

A GUIDE BOOK FOR BEGINNERS



NATURAL REMEDIES

and Essential Oils

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Our STORY



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Perfection is never the goal!

GETTING STARTED

Safety and Usage



Frankincense

Oils should never be feared, only ignorance should be feared. Although we are going to share with you some safety and common sense guidelines, remember that essential oils cause zero deaths each year, and your body and health belong to you, so do what feels right for you!



Use top quality oils for the sake of your wallet and your health. Cheap oils cost more in the long run because you need more to get results, plus you are more likely to have side effects with them.



Follow dilution recommendations. Some oils are hot and some skin is sensitive.



If you get oils in your eyes, do not wash with water, apply a carrier or fatty oil such as coconut oil instead.



Do not drip or pour oils into the ear canal.



Citrus oils are photosensitive. Do not apply to your skin before sun exposure.



The safest place for an oil is the bottoms of your feet.



Topical: Applying oils directly to your skin is safe and easy. Make a roller, dilute with coconut oil or almond oil, apply to feet, or use in massage. It is recommended that you start low and slow, test out how your body responds and apply to your feet as a starting point.








Inhalation: Smell your oils! Add a drop to your palms, cup them over your nose, inhale and hold for three seconds, then release. You can add oils to a diffuser or hot steamy bath with salts as well.

Ingestion: A highly debated topic. It is recommended that you follow the label. Some oils are labelled as safe for ingestion with Health Canada.

Dilution + CARRIERS

Types of Carriers

A carrier oil is a fatty, vegetable based oil that is usually derived from the seed of the plant. They are not aromatic, they have a greasy feel, and there are many different kinds! Some are hard, some are liquid, and some have their own very impressive therapeutic benefits!

-  Sweet Almond Oil: Protects the skin, very nourishing. Can relieve itch, soreness, dryness and inflammation. Great for skin conditions like eczema. Stays in a liquid form so it is appropriate for rollers.
-  Jojoba: Can help with acne and clogged pores. Has natural properties to help with inflammation. Perfect for all skin types, hair care and dry scalp. Can be used on cuticles or to reduce stretch marks or wrinkles.
-  Sesame: Thicker liquid, stays on skin a long time. Used for eczema, arthritis and as a sunscreen. Very nourishing for the skin. Commonly used in bug repellents as well.
-  St. John's Wort: Can be used to heal burns or alleviate muscle aches. Commonly used for sciatica or arthritis as well as sunburns.
-  Calendula: Used to speed the healing of rashes, burns, wounds, eczema, insect bites, chaffing and bruises. It is a common remedy for diaper rash and to heal sore cracked nipples from nursing.
-  Comfrey: It can be used on bruises, breaks, cuts, sores, and sprains.
-  Fractionated Coconut Oil: remains in liquid state at room temperate and commonly used to create massage blends or roller blends.



Dilution Ratios

Dilution ratios are not hard and fast. You need to use your own judgement and do what you think is best. Keep in mind that some oils are hot or very strong, and some skin is sensitive (children, elderly, face etc).

Many oil bottles have a suggested dilution on the bottle but here is a simple guide, please keep in mind that it is very conservative.

Ages 0-1 - Ratio is 8-1 (carrier to essential oil)

Ages 2-6 - Ratio is 3:1

Ages 7-11 - Ratio is 50/50

Ages 12+ - Follow label and dilute to your preference.

Applying oils undiluted is called "neat" application

Diffusing BASICS



Diffusing is an amazing way to bring the benefits of essential oils into every room of your house so the entire family can enjoy it. Not only can you fill your home with beautiful aromas, by using therapeutic grade oils you can also share the benefits of essential oils with every family member. Just remember, if you have a cat or dog, do not leave them trapped in a room with a diffuser. As long as they have a way out of the room, they will leave if they do not like it, but often times they do!



Quality

If you are using high quality oils, you need a high quality diffuser. Buying cheap is not worth your money! Good quality oils break down cheap plastic. Make sure the diffuser you get can handle it and preferably has a warranty!



Cool vs. Hot

We don't want to use oil warmers or burners. Heating up essential oils can destroy the therapeutic benefits plus having hot oil in your house is not safe for kids and pets! A cool mist diffuser is safest, and easiest to use. Just add essential oil to the water, you only need a few drops!



Humidity

Keeping a good amount of moisture in the air is great for your health. Dry air can increase your risk of catching a cold or flu. Adding some humidity not only helps your breathing, but your skin and concentration as well!

Here are some oils and recipes to try that are known for relieving a headache:

ANGELICA | BASIL | BERGAMOT | BLACK PEPPER | CITRONELLA | CLARY SAGE | EUCALYPTUS BLUE | EUCALYPTUS GLOBULUS | EUCALYPTUS RADIATA | GERMAN CHAMOMILE | JASMINE | LAURUS NOBILIS | LAVENDER | LEMONGRASS | MARJORAM | NEROLI | ROSE | SACRED SANDALWOOD | SPEARMINT

Lavender, Spearmint and Eucalyptus Massage

A body massage can reduce physical tension that may be the cause of your headaches in the first place. Create a simple homemade massage oil with the headache-busting trio of Lavender, Spearmint and Eucalyptus Globulus essential oils. This powerful combination of oils can be one of the most pleasant, natural remedies for headache that you'll ever try. Grab your spouse, a close family member or a good friend to do the massaging for you so you can completely relax!

1. Combine 2 teaspoons of fractionated coconut oil with 1 – 2 drops each of Lavender, Spearmint and Eucalyptus Globulus essential oils in a small bowl.
2. Gently stir the ingredients with a spoon until well-mixed.
3. Massage the mixture onto the skin, focusing on areas where your headache is. Don't forget to massage other tense areas that may be contributing to your headaches, including the neck, shoulders, upper back and pectoral muscles.

Soothing Essential Oil Steam Session

If you don't have an extra set of hands around to take advantage of the massage, inhaling steam from essential oil-infused hot water can be the next best thing to ease your headache symptoms. To relieve your head pain, try creating your own essential oil steam session:

1. Warm a small pot of water on the stove until it begins to steam.
2. Remove from heat. Allow the water to sit for a few minutes before testing the temperature of the steam to ensure that it isn't too hot.
3. Add 1-2 drops each of the following oils (in any combination) to the steaming water: Angelica, Clary Sage, Marjoram, Bergamot and Black Pepper essential oil.
4. Lean over the pot in a comfortable seated or standing position.
5. Breathing deeply, inhale the steam for up to ten minutes.

This soothing headache remedy can be easily completed at home up to three times daily.

Basil and Lavender Compress

A headache-soothing compress with essential oils can be just what you need to relieve the pangs in your head. Basil essential oil is one of the most commonly used home remedies for headache and is especially useful for easing symptoms when combined with Lavender.

1. Add one drop each of Basil and Lavender oils to a bottle filled with 500 ml of warm water.
2. Cover and shake the bottle until the oils are well-mixed into the water.
3. Soak a compress (soft cloth) with the mixture. Squeeze lightly to remove excess water.
4. Put the compress directly on the forehead, temples or bridge of the nose and cover with a dry towel.
5. Leave in place for up to four hours, breathing normally.

These steps can be repeated up to three times a day as needed for relief of your symptoms.

HEADACHE

Relief

Muscle PAIN RELIEF

ANGELICA | BLACK PEPPER | CEDARWOOD | CELERY SEED | CITRONELLA | CLARY SAGE | CLOVE
CYPRESS | EUCALYPTUS BLUE | EUCALYPTUS GLOBULUS | EUCALYPTUS RADIATA | FENNEL | GERMAN
CHAMOMILE | GINGER | HELICHRYSUM | JASMINE | LAURUS NOBILIS | LAVENDER | LEMONGRASS | LIME
MARJORAM | NUTMEG | PEPPERMINT | PINE | ROSEMARY | SAGE | THYME | VETIVER | WINTERGREEN



Muscle Rub

Melt one cup of coconut oil, then add 10 drops each of Peppermint, Wintergreen and Cypress. If you prefer a stronger rub, increase the drops of essential oil. Store in an airtight glass container.

Whipped Muscle Pain Cream

1/4 cup coconut oil
1/4 cup shea butter
2 tbsp Sweet Almond Oil
5 drops Wintergreen
5 drops Peppermint
7 drops Lavender
5 drops Cypress

- Optional for stronger rub: 5 drops each of Lemongrass, Eucalyptus Globulus, and Vetiver

1. Melt and combine all your carriers in a saucepan, then remove from heat and let cool until it starts to solidify (forms a layer on the top).
2. Get your beaters out and start whipping it up for a few minutes, then add your essential oils and keep whipping, starting with a low speed and gradually increasing until the mixture forms white peaks and looks fluffy.
3. Store in airtight glass container.



Pain Relief Roller

10 ml glass roller bottle

Add 10 drops Peppermint, 10 drops Lavender, 10 drops Eucalyptus, 5 drops Wintergreen, 5 drops Cedarwood and 5 drops Cypress.

Fill to the top with carrier oil (fractionated coconut oil or sweet almond oil)

Add stainless steel roller ball and gently shake to mix.



Muscle Soak

Combine 1 cup epsom salts with 10 drops each of:

Wintergreen

Cypress

Pine

Lavender

Add the entire cup of salts to a hot bath and soak at least 20 minutes.

Digestive DISCOMFORT

ANGELICA | BASIL | BERGAMOT | BLACK PEPPER | CARAWAY | CARDAMOM | CITRONELLA | CLARY SAGE | DIGIZE | FENNEL
GERMAN CHAMOMILE | GINGER | HELICHRYSUM | LAVENDER | LEMONGRASS | MARJORAM | MELISSA | NEROLI | NUTMEG
ORANGE | PATCHOULI | PEPPERMINT | ROSEMARY | SACRED SANDALWOOD | SAGE | SPEARMINT

Gut health is so incredibly important to your health! Did you know that your gut is your body's second brain? It impacts your brain function as well as your immune system. Plus having stomach issues is really awful! Many people suffer from a host of issues but most commonly people deal with "unknown" gut problems. You get tested but everything seems fine, you don't have Celiac's, so what is wrong with you? Here are a few things to consider:

1. Have you tried a Naturopath? They are great for testing for sensitivities, not just allergies which the doctor tests for.
2. Gluten and dairy are common triggers, as well as refined sugar and processed foods, and yes, sadly, coffee as well. You may want to remove some of these foods for up to three months to observe how you feel.
3. Start your day with hot drinks and hot foods, it's easier on your digestion.
4. Avoid having your heaviest meal at dinner, try front loading your day and making breakfast the largest meal. Your digestion slows as the day goes on so dinner is the meal you are least likely to handle well!
5. Probiotics and enzymes are so important!

Here are some recipes to help with indigestion, gas, cramps and stomachaches:



Tummy Tamer Roller

In a 10 ml glass roller bottle combine:

10 drops DiGize

10 drops Peppermint

5 drops Lemon

Top with carrier such as fractionated coconut oil, roll on stomach, repeat as needed.

Alternate recipe:

10 drops Ginger

10 drops Fennel

10 drops Peppermint

5 drops Lemon

When indigestion occurs and you are in a pinch, grab Peppermint, Ginger, Fennel or DiGize, whatever you have handy, and rub on your abdomen where it hurts, If needed mix quickly with coconut oil.

*Never accept suffering as a
way of life!
Keep looking for a solution!*



Healthy SKIN

Acne

BERGAMOT | CARROT SEED | CEDARWOOD | GERMAN CHAMOMILE
HELICHRYSUM | LIME | MYRTLE | PATCHOULI | THYME | VETIVER

Burns, Cuts & Bruises

BERGAMOT | CEDARWOOD | CLARY SAGE | FENNEL | GERMAN
CHAMOMILE | HELICHRYSUM | MARJORAM | MYRRH | PATCHOULI
ROSE | ROSEMARY | SACRED FRANKINCENSE | SAGE | THYME



Skin issues can reveal a lot about what's going on inside of you. It could be your diet, hormones, stress or the products you are using that are causing your issues. Look in the mirror and observe which parts of your face have breakouts, dryness, redness etc. See the chart below for some insight on that.

Consider that your skin is dramatically impacted by your gut health and immune system. Cleaning up your diet can make a big difference! Here are some guidelines:

1. Drink more water, lots more!
2. Get enough sleep.
3. Make sure you are using skincare products that are plant based and clean, this includes your makeup ladies!

Enhance Your Face Wash or Lotion

Add 1-2 drops of an essential oil for acne to your daily face wash to refresh and soothe your skin! Or instead, add the same amount of essential oil to your daytime face lotion and apply. Carrot Seed essential oil is a great choice!

Give it a Spritz!

Add a toning facial spritz to your skincare routine! Fill a 4 oz bottle with witch hazel and add ½ teaspoon of vitamin E oil. Then add 6 drops of an essential oil like Cedarwood to the bottle, shake to mix and spray!

Make a Spot Treatment

Mix 1 drop of Bergamot with 15 ml of carrier oil. Dip a cotton ball in the solution and apply directly to blemishes after you wash your face. Leave on overnight for best results!

Soak

Tackle body acne by adding 6-8 drops of an essential oil for acne, such as German Chamomile, to your bath.



“Our faces point to what’s happening inside our bodies.”

COLOR LEGEND

Colon	Liver & Gallbladder
Kidney	Spleen & Stomach
Heart & Small Intestine	

Healthy SKIN cont.



Make Your Own Roll-On

Mix 4 drops of Cedarwood, 4 drops of Myrtle, and 2 drops of Bergamot. Then add to a 10 ml glass roller bottle and top off with carrier oil! Apply directly to blemishes as needed.

Burn Balm

Combine Aloe Vera with a few drops of Helichrysum, Myrrh, and Cedarwood. For a cooling effect, add a few drops of Lavender and/or Peppermint as well. The strength is up to you, these are all fairly gentle oils but use the Peppermint sparingly.

Beauty Serum

3 drops Sacred Frankincense
1 drop Rose
2 drops Myrrh
1 oz raspberry seed oil



Combine into 1 oz glass vial with dropper top. Apply 1/2 dropper to face and neck for daily massage followed by a warm compress for 2 minutes.

Eye Makeup Remover

2 Tbsp extra virgin coconut oil
1 drop Lavender

Store in a .5 oz container and apply to eyes with a cotton ball to remove makeup.

Foaming Face Wash

2 Tbsp Dr. Bronner's Castile Soap
1 drop Frankincense
10 drops Orange
1 drop Carrot Seed

In an empty foaming soap dispenser, combine above ingredients and fill to within one inch from the top with water. For acne prone skin, add 1 drop each of Bergamot, Patchouli, Cedarwood, Vetiver.

COLDS + COUGHS

Breathe Easy

Every oil listed in this book is registered with Health Canada as a safe, natural remedy for the symptoms addressed on each page.

ANGELICA | BASIL | BERGAMOT | BLACK PEPPER | CARAWAY | CARDAMOM | CEDARWOOD | CLARY
SAGE | CLOVE | CYPRESS | EUCALYPTUS BLUE | EUCALYPTUS GLOBULUS | EUCALYPTUS RADIATA
FENNEL | GERANIUM | GINGER | HELICHRYSUM | JADE LEMON | JASMINE | LAURUS NOBILIS
LAVENDER | LEMON | LIME | MARJORAM | MYRRH | MYRTLE | NEROLI PALMAROSA | PEPPERMINT |
PINE | R.C. | ROSE | ROSEMARY | SACRED FRANKINCENSE | SACRED SANDALWOOD | SAGE
SPEARMINT | TEA TREE | THIEVES | THYME

Chest Rub

Combine one cup of coconut oil with 10 drops Eucalyptus or R.C., 10 drops Peppermint, 10 drops Tea Tree, 10 drops Rosemary and 10 drops Pine. Store in an airtight glass container and apply to chest, back and bottoms of feet.

Breathe Easy Diffuser Blend

Add 2 drops each of Eucalyptus, Peppermint and Lavender to your diffuser, or one drop each into your palm, cup over your nose and mouth and breathe deeply for one minute.

The Wellness Roller

In a 10 ml glass roller bottle
Add 10 drops Sacred Frankincense
10 drops Thieves (or 5 each of clove and cinnamon)
10 drops Lemon
and 5 drops Tea Tree
Fill to top with carrier oil and roll up and down spine, or bottoms of feet.

Try The FUM

A Fum is a wooden oil inhaler made to look like a cigar. You do not smoke anything, you simply insert a piece of cotton with oil on it and inhale by taking deep breaths on the FUM.

This can be very effective for respiratory issues as well as cutting cravings when overcoming an addiction to smoking!

You can purchase a FUM at www.fumessential.com

Try putting Thieves, R.C., Lemon, Sacred Frankincense, Eucalyptus or Peppermint in your FUM!



Recipes for KIDS

Make sure to follow the dilution ratios and let your kids help choose the oils! They are very intuitive and tend to know which oils they need, just let them smell and explore!

Tantrum Tamer

In a 10 ml glass roller, try 10 drops each of Orange, Release and Valor or 10 drops each of Orange, Vetiver and Cedarwood. Apply to bottoms of feet, up and down spine and crown of head.

Focus

In a 10 ml glass roller, try 10 drops each of Cedarwood, Lavender and Vetiver or try diffusing Clarity blend while your child studies. You can sub in Frankincense or Peppermint to this recipe. Roll on back of neck and behind ears.

Anxiety

In a 10 ml glass roller, try 10 drops each Lavender, Vetiver and Cedarwood (yes same as above!) or try blends such as Valor (highly recommend) Joy and Release. Roll up and down spine, bottoms of feet, back of neck and even diffuse or apply oil to palms, cup over nose and inhale.



Boogie Man Spray

In a glass spray bottle, combine water with your fave blend of anxiety oils or sleep oils and use as a linen spray to spray down your child's bed, pillow or under the bed, to keep the monsters at bay.

Scentsory Playdough

1 cup flour
1/2 cup salt
2 tbsp Cream of Tartar
1 tbsp Olive Oil
1 cup water
Food colouring (optional)
6-10 drops of your fave essential oils!

Mix first four ingredients, add water and stir over heat, remove from stove and knead dough until it becomes elastic. Add oils and colour and knead some more!



Aroma Bubbles

- variety of bubble wands
- 5 drops vegetable glycerin
- 1/4 cup dishwashing liquid
- 3/4 cup cold water
- a few drops of essential oil (we love lavender for calming bubbles)
- bowl

*Scented products are popular
but often cause headaches
and other health problems!
Try essential oils instead!*

Improve SLEEP



One of the most common issues we get asked about is sleep! How do I get more sleep, or get my child to sleep! Sleep is vital to your overall health so below are a few of our best tips for getting a good night's rest (remember, sleep issues can be caused by diet, stress, hormones, and overall lifestyle so consider those as well when deciding what is best for you).



Oils That Help with Stress

ANGELICA | BASIL | CEDARWOOD | CELERY SEED | CLARY SAGE | GERMAN CHAMOMILE | GRAPEFRUIT | HELICHRYSUM | JASMINE | LAURUS NOBILIS | LAVENDER | LEMONGRASS | MARJORAM | MELISSA | NEROLI | NUTMEG | ORANGE | PALMAROSA | PATCHOULI | PEACE & CALMING | PEPPERMINT | PINE ROSE | SACRED FRANKINCENSE | SACRED SANDALWOOD | SAGE | SPEARMINT | STRESS AWAY | THYME | YLANG YLANG

Have a soak! Combine one cup Epsom salts with up to 20 drops of the above oils. I recommend combinations like Lavender, Cedarwood and Stress Away, or Peace and Calming with Sacred Frankincense. You can also make a foot soak or use this for calming children before bed.



Massage or Topical Application

To create a massage blend, choose oils that you find calming and use the following dilution chart:

- 2.5 percent dilution: 15 drops essential oil per 6 teaspoons carrier oil
- 3 percent dilution: 20 drops essential oil per 6 teaspoons carrier oil
- 5 percent dilution: 30 drops essential oil per 6 teaspoons carrier oil
- 10 percent dilution: 60 drops essential oil per 6 teaspoons carrier oil

Sweet Dreams Roller

In a 10 ml glass roller combine 10 drops of Lavender, 10 drops of Cedarwood and 5 drops of Peace & Calming or Stress Away (if you don't have those blends try Laurus Nobilis).

Top with carrier oil such as fractionated coconut oil. Roll up and down spine, back of neck and bottoms of feet, safe for kids.



Diffuse the Situation

In your diffuser add 2 drops Lavender, 2 drops Cedarwood and 2 drops Northern Lights Black Spruce.

or

Add 2 drops Sacred Frankincense, 2 drops Lavender and 2 drops Stress Away.

or

Add 2 drops Peace & Calming and 2 drops Stress Away.

or

Add 2 drops Jasmine, 2 drops Orange, and 2 drops Stress Away.

Find the combination that works for you!

Real Life STORIES

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Sue B.
Anytown, BC



Sue B.
Anytown, BC

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Sue B.
Anytown, BC

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Next STEPS



Check Out My Course

We offer a number of free classes on essential oils and healthy lifestyle choices. Please reach out and I will send you an invite or find our events listed on my website:
www.yourwebsite.com



Join Our Community

We have a diverse online community where you can post your questions and learn from others. Join us at
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