



Tips on Essential Oil Uses

What are essential oils?

Essential oils are the highly concentrated oils of plants from around the world that have been put through the distillation process. They are extracted directly from various plant parts – the root, flower, fruit, leaf and wood. The pure oils derived from these natural botanical sources are the basis for The Oil Shoppe's healing oil products. Because essential oils are so highly concentrated, most of them are at least 50 times more therapeutically potent than the herb or plants they came from.

Finding the right essential oils.

Quality is the key to healing oils – only 100% pure essential oils provide true therapeutic benefits. The Oil Shoppe offers a broad selection of top-quality natural and organic essential oils and carrier oils. You can find just the right oils for you and your family, whether you're a novice or an experienced oil user.

How are essential oils used?

Essential oils can be used in a variety of ways, but in general, they may be applied to the skin (following the direct application guidelines that follow) or released into the air.

TOPICAL APPLICATION

DIRECT APPLICATION Apply the oils directly on the area (NEAT) of concern using one to six drops of oil. More oil is not necessarily better since a large amount of oil can trigger a detoxification of the surrounding tissue and blood. Such a quick detoxification can be somewhat uncomfortable. To achieve desired results, one to three drops of oil is usually adequate. A few guidelines for direct application of the oils are as follows:

- 1 The feet are the second fastest area of the body to absorb oils because of the large pores. Three to six drops per foot are adequate. Other quickly absorbing areas include behind the ears and on the wrists.
- 2 When massaging a large area of the body, always dilute the oils by 15% to 30% with a carrier oil. Mix oils in a glass bowl or cup, not plastic. Cover any leftover to avoid evaporation.
- 3 When applying oils to infants and small children, always dilute with carrier oil. Use one to three drops of an essential oil to one tablespoon of carrier oil for infants and one to three drops of an essential oil to one teaspoon of carrier oil for children from two to five years old.
- 4 Do not mix oil blends. Commercially available blends have been

specifically formulated by someone who understands the chemical constituents of each oil and which oils blend well. The chemical properties of the oils can be altered when mixed improperly, resulting in undesirable reactions.

- 5 Layering individual oils is preferred over mixing your own blends. Layering refers to the process of applying one oil, rubbing it in, and then applying another oil. There is no need to wait more than a couple of seconds between each oil as absorption occurs quite rapidly. If dilution is necessary, the carrier oil can be applied on top.
- 6 The FDA has approved some essential oils for internal use and given them the designation of GRAS (Generally Regarded As Safe for internal consumption). **Oils without this designation should never be used internally.**

VITA FLEX THERAPY A simple method of applying oils to contact points (or nerve endings) in the feet or hands. Then a series of hand rotation movements at those control points create a vibrational healing energy that carries the oils along the neuroelectrical pathways. The oils help increase the frequency of this healing energy and serve to either help remove any blockage along the pathways or travel the length of the pathway to benefit the particular organ.

RAINDROP TECHNIQUE A simple application of dropping certain oils like little drops of rain from about six inches above the body along the entire length of the spine. It is also a tremendous boost to the immune system as it releases toxins and kills viruses and bacteria that have accumulated along the spine.

AURICULAR THERAPY A method of applying the oils to the rim of the ears. This technique works extremely well for emotional clearing. Some physical benefits can also be obtained from this technique.

PERFUME OR COLOGNE Wearing the oils as a perfume or cologne can provide some wonderful emotional support, and physical support as well; not just as a beautiful fragrance. (Refer to the book Natural Perfumes, by Mindy Green)

COMPRESSES

BASIN Fill a wash basin with two quarts of hot or cold water and add the desired essential oils. Stir the water vigorously then lay a towel on top of the water. Since the oil will float to the top, the towel will absorb the oils with the water. After the towel is completely saturated, wring out the excess water (leaving much of the oils in the towel) and place over the area needing the compress. For a **hot** compress, cover with a dry towel and a hot water bottle. For a **cold** compress, cover with a piece of plastic or plastic wrap. Finally, put another towel on top and leave for as long as possible (one to two hours is best).

MASSAGE Apply a hot wet towel and a dry towel on top of an already massaged area. The moist heat will force the oils deeper into the tissues of the body.

INHALATIONS

DIFFUSER The easiest and simplest way of putting the oils into the air for inhalation is to use an aromatic diffuser. Diffusers that use a heat source (such as a light bulb ring) will alter the chemical make-up of the oil and its therapeutic qualities. A cold air diffuser uses room-temperature air to blow the oil up against some kind of nebulizer. This breaks the oils into a micro-fine mist that is then dispersed into the air, covering hundreds of square feet in seconds. The oils, with their oxygenating molecules, will then remain suspended for several hours to freshen and improve the quality of the air. The anti-viral, anti-bacterial, and antiseptic properties of the oils kill bacteria and help to reduce fungus and mold. Essential oils, when diffused, have been found to reduce the amount of airborne chemicals and metallics. The greatest therapeutic benefit is received by diffusing oils for only 15 minutes out of an hour so that the olfactory system has time to recover before receiving more oils. The easiest way to do this is by using a timer that can be set in 15 minute increments over a 24 hour period.

CLOTH OR TISSUE Put one to three drops of an essential oil on a paper towel, tissue, cotton ball, handkerchief, towel or pillow case and hold it close to your face and inhale.

HOT WATER Put one to three drops of an essential oil into hot water and inhale. Again, heat reduces *some* of the benefits.

VAPORIZER OR HUMIDIFIER Put oil in a vaporizer or a humidifier. The cold air types are the best since heat reduces some of the benefits.

FAN OR VENT Put oil on a cotton ball and attach to ceiling fans or air vents. This can also work well in a vehicle as the area is so small.

BATHS

BATH WATER Begin by adding three to six drops of oil to the bath water while the tub is filling. Because the individual oils will separate as the water calms down, the skin will quickly draw the oils from the top of the water. Soak for 15 minutes.

BATH AND SHOWER GEL Begin by adding three to six drops of oil the ½ oz. of a bath and shower gel base and add to the water while the tub is filling. Adding the oils to a bath and shower gel base first allows one to obtain the greatest benefit from the oils as they are more evenly dispersed throughout the water and not allowed to immediately separate.

WASH CLOTH When showering, add three to six drops of oil to a bath and shower gel base first before applying to a face cloth to effectively cover the entire body.

BODY SPRAYS Fill a small spray bottle with distilled water and add 10 – 15 drops of your favorite oil blend or single oils. Shake well and spray onto the entire body just after taking a bath or shower.

DISHWATER, CLOTHES WASHERS, AND DRYERS

The anti-bacterial properties of essential oils can effectively promote greater hygiene. Add a couple drops of lemon or lavender to dishwater for clean dishes and a great smelling kitchen. Use lemon or another citrus oil to take gum out of clothes. A few drops of Lemongrass, Rosemary, or Tea Tree in the wash water will kill bacteria and germs in clothes. Put the above oils or other oils on a wet rag and place in dryer, or mist from a spray bottle directly into the dryer.

CLEANING AND DISINFECTING

Put a few drops of lemon, spruce or fir oil on a dust cloth or ten drops in water in a spray bottle to polish furniture and to clean and disinfect bathrooms and kitchens.