

“Introduction to Modern Essentials™” 8th Edition Scavenger Hunt Activity

Instructions: Choose any of the questions from the lists below. Feel free to jump back and forth between the sections. Have your participants state the section they found the answer in along with the answer. The answers listed below are summaries and can be expounded on.

Keep in mind that this is a learning experience, so allow an open discussion or answer questions as needed. You may want to address things like how many drops to use, how to fill and dilute a capsule, how to dilute for children, how to use oils in a bath, etc.

Introduction to Essentials Oils Section

Q: Find a “Using Essential Oils Wisely” box, and tell us what it says.

A: Answers will vary.

Q: Name an Essential Oil Fact.

A: Answers found on the 3rd page of the booklet.

Q: Name 1 way that essential oils support a healthy body.

A: Answers found under “Natural Body Support.”

Q: What do the terms “aromatic,” “topical,” and “internal” mean in reference to essential oils?

A: Answers found under “A Few Common Essential Oil Terms.”

Q: Name 1 way that essential oils benefit plants.

A: Assist during periods of low nutrients, attract pollinators, guard against sun damage, protect during temperature extremes, heal herbivore feeding damage, repel insects, resist microbial attack. (“Natural Essential Oils”)

Q: What does the word “neat” mean in reference to essential oils?

A: Applying an essential oil without a carrier oil. (“A Few Common Essential Oil Terms”)

Q: What is “diffusing”?

A: Using evaporation, heat, or mechanical means to disperse an essential oil into the air so it can be easily inhaled. (“Using Essential Oils: Diffusing”)

Q: How many drops of lemon essential oil should you use to replace 1 tsp. of lemon zest?

A: 1 drop. (“Using Essential Oils: Essential Oils Commonly Used in Cooking”)

Q: What essential oils do you need to make the soothing massage oil?

A: Peppermint, marjoram, and wintergreen. (“Massage Oil Recipes”)

Q: Can essential oils be used to balance emotions?

A: Yes. (“Emotions and Essential Oils”)

Q: What oils are listed in the energizing diffuser blend?

A: Orange, rosemary, and peppermint. (“Diffuser Blend Recipes”)

Q: How much carrier oil do you need in the roll-on blend recipes?

A: 5 ml or 1 tsp. of carrier oil such as jojoba oil or almond oil. (“Roll-on Blend Recipes”)

Common Essential Oils Section

Q: Where can you find the symbols guide?

A: Beginning of the “Common Essential Oils” section.

Q: What does the sun symbol mean?

A: The oil can cause photosensitivity. Avoid sun exposure after applying.

Q: What part of the plant is basil essential oil extracted from?

A: Leaves, stems, and flowers. (“Basil”)

Q: What is the botanical name for rosemary?

A: Rosmarinus officinalis. (“Rosemary”)

Q: Can cardamom essential oil be taken internally?

A: Yes. (“Cardamom”)

Q: What symbols are listed for ginger essential oil, and what do they mean?

A: Purple hand symbol—dilute for topical application; sun symbol—avoid sun for 12 hours after use; green aroma symbol—can be used aromatically; green oil drop symbol—can be used internally. (“Ginger”)

Q: What does the oil drop symbol mean?

A: Generally regarded as safe for internal use for adults. Only use diluted and in small amounts for children over 6. Avoid internal use for children under 6. (“Common Essential Oils: General Oil Application Symbol Guide”)

Q: Can you cook with wintergreen essential oil?

A: No, it doesn’t say it can be used internally. (“Wintergreen”; no oil drop symbol)

Q: Can you topically apply oregano essential oil with out diluting it?

A: No, oregano oil should always be diluted. (“Oregano”; pink hand symbol)

Q: Can cinnamon essential oil be diffused?

A: Yes, but avoid inhaling oil mist directly when diffusing. (“Cinnamon”; purple aroma symbol)

Q: Find an oil good for cleaning with.

A: Lemon, white fir.

Q: Name 2 essential oil blends.

A: Answers found under “Essential Oil Blends and Supplements.”

Q: What essential oils can cause photosensitivity (meaning sun exposure should be avoided for 12–72 hours after using)?

A: Bergamot, ginger, lemon, lime, and orange (see sun symbols under the essential oils).

Q: What are the common uses of marjoram essential oil?

A: Arthritis, carpal tunnel, colic, cramps (muscle), croup, high blood pressure, muscle aches, muscle fatigue, muscle spasms, muscular dystrophy, neuralgia, Parkinson’s disease, physical stress, whiplash. (“Marjoram”)

Essential Oil Personal Usage Guide Section

Q: What oils may help with sleep?

A: Lavender; Restful Blend. (“Sleep”)

Q: What can you do if you have a cold?

A: Take oils in water or in a capsule; apply oils to throat, temples, forehead, sinuses, and below nose; diffuse. Blend 5 drops lemon and 5 drops thyme in 1 Tbs. (15 ml) jojoba oil. Apply a small amount to the throat, forehead, chest, and back of neck 2–3 times per day. (“Colds”)

Q: What oils may help with acne?

A: Topical Blend, melaleuca, juniper berry. (“Acne”)

Q: What can you try if you are constipated?

A: Massage oils gently on lower abdomen; take Digestive Blend in capsules. (“Constipation”)

Q: What oils may help with a headache?

A: Tension Blend, peppermint, Soothing Blend, rosemary, and cardamom (could also mention to apply 1 drop each of lavender, peppermint, and frankincense to the back of the neck and forehead). (“Headache”)

Q: What are ways you can help reduce stress with essential oils?

A: Inhale, diffuse, massage, or bath. (“Stress”)

Q: If you have pink eye, should you apply essential oils directly in your eyes?

A: No, but you can apply around the eye. (“Pink Eye”)

Q: What is one way you can use essential oils for kidney stones?

A: Add a drop to water with the juice from ½ lemon, and drink regularly. (“Kidney Stones”)

Q: What single oils may help with depression?

A: Lemon, frankincense, lavender, and bergamot. (“Depression”)

Q: What are some disinfecting essential oils?

A: Lemon, Cleansing Blend, and Protective Blend. (“Disinfecting”)

Q: If you have a wound, what oils could you try? Pick an oil to use and see if you should dilute it.

A: Clove, melaleuca, helichrysum, lavender, lemongrass, Cleansing Blend, and basil. (Look in the “Common Essential Oils” section to see if your chosen oil needs to be diluted.)

Q: What do you need to make a sunburn relief spray?

A: 10 drops lavender, ¼ cup (60 ml) cool water, and a spray bottle. (“Sunburn”)

Q: Name 1 way you can use essential oils aromatically to help with anxiety.

A: Diffuse lavender in an aromatherapy diffuser when feeling anxious; or combine 5 drops orange and 10 drops lemon with 1 tsp. (5 ml) water in a small spray bottle, and spray into the air and inhale as needed. (“Anxiety”)

Q: What oil is the best for using on a burn?

A: Lavender. (“Burns”)