

# AromaSense



## Making sense of essential oils

### Features and Uses

AromaSense is an Essential Oils Aromatherapy application showcasing essential oil basic information, safety concerns, benefits, purchase history, images, recipes, charts, chemistry, commentary from experts in the field, and other information on a growing number of essential oils (143 to date and 39 carrier oils).

Some of the built-in functions in the app include –

- Search
- Sort (multi sort)
- Filter (on any field, multiple fields)
- perform calculations – per field or multi-field
- add/update/delete records, fields or tables
- form views, expanded field views
- create new custom views
- linked tables
- hide fields
- add calendars

### Tables

The following are lists of the tables in the app along with a list of fields and descriptions of the fields to help you understand where to find information.

#### Aromatics Table

Where applicable, Kidsafe age, cautions, and dilution guidelines have primarily been taken from Tisserand & Young's Essential Oil Safety Version 2.

**Aromatics** the layman's name of the essential oil

**Botanical Name**

**Plant Part** – the part of the plant that's distilled to make the EO

**Kidsafe Age** (at what age is it safe to use the oil. Criteria is based on all oils unsafe for babies less than 2 years of age. Usage of essential oils on children is at user's own risk)

**Cautions** – any cautions associated with this oil will be listed here

**Dilution Guidelines** (if any)

**Chemical Family** (primary family listed first)

**Extraction Method** (primary method; if different buying choice, captured in EO Purchase Info table; for example, you purchase a CO<sub>2</sub> of the EO, capture that when you enter your Purchase record)

**Perfume Note** – is it a Top, Middle, or Base Note? Sometimes it can be one or two

**Botanical Family**

**Therapeutic Properties** – what are the therapeutic benefits of the oil? A definition lookup table is available

**Other Benefits** – for any other benefits not listed in the Therapeutic Properties

**Expert Notes** – what leading experts or websites say about the oil

**Personal Notes** – add your own information for each aromatic with any other comments you want to capture about the oil

**Photo/Video** – images or videos of the oil

**Shelf Life** – how long in years is the expected shelf life of the oil

**References** – any specific references for that aromatic

**Primary Chemical Family** – what chemical family / functional group of main constituents

**Primary Constituents** – what are the top one, two or three top constituents for that oil

**Constituent Values** – the aromatic's constituent profile from Tisserand's Essential Oil Safety v2

**Attachments** – anything of note about the aromatic – sample GC's, research, or your own files

**Own It** – yes/no for quick reference when using filters for searching criteria

**Misc Links** – any links to records in the Misc table, identified by user

### Carrier Oils Table

The carrier oils you choose are just as important as the essential oils and for that reason AromaSense gives you a table dedicated to understanding them.

**Name** – layman's name of the oil

**Botanical Name**

**Viscosity**

**Shelf Life**

**Contains** – what vitamins, minerals, etc are in the CO

**Uses** – skin care, hair care, massage, cosmetics

**Therapeutic Properties** – what are the therapeutic benefits of this CO

**Good For** – what are some of the ways to use this CO

**Images** – image of the plant

**Expert Notes** - what leading experts or websites say about the oil

**Personal Notes** - add your own information for each aromatic with any other comments you want to capture about the oil

**Attachments**

### Dilutions Calculator

Calculate the proper dilutions for your blends using the Dilutions Calculator.  
Choose from mL or Oz, specify how much, what percentage dilution you want, and the calculator will tell you how many drops you need.

## Misc Table

Table for your favorite articles, charts, recipes, blends, everything regarding essential oils and aromatherapy to collect and store all in one place for easy reference. Easy to search, easy to find.

**Name**

**Category** – Article, Charts, Expert Tips, Image, Link, Master Blend, Recipe, create your own

**Rating** – based on 1-5 scale

**Ingredients** – Identify ingredients which you can sort, filter

**Directions** – if it's a recipe or a blend, you can add the directions here

**Therapeutic Benefits**

**Personal Notes** - add your own information for each aromatic with any other comments you want to capture

**Attachments** – when available

**Source** – where the information was found, include URL when available

**Favorite** – check so you can sort/filter records by your favorites

**Link to Aromatics** – use this field to link your record to a specific aromatic

## Botanical Families

**Family Name**

**Description** – Basic description of the family

**Plant Example** – an image of a plant in the family

## Therapeutic Property Lookup

Not sure of all those therapeutic properties of the oils? Use this table to check the definition.

**Therapeutic Property**

**Definition**

**Notes**

**Attachments**

## Purchase Info Table

For the AromaSense FULL version users, the Purchase Info Table provides the fields you need to keep track of all those purchases – this table is linked to the EO Info and the Carrier Oils tables when the record is created from the oil record within that table.

**EO Name**

**Vendor** – where was the oil purchased

**Purchase Date** – when was the oil purchased

**Product Size** – what size was the bottle purchased

**Purchase Price** – what was the price of the oil

**Extraction Method** – what was the extraction method of the oil; option list

**Distillation Date** – when was the oil distilled

**Harvest Location** – where was the oil grown

## Vendor Lookup

Want to know a supplier you can trust? We've included a few WE trust and you can add your own.

## Synergies Table

Many essential oil users like to purchase synergies as well as single essential oils. For that reason, AromaSense provides a table highlighting the brand synergies, the oils in the synergies and a description of what the synergy is used for.

**Synergy Name**

**Brand**

**Kidsafe** (yes/no)

**Ingredients** - can be just EO or EO drops if known

**Description** – what is the synergy used for

**Directions** – how do you use the synergy

**Attachments** – if applicable

## LIABILITY DISCLAIMER

The developers of this software application are not doctors. The data within this application should not replace medical advice.

- Please go to a doctor if you have any medical issues.
- While we have taken every effort to provide accurate information within this application and have researched thoroughly, it is still your responsibility to research each oil and determine if it is the right oil for you.
- If you have allergies to any of the plants, please do not use the oils from those plants.
- If you have children, please take the time to make sure the oils are kid safe for the age(s) of your child(ren). The Safe for Kids ages are based on expert notes, but if there was doubt, the developers erred on the side of caution.
- If you are pregnant or breastfeeding, please research oils that are safe to use during this time in your life.
- If you are on medications, please take time to research each oil to see if there are restrictions for the medications you are on. If you have special medical conditions, it is your responsibility to research the oils that may affect your condition. AromaSense takes no responsibility for any inaccuracies in the data and holds you solely responsible if you choose to use the oils.
  - Safety does not include oral use and taking aromatics internally should only be done with the direction of a clinical aromatherapist with a background in aromatic medicine.

By downloading this app, you understand that you are accepting sole responsibility to use the application, that you do not hold Lynnette Crouse, AromaSense, any of the contributors, or any of the contents of this app responsible for what happens as a result of your use of essential oils.

## USER AGREEMENT

Initial installation is much easier if you are on a computer or laptop.

Remember to install Airtable on your mobile devices to access AromaSense from those mobile devices.

Support for AromaSense is through AromaSense and [quasimom@outlook.com](mailto:quasimom@outlook.com) and not through Airtable Support.

## CONDITIONS OF USE

- Your purchase of AromaSense is for a SINGLE user and is not to be given or shared with any other party or parties.
- You may modify YOUR COPY AromaSense to meet your own individual needs. However, you may NOT modify the application, then share it, or sell it to other parties.
- By purchasing AromaSense you indicate that you will adhere to the above conditions.

## INSTRUCTIONS

You can get the install instructions here:

[http://media.wix.com/ugd/66b3cf\\_556f7fff31b14acbafebbb1f6b702c4.pdf](http://media.wix.com/ugd/66b3cf_556f7fff31b14acbafebbb1f6b702c4.pdf)

You can read about the features and uses

here: [http://media.wix.com/ugd/66b3cf\\_68453377bc3c41ac838121b413b1d7c5.pdf](http://media.wix.com/ugd/66b3cf_68453377bc3c41ac838121b413b1d7c5.pdf)

You will also find instructional videos here: <https://www.youtube.com/channel/UC6-6ZPMhKTUC4TYWd8Ib2-g>