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Essential Oils for Beginner Cheat Sheet

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Creator of The Essential Oil Hero Course



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"I didn't know how to use essential oils safely; now I do."

You love the idea of using essential oils to make your home toxin free, but don't know where to start.

A lot of confusing and mixed information is out there. When I started using essential oils, I made a lot of mistakes based on fake information. Using essential oils shouldn't be so confusing or overwhelming. In this Essential Oils for Beginners Cheat Sheet, you'll gain more clarity on the different ways you can use essential oils. - Katie Veldkamp

5 Things You Need to Know to Use Essential Oils Safely

1. Diffusing Essential Oils

This is one of the most popular ways to use essential oils. It's easy, fun, and makes your space smell amazing. Here are some tips to make sure you are diffusing essential oils safely.

1. Vary the essential oils that you use; don't use the same oils everyday.
2. Put your diffuser on a timer for 1 hour or less.
3. Start by using 1-3 drops of essential oils, but you can add more if you think your space needs more.
4. If you are diffusing oils around kids, make sure that they are kid safe. You can find our age recommendation on our product pages and on our essential oil bottle labels.
5. If you are diffusing around pets, check to see if that oil is generally considered safe to diffuse around your pet. We put this information on our product pages. Then introduce the oil to your pet with the cap on. See how he or she reacts. If it's a positive reaction, try it in the diffuser with the door open. That way your pet can leave if the aroma causes distress.

2. Essential Oils for Skin Care

Essential oils are concentrated. If you use them directly on your skin, they are likely to cause irritation. To use essential oils safely on your skin, they first need to be diluted. To dilute an essential oil, put a few drops into a carrier oil. A carrier oil is a vegetable or seed oil that can safely dilute an essential oil. They are rich in amazing benefits that partner with essential oils for powerful results. Diluting an essential oils makes it safe to put on your skin, gives you more benefits, and helps make your oils go a long way. You can see some common dilution measurements on the next page.

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Dilution Chart

It's important to always dilute an essential oil before you use it on your skin. Use this table to help you dilute your essential oils safely.

Common Dilution Measurements

5% Dilution Healing, aches and pains, temporary use	8-10	13-15	50-60	100-120
3% Dilution General wellness, massage, skin care, daily use	5-6	8-9	30-36	60-72
1% Dilution Kids aged 5-7, pregnant or breastfeeding, face care	2	3	10-12	20-24
0.5% Dilution Kids aged 2-5, frail or elderly	1	2	5-6	10-12

Carrier Oil
Coconut oil, almond oil, olive oil, or other carrier oil

10 ml Roll On 10 ml
15 ml Bottle 15 ml
2 oz
4 oz

Here are some common dilution measurements and how to use them. You can download a full-size version of this chart at <https://simplyearth.com/pages/dilution-chart>

3. Essential Oils for Cleaning

Essential oils are created by plants for a variety of reasons. One of the reasons is to protect themselves from harmful germs. That's why so many essential oils are good at killing germs. Along with smelling great, essential oils are a toxin-free way to clean your home. Essential oils can be used in cleaning sprays, laundry detergents, soaps, and more to make your home clean without harsh chemicals. To learn how to make your own cleaning recipes, be sure to check out our Essential Oil Hero Course.

4. Essential Oils for Bath Products

Another popular way to use essential oils is to make your own luxurious bath products. When using essential oils in a bath it's important to dilute them first, otherwise moderate to severe skin irritation can occur. Using about 3 drops of essential oil in a a tablespoon of carrier oil will be enough to make an amazing scented bath. You can also use essential oils to create therapeutic bath salts, shower steamers, and bath bombs or to add benefits to shampoos, conditioners, soaps, and lotions.

What people are saying about the Essential Oil Hero Course

My Greatest takeaway from the Simply Earth Essential Oil Hero Course are the blending factors. In all the years I have used essential oils, I did not have this information. Now I can make Awesome custom blends with confidence! Katie can teach an old dog new tricks! Thank you Simply Earth!

- **Teresa E.** ✓ Verified Student

This course is full of knowledge and it's also helping me with my certificate for aromatherapy course I am taking. I actually wish my course was more like this.

- **Kathy M.** ✓ Verified Student

I'm loving all that I am learning especially how to calculate the blends and make them more even blends! Katie Veldkamp always makes me smile with her upbeat personality. It is so relaxed and pressure free.

- **Melissa S.** ✓ Verified Student

5. Essential Oils for Wellness

Essential oils don't replace the advice or treatment given by a doctor. They are best used to support overall emotional and physical wellness by diffusing them or using them on your skin. Oils with calming aromas can help soothe stress. Other oils can help give you energy or help you wind down after a long day. Some oils can soothe muscular and joint aches. If you are on any medication, pregnant, or breastfeeding, be sure to talk to your doctor before using essential oils to support your wellness.

Want more confidence and clarity on how to use essential oils?

Check out our Essential Oil Hero Course where we'll dive in deeper to learn how to use essential oils safely and even learn how to make our own skin care, cleaning, bath, wellness, and diffuser recipes using toxin-free ingredients. Just head to simplyearth.com/course to learn more.

Essential Oils Made Easy

Using essential oils doesn't have to be difficult or expensive. At Simply Earth we are on a mission to make having a natural home easy and affordable. One of the ways we do this is through our monthly Recipe Box.



Each box comes with 4 full-size essential oils + 6 natural recipes created by our aromatherapists + the extras you need to make them.



First-time subscribers also get our Big Bonus Box which includes beeswax, fractionated coconut oil, almond oil, coconut oil (solid), 6 roll-on bottles, and 6 5ml bottles.



Subscribers also get access to our Recipe Box Subscriber Facebook Group, our Essential Oil Hero Course (\$249 value for FREE), exclusive discounts & more!

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