



Essential Oils: How to Cure Everyday Ailments with Age Old Remedies

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Chapter 1

Introduction

The use of [essential oils](#) is a natural option that should be considered. There are quite a few different essential oils and each of them offers specific benefits. Some of them are frequently used to battle health problems and other can help with emotions and mood.

While they have been used for many centuries, there seems to be a soaring trend for use of them. Consumers have the internet access today that helps them to find information and to make good choices. For many people, changing to essential oils is a lifestyle change. Once they do so, they don't go back to old methods for their body or their mental well-being.

Many consumers are tired of spending money on over the counter or prescription medications to help them feel better. They like the idea of relying on a natural product that can help them to achieve the same types of results without the cost or the side effects.

The use of essential oils has been around for centuries, and the use of them continues to grow. As more people learn the value of them and give them a try, they have made the switch. Perhaps they were tired of the cost of medications, they didn't feel their best, or what they were taking didn't offer them enough benefits.

There is plenty of demand for essential oils due to what they can offer for the human body and mind including:

- Improve immune system
- Flush toxins
- The body metabolizes them like it does nutrients
- Powerful antioxidants
- Detoxify the blood
- Restore natural balance
- Reduce symptoms of Alzheimers Disease
- Increase oxygen
- Decrease the risk of bacteria growth
- Healing physically, emotionally, spiritually

It is possible that you learned about essential oils from a friend or someone you work with. It is certainly something that you can consider as a lifestyle change. When you see someone feeling better, having more energy, and seeing happier then it is common to want to follow in those footsteps.

It is a myth that the use of essential oils is a type of witchcraft. Such rumors continue to circulate and they can prevent someone from trying them. Where these rumors come from though is hard to identify. Perhaps in some cultures the use of essential oils wasn't fully understood.

In many though, it has been a powerful part of their survival. More about that will be shared in later chapters. Understanding that there is nothing wrong with using essential oils is important. Many people want to make the change but they hesitate as they aren't sure how their doctor or society will think about them.

When it comes to your lifestyle, you have to make choices that are right for you. Don't follow the norm and feel like there is something missing because of it. Instead, be inspired to gain insight and information that helps you to make a choice for or against the use of essential oils based on your needs and those facts.

Essential oils come from plants, flowers, and other natural elements in the world. Before modern medicine came along, people in various cultures relied on these essential oils for their well-being. Even with the modern medicine we have and technology, many will argue that you just can't substitute the value of these essential oils.

The fact that so many people don't live a good lifestyle, there are toxins and harmful elements in the air we breathe, and even eating habits aren't the best is opens the opportunity for more health problems to occur. Taking control over your life and reducing the effects from a chemical imbalance, pain, and much more can help you to enjoy life to the fullest.

Even though essential oils come from natural elements in nature, you do need to know the correct way to use them. Many of them are very potent so a little of the oil goes a very long way. If you have heard terrible stories about the use of essential oils, don't let them alarm you.

When used correctly and when a trial test is done to make sure you aren't sensitive to any particular one, you will be able to see the personalized results from them. As with medications, you may have to try different ones before you find what is perfectly matched with your own body chemistry.

Asking questions, gathering information from reliable resources, and knowing your own limits will certainly help you in this quest. The use of essential oils can open up new opportunities for you. When you feel better mentally, you have energy, and you aren't in pain you can focus on your family, you can enjoy your job, and you can engage in hobbies or social elements that were eluding you before.

As you learn more about the types of essential oils, their history, the value that they can offer, and how you can use them for your own benefit you will be inclined to give them a try. It certainly doesn't hurt to give it a try and see what the value is for you personally!



Chapter 2

What are Essential Oils?

In spite of their name, essential oils really aren't oils at all. They don't contain any fatty acids which is why they don't fit that classification. The name comes from the fact that the essence of the various plants give the life force to it and that is where the name comes from.

They come from various plants, woods, herbs, flowers, and spices found around the world. The entity that they are extracted from is referenced as the parent. The oil element from them is the essence or the scent of that entity. It is only through various processing forms that will be covered later on in the materials that the essential oils are extracted.

You can't go to these various parent resources, cut them open, and take out the oil as one might think. The process is far more detailed than that. It also takes a large volume of parent produce to create a small volume of the essential oil. That is why the process has to be so detailed for extraction and why some of these essential oils aren't cheap to buy.

When you see a small bottle though you may be blown away by the cost. Yet you have to also consider that you only need a few drops of the oil since it will be very potent. Therefore, that small bottle can last you for several months or even years depending on what you buy and how often you use it.

The earliest record of essential oils being used date back to the Egyptian culture. They believed they had healing powers and those members of society that were able to identify the various oils for different needs were highly regarded. Various writings and pictures from their culture have been identified to show they relied on these oils for their overall well-being.

Essential oils were found in the tombs of many rich and prestigious Egyptians, as a symbol of offering them the best into the afterlife. This shows how much the culture valued these essential oils. Some of the temples were dedicated only to extracting these oils and the hieroglyphs tell a very interesting story.

The Chinese manuscripts also talk about using various essential oils for thousands of years. There is no doubt that the people of their culture are

much healthier and live longer than in many other regions. Their diet as well as their alternative medicine resources have long been credited with such an outcome.

The Bible contains 188 references to essential oils. Most of them are in reference to offering hope and healing for those that were sick. For those that are interested in such references, there are websites that point all of them out so you can go read them in the Bible if you desire.

In writings from 1772, Captain James Cook wrote about Tea Tree Oil and how his crew relied on them to prevent scurvy on the voyage. Today, we know it is a great defense against bacteria and infection. As you can see, many of these discoveries were by accident but they were documented, and still widely used today.

Essential oils give off a scent, and smell is our most powerful sense. They come from plants, flowers, herbs, woods, and spices. The use of smell is a very common marketing tactic for an array of products. This is a subconscious means of getting consumers to purchase them. Many stores also use smell to get consumers to feel comfortable and to linger longer.

You may enjoy going to a center retailer to shop because of how it makes you feel when you do! It could boost your energy and your mood – due to olfactory sensory at work! The brain and the sense of smell work as a team to help the body and the mind to reap the benefits.

This type of connection has carried over into many realms of life without us even knowing. Think it is coincidence that your dental office smells like lavender? It is often a choice because that scent can help to calm the mind and to help someone to feel more comfortable.

Essential oils can be used for mental or physical well-being. This type of use is often referred to as aromatherapy. The body and mind seem to respond to these oils very well due to the chemical structure of them. The structure is similar to proteins found in the human body.

Therefore, the body welcomes it instead of being apprehensive like it can when a person takes medication. The ability for the body to respond positively to essential oils also means that it can start to work right away. With some medications, you have to wait 30 minutes or long for it to work.

You may use essential oils regularly but not be aware of it due to plenty of common products containing them. The most popular ones that could be used in your household include:

- Body wash
- Candles
- Cosmetics
- Disinfectant spray
- Food flavoring
- Lotion
- Perfume

- Soap

The process for extracting the essential oils from the parent can be complex or it can be simple. The amount of oil that can be removed from the parent and the process involved will influence the cost. Generally, the more complex the extraction is and the more volume of the parent it takes to create the finished product the more it will cost.

Some essential oils are harder to obtain and more expensive due to their limited supply. Some of them can only be harvested during a particular time of year. Consumer demand also influences processing and the pricing. For example, Neroli oil is very expensive due to the fact that it takes 1,000 pounds of orange blossoms to yield 1 pound of this oil.

In a later chapter, you will learn more about processing methods used and how they can influence overall quality of essential oils.



Chapter 3

Quality of Essential Oils

You definitely need to make sure you know the quality of the essential oils you buy. This will affect their potency and their ability to offer you benefits for your body and your mind. Look for those that are offered by well-known businesses that have been around for a long time.

Marketing isn't something you often see on TV or in magazines for essential oils. Therefore, you may need to do some checking around to discover who to buy it from. You can ask other people you know what they buy and how long they have been doing so.

You can also find some online sites that do comparisons. Make sure such sites are unbiased though rather than accepting what you find at face

value. This is because some of them are really promoting their product as the best choice to entice new customers. With an unbiased entity, they are reporting factual data that includes both pros and cons of given brands of essential oils.

You can buy your essential oils from local health food locations. There is a very good chance that they have done their research and they are confident in what they sell in their stores. This is a great resource if you aren't sure what to buy. Talk to someone about what you are looking for and they can point out some options.

Many health food stores also have sample packs. This is a great option as it allows you to try a variety of different essential oils in small amounts. If you like any of them you can return and purchase a larger bottle for ongoing use.

You can also buy them online but you should only do so after you have invested some time in exploring the reputation of that online business. As is the case with any type of product you can purchase, there are cheap imitations and even fake essential oils out there.

You don't have any clue what you are really getting. Some of them aren't harmful but they certainly aren't going to offer you the value the real essential oil can. These products are sold due to the fact that they can make a huge profit by selling something that cost them next to nothing to make.

This is why you should always evaluate the business name. If you can't find information about them, that should be a red flag. Many of the fake providers change their name often to get out from under the radar. It doesn't take much at all to create a fake website either and gather customer information including debit or credit card information.

By the time the consumer is aware that they have been scammed, they may be in a tangled financial mess that takes a long time to get out from under. The good news though is that there are lots of great providers online of essential oils. Many of them have support available to assist you.

It is always a good idea to ask where your product will be shipped from. It can take a great deal of time for it to arrive if it will be coming from another country. How it will be packaged is also a question to ask. You need to make sure that it can get to you without risk of damages.

A company that offers you a tracking number on your purchase is often a good sign. This allows you to get information about when your essential oils were shipped and where they are until they reach you. This is a great way to dispute a charge if you don't get your package.

Watch out for low prices online with essential oils but then then add on processing fees and high shipping to make up for it. When you are comparing prices, always look for the overall cost with everything included.

To help you reduce the cost, look for discounts and promotional codes. Some online sites offer incentive codes for first time buyers in the hopes

that this will encourage you to buy from them and not one of their competitors. Many of these businesses also want to secure future business.

They will offer a rewards program or discounts for those that have previously made a purchase. Referral programs are very popular too as they allow you to earn credits when you refer others and they go to the site to make a purchase. Find out what you can benefit from the most to save money and get a quality product should you decide to purchase your essential oils online.

By always knowing who you are doing business with and what you are buying from them, you can save yourself the trouble. Keep in mind that a higher priced essential oil for sale online doesn't necessarily protect you and mean it is legitimate. It is always up to the consumer to be aware of what they are buying with this and any other products out there.

Methods of Extraction

Both the quality and the price of essential oils heavily depends on the method that was used to extract it. Always look at this to help you with determining if the price justifies the quality that you get.

Distillation Process

The most common method is the distillation process. This is the process that is also believed to offer the very best quality products. This process

has been around since the 11th Century when it was introduced by Ibn Al Baitar who was a Persian chemist. This process is what allowed the perfume industry to develop.

Distillation relies on the use of steam. The parent of the oil (plant, flower, wood, herb, or spice) is placed into a still. Pressurized steam is filtered in and the product is saturated. This will cause the cell walls of the item to burst open. That is what allows the essence to sweat out.

The sweat vapor is very potent and it goes through a tube for the next step in the process called Shock. This is where extremely cold water is introduced. The mixture of water and the essence will separate as condensation occurs. They are different densities and they will separate.

The oil is lighter and it will float to the surface of the water. A skimmer is used to remove the top layer of the oil film and that is what is sold as essential oil. The process is very complex in terms of the temperatures and waiting times to ensure accurate results.

Cold Pressing

The process of cold pressing is generally one that is used for the citrus essential oils. The fruit peelings are pressed with extreme pressure. This allows the essence to be removed from the peelings. This is a simple process and one that can be done in very little time. This process can produce quality essential oils.

Enfleurage

The process known as enfleurage can offer decent quality essential oils. This involves pressing the item into a wax or oil form. The squeezing will remove the essence from the item. This is a process that is used for flower petals due to their delicate nature. The flower petals are too delicate for a steam process.

Solvent Extraction

Sometimes, solvent extraction is also used for items that are too delicate for steam. However, this can be a very expensive method so it will increase the cost of essential oils sold by companies that use it due to their increased overhead expense.

The solvents frequently used to mix with the item include:

- Benzene
- Hexane
- Petroleum

The mixture that is used is often referred to as a concrete. Once the item is saturated, ethyl alcohol is added to break down the elements that don't offer the oil. Next, the moisture has to be distilled and then filtered in order to remove the essence from the solution. This creates an essential oil called an absolute.



Chapter 4

Reasons to use Essential Oils

Essential oils have very small molecules, which is why they are so easily absorbed into the skin. They can be used to heal and to nourish the skin plus the mental well-being that they can offer.

Depending on the essential oil that is in the spotlight, it offers an array of uses and benefits. The majority of essential oils are:

- Anti-bacterial

- Anti-fungal
- Anti-viral

The list of reasons to use essential oils is very long. Your particular reason for using them could be numerous or you may find that some of the reasons here influence your decision to try them. The fact that they do have a long history in many cultures holds merit with quite a few people.

Recommendations

We tend to pay close attention when products are recommended to us by other people. Perhaps your grandma or your mom relied on essential oils for their needs and you would like to do so as well. Maybe you know someone at work or a friend that has been able to improve their body or mind with the use of certain essential oils.

When you hear about them from people you know or see that they are improving it does give more value to your own consideration for using them. Reading about stories online from people that have used a particular essential oil can also peak your interest and motivate you to try it as well.

Heal the Body

There are several essential oils that can help with healing the body from various health concerns. This is one of the common reasons why people turn to them. They want to have the best overall quality of life that they can.

They want to be free from limitations and from pain. If they find an essential oil that gives them such freedom then they are going to embrace it.

Stress

Too much stress can take a toll on the mind and the body. Stress can make it hard for you to focus on your job, to enjoy social activities, and for you to get a good night of sleep. Too much stress can also cause pain in the body including headaches, tightness in the neck and shoulders, and back pain.

Essential oils can help to reduce that level of stress so that you can continue to face those challenging deadlines at work and to handle what is going on at home. Life isn't always easy but there are ways to help alleviate the stress so that it won't have so much control over you.

Anxiety

Feeling anxious can happen at any time and any place for someone that suffers from panic attacks. This can prevent them from being able to work or to enjoy social events. Anxiety can also occur due to feeling overwhelmed at work or home. Reducing that anxiety can help you to rely on logic to make good decisions. Essential oils can calm the mind as well as the body.

Mood

There are so many things in life that can affect mood including a lack of sleep, too much stress, not enough money, difficult relationships, and even a chemical imbalance. There are essential oils that can help to regulate mood so that a person feels calm and relaxed.

Memories

The mind is very powerful, and many people find that a certain essential oil can result in good memories coming back to them. These memories can help them to get through a difficult time such as the loss of a loved one.

Reduce Costs

Depending on the essential oils that a person buys, they can be less expensive than paying for over the counter or prescription medication. Even with health insurance the co-pays for various prescription meds can be high. For those without insurance it may be almost impossible for them to buy what they need.

Avoid Harsh Side Effects

For those that can afford their prescription medications, they may have harsh side effects to contend with. They can include headaches, nausea, changes in appetite, changes in weight, etc. These side effects can make it hard for them to have the quality of life they desire. Turning to essential oils can make it possible to get results but to do without those types of side effects.

Medication not Working

There are individuals that decide to try essential oils because the medications they are on just don't seem to be working for them. They are frustrated with the process of trying a different one every so often in the efforts to find what does work.

Medical Care

It is important to understand that the value that a person finds with essential oils can be different from the next. This is due to the overall body chemistry of each individual. It also has to do with the overall physical or mental needs of the individual.

The use of essential oils shouldn't be a replacement for medical care. You should always follow up with your doctor for checkups, for lab work, and to discuss your needs. Make sure you fully disclose to your doctor any essential oils you use and why you use them.

Your doctor may prefer that you use medication but they know it is your choice. Don't hide from them what you are doing though as they can't help you successfully if they don't have a clear picture of what is going on with you. If you do feel better physically and mentally when you use essential oils chances are your doctor will encourage you to continue doing so.



Chapter 5

Precautions to take with Essential Oils

Even though essential oils are all natural, there are some precautions you need to understand before you use them. It is always a good idea to test out how an essential oil is going to affect you before you use very much of it. If the product is for applying to the body, apply on a small area. If you don't develop any sensitivity to it within 24 hours then it should be safe for you to use it.

Protect the Mucus Membranes

When you are applying essential oils to the body, it is best to do so with latex gloves on. If you use your bare hands, make sure you wash them well after you have applied the oil. Never place any essential oils on the mucus membranes including the eyes and the ears.

Almond Oil

Watch out for various products including bath products and lotions that contain almond oil if you have a nut allergy. Such individuals may have a very severe allergic reaction when they use such products.

Potency

When you are talking about the essential oils in their pure form, they are very strong. They are often referred to in this stage as being neat. Most of the time you are going to need to dilute the pure form to make it less potent and to extend the number of uses.

The problem occurs though when someone thinks that they can get better results if they don't go through the dilution process of adding a few drops of the essential oil to water.

This can prove to be toxic to the body as there is a limit to the amount of essential oil that the body can absorb without problems. The other reason this occurs is that some people just don't have the information about diluting.

To test the potency of any essential oil, get a piece of plain white paper and place a drop in the center of it. If it evaporates in very little time and it doesn't leave a ring it is pure and very potent. If there is a ring then the manufacturer has already diluted it to some degree.

Mixing Essential Oils

There are times when mixing various essential oils can give better benefits for an individual than just using one of them. However, you need to be very careful about what you mix with what. Some of them do very well together but others won't.

Never mix any essential oils unless you have done your research to find out what they work well with. Then you should also pay close attention to the amount of each to mix. Since the potency of an essential oil can vary from the next, you may not be mixing equal parts. You will still need to dilute them as well.

Potentially Fatal Essential Oils

The following essential oils can be fatal so you do need to be very careful with them. They should only be used in very small amounts and never in the neat form, always dilute them. This includes:

- Arnica
- Bitter Almond
- Camphor Turmeric
- Mustard
- Nutmeg
- Parsley
- Tansy

- Wintergreen
- Wormseed

Eucalyptus Essential Oils

Due to the fact that so many people turn to Eucalyptus essential oils for healing, it is important to talk about the risk with them. They are extremely potent so a little goes a long way and they should always be diluted. This should never be used with children due to the sensitivity of their skin. It shouldn't be used by women who are pregnant either.

Even in small amounts, an overdose can occur if it is used daily. It should only be used every other day and for a short duration of time. If any of the follow symptoms develop while using Eucalyptus essential oils it is important to seek medical attention immediately:

- Blurred vision
- Burning sensation in the mouth
- Changes in breathing
- Changes in heart rate
- Chronic fatigue
- Difficulty swallowing
- Seizure

Pregnancy & Nursing Precautions

Essential oils shouldn't be used when a woman is pregnant. There are some which can promote a miscarriage during the first trimester of the pregnancy. The full effects on an infant aren't really known when it comes to essential oils. Since it is possible that they can pose a risk it is best not to use them while nursing as a precaution.

Keep in mind that essential oils are very similar to what our body already produces. When a woman is pregnant or nursing, her body has different levels of hormone than normal. This is what is believed to potentially trigger to the mind and body that there is a risk. It may determine the fetus is the risk and not the essential oil.

Children & Pets

Children have skin that is far more sensitive than humans so essential oils shouldn't be put on their skin. Many parents do use aromatherapy though in other ways for children though such as through candles or an oil warmer. Make sure such products are always kept out of the reach of children.

Never use essential oils on pets either as their bodies are highly sensitive to them. Felines seem to deem many essential oils as toxins in terms of how their bodies will process them. Keep your essential oils where pets can't get into them.

Essential Oils and Fragrance Oils are Different

Since both essential oils and fragrance oils are used in scented products, they are often thought to be the same thing. However, there are significant differences that you need to be aware of. This can prevent the over use of essential oils.

All essential oils are pure extracts and fragrance oils are created in labs. Therefore, they often aren't nearly as potent as essential oils. Another significant difference is the scent. While essential oils are very strong and long-lasting, fragrance oils have a limited scent.

Essential oils are going to cost more than fragrance oils. This is due to the processing of essential oils being more complex and expensive. It also stems from many of the essential oils not being available for harvesting except at certain times of the year.

All of this information isn't to scare you but to make sure you are well informed. Essential oils can be beneficial and therapeutic when they are used properly. Unfortunately, many people are using them before they have the right knowledge for how to use them and to also be safe while doing so.

When you seek medical help for any such symptoms, make sure you share information with them about what essential oil was used and the amount of it. Don't induce vomiting if someone has a reaction to it. Burnt toast can be consumed to help neutralize the chemicals in the oil. Still, that isn't a substitute for getting medical attention.



Chapter 6

How to use Essential Oils

Understanding how to use essential oils is very important. They aren't concentrated so just a few drops goes a long way. When it comes to essential oils you always want to be cautious and you never want to increase the recommended amount to be used.

Always pay close attention to the packaging details. If you have any questions, make sure you contact the support for that company before you use the essential oils. Here are some basic guidelines though to give you a good idea of how much you should be using.

- Body compress = 1 -2 drops per 2 liters of water

- Body lotion = 10 - 25 drops per 100 mL of base
- Dehumidifier = 10 drops
- Diffusers = 3 – 8 drops
- Foot soak = 3 - 5 drops
- Home cleaning products = 5 – 10 drops per 5 liters of water
- Massage oil = 10 – 25 drops per 100 mL of base
- Vaporizer = 10 drops

Apply to Body

Only apply essential oils to the body if it is safe to do so and remember that they are very potent. A few drops mixed with some baby oil or other mineral oil for massage can be ideal. Make sure you test it on a small area of skin for 24 hours the first time you use it to be positive there isn't going to be an allergic reaction.

Diffuser & Candles

Essential oils placed into a type of diffuser such as holder with a candle under it or a portion that gets plugged in is common. They allow the aroma to be released into the air. Keep them out of the reach of pets and children. For safety, they should never be left unattended or operating while you sleep.

Many people find that they get the most benefit through the use of a diffuser or candles with essential oils when it comes to mental well-being improvements. Some of the reports indicate:

- Increased oxygen in the cells
- More endorphins released which helps improve mood
- More serotonin secreted which helps improve mood
- Increased natural antibodies
- More energy created
- More histamine created which speeds up healing
- Improved circulation
- Production and secretion of HGH improves

Sprays

You can make sprays for cleaning your home and even to repel mice. Mix them with the right amount of water in a spray bottle. Make sure you properly label any such sprays you have in your home. Store them away from heat and out of the reach of children or pets.

Storage

Essential oils can be stored for up to 10 years so the investment can be a very good one if you only use a bit of it at a time. The exception is for citrus based essential oils as they can only be stored for up to 2 years.

To help ensure it continues to work like it should, make sure you store it in a dark colored bottle. Store them in a dark, dry location as the sunlight and the dampness can reduce their potency.

Essential oils are flammable so you should never store them where they could catch on fire.



Chapter 7

Essential Oil Grades and their Uses

There are three main grades of essential oils that you can pick from. Understanding what each of them offers can be very useful when it comes to deciding what you will purchase. This can also make reading labels more effective for you.

Grade A

Any essential oil that is classified as Grade A is considered to be an option for therapeutic needs. This is also the highest quality of essential oil you will find so expect to pay more for it. You only need a very small amount per used due to the pure chemical essence that is offered. No oils or

solvents have been used for extraction or processing. These are often used for aromatherapy.

[dōTERRA](#) is a brand of essential oils known for their superior grade.

From [their website](#):

dōTERRA's therapeutic-grade essential oils are 100% pure natural aromatic compounds carefully extracted from plants. They do not contain fillers or artificial ingredients that would dilute their active qualities. Proper extraction and quality control methods also ensure that dōTERRA's essential oils are free of any contaminants such as pesticides or other chemical residues. In addition to being 100% pure and natural, dōTERRA's Certified Pure Therapeutic Grade essential oils are subjected to further quality testing that ensures the correct composition of the active natural compounds found in each oil. Even though an essential oil may be 100% pure, if the right species or part of a plant has not been used, or if the plant has not been grown in the right environment or harvested at the right time, or if it has not been distilled under the right conditions, the natural chemical makeup of the extraction will not provide as predictable and powerful a benefit. In some cases, the wrong plant harvested at the wrong time may result in an extract that contains harmful levels of some constituents.

dōTERRA's Certified Pure Therapeutic Grade essential oils are guaranteed to be 100% pure and natural and free of synthetic compounds or contaminants. They are subjected to rigorous mass spectrometry and gas chromatography testing to ensure extract composition and activity. dōTERRA's 100% pure essential oils represent the safest and most beneficial essential oils available today.

Grade B

Any essential oils classified as Grade B are food grade. It is very possible that they have been through extraction and processing using solvents or synthetic ingredients.

Grade C

Essential oils that fall into the Grade C category are considered to be cosmetic grade. They have been extracted and processed with the use of solvents.

Conventional Oils

You may hear conventional oils also referred to as natural oils. This category means that no chemicals or additives have been used for extraction or processing.

Organic Essential Oils

The processing and regulation of how organic essential oils are processed is very complex. The company must obtain and maintain certification from the USDA to label products as organic. All of the standards of the National Organic Program must be met.

When an essential oil is labeled as organic, there aren't any synthetic ingredients used for extraction or processing. There aren't any pesticides used for the parent that it came from. Only natural growing methods for the plants or other named parent are used.

Citrus Essential Oils

Many of the products that contain essential oils for the skin are citrus. It is important to understand that this can make your skin more sensitive to UV rays. Make sure you limit exposure to the sunlight and that you do wear a high SPF sunblock.



Chapter 8

Conclusion

To get the best use out of essential oils, make list of what you would like to use them for. Remember, only add one to your use at a time and make sure what you use is safe to interact with each other. After you have a list of what you want to correct, prioritize it.

Start with the ailment that is the highest priority to you and identify the possible essential oils that would offer you benefits. Pick one and purchase a trial size of it to save you money. Don't buy a large size until you know it will work for you like you need it to. Only purchase from a place that has a good reputation.

Make sure you take the time to read all about any particular essential oil you plan to use and why it is a good match for you. For example, you don't

want to use one that is for energy when you are actually looking for something to help calm you and to relax you.

Armed with the right information, you can make the choice to consider using essential oils. If you decide to do so, you have information to help you with selecting them, with using them correctly, and avoiding problems that can occur. The market for essential oils continues to grow due to the demand by consumers.

Since essential oils are all natural, they can't be patented so you will never see them in the pharmaceutical work. Yet that doesn't mean they can't offer the same overall value. Of course modern medicine doesn't want to promote that angle either as they would lose a ton of money. Billions are spent annually on both over the counter and prescription medications.

Yet the word continues to spread about the viable option of successfully using essential oils rather than relying on such medications. It all comes down to a personal choice. When you use these essential oils correctly there isn't a risk and that means you have nothing to lose by seeing what particular ones can do for you.

The availability of them locally and online allows for plenty of shopping around. Take your time to make sure you get what you really need and that you know what you are purchasing. Other than the regulations for organic labeling of essential oils, there is very little regulation over them.

With that in mind, you must be a diligent consumer and know what to look for. You don't want to buy something that is dangerous or that won't work for your needs. You don't want to pay a high price for essential oils that shouldn't be costing so much either.

With the ability to understand the pros and cons of essential oils you can focus on selecting what is right for you and purchase it from a trusted entity. You also need to become familiar with the choices of essential oils for certain benefits. Many of them will cross over and offer more than one benefit. The information in Appendix 1 can be very useful.

Essential oils have been around for centuries and the continued use of them is favorable. It shows that there is value in finding the right one for your needs. It can take some time to understand how all of it works and to find the right product for you to personally get the best results.

Be patient and continue to be a well-informed consumer. It is recommended to only introduce one new essential oil to your body at a time. That way you will know what is giving you results and what isn't.

For more information go to:
www.EssentialOilsUnlimited.com

Appendix 1

Essential Oils for Various Needs

Allspice – arthritis, cramps, depression, bronchitis

Ambrette Seed – Improving circulation, reduce blood pressure, anxiety

Amyris – Aids wound healing

Angelica Root – Dry skin, gout, reduces water retention

Anise – Chronic coughing, muscle soreness

Basil – Energy, improved concentration

Bergamont – Improved mood, energy, confidence, depression, anxiety

Cajeput – Energy, clarifying

Cedarwood – Soothing, calming, clarifying, dandruff, dermatitis

Chamomile - Calming, soothing, relaxing

Cinnamon – refreshing, revitalizing

Citronella – Clarifying, purifying

Clary Sage – Relaxing, soothing, sensual

Clove leaf – Revitalizing, stimulating

Cypress – Soothing, balancing, calming

Davana – Reduces anxiety, promotes healing of wounds

Eucalyptus – Stimulating, improves concentration, invigorating

Fir needle – Soothing

Frankincense – Calming, cleanses aura, mood improvement

Geranium – Balance, soothing, mood improvement

Ginger – Stimulating

Grapefruit – Mood enhancing, refreshing

Immortelle – Acne, skin irritation, burns

Jasmine – Soothing, sensual

Juniper berry – Soothing, calming

Kunaka – Improves acne, reduces cold sores, can help with migraines

Lavender – Balancing, soothing, relaxing, calming

Lemon – Improves concentration, awareness

Lemongrass – Improves concentration, revitalizing

Lime – Improves mood, energizing

Mandarin – Calming

Majoram – Soothing, calming

Nutmeg – Energizing, rejuvenating

Orange – Energizing, refreshing

Palmarosa – Soothing, calming

Patchouli – Sensual, calming, aids in remembering dreams

Peppermint – Stimulating, uplifting, improving mood

Rose – Soothing, sensual

Rosemary – Stimulating, clarifying

Rosewood – Balancing, calming, soothing

Sandalwood – Soothing, sensual relaxing, calming for aggressive behavior

Spruce – Revitalizing, clarifying

Tangerine – Soothing

Tea Tree – Calming, rejuvenating

Thyme – Stimulating, refreshing, purifying

Yarrow – Hypertension, insomnia, migraines

Ylang Ylang – Anxiety, depression

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