

— HOW TO USE —

essential oils QUICK GUIDE



Learn the best way to use
essential oils safely and
effectively.

WELCOME!

This guide is meant to teach the basics on how to use essential oils safely and effectively. We will discuss aromatic use, topical use, and internal use. I will share recipes, teach you how to properly dilute essential oils, and how to make roller bottles. If you are new to essential oils or just looking for a refresher, this ebook is for you.



aromatic use

DIFFUSERS

My favorite way to use essential oils aromatically is by diffusing them.



- Diffusers disperse small molecules of essential oils into the air.
- Diffusing essential oils can effect the mood, boost the immune system, open up airways, and cleanse the air.
- Fill your diffuser with water to the fill line and then add your drops of essential oils.

USE THIS CHART TO KNOW HOW MANY DROPS TO USE



- 100mL: 3-5 drops
- 200mL: 6-10 drops
- 300mL: 11-15 drops
- 400mL: 16-20 drops
- 500mL: 21-25 drops

aromatic use



HANDS

No diffuser? No problem!
Simply drop 1-2 drops of oils
in your hand, rub together,
and cuff over the nose.

- This is a great way to get aromatic benefits whenever you are out of the house.
- Try this in the afternoon with one drop of each wild orange and peppermint for an all natural "pick me up."
- After inhaling message the leftover oils into the back of your neck.



A FEW OF MY FAVORITES

- CALMING- Lavender & Frankincense
- STRESS- Bergamot & Copaiba
- ENERGY- Peppermint & Wild Orange
- RESPIRTORY- Eucalyptus & Lime
- FOCUS- Rosemary & Peppermint

MORE WAYS TO TRY

- STEAM MUG- Fill a mug with hot water and add in 1-3 drops of essential oil. Stand over the mug and breathe in the steam. This is especially useful when congested.
- BOTTLE-You can experience aromatherapy benefits just by inhaling an essential oil straight from the bottle.
- SPRAY- Add 10-15 drops of essential oil to a 4 ounce glass spray bottle and mist into the air.
- CLOTHES- Add a couple drops of essential oils onto your shirt to reap aromatic benefits throughout the day. I especially like using this method for babies!
- DIFFUSER JEWELRY- You can buy specific jewelry that are made for aromatherapy. Add a couple drops of essential oil to a necklace, ring, or bracelet.



topical use

ROLLER BOTTLES



Roller bottles make it easy to apply essential oils to the skin.

- Roller bottles are perfect for using oils on the go, keep some in your purse or car.
- Essential oils can be used topically to support wellness, cleanse skin imperfections, and relieve tension.
- To make a roller bottle add the essential oils you are using to a 10mL roller bottle and then top off with a carrier oil.
- It is best to use amber or blue colored glass, as clear glass can lose potency if left in direct sunlight.

USE THIS CHART TO KNOW HOW MANY DROPS TO USE



- UNDER 2- 1-3 drops
- 2 -5 years: 2-5 drops
- 5-12 years: 5-10 drops
- 13 and up: 15-30 drops
- ELDERLY- 5-10 drops

topical use

ROLLER BOTTLE RECIPES

RESPIRTORY

- 5 drops eucalyptus
- 5 drops peppermint
- 2 drops lemon
- 5 drops lime

IMMUNE

- 5 drops frankincense
- 3 drops oregano
- 5 drops wild orange
- 3 drops melaleuca

ENERGY

- 6 drops wild orange
- 5 drops bergamot
- 6 drops lemon
- 2 drops peppermint

CLEAR SKIN

- 8 drops frankincense
- 8 drops lavender
- 8 drops melaleuca

FOCUS

- 8 drops rosemary
- 8 drops peppermint
- 8 drops wild orange
- 8 drops frankincense

MOOD SUPPORT

- 3 drops lemon
- 2 drops lime
- 1 drop wild orange

DIGESTIVE

- 5 drops peppermint
- 4 drops ginger
- 3 drops fennel
- 2 drops frankincense
- 1 drop lemon

SLEEP

- 5 drops lavender
- 4 drops frankincense
- 3 drop chamomile
- 2 drops vetiver

topical use

MORE WAYS TO TRY

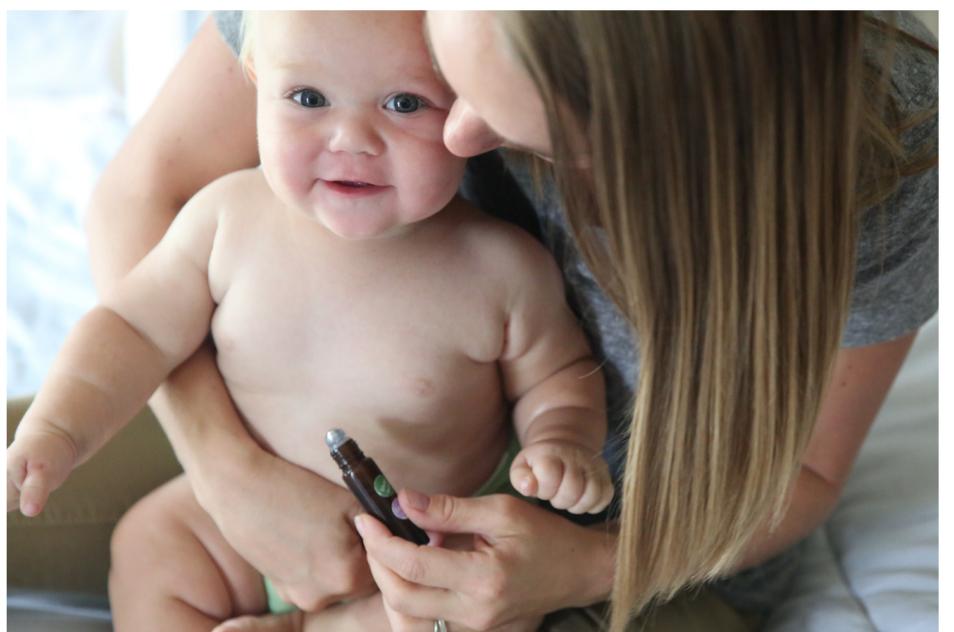
- LOTION- Add essential oils into lotion for a soothing back massage. Use 5-7 drops per 1/4 cup.
- SALVE- Make a homemade salve using essential oils. Get my eczema salve recipe [HERE](#).
- SHAMPOO- Add a few drops of essential oils into your shampoo to promote hair growth, thickening, and to cleanse the scalp. Best essential oils for hair: rosemary, lavender, and melaleuca.

SAFETY FOR TOPICAL USE

- Some oils are considered "neat", which means they are safe to apply directly to the skin. If using a oil that is not neat, it needs to be diluted.
- If in doubt dilute! Diluting a essential oil does not make it less effective, in fact carrier oils can allow the oil to penetrate the skin even better.
- . Always dilute when using on children, elderly, or someone with sensitive skin.
- Never put oils in eyes or ears.

BEST PLACE TO APPLY

- Bottom of Feet
- Pulse Points
- Area of Concern
- Behind Ears
- Back of Neck
- Down the spine



internal use



INGESTING OILS

Essential oils can be ingested if you are following these guidelines.

NOT ALL ESSENTIAL OILS ARE CREATED EQUAL HERE ARE SOME THINGS TO LOOK FOR:

- Be sure you are using organic oils.
- Check that your essential oils are tested through a third party independent lab.
- Check where and how your essential oils are sourced
- Make sure it is 100% pure, with no adders, fillers, or contaminants. You have to dig deep for this one since essential oils are not regulated by the FDA.

SAFETY FOR INTERNAL USE

- Always consult with a doctor before taking oils internally.
- If you are using a hot oil be sure to only take internally through a veggie capsule.
- It is not recommend for a child under the age of 12 to ingest essential oils.
- Only ingest 1-2 drops at one time.

internal use

HOW TO USE ESSENTIAL OILS INTERNALLY

- VEGGIE CAPSULE- Add 1-2 drops of essential oil to a veggie capsule and swallow like a pill. If you want to make veggie capsules ahead of time, add a carrier oil.
- WATER- Add 1-2 drops to 4 ounces of water. I love adding citrus essential oils to my water through out the day.
- UNDER THE TONGUE- Drop 1-2 drops under the tongue, hold it for 30 seconds, and swallow.



THANK YOU!

I hope this guide was helpful and that you feel more equipped on using essential oils.

If you are looking for more essential oil education, grab my free online class [HERE](#).

