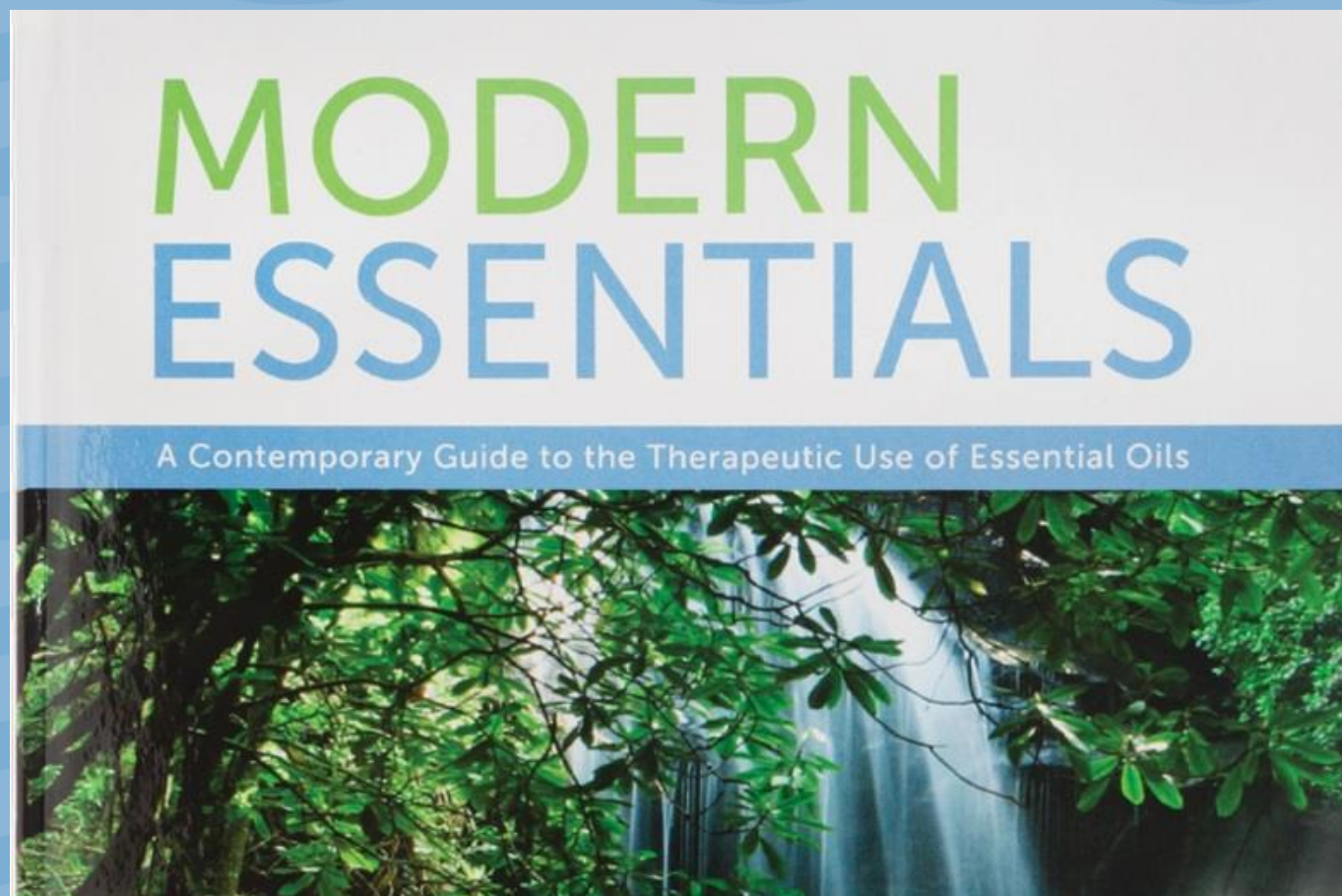


Essential Oils 101

All content contained in this game can be found in
Modern Essentials, published by AromaTools™.

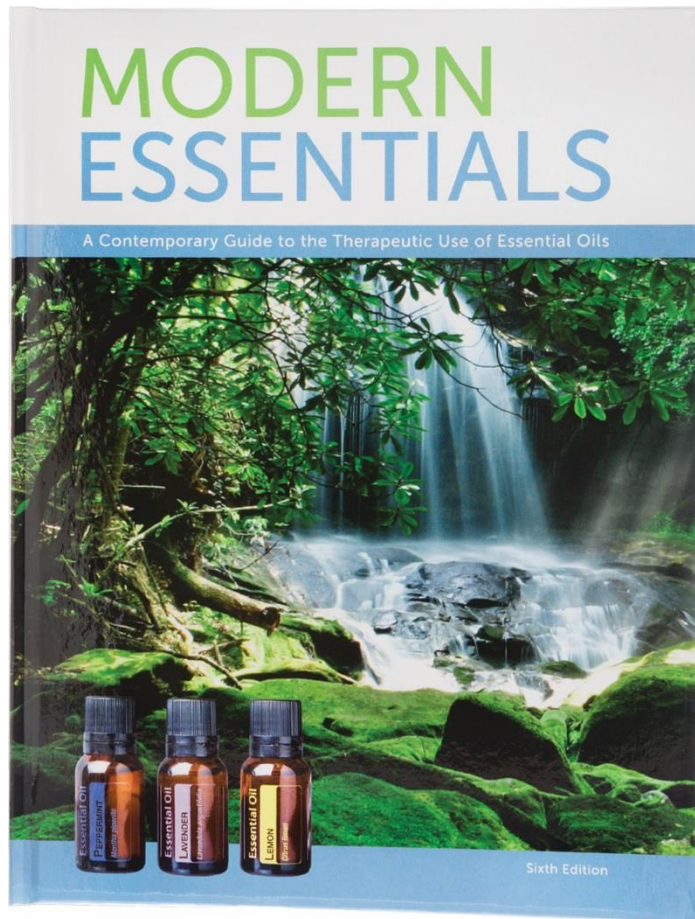


Essential Oils 101 Game Instructions

- To start the game, go to slide 3.
- Pick at least three people from your class to participate.
- Allow the participants to choose the category and question number.
- Use the mouse to click on the number. You will be brought to the correct slide.
- Instruct the participants to raise their hand once the question is done being read. The first participant to raise their hand may answer the question.
- If the participant guesses the question correctly, they will receive 1, 2, or 3 points, depending on the question. If the participant incorrectly answers the question, another participant may answer and receive the points.
- Print out the last slide of this presentation. The last slide lists the correct answer for each question.
- Once you have completed the question, you can return to the main slide (slide 3) by clicking on the AromaTools™ logo in the bottom right hand corner.
- Provide prizes for those who participate!

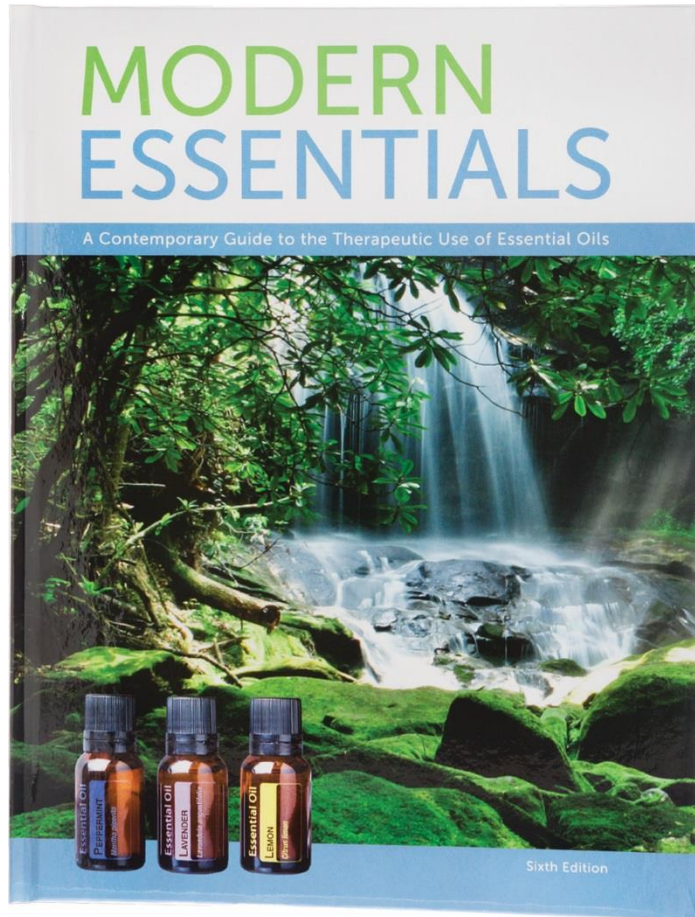
Definitions	Introduction	Topical	Aromatic	Internal
<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>	<u>1</u>
<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>	<u>2</u>
<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>	<u>3</u>
				© 2015 AromaTools

Definitions - 1



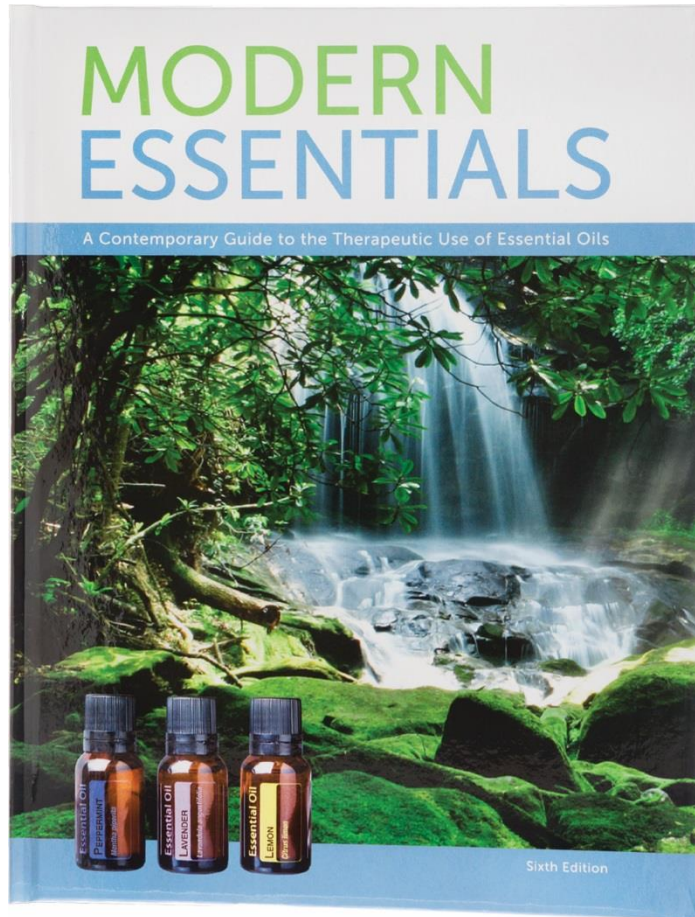
Substances created inside aromatic plants that are both volatile and oil soluble.

Definitions - 2



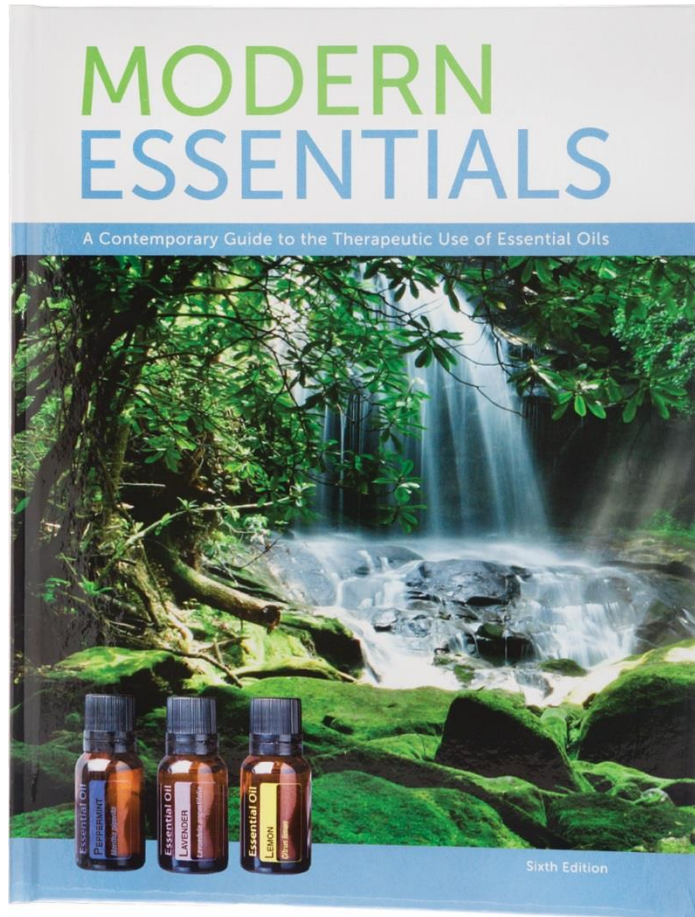
Applying an essential oil by itself, without diluting in a carrier oil.

Definitions - 3



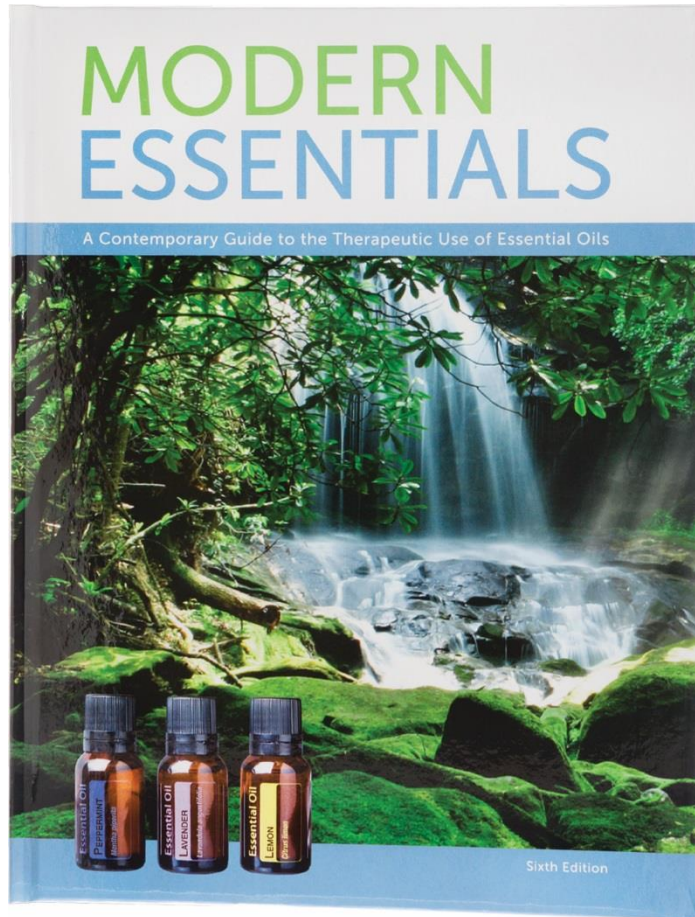
Mixing an essential oil in a carrier oil so its effects are not as concentrated in one area.

Introduction - 1



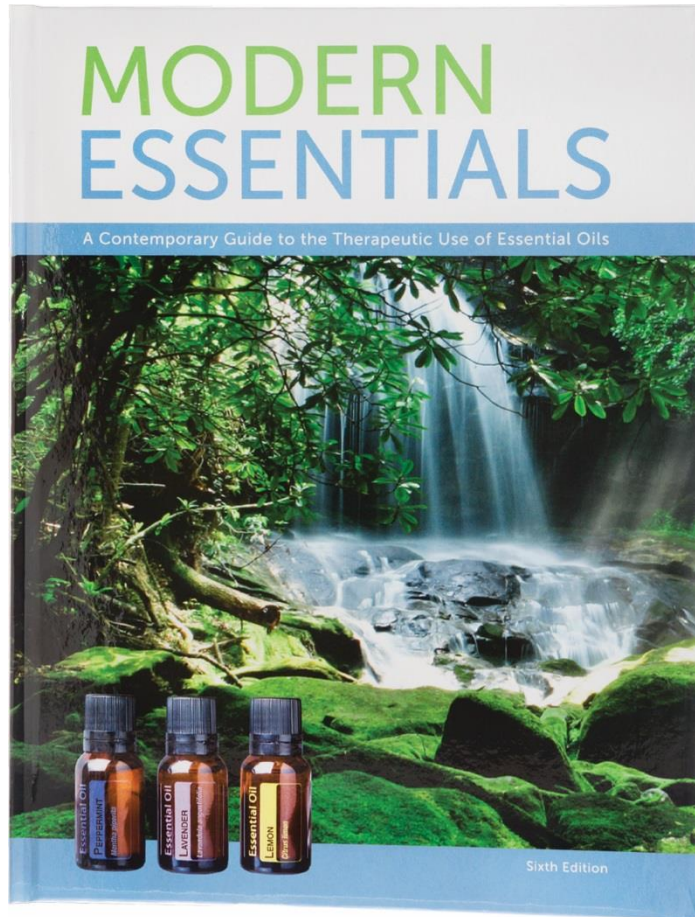
Should never be used to dilute an oil that has accidentally irritated the eye.

Introduction - 2



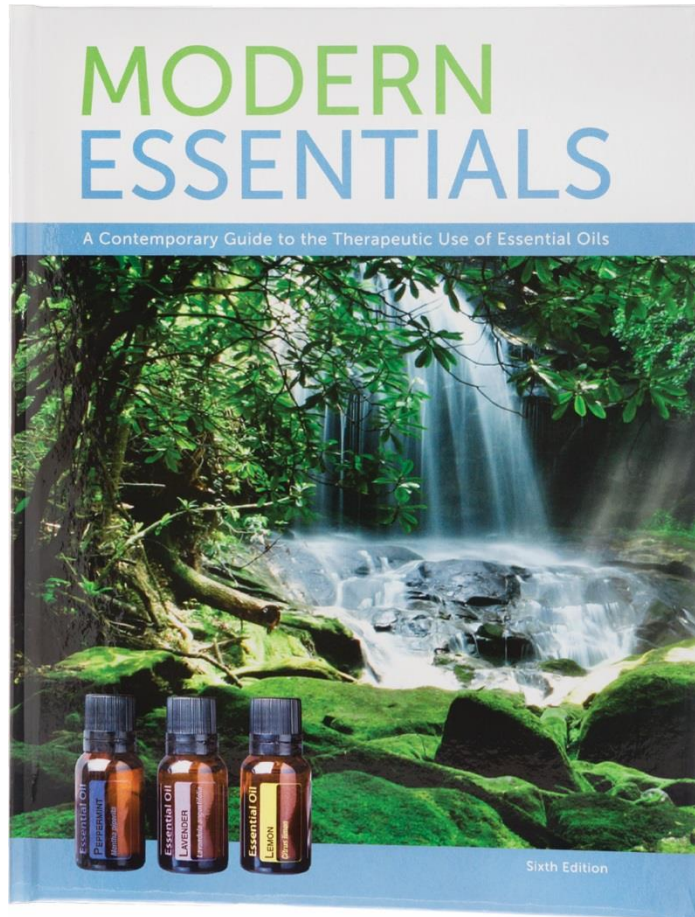
Most common method used to extract essential oils.

Introduction - 3



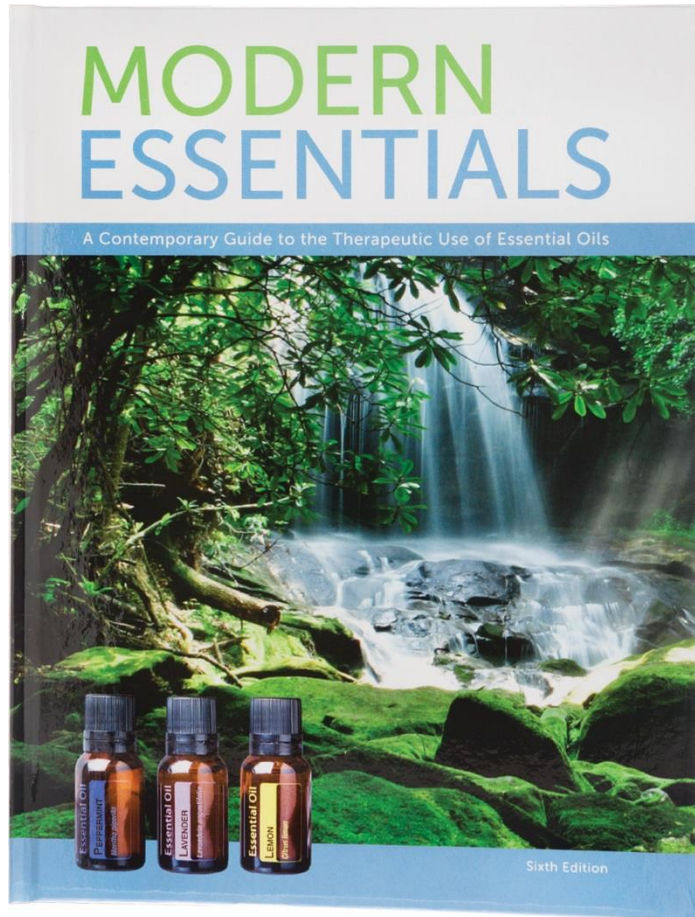
Known to be able to cross the blood-brain barrier.

Topical - 1



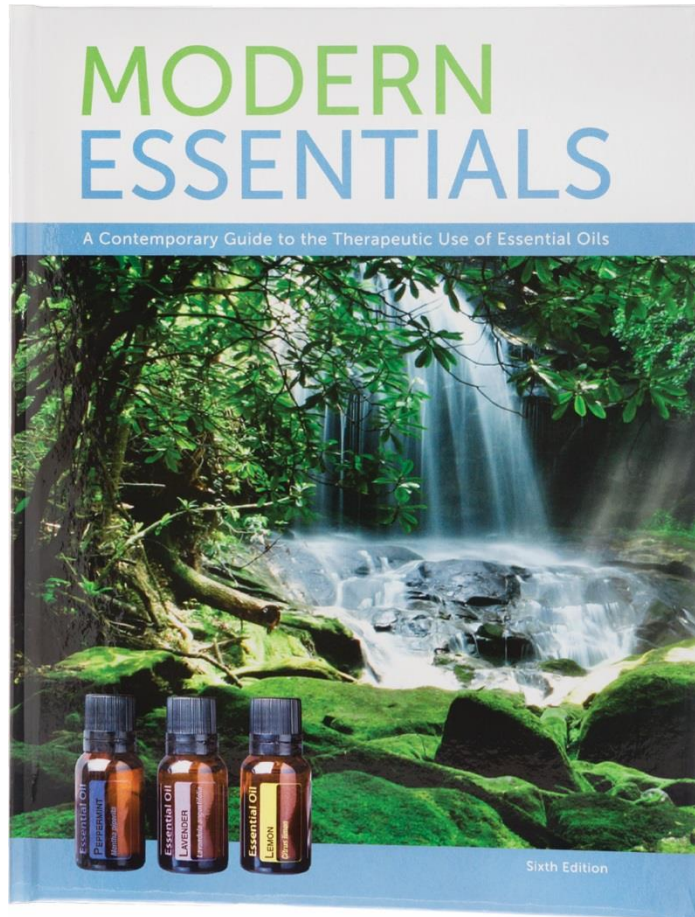
Stimulation of muscle, skin, and connective tissue using various techniques to help promote healing, balance, and connection.

Topical - 2



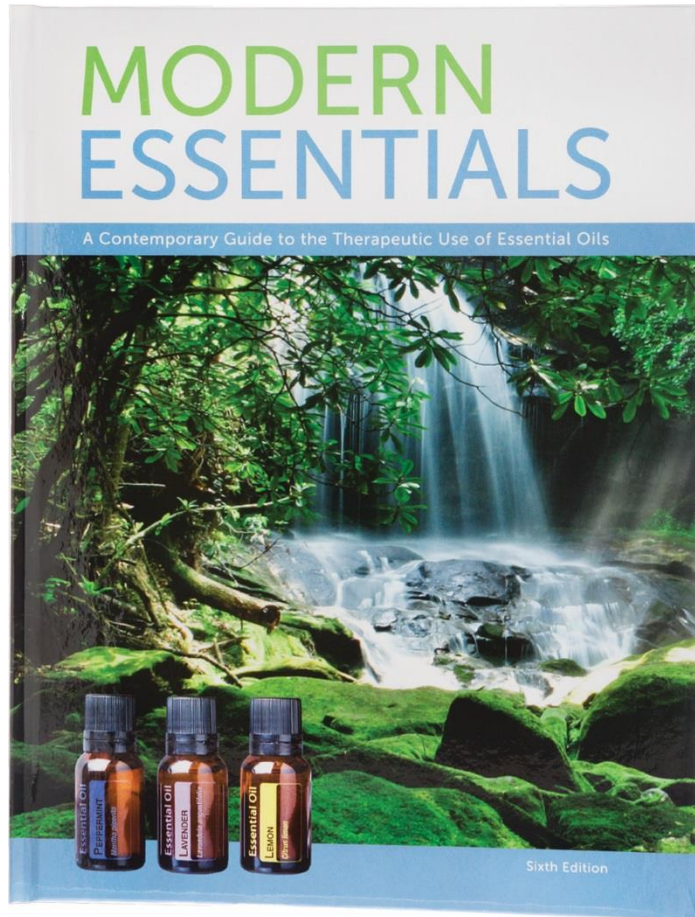
A simple method of applying oils to contact points (nerve endings) in feet and hands.

Topical - 3



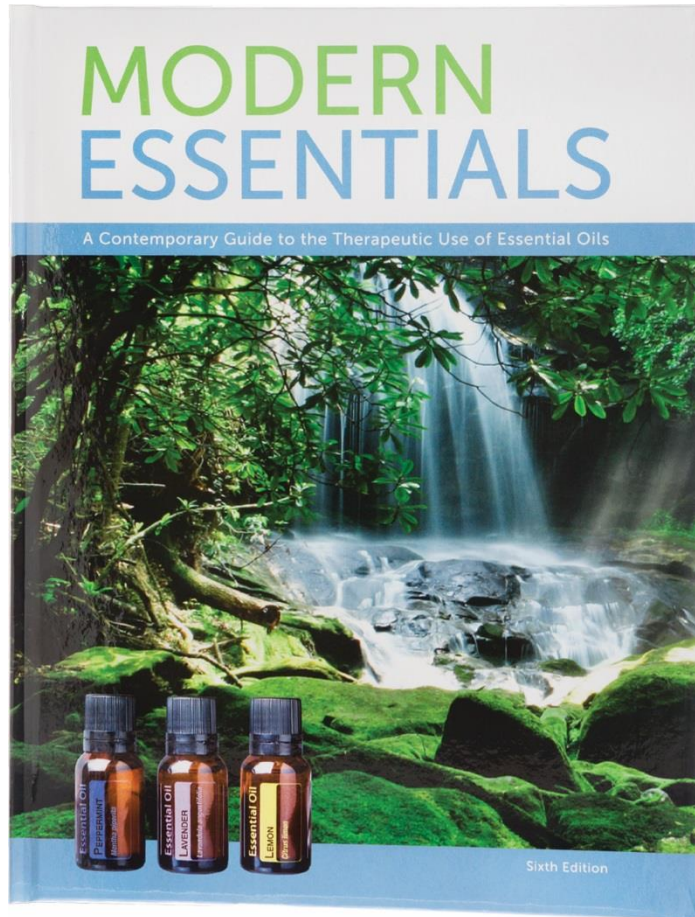
Process of applying one oil, rubbing it in, and then applying another oil.

Aromatic - 1



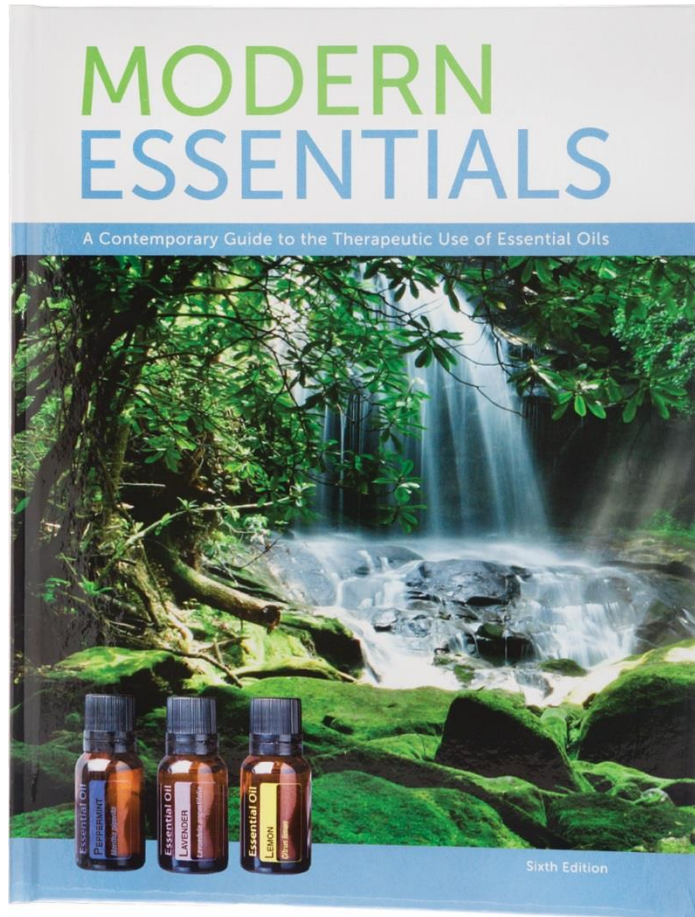
Inhaling an essential oil or its aroma.

Aromatic - 2



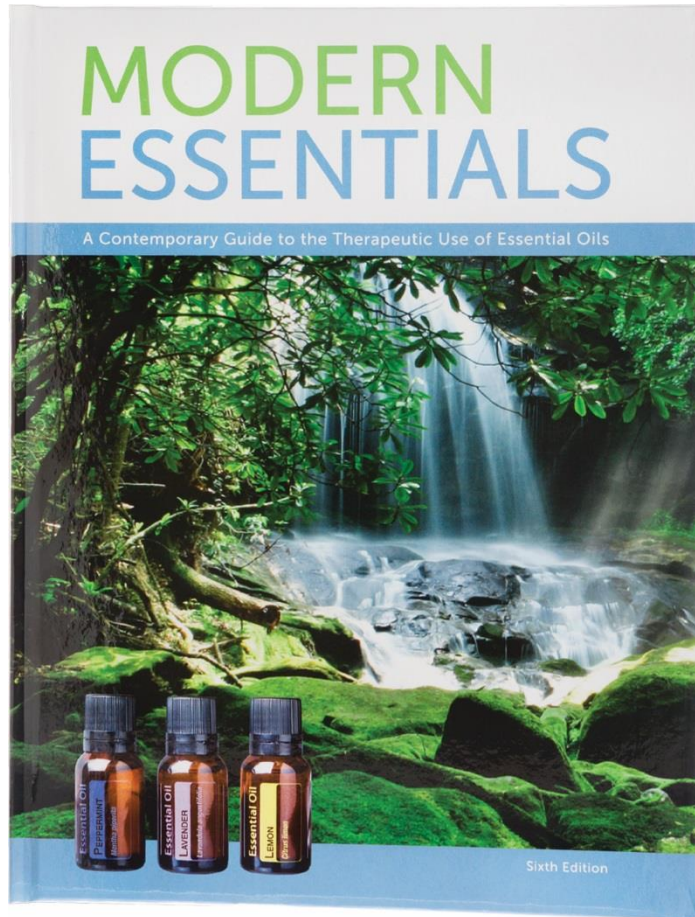
A gland in the brain stimulated by fragrance or smell.

Aromatic - 3



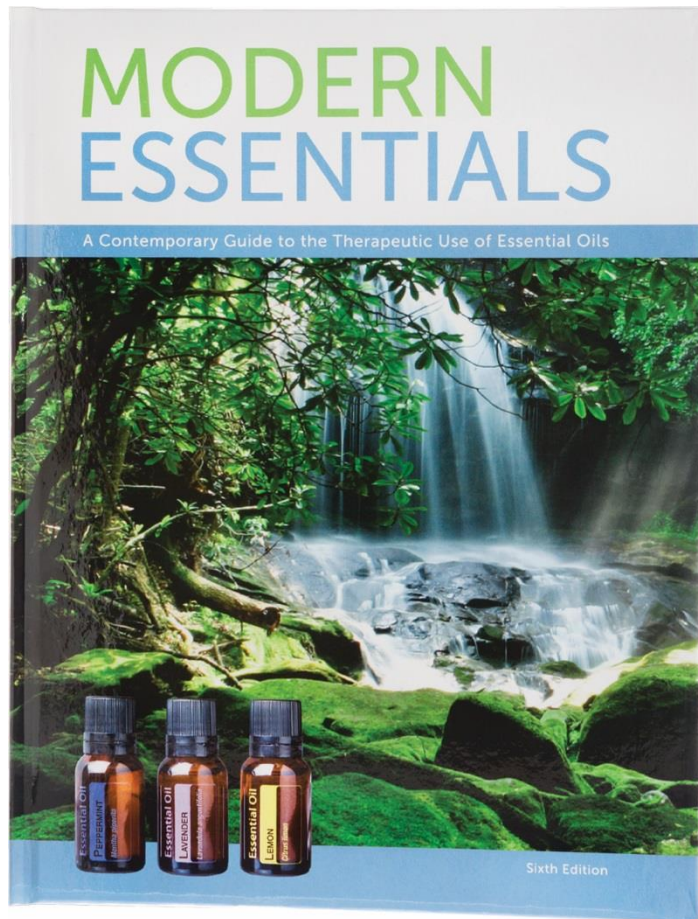
Uses ultrasonic vibrations to convert oil mixed with water into a fine water vapor.

Internal - 1



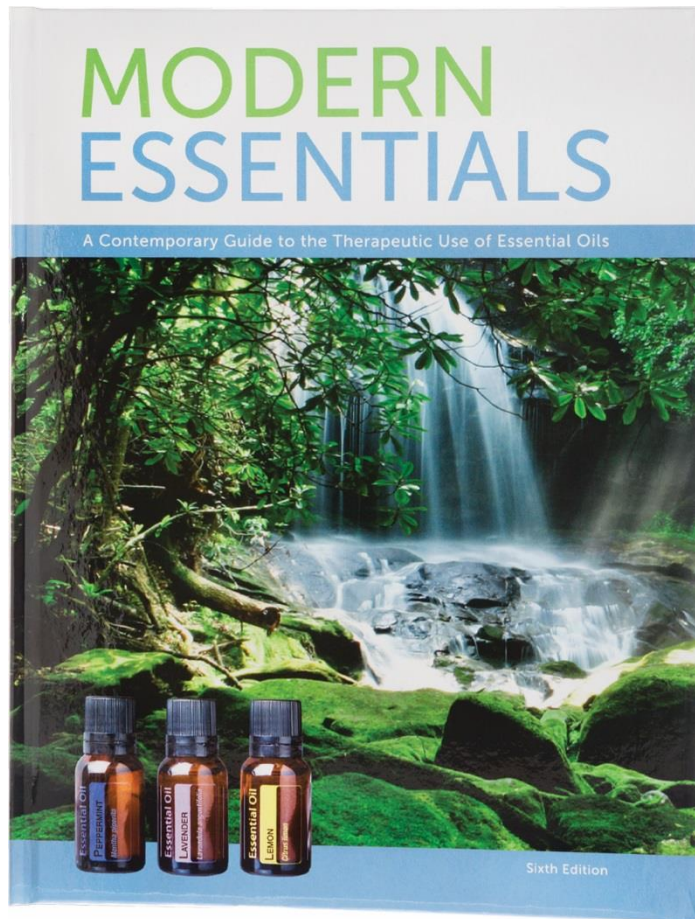
Most effective way to take essential oils internally.

Internal - 2



Placing 1-10 drops of essential oils in this, and swallowing, is an easy way to take essential oils internally.

Internal - 3



Bergamot, grapefruit, lemon, lemongrass, lime, and orange all add a tangy zip to main dishes, desserts, drinks and more!



QUESTION ANSWERS

Definitions	Introduction	Topical	Aromatic	Internal
Essential Oils	Water	Massage	Aromatherapy/ Aromatic Application	Sublingually
Neat	Steam Distillation	Reflexology/ Reflex Therapy	Amygdala	Capsule
Dilution	Sesquiterpenes (a chemical constituent commonly found in frankincense and sandalwood essential oils)	Layering	Ultrasonic Nebulizing Diffuser	Citrus Oils