

A BEGINNER'S GUIDE TO

essential oils made easy!



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for two sided printing.**

why essential oils?

SAFE - Essential oils are 100% natural and safe. They are extracts from plants that have health benefits without side effects or addictions. Certified Pure Therapeutic Grade (CPTG) essential oils are 50-70 times more powerful than herbs.

EFFECTIVE - Essential oils are more effective than modern approaches because they are able to penetrate the oily cell membrane and address the root cause on a cellular level.

AFFORDABLE - Essential oils are an affordable alternative to many over the counter medications without side effects.

3 ways to use

AROMATIC USE is simply inhaling from the bottle or palms of your hands; making a spray or using a room diffuser. Essential oils can positively effect our mood and emotions. The molecules reach our brain through the limbic system in under 30 seconds. This is where memories and emotions are stored.

TOPICAL USE is simply placing the oil on our skin where it is absorbed. We can dilute essential oils with a carrier oil (such as fractionated coconut oil) to slow that absorption. This does not reduce the effectiveness of the essential oil but slows entry to our system to minimize sensitivities. Oils are applied to the area where we need them. To effect the whole body apply them topically to the bottom of the feet, spine or navel.

INTERNAL USE is safe with Certified Pure Therapeutic Grade (CPTG) essential oils. Because they are 100% pure with no additives or synthetics added they are safe for internal use when labeled as such. To take essential oils internally you can add a drop of essential oil to water or in a vegetable capsule.






Dilution Guide

ALL RECOMMENDATIONS REFERENCE THE USE OF A 10 ML ROLLER BOTTLE OR 2 TSP OF CARRIER OIL.




Baby



.5%	1 
1%	3 
2%	6 


Child/Elderly



3%	9 
4%	12 
5%	15 

Adult



5%	15 
10%	30 
25%	1:3 
50%	1:1 

Dogs



1%	3 
2%	6 

*Dilute more for animals under 10 lbs. Before using oils topically on your pets, first consult with your veterinarian.

Ideal Amounts

RECOMMENDED FOR MAXIMUM BENEFIT FROM ESSENTIAL OILS

Child/Elderly

	IDEAL	24 HR MAX
AROMATIC	-	-
INTERNAL (CAPSULE/SOFT GEL)	1 - 2 drops	3 - 12 drops
DERMAL	1 - 2 drops	3 - 12 drops

Adult

	IDEAL	24 HR MAX
AROMATIC	-	-
INTERNAL (CAPSULE/SOFT GEL)	2 - 4 drops	12 - 24 drops
DERMAL	3 - 6 drops	12 - 36 drops
ORAL	1 - 3 drops	4 - 18 drops

safety

Always dilute an oil when using it for the first time, applying it to sensitive skin, or when using them with children and pets. To minimize skin sensitivity, dilute essential oils using a carrier oil like fractionated coconut oil. The chart on the previous page shows you how many drops of essential oil per amount of carrier oil is recommended when starting out.

It is always advisable to use several small doses throughout the day rather than a single large dose. Reapply as needed every 4 hours. Start with the lowest possible dose and skin patch for sensitivity. Because every individual is unique, the dose will vary for each based on size, age and overall health status.

There are essential oils that are considered "hot" oils and should always be diluted: *Oregano, Lemongrass, Cinnamon, Cassia, Clove and Thyme*. If you are sensitive to an essential oil simply add more carrier oil to the area.

Essential oils that should be diluted for young or sensitive skin: *Black Pepper, Ginger, Wintergreen, Geranium and Peppermint*.

pets

It is safe to diffuse Certified Pure Therapeutic Grade essential oils in your home if you have pets. The general rule is to use a water diffuser in an open area and allow your animals the option to leave. There are so many beneficial ways to use them with our pets. Use common sense and observe your pets behavior when introducing essential oils. You know your pet best!

Oils to avoid with cats topically and internally: *Basil, Citrus Oils (Bergamot, Grapefruit, Lemon, Lime, Orange, Tangerine), Birch, Cinnamon, Clove, Dill, Fennel, Melaleuca (Tea Tree), Oregano, Peppermint, Thyme, Rosemary, Spearmint, and Wintergreen*.

Oils to avoid topically and internally with dogs: *Birch, Melaleuca (Tea Tree), and Wintergreen*. Use caution with hot oils such as *Oregano, Cassia, Cinnamon, Clove, Rosemary, and Thyme*.

Dilute, dilute, dilute.

citrus oils

Citrus essential oils such as *Lemon, Lime, Wild Orange and Grapefruit* are photosensitive. Take extra caution when going in the sun. Don't apply a Citrus oil and go in the sun within 12 hours.

Citrus oils can be added to your water. When adding Citrus oils to your water choose glass or stainless steel. They are so potent they can break down plastic.

carrier oils

FRACTIONATED COCONUT OIL (FCO) - FCO is the most common carrier oil because it is stainless, odorless and non-greasy. It is simply coconut oil with some of the fats removed so that it stays in a liquid state. Coconut oil is also naturally anti-bacterial and anti-fungal and is moisturizing to the skin. FCO is not recommended for facial skin as it can clog pores for some.

Consider these options for facial skin:

SWEET ALMOND OIL - Has no fragrance, is great for skin and contains vitamin E, vitamin A, monosaturated fatty acids, protein, potassium and zinc,

JOJOBA OIL - Is a "wax ester" which is similar to our skin's structure. It helps reduce excess oil production, is easily absorbed and has a long shelf life.

ARGAN OIL - Comprised of fatty acids and a variety of phenolic compounds. Full of antioxidants and anti-inflammatory compounds. Argan is light enough to use as an everyday, non-greasy moisturizer. Great for skin and hair.

Carrier oils do not dilute the effectiveness of the essential oil. Essential oils evaporate very quickly. A carrier oil slows the evaporation and holds the oil in the tissue longer. This is helpful when we are addressing sore muscles, cuts, scrapes, etc...



top 10 oils

As you can see, there are so many health concerns that can be addressed with the Top 10 essential oils. My goal is to teach you how to live a natural lifestyle so when things come up you will know how to reach for your oils in place of traditional medicine when possible.



IMMUNE SUPPORT
HOUSEHOLD CLEANING
DIFFUSE TO PURIFY AIR



DIGESTIVE HEALTH
SUPPORTS GUT FUNCTION
SOOTHE STOMACH

CLEANSING
STICKER REMOVER
MOOD BOOSTER



SLEEP SUPPORT
PROMOTES RELAXATION
SOOTHE SKIN



GROUNDING
CELLULAR SUPPORT
HEALTHY SKIN



APPLY PRE WORKOUT
OPEN AIRWAYS
RESPIRATORY SUPPORT

COOLING AND ENERGIZING
FRESHEN BREATH
EASE HEAD TENSION



HAIR AND NAIL HEALTH
PROMOTES CLEAR SKIN
APPLY TO BLEMISHES



IMMUNE BOOSTING
CLEANSING
USE IN COOKING



USE ON SORE MUSCLES
EASE TENSION
SOOTHE AFTER EXERCISE

where to get started

It is helpful to write down your top 3 health priorities when learning how to use essential oils. My recommendation is to focus on these first then expand your knowledge from there.

1. _____
2. _____
3. _____

recipes

roller blends

Skin Helper

6 drops Lavender
6 drops Tea Tree
3 drops Frankincense
Topped with FCO

Less Tense

5 drops Lavender
10 drops Deep Blue
5 drops Frankincense
Topped with FCO

Immune Boost

10 drops On Guard
10 drops Tea Tree
5 drops Oregano
5 drops Frankincense
Topped with FCO

Sinus Soother

6 drops Breathe
6 drops Digestzen
3 drops Lavender
Topped with FCO

Rest Well

6 drops Lavender
6 drops Breathe
3 drops Frankincense
Topped with FCO

Seasonal Help

10 drops Peppermint
10 drops Lavender
10 drops Lemon
Topped with FCO

diffuser blends

Clean Day

3 drops Lemon
2 drops On Guard

Sleep Tight

3 drops Lavender
3 drops Breathe

Seasonal Help

2 drops Lavender
2 drops Lemon
2 drops Peppermint

Immune Boost

2 drops On Guard
2 drops Lemon
2 drops Frankincense

Open Airways

3 drops Breathe
2 drops Lemon
2 drops Tea Tree

Energized

3 drops Peppermint
2 drops Lemon



aroma essentials

Use the power of nature to dispel harmful toxins in your home. For those looking for simple ways to eliminate toxins in their home, aromatic products are some of the easiest places to start. Saying goodbye to synthetic fragrances from candles, air fresheners, and other scented products in your space doesn't mean you have to give up the wonderful aromas you love so much. You can create a fresh, clean environment that smells incredible, straight from the plant.



SINUS
DIGESTION
TENSION



UPLIFTING
ENERGIZING AROMA
FOCUS



FRESH AND BRIGHT
CHEERFUL UPLIFTING
IMMUNE BOOST



JOY
CREATIVITY
REFRESH



PURIFY AIR
IMMUNE BOOST
CLEANSING



SEASONAL THREATS
RESPIRATORY
EASY BREATHING



GROUNDING
FOCUS
TRANQUILITY



SLEEP
SOOTHING CALMING
TRANQUIL



CALM EMOTIONS
SOOTHE STRESS
ADAPT



HARMONY AND PEACE
RESPIRATORY
CLEANSE

diffuser blends

Energized

3 drops Peppermint
2 drops Wild Orange

Citrus Mountain

3 drops Northern Escape
2 drops Wild Orange

Find your Center

3 drops Balance
2 drops Wild Orange

Liquid Calm

3 drops Balance
3 drops Serenity
2 drops Adaptiv

Immune Support

2 drops On Guard
2 drops Breathe
2 drops Cheer

Spring Air

3 drops Breathe
3 drops Citrus Bloom

Focus

4 drops Adaptiv
2 drops Balance

Be Happy

3 drops Cheer
2 drops Breathe

Morning

3 drops Cheer
2 drops Peppermint

Into the Woods

2 drops Northern Escape
3 drops Balance

Blissful Vibes

3 drops Adaptiv
2 drops Citrus Bloom

Peaceful Day

2 drops Serenity
2 drops Wild Orange
2 drops Balance

