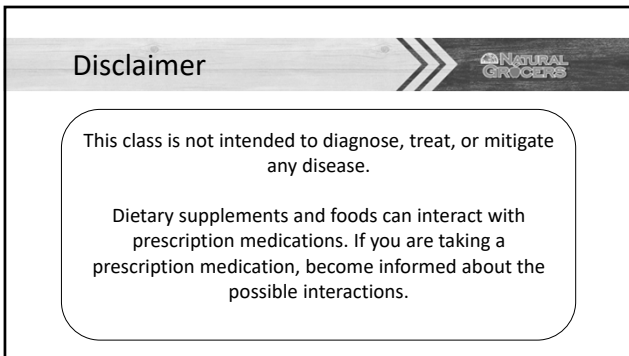




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3

What are essential oils?

Essential Oils are highly concentrated substances derived from a plant that usually bears the aroma or flavor of that plant.

Essential oils are used in body care products for their scent as well as

- therapeutic benefits
- in the creation of perfume
- certain essential oils are used by the food industry as preservatives and for flavoring
- for home use and aromatherapy



4

How are they made?

Essential Oils can be extracted from nearly every part of a plant, including leaves, stems, flowers, peels, seeds, wood, bark, roots, needles, twigs, and resin.

Some plants can yield more than one essential oil; for instance neroli comes from the flowers of bitter orange, pettigrain from the leaves, and orange oil from the peels.




5

Why use them?


You've likely experienced the phenomenon before when a smell triggers a memory or brings up a certain emotion.

Different essential oils have been shown to possess qualities that modulate inflammation, create an inhospitable environment for bacteria, fungi and viruses, support liver detoxification, and influence mood and brain function.

They can also be used just for the smell!




6

How do they work? 

When applied to the skin, not only do they work on the skin they come in contact with, but they are also absorbed and enter into the body where they can exert their effects.


They can also be inhaled. When they interact with cells at the back of the nose, aromatic molecules can stimulate changes in the brain, such as alter production of neurotransmitters like dopamine, endorphins and serotonin.

7


How do you use them? 

To harness the power of essential oils:

- Put them in a diffuser to release their compounds into the air
- Place a drop or two on a tissue and inhale from the tissue
- Add them to your favorite unscented body care products
- Make your own homemade body care products
- Apply them to the skin either over the affected area or to the soles of the feet, by first mixing with a carrier oil
- Add a few drops to your bath water
- Mix them with distilled water in a spray bottle for cleaning, pest repellent, etc.



8


Choosing and Using Essential Oils 

To ensure that you are getting high quality essential oils look for the following clues on the label:


1. The botanical or Latin name of the plant in addition to the common name
2. The country of origin
3. The part of the plant used (i.e. bark, leaves, roots, etc.)
4. The extraction method (steam distilled, cold-pressed, etc.)
5. Most reputable companies will also be able to prove that the oil has been tested for identity and purity should you request such information.

At Natural Grocers we only carry essential oil lines that meet our strict quality standards.

9

Other things you may want to consider... 

Is the oil 100% pure or is it combined with extenders? Combining an essential oil with a carrier oil or fragrances does dilute the effect, however, it offers the advantage of making expensive oils (such as jasmine or rose) more cost effective and in some cases extending the life of the scent.


 **Is it derived from an organic plant?** Organic essential oils have been derived from plants that have been grown without the use of chemical pesticides, fertilizers or herbicides.

10

Cautions for Use 


1. In general, **never apply an essential oil straight to the skin**
2. Always **test a small patch** of skin for sensitivity
3. Essential oils should be used **sparingly**, if at all, with **babies and very young children**
4. Extra **caution** should be used by **pregnant and lactating women, the elderly, and the frail**
5. The **internal use** of essential oils or use in mouthwash is debated among professionals, but is generally **not advisable**
6. Some essential oils may cause **phototoxicity**

11


Proper Storage 




Store bottles sealed and in a dark, cool spot, and avoid touching the spout; rather allow the oil to drip out.

Stored this way, most essential oils have a very long shelf life.







12

Building Your Basic Essential Oil Kit 


<p>Lavender </p> <p><i>(Lavendula angustifolia)</i> Aroma: sweet, fresh, floral Uses/Properties: Appropriate for most skin types and many skin concerns, deodorizing, supports healthy mood, calming, relaxing, bacterial balance. Commonly used to soothe minor burns.</p>	<p>Tea Tree </p> <p><i>(Melaleuca alternifolia)</i> Aroma: Warm, spicy, medicinal and volatile Uses/Properties: Modulates inflammation, supports skin health</p>	<p>Eucalyptus </p> <p><i>(Eucalyptus globules)</i> Aroma: Fresh, penetrating, and wood, camphoraceous Uses/Properties: Modulates pain and inflammation, cooling, deodorizing, supports respiratory health</p>
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13

Building Your Basic Essential Oil Kit 


<p>Peppermint </p> <p><i>(Mentha x piperita)</i> Aroma: Fresh, minty, sweet Uses/Properties: stimulating, modulates pain and inflammation, supports digestive function</p>	<p>Cinnamon </p> <p><i>(Cinnamomum zeylanicum)</i> Aroma: Sweet, spicy, warm Uses/Properties: Warming, stimulates circulation, supports digestive health, supports immune function</p>	<p>Rosemary </p> <p><i>(Rosmarinus officinalis)</i> Aroma: Fresh, herbal, resinous, woody undertone Uses/Properties: Energizing, modulates pain, supports respiratory health, supports hair health</p>
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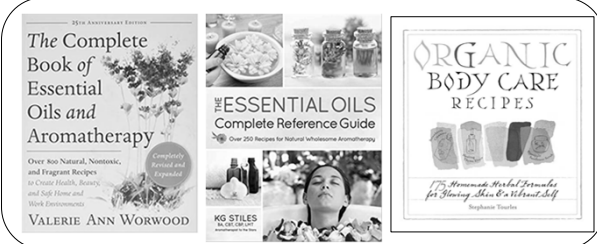
14

Building Your Basic Essential Oil Kit 

<p>Lemon </p> <p><i>(Citrus limon)</i> Aroma: Fresh, citrus, reminiscent of the peel Uses/Properties: Uplifting, supports digestive function</p>	<p>Sweet Orange </p> <p><i>(Citrus sinensis)</i> Aroma: Fresh, fruity, sweet, similar to the peel Uses/Properties: Uplifting, supports proper circulation and lymphatic function, purifying. Commonly used in household cleaners.</p>	<p>Chamomile </p> <p><i>(Matricaria recutita)</i> Aroma: Rich, floral Uses/Properties: Calming, appropriate for all skin types and many skin conditions, modulates inflammation and pain, supports digestion.</p>
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15

Resources 



The Complete Book of Essential Oils and Aromatherapy
35th Anniversary Edition
Over 800 Natural, Nontoxic, and Fragrant Recipes for Home Health, Beauty, and Safe Home and Work Environments
Completely Revised and Expanded
VALERIE ANN WORWOOD

THE ESSENTIAL OILS Complete Reference Guide
Over 200 Recipes for Natural Skin-care and Aromatherapy
KG STILES
Ph.D. M.D. L.D. L.P.C.
Aromatherapist

ORGANIC BODY CARE RECIPES
175 Homemade Natural Formulas for Skincare, Hair, & Wellness Self-Care
Brighton Teacher
