

# Share Scents News

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## *Essential Oils for Every Day and Every Body*

### **Safety with Essential Oils**

Our purpose this month is to refresh our memories on the safety aspects when using essential oils. We want to remember how very potent they are and how they deserve our respect in use. We should have a basic knowledge of the safe ways to use them appropriately.

Since we believe **Quality Matters** – Young Living's Therapeutic Grade means that every essential oil Young Living distills or sources has the optimal naturally-occurring blend of constituents to maximize the desired effect. The Seed to Seal commitment encompasses the **Plants, Preparation, Purity** and **Potency**. The process is carefully monitored to achieve the highest standard.

#### **Three ways that you can *enjoy your essential oils* -**



**Topically** – rub on location

**Aromatically** – Breathe through the nose & through diffusing into the air

**Internally** – Only Therapeutic Grade essential oils can be taken internally

**SUGGESTION:** Each bottle of essential oil is labeled for how that oil can be used.



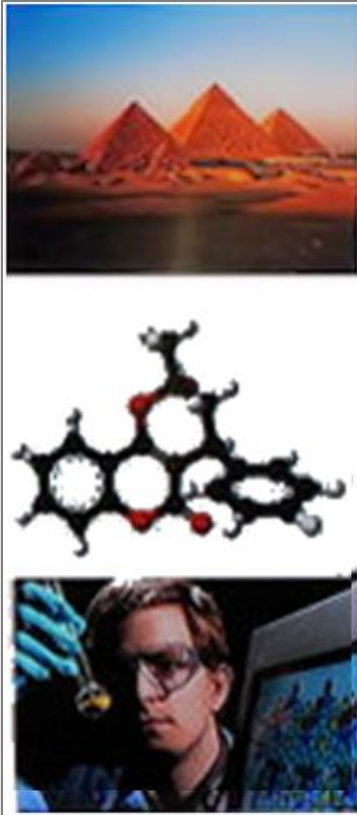
#### **What are Essential Oils**

- Essential Oils are volatile substances derived from plants, containing the natural smell & characteristics of the plant
- Essential Oils are primarily extracted through steam distillation
- Essential Oils are Potent, Volatile and Versatile

  
**YOUNG LIVING™**  
ESSENTIAL OILS  
Independent Distributor

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## Essential Oil Facts



- Have a long history of use dating back thousands of years
- Have been successfully and safely used on infants, children and adults
- Contain dozens to hundreds of compounds in each oil, many of which act as buffers or provide a protective and balancing effect to other compounds
- Have been proven safe and effective in hundreds of studies

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## Usage Tips

- DO NOT shake up the undiluted essential oil bottles before use. This introduces air molecules and can change the chemistry of the oil.
- Hold the bottle at an angle, allowing air to enter the tiny air hole, so oils will flow faster from the bottle. Viscosity of oils varies. Be patient with thicker oils.
- Let the oil drop freely from the bottle to avoid contamination of the pure oils.
- DO NOT touch the orifice reducer (The little plastic thing inside the opening) or the dropper.
- Use a clockwise motion when gathering & rubbing oils into the skin to maintain the integrity of the molecular rotation.



**SUGGESTION:** Remove the seal collar after opening a new bottle. This will help you quickly identify which oils have been opened, and prevent leakage when using an atomizing diffuser.

*Why Young Living? Seed to Seal – it's not a slogan, it's our calling!*

[www.seedtoseal.com](http://www.seedtoseal.com)

## Storage Tips

*Essential oils are volatile & can be damaged by exposure to*

*Heat ~ Air ~ Sunlight*



- Choose a cool, dark place to keep oils safely away from heat and sunlight to prevent deterioration.
- Heating oils destroys the therapeutic value of essential oils.
- Store oil bottles in upright position to minimize leakage.
- Keep lids of essential oils on tight, they evaporate easily.
- If your oils get hot (for example when left in a hot car) let the bottle cool before opening so the lighter vapors can be reabsorbed into the oil and all beneficial properties are preserved.
- Do not transfer undiluted essential oils into plastic bottles since most oils will eat into, and in some cases, melt the plastic.
- Keep all essential oils out of reach of children.

## Safety Tips



- Oil and water don't mix, so use oil to dilute in case of itching, burning, or rash. Water will drive the irritation deeper.
- Only dilute with V-6 Mixing oil, or organic extra virgin olive oil or other organic vegetable oil to maximize purity.
- Use care when applying oils near eyes, ears or other sensitive body areas.
- If in doubt, apply to the feet.



Contact me if you would like more specific information about safety concerns for children, pregnancy, and more:

### **DO NOT PLAY DOCTOR**

It is very tempting to suggest oils for other people's ailments. It is best to refer them to reference books.

## Hot Oils



Cleveland Clinic

- “Hot oils” are oils that, when applied to the skin, can cause a hot or burning sensation.
- Examples of “hot” oils include cinnamon, clove, lemongrass, peppermint, oregano, thyme, Thieves, and Exodus II.
- A patch test is recommended prior to first use.

### How to do a Patch Test:

- Apply 1-2 drops of essential oil to the forearm.
- Observe for 1-2 hours.
- Usually reactions occur within 5-10 minutes.
- If you experience a hot or burning sensation or if you develop a rash, add V-6 carrier oil to the affected area as often as needed.



## Integrating Oils & Medications

- **Seek advice** of a physician and pharmacist about interactions.
- **Get your doctor on board and find a practitioner who is knowledgeable about essential oils.**
- **Start slowly.** Observe how your body reacts and make adjustments as needed.
- **Take meds first and wait about an hour before using or taking the essential oils.** Essential oils are intelligent and will modulate to support homeostasis in the body. Meds will do what they were formulated to do without regard to a reduced need for the medication.
- **Use lab work and tests to track progress.**

### Enjoy Your Oils Responsibly



For more information, contact

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