

# RADHA BEAUTY™ ESSENTIAL OILS 101



# USES FOR OILS

The most popular ways to use oils are listed here, but this is a limited list. There is a world of possibilities for you to explore!



## TOPICAL USE

Apply essential oils to the skin using the dilution ratios listed to the right. You can apply to your wrists or ears for a light scent throughout the day. Citrus oils may cause sensitivity or irritation if applied to the skin and exposed to the sun.



## INHALATION

Breathing in essential oils is another great way to feel their benefits. You can do this by simply opening the bottle and breathing in or by running an ultrasonic or nebulizing diffuser.



## INGESTION

Please do not ingest your Radha Beauty oils.

When using essential oils on the skin, you should always dilute them with a carrier oil. Essential oils are too strong to use directly and would cause irritation. Using a gentle carrier oil to dilute the oils is safe for your skin!



### 5-6 DROPS

of essential oil in each ounce of carrier oil. This dilution is used for children, elders, chronically ill people, and pregnant women.



### 10-12 DROPS

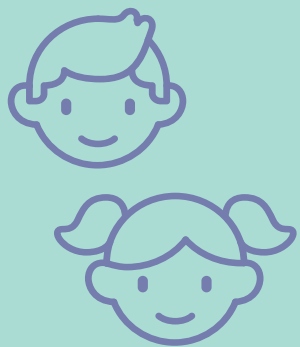
of essential oil in each ounce of carrier oil. This dilution is typical for everyday, adult use.



### 15-18 DROPS

of essential oil in each ounce of carrier oil. This dilution is used for specific illnesses or for acute injury and should only be used for short periods of time.

# PROPER DILUTION



# CHILDREN

Many children can benefit from essential oils. We recommend diluting at a 1% ratio to start and working up from there.

You can use essential oils both inhaled and topically with kids. It is usually beneficial to introduce them in a diffuser and then add topical use in later.

# THE PATCH TEST

When trying new essential oils on the skin, test the dilution in a patch test by placing a dime-sized amount near the elbow and checking for irritation, burning, or rashes after 24-48 hours.



# ANIMALS & OILS

Essential oils should always be used with care around animals. They can be very beneficial when used correctly, but many oils are toxic to certain animals, especially cats. We've compiled a list of the essential oils that are typically considered safe for dogs, cats, horses, and birds.



## TOPICAL APPLICATION

When applying topically, dilute at a 1% ratio: that's 5-6 drops per ounce of carrier oil. Apply on their fur, paws, and legs, but stay away from their sensitive areas on their face and ears.



## DIFFUSING

When using a diffuser, start small by only adding 1-2 drops at first. Some people have reported their pets slipping on diffused essential oils on the floor, so using a small amount in an area with carpeting is your safest bet.



## DOGS

Lavender  
Frankincense  
Peppermint  
Cedarwood  
Clary Sage  
Geranium  
Orange



## CATS

Cedarwood  
Rosemary  
Clary Sage  
Frankincense  
*\*Many essential oils are toxic to cats. These are considered safe, but always introduce slowly.*



## HORSES

Bergamot  
Cedarwood  
Frankincense  
Lavender  
*(banned by the USEF & FEI for showing)*  
Orange  
Sandalwood  
Peppermint  
Basil  
Lemongrass



## BIRDS

Orange  
Lemon  
Lavender  
Peppermint  
Frankincense  
Grapefruit  
Ylang Ylang  
Oregano  
Cedarwood

# BEST FOR...

# LAVENDER



This relaxing, restorative oil has a soothing and rich aromatic scent. Lavender has been hailed for its ability to promote sleep and relaxation. This oil may be able to help reduce anxiety and pain.

## IDEAL FOR:

- Relaxation, better sleep
- Headaches, migraines
- Respiratory issues, cough
- Repelling insects
- Household freshness



# PEPPERMINT

Peppermint Oil is an exquisitely refreshing essential oil that contains Menthol and Menthone—the compounds that give this oil such a minty, pungent scent. This oil helps to calm emotions, as well as, soothe minor aches and pains.



## IDEAL FOR:

- Easing respiratory issues
- Supporting the immune system
- Soothing throat irritation
- Helping to clear sinuses
- Relieving head & neck tension
- Easing typical morning sickness
- Relieving mild stomach cramps
- Supporting blood circulation
- Household freshness

# TEA TREE

Tea Tree Oil is a powerful essential oil made from the leaves of the native Australian coastal trees. It has a fresh, pungent camphor aroma along with potent antiseptic and purifying properties. This oil is beneficial for minor cuts, wounds and blemish-prone skin.

## IDEAL FOR:

- Reducing the appearance of blemishes
- Maintaining healthy skin, hair, scalp, nails, feet and toenails
- Stimulating the immune system
- Minor cuts and wounds
- Cold sores, skin tags, dandruff
- Lice repellent
- Household freshness



# EUCALYPTUS

Eucalyptus Oil is a powerful and colorless oil that comes from the leaves of the Eucalyptus plant. It has a strong woody, yet fragrantly sweet aroma and offers multiple health benefits.

## IDEAL FOR:

- Clearing the mind
- Promoting feelings of relaxation
- Helping to relieve minor respiratory issues and clear breathing
- Supporting the immune system
- Moisturizing the skin and soothing minor skin issues
- Aromatic freshness of home





# LEMONGRASS

Lemongrass is a great herb for inducing relaxation and balance for the mind. This fresh scent is often used to relieve headaches, muscle aches, and to reduce anxiety.

## IDEAL FOR:

- Relieving headaches
- Easing muscle aches
- Household freshness
- Promoting emotional positivity
- Natural insect repellent



# ORANGE

Orange is a bright, citrus scent that is the perfect invigorating aroma. This oil promotes positive attitudes and has been studied to help with depression, anxiety, and stress.

## IDEAL FOR:

- Reducing stress
- Easing minor pains or inflammation
- Natural all-purpose cleaner
- Perfect morning pick-me-up scent



# FRANKINCENSE

Frankincense Oil is one of the top essential oils to use for your health. Long revered in the Middle East, this oil is known for its comforting properties and is useful for mental peace and relaxation.



## IDEAL FOR:

- Helps to refine skin texture and create healthy looking skin
- Rehydrates dry, aging skin
- Creates a tranquil atmosphere, perfect for relaxing after a long day



# ROSEMARY

Rosemary is a natural way to boost focus and energy levels. This oil is known for stimulating hair growth, improving dry skin conditions and increasing mental focus.

## IDEAL FOR:

- Stimulation of skin tissue & hair follicles
- Regulation of oily & dry skin
- Minor irritation & inflammation
- Skin hydration
- Mental activity & concentration





# RECYCLING

Essential oils are just as recyclable as the cans and bottles you (hopefully) recycle everyday! One small change can make a big difference to our planet's health.

## PRODUCTS MUST BE EMPTY

Just 10% of residue can prevent it from being recycled.



## PRODUCTS MUST BE CLEAN

Rinse out your products to make sure that residue is all cleaned out.

## REMOVE SPRAYERS, DROPPERS AND PIECES

Caps might have to be recycled separately.

## CHECK YOUR LOCAL RECYCLING PROGRAM

Make sure that your products meet local requirements.

Glass jars and bottles are almost always recyclable, but you can check with your local program to make sure they accept all three colors of glass (clear, brown, and blue). Rinse out the bottle or jar and make sure to throw out liners and droppers.