



Health and Beauty with Quality Essential Oils

We have learned basic information what essential oils are, guidelines to use them effectively, how they help the physical systems of our body, and how they are helpful in changing a pattern of deep emotions and releasing disturbances to bring about well being to the body. There are many more benefits to learn. We can learn to create personal blends that will enhance your knowledge with experience and save you and your family doctor visits.

All essential oils are not equal.

Essential oils are classified by different standards. The lowest quality is in the perfume and food quality. These oils are often synthetic adulterated or extended. They may smell good but do not have therapeutic quality.

The **highest quality essential oils** meet the highest standards of medical aromatherapy. They are pure and true plant essences coming from one plant species. They are harvested, extracted, or distilled at the optimal harvesting times and temperatures. The only way to determine quality is to perform a laboratory analysis using gas chromatography and mass spectrometer generally at an independent laboratory. The finest companies will have this information available to assure the best and purest essential oils. They are not adulterated or altered in any way.

Holistic Approach to Health and Beauty

Quality essential oils are effective in cosmetics and beauty treatments as anti-aging agents. Their properties work to stimulate skin cells into reproducing at a faster rate, and by protecting the body against free radicals, believed by many scientists to be the greatest cause of aging. Cells that have been treated with essential oils become strong, healthy and more balanced in appearance. The improved circulation and oxygenation increases the rate at which nutrients are fed to the cells.

Essential oils are probiotic or “for life” as opposed to antibiotics which are “against” life. Some, such as Lemongrass, contain anti-viral properties, where they alter the pH and the electrical resistance of the cells and make them unfavorable to the viral organism. Essential oils increase the blood supply to tissues, provide regeneration, increase oxygen and lymphatic flow.

Essential oils are very complex and contain many trace compounds – very small components. It is the combination of all its ingredients that make an essential oil what it is. Extracting one component generally will not work effectively without the other trace elements to provide balance. Also the better the quality of the essential oil, the more effective it will be in treatment. This is often called the “holistic” approach.

What makes **therapeutic** essential oils so effective in treating common winter colds, coughs, congestion and flu? *Chemistry* is one of the keys that unlock the mysteries why they work so well. For example, ketones found in **Peppermint** break down mucus. An oxide in **Eucalyptus** is useful as an expectorant. Esters in **Lavender** are anti-fungal. Phenols in **Thyme** are strongly anti-fungal. Terpenes in **Lemon** are known to be anti-viral. When essential oils are combined in a blend, they work synergistically giving the magic that helps to open, cleanse, and release, which brings balance and peace to our body and mind.

Benefits of Essential oils for Skin and Hair

Skin is the most noticeable and most diverse organ we have. We are often judged by our appearance and condition of our skin or hair.

Points to remember:

1. Essential oils penetrate the layers of skin down to the dermal layer where new cells are formed.
2. They affect our emotional and mental state positively. This can alleviate stress-related skin problems.
3. They stimulate and regulate the production of healthy skin cells quickly following burns, sun damage, or healing of wounds.
4. Essential oils soothe sensitive, delicate, and inflamed skin.
5. They balance overactive and under active skin by regulating sebaceous secretions.
6. Essential oils reduce bacterial and fungal infections, and related skin problems.
7. They promote the release and removal of metabolic wastes through the circulatory, lymphatic, urinary, and skin body systems.
8. Quality essential oils contain plant extracts that help balance and alleviate hormonal related skin problems

Condition the Skin

The production of our skin sebum is influenced by **hormones**. Certain essential oils balance the rate which sebum is produced by the sebaceous glands, thereby encouraging healthy skin. Essential oils can be used as treatment when dealing with **skin problems caused by hormonal imbalances**.

Some essential oils are anti-inflammatory and calm sensitive and damaged skin. While others, such as Fennel, contain phyto-hormones which create equilibrium within the endocrine system and can be used in management of menopausal symptoms such as hot flashes.

All Types of Skin and Hair: A few essential oils considered gentle and safe for all types of skin are: Roman Chamomile, Geranium, Lavender, Lemon, Rose, Ylang Ylang. Balance and condition hair with a few drops of Lemongrass or Rosemary in a daily shampoo.

Dry or Aging Skin and Hair: Some essential oils that will encourage production of your own natural oils in your skin and scalp, are anti-inflammatory, and are excellent for dry skin irritation and puffiness: Carrot seed, Frankincense, Geranium, Helichrysum, Lavender, Rosemary, Rose, and Tea Tree. For dry hair: Add 3-4 drops Rosemary essential oils to a cup of warm water and use in the final rinse.

Oily skin and hair: Teenagers often are overly worried about oily skin, hair, skin rashes or hormonal changes. Introduce them to essential oils gradually. **Oily skin** is prone to enlarged pores and acne. The skin has a slight glow and it takes longer to develop wrinkles. The **excess oil clogs pores** which collect dirt and promotes pimples, blackheads and infections. Oily skin should be washed more than once daily to remove the excess oil.

For oily hair: add 2-3 drops Lemon oil to a cup of warm water. Use in the final rinse. Oily hair has an attractive shine, but too much makes it look dull, lifeless and heavy. The root is where the oils are produced and where it concentrates. **Brushing oily hair from the roots to the tips** help to distribute the oils. Brush before washing to remove excess oil. Do not use protein or balsam shampoos or conditioners because they attract oil.

Essential oils best for oily skin and hair are: Basil, Cedarwood, ClarySage, Cypress, Eucalyptus, Geranium, Lavender, Lemon, Lemongrass, Patchouli, and Ylang-Ylang.

A few Recipes to Experiment and Enjoy:

Hair Moisturizer Cedarwood - 8 drops , Lavender - 8 drops, Rosemary - 12 drops, 1 ounce Jojoba
Blend all together in a 1 oz bottle. Then massage about 1 teaspoon of this blend into the hair and scalp. Put on a shower cap and wrap all with a towel. Just sit and relax for at least 15 minutes. Shampoo and rinse your hair twice. Dry and style as normal. You can do this once a week or monthly.

For Oily Hair Ylang Ylang - 9 drops Lime - 9 drops Rosemary- 8 drops Grapeseed oil- 2 tablespoons
Mix all ingredients in a 1 oz bottle then apply 1 teaspoon to hair and scalp and massage in. Allow to penetrate for several hours or overnight. Wash your hair with a natural unscented shampoo_washing it twice.

Hair Restore Tonic Safe and effective essential oil tonic for Alopecia (hair loss) Therapeutic essential oils, Rosemary, Lavender, Thyme, and Cedarwood formulated in Jojoba massage oil. Massage into scalp for 2 minutes every evening. Wrap a warm towel over head a minimum of 1 hour to aid absorption of oils.

Skin Toner Pure mineral water or distilled water - 8 oz , Lavender - 2 drops, Nerolina or Bergamot - 1 drop
Pour distilled water into clean 8 oz bottle, and add essential oils. Shake, then apply the toner to your skin with a cotton ball or simply mist over face, after cleansing.

Confident and Calm helps to gain emotional strength, calm anxiety, feel confident, and improve your immune system. Created with pure mineral water, Lemon grass, Orange, Frankincense, Cedarwood and Rosalina.

Balancing Mist has Tangerine, Geranium, Ylang Ylang and Fennel to balance skin, emotional and hormonal issues and aid circulation. Lovely as a perfume

Foot Care

Massage your feet regularly with a quality fragrance-free lotion with essential oils to help many common conditions such as sore, cold feet, cracked heels, fungal infections, plantar warts, stiff joints or hot tired feet.

1. Massage and **warm feet** with stimulating essential oils such as Rosemary, Peppermint, and/or Eucalyptus
2. **Cool feet** and reduce inflammation with Lavender, and/or Roman Chamomile.
3. **Refresh feet** with a hydrosol or water-based mist with Eucalyptus or Rosemary
4. **Fungal infections** of toenails respond well with regular applications of Tea Tree. Apply a drop on nail 2 times a day, morning and evening. If irritation occurs dilute with a carrier. Tea Tree can also be added to cornstarch for an antifungal foot powder for nails or athletes foot. (20 drops Tea Tree in 4 oz of cornstarch)
5. **Plantar warts**, painful on the bottom of the foot... 9 drops Tea tree mixed in 1 T of Witch Hazel extract morning and evening. Cover with band aid.
6. **Rheumatoid arthritis**, a chronic, systemic disease that cause painful, inflamed joints affects the feet too. Foot baths and essential oils of Roman Chamomile, Eucalyptus Lemon, or Helichrysum (3 drops in a tepid foot bath)
7. **Gout** is an arthritis condition that affects the big toe, where uric acid accumulates in the joints, causing pain and inflammation. A gentle massage or soothing foot bath with anti inflammatory essential oils such as Blue Cypress, can bring relief especially when combined with a diet that avoids red meats, shellfish, peas and beans.
 - Mix 10-12 drops of essential oils in 1 oz of carrier oil or fragrance- free lotion.
 - Footbath, add 3 drops of Blue Cypress EO in a small tub of tepid water.
8. **Plantar Fasciitis**, is inflammation of the fascia of the sole of the foot. This is a painful condition, especially in the morning. Massage with Arnica, Lavender and roll feet over a small ball to massage the tender areas daily.
9. **Charley Horse** in feet or legs... this may be a lack of magnesium in the body. Soak feet in warm water with Geranium, Lavender and Cypress.
10. **Smelly feet** from smelly shoes... mix together 4 T cornstarch, 4T baking soda, 20 d Tea Tree, 10 d Lemon and 10 d Lavender. Dust shoes regularly.
11. **Spider veins and varicose veins** can be treated with Cypress, Lemon, Rose and Geranium.
12. **Massage feet** with essential oils before exercise such as walking, running, or climbing will help you recover faster. A few drops of Lemongrass, Eucalyptus or Peppermint will warm up and stretch the muscles before you exercise. After you exercise, a shower and another foot rub with essential oils of your choice increase your mental stamina and focus.

On an esoteric level, the feet represent our connection with Mother Earth. This connection is symbolic of “being fully present and grounded” Essential Oils that may help to be fully present and grounded especially during uncertain, stressful times are Ginger, Patchouli, Frankincense, and Peppermint. Use 12-15 drops in one-ounce carrier oil to help relieve feelings of being “scattered” or “out of body”.

Homemade Foot Scrubs Most of the ingredients for a foot scrub can be purchased with your grocery shopping. Create a foot scrub with only 3 ingredients... the sander, the buffer, and the essential oil. The sander is anything that is ground in small rough pieces, such as sugar or sea salt. The buffer is a soothing agent to bind the mixture together and to soothe and moisturize the skin.

The first step is to always soak the feet in warm water about 10 minutes. Soaking will loosen dry and dead skin cells. Apply the scrub mixture to your feet, problem areas first. Scrub in a circular motion. After the whole foot has been covered, scrub the problem areas again. Rinse with warm water and apply a creamy lotion. The abrasive quality of the sander and the soothing quality of the buffer will leave your feet feeling soft, smooth and invigorated.

Creating Other Personal Care Products

Are you reading the labels on your personal care products? Did you know you can create homemade personal care products easily and very reasonably?

Harmful ingredients are everywhere and unless you read the label you do not know what you are putting on/in your body

Homemade toothpaste

Raw coconut oil has antimicrobial properties due to its natural high lauric acid content that may inhibit bad bacterial? To make this toothpaste, coconut oil is blended with naturally occurring mild abrasive baking soda and flavored with refreshing essential oils for a pure tooth brushing experience. Liquid stevia can be added to make it more kid friendly.

Ingredients:

1T organic raw coconut oil

1T baking soda

3-5 drops of quality essential oils...peppermint, grapefruit, lemon,

Mix baking soda into coconut oil in a small container until well blended and paste like consistency. Add essential oils and mix. This may be stored in an airtight container at room temperature.

Deodorant

A deodorant can be made dry with cornstarch and baking soda or wet with witch hazel, glycerin or an oil base, with essential oils added for a touch of aroma.

An effective blend for a deodorant, used neat or mildly diluted is one that will kill the odor causing bacteria. Most **underarm odor is due to bacteria** that thrive in moist warm environments. Some antibacterial essential oils are hot, high in phenols, meaning they will irritate the skin. These are considered hot oils: Thyme, Oregano, Cinnamon, Clove and Mountain Savory. These are not to be used in a deodorant!

Choose antibacterial essential oils that are safe for sensitive skin under the arms, such as Lavender, Lime, Peppermint, Eucalyptus, and Patchouli. These oils tend to be gentle, soothing, cleansing, and cooling. (Lavender may be drying, and Patchouli may be moisturizing).

My first choice for deodorant is Healthy Girls Breast Oil. You'll get all the antibacterial, anti-inflammatory benefits, plus the gentle, soothing and cleansing of all the beautiful oils. If you want to have different scent and better protection, add a few drops of Lime, Tea Tree, Peppermint or any

essential oils you like. Experiment and see what works for you. You get all the great benefits of Healthy Girls Breast Oil plus it can be your deodorant!

Healthy Girls Breast Oil is formulated with clear Jojoba oil and infused with eight quality essential oils, each with a specific purpose for breast health.

Clear Jojoba Oil, absorbent, unclogs pores, anti-inflammatory, and suitable for all skin types.

Lemon purifies the immune and lymphatic systems, dissolves cellulite

Sweet Orange rich in D-Limonene, promotes tissue repair

Lavender balances physically and emotionally, regenerates tissue, and provides cellular repair

Geranium balances, regenerates tissue, and opens liver to discharge toxins

Frankincense adds oxygen, stimulates immune system, wards off infection, and stops metastasis.

Nerolina promotes healing, slows aging with tissue regeneration

Marjoram eases congestion and pain in tissues, increases longevity. In folklore it was called "Joy of the Mountains"

Rose Absolute raises frequency of all the cells, brings well being and love to the body.

As you apply Healthy Girls Breast Oil with a loving self breast massage you create health and beauty in your body! This is how that happens: An effective lymphatic system drains and disposes of toxic waste from body parts. The lymphatic system doesn't have a pump and when lymph becomes blocked, restricted, for any number of reasons, it results in a swelling of the affected area.

A **blocked lymph system** then becomes a breeding ground for pathogenic materials. If not moved out with a light massage, these infected lymph cells can travel to other parts of the body. If they are cancer cells, they can begin to grow cancer, (metastases), in other body parts such as the bone marrow.

We **stimulate the immune system** and circulate the lymph with a gentle lymphatic self massage, especially in the breast area and under the arms because these areas do not receive natural movement. Using a therapeutic essential oil blend like **Healthy Girls Breast Oil**, with lymphatic massage has proven by testimonials to release congestion, discomfort, tenderness, and pain, and improve breast health.

Besides as you apply Healthy Girls with the loving lymphatic self breast massage, you wholeheartedly raise your vibrational frequency. You feel better knowing you are doing the very best for your health and beauty.

Holistic benefits of using quality essential oils in your personal care products are endless: Essential oils will complement any type of therapy or healing and boost our immune system to prevent disease. Regular use of genuine essential oils will help to control stress, alleviate anxiety, tension, and decrease aches and pains. They minimize the symptoms of illness and speed up recovery. Explore and experiment with quality essential oils to learn and understand their power and effectiveness. Take time to explore and experiment with their magical effectiveness to protect, balance, and improve your health and beauty.

Want to learn more and create your own personal blends?

PDF's to download on my website:

- Essential Oils are categorized in notes; top notes, middle notes and base notes. When it comes to creating your own blends, it is an excellent reference.
- Grouping essential oils according to from where they come, flowers, spices, herbs, citrus, trees, grasses, gums, and more.
- Carrier Oils, Creams and Lotions
- Enhanced blending tips and techniques to create your best personal blends
- Recipes for your enjoyment

Resources: Graf, K. *Advanced Level Aromatherapy Home Study Certification Course*

www.aromastudio.com

Northrup, C. MD *Book Women's Bodies, Women's Wisdom*

Kathi Keville and Mindy Green (Excerpted from *Aromatherapy: A Complete Guide to the Healing Art*, Crossing Press, 1995

Simple and Essential by Cathy Gileadi

Joyce Sobotta, educator, 715-878-4474

Certified in Aromatherapy, Certified in Reflexology

info@aromatherapynaturesway.com

www.aromatherapynaturesway.com