



**How to
(safely) use
Essential Oils
in your self-
care practice
and in your
home.**

Getting Started with Essential Oils

Essential Oils 101

Essential oils feel and work differently on the body than vegetable oils (like olive oil or sunflower oil). Vegetable oils are pressed from the seeds of plants. They have long straight chains and feel greasy and slippery to the touch.

Essential oils, on the other hand, are distilled which means all the parts of the plant are mashed and a low temperature steam is passed through it. This steam carries with it small fat-soluble molecules. Many are structured like a ring which is why they are called aromatic compounds.

These molecules are then separated from the water and you are left with highly concentrated extracts from all the parts of a plant ... called essential oils!

We can consider essential oils to be like the “blood” of a plant because they act to a plant like our blood acts for us.

There are approximately 40 million trillion molecules in one drop of essential oil (that’s approximately 40,000 molecules for each cell in the average human body).

These extremely small, aromatic molecules can enter your body through your lungs or skin...and can enter your brain through your olfactory nerve and disperse and move through your body on the cellular level. Indeed one of the things that is so incredible about these botanical molecules is their ability to impact your well-being on a receptor-level.

Lab research has shown that they exhibit significant anti-viral, anti-inflammatory, anti-bacterial and hormone balancing effects.

In clinical studies, these powerful plant extracts have been shown to have a profound calming influence on the central nervous system, aiding the reduction or elimination of pain, the release of muscle tension and providing a strong emotional uplift. Some oils that have high sesquiterpene molecules (like Frankincense, Sandalwood and Cedarwood) have been shown to increase oxygenation in the brain around the pineal and pituitary glands.

An essential oil can be 100 to 10,000 times more potent than the dried herb of the same plant. So even a couple of drops can go a long way. **The chemicals that are responsible for scent are very small and often come in a ring shape.**

These small airborne molecules travel into our noses when we breathe in and can pass through the olfactory nerve into the center part of our brain. This place in our brain is called the limbic seat and controls our moods, emotions, memory and learning. It’s no wonder that smell is strongly related to all those experiences.

Scientists have found scents like lavender increase our alpha brain waves (which is associated with relaxation), and scents like jasmine increase our beta brain waves (causing a more alert state).

Nature is chock full of thousands upon thousands of natural aromatic structures, each composed of many different molecules that can impact our well-being simply by breathing them in.

Whether you use essential oils directly or not, you can gain this benefit by getting out in nature and turning our attention to the variety of smells around you. As you walk around your backyard, try taking some leaves and crushing them in your fingers to release their odor. Begin to sharpen this underused sense.

Ways to Use Essential Oils

1. Breathe them in :: Use a diffuser or nebulizer in your home, rub a drop in your palms and breathe in, diffuse in your car via the vent using a tissue or cotton ball, put a few drops in a bowl of very warm water-cover your head with a towel and breathe in the steam.
2. Apply topically (on skin) :: Apply neat or with a carrier (natural) oil like coconut oil, Shea butter, olive oil or a high quality natural moisturizer. If applying neat- keep the amount very small and be careful not to apply too close to sensitive skin or the eyes. Use in warm baths, compresses, salt scrubs and everyday moisturizing as well.
3. Ingest them :: If you choose to ingest oils do so with care and commonsense- source high quality, pure essential oils and research those that can be safely ingested. Only ingest small amounts at a time and either use a capsule or mix the drop of essential oil in vegetable glycerin or honey before mixing in water to prevent pooling of the oils on top. It is my personal recommendation that if you want to ingest oils you should do so with the advice and counsel of a highly trained practitioner (naturopathic physician, certified aromatherapist, master herbalist, alternative wellness practitioner, ect) well-versed in ingesting essential oils who can support you in taking them safely.

Ideas to Get Started with Essential Oils

When you begin to use essential oils in your self care practice, I encourage you to explore the impact they can have on your emotional well-being through the power of the olfactory nerve.

You can breathe in essential oils through using a diffuser, rubbing a drop in your palms and breathing in through cupped hands, or using an essential oil spray in your car or on your pillow at night.

From there, you can begin to use essential oils as you naturally moisturize your skin, as part of a hot-towel scrub practice, in your skin cleansing routine, or in your warm bath.

Additionally, essential oils can be added to make healthy cleaners for your home.

There are many ways to engage your sense of smell and benefit from the healing powers of specific aromas in nature. Here are just a handful to get you started.

1. If you are using an essential oil, start with just a drop or two in your palms, cup your hands over your nose and breathe in for a few seconds.
2. Dab some essential oils on your neck or wrist as a natural perfume. Sometimes I even run a bit through my hair — there is something romantic about perfumed hair.
3. Freshen a whole room by using a diffuser or add a drop or two of an essential oil on a tissue and place in a vent of the room. The forced air will circulate the smell throughout the room.
4. Start an aromatherapy garden. Growing these plants and herbs, even in a window sill, can bring their natural scents into your home all day long, a natural way to infuse your home with nature's healing smells. You will also have them on hand to crush a few leaves in your fingers for a deep breath.

5. Add scents to your daily routine with children. Before nap or bedtime, bring out a calming or relaxing aroma. Before homework time, bring out a scent that helps with focus. Children tend to respond well to natural scents used in moderation, but always be sure not to overwhelm them with aromas that are too strong.
6. Use essential oils in your nighttime routine – put a few drops in a warm bath, use them while you do a hot towel scrub or foot massage, or dab a drop on your sheets or pillow.

Getting Started with Essential Oils Menu

Relaxing and Calming ::

Stress Away blend, Lavender, Roman Chamomile, Sandalwood, Copaiba

Invigorating ::

Peppermint, Citrus Fresh blend, Lemon, Orange, Grapefruit

Balancing and Uplifting::

Geranium, Ylang Ylang, Rose, Bergamot, Joy blend

Focus ::

Cedarwood, Frankincense, Sandalwood Brain Power Blend

Cleansing/Healthy Home ::

R.C. blend, Purification blend, Thieves blend

Want more?

Here are some great links and resources if you are interested in diving in with more study on the topics we explored.

Chemistry and Healing Properties of Essential Oils:

[Simple, streamlined overview of the different chemical constituents of many essential oils](#)

[Chemistry of Essential Oils Made Simple](#) by David Stewart

Some sound discussions around safety uses of essential oils:

[The Case for Ingesting Oils:](#) (by the Hippy Homemaker) I found myself very inline with the perspective and considerations she lays out in this article.

[Essential Oil Safety for Babies and Children:](#) (by the Hippy Homemaker) Again, I found this article to be spot on and appreciated the researched list of specific oils safe to use around babies and children based on age.

Information by Young Living Company regarding safe usage of essential oils:

[Lisa's Distributor Page to Purchase Young Living Oils.](#)

[Overview of ways to use oils in the Everyday Essentials kit.](#)

[Simple graphic overview of the ways you can use the oils in the Young Living catalog.](#)

Obligatory and Common Sense Disclaimer:

The information presented in this webinar and workshop is for educational and informational purposes only.

It is not intended to be a substitute for proper diagnosis and treatment by a licensed professional.

If you have any questions about whether the information and advice presented in this workshop (audio/webinar classes, manual/handouts, videos or forum) is suitable for you, please check with your trusted physician or health care provider.

It is your responsibility to discern what information provided is useful for your health and to use this guide in appropriate and common sense ways.