

# E.O.B.B. Essential Oil Certification Explained



Recreational aromatherapy, which is what we normally see advertised in the media, can get away with purchasing essential oils of unknown origin or quality. But, for therapeutic medicinal purposes that is not the case. A therapeutic grade oil must be able to be traced back to the field and distiller from which it was produced and the exact chemical makeup must be known. This is why we have chosen to carry E.O.B.B.D (H.E.B.B.D. in French) oils. The E.O.B.B.D. label is your guarantee of purity. This label is only granted through the I.N.S.A. - (Institut de Normalization Scientifique d'Aromatologie)- a scientific committee of independent health professionals based in Europe. E.O.B.B.D. means essential oils botanically and biochemically defined.

Our source laboratory in France, was awarded the H.E.B.B.D. certification, as a result of origin and quality controls operated on each lot of essential oil sold. A real quality-assurance system is set up: tracing of lots, botanical description, organoleptic characteristics, extraction mode, full physical and chemical analyses (GC/MS coupling). These controls are made under the responsibility of a Ph.D. pharmacist.

For therapeutic use, essential oils must meet various standards guaranteeing origin.

## 1. The exact botanical species of the plant

The term Lavender for example is inadequate because there is more than one species of lavender. Each species has its own particular aroma, and a specific essence is found in its tissues. A properly defined botanical species gives the name of the TYPE in Latin, followed by a QUALITATIVE DESCRIPTION, and sometimes the VARIETY, if such exists.

Lavandula, then, is not a species but a general name which covers many types of lavender such as: vera, spica, stoechas, hybrida, these being qualitative descriptions of individual different types of lavender. The association of the TYPE and DESCRIPTION defines the BOTANICAL SPECIES, for example: Lavandula vera, Lavandula hybrida.

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## 2. The producing organ

This precision is of little concern when the entire plant is distilled, (as with Mentha piperita - Peppermint) but it must be of relevance in the case of certain plants principally trees or aromatic shrubs, because the essence varies qualitatively according to the part of the plant being considered.

Cinnamomum zeylanicum or Cinnamon of Ceylon (LAURACEAES) expands into three specific essences:

essential oil of leaves, rich in eugenol (phenol)

essential oil of bark, rich in cinnamaldehyde (aldehyde)

essential oil of roots, rich in borneol (ketone)

It is therefore written: Cinnamomum zeylanicum p.o. leaves, or p.o. bark, or p.o. roots.

## 3. The biochemical specificity

According to its biochemical specificity, the essential oil of any given species will have some individual characteristics of its own. The data of this specificity shows the composition, which provides the essential oil with its particular therapeutic action, though such components are not necessarily in the majority. The biochemical specificity must then be mentioned so that the therapeutic use of the essential oil corresponds to its properties. Example: Thymus vulgaris b.s. linalool, Thymus vulgaris b.s. thymol, Thymus vulgaris b.s. citronellol, etc.

Furthermore, the essential oil having the following characteristics must absolutely be rejected:

-deterpened essential oil

-chemically reconstituted essential oil (Niaouli, frequently is)

-adulterated essential oil (when synthetic aromatic products are added)

-essential oil diluted with less precious essential oil

-essential oil extracted with organic solvents

-burned essential oil (distilled at too high a temperature and pressure)

With such products it is impossible to practice aromatic medicine. Their use leads quickly to manifestations of intolerance and intoxication, which are contrary to the balance and health that we seek.

We feel incredibly fortunate to have such high quality suppliers with such integrity and dedication. I know each and everyone of our suppliers personally. Everyone of them is esteemed within the professional aromatherapy world. We have much to be excited about. There are many great things in store for us all in this aromatic adventure we are taking together.