

# *A Beginner's Guide to Using Essential Oils*

You've just spent a pretty penny on this cute little bottle of essential oil. The problem is, now you can't remember how to use it and, truth be told, you're a little afraid of this bottle. All you can remember is that it's super-concentrated and you're supposed to use it wisely. So... now what do you do?

Take heart! It's easier than you think to use an essential oil to add health to your life. Read on to find some of your answers.

**The most common thing I hear is, I bought some essential oils several years ago, but I never opened them and don't know if they're still good or what to do with them.**

My answer is always the same:

- First e-mail me a list of your oils and who made them. This will enable me to look up the manufacturer and tell you if your oil is therapeutic or cut. (You can read your labels, if you have a magnifying glass, if it lists ANYTHING besides an essential oil name, it has been cut, if it does NOT say somewhere on the bottle key words like therapeutic or EOBBBD tested, it has been cut. Note, 100% pure or aromatherapy really don't mean a whole lot. They can be labeled 100% pure under aromatherapy or perfume rules and have less than 20% essential oil in them. Also, if it doesn't say wild-crafted or organic, it can contain synthetics and you'll never know—some have those synthetics in them even though they say wild-crafted or organic, that's where the EOBBBD tested comes into play.)
- Once you've e-mailed me your list, I can tell you what this blend or that blend is good for. If you just have singles you can look up how to use them in the library section of our website. Or, e-mail me anyway, I love helping newbies. Be forewarned, if your oil is cut I may tell you that it is good for cleaning and not much else—but it will do wonders on that stinky drain!
- If your oils are years old, they may still be good. You can tell an oil has been cut if it's several years old and stinks. That means that what they used to cut the essential oil has gone rancid. Therapeutic grade, 100% pure essential oils have been found in tombs thousands of years old and the essential oils are still excellent. Note: this does not apply to citrus essential oils. Even if they are of the best quality, a citrus oil's shelf life is 2-5 years depending upon storage conditions.

Okay, so now we've got you going with the oils you already purchased that are still good, or you're pouring them down the drain or using them to freshen your garbage disposal and are now looking at purchasing some truly good oils. Let's move on to the most commonly used essential oils for the beginner.

You may want to review the handout in our library on the 96-hour Emergency Essential Oil Kit, it can be found under health class handouts. It covers the oils we would want to have in an emergency. Below I'm going to try to narrow the field to essential oils I would start learning with. These are the essential oils that aren't necessarily the ones we sell the most of, but they're the easiest to learn with and the most forgiving. For example, I wouldn't be caught without Oregano essential oil, but it is a very strong essential oil and must be diluted to use, so it's generally not something I start someone out with.

**The first two essential oils I recommend to everyone are Lemon and Peppermint.** With these two essential oils you can begin the Liver Cleanse (1 drop Lemon essential oil, 1 drop Peppermint essential oil, and 1 teaspoon-1 Tablespoon fresh lemon juice taken every morning upon rising to get you started on cleaning the toxins out of your life. For more information see our website [www.TracesEtc.com](http://www.TracesEtc.com)). In addition to the Liver Cleanse, with these essential oils you can:

## **Peppermint:**

- Calm a stomach ache or relieve nausea. Add a couple of drops of Peppermint essential oil to a little bit of carrier oil and rub clockwise on the tummy.

**Disclaimer:** The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBBD guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2009 (208-852-2295, [www.TracesEtc.com](http://www.TracesEtc.com))**

- Stop a headache. Again, you'll want a little bit of carrier oil, put a drop or two of Peppermint in the carrier oil and then apply to temples (avoid eyes!), along the back of the neck, and then inhale through your cupped hands. This will stop most headaches and it also cleans out the sinuses.
- Did you overdo it at the gym or just plain working around the house? Put some Peppermint into a little carrier oil and rub down those aching muscles.
- Are mice getting into your pantry? Ants invading? Diffuse some Peppermint or put it on cotton balls and stuff in the corners where the mice are coming in. You don't want to diffuse it for a long time, it's pretty strong. Clean up after ant trails with some water with Peppermint in it and they won't come back that way.
- Are you coming down with a sore throat? Make yourself a Peppermint tea by adding one drop of Peppermint to 1 teaspoon of honey, and then add ½ cup hot water. It will soothe that sore throat. CAUTION: do not consume an essential oil that is not therapeutic grade, EOBBB tested!
- Do you have a fever? Add 1-2 drops of Peppermint to a bowl of cool water. Dip a cloth into it and then sponge down (avoid the eyes) and it will bring your fever down.
- Did you get sunburned? Treat it the same way as the fever. If your skin is too tender to use the cloth, get a little spritzer bottle and spray the Peppermint water on (avoid the eyes).
- Note: if you have high blood pressure you may be one of those people who will experience a rise in blood pressure with the use of Peppermint. You can apply Lavender to pulse points before/after use to bring the blood pressure back down or you can use Spearmint instead of Peppermint. Spearmint does most of the same things (not as effective against rodents) and will not bring up blood pressure.

#### **Lemon:**

- Add Lemon to any water you're cleaning with to ensure that you get a total disinfectant with no nasty side affects.
- Have you been around people who are sick or touched door handles, etc. that may be germ infested? Put a drop of Lemon essential oil in your hand and rub it around. You'll be protected from the germs that you have been exposed to.
- Add a drop of Lemon to your water to purify it and remove any toxins. If you're traveling and don't know if the water is of good quality, add a drop before drinking to protect yourself. CAUTION: do not consume an essential oil that is not therapeutic grade, EOBBB tested!
- Lemon is a mood elevator, diffuse it to perk up your mood and make everything around you feel clean, fresh, and bright. Excellent to diffuse in a sick room to help prevent others from getting ill and to help the person who is ill have a more cheery disposition. It's like letting the sunshine in.
- Lemon helps with respiratory issues—coughs and colds. Make a tea (like the Peppermint) to help with coughs and colds.
- Lemon is a citrus oil, that means that it doesn't have as long a shelf life as other oils (2-5 years) and if you apply it to skin you need to make sure that you don't expose that skin to the sun for 48 hours as it can cause discoloration. Just cover the skin with clothes and you're fine.

Now you've got your Liver Cleanse going and you know other uses for Lemon and Peppermint. **Another essential oil I recommend to beginners is Lavender.**

#### **Lavender:**

- Known as the Universal Essential Oil it is good for pretty much everything. When in doubt, grab your bottle of Lavender.
- Do you have any kind of skin problem? It could be a burn, acne, rash, wound, scar, etc. Apply Lavender. You can put it on neat (undiluted) or if you have a large area you need to cover add it to a carrier oil first. WARNING: be sure you get true lavender, otherwise it won't heal, it will worsen a skin problem.
- Are you scared? Is your child crying? Are you frustrated? Have you just had a bad day? Lavender is well known for its ability to calm and relax emotions. Diffuse it, put a drop on your palm and then cup it over your nose, rub a little bit on your ears (not in, on) and you will find yourself instantly soothed. (Do the same for a fussy child.)

**Disclaimer:** The information that is shared herein is intended for informational purposes regarding Be Young 100% pure, therapeutic-grade, EOBBB guaranteed essential oils only. The statements contained herein have not been evaluated nor approved by the US Food and Drug Administration. Any advice and/or product(s) mentioned should not be used to diagnose, treat, cure, or prevent any disease. Always consult your healthcare professional if you are currently taking medication, pregnant, trying to get pregnant, nursing, or if you have any other health condition before taking any products mentioned or applying any information contained herein. **Copyright Traces 2009 (208-852-2295, www.TracesEtc.com)**

- Feeling all stuffed up? Inhale for sinus or sinus headache problems.
- Add 4 drops to ½ cup Epsom salts. Then add to a tub of water and soak away your cares. Also works wonders on soaking aching, tired, sore muscles. Also a great soak if you're sunburned all over.
- Put a drop or two on the bottoms of your feet before going to bed to promote deep, restful sleep. Helps alleviate insomnia.
- Gentle enough to use on a baby (dilute 75%).

You can get essential oils in singles or blends. A single is an essential oil that is just one oil, like those we've talked about above. A blend is when several single essential oils have been synergistically put together to create something that is greater than the sum of its parts. What that means is that you put several different essential oils together, combining a knowledge of their abilities with the frequency of the essential oil, and with how they interact together. Some oils get along with each other and others don't. You can actually blend several oils of very low frequency together and create a blend that has a very high frequency. Blends can be changed by which oil is put in when as well as how much of an oil is put in. Blending is an art that requires an excellent knowledge of essential oils.

**There is a blend that we carry that I recommend to everyone. It is called Spice for Life.**

**Spice for Life:**

- Helps stimulate the immune system. If you feel like you're coming down with or have already come down with something, reach immediately for your Spice for Life. It is safe enough for a child to use, just put a toothpick in the bottle of Spice for Life and then poke it into a piece of apple for the child to eat. Several tests have been done on this essential oil blend and it has been proven to kill up to 99.968% of airborne bacteria in clinical testing!
- You can make a tea out of this oil (just follow the directions in the Peppermint section).
- You can diffuse this oil in 15-minute increments to help clean and purify the air.
- I take a drop every Sunday after church. When you go to church you shake hands with people, give hugs, touch doorknobs everyone else has touched, etc. I always take a drop upon returning home to make sure I don't get sick.
- I carry a small spritzer bottle in my purse. I put in it 1 ounce water and 4-5 drops of Spice for Life. I shake it up and then spray down the grocery cart handle before I use it. It's also wonderful for public restrooms. Spray down the toilet seat before using to protect yourself from any diseases. It's also wonderful to spray around your hotel room to make sure that it's truly clean.

**Finally, you need a carrier oil.** You've seen this mentioned above. When you put on an essential oil, sometimes it burns. This could be because you have a "hot" oil (Peppermint, Oregano, Thyme, Marjoram, Spice for Life all fall into this category) or it could be because your body wants the oil so badly that it's sucking it in so fast it actually burns because of the friction. Either way, if you add the essential oil to a carrier oil before applying to the skin or add the carrier oil after you've put the essential oil on and feel the burn, it will slow down the absorption (also the effectiveness) of the essential oil and get rid of the burn. Another reason you need to have a carrier oil on hand is because if you happen to get an essential oil in your eye if you put some carrier oil on your eye it will help get rid of the burn faster.

The carrier oil that Be Young provides is called Grapeseed Oil. It also has some sunflower seed oil mixed in it. It is marvelous for the skin and provides your body with some valuable nutrients. It is light in texture and doesn't have much of an odor. It is quickly absorbed by the skin so that it doesn't leave you feeling "oily." Other common carrier oils are apricot, almond, and coconut.

You can use other things as your carrier oil. Some include lotion, olive oil, aloe vera, etc. We do ask that you try to make whatever you use healthy for you so that the essential oil you're using doesn't use up its life fighting whatever you put it on with. Of course, if it's an emergency to ahead and use whatever you can get your hands on first.

NOTE: DO NOT USE WATER IF YOU HAVE GOTTEN AN ESSENTIAL OIL IN YOUR EYE OR IF YOUR SKIN IS BURNING FROM CONTACT WITH AN ESSENTIAL OIL! Water will intensify the reaction, increasing your pain! Use your carrier oil, lotion, olive oil, vegetable oil, even butter will do in a pinch, but don't use water! Be more selective for use in the eye, ie: grapeseed or olive oil.

**There are basically four ways to use an essential oil.** We've talked about them all above, but just a quick list in case you missed one...

1. Apply topically (to the skin) either neat (undiluted) or in a carrier oil.
2. Diffuse into the air. You can buy a diffuser, use a cotton ball, or spritz around the room from a bottle with water and essential oil in it.
3. Add to your bath. Be sure to add the essential oil to salts such as Epsom salts first. The salt holds your essential oil in suspension so that it is throughout your bath water instead of just on top. Note: rinse off after soaking because soaking in essential oils and salt will draw toxins out of your body and you don't want to reabsorb them through the skin.
4. Ingestion. We talked about making tea above, and even about taking the Spice for Life straight. **BE ABSOLUTELY SURE THAT YOUR ESSENTIAL OILS ARE APPROVED FOR INTERNAL USE!** Look for the words therapeutic and EOBBB on your bottle.

**Begin your experience with essential oils and health right now—pick up a bottle of essential oil, take off the lid, and inhale. You have now had your first aromatherapy experience, just with that much exposure your body is changing—for the better! (Remember to put the lid back on your bottle.)**

Take your first baby step by starting the Liver Cleanse each morning. Energy will come with the use of the oils and the cleansing of your body. Your allergies and headaches will diminish and your body starts getting rid of the toxic build-up. Your immune system will be strengthened with each use of the essential oils. You will become a healthier person!

**To order, for class information, or if you have questions contact:**

Debby or Penny Swann  
208-852-2295  
[www.TracesEtc.com](http://www.TracesEtc.com)