

Essential Oils:  
A Guide to Natural Healing

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# How to Use Essential Oils



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## Diluting Your Essential Oils: Carrier Oils

So how exactly do you blend oils to make your very own essential oil products? Carrier oils. The most common carrier oils are vegetable oils, and they have therapeutic properties of their own. Which should you choose? Generally, buy cold-pressed vegetable oils that are organic and unrefined for superior oil properties. Some of the most common carrier oils include:



**Sweet Almond**  
Relieves itchiness and dryness



**Avocado**  
Contains vitamins and regenerates skin



**Jojoba**  
Anti-inflammatory and regulates moisture balance



**Calendula**  
Anti-inflammatory and regenerates skin



**Rosehip seed**  
Very regenerative and soothes inflamed skin



**Coconut**  
Blends well with other oils and is antimicrobial



**Argan**  
High in vitamin E and useful for wrinkles



**Borage**  
Repairs damaged skin and inflammation



## Dilutions

Depending on how strong you'd like your products to be, you can gauge their strength by choosing a dilution percentage. Below are the ratios of essential oil to carrier oil.

**1% dilution:** 5 to 6 drops essential oil per ounce of carrier oil

**2% dilution:** 10 to 12 drops essential oil per ounce of carrier oil

**3% dilution:** 15 to 18 drops essential oil per ounce of carrier oil

## Measurement Conversion Chart

No need to do the math—we've got your essential oil conversion chart right here.

10 drops	=	1/10 tsp	=	1/60 oz	=	About 1/2 mL
.....						
12.5 drops	=	1/8 tsp	=	1/48 oz	=	About 5/8 mL
.....						
25 drops	=	1/4 tsp	=	1/24 oz	=	About 1 1/4 mL
.....						
50 drops	=	1/2 tsp	=	1/12 oz	=	About 2 1/2 mL
.....						
100 drops	=	1 tsp	=	1/6 oz	=	About 5 mL
.....						
600 drops	=	6 tsp	=	1 oz	=	About 30 mL

## A Note on Storing Your Oils

You want your essential oils to have the longest shelf-life so you can get the max benefits from them over time. In order to do so, you should store your essential oils and any essential oil products in dark, firmly sealed glass containers. Essential oils are delicate, and every oil has a different way of being stored. Citrus oils have the shortest shelf-life, while some oils, like anise, rose and cedarwood, naturally solidify at temperatures below 46.4°F (8°C). Don't forget to put labels on all of your bottles!



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## How to Use Essential Oils

Now we can put all of our knowledge to practice. There are hundreds of uses for essential oils, so let's take a look at some of the most useful, beneficial ones.

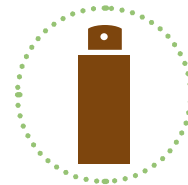
### How Can I Use My Essential Oils?



Diffuser



Steam Inhalation



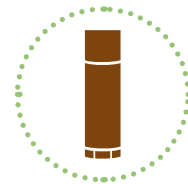
Room Spray



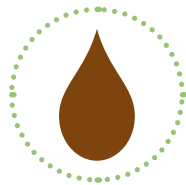
Lotion



Massage Oil



Lip Balm



Skincare



Muscle Rub



Haircare



Cleaners



Ointment



Air Freshener

## Essential Oil Safety

Essential oils are a natural way to give yourself an all-around calm and clear feeling, but there are guidelines you should follow when using them. Let's go over some of the safety precautions to keep in mind for your essential oil blending and application.

- »» Keep essential oils out of the reach of children.
- »» If using essential oils on children or elders, use a strongly diluted form. Some oils to avoid on young children include *Basil, Benzoin, Birch, Cajuput, Cedarwood, Juniper, Neem, Peppermint and Wintergreen.*
- »» Typically, it is always best to dilute essential oils before applying them to skin. This is what carrier oils are for.
- »» Do not put essential oils in your eyes, ears or other sensitive body parts.
- »» Do not ingest essential oils unless otherwise directed by a healthcare practitioner.
- »» Some essential oils are phototoxic, meaning they can cause skin damage if the skin is exposed to sunlight. Some of these oils include *Bergamot, Lemon, Lime, Grapefruit, Bitter orange, Mandarin leaf, Cumin and Angelica.*
- »» Essential oils should be used sparingly, cautiously (perhaps a 1% dilution) or not at all, depending on the oil, while pregnant, breast-feeding or if you're trying to get pregnant. Look up each respective oil to find out about its safety. Some oils to avoid include *Anise, Birch, Black seed, Blue cypress, Carrot seed, Cedarwood, Cinnamon bark, Clary sage, Fennel, Hyssop, Myrrh, Oregano, Sage, Spanish lavender and Wintergreen.*





- » Be wary of using essential oils on someone who is very sick or suffers from seizures. Certain essential oils can be dangerous for those with epilepsy, such as *Birch*, *Feverfew*, *Genipi*, *Hyssop*, *Mugwort*, *Rosemary*, *Sage*, *Spanish lavender*, *Spike lavender*, *Western red cedar*, *Wintergreen*, *Wormwood* and *Yarrow*.
- » Do not use on animals.





## Sources

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