



Essential Oils for Beginners

By Katie Vance
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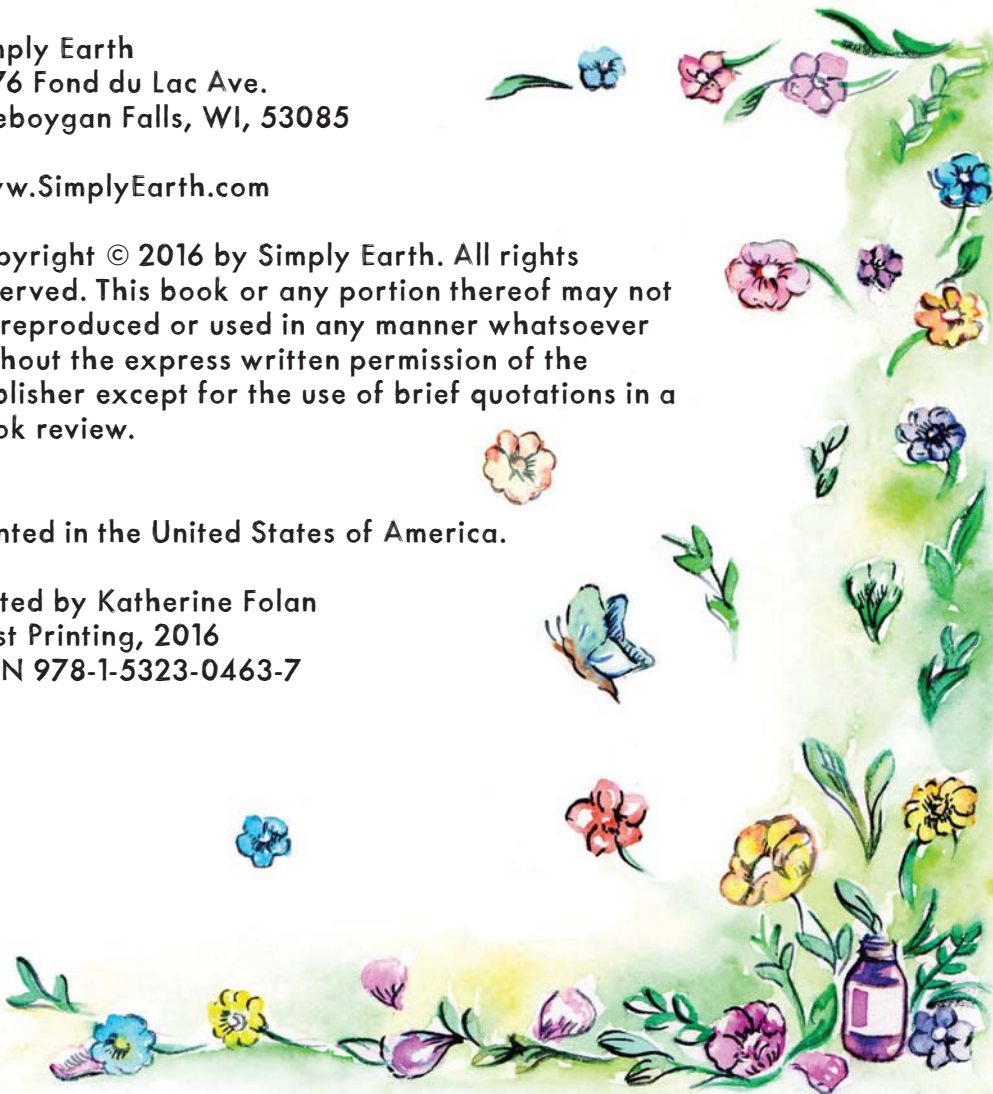
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Essential Oils For Beginners

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Have you heard of essential oils?
Not sure where to start?
Well, you have come to the right place.
Essential Oils for Beginners will guide you
to be more comfortable using essential oils
to create a healthier home.

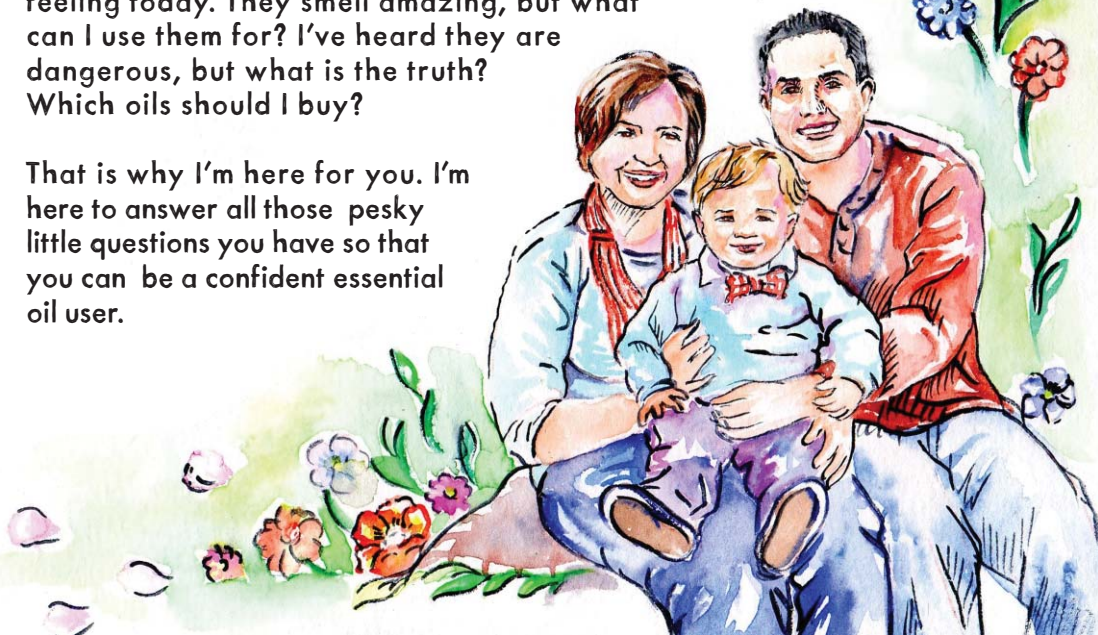


Meet me, your guide

My name is Katie Vance and I'm a certified aromatherapist. That means I've spent hundreds of hours learning about essential oils and years working with them, creating recipes and using them in my own home.

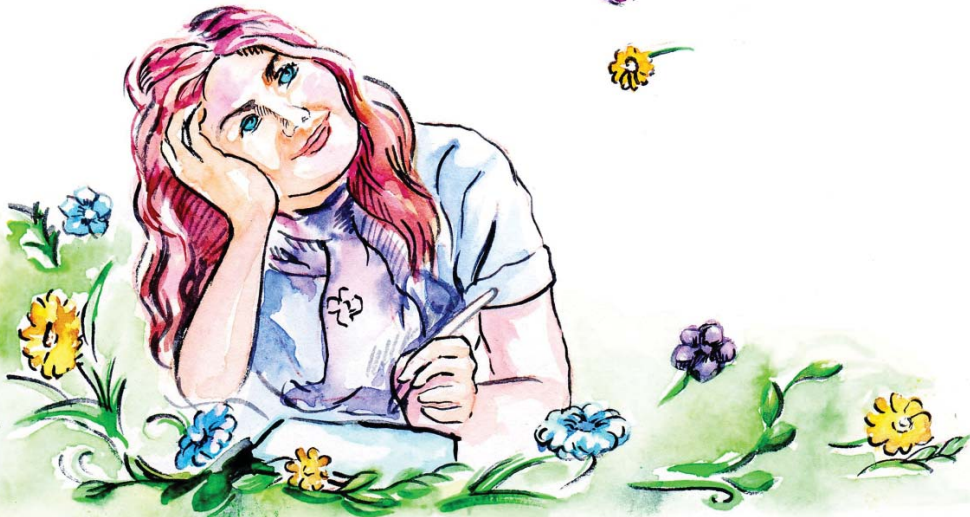
I haven't always been an essential oil expert though. When I first started working with essential oils, I was confused and unsure of where to start, which is probably how you are feeling today. They smell amazing, but what can I use them for? I've heard they are dangerous, but what is the truth? Which oils should I buy?

That is why I'm here for you. I'm here to answer all those pesky little questions you have so that you can be a confident essential oil user.



Here is the plan to learn about essential oils

1. Start with the basics
2. Learn how to apply them
3. Safety First
4. How to use oils
5. Buying advice



What are essential oils?

Essential oils are natural oils extracted from plants and plant parts. Basically, they are the oils from plants. Essential oils have been employed for thousands of years in natural remedies, embalming techniques and as offerings to kings and queens. In the past, essential oils were crudely distilled, but modern methods have made it possible to distill pure, therapeutic-grade essential oils more easily and affordably.



Methods of Application

There are three main methods of using essential oils: inhalation, topical application and ingestion. Most essential oil recipes will fall into these usage categories.



Inhalation (direct and indirect)

Inhalation means inhaling essential oils. This method is ideal for those with sensitive skin, for times of stress and for on-the-go use.

Direct inhalation is done by inhaling undiluted essential oils from a bottle or aromatherapy inhaler. These oils are much stronger so this method is recommended for short term use. It should not be done by children or those with compromised immune systems.

Indirect inhalation is most often done by using a diffuser which disperses (diluted or undiluted) essential oils throughout the room. Always follow guidelines on your individual aromatherapy diffuser for the best results.

Topical application



Topical application involves using essential oils on the skin. This can be done either neat or diluted.

Neat means directly applying undiluted essential oils to skin. This method is not recommended for beginners as essential oils are extremely potent when undiluted and have the potential to harm skin.

Diluted means mixing essential oils with a carrier oil or another solvent. Essential oils are then safe to apply to the skin. Soon we will talk about how much essential oil to use when diluting.

Some examples of topical application include: massage oils, lotions, salt and sugar scrubs, balms, body butters and soap.

Ingestion

The method of ingestion involves the consumption of essential oils. The International Federation of Aromatherapists does not recommend that essential oils be ingested unless under the supervision of a medical doctor who is also qualified in clinical aromatherapy.

Basically, essential oils are powerful. Don't put them into your body unless directed by a doctor who has been trained in the use of essential oils. Just because something is natural doesn't mean it will benefit your body.





Essential Oil Safety

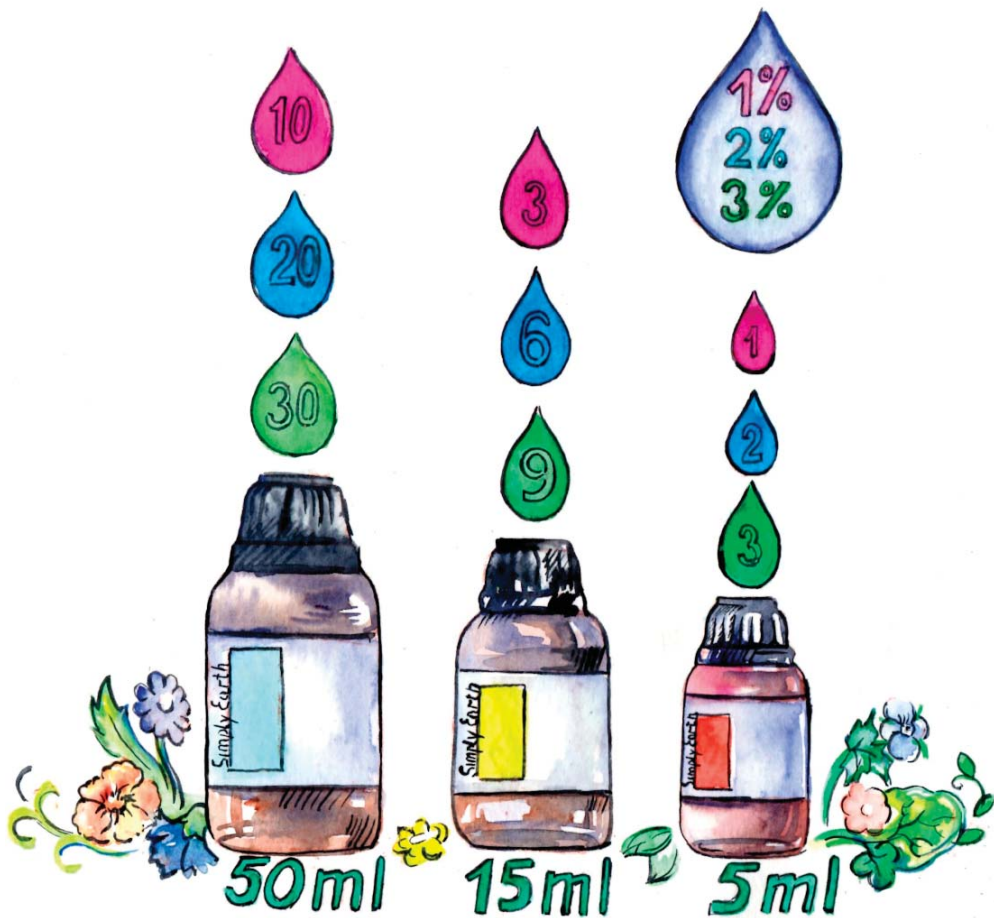
When using essential oils, it is always important to first read safety information. Not all essential oils are suitable for all people. You can go to SimplyEarth.com to view a profile for each oil. Included in each profile are oil-specific safety guidelines. On the following pages, I've detailed some basic safety guidelines, but understand that each oil is unique and needs special considerations.

Diluting Essential Oils

Essential oils should never be used directly on the skin (neat) unless under the supervision of an aromatherapist or doctor who is certified in aromatherapy. When blending at home, you should always dilute your essential oils with a carrier oil. Popular carrier oils include coconut oil, sweet almond oil, jojoba oil, avocado oil, olive oil and others. As a beginner (and even as an expert), you should dilute your oils. Below are my recommended dilution droplet amounts specified to usage.

% Dilution	Use it for
1%	Children, those who are pregnant, elderly and those with sensitive skin
2%	General blends (oil massage and daily use)
3%	Blend specific




How many drops of oil to use?



Precautions to Be Aware of When Using Oils











AMYRIS		CAMPHOR	  
ANGELICA ROOT	  	CARDAMOM	
ANISE STAR	     	CASSIA	    
BALSAM FIR		CEDARWOOD (ATLAS)	
BASIL (SWEET)	     	CEDARWOOD (HIMALAYAN)	
BAY (LAUREL LEAF)	 	CHAMOMILE (GERMAN)	
BERGAMOT	 	CINNAMON LEAF	 
BLACK PEPPER		CITRONELLA	
BLOOD ORANGE		CLOVE (BUD)	   
CAJEPUT		COFFEE	

 Do not use while pregnant	 Not for use with children under five	 Dermal Irritant <1-5% dilution	 Do not use if epileptic	 Inhibits blood Clotting
 Do not use while breastfeeding	 Phototoxic	 Dermal Irritant <1-2% dilution	 Do not use if diabetic	 Do not use with high blood pressure

COPAIBA BALSAM		HELI-CHRYSUM	
CORIANDER		JUNIPER BERRY	
CYPRESS		LAVENDER (40/20)	
DILL SEED	  	LEMON	 
EUCALYPTUS (GLOBULUS)		LEMON EUCALYPTUS	
FENNEL (SWEET)	     	LEMON MYRTLE	 
FIR NEEDLE		LEMONGRASS	 
FRANKINCENSE		LIME	
GERANIUM		MARJORAM	
GINGER ROOT		MANDARIN	
GRAPEFRUIT (PINK)		MELISSA	 

 Do not use while pregnant	 Not for use with children under five	 Dermal irritant <15% dilution	 Do not use if epileptic	 Inhibits blood Clotting
 Do not use while breastfeeding	 Phototoxic	 Dermal Irritant <1-2% dilution	 Do not use if diabetic	 Do not use with high blood pressure

MYRRH	 	ROSEWOOD	
NEROLI		SANDALWOOD	
NUTMEG	 	SAGE (SPANISH)	  
ORANGE (SWEET)		SPEARMINT	
OREGANO	     	SPIKENARD	
PALMAROSA		TANGERINE	
PATCHOULI (DARK)		TEA TREE	
PEPPERMINT (SUPREME)	 	THYME (RED)	  
PINE SCOTCH		VETIVER	
RAVENSARA	 	WINTER-GREEN	    
ROSEMARY	    	YLANG YLANG	 

	Do not use while pregnant		Not for use with children under five		Dermal Irritant <15% dilution		Do not use if epileptic		Inhibits blood Clotting
	Do not use while breastfeeding		Phototoxic		Dermal Irritant <1-2% dilution		Do not use if diabetic		Do not use with high blood pressure

What can I do with these oils?

The possibilities are endless.
This is what makes using essential oils so:

There are so many choices.
The best way to use essential oils
is to experiment and try new things.
Pick a recipe, get the oils, and create with
them accordingly.

10 Must-Have Essential Oils for Beginners












Now that you know the warnings for each oil, let's jump right into uses. Right away, I'll give you ten oils that have multiple uses and are generally safe and non-irritating. They are featured in many different recipes and blend well with a variety of other essential oils.

1. Lavender
2. Sweet Orange
3. Lemon
4. Spearmint
5. Geranium
6. Tea Tree
7. Bergamot
8. Eucalyptus
9. Frankincense
10. Sandalwood














Essential Oil Uses Chart

AMYRIS		CAMPHOR	  
ANGELICA ROOT	      	CARDAMOM	   
ANISE STAR	   	CASSIA	
BALSAM FIR	    	CEDARWOOD (ATLAS)	      
BASIL (SWEET)	   	CEDARWOOD (HIMALAYAN)	      
BAY (LAUREL LEAF)	 	CHAMOMILE (GERMAN)	      
BERGAMOT	      	CINNAMON LEAF	      
BLACK PEPPER	      	CITRONELLA	    
BLOOD ORANGE	      	CLOVE (BUD)	    
CAJEPUT	     	COFFEE	 

	Cleaning or deodorizing recipes		Skincare		Diffuser		Nervous system blends
	Joint, muscle, or circulation blends		Respiratory system blends		Digestive health		Immune system blends
	Emotional health		Warming oil		Cooling oil		












COPAIBA BALSAM	   	HELI-CHRYSUM	     
CORIANDER	    	JUNIPER BERRY	     
CYPRESS	     	LAVENDER (40/20)	      
DILL SEED	  	LEMON	     
EUCALYPTUS (GLOBULUS)	      	LEMON EUCALYPTUS	    
FENNEL (SWEET)	    	LEMON MYRTLE	
FIR NEEDLE	   	LEMONGRASS	      
FRANKINCENSE	     	LIME	    
GERANIUM	      	MAJORAM	       
GINGER ROOT	   	MANDARIN	      
GRAPEFRUIT (PINK)	      	MELISSA	       

Good for

	Cleaning or deodorizing recipes		Skincare		Diffuser		Nervous system blends
	Joint, muscle, or circulation blends		Respiratory system blends		Digestive health		Immune system blends
	Emotional health		Warming oil		Cooling oil		

MYRRH	    	ROSEWOOD	     
NEROLI	     	SANDALWOOD	      
NUTMEG	     	SAGE (SPANISH)	     
ORANGE (SWEET)	      	SPEARMINT	      
OREGANO		SPIKENARD	    
PALMAROSA	   	TANGERINE	     
PATCHOULI (DARK)	    	TEA TREE	    
PEPPERMINT (SUPREME)	      	THYME (RED)	   
PINE SCOTCH	      	VETIVER	     
RAVENSARA	      	WINTERGREEN	
ROSEMARY	      	YLANG YLANG	     

Good for

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	Emotional health		Warming oil		Cooling oil		

Family-friendly Essential Oil Recipes

Quick Healing Skin Salve

Protect and speed up the healing process with this easy skin salve.

Ingredients

5 drops Frankincense essential oil

3 drops Lavender essential oil

1 ounce coconut oil

Lip Balm Tin

a small microwavable container

Directions

1. Place the coconut oil in the small microwavable container and melt the coconut oil. Melt coconut oil in the microwave until liquidized (heat in 30 second intervals).

2. Allow it to cool slightly (for about 1 minute) and add the drops of Frankincense and Lavender to the coconut oil and stir before it solidifies.

3. Pour into a lip balm tin or small sealable container and allow to solidify.

4. Apply to scrapes, cuts, and cracked skin to help promote healing.



Sweet Dreams - Children's Massage Oil

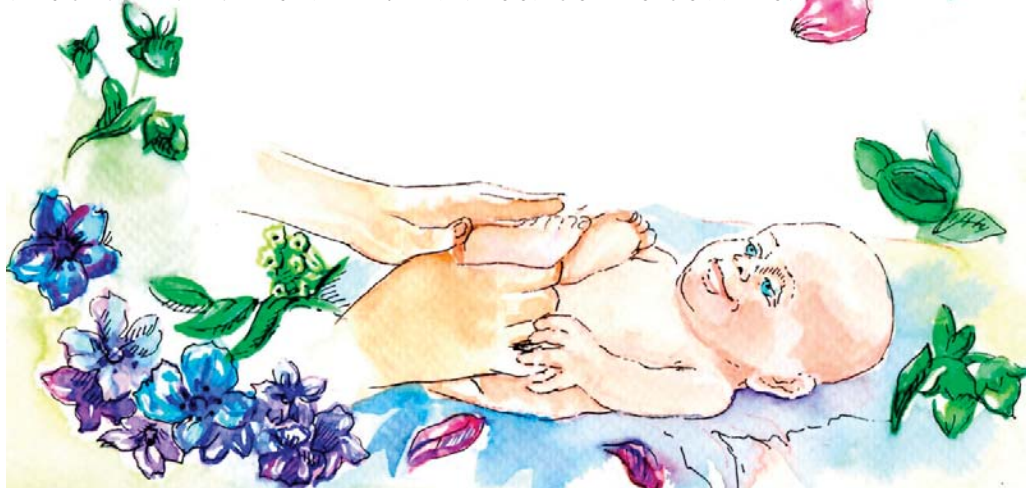
Safe and mild, this massage oil will help relax and soothe your little one off to dreamland.

Ingredients

4 drops Lavender essential oil
1 ounce jojoba oil
small sealable container

Directions

1. Add drops of Lavender to the jojoba oil in a small sealable container and stir.
2. Rub a small amount on child's feet before bedtime.



Sunny and Bright Bubble Bath for Kids

This low-dilution mixture is the perfect blend of relaxing and uplifting.

Ingredients

20 drops Mandarin essential oil
10 drops Lavender essential oil
4 ounces unscented bubble bath
Small sealable container

Directions

1. Add essential oils to bubble bath in a small sealable container and shake well.
2. Use a quarter-sized amount per bath.



Essential Oil Recipes for Diffusers

Minty Fresh Diffuser Blend

This blend is sweet and minty. It does a great job of eliminating unwanted odors and replacing them with a fresh mint scent.

Ingredients

- 3 drops Spearmint essential oil
- 2 drops Peppermint essential oil

Directions

1. Mix oils and pour into diffuser.
2. Diffuse in an open room for 30 minutes.



Summer Citrus Diffuser Blend

This blend is light and citrus-scented. It's perfect to help uplift mood, deodorize and make your home smell like fresh citrus.

Ingredients

- 2 drops Sweet Orange essential oil
- 2 drops Lemon essential oil
- 1 drop Bergamot essential oil

Directions

1. Mix oils and pour into diffuser.
2. Diffuse in an open room for 30 minutes.



Floral Diffuser Blend

This blend smells like walking through a spring garden. It's perfect to help you calm down in times of stress and anxiety.

Ingredients

3 drops Lavender essential oil
1 drop Geranium essential oil

Directions

1. Mix oils and pour into diffuser.
2. Diffuse in an open room for 30 minutes.



Essential Oil Recipes for Household Cleaning

Easy Bathroom Cleaner

Orange essential oil is antibacterial and antiviral while Eucalyptus is antiviral, antifungal, antibacterial, and antimicrobial, making this the ideal bathroom cleaner.

Ingredients

45 drops Sweet Orange essential oil

30 drops Eucalyptus essential oil

8 ounces white vinegar

8 ounce spray bottle



Directions

1. Combine all ingredients in an 8 ounce spray bottle.
2. Use liberally when cleaning bathrooms.

Peppermint-Tea Tree Hand Soap

This soap is easy to make and will leave your hands clean and smelling fresh.

Ingredients

- 20 drops Peppermint essential oil
- 10 drops Tea Tree essential oil
- 8 ounces liquid castile soap
- 8 ounce pump bottle

Directions

1. Combine essential oils and castile soap in an 8 ounce pump bottle.
2. Stir or shake well to ensure all essential oils are fully mixed in.
3. Enjoy with just one pump for clean fresh hands.



Disinfecting Shopping Cart Spray

This spray will help keep germs at bay during cold and flu season.

Ingredients

- 20 drops Tea Tree essential oil
- 10 drops Lavender essential oil
- 2 ounces Grain Alcohol
- 2 ounce spray bottle

Directions

1. Combine essential oils and alcohol in a 2 ounce spray bottle.
2. Spray generously on shopping cart handles before using and either allow to dry or wait 30 seconds and then wipe the excess with a paper towel.



Essential Oil Recipes for Health and Beauty

Facial Anti-Aging Cream

This blend will help brighten, heal, and moisturize maturing skin.

Ingredients

- 2 Drops Angelica essential oil
- 2 Drops Frankincense essential oil
- 2 Drops Sandalwood essential oil
- 2 ounces coconut oil
- A small, resealable, microwaveable container

Directions

1. Place coconut oil in the small resealable, microwaveable container.
2. Melt in microwave on low heat (approximately 10-30 seconds).
3. Allow coconut oil to cool slightly (about one minute), but not to solidify.
4. Add essential oils while coconut oil is still liquidized and mix well.
5. Seal container and allow cream to harden.
6. Use a small amount of cream on the face each night before bed.



Antifungal Foot Soak

This blend is ideal for remedying fungal infections.

Ingredients

5 drops Bergamot essential oil

5 drops Sandalwood essential oil

Warm water in a small basin/tub - about 2 quarts

2 teaspoons of epsom salt

Directions

1. Mix oils and salt in the small basin with warm water.
2. Soak feet in hot water for 10-15 minutes.
3. Repeat daily if necessary.

Caution: Avoid use of tanning beds or direct sunlight on feet directly after soaking as Bergamot is phototoxic.



Sore Muscle Bath Soak

This blend will help ease aches and draw out inflammation.

Ingredients

3 drops Eucalyptus essential oil

1 ounce epsom salt

½ ounce baking soda

A small container

Directions

1. Mix all ingredients in a small container.
2. Pour into a warm bath.
3. Enjoy a bath as your muscles relax.



Chapped Skin Balm

Perfect for dry winter skin or chapped skin.

Ingredients

20 drops Myrrh essential oil

10 drops Sandalwood essential oil

1 ounce beeswax

4 ounces coconut oil (or other liquid oil)

5 ounce container (or several small containers)

Directions

1. On a double boiler, melt beeswax and coconut oil together.

2. Once melted, remove from heat.

3. Stir in essential oils.

4. Pour into a 5 ounce container (or several smaller containers). Allow to cool and solidify.

5. Massage a small amount on chapped skin. A little will go a long way.



Keep Quality in Mind

It's all about quality:

- The plants and where they were grown
 - How the plant was farmed
 - How the plant was distilled
- How the oil was packaged and stored
 - Has the oil been tested?



The Plants and Location

The best oils are derived from the best plants grown in the best locations. That means GMO-free plants grown in the right conditions are ideal for optimal-quality oils.

One misconception is that the oils must be indigously grown in order to be considered high-quality. This belief is false. The plants must be grown where they will best thrive. For example some plants in China do not thrive there and the distilled oil from those plants is lesser quality. However, other plants will thrive in China's climate, causing the plant to produce a true, therapeutic-grade essential oil.



How it was Farmed

You should seek buy oils that were farmed responsibly. That means workers were treated fairly and the land and the oil were both flourishing. The plants should be pesticide-free. If the plants from which the essential oils are extracted have been treated with pesticides, those pesticides can become concentrated in the oil. That is why Simply Earth tests for pesticides with every batch of oil we produce!



Different Distilling Methods

- **Steam:** Steam passes through the plant material (leaves, grass, roots, etc.), causing them to release their aromatic components. The steam is then condensed and the essential oil is extracted.
- **Water (hydro):** The plant materials (normally bark, wood, or harder compounds) are submerged in water to make a "soup." As they are heated, they release their aromatic components into the steam which is then condensed and the essential oil is extracted.
- **Steam/Water:** Indirect steam is applied to the plant material (normally leaves), while water sits underneath the plant material.
- **Expression:** Plant materials (generally citrus rinds) are pressed by machines to squeeze out oils. Also known as "cold-pressed."
- **Solvent Extraction:** Delicate plant parts (such as petals) are extracted by chemical means. These plant parts are placed on a tray and washed repeatedly with a solvent. The solvent is then extracted and refined, but the resulting product (the absolute) may retain a small amount of the solvent (less than 10 parts per million). Some prefer not to use absolutes because they retain such a small portion of the solvent.
- **CO₂ Extraction:** Carbon Dioxide is put under high pressure until it becomes a liquid. It is then used as a solvent to extract aromatic molecules from plants. Once the CO₂ returns to room temperature and pressure, it turns back to gas and only the aromatic components are left.

Recommended Packing and Storage

All oils should be stored in dark bottles as essential oils are light sensitive. Two common options are aluminum containers or amber glass bottles.

The oils should also be stored in temperature-controlled environments for optimal preservation.

Exposure to heat can cause the oils to expire much faster. When stored properly, citrus oils last approximately 1-2 years, while all other kinds of oils can last 2+ years. You wouldn't want to use an oil that has expired and lost its therapeutic benefits.



Has it been tested?

I like to say, "I'll believe it when I see it," and I frequently apply this philosophy when testing the purity of essential oils. The type of testing oils undergo to examine purity is called gas chromatography and mass spectrometry-GC/MS for short.

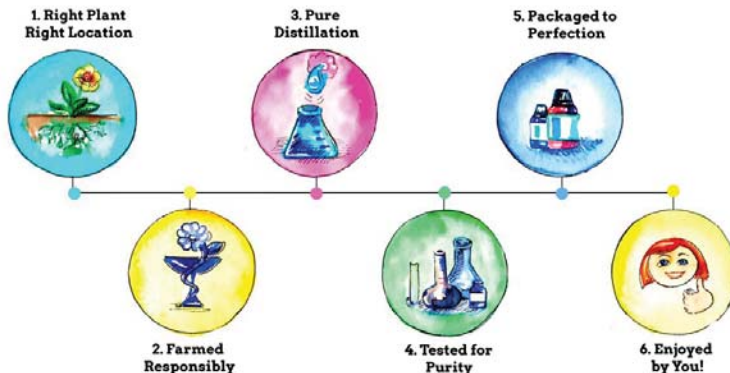
GC/MS testing breaks down the essential oil to reveal each of its unique chemical components. A trained aromatherapist then compares those amounts to the components in a standardized chemical composition for that oil to test if it truly is 100% pure. GC/MS testing will reveal if anything has been added or removed from the oil.

That is how we at Simply Earth make sure our oils truly are 100% pure and untarnished.

Why choose Simply Earth essential oils?

Not all essential oils are created equally. As stated above, Simply Earth works hard to exceed expectations so that the beneficial chemical components of the oil are fully present in the final product. We have a 6-step process to make this happen.

1. Right Plant, Right Location
2. Farmed Responsibly
3. Pure Distillation
4. Tested for Purity
5. Packaged to Perfection
6. Enjoyed by you!



Simply Earth oils are selected from some of the best growers all over the world. Our highly reputable suppliers provide superior quality oils and share Simply Earth's love for the field of aromatherapy.

By choosing Simply Earth essential oils, you choose a simply pure oil that will help you create a natural home while fighting for beauty as 13% of the profits from every purchase are donated to help stop human trafficking.



5 Essential Oil Mistakes to Avoid

Following these simple guidelines is an easy way to make sure you are using essential oils safely, correctly and to their full potential. However, there are some beginner mistakes that are quite easy to make.

1. Thinking Price Determines Quality

Many people believe that oils that come with a high price tag must be superior quality. However, this is not true at all. Some companies charge more for essential oils simply because of their name and reputation, but their oils could have the exact same chemical make-up as another less expensive brand.



2. Not Following Safety Guidelines

This is the most common usage mistake of all beginner essential oil users. Following safety guidelines ensures you are properly diluting oils, selecting the right types of oils and choosing the right method of application.

Always make sure that you read the warnings for each individual essential oil before use. Some essential oils can be harmful to the skin if used in high dilutions. Some essential oils are phototoxic (shouldn't be exposed to the sun). Other essential oils are not suitable for use with children.

By following safety guidelines for use and storage, you ensure a pleasant aromatherapy experience.





3. Using Essential Oil Recipes Found Online

Many people are drawn to essential oils because of recipes found online. These recipes often promise “cure-alls” or amazing benefits. While some of these recipes might work, many of them are created by people with limited knowledge of essential oils and essential oil safety.

Before trying any recipes, do your research. Make sure the oils are safe to use, are in proper dilution, and you are using a proper method of application. If you are skeptical, consult an aromatherapist for advice prior to usage.



4. Assuming Essential Oils Can't Be Harmful Because They are Natural

The best way to explain this one is to think of essential oils like medicines. They have the ability to help, but also the ability to hurt if abused. Just as medicines come with warning labels, so do essential oils. They have side effects (both good and bad), and they are not suitable for all people.

Many people believe that since essential oils come from plants and are natural, they cannot be harmful. However, essential oils are highly concentrated substances that can be quite potent. Just ask anyone who has ever gotten some eucalyptus near their eyes; it burns!

Just make sure to follow safety guidelines and do your homework before using essential oils.

5. Buying the wrong types of oils

Buying therapeutic-grade, pure, GC/MS-tested essential oils is the only way to ensure that you are getting what you pay for. By choosing Simply Earth essential oils, you can rest assured that you are getting a high-quality, unadulterated product that is safe to use.

Don't be fooled by companies claiming to be "therapeutic grade" or "100% pure." Quite often, these advertise empty promises that aren't backed by quality assurance testing. Many companies will sell essential oils that have been diluted or have other additives.



The Joys of Essential Oils

I first got hooked on essential oils because they allowed me to provide a naturally-cleansed home for my family.

I especially liked that I knew what was in the products I was using because I made the products myself.

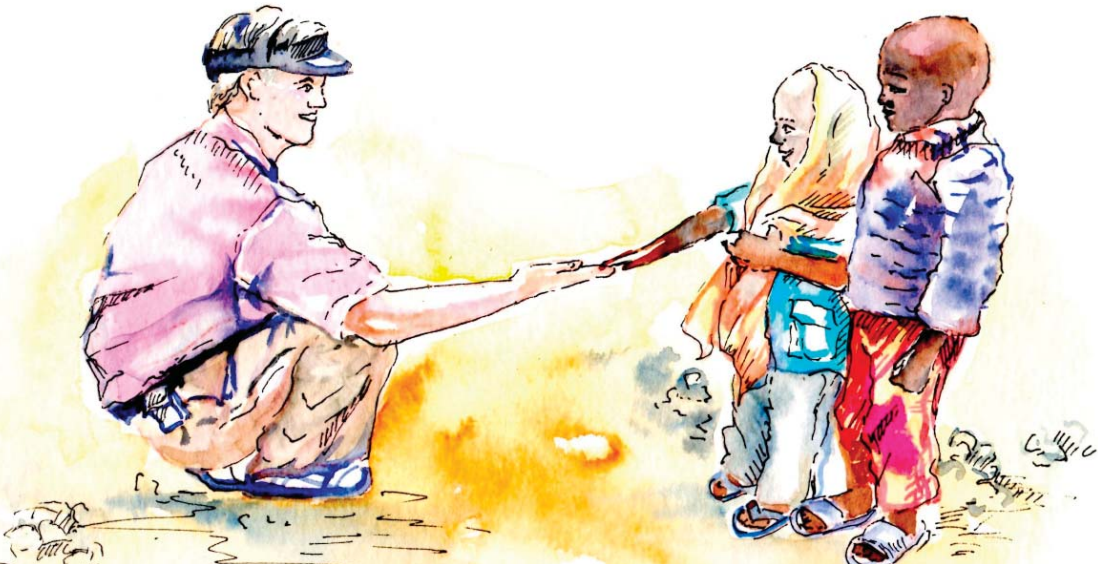


The benefits of aromatherapy are hard to beat. Very few products compare to using lavender to help you sleep, to help your kids calm down or for a spa experience in the bath after a long day.



Lastly, I love that Simply Earth is fighting for women's beauty. Not only do essential oil products help you feel rejuvenated and beautiful, but 13% of the profits from your Simply Earth purchase are donated to help end human trafficking.

While you relax your muscles or moisturize your skin, you're not only recharging yourself so you can love others, but you're contributing to a cause on behalf of women everywhere. Because loving others is real beauty.



Now that you know how to use essential oils safely and have a few recipes to help you get started, it's time to experience all the benefits essential oils provide. As with any new adventure, using essential oils is a learning journey with limitless possibilities. I hope this resource provides you with the confidence to experiment with essential oils to maximize your own natural wellness.

-Katie Vance





Brought to you by
Simply Earth

I love this mission and the oils!

