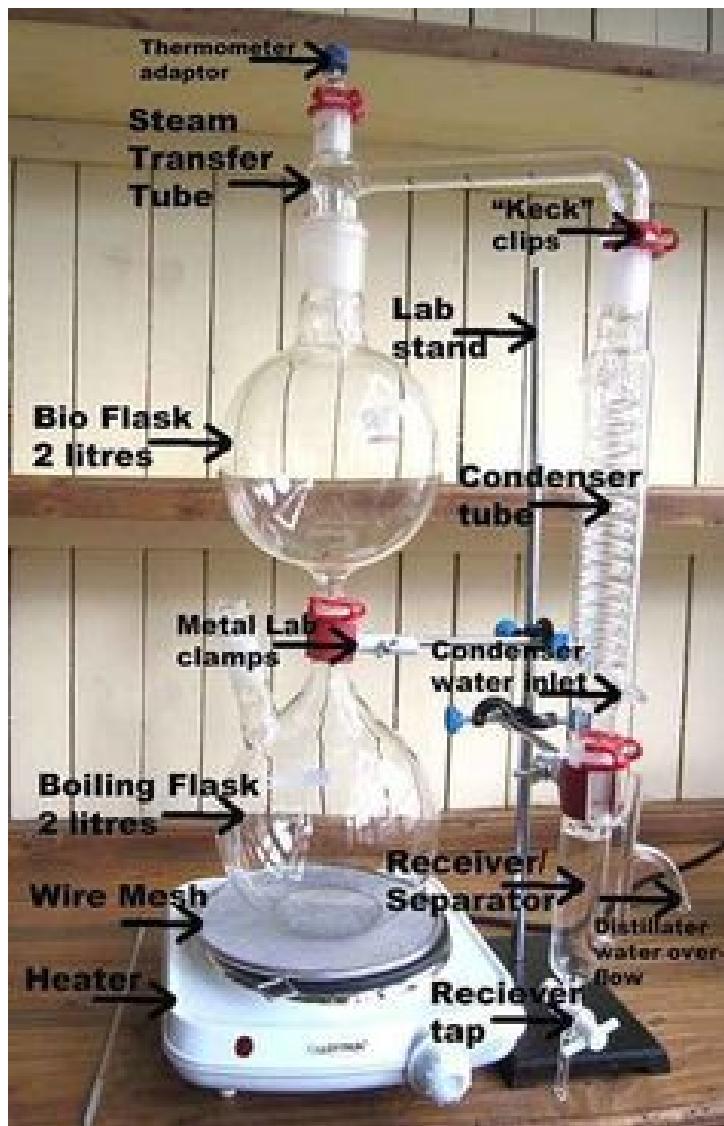


# Essential Oils and Aromatherapy



# Methods of Extracting or Obtaining Essential Oils



The most common method for extracting essential oils is using **steam distillation**.

**Solvents** are often used in extracting oils that are waxy

The most expensive method is using **CO2** which does not heat up the plant and preserves maximum aromatics and properties of the plant.

Plant **resins** can also be obtained directly from the plant that exudes resins.

## Index Card Testing

A way to test an essential oil is by Index testing. The process of Index testing is taking a drop of oil and placing it on an unmarked Index card (not paper). Wait until the essential oil completely dries, about 30 minutes. There should be nothing visible left on the index card. If there is no "oil ring" left behind, then there should be no carrier oil (olive oil, jojoba oil, vegetable oil, etc.) that has been **used** to extend and dilute the essential oil.

# Rules For Safe Use Of Essential Oils

**Essential oils:** are very concentrated and flammable so there are important considerations to keep in mind.

The website <http://www.aromaweb.com/articles/safety.asp> has many details and lists oils for each of these items:

- Do not use undiluted (“neat”) essential oils directly on the skin (there are exceptions) as sensitivity can develop. Use carrier oils.
- Allergic reactions are possible, so when using for the first time, test on a small area of skin.
- Some oils should be avoided with certain health conditions such as pregnancy, asthma, epilepsy, etc
- Use small amounts of oil.
- Some oils are phototoxic meaning they cause problems or can damage skin when exposed to UVA rays.
- Some oils are hazardous.
- Keep your oils away from children.
- Do not take essential oils internally without a practitioner or advanced knowledge of safe usage.

## **Clove & Cinnamon Essential Oils:**

Clove and cinnamon essential oils are the greatest anti-oxidant density. Two drops of essential oil of clove and four drops of cinnamon oil have the anti-oxidant capacity of 5lbs of carrots, 2.5 quarts of carrot juice, 10 oranges, 20 ounces of orange juice, 2.5 lbs of beets, 1 pint of beet juice, 4 cups of raspberries or 2.5 cups of blueberries.

Cinnamon is known for its ability to enhance insulin receptor site activity. This is especially important because it reduces the amount of insulin in the bloodstream. This strongly contributes to stable blood sugar, enhanced fat metabolism and decreased cellular inflammation (12).

# Your guide to oil awareness

Follow these general guidelines for maximum safety when using essential oils, especially on others, but make sure also to always read the label before use.

## Use in small doses



Some essential oils can have a toxic effect if they are used in large doses, and should therefore only ever be used in the smallest quantities. These oils can also have a negative effect on the liver. Such oils include: black pepper, cinnamon, clove, nutmeg and thyme.

*Make sure to limit essential oil doses.*

## Irritants or allergies

Some oils are more likely than others to cause a reaction. A skin patch test is the best way to discover if a person can use a particular oil.

### OILS LIKELY TO CAUSE A REACTION:

Aniseed, rosemary, basil, bergamot, black pepper, thyme, cajeput, carnation, sage, cedarwood, chamomile, ylang ylang, tea tree, cinnamon, nutmeg, citronella, clary sage, clove, eucalyptus, lavender, geranium, ginger, jasmine, juniper, pine, lemon, lemongrass, lime, melissa and neroli.

*Skin reactions are relatively rare, but it's best to err on the side of caution.*



## In case of illness

If you are suffering from an illness or have an ongoing health problem, make sure to check the individual contraindications of the oil you wish to use as some may affect your condition.

**AVOID THESE OILS:**  
For epilepsy avoid camphor, cinnamon, fennel and rosemary; for kidney problems stay clear of juniper.

**If you suffer from an illness you should be careful about using particular oils.**



## Do not inhale

Some oils can have a negative effect on the mucous membranes in the nose, and for this reason should not be used in steam inhalations or applied to the skin near the face.

**OILS TO AVOID:**  
Cinnamon, clary sage, clove and marjoram.

*Do not inhale certain essential oils as they may cause damage to the membranes located in your nose.*



## Photosensitising oils

Some essential oils cause skin pigmentation if applied to skin before exposure to sunlight or ultraviolet light. Such oils should not be applied before going out into sunlight or using a sunbed.

**PHOTOSENSITISING OILS:**  
Bergamot, lime, sage, angelica, lemon, fennel, ginger, jasmine, orange and mandarin.

*When it's sunny, avoid photosensitising oils such as lemon, fennel and ginger.*



## Pregnancy

patchouli, wintergreen, petitgrain and rosemary.

*During pregnancy, candles and burners are advised.*



## PHOTOTOXICITY AND IDIOSYNCRATIC REACTIONS

Some essential oils are considered phototoxic. This means that the oil will be changed chemically by UV radiation (the sun or sun beds) and become toxic to your skin/tissue/cells. Many studies on such oils have been done using just cells in a petri dish and exposing them to UV light.

❖ Phototoxicity is true of citrus oils and some others such as angelica root. The specific chemical that causes this reaction is bergapten and citrus oils may be sold with this component removed; for example, bergapten-free bergamot oil.

❖ If a phototoxic reaction does occur, it may lead to skin changes, which could result in skin cancers, so extreme caution should be used with these oils in summer months or for people who use sun beds.

You may take all the precautions advised on this poster and yet find that you react to an essential oil considered safe to use. In this case, it's called an idiosyncratic reaction, personal to you, and you need to avoid that essential oil in future.

❖ If you are concerned about sensitivity to essential oils it is safest to carry out a patch test on yourself prior to

use. There are various methods described, but the most common is to make up a 2.5 per cent dilution (one drop essential oil to 2 ml carrier oil), put it on the inside of your arm and wait at least 15 minutes, but the longer the better; try to leave for 24 hours.

❖ After you have carried out a patch test, look for any reddening or change in sensation on the skin before proceeding to use that essential oil in your blends.

❖ Remember, the safest way to proceed in using essential oils is to book an appointment with a qualified aromatherapist who can help you to develop your own repertoire.



*Some oils will react to UV light.*

# Carrier Oils

- Essential oils evaporate and have a concentrated aroma.
- Carrier oils, are pressed from fatty seeds, nuts, etc, generally are odorless and do not evaporate. **Carrier oils can go rancid over time, but essential oils do not, but rather they “oxidize” and lose their therapeutic benefits.** This is the reason that small dark bottles are used to package essential oils.
- Only buy carrier oils that have been “cold pressed” and the ones that contain tocopherols (Vitamin E) generally have an extended shelf life.

## Some common carrier oils are:

- Sweet almond
- Apricot kernel
- Avocado
- Grapeseed
- Jojoba
- Olive,
- Sesame
- Sunflower
- Coconut

Some absorb into the skin faster than others.

NEAT means to “apply an essential oil to your skin undiluted.” meaning that you would not add a carrier oil.



**Angelica Root**  
*Angelica archangelica*

Grounding  
Nourishing  
Relieves Anxiety



**Blood Orange**  
*Citrus sinensis*

Uplifting  
Relieves Anxiety  
Non-photo toxic



**Bergamot**  
*Citrus bergamia*

Sunshine!  
Antidepressant  
Uplifting  
Phototoxic



**Black Pepper**  
*Piper nigrum*

Warming  
Stimulating  
Analgesic



**Carrot Seed**  
*Daucus carota*

Skin rejuvenative  
Wound healing  
Supports healthy skin



**Cedarwood**  
*Cedrus atlantica*

Nourishing  
Astringent  
Centering



**Clary sage**  
*Salvia sclarea*

Affinity with Women  
Antispasmodic  
PMS, cramps, mood swings



**Eucalyptus**  
*Eucalyptus globulus*

Affinity with the  
Respiratory system  
Expectorant  
Antimicrobial



**Fennel**  
*Foeniculum vulgare*

Affinity with digestion  
Detoxifying  
PMS



**Geranium**  
*Pelargonium sp.*

Balancing  
Mood swings  
Astringent



### German Chamomile

*Chamomilla recutita*

Anti-inflammatory  
Soothing  
Great for inflamed skin conditions



### Helichrysum

*Helichrysum italicum*

Anti-inflammatory  
Wound healing  
Cell regenerative



### Juniper berry

*Juniperus communis*

Invigorating  
Cellulite/Edema  
Detoxifier



### Lavender

*Lavandula angustifolia*

Sedative  
Soothes anxiety, mood swings, irritability  
Wound healing



### Lemongrass

*Cymbopogon citratus*

Antimicrobial  
Analgesic  
Antifungal  
Great to clean with



### Peppermint

*Mentha x piperita*

Analgesic  
Relieves nausea  
Muscular aches and pains / Cooling



### Rose

*Rosa damascena*

Compassion  
Nourishing  
Astringent  
Heart centered



### Rosemary

*Rosmarinus officinalis*

Stimulating  
Affinity with respiratory system  
Enhances memory



### Vetiver

*Vetiveria zizanioides*

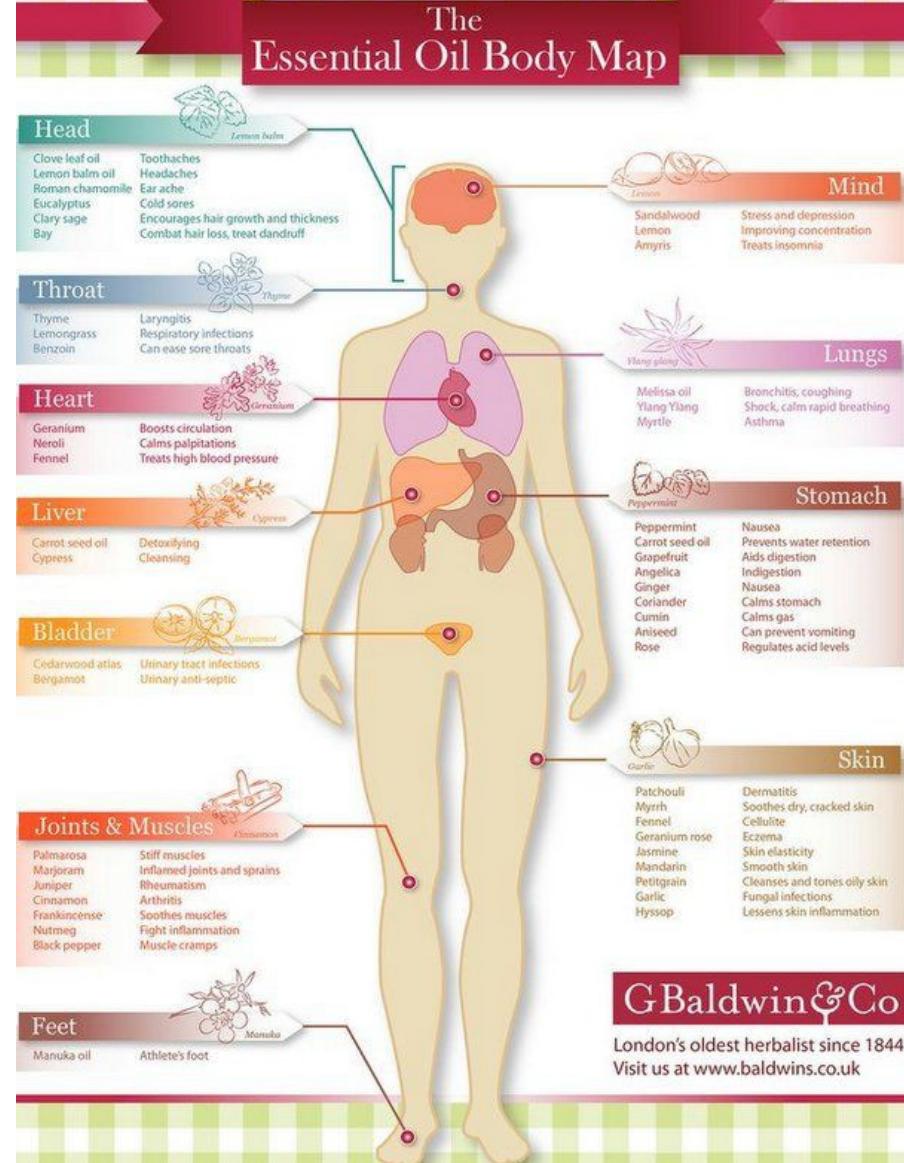
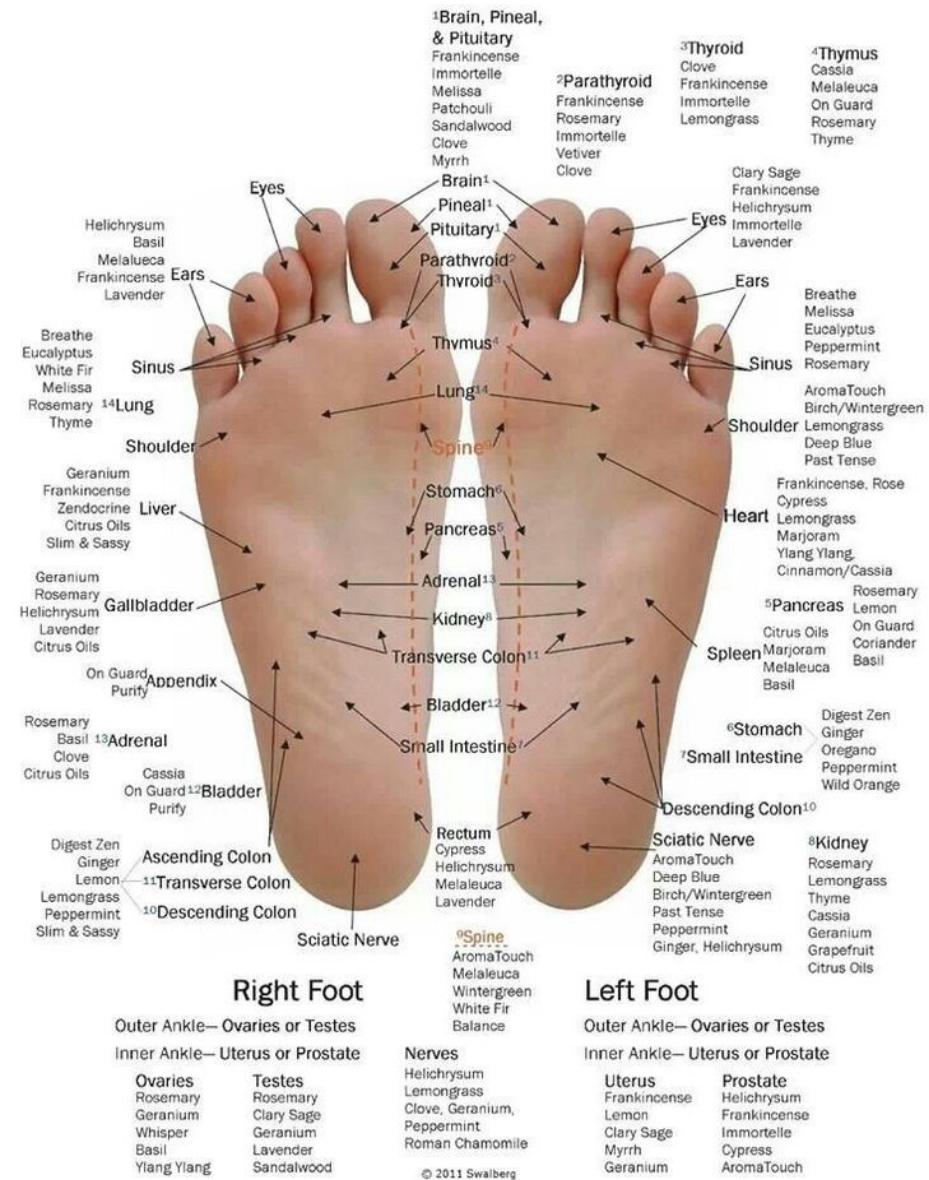
Grounding  
Astringent  
Nourishing



### Ylang ylang

*Cananga odorata*

Aphrodisiac  
Calming  
Nourishing



**G Baldwin & Co**

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# 10 MUST HAVE ESSENTIAL OILS FOR CHILDREN

## 1. TEA TREE OIL

- ANTI-BACTERIAL, ANTI-FUNGAL
- USE ON CUTS, SCRAPES, BURNS, & BUG BITES

## 2. LAVENDER OIL

- ANTI-BACTERIAL, ANTI-VIRAL
- USE TO CALM, SOOTH SUNBURNS & BOOST IMMUNITY

## 3. CHAMOMILE OIL

- ANTI-INFLAMMATORY, SEDATIVE
- USE FOR COLIC, EAR INFECTIONS, & TO CALM

## 4. PEPPERMINT OIL

- ANTI-PYRETIC, STIMULANT -MUST DILUTE WELL!!!
- USE FOR COLIC, FEVERS, & SINUS CONGESTION

## 5. EUCALYPTUS OIL

- ANTI-VIRAL, ANTI-BACTERIAL, ANTI-PYRETIC
- USE WITH SINUS CONGESTION & FEVERS

## 6. ROSE OTTO OIL

- ANTI-INFLAMMATORY, RELAXANT, UPLIFTING
- USE TO TREAT SEASONAL ALLERGIES

## 7. CITRUS OILS: ORANGE, LEMON, GRAPEFRUIT, ETC.

- UPLIFTING, BALANCING
- USE SMALL DOSES TO ENERGIZE OR LARGE DOSES TO CALM

## 8. FRANKINCENSE OIL

- ANTI-BACTERIAL
- USE FOR MILD WOUNDS & SINUS INFECTIONS

## 9. SANDALWOOD OIL

- ANTI-BACTERIAL, ANTI-INFLAMMATORY, SEDATIVE
- USE FOR SORE THROATS & TROUBLE SLEEPING

## 10. ST. JOHN'S WORT OIL

- ANTI-BACTERIAL, SEDATIVE
- USE FOR EAR ACHES & NERVOUSNESS

LEARN . LIVE WELL

What are the benefits of essential oils? Are you looking for an alternative to pharmaceutical products that are all natural? Did you know there are all natural essential oils that provide the same results, yet, they don't have harsh side-effects and your body doesn't grow a tolerance? Not to mention so many more benefits. doTERRA offers CPTG Certified Pure Therapeutic Grade essential oils which means they are free from pesticides and other harmful chemicals. Why not try all natural products from [trydoterra.com](http://trydoterra.com)? See the amazing results of doTERRA essential oils.

Instead of these



Try this...



- Reduce in a room or apply topically to calm anxiety and soothe emotions
- Apply topically to soothe irritated skin and lips, including burns and cuts
- Apply internally for a natural antihistamine
- Rub on the back or bottom of feet at bedtime
- Apply topically to ease bee stings, bruises, and bug bites

Deep Blue



Oregano



Melaleuca



Breath



Peppermint



Blend of:

Wintergreen, camphor, peppermint, Blue tansy, German chamomile, Helichrysm, Osmanthus

Blend of:

Laurel leaf, peppermint, eucalyptus, melaleuca, lemon, ravensara

# 25 Ways to Use

## Lime Essential Oil

Antibacterial  
Antibiotic  
Anti-mucus  
Anti-rheumatic  
Antiseptic  
Antiviral  
Disinfectant  
Fever Reducer

[frontierblessings.com](http://frontierblessings.com)



## Your key to antiseptic oils

The many active constituents in antiseptic essential oils work to provide them with powerful germicidal properties and also lend them distinctive aromas.

### Thyme

High concentrations of phenols thymol and carvacol give thyme its germicidal action. Sweet thyme is low in phenols.

*Thymol and carvacol are also irritants, so use thyme oil sparingly.*

### Pine

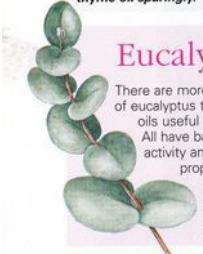
Rich in monoterpenes such as pinene and myrcene, which give pine its deodorising and disinfectant properties.

*The needles and cones of pine give a clear, refreshing oil.*

### Tea tree

Gentle and mild, tea tree is a powerful antiseptic oil, due to its active constituents of monoterpenes, cymene and terpineol.

*Tea tree is an effective antiseptic oil that can be applied neat.*



### Eucalyptus

There are more than 500 species of eucalyptus that yield essential oils useful for disinfection. All have bacteriostatic activity and anti-infection properties.

*Eucalyptus's potency differs between species.*

### Lemon

Lemon's antiseptic action is due to its principal component, limonene. The oil is a popular choice for household cleansers.

*The aldehydes in lemon give it a light, citrus scent.*

### Benzoin

Rich and resinous, benzoin is especially rich in esters such as benzyl benzoate, which are antiviral and provide a sweet, floral scent.

*Benzoin is a gentle treatment for urinary and skin infections.*

### Antiseptic blends

#### FIRST AID TREATMENT

Treat minor cuts and abrasions with a cooling antiseptic compress:

- ❖ 2 drops lavender
- ❖ 6 drops tea tree
- ❖ 2 drops thyme

#### URINARY INFECTIONS

Add gentle antiseptic oils to a warm bath for healing relief from cystitis:

- ❖ 2 drops benzoin
- ❖ 2 drops juniper
- ❖ 5 drops rosemary

#### COLDS AND FLU

Massage a blend of antiviral essential oils onto the throat, neck and chest to combat respiratory infections:

- ❖ 3 drops eucalyptus
- ❖ 2 drops lavender
- ❖ 3 drops rosemary
- ❖ 30ml carrier oil

#### NATURAL FUMIGATION

Prevent the spread of coughs and colds at home or work by fumigating rooms with a fine spray mist. Dilute the oils in 50ml of water:

- ❖ 5 drops eucalyptus
- ❖ 5 drops lemon

### Cajeput

Cajeput's antiseptic properties are due to its active constituents of terpineol and terpenes.

*Cajeput's scent is sweet and penetrating.*



### The constituents of antiseptic oils



Most constituents of essential oils have some degree of antiseptic activity, but those rich in the following compounds are considered to be particularly germicidal.

*Oils rich in phenols and monoterpenes can be added to face masks to protect against dermal problems such as acne.*

**❖ Monoterpenes**  
Abundant in most distilled oils, these are bacterial and antiviral.

**❖ Alcohols**  
These have valuable anti-infection properties.

**❖ Phenols**  
Oils rich in phenols need to be used sparingly as they can cause skin irritations.

## Essential Oil Skin Care Use Guide <http://www.aromatherapyforaustralia.com.au>

Essential Oil	Dry Skin	Sensitive Skin	Oily Skin	Elasticity	Wrinkles	Acne
<b>Bergamot</b> <i>Citrus bergamia</i>			x			
<b>Cedarwood</b> <i>Cedrus atlantica</i>	x					x
<b>Clary Sage</b> <i>Salvia sclarea</i>	x		x		x	
<b>Cypress</b> <i>Cypressus sempervirens</i>			x		x	
<b>Frankincense</b> <i>Boswellia carterii</i>			x	x	x	
<b>Geranium</b> <i>Pelargonium graveolens</i>	x	x	x	x	x	x
<b>Helichrysum</b> <i>Helichrysum italicum</i>			x		x	
<b>Jasmine</b> <i>Jasminum officinale</i>	x	x				
<b>Lavender</b> <i>Lavandula angustifolia</i>	x	x	x	x	x	x
<b>Lemon</b> <i>Citrus lemon</i>	x		x		x	x
<b>Lemongrass</b> <i>Cymbopagon flexuosus</i>			x			x
<b>Myrrh</b> <i>Commiphora myrrh</i>	x			x	x	
<b>Orange</b> <i>Citrus sinensis</i>			x		x	x
<b>Patchouli</b> <i>Pogostemon cablin</i>	x		x		x	x
<b>Roman Chamomile</b> <i>Chamaemeleum nobile</i>	x		x			x
<b>Rose</b> <i>Rosa damascena</i>	x					x
<b>Rosewood</b> <i>Aniba rosaeodora</i>	x					x
<b>Rosemary</b> <i>Rosmarinus officinalis</i>			x		x	x
<b>Sandalwood</b> <i>Santalum album</i>	x		x		x	
<b>Tea Tree</b> <i>Melaleuca alternifolia</i>			x			x
<b>Ylang Ylang</b> <i>Cananga odorata</i>	x		x	x	x	

**Aromatherapy advice**  
**Essential Oil Guide**

A quick checklist of oils that help soothe, suppress, or even enhance human emotions and such...

**Anger**  
Bergamot, Jasmine, Neroli, Orange, Patchouli, Petitgrain, Roman Chamomile, Rose, Vetiver, Ylang Ylang

**Confidence**  
Bay Laurel, Bergamot, Cypress, Grapefruit, Jasmine, Orange, Rosemary

**Anxiety**  
Bergamot, Cedarwood, Clary Sage, Frankincense, Geranium, Lavender, Mandarin, Neroli, Patchouli, Roman Chamomile, Rose, Sandalwood, Vetiver

**Fear**  
Bergamot, Cedarwood, Clary Sage, Frankincense, Geranium, Grapefruit, Helichrysum, Jasmine, Lavender, Lemon, Mandarin, Neroli, Orange, Roman Chamomile, Rose, Sandalwood, Ylang Ylang

**Grief**  
Cypress, Frankincense, Helichrysum, Neroli, Rose, Sandalwood, Vetiver

**Insecurity**  
Bergamot, Cedarwood, Frankincense, Jasmine, Sandalwood, Vetiver

**Happiness and Peace**  
Bergamot, Frankincense, Geranium, Grapefruit, Lemon, Neroli, Orange, Rose, Sandalwood, Ylang Ylang

**Irritability**  
Lavender, Mandarin, Neroli, Roman Chamomile, Sandalwood

**Loneliness**  
Bergamot, Clary Sage, Frankincense, Helichrysum, Roman Chamomile, Rose, Sandalwood, Vetiver, Ylang Ylang

**Stress**  
Benzoin, Bergamot, Clary Sage, Frankincense, Geranium, Grapefruit, Jasmine, Lavender, Mandarin, Neroli, Patchouli, Roman Chamomile, Rose, Sandalwood, Vetiver, Ylang Ylang

**Be** [www.beyoutiful.net](http://www.beyoutiful.net)

# Essential Oil Cancer Aromatherapy Support

	Brain Tumors	Breast Cancer	Cervical Cancer	Liver Cancer	Lung Cancer	Skin Cancer	Prostate Cancer
<i>Balsam Fir</i>					✓		✓
<i>Clove</i>	✓	✓					
<i>Dill</i>					✓		
<i>Cypress</i>			✓	✓			✓
<i>Douglas Fir</i>			✓				
<i>Frankincense</i>	✓	✓	✓	✓	✓	✓	✓
<i>Grapefruit</i>	✓					✓	
<i>Hussope</i>			✓			✓	
<i>Lavender</i>			✓	✓	✓	✓	
<i>Lemon</i>		✓		✓			
<i>Ledum</i>	✓				✓		✓
<i>Muritte</i>	✓					✓	
<i>Nutmeg</i>			✓				
<i>Orange</i>		✓		✓	✓		✓
<i>Palo Santo</i>	✓	✓	✓	✓	✓	✓	✓
<i>Patchouli</i>			✓				
<i>Sandalwood</i>	✓	✓			✓		✓
<i>Tarragon</i>			✓		✓		
<i>Thyme</i>			✓	✓	✓	✓	
<i>Tsuga</i>	✓	✓	✓				

	analgesic	antidepressant	antifungal	antifree	antiseptic	antinflammatory	antispasmodic	aphrodisiac	astringent	calming	carminative	cicatrizant	cephalic	decongestant	deodorant	digestive	diuretic	expectorant	febrifuge	immunostimulant	hormone influencer	rubefacient	sedative	stimulant	tonic	vulnerary
<i>Basil</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Bay, Laurel</i>	x			x	x					x			x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Bergamot</i>	x	x	x	x	x					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Black Pepper</i>	x			x	x	x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Cardamom</i>	x		x						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Cedarwood, Atlas</i>			x					x						x	x	x	x	x	x	x	x	x	x	x	x	x
<i>Chamomile, German</i>	x	x			x	x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Chamomile, Roman</i>	x		x	x	x	x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Cinnamon</i>			x	x	x	x			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Clary Sage</i>	x	x			x		x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Cypress</i>				x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Eucalyptus radiata</i>	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Everlasting</i> ( <i>Helichrysum</i> )			x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Fennel, Sweet</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Fir</i>	x		x											x	x	x	x	x	x	x	x	x	x	x	x	x
<i>Frankincense</i>				x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Geranium</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Ginger</i>	x			x					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Grapefruit</i>	x			x						x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Jasmine</i>		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Juniper Berry</i>	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Lavender</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Lemon</i>	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Lemongrass</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Litsea Cubeba</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Mandarin</i>				x					x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Marjoram, Sweet</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Niaouli</i>	x		x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Orange, Sweet</i>	x				x				x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Patchouli</i>		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Peppermint</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Pine</i>			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Ravensara</i>	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Rose</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Rosemary</i>	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Spearmint</i>	x		x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Spruce</i>		x	x	x	x	x	x	x												x	x	x	x	x	x	x
<i>Tea Tree</i>	x	x	x	x	x	x	x	x		x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Thyme</i>			x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Vetiver</i>				x				x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	x	
<i>Ylang Ylang</i>	x	x	x	x	x	x	x	x	x											x	x	x	x	x	x	x

# EE (Essene Essence) Oil



- Used topically for muscles and joints
- A “soothing to the heart” pain reliever
- Brings relief to aches, sprains, headaches, congestion, bruises and spasms.
- Stomach pain, toothache, foot pain



# WO China Healing Oil

- Effective for sore throat, bleeding gums
- Wounds, abrasions, cuts, bruises
- Anti diarrheal
- Food poisoning, gastro-intestinal
- Parasites and ringworm, etc

# Bug Sprays

## Peppermint bug spray (repels spiders and flies) – very simple:

Put 8 drops of peppermint oil for each cup of water in a spray bottle.

## Wellness Mama Essential Oil Bug Spray

### **Ingredients:**

- Essential oils: choose from Citronella, Clove, Lemongrass, Rosemary, Tea Tree, Cajeput, Eucalyptus, Cedar, Catnip, Lavender, Mint
- Natural Witch Hazel
- Distilled or boiled Water
- Vegetable glycerin (optional)

### **Instructions:**

1. Fill spray bottle (I used 8 ounce) 1/2 full with distilled or boiled water
2. Add witch hazel to fill almost to the top
3. Add 1/2 tsp vegetable glycerin if using
4. Add 30-50 drops of essential oils to desired scent. The more oils you use, the stronger the spray will be. My personal favorite mix is: Rosemary, Clove, Cajeput, Lavender, Cinnamon and Eucalyptus... it works great and smells good too!

*Thank You  
and  
Make Sense of the Scents*

