



Essential Oils

A Guide to
Natural Healing

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The Basics



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Essential oils are more than just pleasant scents. Historically used as therapeutic remedies, pure essential oils serve to calm the mind and body through their aromas and healing properties. Use this eBook to learn how essential oils are made, and how you can use them for your own natural healing practices.

A History of Fragrance

It's been discovered that as early as 2697 B.C.E., people were using aromatic herbs for healing in medicinal texts. Throughout time, plants and herbs were used for ointments, creams, salves, oils and spiritual practices. By 1867, the Paris International Exhibition exhibited perfumes in the pharmacy section, giving way to essential oils' use as cosmetics. While essential oils were being used primarily for perfume after this, in 1928, their focus returned to medicinal uses. When French chemist René-Maurice Gattefossé plunged his burnt hand into a container of lavender oil, he found it healing very quickly and with minimal scarring. After this discovery, he reclaimed these oils as healing remedies and coined the term aromatherapy.

What is an Essential Oil?

Don't get confused between essential oils and fragrance oils. While aromatherapy refers to the use of all types of fragrant products, essential oils are the only ones that are truly extracted from plants.

While these aromatic substances are still in the plant, they are called the essence.

Essential oils are extracted from the roots, flowers, leaves, bark and seeds of a plant. Their aroma is stored in tiny glands, sacs and hairs in the plant.



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Did You Know?

It would take 60,000 roses just to yield one ounce of rose essential oil.



Essential oils have been used for generations across the world for their uplifting and healing properties, including:



Relaxing and de-stressing



Alleviating pain



Healing skin and wounds



Supporting the immune system



Balancing hormones



Improving digestion



Enhancing skincare



Cleaning your home

What is the Role of Essential Oils Within Plants?

1

To attract pollinators.

Plants use their scent, generally in the flower or fruit, to attract insects for pollination. Not all plants have scents, though.

2

To defend against predators.

If a plant carries its scent in the root, leaf or bark, it is usually for defense purposes against insects and animals. The plants may also use chemical compounds to defend against organisms in an antifungal and antibacterial manner.

3

To compete with other plants.

This is known as allelopathy, and it occurs when plants release chemicals that prevent other plants from growing within the same area.

Essential Oils: Organic vs. Non-Organic

You'll find that there are generally two types of essential oils available in the retail market: organic and non-organic. Rarely, you'll find wild crafted essential oils, which means that the plant from which the oil came was found growing naturally in the wild or cultivated per certain criteria.

» Organic Essential Oils:

The term “organic” has different interpretations across the world, but an essential oil that is labeled as organic must meet the following criteria:

- Be extracted from a plant that was grown and farmed organically
- Follow the guidelines of the organization granting the organic certification, such as the U.S. Department of Agriculture (USDA) National Organic Program (NOP)

» Non-Organic Essential Oils:

Even though these oils are non-organic, they are still considered pure essential oils. These oils often meet the following criteria:

- Are grown and farmed with pesticides or chemical fertilizers
- Are less expensive than organic options

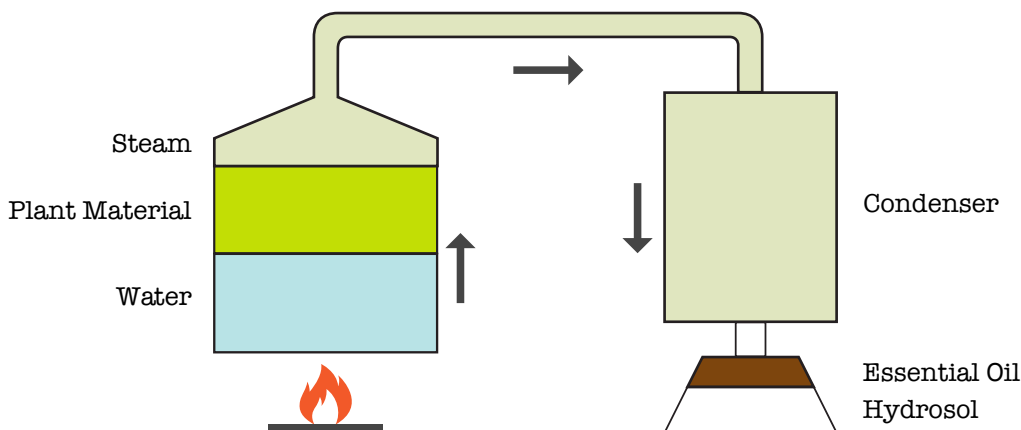
How to Extract Essential Oils

Ever wonder how companies get the essential oils they sell? Well, depending on the plant, they can use a few different methods to get the most oil out. Here are a few common methods of essential oil extraction.



Steam Distillation

Most essential oils are extracted using distillation—either steam or water. Steam is more common, and the difference between the two is that, in steam distillation, the plant material does not make direct contact with the boiling water in the still. Here's how it works:



The plant material is placed above boiling water, allowing the steam to carry the volatile (easily evaporated) substances from the plant into the condenser. Once the distillate is cooled, it will be made of two liquid layers: the liquid essential oil layer and the watery layer, called the hydrosol. From there, the essential oil can easily be separated from the hydrosol and drained into a separate container.

What is Hydrosol?

Hydrosols have grown in popularity as they've become valued for their therapeutic properties. They've come to be known as the by-product of distillation, but this aromatic water product still provides excellent use. Due to their less potent nature, hydrosols are well-suited for skincare, children and the elderly.





Cold Pressing

Also known as “expression,” cold pressing is a method of extracting essential oils by squeezing or crushing the peel of citrus fruits. There is little to no heat used in this method, and the essential oils extracted from cold pressing are generally composed of the same chemical components that make up the plant.

Did You Know?

Essential oils that are cold-pressed generally do not have a very long shelf-life. You may find that they go cloudy easily, although this does not mean they have gone bad. Watch out for grapefruit (*Citrus x paradisi*) essential oil—it has the shortest shelf-life of them all!



Solvent Extraction

There are some flowers that are too delicate to be used in the heat of distillation, so their essential oils are extracted using a solvent compound that is poured over the flowers buds and petals. From there, the essential oils dissolve into the compound.



Carbon Dioxide

This less common, but quite expensive, method of extraction is gaining more traction. Carbon dioxide used at high pressure and low temperatures causes the essential oils to be extracted from the plant. It's even considered to yield a more 'pure' essential oil than distillation.

A close-up photograph of a vibrant green leaf with a single, clear drop of essential oil hanging from its tip. Below the leaf, a glass jar is partially visible, containing a golden-brown liquid. The background is a soft, out-of-focus green.

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Getting to Know Your Essential Oils

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Are You Hitting the Notes?

How exactly do you know how to mix essential oils to create those luscious, healing scents? Unbeknownst to most, essential oils are comprised of three main “notes”: top, middle and base.



Top Notes

When you smell those light, bright and fresh scents, those are the top notes. They're first to hit your nose and they lift up your energy and spirits. Citrus oils are top notes.



Middle Notes

These notes have both top and base notes in them, as they soften any sharp notes with their full aromas. Middle notes provide soothing and balancing aromas to calm the mind and body. Lavender is a middle note.



Base Notes

The earthy, deep aromas of essential oils are the base notes. They intensify essential oil blends, rising to the nose slowly. If you're looking to relieve stress, base notes are your best option. Vetiver and ylang ylang are base notes.

10 Common Essential Oils

If you've browsed the essential oil section of any store, you've seen that there are countless options. So which do you buy? Well, it's ultimately up to you—what needs a little extra love in your mind or body? If you're interested in exploring some of the general benefits of aromatherapy, here are 10 of the most common essential oils and their therapeutic benefits.



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1 Lavender

»» (*Lavandula angustifolia*, *Lavandula officinalis*, *Lavandula vera*)

Lavender has been used as early as 2500 B.C.E. by the Egyptians, and it has been used throughout history for perfume, headaches, wound care and even tea.

Note: Middle

Distilled from: Flower tops

Recommendations: *Anti-infectious, anti-viral, anti-fungal, pain-relieving, muscle-relaxing, mood- and sleep-enhancing*

Skin irritation, insomnia, wounds, air freshener, stress, depression





2 Peppermint

» (Mentha x piperita)

From at least 1500 B.C.E., peppermint has been used for many things, including stomach ailments and more. Throughout history, its use as a medicinal herb became more and more understood, and now it provides scent and flavor in addition to its healing properties.

Note: Top

Distilled from: Leaves

Recommendations: Analgesic, anti-inflammatory, antiseptic, astringent, expectorant, digestive, cooling and warming, calming and stimulating

Acne, migraines, muscle pain, asthma, colds and flu, indigestion, nausea, stress

3 Rose

»» (*Rosa x damascena*, *Rosa x centifolia*)

There are ancient Persian and eastern Asian texts relating to the rose, and, in 500 B.C.E., Confucius noted the prolific planting of the bush. Roses have long been used for their delicate, intoxicating aroma in perfumes or as gifts.

Note: Base

Distilled from: Flowers

Recommendations: *Anti-depressant, aphrodisiac, astringent, sedative, liver-supporting, soothing*

Depression, sensitive skin, eczema, insomnia, headaches, stress, PMS





4 Lemon

» (Citrus limon)

It is believed that the lemon tree originated in China or India, but history tells us it was transported to Europe to be grown for epilepsy treatments. Columbus brought it to the Americas as well. It is hailed as a standard for cleaning and healing.

Note: Top

Distilled from: Flowering tops

Recommendations: *Anti-infectious, anti-viral, anti-depressant, astringent, anti-microbial, digestive*

Acne, oily skin, dry skin, poor circulation, colds and flu, digestion, blood sugar regulation

5 Sandalwood

»» (*Santalum spicatum* A., *Santalum album*, *Santalum*)

Sandalwood is grown almost exclusively in India and Pakistan, as the Indian government has owned the rights to all the trees since the 1700s. It has been used across the world for everything from marking graves to marking the “third eye” to deodorant.

Note: Base

Distilled from: Wood and roots

Recommendations: *Emollient, diuretic, anti-depressant, relaxing, anti-bacterial, decongestant, aphrodisiac*

Acne, moisturizer, dry skin, depression, insomnia, bronchitis or cough, puffiness, stress



6 Tea Tree

»» (*Melaleuca alternifolia*)

Native to Australia and Queensland, tea tree oil has been used for centuries for its anti-bacterial properties. In the 1920s, it was discovered that tea tree oil was over 10 times more anti-bacterial and anti-infectious than the other agents available at the time. Its effective use to heal wounds and treat skin diseases has made it incredibly popular.

Note: Top

Distilled from: Leaves

Recommendations: *Anti-viral, anti-bacterial, anti-microbial, astringent, cooling*

Acne, dermatitis, bruises, asthma, muscle pain, colds, flatulence, household cleaners, sanitizers, air fresheners



7 Geranium

» (Pelargonium graveolens)

First discovered in South Africa, geraniums are now grown worldwide in warmer climates. It wasn't until the late 1800s that its medicinal uses were discovered. While widely used for perfume scents, geranium is also used to treat skin conditions and nerve disorders.

Note: Middle

Distilled from: Leaves

Recommendations: *Anti-inflammatory, anti-bacterial, anti-viral, astringent, decongestant, analgesic, calming, balancing, immunostimulant*

Acne, oily skin, mature skin, dermatitis, stress, poor circulation, anxiety, hemorrhoids, rheumatism, menstrual problems, varicose veins, lymphatic congestion





8 Frankincense

» (Boswellia carteri)

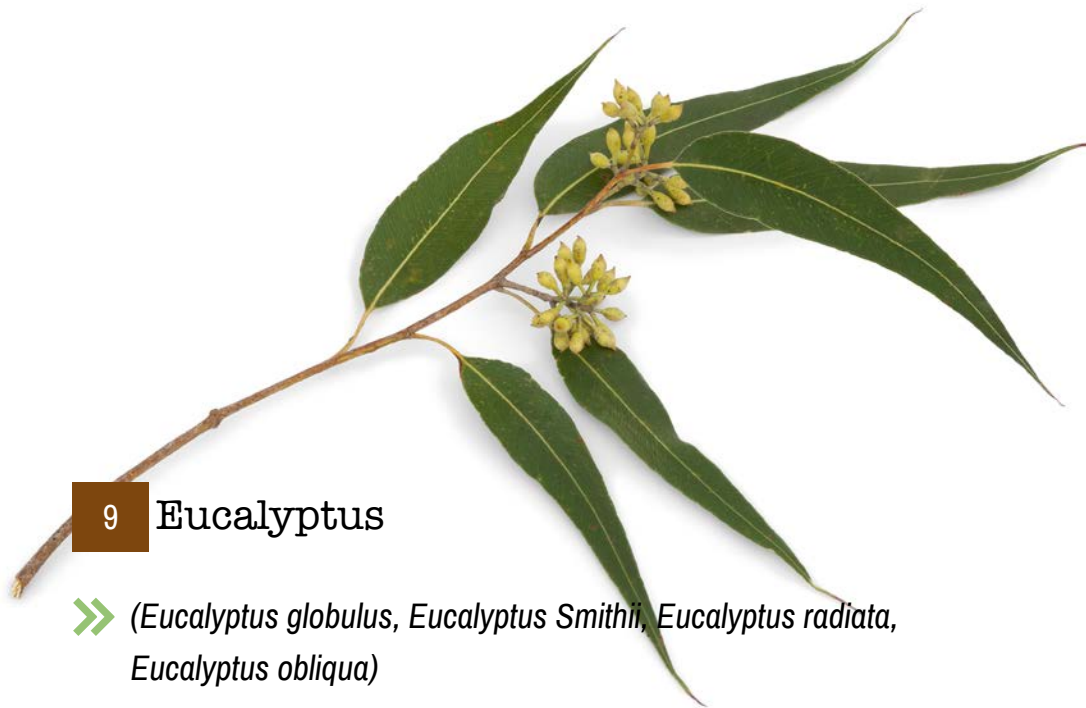
It is believed that frankincense was as valuable to ancient Arabia as oil is today. Frankincense has been used for religious ceremonies and as a healing oil. It is used to naturally treat many illnesses from rheumatism to Crohn's disease to anxiety.

Note: Base

Distilled from: Resin found in the trunk

Recommendations: *Anti-septic, anti-inflammatory, anti-bacterial, anti-depressant, analgesic, astringent, sedative, expectorant, calming*

Dry skin, wrinkles depression, stress, anxiety, irritability, chest tightness, colds, asthma, painful periods



9 Eucalyptus

» (*Eucalyptus globulus*, *Eucalyptus Smithii*, *Eucalyptus radiata*, *Eucalyptus obliqua*)

Eucalyptus has been grown around the world for many years, and it's not just for koalas. It is known for its many healing benefits, including skin ailments, asthma and pain.

Note: Top

Distilled from: Leaves and twigs

Recommendations: *Analgesic, antiseptic, anti-viral, decongestant, anti-inflammatory*

Skin infections, headaches, muscle pain, asthma, colds and flu, cough, insect repellent, air freshener

10 Helichrysum

»» (*Helichrysum angustifolium*)

Also known as Immortelle, Helichrysum is relatively new to the market. It is now widely popular for its ability to treat wounds, dermatitis and coughs, among other ailments. While it is expensive, it is a powerful healer.

Note: Base

Distilled from: Flowers

Recommendations: *Anti-inflammatory, anti-microbial, antiseptic, astringent, expectorant*

Acne, eczema, dry skin, wounds, burns, muscle pain, asthma, rheumatism, bronchitis, colds and flu, depression, stress



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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.

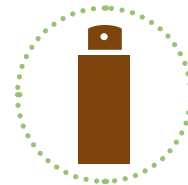
How Can I Use My Essential Oils?



Diffuser



Steam Inhalation



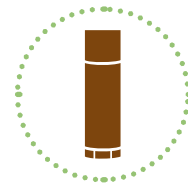
Room Spray



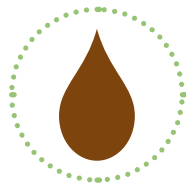
Lotion



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.



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Recipes



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Give yourself a little love! Here are some helpful essential oil recipes for tackling everyday needs and ailments.



Om My Gosh Meditative Pick-Me-Ups

Take care of your mind and emotions.

Relaxed	Awoken	Productive
<i>Key Oils:</i>	<i>Key Oils:</i>	<i>Key Oils:</i>
.....
Chamomile	Lemon	Lemon
Basil	Grapefruit	Rosemary
Geranium	Peppermint	Cardamom
Frankincense	Basil	Bergamot
Lavender	Eucalyptus	Peppermint

Don't Say Yes to the Stress Massage Oil



Ingredients

- 3 drops lavender oil
- 3 drops sandalwood oil
- 3 drops geranium oil
- 1 drop basil oil
- 3 tbsp carrier oil

.....

Combine the ingredients and massage into your neck, or have someone else do it!

- Mixture from Massage & Aromatherapy -



Anti-Anxiety Air Diffuser Mixture



Ingredients

2 drops peppermint oil 2 drops rose oil
2 drops neroli oil Water
2 drops jasmine oil

Add the manufacturer's recommended amount of water and the oils to your diffuser.

- Mixture from Essential Oils for Healing -

Let's Get Happy! Room Spray

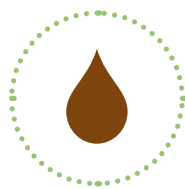


Ingredients

2 drops rose oil 1 drop rosemary oil
2 drops sandalwood oil 4 ounces water
2 drops frankincense oil
2 drops bergamot oil

Combine ingredients in a 4-ounce spray bottle and shake before using. Spray in your home, car or office for some major uplifting aromas.

- Mixture from Essential Oils for Healing -



Be Comfortable in the Skin You're in Beauty Treatments

Take care of your best you.

Acne-Prone Skin	Sensitive Skin	Dry/Mature Skin
<i>Key Oils:</i>	<i>Key Oils:</i>	<i>Key Oils:</i>
.....
Lavender	Neroli	Neroli
Lemon	Geranium	Rose
Grapefruit	Ylang-ylang	Sandalwood
Clary sage	Rose	Geranium
Tea tree	Jasmine	Palmarosa

Acne Away Serum for Blemishes



Ingredients

- 2 drops clary sage oil
- 2 drops German chamomile oil
- 2 drops lavender oil
- 2 drops lemongrass oil
- 2 drops bergamot oil
- 2 ounces jojoba oil

.....

Rub this oil mixture on affected areas for clear skin. Store this in a dark jar or bottle for up to three months.

- Mixture from Essential Oils for Healing -

Bye-Bye to the Dry Mask for Dry Skin



Ingredients

- 6 drops lavender oil
- 2 drops frankincense oil
- 2 drops peppermint oil
- 1 drop myrrh oil
- 2 tbsp oatmeal
- 2 tbsp water

Combine the ingredients together by mashing them, but not too much! Apply the paste to your dry skin and gently rinse off after one minute.

- Mixture from Essential Oils for Healing -

Super Soothing Salve for Eczema



Ingredients

- 4 drops tea tree oil
- 4 drops chamomile oil
- 2 drops lavender oil
- 1 drop helichrysum oil
- 1 ounce carrier oil

Pour the essential oils into a dark, glass jar and then add the carrier oil to mix. Apply on any affected areas. Store in a cool place for up to three months.

- Mixture from Essential Oils for Healing -



I'm Hair to Stay Spray for Hair Loss

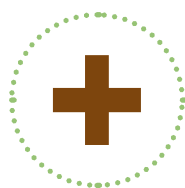


Ingredients

5 drops rosemary oil 4 ounces water
5 drops lavender oil

Combine in a spray bottle and spritz on the scalp for air drying. The oils will be absorbed into the hair follicles. Store in a dark, cool place for up to 3 months.

- Mixture from Essential Oils for Healing -



Sick and Tired of Being Sick and Tired Wellness Remedies

Keep it clean with anti-viral and anti-bacterial remedies.

Healing Room

Key Oils:

Eucalyptus
Niaouli
Lemon
Grapefruit
Hyssop

Breathe Deep

Key Oils:

Eucalyptus
Sandalwood
Frankincense
Pine
Tea tree

Clean Up

Key Oils:

Lemon
Clove
Thyme
Eucalyptus
Tea tree



Breathe Easy Decongestant Rub



Ingredients

- | | |
|------------------------|-------------------------|
| 6 drops eucalyptus oil | 2 drops lemon oil |
| 2 drops peppermint oil | 1 drop black pepper oil |
| 2 drops thyme oil | 2 ounces carrier oil |

.....

Pour the essential oils into a dark, glass jar and then add the carrier oil to mix. Rub on the chest and make sure not to get it in your eyes. Store in a cool place for up to three months.

- Mixture from Essential Oils for Healing -

Not So Nauseous Nausea-Reducing Oil



Ingredients

- | | |
|------------------------|---------------------|
| 3 drops lemongrass oil | 1 drop fennel oil |
| 2 drops chamomile oil | 1 ounce carrier oil |

.....

Pour the essential oils into a dark, glass jar and then add the carrier oil to mix. Rub on the chest and stomach throughout the day as needed. Store in a cool place for up to three months.

- Mixture from Essential Oils for Healing -

It's Gone Viral Room Spray



Ingredients

5 drops peppermint oil 5 drops lemon oil
5 drops lime oil 4 ounces water
3 drops clove oil

Combine in a spray bottle and spritz the room to keep the room free of airborne germs.

- Mixture from Essential Oils for Healing -



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