on the cheeks and forehead?

Will a 5% mixture of fennel oil in a base cream applied twice a day to small sized breasts enlarge the breast size within 3 months?

Will 1-2 drops of dill oil applied to the soles of the feet three times a day improve the body’s production of insulin as measured by blood sugars within one week?

Will 1-2 drops of coriander oil applied to the pancreas twice a day improve blood sugars within one week?

Will 3 drops of ocotea essential oil under the tongue twice a day lower blood sugars within one week?

Will applying 1-2 drops of clary sage over the ovaries twice a day decrease hot flashes within 2 weeks?

Will applying 1-2 drops of German chamomile to the soles of the feet twice a day decrease respiratory allergies?

Will one drop of Roman chamomile rubbed on the gums stop teething pain in an infant?

Will a 5% dilution of Roman chamomile rubbed on the abdomen of an infant with colic stop the baby’s crying?

Will 1-2 drops of balsam fir oil decrease inflammation and joint pain from exercise?

Perhaps one or more of these questions sparked areas of interest for you. Select one or two and move to step 3.

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Step Three—
Do Your Information Search

Now comes the part where you earnestly gather enough information about your research question. You want to get excited about your project so you look up the anatomy and physiology of the body system involved. Then, you look for previous research done on your specific question. Can’t find any? Keep searching. Evidence Based Practice (EBP) relies on quantitative research studies and not on qualitative studies. In your information search you may have to settle for research on other problems involving the oil you are studying. You next look up the oil you have chosen to study to gain insights into how this particular oil might address the research question you have. Choose only ONE oil to study—when you use more than one, it becomes almost impossible to prove that your results (outcomes) are due to action of one oil over another. Studying a blend is also a difficult move—you can only say that the results were due to the synergistic action of all the oils within the blend but can say nothing about a single oil within that blend. You would also need to discuss relevant research regarding each single oil within the blend. If your blend was only 2-3 oils, it would be achievable. But if your blend had 5 or more oils within it, your paper would be considerably lengthy to discuss each oil within the blend.

What Are Your Resources?

Electronic resources abound and they can be of high quality. The key principle is narrow your topic and come up with some keywords to search that are relevant and focused. You want to evaluate those resources—are they distorted, biased, or just plain poor? You don’t want testimonials—in the world of research, they mean very little.

How do you evaluate your resource? If it has advertising or links indicating that the owner is a member or has an affiliate program on it, does that automatically
make the information suspect? Not necessarily. Here are a few more considerations to evaluate your sources.

**Refereed journals.** This is a journal that requires all articles to be peer reviewed.

**Books and serial monographs.** It depends on the publisher and whether or not they evaluate, judge, and critique the material to assure that only the most reliable are published.

**Wikipedia.** Can be questionable—variable quality here.

**Weblogs and corporate sites.** Some are excellent, others are biased and unreliable.

**Use different search engines.** Google and Ask.com are link-ranking engines which means they consider the relevance and importance of the links that link to a website and the sites the website links to. Yahoo and altavista rank by general content. They look at keywords in metatags and in the web page’s content.


**PubMed is key.** You are looking for actual published research, not someone’s testimonial which is considered hearsay. Here is how to use this valuable resource. Go to [www.PubMed.com](http://www.PubMed.com) or to [http://www.ncbi.nlm.nih.gov/pmc](http://www.ncbi.nlm.nih.gov/pmc). In the search bar put the name of your chosen oil you wish to study followed by a comma. Then put the name of the problem you wish to study. Go back to your keywords—that will help you. For example, you want to study frankincense and its effect on skin cancer. PubMed will identify research articles directly related to both of your keywords. Don’t forget to click on Related Citations. You will be taken to a much longer list of published articles some of which are very helpful while others are not. When you click on the article, you will get the abstract which
is a summary of the research that was conducted. You are looking for several important points: what was their topic and question, the hypothesis, methodology and results. Sometimes you can get a free copy of the entire research article including all their tables, diagrams, pictures, etc.

What do you do when PubMed says there are no published articles for your keywords? Keep changing the keywords until you come up with some articles that relate to your question. For example, you put in basil and sinusitis and you come up with no articles. Keep changing the keywords. I tried basil and infections and came up with 50 articles. Then narrow down the search and see if any of those 50 articles might be helpful for you. Another keyword combination that might work is “essential oils, sinusitis.” Results—10 articles. So keep searching until you find enough results to support a hypothesis regarding your question.

HerbMedPro is another data base from the American Botanical Council. You may find some useful published research here as well.

**Step 4—**

**Develop your Hypothesis**

Now that you have enough information about your topic and have narrowed down your question to study, it is time to formulate a hypothesis. A hypothesis is a proposition made as a basis for reasoning without a bias as to its truth. It’s a starting point for further investigation from known facts. In other words, it’s a good guess made from the information you have gathered about two variables. In this research project, it is about a particular essential oil acting a certain way on a particular problem or population.

A question will end with a question mark. For example: “Will frankincense essential oil applied neat to a skin cancer get rid of it within a month?” Or, “will
tea tree oil used in a neti pot rinse eliminate a sinus infection?” Notice the action verb is WILL. A hypothesis will be a statement that says yes, it WILL.

So, a hypothesis statement in these two examples could be:

One drop of Frankincense essential oil applied neat to a skin cancer on the face will remove the cancer within one month.

Tea tree oil in a solution of warm sea salt used in a neti pot for sinus irrigation will relieve symptoms of a sinus infection within 10 days.

Now go back to your question or to the list of potential questions I have posed. Can you turn the question into a hypothesis statement? Make it tight. You don’t want to say “frankincense will remove skin cancer.” That’s too open-ended. Be more specific—how much oil, applied where, and for how long.

When you make statements such as these, it will require investigation. Remember, your hypothesis is a starting point and it will require testing. A good hypothesis will help you focus your investigation and keep you from getting lost in the forest. As you conduct your investigation, it may open up more and more questions but your hypothesis will keep you on track.

Is it important to prove your hypothesis as true? No. There can be all kinds of conditions and circumstances that can affect your outcome and make it impossible to prove your hypothesis. Don’t be disappointed. You have found one way that your stated hypothesis is not true.

To summarize—a good hypothesis:

• Can be tested
• Is not too general
• Is a predictor of consequences

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Step 5—
Choose Method of Study

This is your methodology—how you plan to test or measure your hypothesis for truth or falsehood. Your methodology needs to be appropriate and fit your particular hypothesis. Go back to your information you gathered from what other researchers have done. Sometimes you can get ideas on how to measure your outcomes from previous conducted research. What design features make a good quantitative study?

- Increased number of participants
- Blinded randomization
- Control of bias
- Control of external variables

If you are choosing to do a research study using a population of one versus a study with 10 participants, it is obvious that the more participants you have, the stronger your results. Blinded randomization makes sure that the researcher does not know who receives the treatment and who does not when participants are randomly assigned in the study. This is one way to control for bias. Controlling for external variables means you can’t attribute your results to other factors. For instance, the participants were also using additional oils during the research study.

Some Methodology Examples:
- You ask 20 people with a common problem to apply a particular oil and record their results.
- You apply 1 drop of a particular oil to a skin problem every day for one month and photograph the changes.
- You ask your chosen population who has diabetes to record their blood sugars daily for one month and to take 3 drops of ocotea oil under the tongue once a day, preferably at the same time each day.
- You diffuse a particular oil on a nursing home unit 15 minutes out of every hour and observe and record patient behavior.

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• You have two groups of 5 people in each group. One group gets lavender in a full body massage and the other group gets massage with just a fragrance free lotion. You then have each person complete a questionnaire on relaxation which you found on the internet.

• You have a hyperactive child who cannot settle down for bed. For 30 days, you diffuse a particular oil 20 minutes at bedtime and record how long it takes for the child to get to sleep as compared to 30 days when you did not diffuse an oil.

Step Six—
Get Project Approval

What if your question is not clear? Or, you don’t put an action verb in the hypothesis or your planned methodology is weak—will you be successful in your research? Probably not. That is why in the ISHA aromatherapy program, we ask you to email your question, hypothesis and planned methodology to the director for input and clarification **BEFORE STARTING**. This is a valuable step and could save you many hours of repeating a research project because it was too vague. Send these three things to: LindaSmith@ISHAhealing.com Once you receive approval, you may begin conducting your study.

Step Seven—
Conduct Your Study

Every research study has two aspects:
• Study population
• Subject area, like cause and effect relationships

How many people do you plan to have in your study? Who are they? Clients, relatives, yourself? You can find populations anywhere—your church, at the grocery store, fellow classmates, your neighbors, at work, in hospitals, nursing homes, or hospices. Just remember that if you want to use a population from an institution, you must have permission. Many hospitals will require you to go through a permission board. This approval may be difficult to obtain unless you are familiar with the

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institutional system. Nursing homes and hospices may be a little easier to get permission. I suggest that you get a signed release form when you get people to sign up for your research project.

Don’t forget to calculate the cost of your project. If you are using 10 subjects and the oil you want to test is helichrysum for hearing loss, this could get rather expensive. It is your responsibility to provide the oils that are being tested. Even diffusing say, lavender in an Alzheimer’s unit can be expensive—diffuser plus the oil.

Some more examples:
You want to study the effects of thyme oil in eliminating snoring. You might have a study population of 3-5 people (or more) known to be loud snorers as per their wives’ complaints. You get agreement from these individuals to put 1 drop of thyme oil on the soles of the feet at bedtime, then you have the wives record how many times they are awakened by their husband’s snoring.

You have a child with a wart on their hand and you want to study the effect of frankincense in getting rid of warts. In this case, the study population is only one child. I caution you to write this paper as a research project—not as a case study.

You work at a nursing home and you get permission from the administration to try diffusing lavender essential oil in the Alzheimer’s unit and you measure how many incidents of loud uncontrollable behavior occurs within the time the lavender oil is diffused as compared to when it is not diffused.

You have access to laboratory facilities and you are curious as to the zone of inhibition of geranium oil as compared to tea tree oil on a particular bacteria. Measurements are made in millimeters on the petri dishes.

You want to see if frankincense oil applied to a skin cancer will remove the cancer within one month. You photograph the skin cancer, paying attention to time of day, lighting, camera, etc. Then at the end of the month, you repeat your photographs and compare.
You want to see if two oils—coriander on the pancreas and dill on the soles of the feet will control blood sugars. You daily take blood sugar measurements and record them.

In each of the above examples, the methodology and collecting data were simple. However, measuring outcomes can be difficult especially if you are depending on the subject’s verbal or written response. How reliable is this information? You may have to look for a tested tool to measure subjective outcomes. Simply stating, yes, I feel better using this oil is not an adequate measurement. Measuring emotional responses is extremely difficult and will require proven testing tools which you can search out on the internet. If you cannot find a good testing tool, then create a self-report scale. Likert scales are an example. These are psychometric scales commonly involved in research that employ questionnaires. Look up Likert scales on Wikipedia for a description.

Step Eight—
Gather your Data

Collect your responses or re-photograph. Depending on the size of your population, you may need to account for those who took your oil and used it but never recorded the results, or those who only half-heartedly did the experiment, applying the oil sometimes and sometimes recording it but not every day as they had agreed. In a perfect world where everyone does what they agree to, you would have lots of data but that rarely happens. This is why you want as large a population as possible. If you have a population of three people but only one of them complied with your experimental method, you won’t be able to make any conclusions. But if you had 10 people in your population and 7 of them complied you have sufficient responses to make a conclusion.

Step Nine—
Evaluate Your Results

This is where you sit with your collected data and try to make sense of it. Do you have enough information to make a definitive decision of truth or falsehood regarding your hypothesis which your experimental method tested? This is where you note all the possible effects on your outcomes. For instance—non-
compliance, unclear instructions, ran out of oils, spouse/significant other interference, data collection sheets were lost by the participant, drug interference or interaction, death of a participant, other illnesses developed that required hospitalization, etc.

Not all research outcomes are easy to see the cause and effect relationship between the action of the oil and the human body. Suffice it to say, this is a simple research project with the purpose of teaching you the research process.

Is There Any Possible Way You Can Work with Another Student Researcher When Doing this Research Project?

Yes, there is. If you and a fellow student come up with a question that is a comparison between two oils on a given population experiencing a particular problem, and you each formulate a hypothesis, one of you can study the effects on half of the population using one oil and the other researcher can study the other half of the population using a different oil. Both of you would be writing your papers independently of each other.

Step Ten—
Write Your Paper

There are steps to follow in writing your paper which we want you to follow. First of all, let’s look at how the paper is to be typed. Use one inch margins on all 4 sides, double-spaced, 11 or 12 point font size. Do not use italics or fancy scripts, stick to simple Roman or arial fonts. Be sure to number your pages with the title of your research and your name on the first page.

In writing your paper the following information needs to be included:

Page 1

The abstract. This is a summary of your entire project. You can start with a description of your question and relevant information to your question.
your hypothesis and your method of studying your hypothesis for truth or falsehood. Give a summary of your findings along with your evaluation of the project. State whether you proved your hypothesis or didn’t. If you didn’t, what were the extenuating circumstances that interfered with your research. So, the abstract is a summary (in a nutshell) of the entire study.

**Page 2-3**

**Description of the problem and statement of your question.** What led you to do this study in the first place? Then tell why you wanted to study this particular oil in relation to the problem. If you were studying the effect of thyme oil on snoring, then you need to describe what causes snoring. Give a description of the anatomy and any research you can find on snoring. Then describe thyme oil, its healing properties, chemistry, etc. If for some reason, you feel compelled to study the effects of two oils, then, please understand that your paper will be longer than the required 8-10 pages. The description of both chosen oils and their supporting research studies must be added here, in effect, adding 2-3 pages to your paper.

**Page 4**

Describe all previous research studies regarding your chosen oil and the identified problem. In the example on snoring, look for any essential oil that affects snoring then specifically look for thyme oil in relation to snoring. What you are doing in building a case for doing this research project is trying to convince the reader that this is worth their reading and that your logic is sound as you look for a cause and effect relationship.

**Page 5-6**

**Hypothesis and methodology.** First state your hypothesis now that you have made a case for the relationship between the problem and the chosen essential oil. Give your method for studying your hypothesis. Describe any testing, any subject instructions, any data collection tools you have chosen. You are describing the process—not the results yet.
Page 7

Evaluation of your data—this is where you give your results, your outcomes of the study. Were you successful in proving or disproving your hypothesis? Be sure to list any and all factors affecting your outcomes.

Page 8

Bibliography and description of the author. List all resources you used in this study including all research studies, books, or other resources. The last important paragraph is a description of yourself as the author of this paper. Don’t just give your name and credentials. This is where you show the reader that you have experience in aromatherapy and other related fields like nursing, massage therapy, or you are a distributor/user of essential oils and have used them for x number of years.

Addendum

If you have a data collection tool, or you took photographs, they go in the paper at the end. In writing the paper, your problem description may take more than two pages. The total length of the paper though should not take more than 10 pages. The addendum will then come after the tenth page. If you have a measurement tool, or serial pictures, this might be quite a few pages but is not counted in the 8-10 page required paper. It is an addition.

Final Thoughts

You are not alone in this venture! The whole point of doing a research project and paper is to help you develop a researcher’s mind when it comes to aromatherapy for yourself and your clients. The staff and teachers at ISHA are here to help you be successful. Don’t hesitate to contact LindaSmith@ISHAhealing.com for help along the way.

Footnotes