

The Wonderful World of Essential Oils



Why Use Essential Oils?

Essential oils contain the nutritive values and healing properties of plants in a very concentrated form. They often heal the body, mind, and spirit, while regenerating damaged tissue and bringing oxygen to deprived cells. The use of essential oils also improves overall immune function.

For effective therapeutic use it is absolutely crucial that only good quality, natural essential oils be used.

All essential oils have a cleansing effect on the human system, whether it be on the skin, in the blood, in the lymphatic system, or on a person's accumulated cellulite. One of the things that appears to happen when essential oils are used regularly is that toxins, free-radicals, cellular debris, heavy metals, pharmaceutical drugs, petrochemicals, renegade cells, fungi, bacteria, and even viruses attach themselves to the cellular structure of the essential oil and are then excreted from the body in natural and harmless ways. This cleansing effect on cellular receptor sites increases our ability to absorb and utilize vitamins and minerals.

What is an Essential Oil Blend?

A blended essential oil combines two or more pure single essential oils in such a manner that the result is an oil blend that is more effective than if those oils had been used separately. When oils are mixed together in the correct order and in the correct proportions, a chemical compound is created that is very particular and very powerful. The frequencies of each single oil seem to act both separately and as part of the unique frequency of the blend. Often a drop or two of the blended oil will accomplish what it would take a drop or two of each of the single oils to do. It will also give you the unique healing properties of the blend itself.

How to Use Essential Oils



TOPICALLY: Apply the oils directly to the skin using 1 to 6 drops of essential oil, almost always with a carrier oil. A good carrier oil allows you to use less of the more expensive essential oil with the same, or even increased, therapeutic effects. Oils are often applied to the feet, areas of concern, or acupressure points.

Essential Oils can also be used for massage, or be mixed with lotions, perfumes or shampoos. Essential oils are also beneficial when included in compresses, or when diluted with distilled water and used to wash wounds.



OLFACTORY: Diffusing means to get the volatile molecules into the air. This can be done in several ways. A cotton ball or piece of paper pinned to a fan, heat vent or placed in the vent of your car, works very well. Simply opening the oil bottle and sniffing the oil also works well. I love my diffuser and would recommend everyone wanting to enjoy the world of essential oils invest in one.

You can also place a few drops of an essential oil in a bowl and add hot water, place a light cotton dish towel, or something similar, over your head and hang your head over the bowl, then inhale deeply.

Inhalers are small plastic tubes with a cotton core onto which an essential oil may be placed. This is a convenient way to have the aroma of an essential oil with you at all times. This is a very good way to get a whiff of an essential oil in a public place without the aroma of the oil dispersing all over the room and being obvious to everyone around you.



WATER MAGIC: Water acts like a magnifier for essential oils. We often think we are diluting our essential oils when we add them to water when in fact we are not. For this reason it is very important that you only add a few drops, and with some oils 1 drop, to your bath.

A few drops may also be added to a foot bath, hot tub, jacuzzi, or in the bottom of your shower.

Essential oils used as room sprays are very effective at removing odors and for killing the bacteria and germs on surfaces and in the air.



OTHER USES: Although we do not recommend essential oils for internal use, some oils make excellent gargles and mouth washes. During times of illness or when other members of the family are ill, a drop of an anti-bacterial oil on your toothbrush may also be helpful. Essential oils can be added to the dishwasher or put into the dishwasher (1-2 drops is sufficient) to clean, disinfect, and fight bacteria. You can use them in the laundry by adding a few drops to the water before washing. They can also be placed on dryer sheets. I love the citrus oils for this!