

How do I get the most out of my bottle of oil?

Now that you've bought your bottle of oil, you want to get your money's worth out of it. Here are some tips on how to maximize each and every drop.

1. A little bit goes a long way. Most of the time you only need one drop. Each drop of 100% pure, essential oil is very potent. If you burn your finger and need the whole bottle of Lavender to heal the burn you either burnt it to the bone or have a bottle of essential oil that is not pure. Burns are one thing you need to use an essential oil on without diluting. Many times you can use 1 drop of essential oil and up to 1 Tablespoon of carrier oil and still experience the same effect. Did you strain your ankle? You only need to add one drop of Physical Touch (or whatever oil you have chosen) to 1 Tablespoon of carrier oil, and you can rub the Physical Touch all over your foot and receive relief. If you want to use the essential oil without a carrier oil you're going to need several drops in order to cover the whole foot.
2. Can you see a little bit left in the bottle, but can't get it out? The little plastic stopper thing comes out. Use your fingernail to get under it (or a butter knife) and pull it up. I can often get almost a drop of oil off the little stem that goes down in the bottle, and there are several drops still in the bottle that weren't coming out before that are now accessible (be careful—they'll come out lickety split now!)
3. You've removed the stopper, you've emptied the bottle, but you know there's still a little bit of residue in there and you want to put it to good use. You can:
 - a. Keep it in your purse, desk drawer, backpack, etc as a smeller bottle. Many of the essential oils have an aroma that will do the trick. Open the bottle and take a whiff and feel the peace restored to your world.
 - b. Get some distilled water and fill the bottle (make sure you mark your bottle in some way so that you know you did this!) You can now use it as a body splash—sprinkle a couple of drops in your hand and apply after your shower or bath. If your bottle is Lemon, Lemongrass, Peppermint, Spice for Life (an oil you would use to clean with) you can dump your distilled smelling water into a bucket of mop water, add a few drops to the dishwasher, add a couple of drops to the soap section in your dishwasher, sprinkle a couple in your laundry, you get the picture. Your "oil" is no longer as potent, so you may need a few drops at this point to get results, but there is still some good stuff in there.
4. Keep the lid on! Every time you open your bottle you can smell the essential oil. Why is that? Because every time you open that bottle up a little bit of the oil is diffused into the air—that's what you smell, and that means there's now a little less oil in your bottle. Don't ever walk away without putting the lid on your bottle; you'll forget to come back (come on, admit it, our lives are all so busy we seldom do one thing from beginning to end).
5. Save your old bottle to split your new bottle into. I like to carry some Spice for Life with me when I travel, but I don't like to take a brand-new full bottle. I just know I'll lose it. So, I just add a few drops to an old bottle so I'm only taking some with me. This also works great when you're "sharing" your oils with your kids.
6. Do you like to mix your own recipes? There are several recipes talked about in different classes. If you use them, you often find you mix several oils together in varying amounts, but then only use a drop at a time. I mix my recipes in an old bottle that originally held one of the oils used in the mix. For example, the allergy season recipe calls for: 3 drops Tea Tree, 3 drops Lavender, 2 drops Cypress, and 1 drop Peppermint. I would mix these together in an empty Tea Tree or Lavender bottle (because these oils are main ingredients), or, if I was out of Peppermint but had an empty Peppermint bottle, I would mix them into the Peppermint bottle hoping there was a enough residue in there to get the Peppermint in the recipe. **BE SURE TO CLEARLY LABEL YOUR BOTTLES AFTER DOING THIS!** Also, remember, **DON'T ADD CARRIER OIL** to your recipe mix in the bottle—it will compromise your essential oils. Put the Carrier Oil in the palm of your

hand, then add the essential oil, put the lid back on your bottle of oil, and apply your carrier oil essential oil mix to your body.

Here are some more tips using some products we sell in addition to the essential oils. These can all be found in the “Bottles and Accessories” section of our website (once you’ve started shopping).

- Invest in one of our cases. I can’t tell you how many bottles of oils I lost before I bought a case. Now, I may not be able to find that tiny little bottle, but I can find a case (especially if I designate a place where this case belongs).
- Get some of the 5/8 dram bottles we sell. These are not only great for carrying when you’re traveling (I carry a 5/8 dram size carrying case in my purse), but they’re perfect for dividing oils between you, your spouse, and kids. I talk to parents all the time who are back for another bottle of oil because their kid just left for college—with their bottle(s) of essential oil. I also use them when I want to give my neighbor a little to try.
- Are you one of those people who want only one drop? I do, especially when I’m brushing my teeth with an oil (I love the flavor of Spice for Life, but not when I’ve spilled 5 drops of it onto my toothbrush!). I use the glass bottles with dropper caps (the dram size seems to work best for me). You can get just one drop by using the dropper. **WARNING:** These bottles must stay upright or the essential oil will eat its way through the soft plastic top and you won’t have any left in the bottle! I generally put about 20 drops in the bottle and stand it upright in my medicine chest. Sure, I have to refill it more often, but there’s less risk of losing a bunch of oil if it tips over.
- Never sure just how much Carrier oil to use? Get one of our bottles with a pump top. I put my Message oil in there, it just takes one pump and I’ve got just enough Carrier oil for whatever oil I’m applying.
- Are you out and about? The misting bottles are perfect for adding distilled water and then a little of your favorite disinfecting oil. These are a great size for putting in your purse or bag. You can grab them and spritz the grocery cart handle, spray the toilet seat before using, spritz down the hotel room, refresh your office, and more.
- Invest in a diffuser. You can diffuse just a few drops of Eucalyptus or Breathe to help everyone in the house breathe easy during cough and cold season—or you can have everyone put a drop on 1-3 times a day. If you have a big family it really adds up.

I hope some of these ideas help you get the most out of your essential oils. We welcome your ideas; feel free to share them with us (and we’ll get the word out to others).

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

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