



Essential Oils

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What are Essential Oils?

Essential oils are the volatile liquids that are distilled from plants (including their respective parts such as seeds, bark, leaves, stems, roots, flowers, fruit).

One of the factors that determine the purity and therapeutic value of an oil is its chemical constituents. These constituents can be affected by a vast number of variables:

- Parts of the plant from which the oil was produced
- Soil condition
- Fertilizer
- Geographic region
- Climate
- Altitude
- Harvest season and method
- Distillation process

(Andradea et al.,2011; Sell,2006; Pengelly,2004)

Essential oils embody the regenerating, protective, and immune strengthening properties of plants.



Essential oil constituents are both small in molecular size and are also lipid soluble, allowing many of them to easily and quickly penetrate the skin.

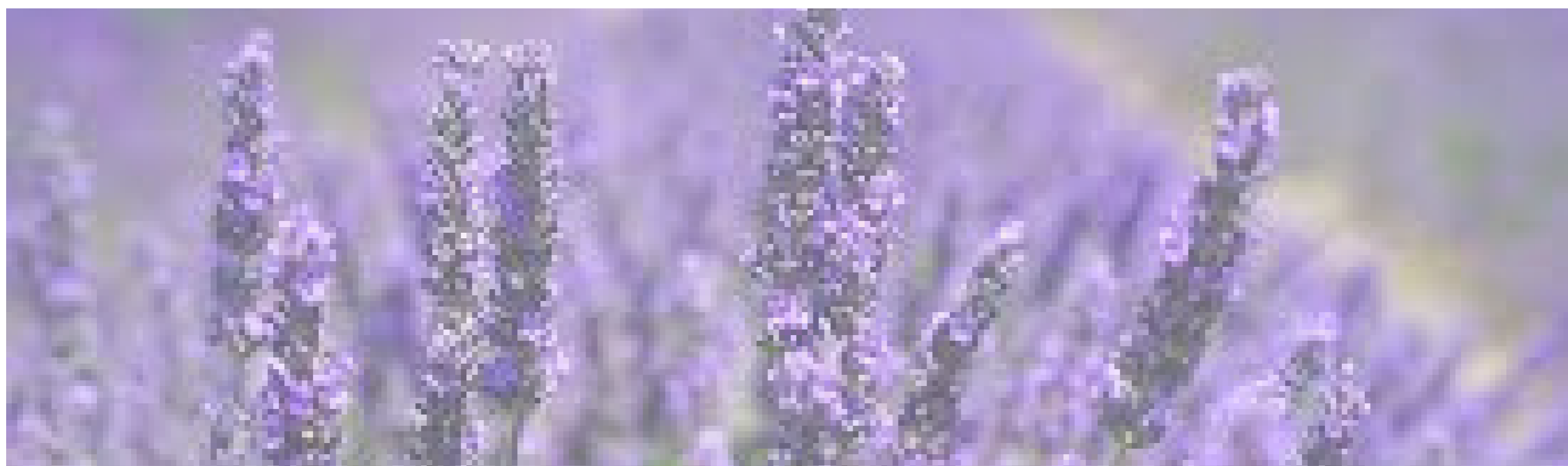
(Onocha et al. 2011; Kohlert et al. 2000)

In fact, essential oil constituents have the potential to affect every cell of the body within twenty minutes and then be metabolized like other nutrients.

(Jager et al., 1992; Jager et al.,1996)t



In simple terms, essential oils come from plants and are processed down into a liquid form that can be quickly absorbed into the skin providing the healing factors the plants have.



How Long Have Essential Oils Been Around?

Aromatic plants have long played an important role in human history. They have been part of religions, marriage ceremonies, dating and courtship, cosmetics, funerals and medicine. There are many biblical references to oils such as Frankincense and Myrrh.



From the beginning of time plant based medicines were recognized as powerful healing agents. In recent history many people are choosing natural health rather than synthetic medicine to treat ailments.



Why use Essential Oils?

Essential oils can create many positive outcomes.

- They can help improve how you feel physically and emotionally.
- Essential oils aide in building immunity.
- They can be effective against bacteria and viruses.
- Very cost effective (only pennies per drop).
- Highly concentrated - only a very small amount is needed to be effective 1-6 drops.
- They have few to no side effects when used properly.

(Clark,2014)



We believe that essential oils are not used to eliminate the use of physicians or modern medicine but to lessen dependence on them by strengthening our bodies and to compliment our health care.

How Are Essential Oils Used?

Essential Oils can be used Aromatically, Topically or Internally.

Aromatically

Aromatic use is any way the oils can be released into the air where they can be inhaled. The aroma of an oil can be a powerful way to affect memory, hormones and emotions.

There are several ways to use oils aromatically:

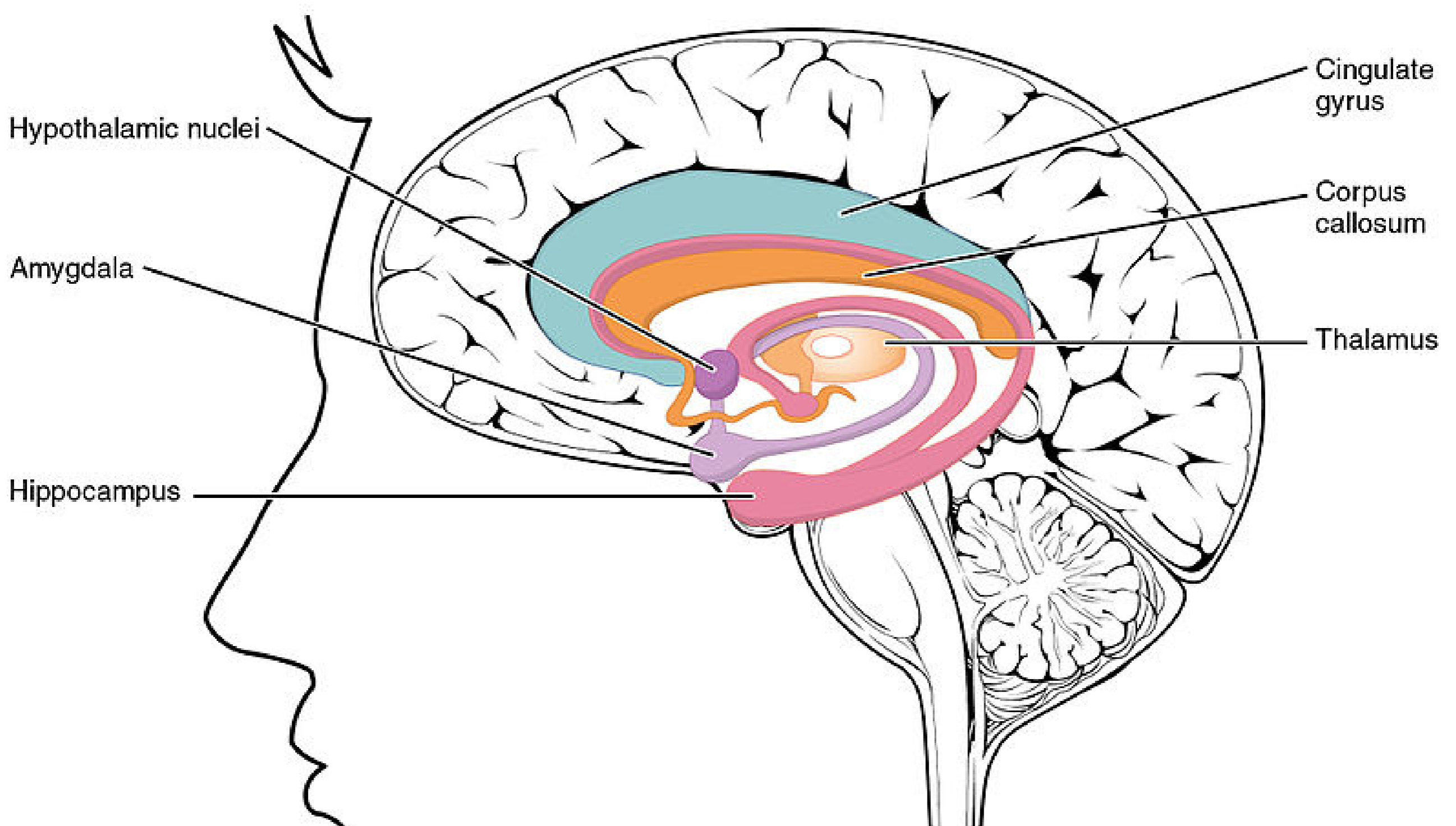
- Diffusion - a fine mist is released into the air by way of a diffuser.
- Direct Inhalation - place a drop on your hands or inhale directly from the bottle.
- Place a drop on a cloth or paper towel and inhale.
- Add a drop to hot water and inhale.
- Can be added to a Vaporizer or Humidifier.
- Apply a small amount on a cotton ball and attach to a fan or vent.
- Wear as perfume or cologne.



Aromatic essential oil use is a powerful way to get the constituents from the oil into the body and respiratory system.

It also affects the limbic system - the part of the brain that plays an integral part in not only processing smell but also processing emotions and long term memories. *(Aromatools, 2015)*

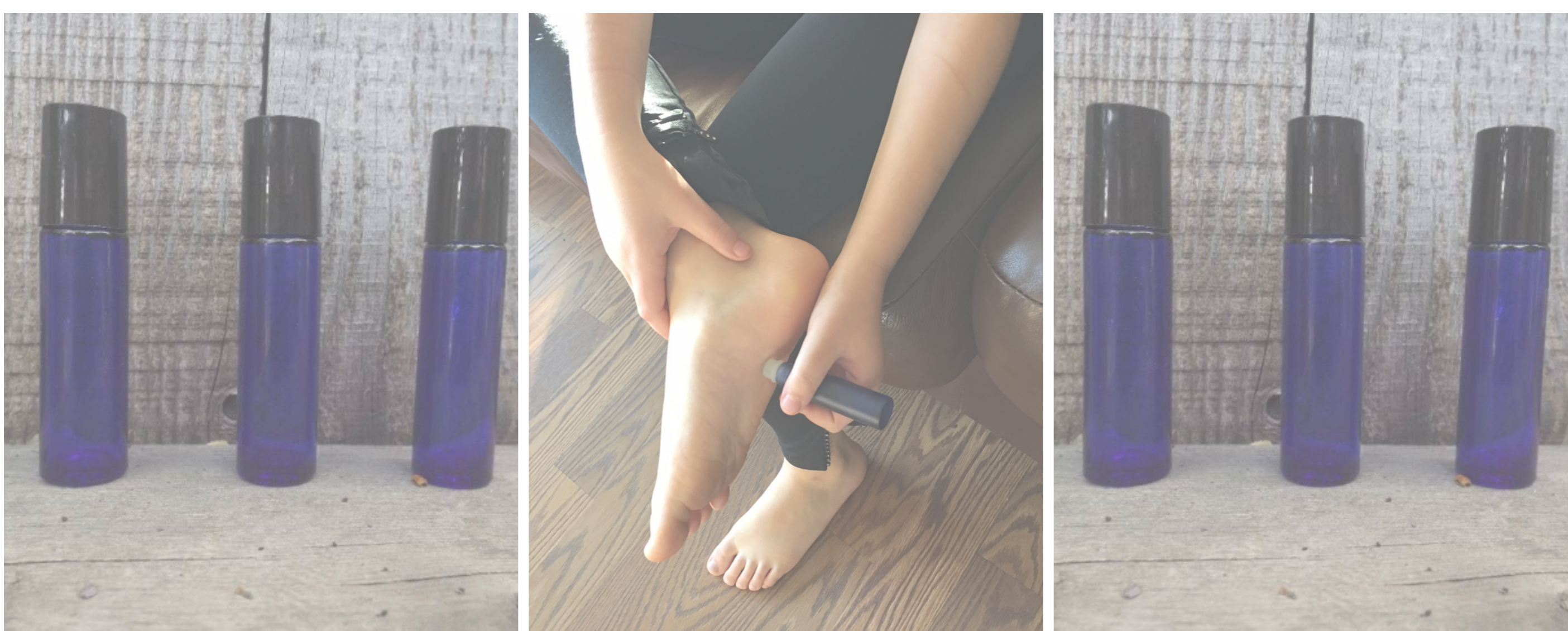
The Limbic System



The limbic system is a group of forebrain structures that includes the hypothalamus, the amygdala, and the hippocampus. These are involved in motivation, emotion, learning, and memory.

Topically

Topical use refers to placing or spreading the oil on skin, hair, nails or other surfaces of the body. The oils can be placed neat, without dilution, on the skin or may be diluted with a carrier oil such as fractionated coconut oil.



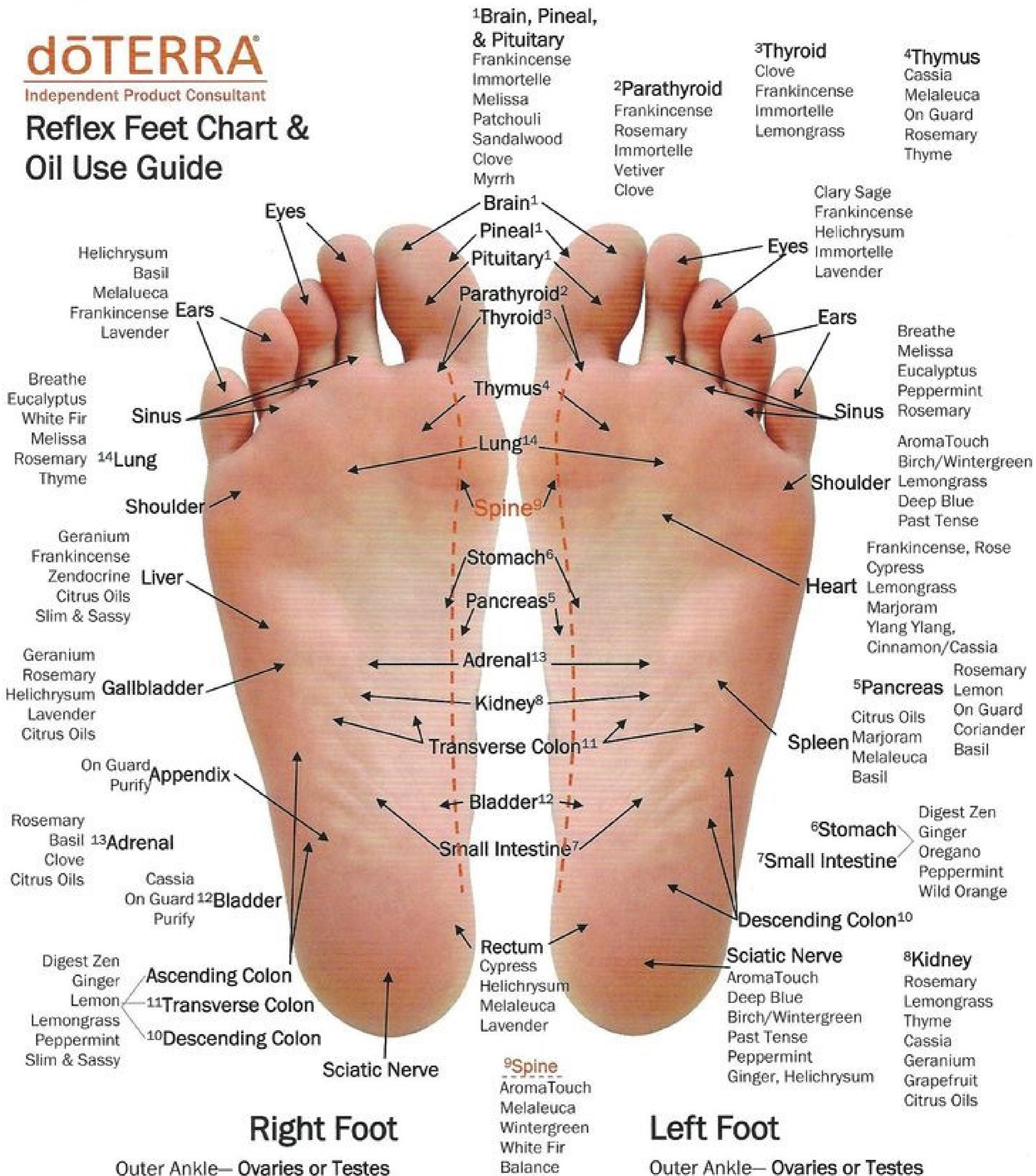
When oils are used topically they have the ability to nourish your entire body. Oils can be applied directly to the troubled area, for example, peppermint oil applied topically helps alleviate sore muscles.

Oils may also be applied to the reflex points on the hands and feet. When applied to the sole of the foot an oil can circulate the body within 30 seconds.

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Independent Product Consultant

Reflex Feet Chart & Oil Use Guide



Right Foot

Outer Ankle— Ovaries or Testes

Inner Ankle— Uterus or Prostate

Ovaries

Rosemary
Geranium
Whisper
Basil
Ylang Ylang

Testes

Rosemary
Clary Sage
Geranium
Lavender
Sandalwood

Nerves

Helichrysum
Lemongrass
Clove, Geranium,
Peppermint
Roman Chamomile

© 2011 Swalberg

Left Foot

Outer Ankle— Ovaries or Testes

Inner Ankle— Uterus or Prostate

Uterus

Frankincense
Lemon
Clary Sage
Myrrh
Geranium

Prostate

Helichrysum
Frankincense
Immortelle
Cypress
AromaTouch

Internally

Many therapeutic grade essential oils are also safe to be taken internally. They can be consumed with food or beverage, in a capsule or directly in mouth or under tongue. This allows the essential oils to be quickly internalized by the body.

(Aromatools, 2015)



Essential Oil Safety

Though side effects are rare the safest way to use essential oils is through dilution, however everybody's sensitivity is different and many people use them neat with no incidents. If a condition begins when using a neat application simply apply a carrier oil to dilute.

Mix 1 drop of the essential oil to 10 drops of carrier oil for children, or the elderly. For adults mix 1-3 drops of essential oil to 10 drops of carrier oil. Some essential oils such as cassia, cinnamon, clove, oregano, and thyme are more prone to causing skin irritation. Increase dilution by doubling or even tripling carrier oil for children or sensitive.

(Clark, 2014).

It is also important to note that when using essential oils topically, oil and water do not mix. Therefore, when a person is in water the oil will be driven deeper into their tissue. Also for this reason, if irritation does occur do not use water in attempts to soothe but instead use a carrier oil.





Photosensitization is a possible side effect with some essential oils, causing irritation or random pigmentation of the skin. One should avoid exposure to direct sunlight in the application area for up to 12-18 hours after using citrus oils such as lemon, lime and bitter orange.

Bergamot has a high bergaptene content, the sensitizer in citrus oils, so be particularly careful when using it. On the bright side, grapefruit is not nearly as problematic as its cousins. The oils of mandarin, tangerine, tangelo, and sweet orange are considered non-phototoxic by some experts because the bergaptene content in them is so low.

It is also important to consult your health care provider if you are taking medications or are pregnant before using essential oils.



Top 5 Essential Oils

Lemon



- Natural Cleaner
- Detoxifier
- Uplifting, improves mood

Lavender



- Aides in healing burns, cuts & rashes.
- Relieves insect bites and stings.
- Reduces anxiety.
- Promotes a restful sleep.

Peppermint



- Relieve muscle and joint pain.
- Clear sinuses and improve respiratory function.
- Aide digestive issues.
- Relieve headaches.
- Cool body temperature.

Tea Tree Oil



- Antibacterial and Antifungal.
- Relieves skin irritations.
- Purifies the air.
- Helps support healthy immune function.

Frankincense



- Anti Inflammatory.
 - Aides in healing bruises.
 - Reduces scars.
 - Boosts immunity.
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- Aides in emotional well being.
 - Helps in improving respiratory function.
 - Frankincense can be blended with any other oil to enhance its properties.





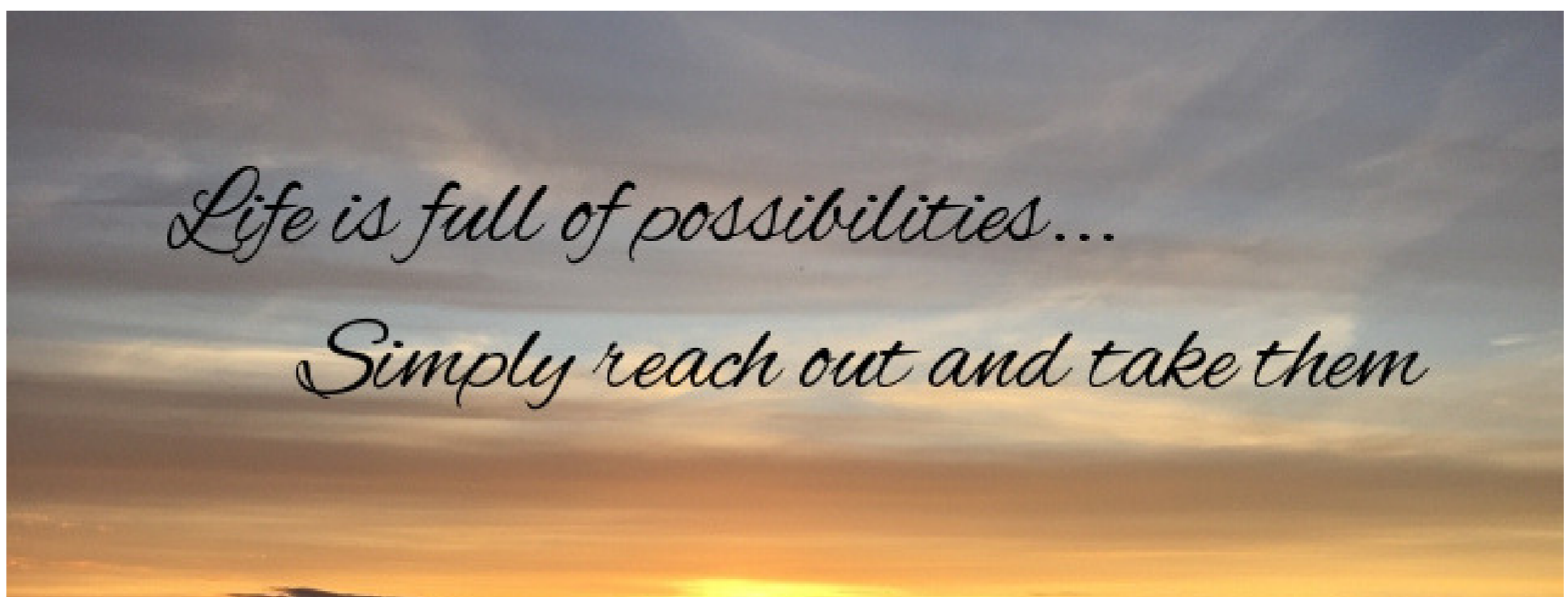
Better Health, Better Life

My Essential Life

We hope this information presented in this ebook was helpful and informative on your journey with essential oils! This information is only the tip of the iceberg.

Learn More

- Erin & Angela



Disclaimer - The information presented does not constitute medical advise nor treatment and cannot substitute medical care.



Are you looking for essential oil supplies?

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