Essential Oils Beginners Guide

Essential oils are organic compounds extracted from plants with tremendous healing properties. Using essential oils for healing purposes is often called aromatherapy, which is a holistic treatment seeking to improve physical, mental, and emotional health.

For over 5,000 years, many different cultures have used these healing plant oils for a variety of health conditions. They are often used for relaxation, beauty care, home cleaning and most often used as a natural medicine.

Just adding some of the most common essential oils like lavender, frankincense, lemon, peppermint, and tea tree oil to your natural medicine cabinet can:

- Fight cold and flu symptoms
- Relax your body and soothe sore muscles
- Heal skin conditions
- Alleviate pain
- Balance hormones
- Improve digestion
- Reduce cellulite and wrinkles
- Clean your home
- Be used in homemade personal care products

What Are Essential Oils?

Essential oils are extracted directly from the bark, flower, fruit, leaf, seed or root of a plant or tree and just one drop can have powerful health benefits.

They are typically created through the process of distillation which separates the oil and water based compounds of a plant by steaming.

Essential oils are highly concentrated oils that have a strong aroma. By concentrating the oils of these plants you are literally separating the most powerful healing compounds of a plant into a single oil.

These therapeutic oils in plants protect the plant from insects, shield the plant from a harsh environment and help them adapt to their surroundings. By taking essential oils you are harnessing the protective and healing powers of a plant.

Essential oils are composed of very small molecules that can penetrate your cells, and some compounds in essential oils can even cross the blood-brain barrier. They differ from fatty oils (like those in vegetables or nuts) that come from large molecules because they cannot penetrate your cells so they are not therapeutic in the same manner.
History of Aromatherapy

Since the use of essential oils is present in many countries, it is difficult to pinpoint where the practice originated. Oils have been used by the Jews, Chinese, Indians, Egyptians, Greeks, and Romans both as cosmetics, perfumes, and for their medicinal purposes. Some cultures even used oils in spiritual rituals.

In 1928, French chemist René-Maurice Gattefossé used lavender oil to heal a burn on his hand. He then decided to further analyze the properties of lavender oil and how it could be used to treat other types of skin infections, wounds, or burns.

While Alexander Fleming began his work on penicillin in the U.S., Gattefossé was investigating therapeutic properties of essential oils.

With this the science of aromatherapy was born. The use of these oils began to spread especially with practitioners of alternative medicine, such as massage therapists and beauticians throughout Europe. Pharmacists in France were quick to recommend Tea Tree oil and Eucalyptus for things that were being treated with penicillin elsewhere in the world.

Aromatherapy did not become popular in the United States until the 1980s, when essential oils began to be added to various lotions, candles, or other fragrances.

There are also trained professionals such as aromatherapists, physical therapists, massage therapists, nutritionists, or even doctors of natural medicine who use aromatherapy in their practice and are trained in specific uses for essential oils.

Essential Oils Now Used In Medical Hospitals

Aromatherapy has a variety of health benefits and can be used in various settings. It is a great non-invasive way to treat a variety of medical conditions and can be used safely in combination with many other therapies.

Many traditional hospitals like Vanderbilt University Hospital are catching on to the benefits of essential oils and are using them in the treatment of anxiety, depression, and infections in hospitalized patients.

A 2009 study found that pre-operative patients who received aromatherapy with lavender oil were significantly less anxious about their surgery than controls. Other oils such as sandalwood, neroli oil, and lavender oil have also been used in traditional medicine to help patients better manage anxiety.

Certain essential oils have also been used by midwives to help reduce fear and anxiety during childbirth. A 2007 study in the Journal of Alternative and Complementary Medicine suggests that women who used aromatherapy during labor reported less pain overall and were able to use fewer pain medications.

Essential oils can also have antibacterial or anti-fungal benefits used in medical settings. Many oils, when massaged on the skin, can heal or help treat skin conditions such as burns, or cuts and scrapes. Others may help boost the immune system, help with insomnia, and aid
with digestion.

Essential oils are even being used to fight cancer, and there is a plentiful amount of research on frankincense shrinking brain tumors.

**Essential Oil Applications**

Ready to let essential oils guide you back to health? Here are the 4 most common ways these healing oils are used today:

**Topically** – Essential oils have a very small size and the chemical weight of less than 1000m (m = weight of molecule). Go to ameodifference.com and put in the batch number on the bottom of any Ameo oil to see the testing and video of how this oil penetrates the cell and is active within the cell. The science behind these oils is amazing!

This means that essential oils are able to penetrate the skin and pass into the blood stream and into different areas of the body for internal therapeutic benefits.

**Aromatically** – There is great evidence that essential oils are absorbed into the bloodstream when inhaled. The large amount of blood vessels in the lungs absorb the oils and then circulate them throughout the body.

Using a diffuser can help you experience the benefits of essential oils. You can diffuse lavender to reduce stress, melaleuca to cleanse the air, wild orange to improve mood, frankincense for spiritual enlightenment, and peppermint to improve focus and energy.

**Ingestion** – Essential oils can be used as a powerful form of medicine but it should be remembered that again, essential oils are powerful. Most essential oils are safe for internal use but a little bit goes a long way. Usually 1-3 drops is plenty mixed with water.

Oils like peppermint, lemon, and frankincense have great internal benefits and can be taken with water. Other essential oils like clove and oregano need to be diluted and shouldn’t be taken internally for more than 1 week

**Personal Care** – Today, the fastest way essential oils are being used is by making homemade DIY personal care products. This is an excellent away to take advantage of essential oils to improve your beauty, home, and long term health.

Some of the best DIY recipes to use essential oils with include: shampoo, body butter, toothpaste, bug spray, lip balm, and household cleaner.

**Best Carrier Oils For Aromatherapy**

Essential oils are extremely small so they can pass through the skin and into the body quickly. But if you want to keep the oils on your skin and dilute them to create more gentleness on the skin you can combine them with carrier oils.

These larger oils that come from the fatty part of the plant can increase the length of time the
essential oils stay on your skin and also prolong the aromatherapy effects.

Some people mistakenly think using carrier oils reduces the effectiveness of the oil but really it can be the opposite. Dilution increases the surface area of absorption and can prevent sensitivities of certain oils.

Common carrier oils include:

- Almond oil
- Avocado oil
- Coconut oil
- Jojoba oil
- Olive oil
- Pomegranate seed oil

Our favorite is Coconut oil or fractionated coconut oil (FCO). What is fractionated coconut oil? Coconut is a saturated fat and is usually sold at normal room temperature. FCO has some of the longer chain fatty acids removed so it is liquid at room temperature. FCO makes it easy for the times you just need a few drops of carrier oil to mix with your essential oil.

The Basic 9 oils everyone needs

**Muscle Mend**
*Soothing Blend*

*Ingredients:* Wintergreen oil, Spruce oil, Peppermint oil, Helichrysum oil, Camphor oil, and Balsam Fir oil

Muscle Mend has many relieving properties that can assist the body in soothing and relaxing sore or overused muscles.

- Mix 2-3 drops of Muscle Mend oil with carrier oil onto sore muscles to sooth them.

- Apply Muscle Mend to the back of the neck, temples and forehead to relieve tension

**True Lavender**

Lavender essential oil is used to calm and relax the mind and body to improve balance, energy, and overall well-being.

- Massage a small amount of Lavender oil on or around skin irritations, bug bites, acne, minor cuts, and bruises to improve the look and feel of skin.

- Add a few drops of True Lavender oil to a warm bath or rub onto neck, feet, or bedding to promote relaxation. *If you are putting it into your bath add to epsom salts first and then put into bath.*
Lemon

Lemon essential oil is crisp and refreshing, with a wide range of uses. It's also rich in antioxidants, helping to support the immune system.

- Add 2-3 drops of Lemon oil to any beverage to boost your metabolism and support your immune system.
- Add several drops of Lemon oil to water in a spray bottle or small bucket to clean and freshen floors, countertops, and other surfaces naturally

Peppermint

Peppermint is a powerful, distinct essential oil that immediately ignites the senses. It has definitely earned its reputation as one of the most fresh and familiar oils available today. Once inhaled or consumed, it goes right to work stimulating the mind and body.

- Add 1 drop of Peppermint oil to the tongue to freshen your breath naturally
- Mix 1-2 drops of Peppermint oil with a carrier oil and massage on stomach to ease digestive upset

ProShield

Protecting Blend

Ingredients: Clove oil, Cinnamon oil, Lemongrass oil, Orange oil, Lemon oil, Rosemary oil, and Eucalyptus Radiata oil

The oils in ProShield have been used for centuries to cleanse. This is a unique blend that supports a healthy immune system and is a viable alternative to many synthetic house cleaners.

- Diffuse ProShield for 30 minutes to purify the air in your home or office and support your immune system
- Add 20 drops of ProShield to an 8oz mister bottle, fill the remainder with water, and use to clean any surface—especially bathrooms or kitchens

Determination

Balancing Blend

Ingredients: Mugwort oil, Cedarwood oil, Patchouli oil, Frankincense oil, Roman Chamomille oil, German Chamomille oil, and Coconut oil

The oils in Determination help combat the ever-increasing demands and
pressures of this world by helping you stay grounded and positive. This blend promotes a sense of quiet confidence by calming the body and mind.

- Rub 1-2 drops of Determination on wrists and inhale to provide sense of focus and confidence
- Diffuse Determination during times of doubt for an uplifting aroma

**Frankincense**

Frankincense has long been considered a most holy and precious oil. It has a pleasant, spicy aroma that promotes relaxation. Frankincense has broad uses and benefits which include many anti-aging and cell-protective properties.

- Rub Frankincense oil on the bottoms of the feet to dismiss feelings of nervousness or tension
- Mix Frankincense with a carrier oil and apply to skin to disinfect minor cuts and reduce the appearance of scars or stretch marks

**Soothing Aire**

*Respiratory Blend*

*Ingredients: Eucalyptus Globulus oil, Eucalyptus Radiata oil, Ravintsara oil, Rosemary oil, Frankincense oil, Cypress oil, Peppermint oil, and Cajeput oil*

The Soothing Aire blend contains a variety of anti-inflammatory components that open, cleanse, and soothe the airways naturally.

- Diffuse Soothing Aire to enjoy an awakening aroma that will clear nasal passages
- Apply 2-3 drops of Soothing Aire to chest or neck in the evening to allow for a peaceful night’s sleep

**Pure Tranquility**

*Comforting Blend*

*Ingredients: Lemon Verbena oil, True Lavender oil, Bergamot oil, Ylang Ylang Complete oil, Roman Chamomille oil, and Sandalwood oil*

Pure Tranquility will uplift spirits while relaxing and refreshing the mind and body. Use this blend to help promote a sense of comfort.

- Massage Pure Tranquility into the bottoms of feet at bedtime to promote restful sleep.
- Place a few drops of Pure Tranquility on your wrists to begin your day stress-free
**Essential Oil Recipes**

*Note: THESE RECIPES ARE FOR ADULTS ONLY*

**Skinny Dipping with Ameo Slim and Tranquil Pack**

Start with the Bath:
- 1-2 cups of Epsom Salt
- 7 drops each: Frankincense, Grapefruit, Peppermint, True Lavender, Trim & Tone
- 4 drops of Orange oil
- 4 drops Tangerine oil
- 3 drops Cell Therapy
- 1-2 tsp of Fractionated Coconut oil

Combine all oils in with the epsom salt before putting in the bath. Soak for 20-40 min. The longer the better.

**After the bath:**

Combine 1 drop Cell Therapy, 3 drops Frankincense, 3 drops Trim & Tone, and 3 drops Tangerine with enough Fractionated Coconut oil to cover “troublesome areas”. For best results, skinny dip in the evening right before bed.

You can also add an internal detox to this if you would like. Steep detox tea for 5 min, add 1 drop peppermint and 3 drops of lemon.

**Natural Bug Spray**

½ cup witch hazel
½ cup apple cider vinegar
5 drops each Ameo Essential oil:
  - Eucalyptus
  - Lemongrass
  - Pur Vie
  - Tea Tree or Rosemary

Mix all ingredients in an 8 oz glass mister bottle. Spray all over the body but avoid eyes and mouth.

**Sunburn Relief Spray**

Combine ½ cup water, 2 tablespoons of 100% pure aloe vera gel, 10 drops of True Lavender oil, 10 drops of Peppermint oil in an 8 oz glass mister bottle. Replace lid and shake well. Spray liberally on sunburned skin to provide natural relief and speed the recovery process.
Headache Relief

In a small glass bowl combine:
   2 drops Peppermint oil
   2 drops True Lavender
   ½ tsp Coconut oil or other carrier oil

Rub on the base of the neck and temples. Use caution around the eyes

Basic Cleaner

In an 8 oz glass mister bottle combine:
   5-6 drops ProShield
   5-6 drops Peppermint
   1 cup vinegar

Fill the rest of the way with water, replace the lid and shake well. This cleaner can be used in the kitchen, bathroom, and other areas of your home.

Healthy Respiratory Function

In a small glass bowl combine:
   1-2 drops Soothing Aire
   1-2 drops Frankincense
   1 drop Peppermint
   ½ tsp of coconut oil

Rub on your chest and bottoms of your feet for relief.

Congestion, Coughing, and Sore Throat

Swish 2 tsp of coconut oil with 1 drop of ProShield for 10 minutes to help kick cold and flu symptoms.

Relaxation

In your everyday diffuser:
   Diffuse 2 drops Pure Tranquility, 1 drop Frankincense, and 1 drop True lavender

Energizing

In your everyday diffuser:
   Diffuse 2 drops Peppermint and 1 drop of Orange.
**Medicine Cabinet Oils**

Having a homemade first aid kit on hand for the everyday wound, sting, sunburn, muscle pain or injury is always a good idea. Essential oils are used widely as natural medicine but without the side effects of conventional drugs like aspirin and antibiotics.

Here are the 4 most common oils everyone should have stored in their personal medicine cabinet:

**Lavender**- to heal burns, cuts, rashes, stings, reduce anxiety and help sleep after trauma.

**Peppermint**- to improve pain in joints, muscles, relieve digestive issues, reduce fevers, clear sinuses, improve asthma, bronchitis and relieve headaches.

**Frankincense**- anti-inflammatory, heal bruising, reduce scars, boost immunity and emotional well-being.

**Tea Tree**- anti-bacterial, anti-fungal, can be used to prevent and reduce infection and clean air of pathogens and allergens.

**Tea Tree**

Tea Tree has become an extremely popular oil thanks to its ability to promote normal immune system function. Tea Tree oil also protects the skin from harmful sun damage and can be used to assist in ridding the skin of occasional blemishes. It is an anti-bacterial and anti-fungal.

- Apply a few drops of Tea Tree oil topically as needed to occasional skin irritations to aid in restoration
- Diffuse Tea Tree oil to clean the air of pathogens and allergens.
- Massage 1-2 drops of Tea Tree oil onto the chest or feet to promote normal respiratory function
- Add 1-2 drops of Tea Tree oil to your normal face cleanser to help clear blemishes
- Apply a few drops of Tea Tree oil topically as needed to occasional skin irritations to aid in restoration

**ProShield**

*Protecting Blend*

*Ingredients:* Clove oil, Cinnamon oil, Lemongrass oil, Orange oil, Lemon oil, Rosemary oil, and Eucalyptus Radiata oil

The oils in ProShield have been used for centuries to cleanse. This is a unique blend that supports a healthy immune system and is a viable alternative to many synthetic house cleaners.

- Diffuse ProShield for 30 minutes to purify the air in your home or office and support your immune system
- Add 2-3 drops of ProShield to a veggie capsule and consume to support your immune system. *For adults only, also add in 2-3 drops of carrier oil to capsule.*
- Swish a few drops of ProShield and water in your mouth for a natural mouth rinse to aid in oral health
• Add 3 drops of Proshield to your dishwasher or water to help clean dishes
• Add 5-10 drops of ProShield to the wash cycle when doing laundry to combat odors
• Rub ProShield onto the soles of feet with a carrier oil before bed to promote normal immune system function

**True Lavender**

Lavender essential oil is used to calm and relax the mind and body to improve balance, energy, and overall well-being.

- Massage a small amount of Lavender oil on or around skin irritations, bug bites, acne, minor cuts, and bruises to improve the look and feel of skin.
- Add a few drops of True Lavender oil to a warm bath or rub onto neck, feet or bedding to promote relaxation. *For bath but in Epsom salts first*
- Diffuse True Lavender oil to freshen the air and uplift your mood
- Rub True Lavender on chapped lips or skin to moisturize and condition them
- Put one or two drops of True Lavender oil in a veggie capsule and take by mouth as a natural dietary supplement
- Massage 4-6 drops of True Lavender into overused muscles to ease muscle tension
- Gently apply a few drops of True Lavender (with carrier oil) to sunburned skin to reduce redness, ease inflammation, and cool the affected area

**Peppermint**

Peppermint is a powerful, distinct essential oil that immediately ignites the senses. It has definitely earned its reputation as one of the most fresh and familiar oils available today. Once inhaled or consumed, it goes right to work stimulating the mind and body.

- Add 1 drop of Peppermint oil to the tongue to freshen your breath naturally
- Mix 1-2 drops of Peppermint oil with a carrier oil and massage on stomach to ease digestive upset
- Diffuse Peppermint oil, or rub a few drops into the palms and inhale, to aid in clearing airways and promoting normal respiratory health
- Rub 4-5 drops of Peppermint oil with 4-5 drops of carrier oil on temples, neck shoulders and ears to naturally cool the body
- Add Peppermint to a diffuser to freshen the air and even help curb appetite

**Frankincense**

Frankincense has long been considered a most holy and precious oil. It has a pleasant, spicy aroma that promotes relaxation. Frankincense has broad uses and benefits which include many anti-aging and cell-protective properties.

- Rub Frankincense oil on the bottoms of the feet to dismiss feelings of nervousness or tension
• Mix Frankincense with a carrier oil and apply to skin to disinfect minor cuts and reduce the appearance of scars or stretch marks
• Diffuse Frankincense oil, or rub into palms and inhale—particularly in the morning or sleepy afternoon hours—to awaken and focus the mind
• Add a few drops of Frankincense oil to a hot wash cloth and run over the face to rejuvenate and hydrate skin
• Massage a few drops of Frankincense on temples to enhance mood
• Put a drop of Frankincense on insect bites to relieve itching and speed recovery

Oregano

Oregano has various cleansing properties and has a wide array of uses. It is a powerful anti-microbial, can kill fungus, and help you kick a cold fast.

• Rub 1-2 drops of Oregano oil into palms and inhale deeply through the nose and mouth, or diffuse, to promote normal respiratory function
• Massage 1-2 drops of Oregano oil (with carrier oil) into calluses to help ease them
• Dab 1-2 drops of Oregano oil (with carrier oil) in mouth to aid in oral health
• Add a few drops of Oregano oil to bath water to aid your immune system *(put Oregano oil in Epsom salts first and then into bath)*
• Rub 2-3 drops of Oregano oil with the same amount of carrier oil onto chest to aid in normal respiratory function
• Add a few drops of Oregano with a carrier oil to a veggie capsule and consume to promote normal immune function

Muscle Mend

**Soothing Blend**

*Ingredients: Wintergreen oil, Spruce oil, Peppermint oil, Helichrysum oil, Camphor oil, and Balsam Fir oil*

Muscle Mend has many relieving properties that can assist the body in soothing and relaxing sore or overused muscles.

• Mix 2-3 drops of Muscle Mend oil (with carrier oil) onto sore muscles to soothe them.
• Apply Muscle Mend (with carrier oil) to the back of the neck, temples and forehead to relieve tension
• Rub 1-2 drops of Muscle Mend into palms and inhale for a relieving and calming effect
Essential Oil for Children

**Take special care and use caution with children. A little goes a long way**

To introduce aromatherapy to babies place 1 drop of essential oil (try True Lavender) on a tissue and keep it nearby when you are feeding him or her. He will come to associate the aroma with love and comfort. Use this scent at night to help him sleep. When you leave the child with a sitter the aroma will comfort and reassure him. For an older child try putting it on their favorite stuffed animal.

Use 1 drop Roman Chamomile oil on a washcloth wrapped ice cube to relieve teething pain in children.

Children love it when their bath water smells good. True Lavender and Roman Chamomile are good choices for small children. Use 1-3 drops per bath depending on the size of the child. In order for essential oils to dissolve they must be mixed with milk, coconut oil, or even Epsom salt before being added to the tub. Children have sensitive skin so use caution.

*Be sure to keep all bottles of essential oils away from children.*

When planning a children's party choose the Citrus oils like Orange and Tangerine to use in the diffuser. They are happy, yet calming scents, that all children love.

Citrus oils can be used as natural cleaning agents around the house. Simply add a few drops of Orange, Lemon, Bergamot, or Tangerine oil to water, moisten a clean cloth with the mixture and wipe down children's rooms and school bags.

Scent children's drawers containing nighttime clothing with True Lavender and Roman Chamomile essential oils applied to cotton balls. Works for moms too! Sweet Dreams!

Dosages Essential Oil use: Children respond very well to LOW dosages of essential oils especially for anger and irritability. Use 1/3 the adult dose. When using essential oils with children, please remember the skin is very delicate. When adding essential oils to a bath be sure to blend the correct number of drops with about 16 oz of water, shake well, then add this mixture to the bath water. Use only those oils safe for children. A few are Lavender, Geranium and Roman Chamomile. Use ½ the usual amount. Children's dosages use half the usual dosage when diffusing essential oils in a child's room.

Crying/Irritable baby Put 1 drop True Lavender on your shoulder and rock the baby to sleep while the baby's head rest on your shoulder.

Roman Chamomile is soothing for tantrums and will also promote a good night's sleep.

Essential Oil of Lemon Keep Lemon on hand to kill germs. Keep a spray bottle handy for quick cleanups in children's playroom. Add to dishwashing liquid or any mild hand soap. Use in a spray for disinfecting the air. You'll find plenty of other uses I'm sure. It has high antibacterial properties. It's antiseptic properties will last for 20 days. I like to make a spray of True Lavender lemon and water. In a 4 oz spray bottle drop 2-3 drops of Lemon and 4-6 drops True Lavender.
Essential oils while Pregnant

If you want to use aromatherapy oils, it is best to take the following precautions:

• Only use one drop of essential oil at a time.
• Try not to use one particular oil for a long period of time, such as every day for several weeks.
• Dilute the essential oil by mixing the drop with at least a teaspoon (5ml) of a carrier oil before you add it to a bath or smooth it over your skin. Coconut oil, Grapeseed oil, or sweet almond oil work well as carrier oils.
• You can add drops of the oil to a diffuser, but don't leave it on for longer than 10 minutes or 15 minutes in each hour. If you leave it on for too long, the smell can be overpowering and make you feel nauseous.
• It's best to start using essential oils once you are past the first trimester. If you use them in the first trimester, always consult an aromatherapist who's trained in treating mums-to-be.

Oils that are safe for you to use

As long as your pregnancy is going well, it's fine for you to use:

• citrus oils, such as tangerine, lemon, and orange
• Roman Chamomile
• True Lavender
• Frankincense
• Black Pepper
• Peppermint
• Ylang Ylang
• Eucalyptus
• Bergamot
• Cypress
• Tea Tree (not in labour)
• Geranium
**Essential Oil Contraindications**

Because essential oils can act as a powerful form of natural medicine there are a few instances where they are not recommended for usage:

**Pregnancy** – Basil, cinnamon, clary sage, clove, cypress, fennel, jasmine, juniper, marjoram, myrrh, rose, rosemary, sage and thyme.

In most cases, these oils are completely healthy but because they can effect hormones they are **not recommended at this stage**.

**Heart medications** (blood thinners) – Clary sage, cypress, eucalyptus, ginger, rosemary, sage and thyme.

**Essential Oil Quality**

This is one of the most vital things you must know about essential oils... Not all essential oils are created equally. In fact, most of them are worthless to your health and often synthetic. For many years I thought they were great fragrances, now with Ameo we can experience the therapeutic benefits. When buying essential oils make sure they are clinical grade. If you want to order the brand I trust and personally use go to [murphysborochiropractic.com](http://murphysborochiropractic.com) and click the ask the doctors link to get them at a wholesale price. Please feel free to email me with any questions you have. I look forward to hearing from you and your stories of how you are using essential oils.