

10 ESSENTIALS ABOUT *Essential Oils*

1 Professional Support

- ◆ Always seek a trusted healthcare provider's support when it comes to essential oil use, especially knowing if they will help, hinder, or interact with prior conditions or treatments
- ◆ You are in charge of your own healthcare, so you are a vital addition to your healthcare team

2 Potency

- ◆ EOs are powerful and volatile substances super-concentrated by specific processes
- ◆ LESS is more when it comes to EOs
- ◆ Always have a Carrier Oil handy in case of cross contamination
- ◆ Dilution is necessary for children and many adults for most oils
- ◆ 1 drop of Peppermint Oil = 28 glasses of Peppermint Tea (EOs are 50-70% more potent than herbs)

3 Variety

- ◆ Each person can react differently to the same oil depending on body chemistry, mood, and needs (they may also smell different to different people as well)
- ◆ Don't give up on an EO after one try - be persistent and consistent to see results
- ◆ Adjust your application technique, area of application, and amount of oil used to see if results differ
- ◆ Layer the oils for added benefits
- ◆ Try out blends in addition to single oils

4 Quality is Key

- ◆ High-quality therapeutic pure essential oils MUST be used to achieve benefits
- ◆ Remember to check out the red flags of adulteration in Chapter 1
- ◆ Do your research to find a company that you trust
- ◆ Test for quality yourself by doing a sniff test or the Drop-on-Paper test (pg 15)
- ◆ Do NOT buy your oils from a supermarket or discount store

5 Water & Oil

- ◆ Oil and Water REPEL each other
- ◆ NEVER try to wash an oil off with water - ALWAYS DILUTE with a vegetable/carrier oil
- ◆ Wet compresses can be used to drive oils in deeper

6 Care with Kiddos

- ◆ Children are NOT tiny adults
- ◆ Discuss EO use with your pediatrician or trusted healthcare provider first (remember that YOU are in charge of your own healthcare)
- ◆ Always dilute essential oils when using with kiddos
- ◆ Patch test when introducing a new oil and watch for skin, systemic, and/or mood reactions
- ◆ Never allow kids to use oils by themselves without permission or leave them accessible
- ◆ Empower your children and educate them about EOS, but require permission for use
- ◆ Keep a notebook of oils used, reason for using, and any reactions or benefits that you note

7 Glass Containers

- ◆ EOs can eat through most plastics and materials due to their potency
- ◆ Always use glass bottle store your oils and blends
- ◆ Always buy recommended plastics for use with essential oils (spray tops, orifice reducers, caps, etc.)
- ◆ Never let stray drips get on wood, plastic, or any delicate finish

8 No Patented Essential Oils

- ◆ Not common in Western culture but have been used for thousands of years in other cultures
- ◆ No patent because EOs are completely natural (impossible for pharmaceutical companies to profit)
- ◆ Synthetic blends are created in labs for perfumes and food additives
- ◆ Select few professionals are studying essential oils, so look for research to back up facts

9 Essential Oils Are Not Oily

- ◆ Derived from volatile compounds in plants and devoid of fatty acids associated with "oils"
- ◆ Oily feel = adulteration
- ◆ EOs do blend well with other fatty oils - Carrier oils

10 Blends Create Synergy

- ◆ Blending oils together creates powerful therapeutic results when done correctly
- ◆ Synergy created offers more benefits than the single oils by themselves
- ◆ Trusted EO companies painstakingly research their blends before offering to the public
- ◆ Blends in *Smart Mom s Guide to EOs* have been recommended by trusted professionals
- ◆ Approach blends with the same caution you would a single oil