

# Intro to Essential Oils

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# What are essential oils?





# Essential Oil Definition

Natural, highly concentrated compounds found in the roots, bark, seeds, flowers, or other areas of a plant.





# Essential Oils

- Give a plant its aroma
- Protect the plant from harsh environmental conditions and insects
- Play a role in plant pollination

# Why use essential oils?



- Natural, safe
- Generates quick responses
- A simple way to manage emotions

# Everyday Use of Essential Oils



- Cooking
- Digestion
- Hair & Skincare
- Immune Support
- Household Cleaning
- Neck & Head Tension
- Seasonal & Environmental Discomfort
- And More



# Health Benefits of Essential Oils



- Soothe occasional skin irritations
- Promote healthy digestion
- Support healthy immune function
- Promote restful sleep
- Alleviate occasional stomach upset
- And More

# Emotional Benefits of Essential Oils



- Calming
- Energizing
- Soothing
- Renewing
- Invigorating
- Uplifting



# How do I use essential oils?



# Aromatic Use of Essential Oils



- Mix oil with water in a spray bottle and mist over carpet, furniture, or other linens in the home
- Add a drop or two of essential oils to a homemade surface cleanser
- Place a drop of oil in your hand, rub the palms together, cup the hands over your nose, and inhale

# What oils should I diffuse?



## Cheer® Uplifting Blend

Promotes warming and uplifting feelings to help brighten and invigorate your mood. Use when you need a boost of optimism or cheerfulness.



# What oils should I diffuse?



## Peace® Reassuring Blend

When you are feeling worried, fearful, or unsettled, this blend uses a soft, floral aroma to promote peaceful feelings and soothe the anxious mind.

# Topical Use of Essential Oils



## Beneficial areas:

- Neck
- Forehead and temples
- Chest and abdomen
- Arms, legs, bottom of feet

## Sensitive areas:

- Certain facial areas, like the skin around the eyes
- Inner ears and eyes
- Broken or injured skin

# Topical Use of Essential Oils



## Other effective methods of topical application:

- Place a few drops of oil in a warm bath
- Make a hot or cold compress by soaking a cloth in water, add 2 drops of oil, and apply to desired area
- Mix a few drops of essential oil with lotion or a daily moisturizer and apply to the skin



# What oils should I start with?



## Lavender

- Reduce the appearance of skin imperfections or soothe occasional skin irritations by applying Lavender oil
- Place a few drops of Lavender oil in your essential oil diffuser to help ease feelings of tension
- Promote a calming environment for restful sleep by adding a few drops of Lavender oil to bedding, pillows, or the bottoms of your feet before bedtime

# What oils should I start with?



## Lemon

- Add Lemon oil to a spray bottle of water and use it to clean countertops and other surfaces
- Place a few drops of Lemon oil in your diffuser to help create an uplifting environment

*Note: When using a **photosensitive** essential oil topically, avoidance of sunlight is recommended for up to 12 hours after use.*

# What oils should I start with?



## Peppermint

- Diffuse Peppermint oil to help promote feelings of easy breathing and clear airways
- Add Peppermint oil to your shampoo or conditioner to give yourself a stimulating hair massage
- Ease head tension by applying to back of neck and forehead



# What oils should I start with?



## Frankincense

- Supports healthy cellular and immune function\*
- Diffuse to promote focus and relaxation
- Massage into hands and feet for a warming and soothing effect
- Add to moisturizer or lotion to reduce the appearances of blemishes, scars and to rejuvenate skin
- When in doubt, use Frankincense

# What oils should I start with?



## **DigestZen® Digestive Blend**

- Helps reduce bloating, gas, and occasional indigestion\*
- Maintain a healthy gastrointestinal tract\*
- Use DigestZen® in the car or when traveling to calm occasional motion sickness

# What oils should I start with?



## OnGuard® Protective Blend

- Effective natural option for immune support\*
- Supports the body's natural antioxidant defenses\*
- Protects against seasonal and environmental threats\*
- Diffuse to cleanse the air
- Try the many OnGuard® products including hand soap, toothpaste, cleaner concentrate, throat drops, etc



# Questions?

**Thank you!**

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