

A BASIC GUIDE TO ESSENTIAL OILS



Good Living Essential Oils

Healing is a Beautiful Thing

The great thing about essential oils is that they are remarkably safe and easy to use. Plus, they have a wide variety of everyday applications. They can be enjoyed just for their pleasant aromas alone or used for their therapeutic value. Perhaps the whole spectrum of their soothing and healing properties is what appeals to you. No matter what aspect of aromatherapy attracts you, there are a few simple, yet essential things to know before you get started.

While you can most definitely start out with one essential oil and branch out from there, you may want to make yourself a starter kit. This basic kit would include at least one essential oil from each aroma “family,” so that you can get more benefits from your personal aromatherapy program. Plus, the advantages of essential oils are often increased when blended with other oils.

There are eight families of aromas; because of their complex chemical make-up, some essential oils can be classified under several families:





The 8 Aroma Families

1 Earthy

Includes patchouli

2 Resinous

Includes frankincense and myrrh

3 Citrus



Includes bergamot, citronella, grapefruit, lemon, lime, orange, and tangerine

4 Herbaceous

Includes basil, chamomile, clary sage, hyssop, lavender, and rosemary

5 Floral

Includes chamomile, geranium, lavender, neroli, and ylang ylang

6 Spicy

Includes allspice, anise seed, cinnamon, clove, ginger, and nutmeg

7 Camphoraceous

Includes camphor, eucalyptus, peppermint, rosemary, and tea tree

8 Woody

Includes cedarwood, juniper berry, pine, and sandalwood



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AROMATIC

Recipes and Applications



AROMATIC BATHS

You can add essential oils to your bathwater for two reasons: pleasure or therapy. Either way, it will feel good to soak in the tub for a while. The best way to do this is by adding 4-8 drops of essential oil to the water after you have filled up the tub. Make sure to stir the water so that the oil is well dispersed, then get in and enjoy!



AROMATIC SHOWER

You can vaporize the scent of essential oils by using them with running water. But it also makes sense to use essential oils in a shower as a wake-up treatment. Choose an invigorating scent, and after washing place 2-3 drops on a clean cloth or sponge and rub it briskly all over your body. If using on your face, rub gently. Rinse as normal.



FOOT & HAND BATHS

People with arthritis, rheumatism, athlete's foot, and other skin problems can get relief from hand or foot baths. Fill a bowl or small tub with enough water to fit your hands or feet comfortably. Add 5-6 drops of an essential oil that is good for the problem you are trying to solve. Mix the oil in well with your hand, then put your hands or feet in and soak for 10-15 minutes. Afterward, dry off your skin completely. To get even more benefit, add a few drops of the same essential oil to some carrier oil and massage it into your skin.

AROMATIC

Recipes and Applications

SAUNA

Saunas are a great way to relax and improve your health. You can increase the benefits of a sauna by adding essential oil. Just add two drops of essential oil to about 600 ml of water, and throw it on the heat source. Be careful not to add too much, as more than two drops could be overpowering. Also, avoid using sweet-smelling aromas, as they may cause nausea or headache when inhaled in such a tight, closed space. Some good essential oils to use are eucalyptus, lemon, peppermint, and pine.

MASSAGE

The basic rule is to add 2-3 drops of essential oil to 1 ounce of carrier oil. However, some essential oils are stronger than others. So you should consult an essential oil professional for specific guidelines.

HOT & COLD COMPRESSES

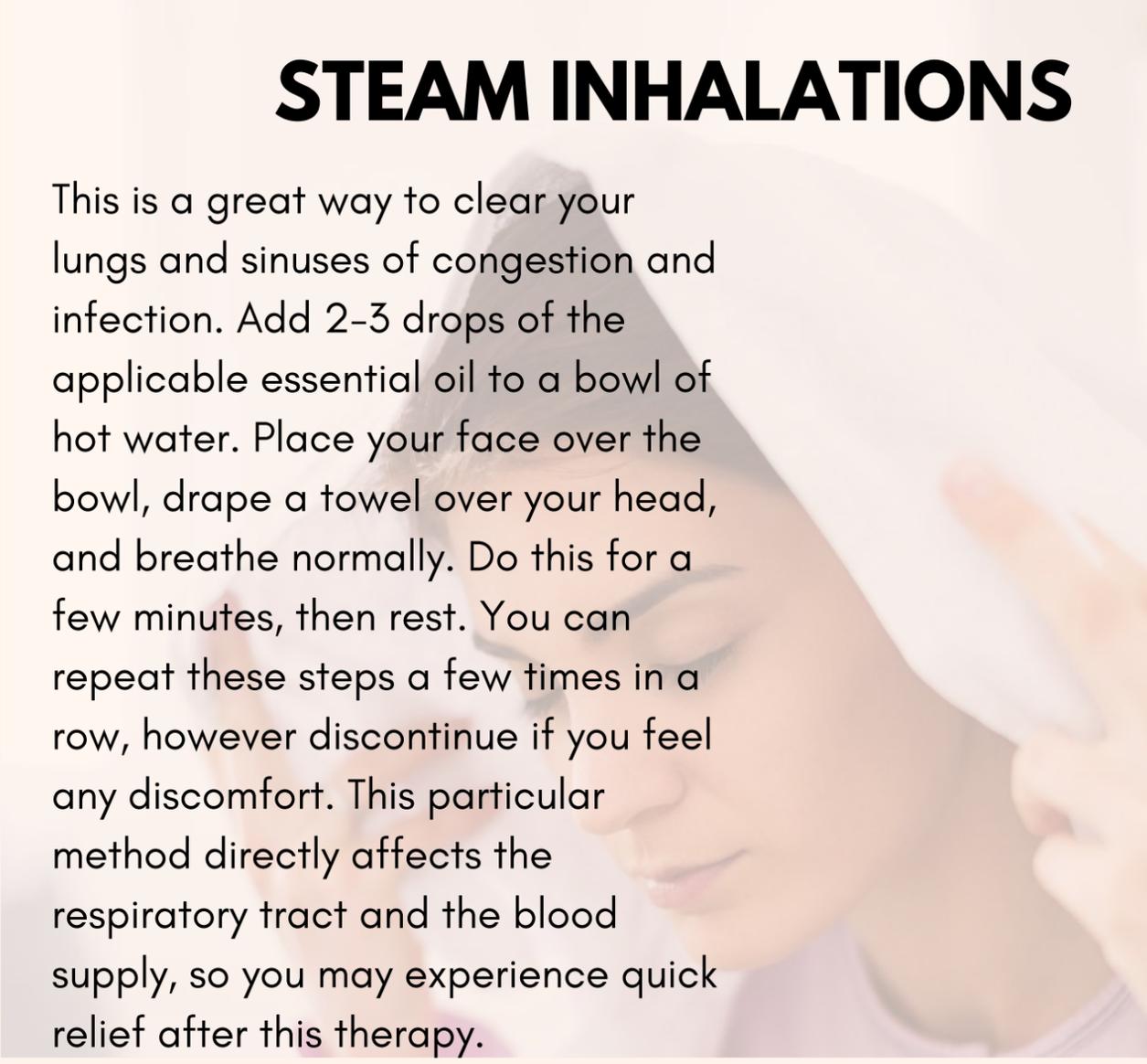
There are two types of compress: cold and hot. A cold compress is good for recent injuries, headaches, migraines, and fever. A hot compress is good for old injuries, muscular pain, toothache, menstrual cramps, cystitis, boils, and abscesses. Some people with migraines may prefer a hot compress to a cold one. To make a hot compress, add a few drops of the appropriate essential oil to a bowl of hot (not boiling) water. Take a clean cloth or bandage and soak it in the mixture. Wring out the excess, and place it over the affected area. Repeat as often as needed.

AROMATIC

Recipes and Applications

STEAM INHALATIONS

This is a great way to clear your lungs and sinuses of congestion and infection. Add 2-3 drops of the applicable essential oil to a bowl of hot water. Place your face over the bowl, drape a towel over your head, and breathe normally. Do this for a few minutes, then rest. You can repeat these steps a few times in a row, however discontinue if you feel any discomfort. This particular method directly affects the respiratory tract and the blood supply, so you may experience quick relief after this therapy.



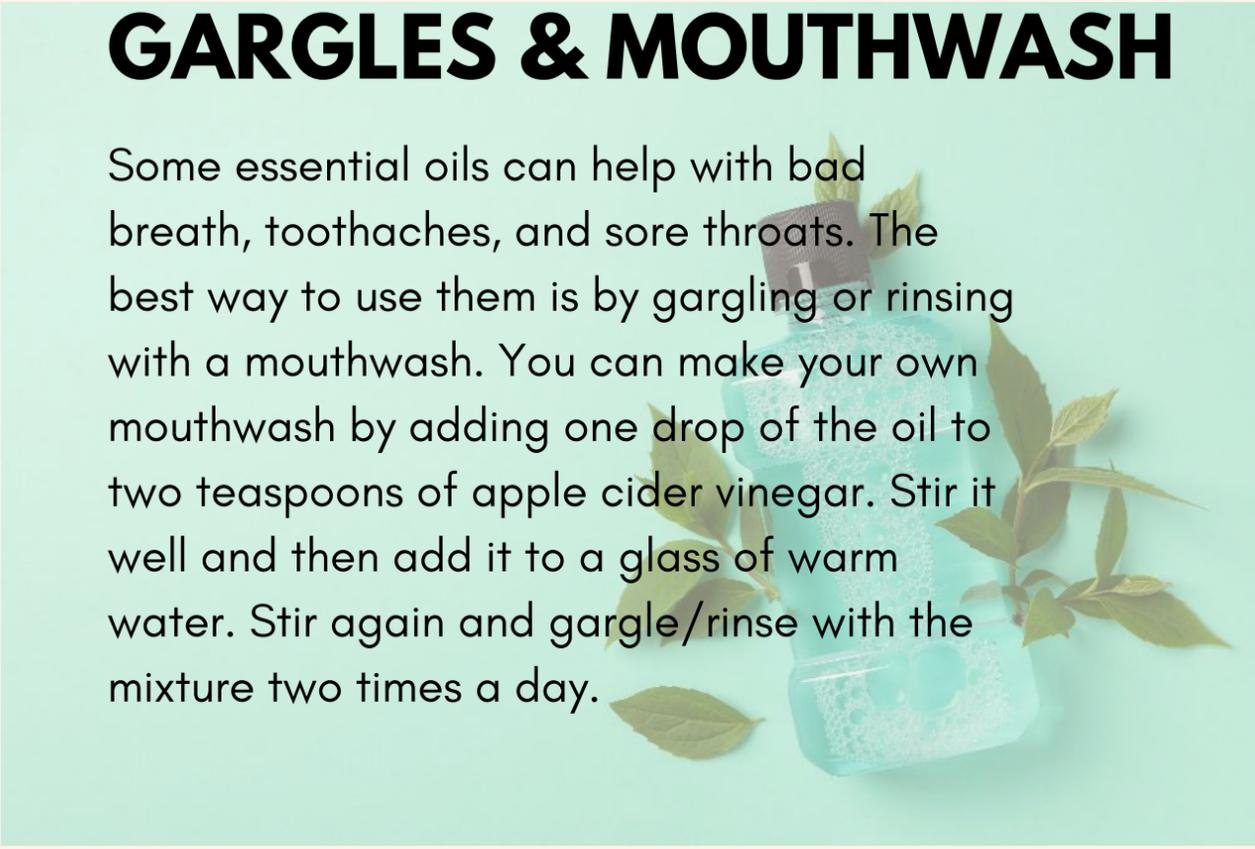
DIRECT APPLICATION

Essential oils are natural and have been used safely for a long time. However, they are very concentrated, so use common sense and caution when using them. People who are experienced with aromatherapy and reflexology can sometimes use them without diluting them, but people who are just starting out should be careful. Essential oils can be inhaled directly from the bottle, or some people like to add a few drops to a handkerchief.



GARGLES & MOUTHWASH

Some essential oils can help with bad breath, toothaches, and sore throats. The best way to use them is by gargling or rinsing with a mouthwash. You can make your own mouthwash by adding one drop of the oil to two teaspoons of apple cider vinegar. Stir it well and then add it to a glass of warm water. Stir again and gargle/rinse with the mixture two times a day.

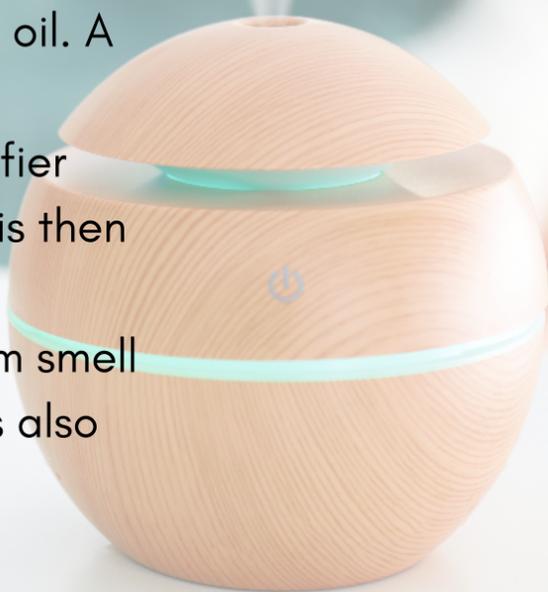


AROMATIC

Recipes and Applications

VAPORIZATION

There are two types of diffusers: scent and particle. A common scent diffuser is the "lamp ring" or "light bulb ring". You put it on top of a light bulb to heat up the oil and make it smell good. Usually, you only need 2-3 drops of oil. A particle diffuser is more advanced. It's like a humidifier that you add oil to. The oil is then diffused into the air. Scent diffusers just make the room smell good, but particle diffusers also help you breathe better.



There are many fun and easy ways to use essential oils. You can add them to scented creams, lotions, shampoos, conditioners, and massage oils. Some people add them to the dishwasher and washing machine. You can also put a drop or two on a washcloth and put it in the dryer. Be creative and make up your own recipes!

Need essential oils? We've got you covered.



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www.goodlivingessentialoils.com