

ESSENTIAL OILS

The power of nature...in a bottle!

WHAT ARE ESSENTIAL OILS?

When I first heard about essential oils, I really didn't know much about them. Truth be told I thought they were a little airy fairy and were just something that smelled good. Man, was I wrong!

Essential oils have enriched lives for thousands of years, offering a variety of benefits from cosmetic and dietary purposes to spiritual and religious use.

Essential oils are the aromatic, volatile liquid, found within many shrubs, flowers, trees, roots, bushes, and seeds. Our pure essential oils are very concentrated, making them far more powerful than the plants they are extracted from.

Each essential oil is a complex structure of hundreds of different constituents that help us live above the wellness line and support our physical and emotional wellbeing.

Oftentimes, essential oils are referred to as the lifeblood of the plant. Just as you have thousands of different types of molecules floating in your bloodstream, plants have thousands of different constituents flowing through their parts as well.

Essential oils have been around for thousands of years with well-documented research supporting their use for physical and emotional wellbeing. If you like science, like I do, then I encourage you to check out essential oils on Pub Med as the information there is all scientific, peer reviewed journal articles, studies and more. It is fascinating!

BENEFITS OF ESSENTIAL OILS

ESSENTIAL OILS CAN BE USED IN MANY WAYS, INCLUDING:

- Promote emotional wellbeing and balance
- Support physical wellbeing
- Purify the home
- Create a calm, relaxed environment
- Promote a restful sleep
- Smooth skin appearance
- Reduce the look of blemishes
- Ease feelings of tension
- Promote focus
- Feel energized and invigorated
- Ease everyday stress
- Support a calm, clear mind
- Release worries and unwind
- Promote courage, self-esteem and strength
- Ease mental exhaustion
- Create a sense of peace, harmony and creativity
- Promote feelings of love and happiness
- Encourage emotional transformation
- And so much more!



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NOT ALL OILS ARE CREATED EQUAL!

Unfortunately the quality of essential oils available on the market varies considerably. Just because a bottle is labeled as 100% pure essential oil, doesn't mean that there is only pure essential oil in that bottle. It can contain carrier oils, filler oils and other ingredients that would be considered undesirable - like toxins and synthetic fragrance.

Because of this, it is important to only purchase essential oils that are sold by reputable companies. Florihana is a great brand that is not associated with any network marketing company (although I am not opposed to Young Living & doTERRA).

HOW TO USE ESSENTIAL OILS

One of the things I love about essential oils is how easy they are to use and how everyone can experience the benefits! You can access the power of pure essential oils via inhalation, topical application and/or food flavouring. These methods bring the pure essence of these health supporting botanicals to you, your home and your family!

INHALATION

Inhalation can take place by simply putting a drop of essential in your hand, rubbing them together to activate the oils and then cupping your hands over your nose and mouth and inhaling. You can also smell directly from the bottle, wear a diffuser necklace, or, my personal favourite, diffusing.

When you start using your essential oils, you'll be using your diffuser a lot. I diffuse most of the day when I work from home, diffuse at the clinic, diffuse at bedtime, and I always bring a diffuser when I travel. I even have a diffuser in my bathroom! It is the easiest way to get going with your oils.



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TOPICAL APPLICATION

You can use essential oils topically by simply applying the oil on a desired area. You dilute essential oils with a carrier oil to cover a larger surface area, to cool a “hot oil”, to slow down the absorption of an essential oil and when applying essential oils on infants, children and furbabies.

Believe it or not, the feet are a great place to apply essential oils. The reason being, the feet are less sensitive and the pores on the feet are very large and absorb things quickly. This is great when applying oils, not so great when you have chemical cleaner on the floor! So be sure you get some of our non-toxic all purpose cleaner!

*Do NOT apply essential oils in the eyes or the ears...They are not eye drops or ear drops.

CARRIER OILS:

- Fractionated Coconut Oil
- Sweet Almond Oil
- Apricot Kernel Oil
- Jojoba Oil
- Olive Oil
- Avocado Oil
- Rosehip Oil
- Grape Seed Oil
- Evening Primrose Oil

SAFETY PRECAUTIONS:

- Store essential oils out of reach of children
- Use a “less is more” mentality. Because our essential oils are pure, they are strong. This means that more is not better. In fact, if overused, some essential oils may cause skin irritations, nausea, headaches or a general sense of unease
- Avoid topical application of citrus oils prior to sun (UV) exposure. Citrus oils make the skin more photosensitive – Meaning more likely to burn

SKIN PATCH TEST

Recommended for those known to have skin sensitivity. To test for possible irritation, dilute the essential oil in a carrier oil at double the concentration you plan to use it. Apply two drops of the diluted oil blend to the inside of a band-aid and place on the inside of the forearm for 48 hours. You can repeat this to test for sensitisation – Which is important if a sensitivity (allergy) is suspected.

Look for things like redness, swelling and/or itching.

If any negative reaction occurs, rub carrier oil on the affected area, then wash with unscented soap and water. Leave the skin exposed to the air (do not cover) as this will help some of the essential to evaporate.

While unlikely, if the negative reaction persists, seek medical advice.

SAFETY DILUTION RECOMMENDATION:

Adults 15+: Use 5% dilution – 15 drops of essential oil in 10ml of carrier oil. From that blend, use up to 10 drops per application as needed.



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FOOD FLAVOURING

You can use pure essential oils as food flavoring in cooking and in beverages. Well, as long as the label says that it is safe to do so!

Because essential oils are known for their life enhancing properties, even when you use them in food or in beverages, you will feel their benefits. Add a drop to a glass of water. Pop a drop in a cup of tea or coffee. You can even add essential oils to your baked goods. Did someone say Peppermint brownies?! What about adding the delicious taste of Tangerine to your bliss balls....yum!

