

AromaSense



Making sense of essential oils

AromaSense is an all-in-one app helping users navigate the safe use of oils while expanding your knowledge and sparking creativity

The AromaSense application showcases essential oil information, safety concerns, benefits, purchase history, images, recipes, charts, commentary from experts in the field, and other information on a growing number of essential oils (143 to date and 39 carrier oils)

AromaSense comes in two options – AromaSense Basic and AromaSense Advanced.

Basic AromaSense includes:

- ❖ Aromatics table – 143 Essential oils, CO₂'s and Absolutes with 18 fields of information
- ❖ Carrier Oils – 39 Carrier Oils including CO₂'s
- ❖ Dilutions Calculator – makes creating blends a snap
- ❖ Misc – use this table to collect all your aromatherapy information
- ❖ Botanical Families – includes 20 of the most common botanical families used for aromatherapy
- ❖ Lookup Tables for Therapeutic Properties, Vendors, Synergies

Advanced AromaSense has all of the content in Basic with the addition of

- ❖ Table Chemical Families lookup
- ❖ Table Chemical Lookup 67 most common constituents
- ❖ Aromatics Table adds
 - Primary Chemical Families
 - Primary Constituents
 - Aromatics Supporting References

*How do I know
which version
is right for me?*

If you just want researched information and guidance to use essential oils safely choose **Basic**.

If you are a curious avid learner, student, educator or just passionate about aromatherapy, and want to learn about the chemistry of essential oils choose **Advanced**.

AromaSense



Features and Uses

- Filter (on any field or multiple fields)
- Sort using multiple search criteria
- Add/update/delete records, fields or tables
- Hide fields
- Print one record, a record set, or use the built in app to create your own Monographs
- Change row height, particularly helpful for long text fields
- Export anything
- Form views, expanded field views
- Create new custom views including views created from a filter or sort
- Create Groupings
- Use colors to identify specific records
- Perform calculations – per field or multi-field, use formula fields
- Link tables
- Watch videos or read articles to get the most out of Airtable

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

Safe 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 CO2 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

AromaSense



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

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

References – any specific references for that aromatic

Advanced Version includes

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

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.

AromaSense



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

AromaSense



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

Additional Tables in AromaSense Advanced

Chemical Families

Therapeutic Benefits – General benefits for each family

Main Chemicals – Some common constituents from that family

Shelf Life – General shelf life guidelines

Aroma – the general aroma

Safety – any safety cautions

Dilution Guide – general safe dilutions

Expert Notes -

Common Eos – list of essential oils high in the chemical family

Common Constituents – field identifying some common molecules

Examples of the pictorial structure of the constituents

Chemical Lookup

Chemical Family

Oils High In – names of aromatics that contain high levels of the chemical

Therapeutic Benefits – therapeutics we know for that chemical

Notes - additional

Attachments – picture of the chemical

Aromatics Table adds

- Primary Chemical Families
- Primary Constituents
- Aromatics Supporting References

AromaSense



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 AromaSenseApp@outlook.com and not through Airtable Support. Airtable Support is available for questions about Airtable functionality.

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 AromaSense including your copy, then share it, or sell it, to other parties.
- By purchasing AromaSense you indicate that you will adhere to the above conditions.

AromaSense



INSTRUCTIONS

You can get the install instructions here:

Or watch an Installation Video here: https://www.youtube.com/watch?v=HY4WP_Nvn-8

You can read view a Welcome Tour here: <https://www.youtube.com/watch?v=z8AuToSRAug>

You will also find instructional videos on our YouTube channel:

https://www.youtube.com/channel/UCDbTo2UdzbbiqYZ1_1sDzw