

## Essential Oils

### Where to buy:

[https://youngliving.com/en\\_US](https://youngliving.com/en_US)

Become a Member under me: Cynthia Crisp Member #258799

<https://www.naturessunshine.com/us/>

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### Science

For reliable scientific information, start with the U.S. National Library of Medicine. Try a Search for keywords such as *essential oils* and *aromatherapy*. You can follow this link for information provided by the government:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMHT0025082/>

Many high quality research articles about essential oils chemistry and potential uses are published online via the Journal of Essential Oil Research, founded in 1989 with the aim of being "the major forum for the publication of essential oil research and analysis..." is a peer-reviewed scientific journal, indexed in the National Library of Medicine and other scientific catalogs worldwide, and is now an online publication at the site of Taylor and Francis, [www.tandfonline.com/toc/tjeo20/current](http://www.tandfonline.com/toc/tjeo20/current).

Reading various websites like these will give you an idea of how much scientific interest has been generated recently into the miraculous uses of essential oils.

### History

At the dawn of civilization, when people first discovered the enchanting and powerful fragrances of plants, the Oil Story begins.

From the earliest days on our planet, our ancestors used the fragrant plants to uplift, heal, anoint, and empower their lives. Why should fragrance, or aroma, be so powerful, and so sought after throughout history? Because these fragrances are not only beautiful but also life changing.

Modern day discoveries help us to understand our need for plants as something more than just food and adornment. Owing to years of research, something is now known about the chemistry and action of plant fragrances, which come from the unique and mysterious aromatic liquids hidden in various parts of plants--their leaves, petals, roots, seeds, bark, stem, and even fruit.

These aromatic liquids are called "essential oils". In ancient times they were called "precious oils" and "sacred oils". They were used for physical health, longevity, beauty, courage, and for sacred purposes in many religious and shamanic rituals.

Typically, essential oils are very light to the touch (not greasy like cooking oil) and evaporate readily, releasing their aromas into the air.

Their function in nature is to keep plants healthy, free of infection, to repel harmful insects, and to communicate--to each other, to insects, to animals, and to us! They function in many different ways for us, too, giving support to our immune systems, our muscles, skin and circulation, and even our emotions, sometimes all at once!

Plant fragrances are made of nature's ancient molecules: complex substances whose structure allows them to pass easily and quickly through our skin, and through the cell membranes of every cell in our bodies. We breathe them in and instantly, as they touch the brain, the molecules of essential oils enliven neurons, inspire emotions, awaken immune response, stimulate hormones, which can then enhance energy, digestion, mental clarity, body temperature, circulation, and the feeling of being connected to nature.

We inhale, and then... aaaaahh. We feel the magic. Or, we mix them with a few drops of vegetable oil (a completely different kind of oil!) and gently apply them to our skin, on the bottoms of our feet, or in a massage. The molecules pass easily through our skin, muscles, veins and connective tissue to bring their physical effects within moments to the whole body! And even then we can smell their enlivening fragrance.

Just one drop of an essential oil can carry as powerful a message as an entire bouquet of flowers. One drop can carry as bio-chemically complex a message as a food: It can support our immune activity, our lungs, enhance our senses, ease relaxation of tired and achy muscles, enhance flexibility and so much more!

They are, in a word, mysterious. They are also unique in nature, different from any other natural product you have ever tried, enlivening every part of your body, mind, and spirit, with just one or two drops at a time.

**Please note:** It's really important to understand that the safety and life-changing effects of essential oils are dependent entirely on their purity and their quality. Generally speaking, essential oils that you find in department stores, and even health food stores, are of uncertain quality at best. That's why I only use oils that have their chemical properties intact.

## HOW THEY WORK

Essential Oils work differently from any other natural substance.

Their unique features are that they:

- Pass easily through our skin and cells membranes.
- Diffuse through the entire body within half an hour.
- Go directly to the brain through the olfactory bulb.

- Affect our feelings and thoughts because smell is our most emotional sense.
- Perform multiple functions because of their structural complexity

This is why one essential oil can do so many different things for you all at once--physically, emotionally, and mentally--with just a few drops in the air or on your skin.

The olfactory bulb carries molecules and impulses into the brain area where our emotional memory is stored.

Scent stimulates nerves to fire in the emotional center of the brain, but it also stimulates the master gland to release hormones. In this way, essential oils can affect us in many ways all at once, just through their fragrance.

But essential oils also have a complex chemical structure, designed and produced by nature, which makes the use of essential oils uniquely economical! For example, when lavender oil is applied topically after exercise it can be soothing to muscles, when diffused in the air it can feel calming and uplifting, and some people just love adding it to a bath for total relaxation after a long day.

And finally, essential oils can affect us just through their subtle energy. They have a presence that touches us deeply, and can change our feelings and our thoughts in an instant. This you have to experience to believe!

## **BASIC TECHNIQUES**

(No recommendations are made here for the purpose of diagnosis or treatment of disease. Essential oils support the well-being of our bodies, but are not to be regarded as "medicine." Rather, they are agents of energetic change that seem to enliven and strengthen us in the direction of wellness--physically, mentally, emotionally, and even spiritually.)

## **The Art of Using Essential Oils**

It's important to bear in mind that the use of essential oils to support the body, mind, and spirit, is an art. There are many people using essential oils with widely varying approaches. Each approach has its proponents, and accounts of wonderful results. I honor the spirit of diversity and dialogue and hope that the use of these remarkable substances will help all of us feel more and more connected to the marvelous healing power of nature and to each other.

## **Individuality**

Individual responses to essential oils can be as varied as individual responses to food. So, if you were going to try a brand new kind of food, how would you go about it? My recommendation is to proceed with intelligence, intuition, and a sense of discovery. Just like you can easily learn what foods feel good to you, you can learn how essential oils feel to you and how they work for you simply by trying them.

When you begin, start with only one or two oils. Your body may not be used to the

amount of oxygen and other healing substances that the oils can provide. You want to be as aware as you can of the effects of each oil that you use so you can get to know each one well. Give yourself a few days to adapt. After that, once you see how you respond to them, you can expand your style.

## Diluting your essential oils

If you are new to the oils or have fair or thin skin, be sure to dilute the oils with a pure vegetable oil. Even if you have tough skin, there may be places on your body where it's thin and more sensitive, like the center of your chest or under your arms. Putting certain oils undiluted on your skin could be irritating. However, if you dilute each oil, you'll be able to keep the action gentle. Don't be concerned that by diluting you're making the oils less effective. It just takes a little longer for the oils to go through the skin. Some people believe that the effects may even be stronger when the oils are diluted. The only way to know is to try it.

## "Hot" oils

In general, the oils that will tend to feel "hot" or "spicy" are the spice oils, such as Clove, Cinnamon, Peppermint, Oregano, etc. Dilute these oils to "cool" them down, and be careful not to rub your eyes after using them as they'll give you quite a stinging sensation. If this should happen, just put some vegetable oil on a tissue or paper towel and smear it over the affected area. It will cool off in a matter of seconds.

## Some Basic Principles

If one oil doesn't work, try another.

Sometimes you may need a week or more of applying an oil to tell if it feels right for your body. So, be wary of overly high expectations when first starting out.

On the other hand, the fact is that there are people who have had remarkable, suddenly positive feelings within a day or an hour. Such is the mystery of nature and of people. The point here is that how you use your oils is an intuitive matter that no one can really decide for you. If you do use the same oil regularly, be sure to take a break from it every 4 or 5 days. Also, you can experiment with how often you put it on each day. Once? Twice? Every hour? Experiment. The effects of some oils can last as long as several weeks with one application! Sometimes, you'll need to use an oil more than once each day.

In general, if you want to use more than one oil in a session, apply each oil one at a time and allow a minute or so in between oils. You can "layer" oils in this fashion on the same area of the body, whether the feet or the location you're trying to help. (And you don't need to wash your hands between each new oil!)

In general, let the oil fall out of the bottle a drop at a time. Don't touch the edge of the bottle to the skin. Touching the rim can leave tiny deposits of bacteria or skin that can accumulate over time and decrease the quality of your oil.

Heating essential oils changes their chemistry. We recommend that you DO NOT use

diffusers that use heat. We also recommend keeping your oils away from bright light or any sources of heat.

## **Methods of Application**

- Diffusing the oils in the air is the first means of using them.

Aromatherapy is called by that name because the fragrances of essential oils can themselves often be therapeutic.

Opening a bottle and holding it up to your nose while breathing deeply is not the best way to do this. Rather, use a diffuser (without heat--no candles, please!) or put some oil on a cotton ball and wedge it into the grille of a fan or vent. You can also put oil into water in a misting bottle and, when covering your eyes, spray the mist around yourself. You can also spray a whole room, or your clothing, or your pillow. You can start with just a few drops and add more based on how much scent you like in the air. If you stop smelling it after a few minutes, it's not because there's no more in the air. You're just getting used to it. Try going out of the room/office/car for a half hour and coming back in. You'll smell it again!

In general, we recommend starting with no more than 10 minutes the first day. Let your body get used to the infusion of oxygen. After a few days you might diffuse more often or for longer. Find out your own level of sensitivity. Once you feel comfortable with 15 minutes, that is generally a minimum amount for purifying the air of unpleasant odors, etc.

- Use the oils topically, on your skin.

The best place to start is with your feet. If you're not sure about where to place the oils on your feet, don't worry. You can just cover the surface of the bottom of each of your feet with three drops of oil or so on each and know that the oil is getting everywhere you might want or need it to go throughout your body. You can get remarkable effects just by putting the oils on your feet.

### ***When applying on the skin:***

The four types of topical application are 1) on the feet, 2) on the ears, 3) on the fingers, and 4) anywhere else (including using them in a bath or with a compress).

The first three are set apart because they have places on them that relate to the rest of the body. In other words, if you have some kind of discomfort around your neck and head area, you could try to help reduce it by putting oil on the points on the feet that relate to the neck or head (the base of the big toe for the neck, the pad of the big toe for the brain, the other toes for eyes and ears, etc.). Or you could put it on the places on the ears that relate to the head, etc. There are various charts, mostly deriving from Chinese medicine, that depict these points on the feet, ears, and hands. You might be familiar with reflexology charts. Supporting the body by addressing these points is an ancient tradition.

Using the example of discomfort from muscle tension around the head, you could

choose to try applying essential oils on the feet (on the pad of the big toe) or right on location: across the forehead, on the temples, on the crown of the head, etc. Similarly, for discomfort in other areas, you can apply oils locally. For example, you might put an oil like Peppermint on your abdomen if you feel uncomfortable after eating, etc.

Which oils to use is always an individual matter. There is no one oil for occasional indigestion or muscle tension after exercise. This is because the cause of any discomfort can be different from person to person. For example, one upset stomach might be from poor food combinations, and another from stress-related tension, etc. Look at the list of oils and the descriptions of their properties. Think about the particulars of your discomfort and what might be the underlying cause. Take a guess or use your intuition about what oil might be appropriate for you.

Try one. If it doesn't do the trick, try another. Even if the oil you choose doesn't help your body in the way you are hoping, it will likely have other beneficial effects if only because of the increased oxygenation, and generally calming or stimulating properties, etc. Get to know your oils, discover how they affect you, and know that someone else may respond to those oils in a completely different way. Honor the discovery process in yourself and others.

Taking a bath with a few drops of your chosen oil can be a peak experience. One reason that people soak in baths is to relieve achy, sore muscles after exercise. By adding a few drops of oils that are known to aid in supporting muscle relaxation, such as Marjoram, Lavender, or Basil, you can enhance that process.

- Massage

If you would like to enjoy the effects of the oils over a large area, as with massage, you can still just use a few drops (3-4) and spread them over the area with a pure vegetable carrier oil. The effects of the oils are not decreased when mixed with a pure vegetable oil, they might just take a little longer to manifest. Be sure there are no chemicals in the carrier oil, no scent, no perfume. There are many fine massage oils that you can buy.

- Adding to Water or Food

Lastly, you can add certain essential oils to water or food for exquisite flavorings--refreshing, spicy, cooling, relaxing, etc. For example, adding a drop of essential oil of Lemon, Peppermint, or Tangerine is a simple and inexpensive way to transform a simple bottle or glass of water into a refreshing and uplifting drink, instantly.

## SAFETY GUIDELINES

1. If you ever feel heat or discomfort from using an essential oil, putting a pure vegetable oil on it will "cool" it off within seconds.
2. Do not use the "spicy" oils (such as Peppermint, Cinnamon, Thyme, etc.) on the throat or other delicate areas. Use them on the feet or other areas where

the skin is less sensitive.

3. Pay attention to specific notices on your oil bottle labels. Sometimes you'll see a recommendation not to go out in the sun after using certain oils.
4. Don't put essential oils in your eyes or directly into your ears.
5. If pregnant, consult your "how-to" book for oils that are appropriate and inappropriate.
6. Consult with your "how-to" book for how to use essential oils with your children.
7. It's a good idea to first mix oils intended for a bath with a dispersing agent, such as Bath Gel Base or a mixture of bath salts.