



# *Essential Oils*

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# Essential Oils

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Essential Oils promote health and well-being. They can be applied to the skin or inhaled. The most common methods to use essential oils are diluted in carrier oil for a massage, diluted in bathwater, steam inhalation and diffusion.

Essential oils are highly concentrated; in fact they are 100 x's stronger than the dried herb of the same plant.

They will last for many years when properly stored in dark glass bottles with tight fitting caps away from heat and light.

Essential oils do not become rancid because they do not contain fatty acids.

Some plants produce an abundance of essential oils whereas others produce very little. Peppermint and Eucalyptus are an example of plants that produce large amounts of essential oil and therefore they are relatively inexpensive. Rose produces very little and therefore its essential oil is very expensive.

## **Essential oils are very concentrated and therefore they must be handled responsibly.**

- Essential oils are for external use. Some can be taken internally but you need to work with someone who is trained.
- Essential oils need to be stored away from children.
- Essential oil bottles need to be tightly closed.
- Don't use Essential oils near your eyes.
- Before you apply essential oils to the skin you need to dilute them. Standard dilution is 2% that is 2 drops in 1 teaspoon of jojoba oil, or coconut oil.
- If you still experience an irritation on your skin by applying diluted essential oils, rub the irritated area with carrier oil.
- If you are pregnant I would recommend working with an essential oil specialist.
- If you have a disease please work with an essential oil specialist.
- If you take homeopathic remedies please work with a skilled practitioner.

## Essential oils can and should be diluted - general guidelines

- In **Bath water:** 4 -8 drops of your favorite soothing oil such as eucalyptus, lavender, or sandalwood in 1 teaspoon of carrier oil, such as coconut oil. Use 1 cup of Epsom salt in bath water or mix Essential oils with 1 cup of Epsom salt; makes a fantastic aromatherapy for circulatory, muscular, respiratory, skin and sleep problems in addition to calming your nerves. Remain in the tub for 10 - 15 minutes. If you have adrenal issues it is best not to use hot water, rather, use warm water.

Lemon, oregano, and tea tree oil can irritate the skin and should not be used in bath water.

- **Foot Bath:** Mix 1 - 3 drops of essential oil in ½ teaspoon of carrier oil such as coconut oil. Add to the water, stir well, and immerse your feet for 10 - 15 minutes.
- **Compresses:** 3-5 drops of essential oil per 4 oz. of water, briskly stir. Soak cloth and apply for bruises, infections, aches and pains for a couple of minutes then repeat a couple of times.
- **Inhalations:** 10 drops in a diffuser or in hot water for sinus or headache relief.
- **Salves:** A 2.5% dilution is recommended, which is 15 drops per 1 ounce of oil, for relaxation and to alleviate joint/muscle soreness.
- **Add essential oils to products:** 10-30 drops to an 8 oz bottle of body lotion. 10-30 drops to an 8 oz bottle of shampoo or conditioner. Make sure you don't get either shampoo nor the conditioner into your eyes.
- **Body Oil:** Add 6 - 10 drops of essential oil in 1 oz carrier oil such as coconut oil; apply to skin especially after a shower or bath. Test on a small area of your body first; dilute more if you get any sign of irritation.
- **Perfume:** make your own; mix about 5 - 7 drops of essential oil in 1 tablespoon of jojoba oil. Apply to your skin such as the inner wrist, or behind the knee. Mix different kind of essential oils such as lavender and lemon to create your own perfume.

- Diffuser:



## 1. Cloves (*Eugenia caryophyllata*)

commonly used as an antiseptic for oral infections, and as a broad-spectrum antimicrobial. Can strengthen memory, revives a tired mind, and is uplifting.

Clove can be used for:

- Muscle aches, stiff joints, infections, cold, flu, sinusitis, bronchitis, nausea, poor digestion, poor circulation.
- Athlete's foot, bruises
- Mental fatigue, mild depression, low libido.
- And toothaches

## 2. Eucalyptus (*Eucalyptus globules*)

is used as an anti-bacterial, anti-spasmodic, anti-inflammatory, and anti-viral agent and can be used for:

- **Colds & Flu, Sore Throat** – Use 5-10 drops of Eucalyptus in a steam bath or in your diffuser before you go to sleep or throughout the day.
- **Muscle aches and Joint stiffness** - Add 5 - 10 drops of Eucalyptus oil and Epsom Salt to your foot bath water, soak for 10 - 15 minutes.
- **Hands & Feet** – eucalyptus oil can help remove grease from your hands. Or mix eucalyptus in some salt water and soak your hands or feet when they feel soar. Make sure to rinse your hands thoroughly after you soaked them in water with eucalyptus added to prevent getting the oil into your eyes.
- **Cleaning products** – Add a couple of drops of Eucalyptus oil to your cleaning products. Commercial cleaning products are full of chemicals which irritate our skin and disrupt hormone production. Make your own cleaning products with water, vinegar, baking soda and a couple of drops of essential oils. Add Eucalyptus to laundry detergent, toilet cleaner, and window cleaner.
- **Shoe odor** – place a rag with a few drops of eucalyptus into smelly shoes and leave them outside in the sun. The oil will prevent odors.
- **Psychological uses** - can help with nervous tension, stress, anxiety and mild depression.

### 3. **Frankincense (Boswellia Carteri)**

is

used as an anti-inflammatory, anti-septic, sedative, helps with

- inflammation in the body,
- issues related to digestion,
- the immune system,
- oral health,
- respiratory concerns such as asthma and
- stress/anxiety.
- **Colds & Flu, Sore Throat** – Use 5-10 drops of Frankincense oil in a steam bath or in your diffuser before you go to sleep or throughout the day.
- **Skin issues** - add a couple of drops of Frankincense oil to natural skin lotion and apply it on dry skin patches, closed scars. Spot test first.
- **Diffuser** - add 5 - 10 drops of Frankincense oil to your diffuser for nervous tension, restless mind or general stress reduction.

### 4. **Lavender (Lavandula Angustifolia)**

is probably the most widely used essential oil to calm down the nervous system before going to bed.

It also can be used to accelerating healing time for burns, cuts, stings, and other wounds.

- **Physical uses** –for colds, flu, bronchitis add a couple of drops to a steam bath. For muscle spasms and aches add lavender oil to carrier oil and massage your muscles after a shower or bath.
- **Headaches, Stress, Anxiety, Depression** – add 5 - 10 drops to your bath water, use in the diffuser all day long. On a cloth use a couple of drops while you are working on the computer. Place the cloth next to your keyboard and inhale deeply.
- **Sunburn** –Combine lavender essential oil with aloe or coconut oil. Mix 10 drops per 1 ounce of aloe or oil to sooth sunburn. Also helps heal dry skin, minor cuts and scrapes. Mixed with sandalwood essential oil, create a calming salve for everyday use.

## 5. **Lemon (Citrus Limon)**

Lemon oil can be used to stimulate lymph drainage, to rejuvenate sluggish, dull skin as well as a bug repellent. Lemon oil has anti-bacterial, anti-fungal, anti-depressant, properties, refreshes and energizes.

- **Clean Hands** –lemon oil can help clean greasy hands from working on your car or bike.
- **Natural Disinfectant** - use lemon oil to clean your countertop or stove top by adding 40 drops of lemon oil to a 16-oz spray bottle, fill with water.
- **Colds & Flu** – Use 5-10 drops of Lemon oil in a steam bath or in your diffuser before you go to sleep or throughout the day.
- **Uplifting** - use lemon oil in a diffuser or add just a couple of drops directly on your clothes (shoulder area).

## 6. **Oregano (Origanum vulgare)**

**Note:** Oregano needs to be highly diluted! Do not use during pregnancy and while nursing.

Oregano has anti-bacterial, anti-fungal, anti-viral properties.

It is used for

- **Respiratory tract disorders** such as coughs, asthma, croup, and bronchitis.
- **Disorders** such as heartburn and bloating, headaches.
- **Parasites, allergies, sinus pain, arthritis.**
- **Skin conditions** including acne, athlete's foot, oily skin, dandruff, canker sores, warts, ringworm, rosacea, and psoriasis; as well as for insect and spider bites.
- **Dental issues** such as gum disease, toothaches
- **Insect Repellent**, use topically but highly diluted.

## 7. **Peppermint (Mentha Piperita)**

**Note:** Use Peppermint oil highly diluted. Avoid during pregnancy and nursing. Do not use with children under three years of age.

Peppermint oil energizes, is uplifting and refreshes mental fatigue; it has anti-inflammatory and anti-spasmodic properties. It also can help with:

- **All-Natural pain relief** –it helps in alleviating headaches and muscle tension. It is helpful in soothing an aching back when added to coconut oil as a carrier.
- **Sinus congestion** – Peppermint oil can help unclog your sinuses. Add 5 - 7 drops of peppermint oil to a steam bath.
- **Joint & Muscle pain** – mix peppermint oil with lavender oil and coconut oil for painful joints and muscles.
- **Energizer** – during the day, add a couple of drops of peppermint oil directly on your clothes, near the face. Peppermint oil helps with mental fatigue and problems concentrating.
- **Tick bite** – by applying Peppermint essential oil directly on a tick, you may be able stop a tick from burrowing deep into the skin. Lyme disease is spread by ticks.
- **Spider Repellant** – Add Peppermint oil on the front door step or on the door to the garden. Ants, cockroaches, mice and spiders don't like the smell of peppermint oil. You need to reapply it from time to time.

## 8. **Rosemary (Rosmarinus officinalis)**

**Note:** Use Rosemary oil highly diluted. Do not use during pregnancy and while nursing.

Rosemary oil helps with nervous exhaustion, chronic fatigue, and mental fog.

- **Sinus congestion, colds, flu, bronchitis** - add a couple of drops to a steam bath.
- **Dandruff** - add a couple of drops of Rosemary oil to your shampoo.
- **Mental issues** - such as brain fog, strengthens the will power, helps restore mental alertness, and promotes clear thoughts.
- **Muscle aches and pains** - add a couple of drops to a carrier oil of your choice and massage your aching muscles and joints with the mixture.

## 9. Sandalwood (*Santalum album*)

has Anti-inflammatory, antiseptic, antispasmodic, diuretic, sedative properties. It is used often during meditations, to calm the mind.

- **Physical uses** - bronchitis, sore throats, respiratory congestion, inflammation, muscle spasms, nerve pain, poor circulation, lymphatic support, immune support. Use 1-2 drops it in a steam bath for 30 seconds or while soaking and relaxing in the tub together with Epsom salt. Add a couple of drops of sandalwood oil to a carrier oil such as coconut oil and massage your aching muscles, especially after a shower.
- **Skin issues** - Sandalwood can be used with a carrier oil such as coconut oil for dry skin, sensitive skin, eczema, and itching skin. Add 6 - 30 drops of Essential oil in 1 oz of fragrance-free, natural moisturizing lotion. Apply to your skin especially after a shower or bath.
- **Psychological issues** - such as anxiety, tension, stress, sleeplessness, emotional instability. Use Sandalwood oil in a diffuser throughout the day or while you sleep. Or add a couple of drops of Sandalwood oil onto your pillow case.
- **Room Mist** - mix 30 - 60 drops of essential oil in 4 oz of water in a mister bottle. Shake well before spraying the mixture onto the carpet, the back of the sofa.
- **Foot Bath** - mix 1-3 drops of essential oil in ½ teaspoon of carrier oil. Fill a tub or a rectangular container with warm water, deep enough to cover your feet and ankles. Add the essential oil mixture, stir well and immerse your feet for 10 - 15 minutes.

## 10. Tea Tree (*Melaleuca Alternifolia*)

has anti-septic, anti-spasmodic, sedative and calming properties.

can be used to relieve

- **Infections** - bacterial, viral, fungal infections, colds and flu, sinus congestions, bronchitis, sore throats. Tea Tree oil helps speed up wound healing.
- **Skin issues** - Tea Tree oil helps with acne, athlete's foot, head lice, psoriasis by adding it to a carrier oil that you tolerate. It also helps with insect bites.
- **Nervous exhaustion** and mild depression - speed up wound healing because of its antiseptic properties. The antimicrobial in tea tree is called melaleuca.

- **Laundry freshener** - Add 5 - 10 drops of Tea Tree oil to the water in your washing machine and run a cycle without the laundry. Add a couple of drops to a cloth and add it to the laundry in the dryer.
- **Insect repellent** - Add a couple of drops of Tea Tree to water in a spritzer bottle, shake well before using , spray on plants or the front door step.

## **Essential Oils can be diluted with Carrier Substances:**

Coconut Oil

Water

Olive Oil

Lotion

## **Essential Oils for Acute Ear Infections**

1-2 drops Lavender

1-2 drops Basil

1-2 drops Melaleuca also for chronic infections

1 drop Thyme (diluted)

Sinus infections use Essential Oils 2-3 x /day

Ear infections use Essential Oils every 15 - 30 minutes

Diffuse all day also for prevention

## **Essential Oils as Perfume**

Sweet smelling Jasmine, Lavender, Vanilla

Masculine smelling Cedarwood, Clove

## **Stress Reduction and Aromatherapy**

Stress reduction is so important nowadays. Just having a couple of minutes several times during the day where we concentrate on nothing else but ourselves. Yes, I promote being Selfish.

The use of aromatherapy can take your mind off your duties for a couple of minutes while you are relaxing in a comfortable chair and eyes closed.

Essential oils can improve mood and emotions and by doing so reducing the stress level we are under.

### **Essential oils with a calming effect are:**

Lavender

Ylang Ylang

Basil

### **Essential oils to lift the spirit**

Orange

Basil

Frankincense

Ylang Ylang

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