

Guidelines for Safe and Effective Use of Essential Oils

The benefits of quality essential oils go far beyond the pleasures of scent. They bring us all kinds of possibilities for alleviating physical, mental and emotional ailments and conditions.

Quality essential oils are concentrated, highly potent substances. Knowledge of how to use them safely is vital to get the most benefit from them. Many factors contribute to the effectiveness of their use, such as compounds in the oil, the dosage, frequency used, and the method of application.

In humans, blood is the essence of life, distributing oxygen and nutrients to the body, giving us energy and vitality. In plants the clear liquid or the "life blood" works the same way. Because the molecular structure is similar, the human body can use essential oils to nourish, detoxify, increase blood circulation and mobilize the body's own self healing powers. They enter the blood stream easily and leave efficiently, with no side effects. The oils are very concentrated, so it takes very little to have a dramatic healing effect.

We are exposed to toxins in our environment, personal care products, and even in the food we eat every day. Daily exposure can cause these toxins to build up in the body. The organs of detoxification become overwhelmed and cannot perform effectively, resulting in a weakened immune system, discomfort, pain, and a wide array of emotional conditions.

Therapeutic essential oils help the immune system ward off infections, release toxins, and relieve many emotional disturbances.

Essential oils have many unique properties:

1. All have anti-bacterial properties
2. They are natural antioxidants.
3. Many are anti-fungal, anti-viral and/or anti-parasitic.
4. They create a higher frequency and more energy in our body.
5. They take chemicals out of the air by breaking the molecular chain
6. European scientists have found that essential oils work as natural chelators, bonding to heavy metals and carrying them out of the body
7. They benefit on all levels –physical, emotional, mental, and spiritual

Selecting Genuine Quality Essential Oils

1. The most important thing to understand when selecting essential oils is the difference between genuine, pure, authentic oils and adulterated or synthetic
2. Quality affects the price of essential oils. Growing plants and distilling essential oils is labor intensive. High quality essential oils come from plants grown and distilled at optimal conditions including best soil and climate conditions, as well as harvest methods, including low temperatures and pressures.
3. Oils from the first distillation are the most therapeutic.
4. The words natural on the label is not a guarantee of quality.
5. Because the FDA has no regulations in labeling, companies can do what they want, without indicating it on the label.

Guidelines for safe and effective use of essential oils

- **Purchase** essential oil sold in **colored glass bottles**. Store them out of direct light. **Light can deteriorate** their potency.
- **Shelf life** of quality essential oils is generally **several years**, citrus oils and mints are the exception with a shorter shelf life. Generally, when essential oils are infused in a carrier the shelf life is shortened.
- **It is not recommended** for beginners to take essential oils orally. Safe ingestion requires a great deal of training. Essential oils work in the blood stream. They do not need to be ingested to be effective.
- **Keep all essential oils out of the reach of young children**, older children can be taught how to use essential oils.
- In general, when treating **young children use one-third** to one-half the adult dosage. The safest with the best results are lavender, tangerine, mandarin, frankincense, and Roman chamomile.
- **Citrus oils may be photosensitive**. When you use these oils on your skin, wait a few hours before going out in the sun or to a tanning salon.
- **Sensitivities to synthetic fragrances** usually do not have the same reaction to high-quality essential oils. People who are allergic to certain plants like chamomile, will not necessarily be allergic to the essential oil. If you are uncertain, do a patch test in 2% dilution.
- **Use essential oils cautiously** with those who are elderly, convalescing, or have serious health problems such as asthma, epilepsy or heart disease.
- **Be cautious** about using essential oils **during pregnancy, especially during the first trimester**. Even oils that are generally safe during this time may be too stimulating for women who are prone to miscarriage. Because so many oils are best avoided in pregnancy, it is easier to list a few of the safe ones: all citrus oils, gentle floral oils such as rose, lavender, ylang-ylang, chamomile geranium, spearmint and frankincense.
- If you ever **experience skin irritation** or accidentally get essential oils in the **eyes, dilute with straight vegetable oil, not water**.

How Do Essential Oils Work?

Absorption through the skin in a massage, bath or compress is a very effective. It is recommended to use a carrier when applying these quality essential oils to the skin. A carrier is a lotion, massage oil, shampoo, bubble bath, hand soap, or any unscented skin care product. Avoid products with synthetic scents which are chemicals. Avoid products made with mineral oil or petrolatum. Avoid propylene glycol, a systemic, harmful ingredient, used as a humectant in personal care products, lotions, shaving creams, and baby products, and may cause skin irritations.

Once beneath the skin they go to the intercellular fluid surrounding the skin cells and enter the blood stream. They travel to the internal organs and the lymphatic system where they aid the immune system

Inhalation is the **fastest way to benefit** from using the oils and may be preferred to help **balance mood and emotions**. Research has shown that people surrounded with pleasant scents enjoy higher self esteem. An easy way to inhale the oils is to put a few drops in the palms of the hands and inhale. Essential oils travel through the olfactory system to

the blood stream. Using a quality diffuser will allow the micro mist to stay suspended in the air, thus benefiting even after the diffuser is off.

When our body is over tired or physically exhausted, the likelihood of contracting a virus is greater. A fever is a message to slow down and rest. Essential oils will help to **stimulate our immune system and ward off infection and disease.**

Effects of Essential Oils on Different Body Systems

Choosing which essential oil depends on the effects you want.

Because essential oils work on the whole person, not just the body, they help to release and heal emotional conditions, thus helping to heal the physical condition at the same time.

Explore and experiment with the oils to learn and understand their power and effectiveness.

Muscular:

Generally, we think of using essential oils to relieve pain.

We can relax sore muscles and relieve headaches and migraines with *Lavender, Peppermint, Marjoram, or Roman Chamomile,*

To warm and stimulate painful joints we use *Peppermint, Basil, Eucalyptus, Ginger, Black Pepper, Thyme, or Rosemary.*

Respiratory:

We can boost our respiratory system with essential oils. A few basic oils responsible for helping with colds, flu, coughs, chills, sinus, and allergy symptoms are *Eucalyptus, Lavender, Lemon, Peppermint, Ravensara, Rosemary, Tea Tree, Clove, Cinnamon, or Thyme.*

Digestive:

Essential oils proven to be effective to help conditions like diarrhea, constipation, indigestion, and nausea are *Roman Chamomile, Ginger, Peppermint, Orange, Lemon, Grapefruit, Lavender, or Black Pepper.* Use Peppermint when you or your children have a tummy ache. Massage the tummy in a clockwise motion to stimulate action in the colon and move it out!

Circulatory:

Improve circulation, cold hands and feet, low blood pressure, with *Ginger, Peppermint, Black Pepper, Cypress, Rosemary, or Thyme.* High blood pressure may be lowered with *Roman Chamomile, Lavender, Marjoram, or Ylang Ylang.*

Nervous System: Stress and Anxiety

Using quality essential oils regularly can break the pattern of fight or flight of the sympathetic nervous system. This interference helps the brain to calm and relax. The energy is shifted very quickly to the parasympathetic nervous system of feeling safe with no need to fight or flee.

Stimulating oils used for depression and nervous fatigue may be *Cinnamon, Basil, Clove, Peppermint, Thyme, or Rosemary.*

Sedating oils for insomnia, nervousness, anxiety and hysteria: *Roman Chamomile, Lavender, Clary Sage, Frankincense, Geranium, Marjoram, Ylang Ylang*

Relaxation and Sleep: *Lavender, Orange, Cedarwood, Frankincense, Geranium, Ylang Ylang, Rosemary, Clary Sage, Marjoram, or Cypress.*

Fatigue: **Hydrate, hydrate, hydrate** the first thing you want to do with many of these symptoms is to be sure you drink plenty water. A good rule to follow is to drink ½ your body weight in ounces of water. Often water is all you need to eliminate fatigue symptoms. Essential oils to use to reduce feelings of fatigue and mental exhaustion are *Frankincense, Peppermint, Rosemary, Orange, Clary Sage, or Lavender.*

Balance and Clarity: Therapeutic essential oils raise the frequency of the human body, stimulate and release endorphins and have the capacity to clear and balance emotional patterns which may be the root of chronic pain or illness.

Lymphatic and Immune system:

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 can 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.

Choosing or creating a blend can be more effective than using a single species because blends work synergistically to help with more than one aspect of a condition.

Healthy Girls Breast Oil is a blend formulated with clear Jojoba oil and 8 therapeutic 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 immune and lymphatic systems, dissolves cellulite

Sweet Orange rich in D-Limonene, promotes tissue repair

Lavender balances physically and emotionally, cellular repair

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

Frankincense adds oxygen, stimulates immune system, and wards off infection

Nerolina promotes healing, slows aging with tissue regeneration

Marjoram eases congestion and pain in tissues, increases longevity- "Joy of the Mountains"

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

Example of lymphatic breast self-massage:

1. Start with the lymph on the neck. Gently stroke down from the top of neck to the top of the collarbone
2. Feel the hollow spot above the collarbone. Gently stroke from the shoulder toward the neck. This opens lymph passages before it empties into the circulatory system.
3. Under your arm; gently use a pumping action and stretch the skin straight up into the armpit. You may feel tenderness. Gently pump until the tenderness disappears.
4. Take the entire breast in your hands and gently pull toward the armpit with a pumping action.
5. With a flat hand on top of breast gently pump the breast upward.
6. Hold the entire breast and gently move it toward the center of the body.
7. Gently stretch the skin all around the breast away from the nipple. Lastly beep the horn with a flat hand on top of the nipple.

Repeat each step 6-10 times and then repeat with the other breast.

We have an innate ability to create what we want in our life including our health wellness. As we continue, to experiment and use quality essential oils, we will see and feel awesome possibilities of healing our physical body, our emotional mind, and our spiritual being. Caring for our bodies is OUR responsibility. How can it get any better than this? What are the possibilities?

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

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