

# The 2015 International Symposium on Wellness and Aromatherapy

23<sup>rd</sup>-24<sup>th</sup> July 2015

Digital Multimedia Complex (Building 15), Rangsit University

23 <sup>rd</sup> July 2015	
Time	Topic
08:00	Registration
09:00	Opening Ceremony
<b>Session 1 Chairperson: Prof. Dr. Krisana Kraisintu</b>	
09:30	Keynote: How to Process Essential Oils from Raw Materials. New Products: Fraction Oils <i>Mr. Nicolas Dugue</i> , Asian Manager, Charabot, France
10:15	Global Trends of Aromatherapy in Healthcare <i>Assoc. Prof. Dr. Surapote Wongyai</i> , Dean of the Faculty of Innovative Oriental Medicine, Rangsit University, Thailand
11:00	Coffee & Networking
11:45	Formulation Development of Aromatherapy Products <i>Dr. Panassaya Suppasansatorn and Dr. Chatchada Bodhibukkana</i> , Research and Development Institute, The Government Pharmaceutical Organization (GPO), Thailand
12:30	Lunch
<b>Session 2 Chairperson: Assoc. Prof. Dr. Pimol Rienvatana</b>	
14:00	Essential Oil Production in Turkey <i>Mr. M. Salim Koyuncu</i> , Rose oil Consultant, Turkey
14:45	Discover Thai Wellness <i>Mr. Krod Rojanasatien</i> , President of the Thai Spa Association, Thailand
15:30	Coffee & Networking
15:45	Healing with Essential Oils <i>Asst. Prof. Dr. Chatchai Wattanapiromsakul</i> , Faculty of Pharmaceutical Sciences, Prince of Songkla University, Thailand
Business Matching (By appointment) & Poster Presentation	

24 <sup>th</sup> July 2015	
Time	Topic
<b>Session 3 Chairperson: Dr. Piyaporn Prayakprom</b>	
09:00	“HAMAM” The Turkish Bathing Culture, Architecture and Wellness Benefits <i>Mrs. Ipek Caldemir Caliskan</i> , Spa trainer and consultant, Turkey
09:45	How Plants & Oils Help You <i>Mr. Wiriya Phungsoonthorn</i> , Chief Executive Officer, Nature Touch Co. Ltd., Thailand
10:30	Coffee & Networking
10:45	Opportunities and Challenges of Herbal Medicines for Use by Victims of Disaster suffering from Psychiatric Disorder (PTSD) in Yogyakarta <i>Dr. Akrom M. Kes.</i> , Faculty of Pharmacy, University of Ahmad Dahlan, Indonesia
11:30	Panel discussion: Opportunities and Threats in the Aromatherapy and Spa Industry; Experience Sharing Moderator: <i>Prof. Dr. Krisana Kraisintu</i> , Rector of College of Oriental Medicine, Rangsit University <i>Mr. Wiriya Phungsoonthorn</i> , Chief Executive Officer, Nature Touch Co.Ltd., <i>Dr. Sumalee Pornkitprasarn</i> , Director of Bureau of Cosmetic and Hazardous Substance Control, Food and Drug Administration, Thailand
12:15	Lunch
13:30	Thai Lanna Spa Identity by Northern Folklore Products <i>Assoc. Prof. Pimporn Leelapornpisid and Dr. Jakaphun Julsrigival</i> , Faculty of Pharmacy, Chiang Mai University, Thailand
14:30	Oral presentation - Miracle Hemp Seed Oil for Nutritional and Cosmetic Use <i>Assoc. Prof. Dr. Surapol Natakankitkul</i> , Faculty of Pharmacy, Chiang Mai University - Formulation of Liquid Soap Containing Essential Oil Plant Extracts for a Monk <i>Dr. Rattana Panriansean</i> , Program of Aesthetic Health Science, College of Allied Health Science, Suan Sunandha Rajabhat University
15:00	Award presentation
Business Matching (By appointment) & Poster Presentation	

## Invited Speakers



### **Mr. Nicolas Dugué (Keynote speakers)**

*ASEAN Director of Fragrances & Ingredients, Charabot, France*

**Title: How to Process Essential Oils from Raw Materials. New**

**Products: Fraction Oils**

Biography: Mr. Nicolas Dugué received bachelor degree from ESDES School of Business and Management, France and MSc. in marketing and management from Business School, Staffordshire University, UK. At present, he is ASEAN Director of Fragrance & Ingredient at Charabot, a perfumery leader in France. He organizes and implements company strategies for fragrances & ingredients in South East Asia region including Indonesia, Philippines, Thailand & Vietnam. Mr. Nicolas is an expert in essential oils with many years of experience in this filed.



### **Assoc. Prof. Dr. Surapote Wongyai, Dr.rer.nat.**

*Founder Dean and lecturer in Herbal Medicinal Products Development at Faculty of Oriental Medicine, Rangsit University, Thailand*

**Title: Global Trends of Aromatherapy in Healthcare**

Biography: Assoc. Prof. Dr. Surapote Wongyai received his B. Pharm. (Pharmacy) from Chiang Mai University, M.Sc. (Pharmacy) in Pharmaceutical Chemistry from Mahidol University, Thailand and Ph.D. from the University of Innsbruck, Austria. He is currently the Founder Dean and lecturer in Herbal Medicinal Products Development at Faculty of Oriental Medicine, Rangsit University, Thailand. Dr. Surapote is an expert in research and development of herbal medicinal products at the International Center for Science and High Technology/United Nation Industrial Development Organization (ICS/UNIDO), Trieste, Italy. Dr.Surapote has published numerous research articles in the field of pharmaceutical chemistry and R&D of herbal medicinal products.



**Dr. Panassaya Suppasansatorn**

*Director of Pharmaceutical Research and Development Group, Research and Development Institute, the Government Pharmaceutical Organization (GPO), Thailand*

**Title: Formulation Development of Aromatherapy Products**

Biography: Dr. Panassaya Suppasansatorn received B.Sc. (Pharm.) from Faculty of Pharmaceutical Sciences, Chulalongkorn University, Thailand, MPhil. in skin delivery from the University of Aston, United Kingdom and Ph.D. in Pharmaceutical Technology (International Program) from Faculty of Pharmaceutical Sciences, Chulalongkorn University. At present, she is Director of Pharmaceutical Research and Development Group, Research and Development Institute, GPO, Thailand. Her expertise is on research and development of liquid, semi-solid, injectable, ophthalmic, cosmetic, medical device and food products. Many of her projects have been granted patents. Her distinct skin care products Curmin<sup>®</sup>, formulated under GPO's brand were composed of Turmeric extract.



**Dr. Chatchada Bodhibukkana**

*Research Pharmacist, Research and Development Institute, GPO, Thailand*

**Title: Formulation Development of Aromatherapy Products**

Biography: Dr. Chatchada Bodhibukkana received B.Sc. Pharm and Ph.D. from Faculty of Pharmaceutical Sciences, Prince of Songkla University, Thailand. At present, she is Research Pharmacist in Pharmaceutical Research and Development Group at Research and Development Institute, GPO, Thailand. Dr. Chatchada is an expert in research and development of transdermal product, cosmetic, medical device and herbal products. Many of her projects have been granted patents.



**Mr. Mehmet Salim Koyuncu**

*Rose oil consultant, Turkey*

Title: **Essential oil production in Turkey**

Biography: Mr. Mehmet Salim Koyuncu initially started to execute a business in cologne and flower essences at the Spice Bazaar, a famous bazaar located in Istanbul. Then, he set up a factory to expand his manufacture and started to market cologne and flower essences within the country and abroad. In the meantime, he focused his business on rose oil. Nowadays, rose oil became one of his successful in the meantime products in the Middle East and Turkey. Mr. Mehmet is an expert in essential oils. He was invited to be a guest speaker in Art in Action, which has been consecutively held for 5 years in London. The topic was about “Today’s plant smells, essences and oils to Europe”.



**Mr. Krod Rojanastien**

*President of the Thai Spa Association, Thailand*

Title: **Discover Thai Wellness**

Biography: Mr. Krod Rojanastien attained a bachelor degree in Hotel Management, International Hotel and Tourism Training Institute (IHTTI), Switzerland. He is the President of the Thai Spa Association, Sales & Marketing Manager at Chiva-Som International Academy. Mr. Krod is a member of organizing committee for World Spa and Well-being Convention 2015 and a member of working committee on arranging the training course for Spa manager. He is an expert in spa industries. He was invited to be a keynote speaker in many occasions.



**Asst. Prof. Dr. Chatchai Wattanapiromsakul**

*Acting Dean of School of Pharmacy, Walailak University, Thailand and  
Lecturer at Faculty of Pharmaceutical Sciences, Prince of Songkla  
University, Thailand*

**Title: Healing with Essential Oils**

Biography: Asst. Prof. Dr. Chatchai Wattanapiromsakul received his B.Sc. in Pharmacy, M.Sc. in Pharmacognosy from Chulalongkorn University, Thailand and Ph.D. in Phytochemistry from Southern Cross University, Australia. He is Acting Dean of School of Pharmacy, Walailak University, Thailand and a lecturer at Faculty of Pharmaceutical Sciences, Prince of Songkla University, Thailand. His research interest focuses on phytochemistry with many research articles published in international journals.



**Mrs. Ipek Çaldemir Çalışkan**

*Spa trainer and consultant, Turkey*

**Title: “HAMAM” The Turkish Bathing Culture, Architecture and  
Wellness Benefits**

Biography: Mrs. Ipek Çaldemir Çalışkan was born in Elazığ, Turkey in 1968. She studied languages and literature at Ankara University. She held several executive positions in training, environment, sales and marketing at multinational service and cosmetics companies. She has received several certificates in the fields of natural therapies, aromatherapy, massages. She studied natural therapies at leading schools in the UK in 1999. Between 2002-2004, she lived in Bangkok where she studied Thai Massage and SPA Management at Chiva-Som Academy. She also taught various massage trainings in Chiva-Som during the same years. In 2004 she returned to Istanbul to open and operate a day spa, Kum Day Spa, until she moved to Pakistan in 2007. She continued her career in consultancy and training in spa management, wellness, beauty concept and aromatherapy there; and later on in Turkey, since her return in 2010.



**Mr. Wiriya Phungsoonthorn**

*CEO & Founder of Nature Touch International. Co., Ltd*

**Title: How Plants & Oils Help You**

Biography: Mr. Wiriya Phungsoonthorn has completed his bachelor degree in marketing and management from Wunganui, Adelaide, Australia. He is CEO & Founder of Nature Touch International Co., Ltd and committee member of GPO Research Fund. He also serves as an invited lecturer at the Faculty of Oriental Medicine, Rangsit University, and Dusit Thani College, Thailand. Mr. Wiriya is a specialist in aromatherapy with more than 30 years of experience. He was invited to be a keynote speaker in many occasions.



**Assoc. Prof. Pimporn Leelapornpisid**

*Vice Head Department of Pharmaceutical Sciences, Faculty of Pharmacy, Chiangmai University, Thailand*

**Title: Thai Lanna Spa Identity by Northern Folklore Products**

Biography: Assoc. Prof. Pimporn received B.Sc. Pharm in Pharmacy and M.Pharm in Pharmaceutics from Chulalongkorn University, Thailand. She is a Vice Head Department of Pharmaceutical Sciences, Faculty of Pharmacy, Chiangmai University, Thailand. She is an expert in aromatherapy, nanotechnology and research and development of pharmaceutical, cosmetic and spa products. Assoc. Prof. Pimporn wrote many textbooks and has published numerous research articles in the field of aromatherapy and cosmetics.



**Dr. Jakaphun Julsrigival**

*Department of Pharmaceutical Science, Faculty of Pharmacy, Chiangmai University, Thailand.*

**Title: Thai Lanna Spa Identity by Northern Folklore Products**

Biography: Dr. Jakaphun received B.Pharm. in Pharmacy, M.Sc. in Pharmaceutical Sciences and Ph.D. in Pharmacy from Chiang Mai University, Thailand. His research interests focus on chemical composition and biological activity of the essential oil from plants; antioxidant and anti-inflammatory activities and the effect on central nervous system. His research articles have been published in both national and international journals.



**Dr. Sumalee Pornkitprasarn**

*Director of Bureau of Cosmetic and Hazardous Substance Control, Food and Drug Administration, Thailand*

**Title : Panel discussion: Opportunities and Threats in the Aromatherapy and Spa Industry; Experience Sharing**

Biography: Dr. Sumalee obtained B.Sc. from Mahidol University, B.S. Pharm from University of Santo Thomas, B.S. Law from Thammasart University, Master in Public Health Administration from Mahidol University and Ph.D. in Social and Administrative Pharmacy. She is now a Director of Bureau of Cosmetics and Hazardous Substances Control. Dr. Sumalee is an expert in cosmetics, food and drug and has long experiences in international standard on cosmetics, quality management system and related issues of drugs.



**Dr. Akrom M. Kes**

*Director of Ahmad Dahlan Drug Information and Crisis Center and Head of Pharmacology and Clinical Pharmacy Departement, Pharmacy Faculty, Ahmad Dahlan University*

**Title: Opportunities and Challenges of Herbal Medicines for Use by Victims of Disaster Suffering from Psychiatric Disorder (PTSD) in Yogyakarta**

Biography: Dr. Akrom received a bachelor degree in medicine from Gadjah Mada University in 1998, a master degree in pharmacology and a Ph.D. degree in immunopharmacology and biomolecular from the same place in 2004 and 2013, respectively. He is now a head of Pharmacology and Clinical Pharmacy Department, a Pharmacy Faculty and a vice chairman of the Research Ethics Committee, Ahmad Dahlan University. Dr. Akrom is a profesional and has long experience in community works. He worked at emergency departement doctor of Muhamadiyah Hospital, Yogyakarta during 2000-2008. He was an advocacy at NGO Pos Keadilan Peduli Ummat (PKPU) for rural community in malaria endemic area from 2002 to 2004. He joined Federation Islamic medical Association (FIMA) from 2006 to 2010 and relieved for Bantul eartquake victim. Dr. Akrom was also a medical assistance team in collaboration with FIMA Relief to Merapi eruption victim in 2010 of Prokami Imani.

## Oral presentation

### Formulation of Liquid Soap Containing Essential Oil Plant Extracts for a Monk

Kalyarat Phupipat, Malinee Prasert and Dr.Rattana Panriansean

Program of Aesthetic Health Science, College of Allied Health Science,

Suan Sunandha Rajabhat University

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#### ABSTRACT

This project aims to develop the liquid soap formulations containing essential oil plant extracts for the monk. The three types of basil plant; holy basil, hairy basil, and sweet were extracted by water and each plant was formulated for liquid soap. Three of liquid soap was determined for physical and chemical properties. It was found that the texture of liquid soap formulations exhibited clearly, pale yellow, odorous and not separated and well drained. Stable performance of the bubble is no different. There was no difference significant in stability of bubble soap between three formulas. The second liquid soap containing hairy basil can be kept the moisture and softening to the skin well. When tested by 30 monk volunteers who are then asked with used questionnaire, it is found that the most satisfaction was in color (Mean $\pm$  S.D = 3.60 $\pm$ 0.67) while the lowest satisfaction was in bubble quality (Mean $\pm$  S.D = 3.60 $\pm$ 0.67). It also found that no any allergy in tester after using.

**Keywords:** Liquid soap, essential oil plant, holy basil, hairy basil, sweet basil

## Miracle Hemp Seed Oil for Nutritional and Cosmetic Use

Surapol Natakankitkul<sup>\*a</sup>, Panee Sirisa-ard<sup>a</sup>, Sunee Chansakao<sup>a</sup> and Prapatsorn Tipparat<sup>b</sup>

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### ABSTRACT

Kanchong or Hemp (*Cannabis sativa L.var. sativa*) has been promoted as an economic crop for the highland region by the Office of Economic and Social Development Board (NESDB) in the strategic plan. Hemp is classified in the same group of Cannabis or Marijuana as a plant substance in the 5<sup>th</sup> categories of drug addictions under the Drugs Act 1979. Since 2007, we have studied the average THC content of cannabis plant in marijuana was much higher than hemp, and other factors such as harvest time, the height above sea level, temperature, sunlight and rainfall were affected the productivity. The aims of this study were determine antioxidant activity, amount of nutrients such as essential fatty acids and vitamins for control the quality of hemp seed oil as raw materials for health and cosmetic products. Hemp seed oil was extracted by cold pressing and then determined physical properties and antioxidant activity. Physical examination showed that the oil from hemp seeds was light golden brown with plant seed smells. Hemp seed oil had a specific gravity lower than water. Acid value of 9.88 was meaning the amount of free fatty acids formed by the decomposition of triglycerides. Iodine value of 155.53 indicated the amounts of unsaturated fatty acids component. Saponification number of 190 indicated the seed oil had a large component of the free fatty acids and ester. The experiment was performed for antioxidant activity by DPPH assay that showed hemp seed oil with IC<sub>50</sub> = 0.2125 g/ml and an antioxidant activity comparable to trolox as a standard in the concentration range of 0.06 - 0.2 mM. Analytical nutrients determination of hemp seed oil showed the amounts of unsaturated essential fatty acids (EFAs) such as; a fatty acid essential alpha-linoleic acid (Omega 3) was 17314.95 mg/100g, linoleic acid (Omega 6) was 57,155.26 mg/100g and oleic acid (Omega 9) was 12687.25 mg/100g, and vitamin E ( $\alpha$ -tocopherol) was 0.48 mg/100g respectively. These nutrients are beneficial for preventing heart disease and moisturizing dry skin. It is recommended in skin care formulas that used at 3% in hand or body creams, while, at 10% levels in after-sun products, atopic eczema and psoriasis treatment. Hemp can generate income to farmers and communities in the Northern of Thailand. The government should encourage growing hemp as a fiber crop and seed oil for the industry of health foods and cosmetics.

**Keywords:** hemp, *Cannabis sativa L.var. sativa*, seed oil, nutrition, cosmetic

Proceedings of The 2015 International  
Symposium on Wellness and  
Aromatherapy

23<sup>rd</sup> July 2015 09.30

## How to process essential oil from raw materials. New products: Fraction oils

Nicolas Dugue

Charabot manufactures and supplies perfumes and flavors to customers in France and internationally. The company was founded in 1799 and is based in Grasse, France. As of October 1, 2007, Charabot operates as a subsidiary of Robertet.

Robertet group has three businesses: natural raw materials, perfume compositions and food flavorings. Robertet ranks as a world leader in organic essential oil with 25% market share. About 30 different aromatic plants e.g. Lavender, Melissa, Rosemary, mint, etc, which cultivated for the medical, food and cosmetic and fragrance industries. The expertise includes sourcing traceability, sharing of know-how on primary extractions with local producers, searching for new origins: Geranium in China, Sandalwood in New Caledonia, and sustainable development and fair trade.

The industrial facilities which include production, R&D and design center fro a network spanning more than 11 countries.

Natural raw materials:

- Research center in France (Grasse)
- Production centers in France (Grasse), Turkey, South Africa, Madagascar, New Caledonia

Perfume:

- Production center worldwide with recent investment in China, USA and France (Grasse)

Flavorings:

- Production center worldwide with recent investment in China and USA

Production technologies:

- Hydro distillation process
- Solvent extraction process
- Molecular distillation process
- Fractionation process
- Supercritical CO<sub>2</sub> extraction process

23<sup>rd</sup> July 2015 10.15

## Global Trends of Aromatherapy in Healthcare

Assoc. Prof. Dr. Surapote Wongyai

### Introduction :

Aromatherapy is a popular complementary and alternative therapy that uses essential oils as the main therapeutic agent. Essential oils have a long history of traditional use and growing evidence base. They can be a useful non-medicinal option, such as Spa and Wellness application, or combined with conventional care for some health conditions, provided safety and quality issues are considered. Aromatherapy is not intended to replace standard medical care, but is meant to complement it.

### Aromatherapy Practice Models :

There are three main aromatherapy practice models that describe how essential oils are applied/administered, the doses and dose intervals and safety: popular, subtle and medical.

1. Popular or traditional aromatherapy - often encompasses touch. There are two practice subgroups: therapeutic, which is used in health care, and cosmetic or beauty therapy.
2. Subtle aromatherapy -is also referred to as aromacology where essential oils are predominantly administered via inhalation to influence psychological and spiritual states.
3. Medical aromatherapy - includes internal administration of essential oils via oral, rectal and vaginal routes as well as in ointments applied in wound dressings and fumigation procedures.

### Aromatherapy Trends :

Aromatherapy has been part of spa and wellness experiences for years. Now aromatherapy is moving in bold directions and playing a greater role in the treatment of pain, as a mood enhancer, in sleep therapy, and to improve cognitive function. We are entering a new era of customization. As the power scent has on our memory, emotions, and body becomes even more valid - and greater efforts are made to wild harvest the most effective botanicals - spas have been motivated to reimagine their aromatherapy approach from the more generically pleasant to the personalized and transformative. In 2015, there will be a growing effort to craft an aromatherapy of intention, working in tandem with botanists and even high-tech digital technology.

Aromatherapy trends are shown below.

1. Increased Demand for Organic: Over the last two years, sales of aromatherapy and body oil products in Natural Supermarkets grew 15%+ annually.
2. Stress Reducer: For instance, one study analyzed 340 dental patients waiting for appointments, and found that those who received lavender aromatherapy showed significantly lower levels of anxiety than those who did not.
3. Proven Health Benefits: For instance, trials have indicated its benefit in reducing: stress and anxiety, insomnia, depression, tension headaches, systolic and diastolic blood pressure in people with hypertension and agitation/emotional problems in people with dementia.
4. Use in Other Industries: Based on scientific studies, businesses are recognizing the strong connection between scent and memory and using aromatherapy in retail environments, restaurants, hotels, etc.
5. Mood Booster: Smell is also increasingly being recognized as an instant mood-shifting and brain-engaging sense.
6. Greater Personalization & Custom Blending in Spas & Resorts: Generic use of aromatherapy is on the way out as more spas and hotels develop custom approaches based on personal needs and preferences.
7. Scent Goes High-Tech: We will see even the marriage of authentic spa aromatherapy to the latest personalized app technology.
8. Beyond the Spa Walls: New Scents in New Places: Diffused and curated scents are getting a much bigger place in retail shops, hotels and restaurants, as well as healing environments like hospitals.
9. Retail: From Playlists to Scientists: In 2015 scent will grow as the new emotion-targeting tool in more retail businesses, adding another layer to environments that already include carefully designed ambient lighting and highly curated musical playlists.
10. Restaurants: More Than a Great Taste: You'd think delicious-smelling food would be enough, but trendy, experimental restaurants are getting really creative, and more are incorporating enhanced scent to create dynamic, five-sense experiences.
11. Hospital Scents by Design: Aromatherapy is showing even more applications in basic patient care because the medical research indicates its benefit in diverse clinical/hospital scenarios: it can help relieve anxiety, pain, nausea and/or vomiting, or to strengthen contractions, during childbirth.

12. Even in Cars: There is even an option for drivers to create an organic and wild-harvested blend for a custom ride.

### Clinical Aromatherapy :

Clinical aromatherapy is the controlled use of essential oils for therapeutic outcomes. The therapeutic effects of aromatherapy are not well supported by clinical studies. For aromatherapy to be used in medicine it must be evidence-based

The recommendation is that researchers follow the CONSORT guidelines when designing and reporting clinical trials. The overview of the systemic reviews should comply with the PRISMA guidelines.

Electronic literature searches were carried out in June 2011 using Medline, Embase, Amed, CINHALL, the Cochrane Library, and 7 Asian without restrictions of time or language. The search terms were MESH of aromatherapy, systematic review (SR) and meta-analysis.

Systemic reviews of aromatherapy have been published in stress (2014), sleep (2014), anxiety (2011), dementia (2014).

### Essential Oil Safety :

Essential oil safety information can be found in material safety data sheets (MDSs), German Commission E Monographs and ESCOP Monographs as well as from Poisons Information Centres. As indicated, composition standards are an important aspect of safety and essential oil risk profile.

It is difficult to determine the interaction between conventional herbal medicine and essential oil. Only very small amounts of essential oils are absorbed from topical applications, which make interactions unlikely; however, topical application of both the essential oil and the medicine to the same area may enhance the absorption of medicine.

The International Standards Organisation for Standardisation (ISO) and Association Francaise de Normalisation (AFNOR) standards are often accepted as being the most reliable indicators of essential oil quality and differentiate between the different grades of essential oils.

### Future Prospects :

The ultimate goal is that aromatherapy will be accepted as part of medicine:

- Promote medical aromatherapy by applying aromatherapy as a medical treatment

- Establish aromatherapy as an academic discipline through scientific and medical research
- Increase the level of awareness of medical aromatherapy in the community
- Increase members' aromatherapy knowledge and skills through the exchange and sharing of information

Conclusion :

Aromatherapy can be a useful non-medicinal option or combined with conventional care for some health conditions, provided safety and quality issues are considered. There is an increasing use of aromatherapy for health care and evidence should be assessed to assure the efficacy of the treatment.

## Formulation development of aromatherapy products

Panassaya Suppasansatorn, Chatchada Bodhibukkana

### Trend in formulation development of aromatherapy

Natural cosmetic products have become a major trend in recent years. There is a growing awareness that we are responsible for the world in which we live, and an increasing concern for our own health including skin problems. Natural cosmetic products are better for the environment because organic farming eliminates the use of synthetic chemicals and fertilizers. Fertilizers and chemicals all have a destructive effect on our water, soil and health. Consequently, people are looking for natural products and need for more information about origin and composition to purchase. To prove the natural composition of consumer products, the eco-label or green certifications are developed. There are many natural certification organizations in Europe and US for approving certification standard of natural products such as COSMOS and USDA (Fig. 1). All of certifications have their own criteria. Some criteria are the same but some are a different.



Fig. 1 Organic labels

USDA (United States department of agriculture) is organic standard of US. COSMOS (COSMetic Organic Standard) is a Europe-wide private standard that was developed by five charters members: BDIH (Germany), Cosmebio (France), EcocertGreenlife SAS (France), ICEA (Italy), and Soil Association (UK). To promote the use of ingredients from organic farming that are environmentally sound and safe for human health and include and expand the concept of "green chemicals".

### Formulation Development of Aromatherapy Product

Among pollution and the human lifestyle in today's society, most people have to live under the pressure of a rapidly changing society causing stress resulted in an unbalanced state of mind and body.

Aromatherapy is one of the most popular way to promote relaxation and help relieve stress. It has also been used to treat a wide range of physical and mental conditions, including spa and cosmetics. Today's consumers are looking for aroma cosmetic products containing essential oil as therapy because it is the easy way to help them relax, calm or energetic. At the same time, they prefer more natural-based products that have minimal impact on environment. Three aromatherapy products (Aroma body lotion, Aroma shower gel and Aroma massage oil) were developed based on natural (>95%) to guide for anyone interested in eco-friendly cosmetics. All products have to perform stability studied for both accelerated and long term condition, satisfactory test via self-assessment test and safety test before launching.

## Essential Oil Production in Turkey

Mr. M. Salim Koyuncu

Turkey has geographic regions with important endemic species. Region of Lakes in Turkey (Western Mediterranean region) is quite rich in terms of variety of endemic plants. 29.5 % of Turkey's endemic plants are in its Mediterranean region. Hundreds of plant species, especially endemic plants (i.e. Orchid, Garden Cress, Beet, Cherry, Linen, Thyme, Pear, Rye, Sage, Saffron and Radish), has a high medicinal and aromatic value. The rising interest on medicinal and aromatic plants in the world has caused an increase on both sales and R&D activities on such plants.

Turkey is a country to become a center of interest considering criteria such as climate, location, producer's desire and tendency, a rich variety of medicinal and aromatic plants, ease of finding supplies and infrastructure to process medicinal and aromatic plants. It is known that in today's flora of Turkey, there are over 9000 types of plants about 1000 of which are medicinal plants. Some of the natural plants are laurel, rock cherry, lime flower, clary, rosemary, licorice, juniper, centaury, rosehip, myrtle, daisy and thyme. Examples of cultivated plants are thyme, cumin, aniseed, mint, chili pepper, fennel, poppy, nigella, mustard, rosemary, aniseed, basil, flax, coriander, lavender, saffron, sesame and attar of roses.

In today's world, they have a wide array of consumption, especially cosmetics, medicine, food and chemistry industries. Thus, an added value is ensured in Turkey not only with natural medicinal and aromatic plants, but also by producing their extracts and volatile oil.

Attar of roses makes up most of the volatile oil production in Turkey which is also the top producer in the world. Turkish laurel oil is extracted from the leaves of a tree called *Laurus Nobilis* which grows mostly in the Mediterranean region and less in Aegean and Black Sea regions of Turkey. Most of the laurel oil produced in Turkey is exported.

Thyme is one of most important wild medicinal plants of our country. A considerable amount of thyme agriculture is done in recent years.

Another medicinal plant is lavender, it is grown on an area of 35hectaresin Isparta. Lavender contains much more oil than other medicinal plants and 20 kg oil can be obtained from a decare of lavender field at economic age.

## Methods of Oil Extraction

The amount of oil in volatile oil plants can vary in accordance with the developing stage of the plant, daily temperature changes, climate, environment, topographical conditions as well as the age and genetic structure of the plants. The efficiency of volatile oil extraction may differ according to the part of the plant oil is extracted from (flower, root, seed), harvesting time, vegetation time (flowering, flowerless, seed), environmental factors, analytical methods and type of the material (dry, wet, grained).

Volatile oil is generally extracted using three methods, namely,

- Cold Press
- Distillation (Hydro distillation and Vapor distillation)
- Extraction (Solvent extraction and CO<sub>2</sub> extraction)

Our company use cold press and hydro distillation methods in our oil production process.

### **1. Cold Press (Cold Expeller Pressed)**

Cold press method is one of the best techniques used to produce high quality herbal oil. Oil produced using this method has a higher level of nutrients ensuring that the maximum temperature (caused by friction) does not exceed 120 °C. The oil is extracted from the raw material without using solvents, and there is a higher level of chemicals partially getting away from the oil during the refining process of the conventional oil production. Cold press oil is produced mechanically without heat treatment. It does not involve any preservatives or additives.

### **2. Hydro distillation**

Essence chemicals which give the smell of the plants can be obtained by vapor distillation. Since the plant is not exposed to high temperatures in hydro distillation process, the density of medicinal and smell components is higher. Company has been exporting the herbal/medicinal oils we produce using these methods for over 40 years while keeping our high level of quality and we keep on doing this with developing technological standards.

Example of volatile oil and advantages are shown in the table below.

No.	Name of Volatile Oil	Advantages
1.	Rose oil	Antidepressant, Antiphlogistic, Antiseptic, Antispasmodic, Antiviral, Aphrodisiac, Astringent, Bactericidal
2.	Lavender oil	Eliminate nervous tension, Relieve pain, Disinfect the scalp and skin, Enhance blood circulation and treat respiratory problems
3.	Laurel oil	Antiseptic, Antibiotic, Anti-neuralgic, Anti-spasmodic, Analgesic, Aperitif, Astringent, Cholagogue
4.	Rosemary oil	Indigestion, Relieving flatulence, Stomach cramps, Constipation, Bloating, Dyspepsia, Appetite stimulant, Detoxifying for the liver
5.	Tyhm oil	Antispasmodic, Antirheumatic, Antiseptic, Bactericidal, Bechic, Cardiac, Carminative, Cicatrissant, Diuretic, expectorant, Hypertensive
6.	Almond oil	Moisturizer, Soothes skin irritation and inflammation, Delay ageing process, Lightens dark circles, Relieves dry and itching skin and nourishes the skin

## Discover Thai Wellness

Mr Krod Rojanasatien

“Wellness” or sometimes called “Well-being” can reflect one’s lifestyle which includes exercise and nutrition. When we talk about Thai Wellness, what can we think of? It could probably mean three things; (1) Think holistic wellness, (2) Think nature creation and (3) Think spa management. Thailand has promoted this wellness tourism for more than decades under the strategic plan to become wellness hub in the ASEAN and international level leading to the motto “think well-being hub, think Thailand”

Nowadays, wellness tourism has become one of the most interesting groups in the global tourism industry. In order to ensure good quality of the service in wellness business, the Ministry of Public Health of Thailand (MOPH) had set standards and regulations for spa into three categories; Spa for health, Massage for health and Massage for beauty. There are five concerning standards required by the MOPH, which are location, entrepreneur, therapist, service and safety. Moreover, there are three concepts of Thai spa which are Thai spa, Thai Sapaya and western spa. Thai Spa is the combination of the Thai Therapist and western therapist, which combines massage, nutrition, hydrotherapy and aromatherapy. To have a success spa business, there are selection of things that you should pay attention to. There are indoor setting, architecture, outdoor setting, relaxation, atmosphere, staff, spa products, herbal drinks, aroma in spa and massage oils, etc.

## “HAMAM” The Turkish Bathing Culture, Architecture and Wellness Benefits

Mrs. Ipek Caldemir Caliskan

“Hamam” is a turkish bath which its means bathing place. The word “hamam” with its literal meaning came to Turkish language from the word “ham” in Arabic which means “to heat” or “to be hot”. Turkish hamam, one of the most colorful elements of Turkish national culture is still alive although it had some changes in some parts. Besides the original number of turkish hamams are very limited, the hamams that are interesting units of accommodation establishments in touristic destinations have much importance as Turkish culture heritage. In the “single hamams” or “mid-morning hamams” in which the women and men parts were not separated, the men washed themselves at night or early in the morning and women washed themselves during the day. “Dual baths” consisted of two different parts for women and men which opened to two different streets. The hamams only for women were named “avret” and the hamams for men in the bazaars were named “prominent men hamam”. Hamam bathing elements survived till current times such as hamam bowl, water basin, traditional hamam soap, pattens (nalin) and loincloth (peshtemal). Hamam bowl was made from silver or copper with different motifs on it and used for pouring water. Water basin was used with a metal pouring bowl while bathing and this is the essence of cleaning yourself with running water in hamam. The traditional hamam soap was also very important and the name of company that made the soap was stamped by wooden stamps. Pattens (nalin) were a kind of slipper that woman from every class had in ottoman period some of which were silver-plated, some of which were ivory inlayed and they reflected the financial status of their owners.

The internal architecture of Turkish hamam consists of four sections; dressing area, warm bath, hot bath and furnace.

- The dressing area is the first area after the entrance of the hamam. Usually there is a marble fountain in the middle. Along the wall, a bench made of stone or wood is located on cedar. Under cedar, there located partition to put shoes and pattens. This part is the largest part of the structure. In this kind of hamam, the dome of the dressing part is larger than the hot part’s dome.

- The warm part is used for the body’s adjustment to the water before getting into the hot part. In this part, there are relaxation and massage couches. There are some lower marble consoles which were built at the edges of low walls in the warm part. They are generally covered with single dome.

- The hot part is the warmest part and it is the part where people wash themselves. It has public and private washing chambers. Private chambers are called “khalvet”. In the middle of the hot

part in hamams, there is a heated marble (slab) platform called “navel stone” and a pool in thermal spring. It is generally covered by a large dome.

- The furnace part is next to the hot part which it is almost the same application of roman bath’s hypocaust heating system.

Turkish hamam has wellness benefits such as Turkish bath is a hot steam hydro-therapy treatment which steam heat opens the pores and promotes the body detoxification of outer skin. The steam has a soothing effect on skin problems, reducing acne and dermatitis. The beneficial properties of hamam can also help relieve pain, relieve stress and relax muscles.

## Aromatherapy: How Plants & Oils Help You

Wiriya Phungsoonthorn

Aromatherapy is a branch of herbal medicine which brings healing on 3 planes; the physical, mental, and the spiritual. Aromatherapy is the therapeutic use of herbs and flowers in their most concentrated form, essential oils, to heal and revitalize the body and mind. In addition to beneficial fragrance and all are antiseptic in difference degrees.

Essential oils are the life force of plants. Their aroma assists in balancing, stimulating, relaxing, invigorating and rejuvenating the body. It is safe to use but it must be absolutely pure and very best quality. In addition, essential oils are also used in cosmetics, perfumery and in food flavoring.

Essential oils are subtle, therapeutic-grade oils distilled from plants, shrubs, flower, trees, roots, bushes and seeds. They contain numerous chemicals which are easily dissolved in alcohol, emulsifier and fats. There are 3 ways of using the essential oils as follows

1. Inhalation: as these highly volatile essences evaporate they can be inhaled, thus entering the body via the millions of sensitive cells that line the nasal passages. These send message straight to the hypothalamic (brain) centers, which have a regulating effect upon the pituitary gland known as the hypophysis.
2. Skin: essential oils have cytophylactic (cell regeneration), antiseptic, and wound healing effects as well as anti-fungal and anti-inflammatory properties making them the ultimate active principles for holistic natural skin-care. The carrier oil such as almond oil can be mixed with essential oils for rubbing on the skin.
3. Oral: the dosage to use has to be recommended by an expert person.

There are many ways to incorporate the benefits of aromatherapy into our daily lives. They may be used to stimulated and invigorate us in the morning, and then to calm and restore our peace of mind at the end of the day. Essential oils may soothe inflammation, act as an antiseptic, help dull pain and stimulate digestion.

Nowadays, people have not been realized the benefits of essential oils over fragrances. This has to emphasize on building knowledge and training people how to use aromatherapy in order to gain advantages from the nature without toxic to the body. Moreover, the main obstacle is the price, since essential oils are more expensive than fragrances. It is quite difficult to convince consumers to buy more expensive products for no reason. This is the big challenge for aromatherapists to achieve for applying aromatherapy to practically use.

24 July 2015 10.45

## Opportunities and Challenges of Herbal Medicines for Use by Victims of Disaster

### Suffering from Psychiatric Disorder (PTSD) in Yogyakarta

Akrom M.Kes.

Indonesia has been suffered from many disasters (e.g. volcanoes, storms, floods, droughts, earthquakes, landslides, tsunamis) through years which led to many deaths and lost. Victims from disasters have been suffered from both physical and mental health problems. Mental health is one of chronic disease after disaster including anxiety (acute stress disorder and post-traumatic stress disorder, PTSD), depression and bipolar disorder. Herbal medicine and Jamu (Indonesia's original herbal medicine) have been used with victims. The development of herbal remedies based on active substance content. However, the scientific evidence about clinical efficacy and safety are still insufficient and more research is needed.

**Panel discussion:**

**Opportunities and Threats in the Aromatherapy and Spa Industry; Experience Sharing**

Dr.Sumalee Pornkitprasarn

Thai FDA regulations of cosmetic were clarified by the Director of Bureau of cosmetics and Hazardous substance control. Cosmetics Act has been used since 1992 and it will be changed to the new act in 2015. Aromatherapy products were classified by product formulation, claims, and the purpose of usage in the scope of each definition. Essential oil might be categorized to Drug Act or Cosmetic Act, depending on registration or cosmetic product notification, respectively. Longer processes and more support documents and scientific evidence were needed in Drug Act, but less time to process was used in Cosmetic Act.

Aromatherapy cosmetic products were used as same as regulations in other cosmetic products and essential oil can be part of cosmetic products, however, there are some exceptions for any special conditions.

Mr. Wiriya Phungsoonthorn

“If a product is intended for a therapeutic use: treating or preventing disease, or to affect the structure or function of the body”, it has to classify as “DRUG”. Some essential oils have a lot of scientific evidences to support the therapeutic treatment, however a very long processes and the scope of users are critical parameters to avoid drug registration and to notify as a cosmetic products. Aromatherapy always uses mistakes in Claims and advertising, such as fragrance and essential oil in fabric conditioner.

Nowadays, trends of aromatherapy in Thailand sharply increase in both domestic business and export to the international countries because of usability and benefits of these aromatherapy.

24 July 2015 14.30

## How to process essential oil from raw materials. New products: Fraction oils

Assoc. Prof. Pimporn Leelapornpisid and Dr. Jakaphun Julsrigival,

Spa is the best way to forget everything. Spa grows all over the world and proposes many activities that help people to relax, reflect, revitalize and rejoice. Thai spa improves health through water for balancing and happiness of mind and body under beautiful natural environment and Thai culture. Uniqueness of Thai spa consists of Thai culture, Thai architecture, Thai food, Thai wisdom, Thai herbs and aromatic plants. Thai spa products made from naturals (Thai aromatic plants; Herbs, spices, flowers) mostly with aromatic smell that helps to balance mind and body for health wellness and also beauty. Thai lanna products are similar to Thai spa products that made from Northern plants. Lanna's pleasant-aromatic plants were groups according to their uses as follows foods (ginger, sweet basil, lemongrass, etc.), medicines (cassumunar ginger, holy basil, lime, etc.), cosmetics and fragrance (Hystrix lime, Turmeric, Euang-Peung, Euang-Khum, etc.) and miscellaneous (Lamduan, white chempaka, butterfly lily, etc.).

All plants used in Spa products should be tested biological activities before launch products. For example, biological activities (antioxidant, antimicrobial and CNS effect) were tested in Wansaolong that is in *A. uliginosum* Koen species. The result showed that Wansaolong has antioxidant activity, antimicrobial activity and sedative effect therefore it was used as ingredient in herbal massage ball and in spa and cosmetic product. Moisturizing activity of Wansaolong products was tested using corneometer. The result showed that Wansaolong products (body scrub cream, body massage oil and cosmetic serum) increased skin humidity compared with untreated area. All Wansaolong products showed good satisfaction from user.

## สรุปงาน The 2015 International Symposium on Wellness and Aromatherapy

1. จำนวนผู้ร่วมงานรวมในแต่ละวัน สามารถจำแนกได้ดังนี้

ประเภทของผู้เข้าร่วม	จำนวนคนผู้เข้าร่วม	
	23 ก.ค. 58	24 ก.ค. 58
1. บุคคลทั่วไป	219	148
2. นักศึกษา ม.รังสิต	197	137
3. บุคลากรของ ม.รังสิต	49	49
ยอดรวมทั้งหมด	465	334

2. สรุปแบบประเมินความพึงพอใจการประชุมวิชาการ

สรุปแบบประเมินความพึงพอใจการประชุมวิชาการ

The 2015 International Symposium on Wellness and Aromatherapy ครั้งที่1

วันที่ 23-24 กรกฎาคม 2558 ณ ห้อง Auditorium อาคาร Digital Multimedia Complex (ตึก 15) มหาวิทยาลัยรังสิต

จำนวนผู้ตอบแบบสอบถาม

ทั้งหมด 80 คน

ตอนที่ 1 ข้อมูลทั่วไป

1. อายุ	<input type="checkbox"/> ต่ำกว่า 22 ปี	6	คน	8%	<input type="checkbox"/> 22 - 30 ปี	32	คน	40%
	<input type="checkbox"/> 31-40 ปี	22	คน	28%	<input type="checkbox"/> 40 ปีขึ้นไป	20	คน	25%
2. สถานภาพ	<input type="checkbox"/> นักศึกษา	16	คน	20%	<input type="checkbox"/> อาจารย์	10	คน	13%
	<input type="checkbox"/> ผู้สนใจอื่นๆ	44	คน	55%	<input type="checkbox"/> อื่นๆ	10	คน	13%

3. ท่านได้รับรู้ข่าวสารและการประชาสัมพันธ์ของการจัดงานประชุมวิชาการจากแหล่งใด

<input type="checkbox"/> จดหมายเวียน	7	คน	9%	<input type="checkbox"/> ไปสเตอร์	5	คน	6%	<input type="checkbox"/> เว็บไซต์	24	คน	30%
<input type="checkbox"/> อาจารย์	10	คน	13%	<input type="checkbox"/> เพื่อน/ญาติ/คนรู้จัก	18	คน	23%	<input type="checkbox"/> อื่นๆ	16	คน	20%

**ตอนที่ 2 ความพึงพอใจต่อการจัดกิจกรรมประชุมวิชาการ**

ลำดับ	รายการ	ระดับความคิดเห็น										คะแนน	%
		มากที่สุด		มาก		ปานกลาง		น้อย		ควรปรับปรุง			
		5		4		3		2		1			
		คน	%	คน	%	คน	%	คน	%	คน	%		
1	ด้านเนื้อหาการประชุมวิชาการ	16	21%	49	64%	10	13%	2	3%	0	0%	4.03	80.52
2	ด้านผู้นำเสนอผลงาน	26	33%	41	51%	12	15%	1	1%	0	0%	4.15	83.00
3	ด้านประโยชน์ในการเข้าร่วมประชุมวิชาการ	17	21%	47	59%	11	14%	4	5%	1	1%	3.94	78.75
4	ภาพรวมการจัดกิจกรรม	21	26%	44	55%	12	15%	3	4%	0	0%	4.04	80.75

**ตอนที่ 3 ความพึงพอใจต่อการจัดการและการให้บริการ**

1	ด้านสถานที่จัดกิจกรรม	27	34%	43	54%	8	10%	2	3%	0	0%	4.19	83.75
2	การลงทะเบียน/ เอกสารประกอบการสัมมนา	28	35%	37	46%	12	15%	3	4%	0	0%	4.13	82.50
3	พิธีเปิด	24	30%	39	49%	17	21%	0	0%	0	0%	4.09	81.75
4	ไฮดท์ศนูปรกรณ์	24	30%	37	46%	18	23%	1	1%	0	0%	4.05	81.00
5	อาหาร	20	25%	37	46%	20	25%	3	4%	0	0%	3.93	78.50
6	ภาพรวมการจัดและการให้บริการ	24	30%	39	49%	15	19%	2	3%	0	0%	4.06	81.25
<b>คะแนนเฉลี่ยถ่วงน้ำหนัก</b>											<b>4.07</b>	<b>81.46</b>	

### ข้อเสนอแนะอื่นๆ

- 1 สถานที่จัดงานประชุมวิชาการฯ แคบไป
- 2 การมีนักศึกษาเข้าร่วมงานเป็นสิ่งที่ดีมาก
- 3 สถานที่จัดประชุมวิชาการฯ ไกลเกินไป ทำให้เดินทางไม่สะดวก
- 4 ควรมีการประชุมสัมพันธิ์ให้มากกว่านี้
- 5 อยากให้มีการจัดประชุมวิชาการฯ ขึ้นในทุกๆ ปี
- 6 ในการประชุมนานาชาติ ควรจะมีหูฟังแปลภาษาในทุกๆภาษา เพื่อความเข้าใจในเนื้อหาที่มากขึ้น
- 7 ควรมีเอกสารเนื้อหาเรื่องที่จะนำเสนอของวิทยากรแต่ละท่านเป็นภาษาไทย  
เพื่อให้ผู้เข้าร่วมประชุมทุกท่านได้รับความรู้และนำไปให้ประโยชน์ได้อย่างเต็มที่และเกิดประโยชน์สูงสุด
- 8 เนื่องจากผู้เข้าร่วมมีความชำนาญด้านภาษาแตกต่างกัน
- 9 ควรมีป้ายบอกสถานที่จัดงานเป็นระยะๆ เนื่องจากสำหรับคนที่ไม่เคยมาก่อนค้นหาสถานที่จัดงานยาก
- 10 ควรมีการจัดทำเอกสารประกอบการประชุมฯ อย่างละเอียด เพื่อประโยชน์ในการศึกษาและอ้างอิงต่อไป
- 11 จัดงานประชุมวิชาการฯ ได้ดีเยี่ยม
- 12 เนื้อหาการนำเสนอบางส่วนของวิทยากรซ้ำกันเกินไป