Essential Oil Basics

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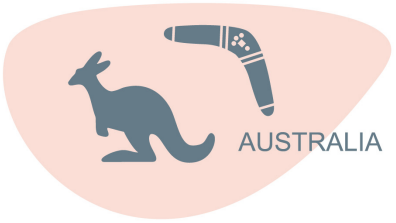
Essential Oil Basics

Essential oils (EO's) are natural aromatic compounds found in the seeds, bark, stems, roots, flowers, and other parts of plants. You will have experienced these plant compounds already through the taste and aroma of food, or the smell fresh herbs, or simply walking through a eucalyptus forest, past a lavender bush, or maybe they are already in your cleaning or personal care products. Essential oils can lift the mood, calm the senses, and elicit powerful emotional responses. Many people think that essential oils are purely a lovely scent, but the use of essential oils goes well beyond their fragrant appeal.



- *The ancient Greeks used thyme for bathing, while the Egyptians used it as part of the embalming process*
- *Known for its many benefits for the skin, helichrysum was commonly used in ancient Greece*
- *Ancient Egyptians often used geranium to help beautify the skin*
- *The ancient Egyptians used dill for its soothing effects*
- *Frankincense was used by the ancient Egyptians for perfumes and salves to soothe the skin*
- *Indian sandalwood has many benefits for the skin, and was traditionally used by the Egyptians for embalming purposes*
- *The Romans and Egyptians frequently used lavender for bathing, relaxation, and as a perfume*
- *The leaves of the melaleuca tree were used by Australian Aborigines for centuries. They would crush the leaves and apply them directly to the skin for a cooling effect*
- *Throughout history, myrrh has been used as a perfume, for embalming, and as a health aid*
- *In Biblical times, cassia was used as a warming oil*
- *With thousands of years of documented use, Hawaiian sandalwood oil has been highly valued for its ability to reduce skin imperfections*
- *During the Middle Ages, clary sage was often used to soothe the skin*

EO's have been used throughout history in many cultures for their health-promoting properties. They have been used for aromatherapy, personal care, health care, religious ceremonies, beauty treatments, and food preparation. Scientific validation of alternative and ancient health practices, is helping more people move towards holistic approaches to self-care. EO's are nothing new, but are rapidly increasing in popularity as science helps prove the profound health benefits of essential oils.

EO's contain hundreds of different compounds, which provide complex and versatile abilities to combat threats without building up resistance. Their unique chemical structure allows them to deliver targeted benefits as they work with the body to address issues and root cause, on a cellular level. There are many studies on the efficacy of essential oils, and more people are turning towards them to support physical, mental *and* spiritual health.

One of the nicest aspects of essential oil use is the ritual like intention and mindfulness it creates. Selecting, and applying an essential oil makes you present and focused, and empowers you to nurture your health.

Why You Should Consider Adding Essential Oils To Your Daily Life?

- Cheap, non-invasive, and rewarding to use.
- Lead a less toxic life
- Natural cleaning products
- Natural beauty, hair & skin care
- Naturally support mood
- Help balance hormones
- Improve immune function
- Natural flavour enhancers
- Multiple applications.
- Potent. 28 cups of peppermint tea = 1 drop EO
- Empowered health!

A Note On Quality

You get what you pay for. There is a distinct difference in fragrance, and a therapeutic grade EO. When you buy a cheaper oil, you are often buying synthetic *fragrance* rather than the beneficial biologically active compounds from the plant. For example, can buy a cheap lavender essential oil for a few dollars in a discount shop or supermarket, but organic, therapeutic grade oils are completely different and cost around $30+. If you are looking to benefit from essential oils, here are some key factors to think about when purchasing them:

- **Ethics:** Is the oil being ethically and sustainable sourced and harvested from the land and it's native people.
- **Where are the plants grown and what season was it harvested in?** Is the plant native to the region? or is it a eucalyptus tree grown in Africa? Watch out for 'unknown origin.' Plants need to harvested at the perfect moment when their biologically active compounds are most concentrated.
- **Is it the correct species of plant and the beneficial compound you are after?** Often the expensive biologically active compounds are removed and purchased by high end companies, and the cheaper waste products are sold to the fragrance industry. Avoid products that don't label the botanical name of the plant or extract
- **How is the essential oil extracted?** Look for essential oils that are either cold-pressed or steam distilled rather than extracted with harsh solvents. Low-heat steam distillation circulates stream under pressure through plant material and the steam carries the aromatic compounds to a collection tube. Where the steam cools, the oil can be easily separated from the water. It's a delicate balance between too little heat and pressure which will not release the valuable oil; too much can fracture an extract's delicate chemical composition and alter potency. Expression or mechanical cold pressing is used to produce citrus essential oils, by squeezing the essential oil from the rind.
- **Has it been diluted or mixed with anything else?** For purity, look for a **100% essential oil** to ensure it hasn't been diluted or adulterated. You won't find a 100% organic food grade eucalyptus oil for $15!
- **What is the purity?** This depends on where and when the plant material was harvested and ideally the EO should be tested and verified that it's purity is valid.
- **Has it been manufactured in a Current Good Manufacturing Practices facility?** This is especially important for oils to be used internally or for cooking.
- **Watch out for genetically modified essential oils**, or basically non-organic oils which will be contaminated with pesticides and herbicides. Eucalyptus is one essential oil that is apparently often genetically engineered.

***You'll get a higher standard of product when you go with an organic essential oil that is quality tested and* CPTG Certified Pure Therapeutic Grade.**

Safety

Essential oils are naturally safe and have few, if any, undesirable side effects when used as directed. Whether you are applying oils topically, or using them internally, or aromatically, remember that a little goes a long way. EO's are volatile aromatic compounds (VAC's) which can be irritating for sensitive people. VAC's can change their state quickly and travel quickly through air, which is why you can easily smell the scent of an open EO bottle.

- Pregnant women need to be more cautious with essential oils, as some are contraindicated for pregnancy.
- Hot oils: Cassia, Cinnamon, Clove, Geranium, Lemongrass, Oregano, and Thyme need to be diluted.
- A dilution ratio of one drop of essential oil to 10 drops of Fractionated Coconut Oil is a good starting place.
- Some essential oils cause photosensitivity, (mostly citrus based) which may cause you to sunburn more easily or cause your skin to change colour. It's best to stay out of UV light for at least 12 hours after applying them to your skin. These oils include: Bergamot, Citrus Bliss, Grapefruit, Lemon, Lime, Wild Orange, and Zendocrine.
- Don't apply oils on or near the inside of the nose, the inner ear, the eyes, broken skin, or other sensitive areas.
- If your skin turns red, itches, or burns after applying an oil, remove the oil and apply a carrier oil to dilute.
- When consuming essential oils internally, 1-2 drops is all you need.
- When cooking with essential oils you may need LESS than a drop, use a toothpick to introduce essential oils.
- Children: it's best to dilute an essential oil before applying it topically on a child, and to start with the feet for application. For babies under two years of age, aromatic use is best.
- Store or use oils in glass containers with your oils as they can break down some plastics over time.

More Than Just Fragrance: Therapeutic Use

There are 3 main to use essential oils: ***aromatic, internally*** and ***topically.***

Aromatic

Aromatic use is the method that many people are already familiar with and aromatic use means the essential oil can be diffused, smelled, or inhaled directly for a stimulating aromatic experience. Of all our senses, our sense of smell is the fastest way to reach the brain. The nerve fibres of the olfactory system run straight to the limbic area of your brain, where you find direct links to your memories and stored learned responses, emotions, and feelings. These "fast track" delivery systems help explain how EO's and scents can quickly have a calming or heightening effect.

Due to the volatility of essential oils, aromatic use of essential oils is the most effective application method because we can benefit from using the oil quickly, and non-invasively. When using essential oils aromatically, they are easily inhaled and absorbed through the respiratory tract and lungs, and then circulated through the blood stream. EO's such as like peppermint, can be absorbed through our nasal cavity or lungs.

Essential oils should not be 'burned' but rather diffused because exposing an essential oil to heat can damage some of its fragile, beneficial properties. If wanting to diffuse essential oils into the air, it's best to buy an ultrasonic cool mist or nebulizing diffuser, so that oil is dispersed into the air *without* heating the delicate compound.

Examples of Aromatic Use:

- Diffusing EO's to combat odours
- Spritzing an oil over clothes
- Using as perfume or air freshener
- Smelling directly from the bottle
- Place in shoes to reduce odour
- Put a drop over laundry and tumble dry
- Use in wardrobes instead of moth balls
- Using oils in massage
- Placing a drop in the shower/bath
- Wearing oils on aromatic jewellery
- Add flavour to a meal

Topical

Topical use means the EO is absorbed by the skin. Our skin is highly absorbent and EO's are a lipid soluble substance, which allows them to penetrate the skin easily and enter circulation. Essential oils are a gentle, safe, and nurturing way to gain a therapeutic response through the skin in a specific area, or for systemic health benefits. Even if you are using an essential oil for its topical benefits, you can also experience the aromatic benefits.

When using oils topically you need to be mindful of skin sensitivity. Some oils can be used topically neat with no dilution. Other hotter or spicy oils like cinnamon, or oregano need to be diluted for young or sensitive skin. Carrier oils dilute the oil and slow the rate of evaporation, enhancing absorption into the skin. A good rule of thumb is 3 drops carrier oil, to 1 drop EO. Great carrier oils are coconut, rosehip, avocado oil, walnut, macadamia, almond, olive oil.

Many essential oils contain chemical components that are useful for naturally cleansing and purifying, hence making them useful for maintaining healthy looking skin. EO's are useful for reducing the skin imperfections, soothing irritated skin, cleansing, reducing wrinkles, promoting a healthy complexion, enhancing circulation and more. EO's can be applied to the temples, forehead, base of the skull, neck, abdomen, legs, arms, wrist, chest, feet. The feet have large pores that can readily absorb the oils quickly, without irritation.

Topical application ideas:

Cedarwood: Add two drops to your facial toner or moisturizer for added clarifying properties
Clary Sage: During your menstrual cycle, apply Clary Sage to the abdomen for a soothing massage
Eucalyptus: Apply topically to the chest and breathe deeply for an invigorating vapour
Frankincense: Add to daily moisturizer to reduce the appearance of blemishes and rejuvenate the skin
Lavender: Dilute and apply to sunburn, apply to back of neck for better sleep.
Lemon: Wash hands with Lemon oil to remove grease after working on the car, bike, or other projects
Melaleuca: For occasional skin irritations, apply one to two drops onto the affected areas
Wild Orange: Dispense one to two drops in the palm along with Peppermint and Frankincense, rub palms together and inhale, then rub on the back of neck for an energizing boost
Deep Blue: Use for muscle aches and pain

Internal

Internal use means that the EO can also be used internally for eating, drinking, under the tongue, via supplements or veggie/gelatine capsules. The oil **must** be food grade quality! Our bodies are well equipped for metabolizing EO's because they are lipid soluble, allowing them to be easily absorbed through the gastrointestinal tract, and transported to all your organs. EO's do not contain any proteins or allergens, and therefore cannot cause allergic reactions.

Examples of internal use may involve EO's for teeth cleaning, applying oils to foods or drinks (peppermint chocolate, oregano to soup, lavender cakes, ginger tea), peppermint beads for fresh breath, a drop under the tongue, using enteric coated capsules for therapeutic benefit like eliminating pathogens, or via vegetable/gelatine capsules to create 'flu bombs'. **Don't use oils internally with children. Adult dosage should not exceed 2-4 drops, 12-24 drops in 24 hours*

Effective methods for internal application

Now that you've learned all about internal use of essential oils, are you ready to get started? Below are some specific suggestions for effective methods of internal use.

Essential oils you should not use internally include:

Arborvitae	Douglas Fir	White Fir
Cedarwood	Eucalyptus	Wintergreen
Cypress	Spikenard	

Basil
Add to your favorite Italian dishes for a refreshing, complimentary flavor

Black Pepper
Add to soups, entrées, meats, and salads, to enhance the flavor and aid in digestion*

Cassia
Ward off hunger cravings and aid digestion by adding 1–2 drops of Cassia (with a little Lemon oil) in a glass of water

Cinnamon
Place one drop in tea or hot water and drink slowly to soothe an irritated throat*

Coriander
Take a few drops after eating a large meal to help with digestion*

Dill
Add 1–2 drops to herbal tea before bed to help promote restful sleep*

Frankincense
Add 1–2 drops to a veggie capsule to help support healthy cellular function*

Grapefruit
Add 1–2 drops to your water to support a healthy metabolism

Bergamot
Place a few drops in your regular tea to create Earl Grey

Cardamom
Add to bread, salads, and meat for flavor and to soothe occasional stomach discomfort*

Cilantro
Add to salads, dips, marinades, and stir fry for flavor*

Clove
Take in veggie capsules to support cardiovascular health*

Cumin
Add 1–3 drops to soups, stews, and curries for a warm, spicy flavor

Fennel
Place one drop in tea or water to help fight sweet tooth cravings

Ginger
Add to your favorite sweet and savory dishes for flavor

Lavender
Take internally to reduce anxious feelings*

Lemon
Take internally to help with seasonal respiratory discomfort*

Lime
Add one drop to drinking water to enhance flavor

Myrrh
Add 1–2 drops to ¼ cup of water with a little agave or honey to help ease the stomach*

Peppermint
Add 2–3 drops to your favorite smoothie recipe for a refreshing boost of flavor

Roman Chamomile
Add 1–2 drops to hot drinks or herbal teas to soothe the body and mind*

Tangerine
Add 1–2 drops to smoothies, teas, lemonade, or water for flavor

Vetiver
Add to tea or hot drinks during the winter season to promote immune-supporting properties*

Ylang Ylang
Take internally for antioxidant support*

Lemongrass
Add to entrées and meat dishes for flavor and to promote healthy digestion*

Marjoram
Add 1–2 drops to water, citrus drinks, or veggie caps to support healthy immune system function*

Oregano
Put one drop in place of dried oregano in spaghetti sauce, pizza sauce, or on a roast

Petitgrain
Take internally to help calm the nervous system, ease tense feelings, and promote restful sleep*

Spearmint
Add to any drink, dessert, salad, or entrée t promote digestion and enhance flavor*

Thyme
Use 1–2 drops in meat and entrée dishes t add a fresh, herbal flavor

Wild Orange
Add a drop to your water for a burst of flav and to promote overall health*

** These statements have not been evaluat by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.*

Where To Begin

Essential oils a provide a diverse range of benefits, and any one oil can be used for multiple applications. it is easy to include them in your everyday routine with even basic understanding of how essential oils work. It's best to start with just a few oils, and to experiment with what works for you. Alternatively, if you have an intended purpose or health condition, look at what oils will help support you.

Many essential oil companies operate as multi-level marketing companies, and almost all of them seem to offer loyalty or reward points. If you intend on using many essential oils, it's worth signing up as an advocate to get a discount on the retail prices. Alternatively, you can purchase retails prices from top brands at some health food shops, from us, or online. For example, Doterra 15ml Lavender retail cost is $37.33 and wholesale is $28. Young living 15ml lavender retails for $51.65, but wholesale is $39.25. For these MLM companies, you usually have to 'enrol' as an advocate and either an enrolment kit or pay a small fee which includes an oil (approx. $30 to get wholesale rights.)

A good place to start is with a few of the basic oils

Used for its calming and relaxing qualities
Soothes occasional skin irritations
Helps skin recover quickly
Eases muscle tension

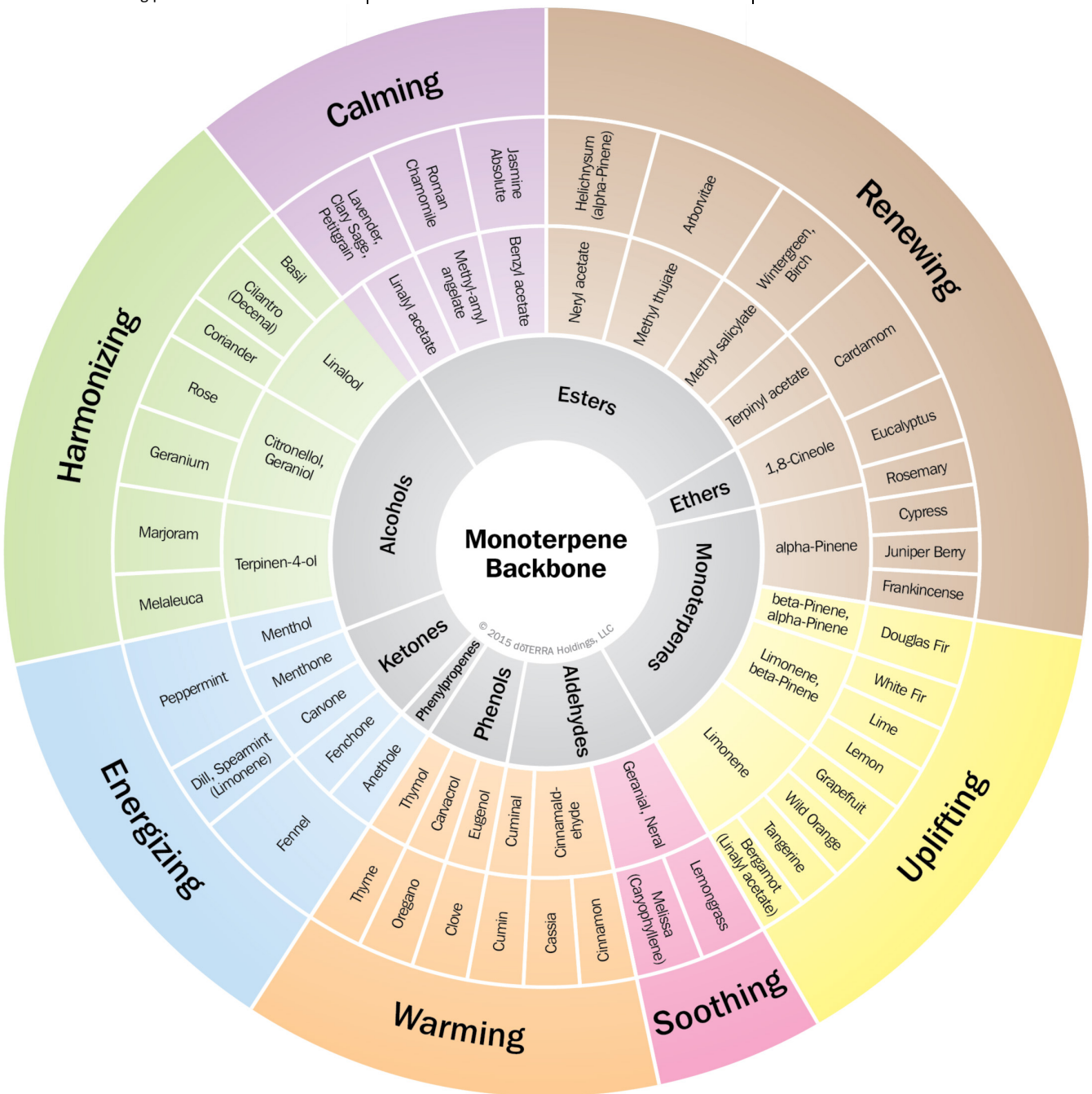
Apply to the bottom of feet before sleeping
Use with bath for a relaxing experience
Lightly apply to soothe sun-exposed skin
Apply to a restless or agitated child
Calm and soothe occasional skin irritations
Apply to dry, chapped lips
Use for a relaxing massage
Add to marinades, desserts or baked goods in cooking
Wear as a natural calming perfume

Cleanses and purifies the air and surfaces
Naturally cleanses the body and aids in digestion
Supports healthy respiratory function
Promotes a positive mood and cognitive ability

Diffuse aromatically for mood elevation
Add to drop of honey to soothe throat
Diffuse in a room to neutralize odours
Remove gum, label adhesives, greasy substances
Use to clean kitchen counters
Add to olive oil for a non-toxic furniture polish
Drink 1-2 drops in the morning for a detox response
Add to a spray bottle to for cleaning

Promotes healthy respiratory function
Alleviates stomach upset
Used for oral health
Energizing and cooling aroma

Use in water for a healthy, refreshing mouth rinse
Diffuse aromatically to energise
Inhale as invigorating pick-me-up on long drives
Add to shampoo and conditioner
Rub into temples for headaches or alertness
Rub onto chest to enhance breathing
Massage into sore muscles for a cooling response



Basic Oil Properties

Arborvitae Cleansing; immune and cellular health support; seasonal relief
Basil Mental alertness; inner ear health
Bergamot Calming and energizing; uplifts mood; promotes self-acceptance and self-worth
Black Pepper Broad spectrum immune support; support tobacco cessation; digestive support
Cardamon Digestive and respiratory support; soothe stomach and motion discomfort
Cedarwood Hair and scalp support; nervous & respiratory system support
Cilantro Heavy metal detox; cooking; lessen occasional head tension
Cinnamon Maintain already healthy blood sugar levels; immune and cholesterol support
Clary Sage Calming; healthy hormone balance; circulation support
Clove Numbing; soothe teeth and gums, support oral health; antioxidant properties
Copaiba Powerful antioxidant; cardiovascular, immune, digestive, cellular, respiratory systems
Coriander Digestive support
Cypress Energizing; circulation and breathing support
Eucalyptus Sinus, respiratory, and oxygen support
Fennel Digestive support; circulation; skin support
Frankincense Healthy inflammatory response; mood support; cellular health; immune support
Geranium Mood support; soothe muscles; hormone balance; digestive upset; liver support
Ginger Digestive health; relieve occasional motion sickness/nausea
Grapefruit Manage appetite and cravings; stabilize weight; detox
Helichrysum Renewing and revitalizing; tissue support; improve skin; support liver
Jasmine Uplift mood; healthy complexion; personal fragrance
Juniper Berry Digestive support; respiratory health; emotional support; immune support
Lavender Soothing and calming; soothe occasional skin sensitivities; promote sleep
Lemon Uplifting; detoxification; support liver and kidneys; antioxidant
Lemongrass Support thyroid and connective tissue; ease sore muscles; detoxification
Lime Calming; respiratory support; soothe occasional throat irritation; improve focus
Marjoram Relieve occasional sore, tight, or tense muscles; digestive and bowel upset
Melaleuca Cleansing; skin support; healthy complexion
Melissa Strengthening; emotional and cognitive health; calm nerves; confidence; immune
Myrrh Immune support; soothe throat irritation; gum and skin health; thyroid support
Oregano Cleansing; antioxidant; hormone support
Patchouli Calming; support nerves, skin, and mood; detoxification; boost confidence
Peppermint Cooling; soothe head tension; support alertness, respiration, exercise, and digestion
R. Chamomile Promote calm and restful sleep; skin health; mood support; liver support
Rosemary Immune support; reduce mental fatigue
Rose Calming; support skin, promote confidence and mood
Sandalwood Support brain, skin, and mood
Siberian Fir Reduce stress, balance emotions; soothe minor skin irritations; relaxing massage
Thyme Cellular health; antioxidant; brain and prostate
Vetiver Grounding and calming; promote focus and concentration; support sleep
Wild Orange Calming; cellular health; digestive support; uplift mood
Wintergreen Soothe occasional soreness; healthy inflammatory response
Ylang Ylang Support heart, adrenals, hormones, mood, and blood pressure

Doterra Oil Blends

On Guard: Protective, healthy immune function, used for cleaning, disinfecting and healing
Balance Grounding; anxiousness; improve attention, evoke feelings of tranquillity & balance
Easy Air: clear airways and breathing, supports respiratory health, invigorating vapour
ClaryCalm: The best oil for your worst week period, female hormone balance, PT relief
Deep Blue: Relieve occasional soreness, warming sensation, promotes healing
DigestZen: Support occasional digestive upset and nausea
Slim & Sassy: Targets metabolism, appetite, blood sugar and cravings
Sallubelle Anti-aging blend, supports skin to help sustain smoother, more radiant, and youthful-looking skin.
Whisper Female blend, personal fragrance, promotes calm,

Applications For Health & Immune Support

The best essential oils to boost the immune system and fight the symptoms of colds and viral infections

On Guard Blend: An essential oil blend containing Clove, Rosemary, Eucalyptus, Cinnamon and wild orange
Oregano: A powerful antiviral and antimicrobial oil.
Thyme is antiviral, a decongestant and fights fatigue
Eucalyptus Highly antibacterial. It is excellent for combating sore throats, chesty coughs and to help ease breathing.
Melaleuca contains antiseptic, antiviral and antimicrobial properties. Can be used to diminish coughs, bronchial congestion and sore throats. It is an excellent, natural disinfectant, so can kill germs on surfaces and in the air
Lemon Has long been considered a cure-all fruit and essential oil, especially for treating the flu and for reducing fevers.
Lemongrass ease stomach pains and also to relieve headaches, colds and the flu.
Clove: Has antimicrobial, antifungal, antiseptic, antiviral and stimulating properties.
Thieves Blend Rosemary, Thyme, Lemon, Cinnamon, Eucalyptus

Ailment	Suitable oils	How To
Throat infections	onguard, lavender & thyme	Apply directly to the throat.
Sinus infections	peppermint & eucalyptus	Apply to the bones behind each ear from the top down to the jaw line. Inhale frequently.
Lung infections	melissa, oregano & rosemary	Apply using an upward motion from the center of the chest to the top of the throat. Apply to the bottoms of the feet 3 to 4 x a day.
Ear infections	balance, geranium & tea tree	Apply to the bones behind the ears from the top down to the jawline. Apply to the throat from the top of the sternum up to chin
Congestion	Frankincense, tea tree white fir, thyme,	Apply to back, chest and sternum to aid breathing clear mucus.
Congestion with infection	myrrh , eucalyptus, lemon basil , thyme	Apply to sternum in an upward motion two to three times a day.
Coughs	ylang ylang, lemongrass, white fir	Apply regularly to the chest and back of the neck.
Fevers	tea tree, lemon, peppermint	Apply to bottoms of the feet or the back of the neck every
Allergies	Peppermint, basil, eucalyptus, lemon, tea tree,	Apply behind ears, back of neck, cold compress,

15 drops onguard
15 drops melaleuca
15 drops lemon
10 drops oregano
Carrier Oil

Apply to bottoms of feet or along the spine or take 1-2 drops of each of the above in a vegetable capsule internally.
**There are many versions of the flu bomb*

Best Oils For Pain

Ice Blue blend: (deep blue in US) comes in a rub, roll on or oil
Lavender: Effective for joint and muscle pain. Is a muscle relaxant and anti-spasmodic.
Roman chamomile: Very effective anti-inflammatory agent. It can be used for TMJ, neuralgia, lower back and muscular pain, headaches, stress and PMS
Eucalyptus: Has anti-inflammatory and analgesic properties. Recommended for nerve pain, sprains, strains and muscular pains and aches.
Rosemary: Used for headaches in addition to joint and muscle ache and pain.
Wintergreen: strong analgesic properties. Particularly effective for bone related issues.
White fir : Anti-inflammatory and analgesic. Effective for all joint related issues.
Lemongrass: Anti-inflammatory and cleansing. Effective for ligament issues.
Marjoram: Anti spasmodic and a muscle relaxant.

Applications For Skin / Hair

Skin Cleansing: Bergamot, Black Pepper, Cedarwood, Cypress, Douglas Fir, Eucalyptus, Lime, Melaleuca, Melissa, Spikenard, Thyme,
Blemishes and skin imperfections: Arborvitae, Basil, Bergamot, Cedarwood, Coriander, Cypress, Fennel, Helichrysum, Jasmine, Lavender, Lime, Melaleuca, Melissa, Oregano, Patchouli, Rose, Sandalwood, Wintergreen, tea tree, clove
Cellulite: Grapefruit, frankincense**.** Add 1 – 2 drops of to a carrier and apply to the areas of concern.
Bites: Lemongrass, Lavender, Peppermint, melaleuca
Sunburn: lavender, roman camomile
Scars immortelle blend, geranium, lavender, helichrysum, lemongrass, frankincense, myrrh
Healthy Skin: Sallubelle, sandalwood, frankinsense, helichrysum
Healthy Hair: Clary Sage, Lavender, Melaleuca, Peppermint, Roman Chamomile, Rosemary, Sandalwood, Thyme, Ylang Ylang

Best essential oils for oral care

These oils can be added to toothpaste, oil pulling, mouthwash etc. Clove, Cinnamon, Cilantro, Coriander, Fennel, Frankincense, Helichrysum, Juniper Berry, Lime, Peppermint, Spearmint

Emotions & Mood benefits

Mint essential oils typically hold significant energizing**, invigorating, and uplifting** properties.
Floral essential oils are known to promote toning and **calming** properties.
Citrus essential oils typically have strong **uplifting** characteristics.
Tree, grass, herb oils promote soothing, **renewing**, and **grounding** feelings.
Spice essential oils are particularly useful for their **warming** properties.
Calming / relaxation oils: Vetiver, Cedarwood, Clary Sage, Eucalyptus, Frankincense, Geranium, Jasmine, Juniper Berry, Lavender, Roman Chamomile, Ylang Ylang, frankinsense, *Bergamot*
Uplifting oils: Cypress, Douglas Fir, Grapefruit, Lemon, Lime, Peppermint, White Fir, Wild Orange

Hormone Balance

Clary sage is a gentle adaptagen that supports improves the functions of the hormonal system rather than blocking receptor sites and causing deterioration of the cellular system. It helps address hormonal imbalance, menopause, PMS, menstrual cramps. It's usually applied along endocrine meridian points.

Digestion / Detoxification

Bloating: peppermint, ginger, cardamom, cumin, juniper berry, digestizen blend (contains Peppermint, Cumin, Ginger and Fennel essential oils)
Metabolism (regulate blood glucose levels): cinnamon, slim & sassy blend (Contains essential oils of Grapefruit, Peppermint, Lemon, Ginger and Cinnamon)
Lymphatic stimulant: grapefruit
Cleanse liver: lemon, grapefruit (1-2 drops in water of a morning)

Cooking With Essential Oils

Because essential oils are easily affected by heat, cooking with heat may lessen the therapeutic benefits of the oil. It is best to ***add the essential oil at the end of the recipe***. If it is not possible to add the essential oil after cooking, simply add a larger amount of the oil, as some of the oil's flavour will be baked, steamed, simmered, or boiled out. Always use cookware that is stainless steel, ceramic, or glass, as EO's can damage some types of plastic.

Go very easy, and start with a toothpick when you first start experimenting with essential oils and cooking. Dip the tip of a toothpick into the essential oil bottle and stir into your ingredients. This will allow you to add the smallest possible amount of the oil, so that you don't risk ruining the dish by adding too much flavour.

Doterra and young living have many recipes on cooking with essential oils. Doterra has a great ebook to download free

Citrus oils are useful for beverages, baked goods, yogurt, dip, salsa, and zest. Common oils: Bergamot, Grapefruit, Lemon, Lime, Tangerine, Wild Orange
Spices are useful for: enhancing natural flavours, vegetables, meat marinade, sweet and savoury dishes
Common oils: Black Pepper, Cassia, Cinnamon, Coriander, Ginger, Fennel
Herbs are useful for substituting dry or fresh herbs, Italian dishes, meat marinade, soup, bread, pasta, potatoes.
Common oils: Basil, Cilantro, Marjoram, Oregano, Rosemary, Thyme
Florals: Useful for softening citrus flavours, adding a twist to plain recipes, desserts, tea. Eg Lavender, Geranium
Mint oils are useful for beverages, desserts, salads, certain meats. Common oils: Peppermint, Spearmint

Ideas for cooking

- Add lemon or lime oil to avocado dip or smashed avocado
- Add peppermint to homemade chocolate recipes
- Add oregano to soups
- Try making lavender or geranium cupcakes
- Add a drop of Wild orange into your water
- Add On guard or cinnamon blend to porridge and berries, or stewed apples
- Add oils to power or bliss balls for a healthy burst of flavour

Spice Up Your Water

- Add a drop or two of Lemon oil to a glass of water
- Add invigorating essential oils to your water in the morning to give you a refreshing jump start
- Put a drop of Cassia oil in your water during exercise for hydration
- Add one drop of Cinnamon oil with honey to hot water and sip slowly to soothe the throat
- Place a drop of Lime oil in a glass of water for enhanced flavor and antioxidant support
- Combine Melaleuca, Peppermint, and Lemon oil in your water glass and drink to freshen the breath

Black Bean Brownies with Peppermint essential oil

Servings:9 Prep Time:10 min Cook Time:35 min Difficulty:Easy

Ingredients:

1 (15 ounce) can black beans, drained and rinsed
2 large eggs
¼ cup cocoa powder
⅔ cup honey
⅓ cup coconut oil
½ teaspoon baking powder
Pinch of salt
2–4 drops Peppermint essential oil
¾ cup chocolate chips, divided

Instructions:

1. Preheat oven to 350° F.
2. Place all ingredients, except for chocolate chips, in blender or food processor and blend until smooth.
3. Pour batter into large bowl and stir in ½ cup chocolate chips.
4. Pour into greased 8x8-inch pan and top with ¼ cup chocolate chips.
5. Bake 30–35 minutes or until a toothpick comes out clean.