

ESSENTIAL OILS
BEGINNER'S
BLUEPRINT:

Getting Started



I HAVE MY OILS,
NOW WHAT??



What are Essential Oils??



The Benefits of Essential Oils



How to Use Essential Oils



Are Essential Oils Safe?



Essential Oil Recipes

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WHAT ARE ESSENTIAL OILS?

ESSENTIAL OILS ARE A GREAT TOOL TO ESCAPE THE USE OF SYNTHETIC CHEMICALS. IT OFFERS US TO LIVE A MORE HOLISTIC, NON-TOXIC LIFESTYLE. BUT WHAT EXACTLY ARE ESSENTIAL OILS? HOW AND WHERE DO WE GET THEM?



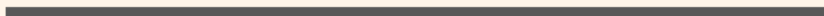
PLANTS PRODUCE ESSENTIAL OILS FOR MANY REASONS:

- AROMA
- DETER PREDATORS
- REPRODUCTIVE PROCESSES

Plants use essential oils for protection. We too can benefit from these powerful, natural elements of the oils for protection and promote a healthy body.

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What are Essential Oils Really?



- small organic molecules that change quickly from a liquid to a gas at room temperature
- Volatile Aromatic compounds - due to how fast they change from a liquid to a gas
- The chemical profile for each essential oil has its own chemical makeup

Essential Oil: The Process



THE FORMATION OF ESSENTIAL OILS IS GREATLY INFLUENCED BY THE WEATHER CONDITIONS, AMOUNT OF RAINFALL, AND TEMPERATURE.

4 STEPS needed to make a perfect essential oil:

- **Optimal Harvesting Practices**

- preservation of the chemical composition during the harvesting phase allows the essential oil to retain its potency and power

- **The Extraction Process**

- separates the oil from the plant to make it a useable product
- The quality of the oil can be preserved or ruined during the extraction process.

- **Distillation**

- the process of separating the oils from the plant material using heat

- **Expression or "Cold Pressing"**

- No use of heat
 - Mainly used to produce citrus essential oils like lemon

THE BENEFITS OF ESSENTIAL OILS



The Health Benefits of Essential Oils

1

Promotes clear breathing

2

Environmental Benefits

3

Promotes a healthy gut and proper digestion

4

Creates a restful bedtime atmosphere

5

Beautifies the skin, hair and teeth

6

Soothes the skin



The Emotional Benefits of Essential Oils

- OFFERS SOOTHING, CALMING, AND GROUNDING PROPERTIES
- OFFERS ENERGIZING, UPLIFTING, AND RENEWING PROPERTIES
- THE LIMBIC SYSTEM TRIGGERS EMOTIONS AND MEMORIES ASSOCIATED WITH THAT AROMA

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ARE ESSENTIAL OILS SAFE?

Not all essential oils are created equal! Look for high quality oils without synthetic additives or impurities.

Always read the labels

1. Pay attention to the labels
2. Look for specific warnings on package
3. Adhere to all recommendations provided by the manufacturer

Sensitivity issues

1. Specific oils may cause sensitivity - even diluted (Citrus oils)
2. Use smaller amounts of oil
3. Oils do not cause allergic reactions but can create an allergic response.



Less is more

1. Oils are safe - use the appropriate dosage and application method.
2. Any oil can be toxic
3. Start with small amounts and then add on.
4. Always dilute if applying to skin

Supervise young children

1. Consult a doctor before using oils, if your child has health concerns.
2. Always dilute the oils
3. Apply to bottoms of feet before other area.
4. Store out of reach of children

Questions? Discuss with your health professional



Using Essential Oils IN SPECIAL CIRCUMSTANCES



PREGNANCY

- Limited studies on essential oils and pregnancy
- Women are more sensitive pregnant, keep an eye on how you feel.
- Consult a physician before using.



PETS

- Oil use on pets is controversial
- Not all oils are recommended for animal use
- Use a small amount first and watch your pets reaction
- Pets are more sensitive so dilute them
- Speak to your vet before using



BREASTFEEDING

- The best option is to discuss with your primary healthcare provider about using essential oils while breastfeeding.

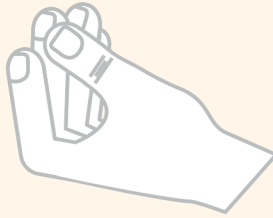
how to use

Essential Oils

when it comes to essential oils,
there are 3 basic methods:



AROMATIC



TOPICAL



INTERNAL



AROMATIC

Experiencing the aromatic qualities,
the aroma of the oil through the air.

BREATHING OR INHALING

1

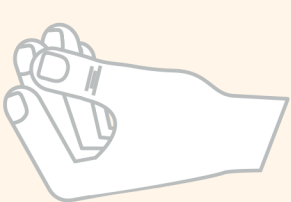
DIFFUSION: MOST EFFECTIVE AND
EFFICIENT WAY TO USE ESSENTIAL OILS

2

INHALATION: PLACE A DROP IN HAND,
RUB PALMS TOGETHER,
AND INHALE



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TOPICAL

Essential oils easily penetrate the skin which provides localized benefits

USE A CARRIER OIL TO SLOW THE ABSORPTION OF THE OIL

WHAT IS A CARRIER OIL/BENEFITS

- A carrier oil is a substance that dilutes the essential oil
- A carrier oil actually enhances the absorption of the oil, maximizing the effects.
- The primary function is to prevent sensitivities on the skin
- A carrier oil should be a pure vegetable oil - avocado oil, walnut, sweet almond, sunflower, olive, and coconut oil



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Essential Oil Application



- Add to your daily skincare regimen
 - Apply to temples, forehead, the base of the skull, and neck to promote relaxation
 - Peppermint is a great oil for tension relief.
-



- Applying to arms, wrists, legs, and feet after physical activity allows for healing/soothing properties.
 - Wintergreen, Cassia, or Blue Tansy can enhance the relaxing effects of a massage or stretching.
-



- The cool and invigorating properties of essential oils can promote clear breathing with applied topically to the chest.
 - Great oils that create a cooling or soothing vapor are Eucalyptus, Cardamom, and Peppermint.
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- Applying to the abdomen help alleviate occasional digestive comfort.
 - Fennel, Peppermint, Ginger, and Coriander are great for stomach-soothing properties.
 - Clary Sage, Lavender, and Geranium are great to use before or during menstruation.
-



- Apply to your feet for first-time oil users or for children.
- The feet offers a thick and is less prone to sensitivity.

USING

ESSENTIAL OIL INTERNALLY

IDEAS FOR INTERNAL USAGE

TAKING ESSENTIAL OILS WITH WATER

Add a drop or two to your water to benefit from the oils properties. Lemon or lime are a great choice, while adding cinnamon to honey enhances soothing properties.

TAKING ESSENTIAL OILS DIRECTLY

Oils can be placed directly on the tongue for quick absorption of the oil. Remember: oils are extremely potent. Diluting in water may be a great option.

USING ESSENTIAL OIL CAPSULES

Effective method if you don't like the taste of essential oils. Provides a quick and easy way to deliver the benefits of the oil to the body. Make sure to purchase capsules that are easy to digest and are free from preservatives.

COOKING AND BAKING WITH ESSENTIAL OILS

Adding essential oils to your favorite dishes and beverage is wonderful to experience the benefits to the body. Basil, cilantro, black pepper, for meat dishes. Lavender, Orange, and Rosemary are great for baked items.

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Tranquil Diffuser Blend

- 3 DROPS
LAVENDER
- 3 DROPS
CEDARWOOD
- 3 DROPS ROMAN
CHAMOMILE

Sleep Bomb Diffuser Blend

- 3 DROPS LAVENDER
- 2 PEACE & CALMING
- 1 DROP CEDARWOOD

Focus Diffuser Blend

- 2 DROPS
PEPPERMINT
- 3 DROPS
CEDARWOOD
- 2 DROPS LIME

Goodnight Diffuser Blend

- 5 DROPS
LAVENDER
- 5 DROPS
FRANKINCENSE
- 3 DROPS
TANGERINE

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Clean Home Diffuser Blend

- 3 DROPS
EUCALYPTUS
- 2 DROPS TEA
TREE
- 2 DROPS
ROSEMARY