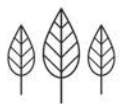




# *Essential Oil Primer*



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# Essential Oil Primer

Our intention with this booklet is to combine the knowledge of traditional practice with current scientific understanding of essential oils, so that you can use them safely and confidently.

Essential oils are volatile, organic compounds extracted from plants. Each essential oil contains a range of components with their own aromatic and therapeutic qualities. It takes a lot of plant material to create essential oils; typical yields are 1-2% by weight. For example, it takes around 3 pounds of lavender buds to make 15ml of oil.

Steam distillation and cold pressing are the most common methods of extraction for essential oils.

Plants, and plant essences, have been used for therapeutic and aromatic purposes for thousands of years. They are the basis of many medicines, and fragrances. Today, essential oils are most typically used for aromatherapy purposes, via diffusion and topical application. Essential oils should always be diluted when applied topically to the skin, through the use of carrier oils and butters. For specific guidelines, see explanation of dermal use limits below and on each oil's page.

Unless advised by a licensed practitioner, essential oils should not be taken internally as many oils contain compounds that are harmful when ingested; there is minimal scientific evidence of the beneficial effects of internal

consumption of essential oils. Essential oils are composed of active compounds that can oxidize and degrade. The shelf life of an oil will vary depending on storage and handling conditions, but is typically no more than one year.

**In this booklet, you will find the following information for each essential oil Glenn Avenue currently offers:**

**Common Name (Scientific Name):**

The specific genus and species for the plant from which our oils are extracted.

**Country of Origin:**

Where the plant was grown.

**Extraction Method:**

How this oil was produced.

**Plant part(s):**

The part of the plant that was used in the extraction process.

**Therapeutic properties:**

The beneficial attributes of each oil. These terms are defined on page 4. Unfortunately, there has been a limited amount of scientific research to study the properties of available essential oils. Those listed here are most commonly understood through traditional use in aromatherapy, and we have utilized available study data when possible. **NOTE: These statements are not intended to treat any medical conditions, and no claims of specific medical or therapeutic benefit are being made for any essential oils.**

### Cautions:

**Potential hazards, and specific medical conditions or life stages when oil use should be limited or avoided, as well as any recommended handling procedures.**

### Dermal Use Limit:

This is the maximum recommended percentage for topical use. We have also included the equivalent number of drops per appropriate volume of carrier oil in either fluid ounces or milliliters (according to each oil and our bottles' dropper mechanism\*). Our dermal use limits are based on a maximum single day product application of 30 mL (which is equivalent to 1 ounce). **While our recommended maximum concentration limits are based on the best science available, anyone can be sensitive or allergic to any substance, including essential oils. If you notice any irritation or other adverse reaction to topically applied essential oil and carrier oil blends, please discontinue use immediately. Patients who are using other topically applied medication should use separate areas of skin for essential oils and other medications.**

\*The standard aromatherapy assumption is that 20-25 drops equal one mL of essential oil. However, to account for differences in droppers and oil densities, we tested our bottles to determine the number of drops in one mL for each of our essential oils. The average value for each oil was then used with the recommended dermal use limit to calculate the number of drops per mL of carrier oil.

## Definition of Terms

<b>Antibacterial:</b>	acting against bacteria
<b>Antifungal:</b>	destroying fungi or inhibiting their growth
<b>Antimicrobial:</b>	destroying or inhibiting the growth of microorganisms
<b>Anti-inflammatory:</b>	reducing or counteracting inflammation
<b>Antiviral:</b>	acting against viruses
<b>Analgesic:</b>	reducing the sensation of pain
<b>Astringent:</b>	tightening or contracting of skin
<b>Decongestant:</b>	relieving congestion
<b>Deodorant:</b>	destroying or masking unpleasant odors
<b>Expectorant:</b>	aids in clearance of mucus from the respiratory tract
<b>Immuno-stimulant:</b>	stimulating an immune response
<b>Mucolytic:</b>	helps to break down mucus
<b>Sedative:</b>	promoting calm or inducing sleep



## Bergamot

*Citrus bergamia*

**Country of Origin:** Italy

**Extraction Method:** Cold-pressed

**Plant Part:** Fresh fruit rind

**Therapeutic Properties:**

Analgesic, antibacterial, anti-fungal, anti-inflammatory, antiviral, sedative.

**Cautions:** Phototoxic (moderate risk). Old or oxidized oils should be avoided. Refrigerate for longer shelf life and to reduce the possibility of oxidation.

**Dermal Use Limit:**

0.4% to avoid phototoxicity ;  
2 drops per fluid ounce of carrier oil.

## Cedarwood

*Juniperus virginiana*

**Country of Origin:** United States

**Extraction Method:** Steam-distilled

**Plant Part:** Wood

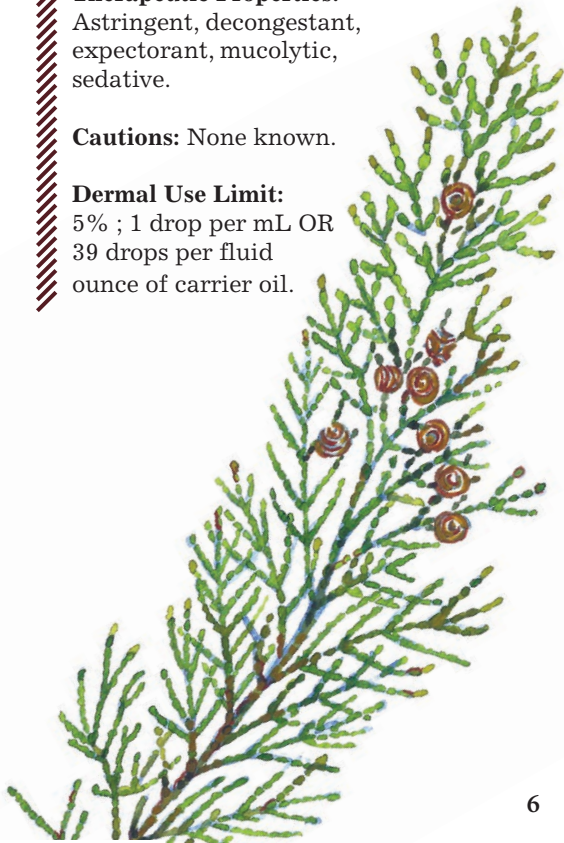
**Therapeutic Properties:**

Astringent, decongestant, expectorant, mucolytic, sedative.

**Cautions:** None known.

**Dermal Use Limit:**

5% ; 1 drop per mL OR  
39 drops per fluid  
ounce of carrier oil.



# Eucalyptus

*Eucalyptus polybractea*, organic

**Country of Origin:** Australia

**Extraction Method:** Steam distilled

**Plant Part:** Leaves

## Therapeutic Properties:

Antimicrobial, analgesic, antibacterial, anti-fungal, anti-inflammatory, antiviral, decongestant, expectorant, mucolytic.

**Cautions:** Dermatitis patients may wish to avoid topical use. Do not apply to or near the face of infants or children under 10 years of age.

## Dermal Use Limit:

10% ; 2 drops per mL of carrier oil OR 65 drops per fluid ounce of carrier oil.



# Lavender

*Lavandula angustifolia*

**Country of Origin:** Bulgaria

**Extraction Method:** Steam distilled

**Plant Part:** Flowers

## Therapeutic Properties:

Antimicrobial, analgesic, antibacterial, anti-inflammatory, decongestant, deodorant, immuno-stimulant, sedative.

**Cautions:** None known.

## Dermal Use Limit:

While many resources do not specify a dermal use limit, we recommend a maximum of 10% to avoid sensitization risk. 2 drops per mL of carrier oil OR 65 drops per fluid ounce of carrier oil.



## Lemon

*Citrus limon*, *organica*

**Country of Origin:** Italy

**Extraction Method:** Cold pressed

**Plant Part:** Fresh fruit rind

**Therapeutic Properties:** Analgesic, antibacterial, anti-inflammatory, antiviral, astringent, immunostimulant.

**Cautions:** Phototoxic (low-risk). Old or oxidized oils should be avoided. Refrigerate for longer shelf life and to reduce the possibility of oxidation.

**Dermal Use Limit:**

2% to avoid phototoxicity.

11 drops per fluid ounce of carrier oil.

## Patchouli

*Pogostemon cablin*

**Country of Origin:** Indonesia

**Extraction Method:** Steam distilled

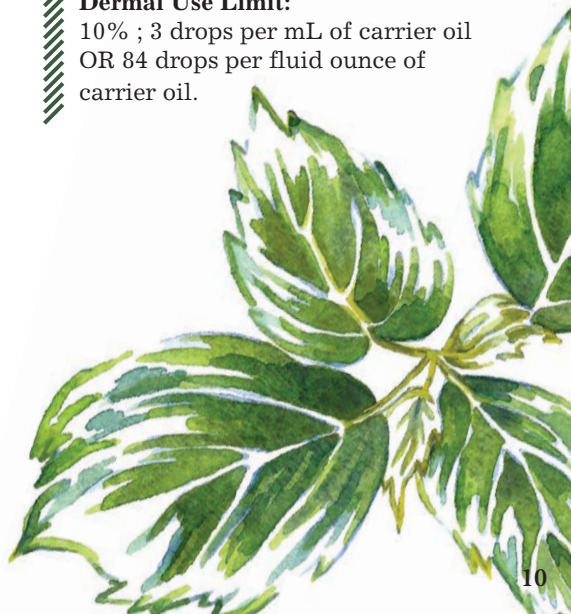
**Plant Part:** Leaves

**Therapeutic Properties:** Antibacterial, antifungal, anti-inflammatory, sedative.

**Cautions:** Drug interaction with anticoagulant medication and bleeding disorders; may inhibit blood clotting.

**Dermal Use Limit:**

10% ; 3 drops per mL of carrier oil  
OR 84 drops per fluid ounce of carrier oil.



# Peppermint

*Mentha piperita*

**Country of Origin:** India  
**Extraction Method:** Steam distilled  
**Plant Part:** Leaves

**Therapeutic Properties:** Analgesic, antibacterial, antifungal, anti-inflammatory, antiviral, astringent, decongestant, expectorant, immunostimulant.

**Cautions:** Do not apply to or near the face of infants or children under the age of 5. Peppermint oil should be avoided by those susceptible to cardiac fibrillation, and by people with a G6PD deficiency.

**Dermal Use Limit:**  
5.4% ; 40 drops per fluid ounce of carrier oil  
OR 1 drop per mL of carrier oil.



# Rosemary

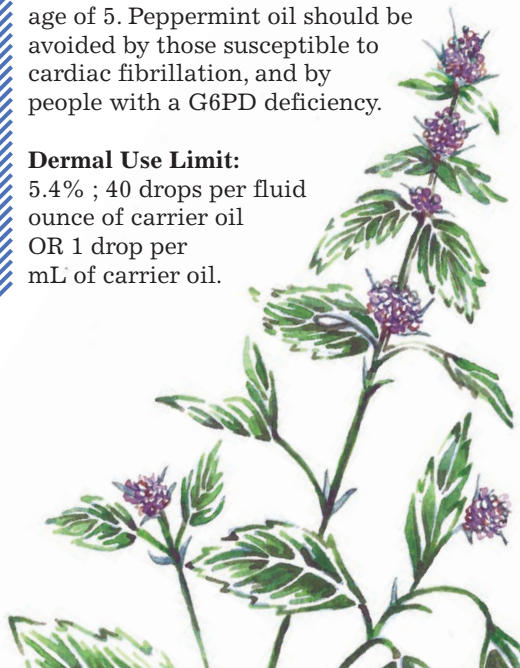
*Rosmarinus officinalis, organic*

**Country of Origin:** Morocco  
**Extraction Method:** Steam distilled  
**Plant Parts:** Leaves & twigs

**Therapeutic Properties:** Antimicrobial, analgesic, anti-inflammatory, astringent, decongestant, expectorant.

**Safety indications:** May cause skin irritation if oxidized. Pregnant women should avoid this and other camphor-rich oils. Do not use on children under the age of 5. Use with caution for children between 5-10 years old.

**Dermal Use Limit:**  
6.5% ; 2 drops per mL of carrier oil OR 42 drops per fluid ounce of carrier oil.





## Sweet Orange

*Citrus sinensis*

**Country of Origin:** Brazil

**Extraction Method:** Cold pressed

**Plant Part:** Fresh fruit rind

**Therapeutic Properties:** Analgesic, antibacterial, anti-inflammatory, antiviral, immunostimulant.

**Cautions:** Old or oxidized oils should be avoided. Refrigerate for longer shelf life and to reduce the possibility of oxidation.

**Dermal Use Limit:**

8% ; 2 drops per mL of carrier oil OR 50 drops per fluid ounce of carrier oil.

## Tea Tree

*Melaleuca alternifolia*

**Country of Origin:** China

**Extraction Method:** Steam distilled

**Plant Part:** Leaves

**Therapeutic Properties:**

Antibacterial, antifungal, antiviral, anti-inflammatory decongestant, expectorant, immunostimulant.

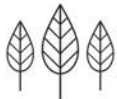
**Cautions:** Old or oxidized oils should be avoided. Refrigerate for longer shelf life and to reduce the possibility of oxidation.

**Dermal Use Limit:**

10% ; 2 drops per mL of carrier oil  
OR 61 drops per fluid ounce  
of carrier oil.







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