



Essential Oils Benefits and Uses

ESSENTIAL OIL	ATTRIBUTES	MIXES WELL WITH
Cedarwood	stress relief, strengthening	lemon, patchouli, eucalyptus, rosemary
Eucalyptus	revitalizing, clarifying, invigorating	cedarwood, rosemary, lavender, other citrus oils, spearmint, tea tree
Germ Guard Blend	warming, comforting, soothing	already blended with various essential oils
Grapefruit	purifying, cheerful, uplifting	eucalyptus, lavender, rosemary, other citrus oils
Lavender	soothing, normalizing, comforting, relaxing	lemongrass, peppermint, tea tree, grapefruit, patchouli, rosemary
Lemon	refreshing, cheerful, uplifting	other citrus oils, tea tree
Lemongrass	purifying, stimulating, cleansing	other citrus oils, lavender, rosemary
Lime	uplifting, refreshing	other citrus oils, eucalyptus, peppermint, spearmint
Orange	refreshing, uplifting, invigorating	other citrus oils
Patchouli	romantic, soothing, stimulating	lavender, cedarwood, lemongrass
Peppermint	revitalizing, invigorating, cooling	eucalyptus, rosemary
Rosemary	purifying, uplifting	lemongrass, peppermint, lavender, spearmint
Spearmint	refreshing, cooling, invigorating	eucalyptus, lavender, lime, rosemary
Tea Tree	cleansing, purifying, renewing	eucalyptus, lemon, lavender



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BENEFIT	ESSENTIAL OILS TO USE	HOW TO USE*
Acne & Oily Skin	Grapefruit, Lemon, Lemongrass, Orange, Patchouli, Peppermint, Tea Tree	<ul style="list-style-type: none"> Add essential oil to facial cleanser or lotion Spot treat pimples or blemishes directly with tea tree or lavender essential oil
Allergies & Sinus	Lavender, Lemon, Peppermint, Tea Tree	<ul style="list-style-type: none"> Add essential oil to carrier oil and rub into bottom of feet 2 times per day Aromatherapy - diffuse essential oils
Antibacterial/ Antiviral	Eucalyptus, Grapefruit, Lavender, Lemon, Lemongrass, Orange, Peppermint, Tea Tree	<ul style="list-style-type: none"> Add essential oil to water in mister/spray bottle - spray into air or on surfaces - wipe down as needed Add 10 drops essential oil to bath water Aromatherapy - diffuse essential oils
Arthritis/Joint Inflammation	Lavender, Peppermint, Rosemary	<ul style="list-style-type: none"> Add essential oil to carrier oil or unscented lotion and massage into affected area as required Add Lavender Ridge Farms Bath Salts to a warm bath to sooth inflammation Apply Lavender Ridge Farms Healing Salve to affected area as needed
Asthma	Cedarwood, Eucalyptus, Lavender, Lemon, Peppermint	<ul style="list-style-type: none"> Add 10 drops of essential oil into bath water Aromatherapy - diffuse essential oils
Athletes Foot/Nail Fungus	Cedarwood, Eucalyptus, Lavender, Lemongrass, Tea Tree	<ul style="list-style-type: none"> Dilute in carrier oil or unscented lotion. Apply to feet 2x per day To treat nail fungus, apply 1 drop of tea tree essential oil directly to affected area daily
Bug Bites/Stings	Lavender, Lemon, Peppermint, Tea Tree	<ul style="list-style-type: none"> Add essential oil to water in mister/spray bottle - spray on bite or sting as needed. Apply Lavender Ridge Farms Healing Salve to affected area as needed
Burns/Sunburn	Lavender	<ul style="list-style-type: none"> Directly apply to burn using a cotton ball Add 10 drops to a cool bath Add essential oil to water in mister bottle, spray on burn
Colds & Flu	Eucalyptus, Germ Guard Blend, Lavender, Peppermint, Rosemary, Spearmint, Tea Tree	<ul style="list-style-type: none"> Apply Lavender Ridge Farms Germ Guard Salve to chest, neck and feet Aromatherapy - diffuse essential oils
Dandruff	Lavender, Rosemary, Tea Tree	<ul style="list-style-type: none"> Add 10 drops each of tea tree and lavender essential oil, 5 drops of each lemon and rosemary essential oil to 4oz of unscented shampoo. Use daily, massage into scalp before rinsing.
Eczema	Lavender, Patchouli, Tea Tree	<ul style="list-style-type: none"> Add essential oil to carrier oil or unscented lotion and massage into affected area as required Apply Lavender Ridge Farms Gardener's Salve to affected area as needed



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Fever	Eucalyptus, Lavender, Peppermint	<ul style="list-style-type: none"> Add essential oil to carrier oil or unscented lotion and rub on bottom of feet Aromatherapy - diffuse essential oils
Headache	Eucalyptus, Lavender, Peppermint, Rosemary	<ul style="list-style-type: none"> Add essential oil to carrier oil and apply to back of neck, temples and forehead. Avoid eye area Aromatherapy - diffuse essential oils
Insomnia	Lavender, Orange	<ul style="list-style-type: none"> Add essential oil to carrier oil. Massage into feet, stomach and back of neck. Aromatherapy - diffuse essential oils Use Lavender Ridge Farms Lavender Linen & Room Spray on towels & bed linens
Odors	Grapefruit, Lavender, Lemon, Lemongrass, Lime, Orange	<ul style="list-style-type: none"> Aromatherapy - diffuse essential oils
Rashes	Lavender, Tea Tree	<ul style="list-style-type: none"> Add essential oil to carrier oil or unscented lotion. Apply to affected areas 2x day. Apply Lavender Ridge Farms Healing Salve to affected area as needed

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Essential Oils Used as Treatments & Remedies

Essential Oils have been used for centuries to help relieve symptoms and aid in healing. **We do not recommend ingesting essential oils** as there are only a few that are suitable for oral administration and most can cause toxicity and poisoning if used incorrectly. Essential Oils are concentrated plant extracts. Safety should be a top priority when using. Essential oil use is not recommended for infants/toddlers and expecting mothers. Consult a professional provider and always remember to do your research.

Recommended Dilution Ratios (by the American College of Healthcare Sciences)

Carrier Oil Volume	.5% Essential Oil (# of drops)	1% Essential Oil # of drops	2% Essential Oil # of drops	4% Essential Oil # of drops
	Recommended for Children & Elderly	Recommended for Topical Application - Whole Body Oils/Lotions	Recommended for Topical Application - Whole Body Oils/Lotions	Recommended for Concentrated Massage Oil (local areas/not full body)
1/2 oz (1 TB)	1	3	6	12
1 oz (2 TB)	3	6	12	24
2 oz (4 TB)	6	12	24	48
4 oz (1/2 cup)	12	24	48	96
8 oz (1 cup)	24	48	96	192
16 oz (2 cups)	48	96	192	384



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Essential Oil Quality

Like most consumer products, be sure to read any information provided on the label or website for questions about quality. Not all essential oils are created equal. There are numerous ways that manufacturers have compromised the quality of essential oils by “stretching” the volume - added other oils (unnamed/unknown) or diluting with lesser quality oils. All of the essential oils that we sell at Lavender Ridge Farms are 100% pure and sourced from a reputable and certified supplier that tests all essential oils in-house and provides us with a certificate of authenticity and purity with every shipment.

Diffusing Essential Oils

There are many different types/processes of diffusing essential oils. Popular methods today are essential oil diffusers that use water in a reservoir and drops of essential oil added to the water. Diffusers can work various ways - ultrasonic vibration that mixes the water and oil and turns it into a mist, electric diffusion where the essential oil is gently warmed to evaporate, terra cotta diffusion that slowly disperses the scent or misting/spraying diluted essential oils in water. Follow the manufacturer’s directions on your diffuser for appropriate amounts of water and essential oil to add to diffuser.

Inhaling Essential Oils

The easiest method for aromatherapy with essential oils is the method of inhalation. Simply open a bottle of essential oil and inhale deeply a few times, but don’t allow the oil to touch your skin.

Carrier Oils

Carrier Oils are also plant based oils. They are used to dilute the essential oil in order to “carry” them to your skin. Use of carrier oils is necessary for most essential oils due to their potency and can cause irritation when applied directly to your skin. Always test a small amount by applying diluted essential oil in a carrier oil to your skin and allow 30-60 minutes to test for any adverse reaction (burning, itching, sensitivity, redness). Carrier oil selection is based on personal preference and basically serve the same purpose. There aren’t any carrier oils regulated by the FDA so again, do your research.

- **Coconut Oil** - available in refined or unrefined. Unrefined comes from the fresh coconut meat and is not processed with chemicals so it retains its coconut aroma and flavor. Refined comes from dried coconut meat, bleached and deodorized to remove contaminants as well as the coconut aroma and flavor.
- **Jobba Oil** - extracted from the seeds of the jojoba plant. It has a delicate, nutty aroma. It’s technically not an oil, but a wax with very good moisturizing properties. It is beneficial for oily skin as it reduces the skin’s natural oil production. It is easily absorbed and doesn’t clog skin pores.
- **Sweet Almond Oil** - made from the kernels of sweet almonds. The oil is light and absorbs easily and has great moisturizing properties for skin. This is one of the most popular carrier oils and works great for massage, bath oil and adding to liquid soap and lotions.
- **Olive Oil** - extracted from pressed olives. Extra virgin olive oil is the preferred variety but the downside is the scent of olive oil can interfere with the essential oil scent. It’s great for cleansing and moisturizing dry skin. Use as a carrier oil for massage, facial cleansers, hair care and soaps.
- **Grapeseed Oil** - extracted from grape seeds. It’s a byproduct of the winemaking process and is rich in Vitamin E which is thought to heal skin and reduce wrinkles. It is a lightweight oil that is easily absorbed and has a neutral scent. A great all purpose carrier oil and beneficial for massage and body oil.

Essential Oils and Pets

While many essential oils are beneficial for humans, they’re often harmful to pets. If you use any essential oils in your home, in any way, consult with your veterinarian first.

- Essential Oils Harmful to Cats : Citrus Oils, Peppermint, Cinnamon, Clove, Eucalyptus, Tea Tree, Lavender
- Essential Oils Harmful to Dogs: Cinnamon, Citrus Oils, Peppermint, Tea Tree, Clove