

Olivia's Essential Oils Guide

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ABOUT ME

I am Olivia Spencer. I have a degree in environmental sciences and have worked as an environmental consultant for more than 13 years. I have a never-ending passion for learning and as far as I can remember, I have always had a connection with animals and nature. I was an adept horse rider at the age of five and have spent most part of my life in the discipline of jumpers and hunters.

Whilst climbing the corporate ladder was really fascinating in the initial stages of my career, I eventually got sick of the corporate sector and

left the job for a more fulfilling and peaceful life.

My interest in holistic medicines, especially Essential Oils became apparent after an accident where I severely injured my back and the neck. I was in extreme pain at that time. My doctor instructed me to stay on my back and I was given several painkillers and muscle relaxants. I took medicines for months and followed the advice of my doctor. Nevertheless, my condition never improved. In fact, it got worse. Apart from that, my body just wasn't responding to the medicines.

Several months later, one of my friends suggested me to visit a Chiropractor. The Chiropractor told me that my neck had healed incorrectly due to the effects of the medicines. And, this was causing pain throughout my body.

He recommended one of his holistic therapies and asked me to visit him

on weekly basis. I was given herbal supplements which helped me recover completely. This sequence of injury and recovery changed my life completely. This was the time that laid the foundation of my belief in holistic medicines.



HOW I DISCOVERED ESSENTIAL OILS?

In the year 2006, one of my favorite Chiropractors introduced me to Essential Oils. I had used Essential Oils in the past with little or no results. So, I was hesitant in using them at first. My doctor, who is also my mentor, told me that I was using “Fragrance Grade” Essential Oils due to which the results had not been satisfactory. According to him, those that smell nice often do not work. He was absolutely right! “Therapeutic Grade” Essential Oils was the answer!

I tried many different Essential Oils in a period of a few months.

Finally, I was able to get the results I had always expected for myself! “Therapeutic Grade” Essential Oils were doing a much better job than medicines. Eventually, I realized that it was the absence of Essential Oils in my life that was stopping me from achieving the health I deserved.

My incredible journey with the Essential Oils started in a way I never imagined. I spent hours and hours researching Essential Oils and their effects. I used to read books and learn whatever I could. During this time, I was also able to clear my own

emotional baggage which gave me an insight that is required in dealing with Essential Oils.

The topic of "Therapeutic Grade" Essential Oils has always fascinated me. I was thrilled by the breakthroughs people have achieved in their lives using Essential Oils. The deeper I went into the subject, the more hooked I felt I was with Essential Oils.

Essential Oils are friendly and gentle facilitators of true healing.

Other than my involvement in the world of natural healing, I am involved in community projects that help out people living in old age homes. I visit orphanages and organize social activities in their neighborhood. I have also adopted two kids from under-privileged families of Cambodia.

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CHAPTER 1

HISTORY OF AROMATHERAPY AND ESSENTIAL OILS

You could say that Essential oils are an extension of the earth's and sun's powers. Plants take in the light of the sun and minerals of the earth and transform them into healing medicines – nature's medicines – Essential Oils.

Only certain plants possess the ability to manufacture these fragrance molecules, and each individual aromatic plant may contain dozens, even as many as one hundred of these powerful molecules. It's these molecules,

or combination of a variety of molecules, that make up a plant's unique fragrance.

The oldest cultures of this world valued the therapeutic benefits of oils derived out of herbs. The ancient Vedic literature of India and the historical texts of Chinese medicine have documented the importance of aromatic oils for health and spirituality.

THE EASTERN PROGRESS

In the Eastern civilizations, records show that primitive distilleries were already there some 4,500 years ago, although they probably

produced lotions instead of Essential oils.

Hippocrates, considered as the "father of medicine", used aromatic fumigations to eradicate the plague in Athens. In addition, the aromatic baths and massages were used to strengthen the Roman soldiers. However, the most interesting aromatic traditions belong to the ancient Egyptians. Doctors from around the world used to go to Egypt to learn and master the use of Essential oils.

In the year 1000 AD, the physician named Avicenna discovered the process of distillation, which made the extraction of Essential oils way easier and efficient.

THE WESTERN PROGRESS

It is believed that aromatherapy was brought to the Western world at the time of the Crusades. There are records of the use of Essential oils during the plague of the fourteenth century. However, it was during the 16th and 17th centuries that aromatherapy spread. In the late nineteenth century, scientific experiments conducted on the antibacterial properties of plants began to acknowledge the potential healing power of Essential oils. Unfortunately, rather than advancing the research on Essential oils, efforts were made to imitate their properties and synthetic chemical equivalents were brought to use in lieu of the Essential oils of plants.

The reintroduction of the use of Essential oils then began in the 1920s with the work of French chemist, Rene Maurice Gatefossé, who was attracted by the therapeutic potential of Essential oils. He found that the Essential oil of lavender quickly healed a burn on his hand and that many Essential oils were better antiseptics than their synthetic counterparts were. It was Gatefossé who coined the term "Aromathérapie".

Dr. Jean Valnet, a surgeon of the French army, used Essential oils to treat soldiers wounded in battle. Later, he used Essential oils with great success on patients of a mental hospital. In 1964, Dr Valnet published his book Aromathérapie,

which is considered by many to be the bible of aromatherapy.

Marguerite Maury, a beauty therapist of the 1950s, introduced

aromatherapy clinics in Britain. She taught beauticians how to use Essential oils in massage and offer customized rejuvenation treatments to clients.



CHAPTER 2

IMPORTANT TERMS TO KNOW ABOUT ESSENTIAL OILS

ABSOLUTES

Absolutes are pure Essential oils that have been extracted from plants by solvents, rather than distillation. This method is used when the flower or plant is too delicate to be processed using heat.

CARRIER OILS

Carrier oils are mainly nut, seed or vegetable oils, usually cold pressed. Carrier oils are used to dilute pure Essential oils prior to topical application.

PURE ESSENTIAL OILS

Pure Essential oils can be harmful if used directly on the skin, so they must be diluted with a carrier oil prior to topical application.

FRAGRANT OILS

Fragrant oils, also known as aromatic oils are not known to have any direct healing properties, but they can certainly have a calming and uplifting effect.

SYNERGISTIC BLENDS

Synergistic blends are a combination of pure Essential oils that have been blended together to enhance their healing properties. Synergistic blends can be used in baths, vaporizers, burners, compresses and for inhalation and massage.



CHAPTER 3

MOST POPULAR ESSENTIAL OILS AND THEIR THERAPEUTIC EFFECTS

Essential oils are the basis of aromatherapy offering a holistic treatment that takes advantage of natural aromas present in plants, flowers and woods to benefit the body, mind and spirit. Here are the

top 10 Essential oils that are most commonly used throughout the world:

Top 10 Essential oils and their therapeutic effects

1. ROSEMARY ESSENTIAL OIL

Originating from Asia, Rosemary Essential oil is a valuable ally in the fight against obesity and cellulite. While being useful in terms of improving memory and relieving headaches, migraines, mental fatigue and nervous exhaustion, Rosemary is the oil you can choose for stimulating hair growth.

Research on this oil indicates that Rosemary is also quite useful in the treatment of conditions like diarrhea, flatulence, dyspepsia, colitis, jaundice and hepatic dysfunction. Conditions like muscle aches and arthritis, bronchitis, phlegm, asthma, sinusitis, cough, acne, eczema and dermatitis can also be relieved with the use of Rosemary Essential oil.

2. CHAMOMILE ESSENTIAL OIL

There are two types of chamomile — Roman chamomile (originally from England, is grown in Germany, France and Morocco) and German chamomile (grown in France, Spain and Morocco).

The Essential oil of Roman Chamomile is known to relieve conditions like muscle pain, headaches, migraines, ENT disorders and rheumatism. Roman Chamomile is also recommended for the treatment of various skin issues like acne, eczema, rashes, sores, dry skin, dermatitis and allergies in general — as well as disorders of the digestive system, nervous system and gynecological conditions. When diluted, Roman

chamomile can be used for babies to ease the teething discomfort, colic and diarrhea.

Being equally effective, German chamomile is known to be a good anti-inflammatory, especially when it comes to dealing with conditions like muscle and joint pain and irritable bowel syndrome. While topical application of this oil is recommended for the treatment of acne, eczema, rashes, psoriasis, hypersensitive skin and allergic reactions in general, you can also use German chamomile oil internally to relieve menstrual pain, muscle spasm, rheumatism and arthritis.

3. EUCALYPTUS ESSENTIAL OIL

With origins in Australia, eucalyptus is the best Essential oil you can choose for conditions associated with oily skin. In addition, this Essential oil is useful in healing burns, wounds, blisters, insect bites and other skin infections in general.

While Eucalyptus is the most used Essential oil for the treatment of colds and flu, it is still effective against aching muscles and sore joints. The natural detoxifying properties of this oil can strengthen the immune, circulatory and respiratory system. Most naturopaths recommend eucalyptus as a mental stimulant for improved concentration levels and productivity.

4. GERANIUM ESSENTIAL OIL

Found in South Africa, Madagascar, Egypt and Morocco, Geranium Essential oil has diuretic, antiseptic, anti-depressant and antibiotic properties amongst others. While being highly beneficial for skin conditions like burns, cuts, dermatitis and eczema, Geranium is an excellent natural mosquito repellent too. In addition to that, this oil can be used to treat hemorrhoids, lice, ulcers, swelling, poor blood circulation and sore throats. Due to its relaxing properties, this Essential oil is often prescribed to women experiencing premenstrual and menopausal symptoms.

5. PEPPERMINT ESSENTIAL OIL

Originating from the Mediterranean, the Essential oil of Peppermint has numerous therapeutic properties, making it useful for combating mental fatigue, depression, stress, headaches, migraines, dizziness and weakness. In addition, this oil can significantly improve mental agility and concentration levels. Peppermint is often used in the treatment of tuberculosis, pneumonia, bronchitis, cholera, asthma, sinusitis, and dry cough. It stimulates bile secretion and, for the digestive and intestinal tract, is known to relieve the signs of cramps, flatulence, irritable bowel syndrome, dyspepsia, nausea, and menstrual pain. At the skin

level, Peppermint is often the oil of choice for conditions like skin irritation, dermatitis, acne, scabies and pruritus. In addition, many naturopaths recommend peppermint for muscle pain, neuralgia and rheumatism.

6. LAVENDER ESSENTIAL OIL

Originating from France, this multipurpose oil is known to be beneficial for a number of health conditions - bronchitis, asthma, cold, throat infection and cough. Due to its soothing effects, this can be the perfect oil for those that wanting to calm their nerves and relieve tension. In addition, Lavender is effective in treating depression, panic attacks,

headaches, migraines and insomnia. Lavender oil is also one of the few Essential oils that experts claim can be directly applied to the skin, without any dilution. However, I would always recommend to dilute it first with a carrier oil. Lavender oil is especially useful in the treatment of minor burns, wounds, swelling, insect bites and psoriasis. Lavender is also recommended for those that have oily and acne-prone skin.

7. LEMON ESSENTIAL OIL

While being quite beneficial to the circulatory system, Lemon Essential oil can help regulate blood pressure. In addition to stimulating the immune and digestive system,

it is also a good remedy for constipation, dyspepsia and cellulite. In aromatherapy, Lemon is used to soothe and relieve headaches and migraines and ease the pain of those suffering from arthritis and rheumatism. While being powerful in fighting colds and flu, Lemon oil can help with reducing fever and signs of other infections of the throat such as bronchitis. At the skin level, it can be used as an exfoliant and to eliminate acne, herpes labialis and aphthous ulcers.

8. ROSE ESSENTIAL OIL

Originating from Caucasus, Rose Essential oil is known for its calming effect, making it useful for conditions

like depression, anger, grief, fear, tension and stress. In addition, it stimulates the function of the liver, gallbladder and circulatory system. It is also suitable for treating various cardiovascular diseases, including palpitations, arrhythmias and high blood pressure. Aromatherapy still maintains its use in cases of asthma, chronic cough, allergy, nausea, broken capillaries, herpes, eczema and various inflammations. Rose oil can also do wonders to the skin as a moisturizer.

9. SANDALWOOD ESSENTIAL OIL

Originating in India and extracted from the bark of trees, the Essential oil of Sandalwood is one of the

purest oils that is recommended for conditions like bronchitis, laryngitis and leukorrhea. Sandalwood is extremely effective in the healing of sensitive, dry, oily and chapped skin; it can be applied to scars, stretch marks and varicose veins. While being a perfect antidote for hiccups, the use of Sandalwood oil in cases of depression and stress is recommended. In addition to its aphrodisiac characteristics, Sandalwood helps improve the focus and works as a good anxiety reducer.

10. YLANG-YLANG ESSENTIAL OIL

With origins in Indonesia, the Essential oil of Ylang-Ylang is a potent antidepressant, tranquilizer and an aphrodisiac. In aromatherapy, this oil is used to combat conditions like anxiety, tension, shock, fear and panic, impotence and frigidity. Its healing powers are also very useful in cases of intestinal infections, high blood pressure and rapid breathing. Ylang Ylang is also recommended to those that have an unusually high heart rate.



CHAPTER 4

POPULAR WAYS TO USE ESSENTIAL OILS

It is known that Essential oils are highly concentrated liquids, therefore it is important to exercise care and caution when using them. While there are several different ways to use Essential oils, here are some of the most common ways to do so:

1. AROMATIC MASSAGE

Aromatic massage combines the benefits of massage therapy and the therapeutic efficiency of Essential oils. Go for an aromatic massage whenever possible to reduce stress

and relax your muscles. Therapeutic massage with Essential oils stimulates the lymphatic system and activates the limbic section of the brain, stimulates blood circulation, and thus increases the supply of oxygen and nutrients to cells. Aromatic massage is also beneficial for:

- Physical and mental well-being
- Pain relief
- Control of blood pressure
- Aid in digestive problems
- Removal of toxins
- Improvement in skin texture
- Stress and anxiety control: enhance and promote positive feelings

2. DIFFUSION

The purpose of diffusion is to disperse the oil molecules into the air. This can be an excellent complement to herbal treatments. It is one of the most popular methods of using Essential oils. Diffusion offers the following benefits:

- Add scent to any room
- Kill germs
- Cure some illnesses
- Help you relax and deal with insomnia

There are several ways to diffuse Essential oils including tissue diffusion, tea light/candle diffusers, essential oil nebulizers, room

spray, fan diffusers, mist diffusers, plug-in diffusers, steam diffusion, terracotta/sandstone diffusers and electric heat diffusers.

Most of the above utilize a heat source which raises the temperature of the Essential oil transforming it from liquid to gaseous state.

just put hot water in a bowl and add a few drops of Essential oil of your choice. Then bend over the bowl and cover up your head, forming a vapor chamber around your face. This aromatic steam is to be inhaled for about 10 to 20 minutes. Use 6 to 8 drops of Essential oil per liter of water.

3. DIRECT INHALATION

Inhalation is the direct absorption of the diffused Essential oil. Direct inhalation is mainly required in cases of respiratory illnesses or in cases of disturbed emotional state. Direct inhalation can be carried out via facial steam bath or dry inhalation. In order to have a facial steam bath,

4. FOOT SOAK

Add 10 drops of any Essential oil to 5 liters of warm water, and completely immerse your feet in the mixture. This allows blood vessels of the feet to dilate, improves blood flow and reduces congestion in other parts of the body. Footbaths are especially recommended in cases of insomnia,

congestion, headaches, menorreia, colds and flu, among others.

5. AROMATIC COMPRESS

Aromatic pads can be very suitable for specific body regions, and can be made both hot or cold, depending on the treatment.

- Cold compresses are generally useful for cases of bruises, bumps, headaches and fever, among others.

- Hot compresses are recommended for the maturation of abscesses, cramping, earaches, rheumatic pains and muscle aches, among others.

6. COSMETIC USE

Many organic and natural cosmetics use Essential oils in their blends. These Essential oils are the elements responsible for the fragrances of these organic and natural cosmetic products, and enhance the therapeutic properties of their ingredients.



CHAPTER 5

WHAT ARE THE BASIC SUPPLIES NEEDED FOR EASY USE OF ESSENTIAL OILS?

- Measuring cups: You'll need a glass measuring cup with a pour spout for measuring out larger quantities of Essential oils. A set of smaller measuring cups is also useful.
- Measuring spoons: A set of measuring spoons is needed for measuring out more than a few drops of Essential oils.
- Small funnels: These are useful for accurately pouring Essential oils and blends from one container to another.

- Pipettes: These are long, narrow tubes, which can be used to measure smaller amounts of Essential oils.
- Droppers: A glass dropper can give accurate measurements for drops.
- Glass bottles: An assortment of small, glass bottles (any color) is Essential for holding your recipes and blends of Essential oils.
- Labels: Simple labels on which you can write the contents of your bottles.
- Rubbing alcohol: For cleaning each item after use so as not to contaminate your Essential oils.
- Paper towels: Wet the paper towel with the rubbing alcohol for cleaning and sanitizing your equipment.



CHAPTER 6

FEW ESSENTIAL RULES ABOUT USING ESSENTIAL OILS

While we may be familiar with the use of herbs for making teas and other food items, whereby the whole herb can be used, one must be aware that, unlike fresh herbs, Essential oils are extremely concentrated substances that can be harmful if mishandled or used inappropriately. Listed below are safety precautions that must be observed when using Essential oils:

RULE 1: DO NOT TAKE ESSENTIAL OILS INTERNALLY

There are some rare circumstances when Essential oils may be prescribed by a medical doctor, but never swallow any Essential oils on the advice of a layman.

**RULE 2: BABIES, SMALL
CHILDREN AND THE
ELDERLY ARE MORE
SENSITIVE TO ESSENTIAL
OILS AND MAY BE
ADVERSELY AFFECTED BY
THEIR USE**

When Essential oils are used on babies and children, their body weight must be taken into consideration and dosages must be adjusted accordingly. For older children, a few drops of a skin-safe Essential oil – such as Lavender or Chamomile – in the bath, or massaged gently on the skin may be enjoyed. Do not use Peppermint or Eucalyptus Essential oils near a baby's nostrils, as this could cause respiratory problems.

**RULE 3: BE CAREFUL WHEN
USING ESSENTIAL OILS
DURING PREGNANCY**

Always seek the advice of your health care professional. Some Essential oils are known to be safe after the first trimester of a pregnancy. These include Lemon, Lavender, Mandarin, Chamomile, Neroli, Bergamot and Grapefruit.

**RULE 4: DO NOT APPLY
DIRECTLY ON SKIN**

Undiluted Essential oils, often referred to as neat oils can be harmful to the skin. Never put undiluted Essential oils directly on your skin. Lavender and Tea Tree Essential oils, when diluted with a carrier oil are generally safe to use.

Thyme and oregano herbs are great additions to many food dishes, but their Essential oils are well-known skin irritants. When you are using an Essential oils for the first time, always do a skin patch test. Using a 2% dilution and a 1% dilution is considered safe for topical application in adults and children respectively. You can achieve a 2% dilution by adding 12 drops of Essential oils to 1 fl. Oz (30ml) bottle.

RULE 5: PHOTO-TOXICITY IN ESSENTIAL OILS

There are a few Essential oils that can cause your skin to become more sensitive to the sun; these are known to be photo-toxic. Photo-toxicity will be much stronger directly after the application of the Essential oil

blend to the skin and will gradually decrease over the next eight to twelve hours after use. The most common Essential oils that can cause photo-toxicity are verbena and angelica. Citrus Essential oils – Bergamot, Orange, Lemon, Lime and Grapefruit – can also be photo-toxic, so avoid their use when you know you'll be exposed to the sun immediately after application.

RULE 6: NEVER TOUCH YOUR EYES AFTER HANDLING ESSENTIAL OILS

If an accident occurs and your eyes come in contact with an Essential oil, do not rub them. Saturate a cotton tissue with vegetable oil or milk and gently wipe over the affected area. You may also wash your eyes

with lukewarm tap water for fifteen minutes by cupping your hands and the water into your eyes.

FEW IMPORTANT THINGS ABOUT STORING ESSENTIAL OILS

- Exposure to heat and light can degrade some Essential oils over time

Store all Essential oils in a cool, dark and dry place, such as a closet. One exception to this is citrus Essential

oils – Lemon, Orange, Grapefruit and Lime – they are more vulnerable to losing their scent than most other Essential oils, so store them in the refrigerator.

- Do not store Essential oils in plastic

Some Essential oils are able to dissolve plastic, therefore storing them in plastic containers, even temporarily, could contaminate the Essential oils.



THE FINAL WORD

In recent years, aromatherapy has evolved into something that is beyond the beauty therapy. It has now gained recognition as an important part of many of the

contemporary treatments. Many universities and hospitals throughout the world have conducted researches on these oils that have given us a much deeper knowledge

of Essential oils, as well as a greater awareness of their exceptionally beneficial properties.

The many different applications of Essential oils can improve our lives in several ways. While foremost in our thoughts are the health benefits to be realized through the use of aromatherapy, you can also take advantage of the many cosmetic uses of these oils. And, our household surroundings can be made more sanitary and pleasing by using a variety of aromatherapy preparations.

You have now been introduced to the world of Essential oils. I have shown you a few of the basics and you can now become part of this community and enjoy the benefits and rewards of using Essential oils.

For information on all your Essential oil requirements, recipes and more, visit:

<http://essentialoilbenefits.com/>