

# ESSENTIAL OIL

## Basics for New Users



Apply essential oils to bottoms of the feet for gentle benefits.



### What are essential oils?

Essential oils are pure, liquid extracts that are steam-released or pressed from plants. They have therapeutic properties that support wellness and soothe many concerns. They are 100% plant derived with no additional processing, preservatives, or other ingredients.

### Just a few reasons to love essential oils

- A natural alternative to chemical products
- A simple solution for supporting your health right in your own home
- Just pennies per drop for safe, fast results

### To achieve results, quality is EVERYTHING

Talk to the person who gave you this sheet about the dos and don'ts of oil buying



### Favorite uses

#### GOOD NIGHT'S SLEEP

*Lavender and cedarwood*  
Diffuse or apply to feet

#### FRESHEN YOUR HOME

*Lemon, orange, lavender*  
Diffuse almost any oil for a healthy, uplifting aroma

#### BOOST YOUR MOOD

*Orange and peppermint*  
Diffuse or inhale deeply

#### OPEN YOUR AIRWAYS

*Peppermint or eucalyptus*  
Diffuse or apply to chest

#### SOOTHING ACES

*Peppermint or a muscle blend*  
Diffuse or apply to chest

#### EASE DIGESTIVE UPSET

*Peppermint or digestive blend*  
Apply a drop to the stomach

#### RELAXING BATH

*Lavender*  
Add 2 drops to bathwater

#### FOOT MASSAGE

*Peppermint*  
Massage a few drops onto feet with lotion for a cooling, relaxing treat

#### ADDING FLAVOR

*Lemon or orange*  
Add a drop to a smoothie or salad dressing for a fresh flavor enhancer

### How do I use essential oils?

#### Breathe them in—**Aromatically**

Use oils in a diffuser or inhale deeply from the open bottle.

- Calm emotional upset
- Boost mood and energy
- Open airways
- Purify the air and fight airborne germs
- Promote restful sleep

#### On your skin—**Topically**

Apply to area of concern or the bottoms of feet.

- Soothe tired, over-worked muscles
- Ease joint discomfort
- Calm skin irritation
- Support immune system

See *dilution note below*

#### In food or water—**Dietary**

Essential oils marked with a “Supplement Facts” box are for dietary use. Add a drop to an empty capsule or glass of water.

- Ease digestive upset
- Support immune system
- Add flavor to food



A diffuser vaporizes essential oils into the air where they freshen your home and provide emotional, respiratory, and immune benefits. Start with 5 drops.



### How much should I use?

Essential oils are ultraconcentrated, and a little goes a long way. *Just a drop or two is usually enough for topical or dietary use.*



**Pure & Potent**  
It takes 45 lemon rinds to fill a bottle of lemon essential oil.

	Adult		Child	
	ideal amount	max. in 24 hours	ideal amount	max. in 24 hours
Oral	1 - 3 drops	4 - 18 drops	-	-
Dermal	3 - 6 drops	12 - 36 drops	1 - 2 drops	3 - 12 drops

source: <https://doterra.com/US/en/blog/safety-physiology-recommended-ideal-amounts>

**NOTE:** To dilute or not? To *dilute* means to combine essential oils with a carrier oil (such as coconut or olive oil). This helps essential oils absorb more slowly into your skin and makes for a gentle application. Start with 1 to 2 drops of essential oil in a teaspoon of carrier oil. If an oil feels too hot or too cool, apply more carrier oil to the skin.

See the blog at [www.ShareOils.com](http://www.ShareOils.com) for ideas and recipes



# Top 10 Essential Oils



**Frankincense** | Immune, emotional

Safe for aromatic, topical, or dietary use.

- Induces relaxation
- Promotes skin cell renewal
- Fades scars/stretch marks
- Supports cellular health



**Melaleuca** | Immune, germ fighting

Safe for aromatic, topical, or dietary use.

- Soothes scratchy throat
- Promotes healing
- Supports immune function
- Cleans hands and surfaces



## Respiratory Blend

Safe for aromatic or topical use.

- Supports respiratory function
- Opens airways for clearer breathing
- Eases seasonal respiratory discomfort

Key oils: peppermint, eucalyptus, melaleuca



## Protecting Blend

Safe for aromatic, topical\*, or dietary use.

- Supports healthy immune function
- Protects against environmental threats
- Soothes scratchy throat

Key oils: clove, cinnamon, eucalyptus



**Lavender** | All things calming

Safe for aromatic, topical, or dietary use.

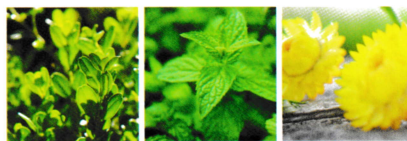
- Calms emotions and eases sadness
- Promotes relaxation and restful sleep
- Eases aches and head tension
- Soothes skin irritation



**Oregano** | Immune, germ fighting

Safe for aromatic, topical\*, or dietary use.

- Immune support
- Promotes digestion
- Soothes scratchy throat
- Cleanses surfaces



## Soothing Blend

Safe for topical use.

- Soothes overworked muscles and joints
- Apply to growing kid's legs at bedtime
- Use before and after exercise.

Key oils: wintergreen, peppermint, helichrysum

## My wellness goals are:

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## Oils I want to try:

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**Lemon** | Respiratory, cleansing

Safe for aromatic, topical, or dietary use.

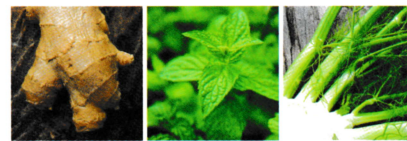
- Opens airways and promotes clear breathing
- Supports focus and clear thinking
- Removes gum and sticky residue from surfaces



**Peppermint** | Digestive, energizing

Safe for aromatic, topical, or dietary use.

- Calms digestive upset
- Opens airways
- Energizing
- Cools overheated skin and muscles



## Digestive Blend

Safe for aromatic, topical, or dietary use.

- Soothes stomach upset
- Supports digestion
- Calms motion sickness/nausea

Key oils: ginger, peppermint, fennel

## OTHER FAVORITE OILS

**Wild Orange** for a mood boost.

**Lemongrass** for bladder health.

**Cedarwood** for deeper sleep.

**Grapefruit** for cleansing benefits.

**Clary Sage** for hormonal support.

**Spearmint** for a mood boost.

**Vetiver** for nervous tension.

\*Always dilute this oil for use on skin

## For more information about essential oils contact:

**SAFETY PRECAUTIONS:** Keep oils out of reach of children. Do not use in the eyes or ear canal or on mucous membranes. If irritation occurs, apply a carrier oil. Do not add water. Citrus oils can increase sun sensitivity; allow at least 12 hours between application and exposing skin to the sun. **DO NOT INGEST** arborvitae, cedarwood, cypress, eucalyptus, white fir, or wintergreen. If you are pregnant, breastfeeding, or have liver or immune issues, talk to your doctor about ingesting.

**DISCLAIMER:** This handout has not been evaluated by the FDA. The products and methods recommended are not intended to treat, diagnose, cure, or prevent illness or disease. It is not a substitute for medical advice.

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