

Essential Oils

The Complete Handbook

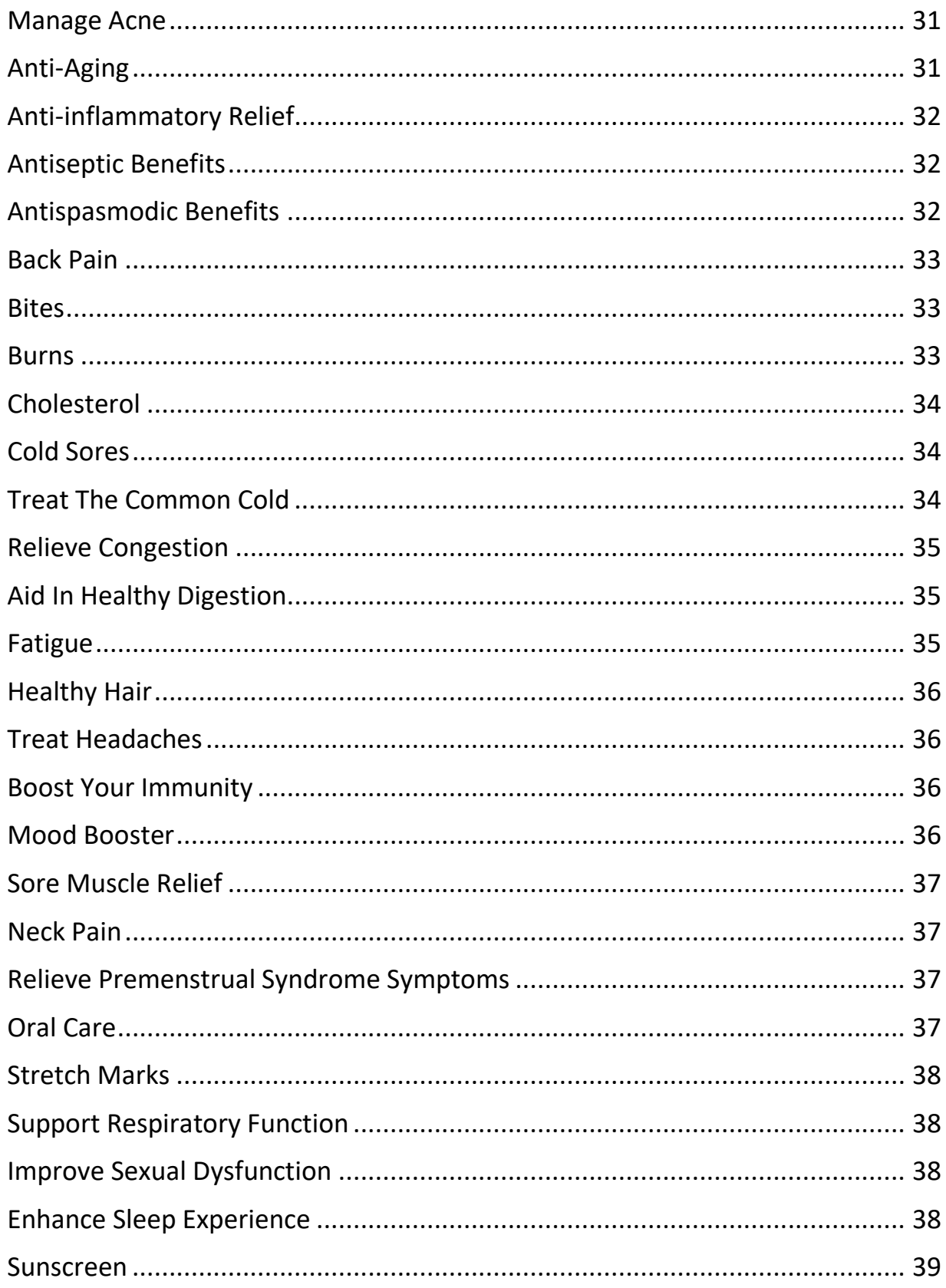


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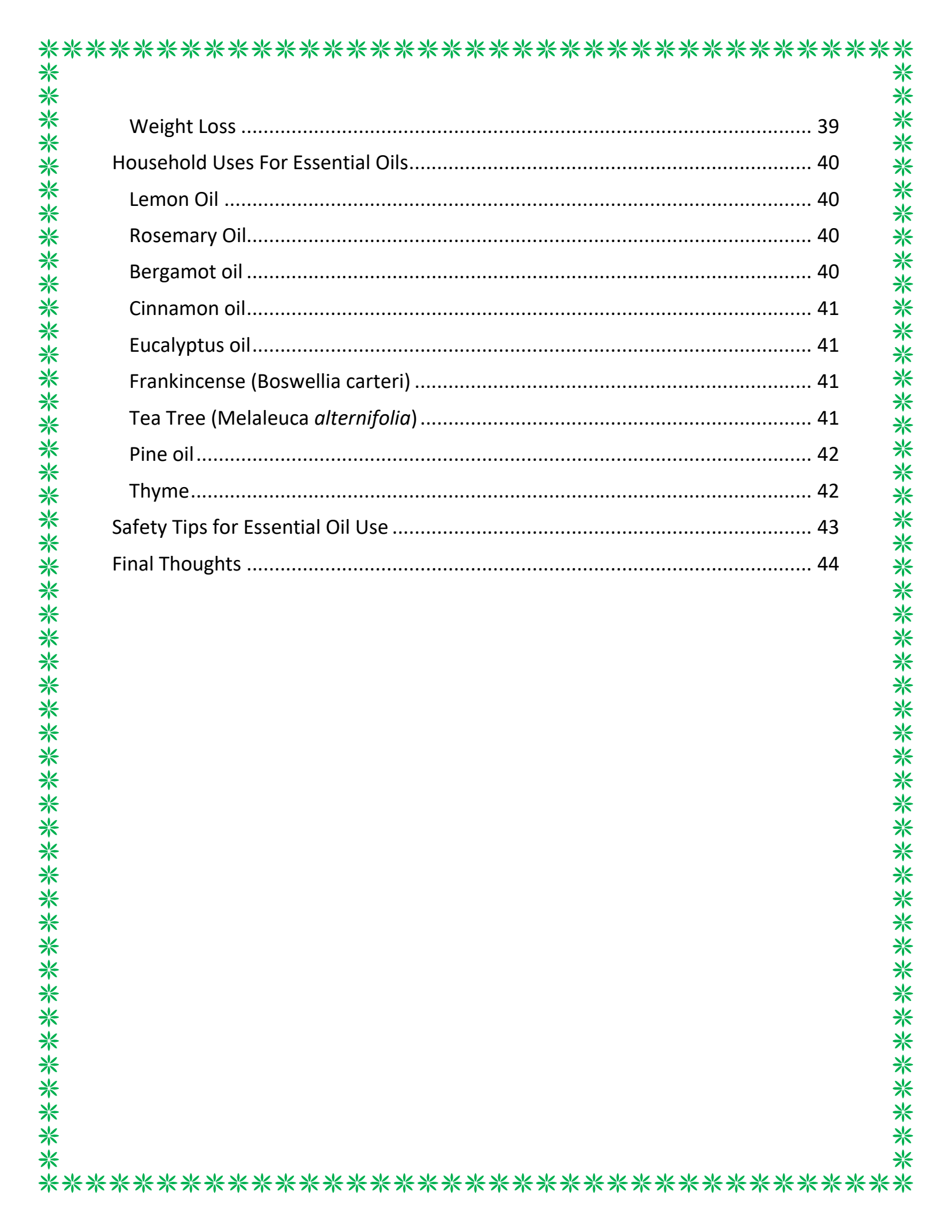
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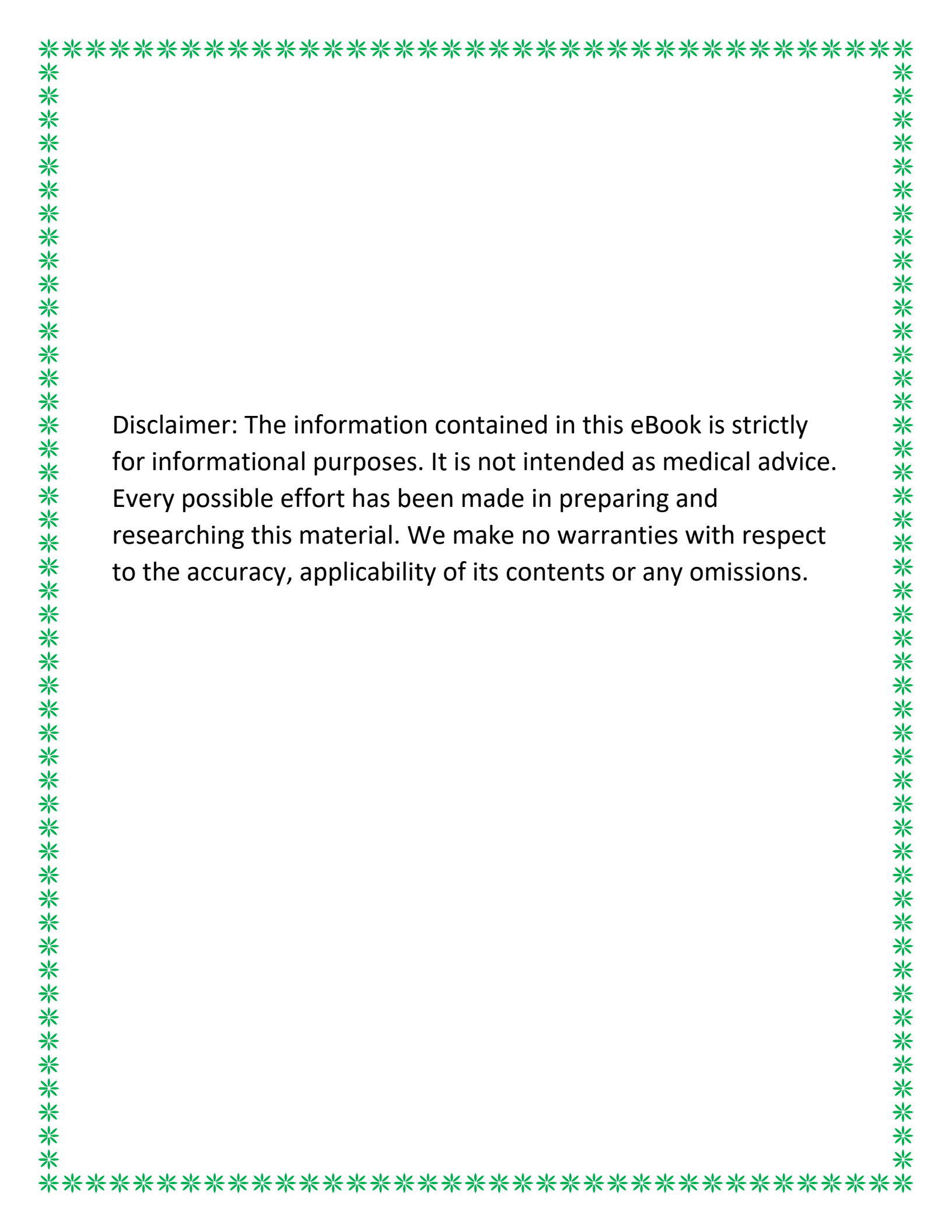
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What Are Essential Oils

Essential oils (EOs) continue to receive rave reviews for their multiple benefits for the human body. Since they are a natural part of mother earth, people tend to gravitate towards their healing powers instinctively.

Essential oils are the product of compounds found in the petal, root, rind, leaf or bark of a plant. There are eight compounds in essential oils: alcohols, acids, aldehydes, ketones, esters, phenols, sesqui turpines, and turpines.

These oils are volatile, aromatic and derived directly from various plants, bark and other botanicals through a distillation process. The distillation process is usually conducted with water or steam and makes use of the petals, leaves, bark, stem, and even roots of various plants.




Essential oils are not fragrances or perfumes given that perfumes are typically made by reproducing a scent found in nature in a lab.

Most oils are clear in appearance, but some contain an amber tint. In their purest form, essential oils are extremely concentrated, not safe for human use before undergoing a dilution process.

Most essential oils are stored in dark glass bottles and many times in temperature controlled environments in order to protect the oils from sunlight and temperature changes that will adversely affect them.

They can penetrate our cell membranes and can enter our bloodstreams within 30 seconds of application. They are more potent than herbs and are well-known for their anti-microbial, anti-inflammatory, antifungal, and antiviral properties.



As essential oils continue to grow in popularity, their benefits are not new. In fact, they are an age-old remedy with a rich history in natural health and wellness. Today, as the natural living movement continues to grow, EOs have a wide array of application uses.

History of Essential Oils

Essential oils have a long history that crosses multiple civilizations for thousands of years. Some of the oldest cultures on this earth saw the value in using essential oils for medicinal treatments and wellness properties.



The Egyptians

The use of essential oils has a history that reaches back as far as 4500 BC in Egypt. Egyptians chose to take advantage of the unique benefits of using plants and herbs

for medicinal, cosmetic and aroma purposes.

The Egyptians are infamous for their use of essential oils for healing, aromatherapy, and cosmetic purposes. For example, plants, oils and pastes were commonly used as ointments, suppositories and medicines.

Cosmetics

Many citizens used body oil every day to moisturize and shield the skin from the damaging rays of the sun. These essential oils were natural skin rejuvenates. They helped to protect skin from burns and early wrinkles.

Hygiene Practices

Egyptians held cleanliness and personal hygiene in high standards. Egyptians used essential oils not only to protect their skin or for their aromatic properties, but they used these oils to prevent disease.

Mummification

Ancient Egyptian culture is perhaps most noted for their use of these scented oils in their mummification practices. Egyptians used these aromatic plants to embalm the bodies of the deceased and prepare them for burial.

Early embalmers chose to use a variety of essential oils including cedar, juniper oil, myrrh, frankincense and cinnamon were all used to prepare the bodies of Egypt's elite.

The Chinese

Essential oil use among the Chinese is recorded as having taken place as early as 2697, during the reign of Huang Ti. The "Yellow Emperor" created several uses for the aromatic oils that practitioners of Eastern medicine continue to leverage. Shen Nung, a Chinese practitioner, wrote an herbal book that featured information about more than 400 plants. This book is among the oldest surviving medical books from an ancient civilization.

Today, China is one of the largest producers of essential oils in the world.

India

3000 years ago, India also adopted the use of aromatic oils. According to the Vedas literature, more than 700 different substances were used for medicines and essential oils. Information about ginger, sandalwood, and cinnamon to name a few received high praises.

The Greeks

Greeks were the first to begin using essential oils on the European continent. Hippocrates, the "father of medicine" who gained his knowledge from India, included more than 300 plants as a component of aromatic oils in his treatment of Roman soldiers as well as during the plague in Athens. The Greeks used oils such as lavender in their perfume but also as a bathing and cooking agent.

Essential Oil Use In The Western World

Aromatherapy began to spread westward during the 16th and 17th centuries and by the end of the 19th century; essential oil use was being studied for its healing properties by scientists conducting experiments.

The French chemist Rene-Maurice Gattefosse came up with the term “Aromatherapy” while researching the antiseptic properties of essential oils and his book “Aromatherapy” influenced medical practices in France.

Today, essential oil use and aromatherapy are significant parts of holistic medicine and are considered to be a complementary or alternative form of medicine.

According To A Report By Grandview Research... (U.S. Essential Oil Market Analysis By Product (Frankincense, Tea Tree, Sandalwood, Clove, Eucalyptus, Lemon, Lemongrass, Cedarwood, Rosemary, Thyme, Basil, Citronella), By Application (Flavors, Fragrances, Aromatherapy), And Segment Forecasts, 2018 – 2024)

- The U.S. essential oil market size was valued at \$3.36 billion in 2015 and is expected to grow at a rate of 9% from 2016 to 2024.
- “Around 200 different types of essential oils are consumed all over the world annually”
- The numerous health benefits of essential oils are expected to trigger demand in pharmaceutical and medical applications.
- “Rising demand for aromatic cleaning agents and bio-based personal care products is expected to stimulate demand for home care and personal care products.”

How Essential Oils Are Made

Distillation And Cold Pressing

Distillation and cold pressing are two methods used to create essential oils. Cold-pressing an oil begins with grinding the plant into a paste. A tool is used to crush the paste, allowing for the release of the oil.

Steam distillation is one of the most common forms for producing essential oils. The steam plays a role in rupturing the plant's membranes which aid in the release of the essential oil. Steam enables the essential oil to rise to the top of the condenser. The oil that emerges is the essential oil.



Essential Oil Blends

You can make your own essential oil blends to serve a variety of purposes. When handling essential oils, at a minimum, you will want to have the following resources on hand:

- Labels
- Dark glass bottles
- Droppers
- Small funnels
- Glass Measuring cups
- Measuring spoons

What Are Carrier Oils

In addition to distillation, essential oils are diluted with oils for topical use. Carrier oils also referred to as base oils or vegetable oils, and are used to dilute essential oils and absolutes before applying them to the skin. These oils help to “carry” the essential oil onto the skin. Different carrier oils offer different properties and the choice of carrier oil can depend on the therapeutic benefit you are seeking.

Carrier oils are generally cold-pressed vegetable oils derived from the fatty portions of the plant. Unlike essential oils that evaporate and have a concentrated aroma, carrier oils do not evaporate or impart their aroma as strongly as essential oils, if at all. Essential oils are added to carrier oils to impart both a scent and their healing properties.

Best Carrier Oils

Almond Oil

- Rich in vitamin E and K
- Helps restore skin elasticity and promotes cell regeneration
- Improves skin circulation
- Protects against UV rays
- Odorless and absorbs quickly into the skin

Avocado Oil

- Rich in vitamins A and E
- Intense hydration from fatty acids
- Boosts collagen production and skin elasticity
- Use at night to rejuvenate skin and benefit from its anti-aging properties

Argan Oil

- Intense hydration from its 80 fatty acids

- Promotes elasticity
- Reduces fine lines and wrinkles
- Excellent carrier oil for anti-aging homemade blends
- Protects against environmental agents and free radicals
- Helps treat acne

Jojoba Oil

- Mimics natural oils produced by the body
- Great for sensitive skin
- Intense hydration and moisturizing of face and body
- Body & Scalp Massage
- Lip Conditioner
- Replaces shaving cream
- Deep conditioner for hair
- Removes frizz from hair

Olive Oil

- Rich in antioxidants
- Rich in vitamin E
- Rich in vitamin A
- Intense hydration and moisturizing of face and body

Organic Extra Virgin Coconut Oil

- Antibacterial
- Antifungal
- Cleansing
- Moisturizing and hydration

Grape Seed Oil

- Dries out pimples and prevents oily skin
- Contains linoleic acid, which has anti-inflammatory and healing properties

- It effectively dries out pimples and helps oily skin, which can clog pores

More Great Carrier Oils

- Macadamia Nut Oil
- Peanut Oil
- Apricot Kernel Oil
- Pecan Oil
- Rose Hip Oil
- Walnut Oil
- Wheatgerm Oil
- Sesame Oil
- Sunflower Oil
- Kukui Oil



How Carrier Oils Are Used

Essential oils are volatile, which means they evaporate rapidly and contain the natural smell and characteristics of the plant. This characteristic can make them too strong for use without proper dilution.

Carrier oils do not evaporate or have a strong aroma, making them the perfect pair for diluting especially strong essential oils reducing the concentration of the essential oil without altering its therapeutic qualities. When you dilute an essential oil with a carrier oil, you can also control its concentration before direct application.

Like other substances that are high in fat, carrier oils have a limited shelf life, meaning that eventually they can go bad. Depending on the type, oils with a short shelf life should typically be used within six months, while oils with a longer shelf life may stay good for up to a year.

It's important to store oils in their original air-tight containers in a cool, dark place, such as the pantry, to maximize shelf life.

Carrier oils can vary widely in their consistency, absorption, aroma, shelf life, and other characteristics. Carrier oils can be blended to change or combine their properties, so you can mix and match until you find the blend that's just right for you!

When To Use Carrier Oils

Are carrier oils a must-have? They are when using essential oils for topical applications, because undiluted essential oils applied directly to the skin can cause burns.

Once you get the hang of it; you will find that adding your essential oils to a carrier first is hardly an extra burden. In fact, it may please you to know that taking this extra step contributes to the efficacy of your healing application.

First, sensitive skin may elicit an allergic response. In this situation, you might notice redness, burning, itching, or even blistering. Next, essential oils evaporate quickly from the skin, thanks in part to its volatile organic compounds. This action makes it difficult to disperse to other parts of the skin.

Ingesting neat oil is dangerous. An ingested neat oil may cling to the mucous membranes and never make it to the intended site of application. Also, neat oils can burn your mouth and irritate the esophagus.

Bottom line: Using essential oils in topical applications undiluted can place your body in harm's way.

Tip: Start with the most accessible carrier oils, then work through others as you learn their benefits and ideal uses.

Remember: Undiluted essential oils should NEVER be applied directly onto the skin. Essential oils are highly concentrated and can be irritating to skin if applied directly.

How To Use A Carrier Oil To Make Your Essential Oil

For simple dilution purposes, start with small amounts of your carrier oil and work up as you become comfortable and have sanitary ways of storing your blend. Always place blends into heat-sanitized containers, mainly if they will stay there for any amount of time.

Start with one teaspoon of carrier oil, which roughly translates to 60-100 drops. Since it's oil we are dealing with, the assumption is that it will be closer to 60 than 100. You can assume 100 for extra safety and simple dilutions (1% = 1 drop), or you can calculate based on the more generous (and likely more accurate) 60.

Dilution Guide

1% dilution = 6 drops of essential oils per 1 ounce of carrier oil = good for sensitive skin face, genitals, underarms, babies to toddlers

2-3% dilution = 12 – 18 drops of essential oil per 1 ounce of carrier oil = standard adult concentration for massage oils, creams and DIY recipes

5% – 10% dilution = 30 – 60 drops of essential oil per 1 ounce of carrier oil = more for acute conditions like infections. Don't use for more than a week at a time.

25% dilution = 150 drops of essential oils per 1 ounce of carrier = for one-time application like wart removal, scraps, cuts, and other wounds.

50% dilution = 1:1 ratio of carrier to essential oils = not recommended unless under the supervision of a trained professional.

Stir the essential oil into the carrier oil, then apply as indicated. That's it! You've successfully diluted your essential oil and enjoyed the added benefit of a nourishing carrier oil.



What Are Absolutes

Absolutes are more volatile than essential oils. They are highly concentrated forms of aromatic liquids that are the product of plants by way of extraction. During the distillation process of these plants, chemical solvents are removed, yielding a more concentrated solution.

In those instances where dilution does not yield enough natural oil, the solvent solution becomes a viable choice. Again, this formula

has a higher level of concentration and in essence is more potent than the essential oil itself.



Buying And Storing Essential Oils

When purchasing essential oils, you must treat them as you would your favorite perfume or cologne. Store them in a cool, dark place. This action will help to reduce the risk of the oils breaking down as result of exposure to heat and sunlight.

While you may be tempted to purchase your oils online, take some time to research the seller. Not all essential oil brands are of high quality. Some products are of poor quality and will not provide you with the desired therapeutic value of the finest oils.

Grades Of Essential Oils

There are four grades of essential oils.

Grade A: Therapeutic Grade Oils

Grade A essential oils are of therapeutic grade. They are organically grown, steam distilled, unadulterated, and safe for internal use. It is important to note that there are those who deem the use of the term therapeutic as being a “made-up” term because no governmental agency certifies an oil as being therapeutic.

While no governmental agency certifies these oils, there is a plethora of scientific research that supports the value essentail oils have for health and wellness.

For an oil to be therapeutic, you need hundreds of pounds of the plant material to create it. These oils are extremely concentrated and costly to make and they are the grade needed to reap their health benefits.



Grade B: Food Grade Essential Oils

Grade B essential oils are of a food grade. They contain pesticides, herbicides, fertilizers, and fungicides. Only five percent of the oil has to be composed of essential oil to receive the label of being a pure essential oil.

Grade B essential oils are not safe for internal use. Although they may have the label of food grade, you should not assume this means they are appropriate for consumption or internal use. Rather, they are it is still a best practice to use these oils as an aromatherapy agent.

Grade C: Perfume Grade Essential Oils

Grade C essential oils are perfume grade and therefore, are used in perfumes. They contain alcohol, pesticides, and chemical solvents. Only five percent of the oil has to be composed of essential oil to receive the label of being a pure essential oil

Grade D: Floral Water

Grade D essential oil is floral water. They are of low quality and are a by-product of the distillation process.

Synergistic Oil Blends

Synergistic oil blends are a combination of healing oils that promote healing properties. You have the option of using them in baths and vaporizers.

How To Use Essential Oils

Direct Inhalation

This method is the simplest, where you inhale any oil directly from the bottle. You can also soak a cotton ball with the oil and leave it in your purse to inhale all day.

Another method is steam inhalation, which involves placing a few drops of oil in a bowl of steaming water, placing a towel over your head and breathing in the vapors that way.

Indirect Inhalation

Placing several drops of any oil in a hot (preferably salted with Epsom salts) bath or into your shower basin provides for an aromatic and healing experience.

Diluting an oil in distilled water in a spray bottle and then spraying on linens, clothes, etc. are both fantastic ways to “gently” receive the beneficial properties of the more potent oils.

Diffusing Through The Air Via Natural Evaporation

This method can be achieved simply by placing 10 – 15 drops of the chosen oil in a bowl of hot water that has been salted with either Epsom salts or sea salt, which help with the diffusion process throughout the night.

Other ways of achieving this method are by the commercially made terra cotta bowls that are designed specifically for diffusing essential oils, or by soaking a cotton ball in the oil of your choice and placing it by your bed overnight.



Direct Skin Contact

Diluting any chosen essential oil with a carrier oil, such as Jojoba, olive or almond oil allows you to apply it directly to the skin without the risk of burns. This method is ideal for massage, or dabbing the blend onto your wrist, neck or other parts of the body.

As previously mentioned, diluting with a carrier oil is important as some oils, such as peppermint, wintergreen, lavender and others can cause burns if applied directly to the skin.

Diffusion Via Electronic Devices

There are a number of commercially made devices that deliver oil through electronic diffusers and nebulizers that work in your home, office or car, and there are even diffusers that work via USB ports.

Ultrasonic Diffusers Versus Nebulizers

The main difference between ultrasonic diffusers and nebulizers is that the former uses water to disperse an essential oil, therefore, diffusers also double as humidifiers. They use less essential oils than nebulizers, but the nebulizer gives you a much more stronger concentration of essential oils.

Diffusers typically cost less than nebulizers, but nebulizers are able to cover a lot more square footage (depending the model) and use an atomizer technology.

Ingestion

Food grade essential oils can be added to tea, recipes and ingested.

Aromatherapy

There is nothing more amazing than the scent of essential oils, especially the favorites, like Tea Tree, Lavendar, Chamomile, Eucalyptus, Rose and Lemon.

Aromatherapy has many positive effects on your mind, body, and spirit. Aromatherapy is a healing practice that affects the mind and body through the use of essential oil aromas.

Aromatherapy's roots can be traced back more than 3500 years. The Egyptians used to burn herbs, woods, and spices for the aroma to honor their gods. The belief was that the smoke could transfer their prayers to the heavens where those gods lived.

Over time, the use of aromatics evolved involved into more of a healing and medicinal and even mental health purposes. There are reports that the Egyptians burned plants and aromatic herbs to help drive away the evil spirits that plagued the physically and mentally ill.

Many people turn to aromatherapy with the hope of creating a calm environment, introducing balance, clearing their mind and promoting relaxation as it offers these benefits:

- Improves your sleep experience
- Generates feelings of relaxation
- Manages stress anxiety, and depression
- Provides pain relief
- Treats the side effects of cancer treatment
- Reduces confusion in dementia sufferers



The essential oils in aromatherapy treatments encourage relaxation as the aromatic scents of the oil stimulate the hypothalamus and the parasympathetic nervous system. The body in turn relaxes, and fatigue melts away.

Aromatherapy is not limited to the inhalation of oils but rather can support our bodies via three methods: external, topical, and internal.

External Aromatherapy

External aromatherapy is just what it implies. It is the release of a fragrant oil scent into the air.

Inhalation

These fabulous scents help to neutralize the air and trigger feelings of relaxation, improve your alertness, and improve your overall mental state of wellbeing – to name a few positive side effects. Inhalation may take place through a variety of techniques including steam, scent pot, or diffuser.

Aromatherapy Massage

Essential oils may be used for the purposes of an aromatic massage. During an aromatherapy massage, our bodies absorb the essential oil while the scent of the oil creates a calm environment. This practice not only creates a relaxing atmosphere, but it stimulates the body to respond in kind. The blood circulation in our body increases, boosting the flow of oxygen in our bodies.

Aside from relaxation, aromatic massages:

- Deliver pain relief
- Promote mental health well-being
- Lowers blood pressure
- Helps to rid the body of toxins
- Relieves stress

Ideally, you will want to locate a certified masseuse to perform your massage. Although you might have a significant other at home willing to deliver your massage, a qualified masseuse can adequately find the proper pressure points and manipulate your muscles without causing too much damage to your bones or joints.

Massage Oil DIY

Base Oil	Essential Oil Drops
1 teaspoon/5 ml	2-3
1 tablespoon/15 ml	6-7
1 oz/25 ml	12-13
2 oz/50 ml	25
3.5 oz/100 ml	50

Store your massage solution in a dark bottle and remember to keep your application light.

Essential oils are the foundation of aromatherapy. This practice leverages the natural aromas of plants and holistically uses them to benefit the whole person.

Essential oils can be inhaled or applied to the skin for a myriad of psychological as well as physical health benefits. When applied topically, a few drops of essential oil are added to a carrier oil in order to safely deliver the essential oils properties to the skin. Essential oils can also be mixed with water, where the water will act as the “base” or carrier in that instance, as is the case with aromatherapy baths and foot soaks.

Aromatherapy And Stress

Aromatherapy continues to be a staple in natural holistic practices. Spas all over the world are dedicated to delivering a compelling service and experience to people from various backgrounds that are in search of a natural escape or in search of a natural cure to stress.



There are many forms of stress in our lives. Although the good stress may serve to motivate us to perform at our highest levels, over time it can take a mental and physical toll on our lives. Essential oils can be useful in not only replenishing our energy stores but ridding us of unwanted stress.

In just one hour, men and women can experience a bath, massage or wrap suited to meet their needs. There are even spa resorts that are dedicated to fulfilling the practice of ancient traditions.

Aromatherapy is also easy to implement at home, with the use of diffusers, nebulizers, or even a cotton ball soaked in oil next to your bed.

Safety

For the most part, aromatherapy is safe. Unlike drugs, they are not regulated by the Federal Drug Administration. Therefore there are no real checks and balances for the efficacy and safety of the oils.

Finding A Specialist

Holistic medicine doctors are usually experts in essential oils and can be consulted for professional advice in regard to using essential oils.

Aromatherapists are also experts in the field. The National Association for Holistic Aromatherapy can help you find an aromatherapist on their website - <https://naha.org/find-an-aromatherapist>.

35 Most Popular Essential Oils

Which essential oil is the best? There is no single answer to this question. However, if you are starting a collection of essential oils, there are a few oils you can add to your life to provide mental relief, physical relaxation, and natural cures. Also, these oils can help to enhance the world around you.

Here are 35 of the most popular essential oils.

Argan (*Argania spinosa* L)

Argan oil is now a power player ingredient in skin and hair care products. Historically, argan oil was used to treat wounds and rashes. Now, argan oil is fast becoming a staple in our cosmetic products because of its vitamin A and vitamin E levels. These two vitamins increase cell production which helps to promote healthy hair and skin.

Argan oil infuses moisture into what is otherwise dry skin or dry hair. It can help to reduce inflammation and helps to slow down the aging process.



Basil

Basil is not just an herb or seasoning for your meals. This essential oil is useful in treating anxiety and is supportive of relieving sexual dysfunction.

Bergamot (*Citrus bergamia*)

Bergamot essential oil has a rich history in antidepressant use and insomnia treatment. It behaves as a relaxant, helping to reduce symptoms of anxiety and stress. Also, it triggers the release of dopamine and serotonin which help to improve our overall mood and function.

Bergamot oil has a positive effect on our endocrine system and helps us to regulate insulin levels better. Also, it provides for a hormonal balance, reducing symptoms that may accompany our menstrual cycle and menopause.

The common cold can sometimes knock us off of our feet thanks to congestion, fever, and aches that may accompany it. Bergamot has properties that help to loosen congestion, reduce fevers and treat an annoying cough.

Black Pepper

Black pepper oil may help to lower cholesterol, improve circulation, and relieve your body of aches and pains. Black pepper oil is a worthy digestive agent. It can help to treat constipation and diarrhea.



Cedarwood

Cedarwood essential oil is a potent oil that acts as a natural sedative and can also help to reduce feelings of anxiety. Also, this oil helps to lower blood pressure and heart rates.

Cinnamon (*Cinnamomum zeylanicum*)

Cinnamon oil has multiple health benefits medicinally and flavor. Cinnamon is useful as an antibacterial, antifungal and antimicrobial. It has properties that prevent some memory loss, provides pain relief, supports weight loss, rids you of bad breath, and treats infections.

Clary Sage (*Salvia sclarea*)

Clary Sage is a favorite essential oil that is commonly used for hot flashes in menopause, PMS symptoms, infertility and improving your mood. This plant has a rich history in medicinal cures but continues to gain recognition as a natural treatment for combating depression, drug addiction, and anxiety.

Clary sage also contains ingredients that enable it to prevent bacterial infections, which makes it particularly useful in wound care regimens and it mainly aids in the treatment of dry skin, inflammation, and other skin ailments.

Clary sage can intensify the effects of drugs or alcohol, creating a sedative impact on your body. You should not combine this oil with alcohol or drugs.

Clove

Clove oil provides a bit of relief for toothaches, bruises, wounds, and burns.

Eucalyptus (*Eucalyptus globulus*)

Eucalyptus receives high marks for its multiple uses. First, it's a natural antiseptic and antibacterial. It's health benefits are numerous and include wound healing, sinus pain relief, nasal congestion, itchy scalp relief, and cavity prevention.

Eucalyptus is available in various products including mouthwash, ointments, and rubs. You can add this oil to hot water and inhale the steam, or you can add it to a diffuser.

Frankincense (*Boswellia carteri*)

Frankincense oil holds a lot of value for its ability to bolster immunity, cure a cough and revitalize skin while slowing down the aging process at the same time. This oil can cure symptoms associated with PMS and can also treat congestion, bronchitis, headaches, feelings of fatigue and unpredictable mood swings.

Geranium

Geranium essential oil delivers radiant, healthy skin. This oil helps to balance hormones while also relieving symptoms of anxiety and depression. Geranium reduces inflammation and can assist in the fight against fatigue.

Ginger

Ginger essential oil contains several benefits that mirror those benefits associated with the ginger root itself.

Ginger oil is particularly powerful in the treatment of gastrointestinal tract issues such as nausea, indigestion, diarrhea, and spasms.

Ginger also improves the overall health of our heart. Studies show that ginger can help to lower cholesterol and blood clots, both of which can contribute to heart disease and strokes.



Grapefruit

Grapefruit oil is famously known for being a useful aromatherapy oil that can help to treat headaches, feelings of depression, and may contribute to appetite suppression.

Hyssop

Hyssop oil is a fantastic oil that helps to provide respiratory relief. It clears the lungs and aids in the treatment of respiratory infections. This essential oil contains compounds that enable it to combat parasites in the intestines which helps to keep the digestive tract healthy.

Hyssop oil also improves circulation which is beneficial to the heart.

Juniper Berry (*Juniperi aetheroleium*)

Juniper berry is a dominant detoxing plant. Juniper helps to boost the immune system and is well-known for its ability to treat skin ailments, improve digestive problems such as bloating, heartburn, acid reflux, and can help manage insomnia.

Juniper is filled with antioxidants and contains multiple compounds that make it an excellent antibacterial and antifungal oil.

Lavender

Lavender oil is easily the #1 favorite pick among aromatherapy enthusiasts. This oil is widely recognized for its ability to promote relaxation and improve sleep experiences. It is also known to relieve pain, boost circulation of the blood, disinfect skin and scalp and aid respiratory problems.



Lemon

Lemon oil is one of the most popular due to its various benefits, including antibacterial, disinfectant, and stain removal uses. It is often used to make homemade cleaners, in laundry and in various personal care products and even in dietary supplements. Its fresh scent promotes energy and vitality along with focus and concentration. It is also loaded with vitamin C and supports immune system health.

Lemongrass

Lemongrass essential oil has many uses. Aside from giving off a lemony fragrance, lemongrass in the form of aromatherapy can be a path to rest and relaxation. This oil helps to keep the insects away, and it can calm your tummy, curing stomach aches or other forms of abdominal discomfort such as menstrual cramps, ulcers or gastritis.

You can use lemongrass oil for headaches and can to your energy levels.

Are you struggling with hair loss? Many naturalistas swear by the powers of lemongrass in the prevention of hair loss. This oil strengthens hair follicles and can be a method of scalp therapy for an itchy or inflamed scalp.

Lime

Lime oil soothes insect bites, enhances your immune system, supports weight loss, eases sore throat pain and can help rid you of cellulite.

Mandarin

Mandarin dates back to Chinese medicine. It is especially effective in reducing the appearance of stretch marks, acne, and scarring. Some studies show that mandarin oil may even help to slow tumor growth in cancer patients.



Marjoram (*Marjoram hortensis*)

Marjoram improves blood circulation and reduces muscle stiffness. Also, it can be taken internally to enhance cardiac health and boost immunity. This oil is an excellent aromatherapy oil for promoting a calm atmosphere.

Melaleuca/Tea Tree (*Melaleuca alternifolia*)

Melaleuca oil, also known as tea tree oil, is an excellent oil with first aid qualities. It is particularly useful for cuts, insect bites, and scrapes. If you suffer from scalp conditions such as dandruff, melaleuca can provide relief. It is also beneficial for ear aches and pink eye.

Myrrh (*Commiphora myrra*)

Myrrh functions as a natural remedy for multiple conditions including infections, and liver damage. Myrrh may be used to clean and treat wounds and is beneficial in stopping bleeding.

Neroli (*Citrus aurantium*)

Neroli improves poor sleep patterns. It promotes relaxation, reduces stress, and promotes calm. This oil alleviates anxiety and may reduce the frequency of heart palpitations. Also, it is useful in easing digestion problems.

Orange

Orange is useful for massages, baths, and skin care. It is calming and useful in respiratory management.

Pine

Pine oil has a powerful scent. This oil is particularly useful for boosting your energy and mood levels, managing pain, and reducing stress. This oil is known for cleaning the air, killing bacteria, and pathogens. Pine essential oil is especially beneficial for those who suffer from asthma and allergies.



Patchouli

Patchouli oil relieves skin irritation and has a calming effect when used aromatically. Although patchouli has a ripe history as being an active ingredient in perfumes, this oil does wonders for those experiencing skin issues like acne or eczema. It contains cell-rejuvenating properties which makes it attractive as an anti-aging skin care option.

Peppermint (*Mentha aquatica*)

Peppermint oil offers a wealth of natural benefits from head to toe. It serves as a natural analgesic and functions as an antibacterial, antiviral, and antifungal agent.

Peppermint oil relieves respiratory issues, boosts energy, soothes an itchy scalp, provides clarity and mental focus, treats bad breath, and reduces stomach pain. Also, it helps to increase blood circulation and reduce muscle stiffness.

Peppermint is a common ingredient in gum, candy, ice cream, soap, toothpaste, and tea.

Pomegranate Seed

Pomegranate seed oil contains antioxidants which are useful in skin care. It improves the texture of the skin and revitalizes the overall look of skin by reversing skin damage and giving it a youthful appearance. This oil is also useful in stimulating blood flow to the scalp and triggering hair growth.

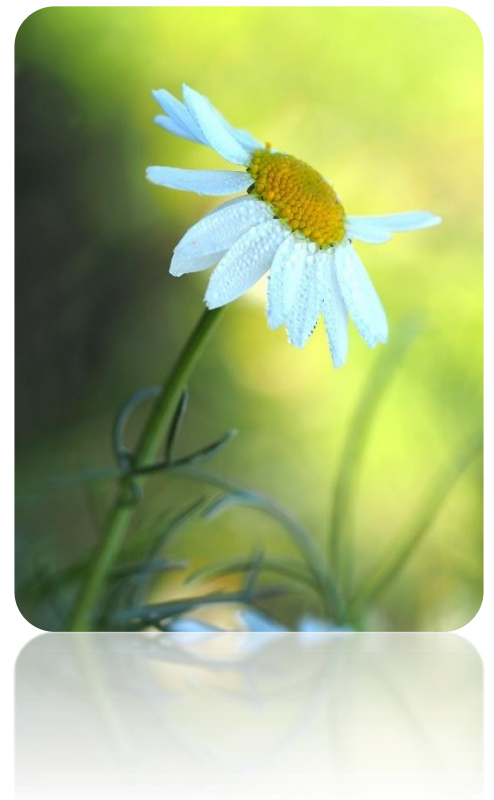
Roman Chamomile

Roman chamomile is rich with antioxidant properties. This essential oil is a powerful ally in the fight against PMS thanks to its ability to reduce the occurrence of cramps and back pain.

Chamomile delivers cardiac health thanks to its level of flavonoids, and it is gentle enough to give to children to calm upset tummies.

Rose

Rose essential oil comes from rose petals and dates back to ancient Egyptian, Mayan, and Native American civilizations. Each of these cultures used rosehip oil for its healing qualities. Although



roses may be among the most beautiful of flowers in the world, this plant has several properties that enable it to function as an antidepressant, laxative, aphrodisiac, and astringent.

Rose oil may be useful in treating wounds, reducing inflammation, treating fevers, healing scars that are the result of acne or stretch marks.

Sandalwood (Hawaiian)

Sandalwood oil works best for respiratory issues and sleep disturbances. It can enhance your mood and clear up skin blemishes or marks.

Sweet Birch

Sweet birch is useful in treating arthritis and joint pain. Also, it functions as an astringent, insecticide, diuretic, and antidepressant.

Wintergreen (*Aultheria procumbens*)

Wintergreen is an essential oil with anti-inflammatory properties. It helps to cure pain and helps reduce swelling. This essential oil helps to boost alertness and is useful in the management of arthritis.



Ylang Ylang (*Cananga odorata*)

Ylang ylang essential oil generates feelings of euphoria. It helps to relax the body and studies demonstrate that this oil increases self-esteem and feelings of well-being.

Essential Oils For Health And Wellness

Essential oils can have a positive effect on our health. Essential oils are naturally fragrant which make their use in cosmetics, perfumes, and hair care products most appealing. Though known for their cosmetic and aromatherapy uses, essential oils can also be beneficial for improving our health and wellness.

Manage Acne

Millions of Americans go to battle with acne every day. Finding the best possible treatment can seem impossible –even when we have prescription medications at our fingertips. However, our best cure may reside in natural remedies such as essential oils.



EOs can help to unclog our pores, rid us of blackheads, pimples, and blemishes while also reducing and soothing skin irritation. These oils may also help to restore and balance our hormone levels. You can apply 2 to 3 drops of EOs to the problem area each day and you should begin to notice results in just a couple of weeks.

EOs may help to hydrate skin, reduce scarring, and get rid of bacteria.

Best essential oils for acne: tea tree, lavender, clary sage, geranium, lemongrass, oregano, melaleuca, peppermint, eucalyptus, and juniper berry

Anti-Aging

Essential oils are useful in naturally moisturizing the skin and contain potent anti-aging benefits that enable the skin to look young while limiting the appearance of wrinkles.

Best essential oils for anti-aging: sandalwood, myrrh, rose, frankincense, lavender, pomegranate seed

Anti-inflammatory Relief

One of the most significant benefits of essential oils is that they have anti-inflammatory properties. EOs can aid in reducing swelling or inflammation of the skin. These oils are just as effective as aspirin, naproxen, and ibuprofen.

Best essential oils for anti-inflammatory relief: peppermint, eucalyptus, lavender, German chamomile, spruce

Antiseptic Benefits

If you are in search of a natural way to kill germs, some essential oils are useful for disinfecting and sterilizing surfaces.

Best essential oils for antiseptic uses: lavender, tea tree oil, bergamot, thyme, lemongrass, eucalyptus

Antispasmodic Benefits

Some essential oils offer muscle spasm relief from a variety of symptoms including cramps, stomach pains, irritable bowel syndrome, and diarrhea.

Best essential oils for muscle spasms: clary sage, juniper, wintergreen, marjoram, rosemary, frankincense



Back Pain

Essential oils are a common ingredient for back massages. Back massages provide a therapeutic approach to providing relief to individuals suffering from back pain.

Best essential oils for back pain: birch, lemongrass, marjoram

Bites

If you are dealing with the itchy side effects of an insect bite, essential oils may prove to be the cure to expediting the healing process while also reducing itching, blocking infections and unnecessary scarring.

Other oils can also serve as a form of insect repellent, helping to keep other bugs away.

Best essential oils for bites: helichrysum, lemongrass, melaleuca, chamomile, lavender, basil, peppermint



Burns

Essential oils can prove useful in healing burn while also reducing the risk for infections and scarring.

Best essential oils for burns: lavender, chamomile, melaleuca, peppermint, frankincense, melaleuca

Cholesterol

High cholesterol levels increase our risk for heart disease and strokes. A healthy diet is vital to keeping our cholesterol level within a healthy range. It might surprise you to know that essential oils can also have a positive effect on our cholesterol level. Many of these oils are rich in a cholesterol reducing agent that helps to keep the unhealthy cholesterol levels at a healthy level.

Best essential oils for cholesterol: lemongrass, basil, lemon, grapefruit oil, rosemary oil, cypress oil

Cold Sores

Cold sores act as physical testimony to the stress occurring within and outside of your body. Essential oils can be applied directly to the cold sore and generally help to reduce swelling while also working to kill the virus that is causing the cold sore.

Best essential oils for cold sores: melaleuca, lemon, clove, peppermint, oregano, ginger



Treat The Common Cold

Mother nature's common cold brings all sorts of nasty symptoms to our body ranging from a sore throat to stuffy noses to coughing to night sweats. EOs can help to reduce or completely relieve you of these symptoms by reducing mucus secretions, acting as a decongestant, and even regenerating your energy levels.

Best essential oils for the common cold: tea tree, eucalyptus, rosemary, cinnamon leaf

Relieve Congestion

Congestion can occur as a result of multiple factors including the common cold, flu, or allergies. Some oils contain properties that help to reduce inflammation of the nasal passages with inhalation.

Best essential oils for congestion: eucalyptus, peppermint, and rosemary

Aid In Healthy Digestion

Essential oils offer a natural alternative to achieving a healthy gut. The foods we consume and the lifestyle we lead can be taxing for the digestive tract.

There are several essential oils that can pave the path to a healthy digestive tract while providing relief for symptoms such as nausea, leaky gut, vomiting, loss of appetite, and diarrhea.

Best essential oils for digestion: ginger, peppermint, lavender, basil, Roman chamomile

Fatigue

Some days we all could use a bit of an energy boost. Fatigue can contribute to other symptoms such as poor concentration body aches, poor appetite, and irritability. Essential oils can help to improve your energy levels and enable you to take control.

Best essential oils for fatigue: orange, lemon, pine, peppermint, rosemary, eucalyptus, basil, geranium



Healthy Hair

Essential oils have a reputation for stimulating the growth of hair follicles.

Best essential oils for healthy hair: lavender, Ylang Ylang, rosemary, lemongrass, tea tree oil

Treat Headaches

Essential oils can reduce or in some instances eliminate symptoms associated with headaches and migraines.

Best essential oils for headaches: lavender, peppermint

Boost Your Immunity

Essential oils or aromatherapy oils help to boost our immune system to fight bacteria, viruses, and fungi. EOs are known for their capacity to have a detoxifying effect on the body.

Best essential oils for immunity: lavender, thyme, peppermint, lemon, tea tree oil

Mood Booster

Essential oils can trigger a positive mood swing that ultimately contributes to an overall improvement in the way you engage others and your overall productivity.

Essential oils can trigger subtle changes in the body, generating the release of mood-altering chemicals. They can promote calm, function as an antidepressant and aid in your battle against feelings of fatigue and exhaustion.

Best essential oils to improve your mood: lavender, orange, lemon, jasmine, bergamot, marjoram, rosemary



Sore Muscle Relief

Sore muscles can emerge at any time as the result of intense workouts, stress, prolonged sitting, or even as a result of a health condition. Essential oils provide a non-invasive approach for healing muscle pain that is the result of inflammation or stress.

Best essential oils for sore muscles: eucalyptus, peppermint, ginger, cypress, chamomile, basil

Neck Pain

Studies show that essential oils can help to alleviate neck pain and may improve overall neck range of motion. Some oils like peppermint provide cooling effect while others help to increase blood circulation.

Best essential oils for neck pain: black pepper, marjoram, lavender, peppermint

Relieve Premenstrual Syndrome Symptoms

Several oils have a reputation for improving PMS and helping to reduce the occurrence of symptoms such as cramping, headaches, moodiness, and bloating that may accompany this condition.

Best essential oils for PMS: lavender, bergamot, cypress, ylang-ylang, peppermint

Oral Care

Toothaches may emerge for various reasons including tooth decay or bacterial infections. EOs may help to alleviate the pain and source of discomfort naturally. Others can help to rid you of bad breath!

Best essential oils for tooth pain: clove, eucalyptus, thieves, peppermint, lavender, tea tree, oregano, lemon, cinnamon

Stretch Marks

From weight gain to pregnancy, multiple things can trigger the creation of stretch marks on the skin. Stretch marks commonly appear around the abdomen area, buttocks, thighs, and breasts.

Best essential oils for stretch marks: frankincense and helichrysum

Support Respiratory Function

There are several EOs that can help to clear your lungs, soothe your throat and deliver relief to painful sinuses.

Best essential oils for respiratory function:

lavender, helichrysum, basil, ylang-ylang, cypress, cedarwood, eucalyptus

Improve Sexual Dysfunction

If you are in search of a natural method to manage erectile dysfunction, essential oils may be the path to intimacy. Essential oils contain properties that enable your body to relax.

Best essential oils for sexual dysfunction:

cinnamon, sandalwood, bergamot, lavender, ylang-ylang, rose

Enhance Sleep Experience

Essential oils can improve your sleep experience thanks to their unique ability to trigger the release of natural sleep hormones. They naturally promote relaxation and help to lower your blood pressure, decrease anxiety and reduce stress.



Best essential oils for sleep: lavender, bergamot, Roman chamomile, Ylang Ylang, valerian, neroli, cedarwood

Sunscreen

Essential oils contain compounds that enable them to block out harmful ultraviolet rays from the sun.

Best essential oils for sunscreen: lavender, myrrh, raspberry seed oil

Weight Loss

Essential oils can help to tip the scale in your favor as well. That's right, essential oils can help with your weight loss efforts.

Best essential oils for weight loss: Grapefruit, lemon, orange, peppermint, and spearmint

Household Uses For Essential Oils

Essential oils are useful for more than just aromatherapy around the home. They are an excellent alternative to chemicals which may prove toxic or have unwanted harmful side effects.

Most of these oils mix well with three cups of warm water, ½ cup vinegar, and baking soda to create your solution.

Lemon Oil

Lemon oil uses around the home include:

- Antibacterial cleaner
- Degreaser
- Air freshener and deodorizer for your fridge or garbage disposal

Rosemary Oil

- Antibacterial
- Deodorizer
- Dryer bags clothes scent
- Smelling bath salts
- Decoration



Bergamot oil

Bergamot oil uses around the home include:

- Insect repellent
- Room Deodorizer
- Deodorant

Cinnamon oil

Cinnamon oil uses around the home include:

- Sanitizing home
- Seasonal Scent
- Bath salts

Eucalyptus oil

Eucalyptus oil uses around the home include:

- Keeps the bugs away
- Disinfectant
- Air freshener
- Mold cleaner

Frankincense (*Boswellia carteri*)

Frankincense oil is useful for cleaning surfaces.

Tea Tree (*Melaleuca alternifolia*)

Melaleuca oil uses around the home include:

- Dishwashing
- Laundry
- Disinfectant
- Degreaser

Pine oil

Pine oil uses around the home include:

- Air purification
- Useful for cleaning surfaces such as countertops, bathrooms, floors, and appliances
- Room deodorizers and air freshener
- Destroys yeast, fungi, pathogens, and bacteria
- Mildew removal

Thyme

Thyme oil is useful in cleaning surfaces – mainly counter tops and cutting boards.



Safety Tips for Essential Oil Use

#1 - Young children and elderly adults are sensitive to essential oils and may experience a reaction to these compounds with exposure.

Experts agree that you should not use eucalyptus or peppermint around a child's nostrils as this can lead to respiratory issues. You must keep essential oils out of the reach of children.

#2 - Essential oils are flammable so be careful to keep them away from fire or extreme heat.

#3 - Before using an essential oil over a large surface of your skin, take a little time to perform a skin test over a small area. Ideally, you want to wait 24 hours before daring to apply it over a larger surface area. Your goal is to ensure that you do not have an allergic reaction or experience any irritation.



#4 - Do not be overly generous with the essential oil application our use. A few drops will do the trick!

#5 - Pregnant women should consult their doctor before using essential oils.

#6 - Beware that not all essential oils are aromatherapy friendly. For example, bitter almond, wintergreen and onion are not suitable oils.

#7 - Always label your essential oils.

#8 - Finally, after touching essential oils, avoid touching mucous membranes such as your mouth, eyes, or nose. Always take time to wash your hands to prevent harming yourself or others.

Final Thoughts

Essential oils are a natural path towards health and wellness. They can impact our lives in positive ways and offer a natural alternative to over-the-counter or medical prescriptions. They can also serve as a powerful augmentation to an existing therapeutic regimen under the supervision of a healthcare provider.

The many uses of essential oil demonstrate that no one oil is the sole cure. Several oils can provide a natural remedy to physical or mental ailments.

You now have an arsenal of essential oils to choose from that will enable you to perform household chores, treat burns, provide pain relief, repel insects, elevate your mood, and eliminate stress –just to name a few perks.

Should you decide to enter the world of essential oils, you have the foundation to push forward.

Remember to proceed with caution when purchasing these oils and store them properly so that you may extend the life of these compounds.

Stay well and take care!

