



**GUIDELINES FOR THE
PURCHASE OF
ESSENTIAL/FIXED OILS
FOR THERAPEUTIC
USES**

**购买用于治疗用途的基本
/固定油的指导原则**

There are two main rules to follow when purchasing quality essential or fixed oils.
购买优质必需或固定油时，有两个主要规则要遵循。

Firstly, always buy from a reputable supplier and, secondly, always check that the bottle label has sufficient information on it – see below.

首先，始终从信誉良好的供应商处购买，其次，始终检查瓶子标签上是否有足够的信息 - 见下文。

ALWAYS BUY FROM A REPUTABLE SOURCE

总是从可靠的来源购买

The only way to obtain good quality essential oils, that are suitable for aromatherapy, is to purchase them from reputable suppliers. Purchasing organic or naturally farmed essential oils is recommended. Good suppliers sometimes have direct contact with the producer of the oils, i.e. the farmers themselves, or they trade with a dealer who has enough contacts with producers to offer a full range of the best quality oils available.

One of the most important things is that the supply chain from field to therapist should, ideally, be as short as possible. A good supplier is also likely to be more aware of any current problems within the market regarding the availability of specific oils (e.g., may be the lavender harvest has been poor this year and so the price is likely to rise).

Reputable suppliers are often able to give good advice about what to buy and when.

获得适合芳香疗法的优质精油的唯一方法是从信誉良好的供应商处购买。建议购买有机或天然养殖精油。好的供应商有时与油的生产者，即农民自己直接接触，或者他们与经销商进行贸易，经销商与生产商有足够的联系，以提供全系列最优质的油。其中一个最重要的事情是，从理论上讲，从理疗到治疗师的供应链应该尽可能地短。一个好的供应商也可能更加意识到市场上有关特定油的可用性的任何当前问题（例如，今年薰衣草收获可能很差，因此价格可能上涨）。信誉良好的供应商通常能够就何时购买以及何时购买提供良好的建议。

Additionally, there are some things that the aromatherapist can also do when purchasing new oils:

此外，芳香治疗师在购买新油时也可以做一些事情：

- Check that the aroma of the oil is as expected;
- 检查油的香气是否符合预期;
- Make a record of how long the oil 'keeps' for – does it go off sooner than expected?
- 记录石油“保持”的时间 - 它是否比预期更早结束?
- Have any of the 'non-resinous' essential oils purchased felt greasy and/or left greasy type stains on fabrics?
- 购买的任何“非树脂”精油是否感觉油腻和/或在织物上留下油腻型污渍?
- If at all sceptical of the oil's origin or purity ask the dealer for the Gas Chromatograph certificate showing the oils' components, or similar evidence to support quality.
- 如果对油的来源或纯度持怀疑态度，请向经销商索取气相色谱仪证书，其中显示油的成分或类似证据以支持质量。
- The majority of fixed vegetable oils can be taste tested to check for freshness (there are a few exceptions, so please do your research first).

- 大多数固定植物油可以进行味道测试以检查新鲜度（有一些例外情况，所以请先进行研究）。
- A good indication of a reputable supplier is if they are registered with a professional body for example an [ATC Member](#), certified by the [Soil Association](#) and/or registered as an [IFA Corporate Member](#). (See below for more details)
- 对信誉良好的供应商的良好指示是，如果他们在专业机构注册，例如 [ATC 会员](#)，[土壤协会](#) 认证和/或注册为 IFA 公司会员 [IFA 公司会员](#)。（请参阅下面的更多细节）

CORRECT LABELLING

正确的标签

Due to the small size of essential oil bottles, the amount of information that can be fitted onto the label is understandably limited. However, there are a number of recommendations and guidelines for labelling, from various regulatory and professional bodies, which suppliers need to adhere to. These include guidance from the IFRA ([International Fragrance Association](#)) and the ISO ([International Organisation for Standardisation](#)).

由于精油瓶的尺寸小，可贴在标签上的信息量是可以理解的。但是，供应商需要遵守的各种监管和专业机构的标签提出了许多建议和指导方针。其中包括 IFRA（[国际香水协会](#)）和 ISO（[国际标准化组织](#)）的指导。

The following information should be provided on labels:

标签上应提供以下信息：

- Common and Botanical names of the oil, including any chemotypes, e.g. Rosemary – *Rosmarinus officinalis* ct cineole
- 油的常见和植物学名称，包括任何化学类型，例如迷迭香 - 迷迭香（*Rosmarinus officinalis*）ct 案树脑
- The part of the plant that the oil has been extracted from, e.g. juniperBERRY, or juniperTWIG
从中提取油的植物部分，例如 juniperBERRY，或 juniperTWIG
- The quantity of oil in the bottle, usually in millilitres
- 瓶中的油量，通常以毫升为单位
- Country of Origin 原产地
- Method of Extraction, e.g. distillation 提取方法，例如，蒸馏
- Batch number 批号
- 'Sell' and/or 'Use By' Dates 出售'和/或'使用'日期
- Dilution level where appropriate (usually 100%) - Check the label to ensure that the essential oil being purchased is 100%, i.e. undiluted. Some of the more expensive oils (e.g., rose, jasmine, neroli) can be sold pre-diluted in a fixed oil, making them more affordable. The correct way to represent the dilution level on a label is by specifying the mL/mL. So, a 100% essential oil can be represented by 1mL/1mL, whilst a 3% dilution would be shown as 0.03mL/1mL. The carrier oil in which the essential oil is diluted also needs to be named, e.g. sweet almond oil. 适当的稀释水平（通常为 100%） - 检查标签以确保购买的精油是 100%，即未稀释。一些较昂贵的油（例如玫瑰，茉莉，橙花）可以在固定油中预先稀释出售，使它们更便宜。表示标签上稀释水平的正确方法是指定 mL / mL。因此，100%精油可以 1mL / 1mL 表示，而

3% 稀释液可以表示为 0.03mL / 1mL。其中精油被稀释的载体油也需要命名，例如，甜杏仁油。

- Storage precautions and temperature implications – usually stated as, ‘keep cool, tightly sealed, not in direct sunlight and out of reach of children’. 储存注意事项和温度影响 - 通常表示为“保持凉爽，密封，不要直射阳光，儿童无法触及”。
- Cautions – ‘do not use neat, keep away from eyes, for external use only – do not ingest’. 注意事项 - ‘不要使用整洁，远离眼睛，仅供外用 - 不要摄取’
- Name of the supplier, with contact information, e.g. a website address. 供应商的名称，包含联系信息，例如网站地址

Ensure that the oil being purchased is in appropriate packaging, i.e. dark glass, and being sold at an appropriate price. There is a saying, “If a deal seems too good to be true ... it usually is!” So, if a 10ml bottle of rose oil is being offered for sale at £4.99, when most other suppliers are pricing it at above £80 – the aromatherapist would do well to be suspicious. Does the sale price match the expected value of the oil?

确保所购买的油采用适当的包装，即深色玻璃，并以适当的价格出售。有一种说法，“如果交易看起来好得令人难以置信.....它通常都是！”所以，如果以 4.99 英镑的价格出售一瓶 10 毫升的玫瑰油，那么大多数其他供应商的定价都高于 80 英镑。 - 芳香疗法师最好是怀疑。销售价格是否与石油的预期价值相符？

When selecting essential oils, try to adhere to the following criteria, where appropriate: 选择精油时，请尽量遵守以下标准：

- The oil is sourced from a single, botanically specific plant
- 石油来自单一的植物特异性植物
- Ideally, that plant is cultivated without the use of chemicals
- 理想情况下，该植物是在不使用化学品的情况下种植的
- Oils are distilled or extracted specifically for therapeutic use
- 油经过蒸馏或提取，专门用于治疗用途
- Oils are stored and transported in a way that maintains their therapeutic integrity.
- 油以保持其治疗完整性的方式储存和运输。

THINGS TO WATCH OUT FOR

需要注意的事情

More and more chemical synthetics, which masquerade as essential oils, are coming on the market. They may have the smell but they do not contain the properties of pure plant extracts. The life force, which makes the essential oils so effective, is completely non-existent in their synthetic substitutes, which is why it is important to buy essential oils from a reputable firm.

越来越多的化学合成物被伪装成精油，正在上市。它们可能有气味，但它们不含有纯植物提取物的特性。使精油如此有效的生命力在其合成替代品中完全不存在，这就是为什么从信誉良好的公司购买精油很重要的原因。

There is no such thing as a regulated 'Therapeutic Grade' standard, which some companies use as a marketing ploy to imply their oils are better than others.

Avoid companies who recommend the oral intake of essential oils (with water or otherwise) or neat application of essential oils - these methods are unsafe. For more information see the IFA's '[Safety and Toxicology](#)' page.

没有一个受监管的“治疗级”标准，一些公司将其用作营销策略，暗示他们的油比其他人更好。

避免公司建议口服精油（用水或其他方法）或精油的巧妙应用 - 这些方法是不安全的。有关更多信息，请参阅 IFA 的“安全和毒理学”页面。

PROFESSIONAL BODIES:

专业团体：

AROMATHERAPY TRADE COUNCIL (ATC)

芳香贸易理事会

The Aromatherapy Trade Council (ATC) is the principle UK trade association, MHRA appointed advertising code administrators, and independent self-regulatory lead body for the specialist aromatherapy essential oil trade. The ATC's aims and objectives are explained at <https://www.a-t-c.org.uk/what-we-do/>.

芳香疗法贸易委员会（ATC）是英国贸易协会的主要成员，MHRA 任命广告代码管理员，以及专业芳香疗法精油贸易的独立自律领导机构。ATC 的目标和目标在 <https://www.a-t-c.org.uk/what-we-do/> 上解释。

ATC members, as a condition of membership, are required to uphold a strict Code of Practice that includes responsible marketing, a minimum standard of packaging and labelling, and compliance with the laws, regulations and industry guidance that relates to the supply of essential oils and aromatherapy products in the countries in which these products are sold. Details can be found on the ATC website at <https://www.a-t-c.org.uk/code-of-practice/>.

ATC 成员作为会员条件，必须遵守严格的操作规范，其中包括负责任的营销，最低标准的包装和标签，以及遵守与精油供应相关的法律，法规和行业指南。在销售这些产品的国家/地区的芳香疗法产品。有关详细信息，请访问 ATC 网站 <https://www.a-t-c.org.uk/code-of-practice/>。

Members' products, labelling and marketing material is scrutinised and approved by an independent code administrator, both before becoming members and throughout their membership, to ensure compliance with current legislation, industry best practice and ATC codes of practice. In addition, the ATC has adopted a policy of random testing of members' essential oils in order to ensure quality, consistency and reliability.

会员的产品，标签和营销材料在成为会员和成员之前，由独立的代码管理员进行审查和批准，以确保符合现行法规，行业最佳实践和 ATC 行为准则。此外，ATC 采用了成员精油的随机测试政策，以确保质量，一致性和可靠性。

SOIL ASSOCIATION

土壤协会

The Soil Association is a charity that campaigns for healthy, humane and sustainable food, farming and land use, supporting soil and crop management. The natural cosmetics industry is booming, but in this unregulated sector, consumers have no way of knowing whether a natural product actually contains ingredients which fit with the natural ethos. This is especially important as an increasing amount of essential oil plants are appearing on the endangered species list due to over farming. Those oils that have been certified by the Soil Association mean that they use organically farmed ingredients that have been grown without being genetically modified (non-GM) and with no herbicides or synthetic fertilisers. When you see their logo on a product you know it's sourced and manufactured using sustainable ingredients, not tested on animals, free from harsh chemicals, nano particles, parabens, synthetic dyes and artificial fragrances.

土壤协会是一个慈善机构，致力于健康，人道和可持续的食品，农业和土地使用，支持土壤和作物管理。天然化妆品行业正在蓬勃发展，但在这个不受监管的行业，消费者无法知道天然产品是否含有符合自然风气的成分。这一点尤其重要，因为由于过度耕种，越来越多的精油植物出现在濒危物种名单上。那些经过土壤协会认证的油意味着他们使用的是有机养殖的成分，这些成分是在没有经过基因改造的情况下生长的（非转基因），没有除草剂或合成肥料。当您在产品上看到他们的徽标时，您知道它采用可持续成分采购和制造，未经动物测试，不含刺激性化学品，纳米颗粒，对羟基苯甲酸酯，合成染料和人造香料。

IFA CORPORATE MEMBERSHIP

IFA 公司会员

IFA Corporate membership is extended to companies who serve the aromatherapy profession that advocate the safe use of aromatherapy and support the ethos of the IFA. It is a condition of membership that the company provide sufficient information on their website and promotional literature about their products to allow customers to make informed decisions and also provide instruction on how to apply the product safely. As essential oils vary from crop to crop they cannot be licensed; therefore the company's website must not make any medicinal claims regarding an aromatherapy product and provide guidelines regarding dilution, where necessary. The information printed on product labels must meet the IFA 'correct labelling' requirements as above. Essential oil bottles must have a single oil dropper safety dispenser integrated into the bottle to prevent spillage/swallowing (for the safety of the public). The IFA sample five products from across a company's range in order to check product labelling, viscosity where necessary, freshness and quality.

IFA 企业会员资格扩展到服务芳香疗法专业的公司，倡导安全使用芳香疗法并支持 IFA 的精神。

成员资格条件是公司在其网站上提供足够的信息和有关其产品的宣传文献，以便客户做出明智的决定，并提供有关如何安全应用产品的说明。由于精油因作物而异，因此无法获得许可；因此，公司的网站不得就芳香疗法产品提出任何药物要求，并在必要时提供有关稀释的指导。产品标签上印刷的信息必须符合上述 IFA“正确标签”的要求。精油瓶必须在瓶中集成一个油滴安全分配器，以防止溢出/吞咽（为了公众的安全）。IFA 对来自公司范围内的五种产品进行抽样，以检查产品标签，必要时的粘度，新鲜度和质量。

Members are required at all times to comply with relevant laws and regulations of the country in which they operate and in relation to the specific product(s) they provide. For example, the [Medicines and Healthcare Products Regulatory Agency Guidelines](#), [Cosmetic Toiletry and Perfumery Association Guidelines](#), [Product Safety for Manufacturers](#). As a general principle, all companies must uphold standards of good business practice to remain in good standing as a member. Failure to do so may result in expulsion from membership.

会员必须始终遵守其经营所在国家/地区的相关法律法规以及与其提供的特定产品相关的法律法规。例如，[药品和保健品监管机构指南](#)，[化妆品盥洗用品和香水协会指南](#)，[制造商的产品安全](#)。作为一般原则，所有公司必须坚持良好商业惯例的标准，以保持良好的会员资格。如果不这样做，可能会被驱逐出会员资格。

It is appropriate to finish with a final word on quality by Kurt Schnaubelt PhD, who writes, “It is consistent with holistic thinking to treat essential oils not just as standardised mixtures of substances (as the pharmacy manuals do), but as complex products of the cooperation between man and nature. Why should a fine bergamot oil from Sicily not be treated like a good bottle of wine, with information on the vintage and its producer provided on the label?”

最好用 Kurt Schnaubelt 博士对质量进行最后的说明，他写道，“这与整体思维一致，不仅仅是作为标准化的物质混合物处理精油（如药理学手册所做的那样），而是作为复杂的产品。人与自然的合作。为什么来自西西里岛的精美香柠檬油不能被视为一瓶好酒，标签上提供有关葡萄酒及其生产商的信息？”