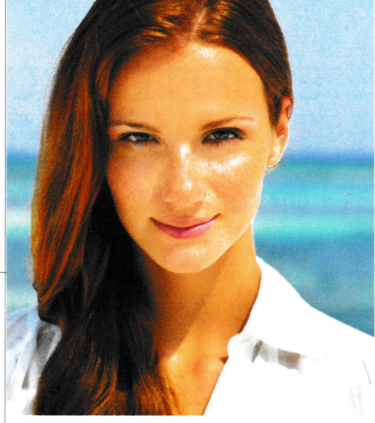


ESSENTIAL OILS

for BEAUTIFUL, HEALTHY SKIN



WHY CHANGE YOUR PERSONAL CARE PRODUCTS?

What do top-selling brands of deodorant, sunscreen, hand sanitizer and lotion all have in common?

According to the *Think Dirty* app that rates products on their potential toxicity, they're all a 10/10 on the dirty scale. Consider these facts from ewg.com:

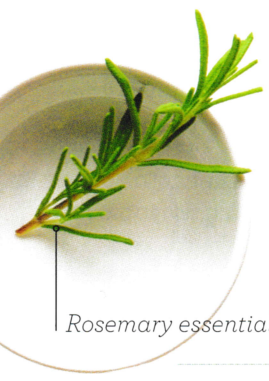
Artificial fragrances, found in 90 percent of products, can include any of 3,000 synthetic chemicals, including potential hormone disruptors, neurotoxins, and phthalates. They can cause depression, hyperactivity, and irritability.

81 percent of body care products marked "gentle", or "hypoallergenic" contain ingredients proven to irritate skin, eyes, or allergies.

More than **500 products** sold in the US contain ingredients banned in Japan, Canada, or Europe.

22 percent of personal care products may be **contaminated** with the cancer-causing impurity 1,4-dioxane.

There's no labeling requirements for **Phthalates**, found in perfumes, lotions, and soaps. Studies show they can damage the liver, kidneys, and reproductive systems. Mount Sinai Medical Center links phthalate exposure and childhood obesity.



Why Essential Oils?

- Safe support for the skin (our largest organ), without preservatives, chemicals, or harsh ingredients.
- Essential oils are multipurpose making them smart to have on hand.
- Powerfully concentrated, so a little goes a long way.

Rosemary essential oil helps reduce puffiness, and supports healthy scalp and hair.

OILS THAT SOOTHE AND CALM



Lavender



Melaleuca



Geranium

Essential oils aren't oily. They don't clog pores or cause breakouts. Melaleuca can even help clear blemishes. (see Bassett et al, 1990)

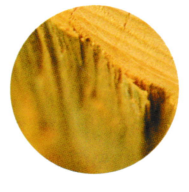
Use quality essential oils that are

- ◆ **Sourced** from expert growers committed to quality standards.
- ◆ **100% pure** and contain zero artificial ingredients.
- ◆ **Tested** for purity.
- ◆ **Certified** to have the correct chemical composition to achieve desired results.

OILS THAT BEAUTIFY AND NOURISH



Frankincense



Sandalwood



Myrrh

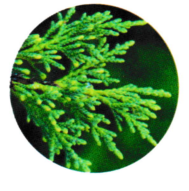
Blend recommendations

For best results, dilute essential oils with a carrier oil. 1-2 drops of essential oil in a teaspoon of carrier oil is a starting point. Find what works best for you.

OILS THAT COMFORT AND COOL



Helichrysum



Cypress



Peppermint

SUPPORTING HEALTHY SKIN

After waxing: apply lavender, geranium or roman chamomile.

Blemish: apply melaleuca and lavender.

Circulatory support: massage cypress into legs.

Firming: apply frankincense or myrrh.

Healthy nail beds: apply melaleuca.

Smoothing: apply frankincense or sandalwood.

Tissue repair: apply lavender or frankincense.

Too much sun: mist generously with lavender and peppermint.

Vein health: apply helichrysum or cypress to areas of concern.



Other recommendations

ESSENTIAL OILS BY SKIN TYPE

ALL TYPES	Clary Sage, Geranium, Lavender, Roman Chamomile
DRY	Geranium, Helichrysum, Lavender, Myrrh, Sandalwood
OILY	Basil, Eucalyptus, Lemongrass (Dilute Heavily), Melissa
AGING/WRINKLES	Clary Sage, Frankincense, Helichrysum, Myrrh, Sandalwood
SENSITIVE	Lavender, Roman Chamomile
BLEMISH PRONE	Clary Sage, Geranium, Lavender, Melaleuca, Sandalwood

CARRIER OILS BY SKIN TYPE

- **APRICOT KERNEL** (for dry, aging, and normal skin)
- **ARGAN** (for all types)
- **COCONUT (FRACTIONATED)** (for all types; light feel)
- **GRAPESEED** (for all types, especially oily or acne-prone)
- **HEMP** (for all types; very light feel)
- **JOJOBA** (for all types)
- **OLIVE** (for dry, aging, and normal skin; heavier feel)
- **ALMOND** (for dry, aging, and normal skin; heavier feel)

Note: Citrus oils can increase sun sensitivity; allow at least 12 hours between application and exposing skin to the sun.

RECIPES

for more recipes go to www.shareoils.com/blogs/blog/48326661-a-safer-cleaner-home-with-essential-oils

Oil Cleansing Method (OCM)

Dissolves oil and lets pores breathe. Leaves skin dewy and fresh. Removes makeup perfectly.

MAKE IT. Combine oils for your skin type (see following) in a 4 oz. glass bottle.

- **OILY:** 2 Tbsp castor oil to 6 Tbsp carrier oil.
- **BALANCED:** 1 Tbsp castor oil to 7 Tbsp carrier oil.
- **DRY:** 8 Tbsp carrier oil.

Add 1-3 drops essential oil (see chart)

TO USE: Pour a quarter size amount of oil mixture into palm. Massage oil into face for 2-3 minutes. Pores should feel saturated. Start hot water running. Leave the oil on for at least 30 more seconds.

TO RINSE: Wet a washcloth in hot, but not scalding water. Squeeze out excess water, and lay the cloth on your face until it cools. Gently pat; do not scrub. Rinse oil out of cloth, and repeat until skin has just a trace of oil left.

Deodorant Cream

- ¼ cup baking soda
- ¼ cup cornstarch or arrowroot powder
- 4 Tbsp unrefined coconut oil
- 20 drops essential oil (10 drops melaleuca, 10 drops your choice)

MAKE IT. Melt coconut oil. Mix remaining ingredients; store in jar. Apply a pea sized amount under arms.

Facial Toner

- 1 Tbsp apple cider vinegar, such as Bragg's
- 2 Tbsp water (more if skin is sensitive)
- 4 drops essential oil (see chart)

MAKE IT. Pour ingredients into small glass spray bottle. Mist onto clean face.

Moisturizing Facial Oil

Depending on the carrier oils used, this moisturizer may be light and quickly absorbed, or rich—staying on the skin's surface longer. You may wish to make a light version for daytime and a richer nighttime blend.

- 1 oz. carrier oil, or blend of carrier oils (see chart)
- 3-5 drops essential oil (see chart)

MAKE IT. Combine oils in dark bottle. Add enough essential oils for a fragrance that is noticeable but not too strong. Shake and apply to clean, damp face or body.

Hand Cleaning Spray

- 5 drops melaleuca (or essential oil of choice)
- 1 teaspoon fractionated coconut oil

MAKE IT. Place ingredients in a 1 oz. spray bottle. Top with water or witch hazel. Shake well and mist onto hands.

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 and blends containing them can increase sun sensitivity; allow at least 12 hours between application and exposing skin to the sun.

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.