



50+ Evidence Based  
Ways to Live  
Healthier and Reach  
your Potential with  
Essential Oils

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User Guide For The  
Essens of Wellness Essential Oil  
Kit Version 1.1

# 50+ Ways to Live Healthier and Reach your Potential with Essential Oils

By  
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# From me to you.

I wanted to thank you personally for giving us a chance in bettering your life. As I sit here holding the very first bottle of essential oil we ever produced (it's Lavender), it reminds me how far we've come.

For your sake we exist and for your sake we continue to push forward. Our mission is not about making the most money or selling the most oils. We purposely limit our production quantity so that we can keep track of every last drop that gets put out into your hands and only the freshest oils reach our customers..

And ultimately that's what really matters. You, the one who will ultimately use these oils to enrich your lives in many manner of ways. Without your support and without your trust we would not exist.

We will not let you down. That is my promise to you.

~ Selcuk Bor

Founder of Essens Oils

[www.essensoils.com](http://www.essensoils.com)

# Precautions and Oil Care

All our oils are strong and pure, but safe when used as directed. Some general preventative precautions are listed here to help you have an enjoyable and healthy experience with our Essential Oils.

- Always test for skin sensitivity and keep a bottle of vegetable oil or any other carrier oil around. A carrier oil can be your garden variety virgin olive oil, sunflower oil, etc. You want to do this in case you have skin irritation or discomfort. In that case you need to put some of your carrier oil on the affected area. Water will not help, it must be a carrier oil.
- Keep bottles of essential oils tightly closed and store them in a cool, dark location. You can lengthen the therapeutic life of an oil by nearly double if you keep it in your fridge. That said, your fridge may start smelling like the oils if you don't close them tightly enough, which is pleasant, but not always desired.
- Keep bottles away from children. If a child swallows an essential oil, give them milk, honey, or another safe, oil soluble liquid such as soy or rice milk! Be sure to administer a lengthy "don't you do that again" stern talking to afterwards. If the amount swallowed is a considerable amount, say like an entire bottle, please take your child to the hospital after giving them the drink.
- Do not use oils rich in menthol, such as peppermint on children under 30 months of age. This includes oils that are high in 1-8, cineole like Eucalyptus as well.
- Beware the sun if you use Lemongrass or any other citrus based essential oil on your skin. They are photosensitive which means when they're hit by sunlight they will react to it. Usually in an undesirable way. Our personal favorite undesirable effect is orange staining! Your friends are bronzed from the sun? Well not us, we're oranged. From Orange essential oil. But seriously it's not good for you.
- Wash hands thoroughly after handling essential oils. It's not a good idea or any fun to rub your eyes with essential oil covered fingers. Especially if that oil is a citrus based like lemon. Concentrated lemon on eyes? Ouch.

- This also includes contact lenses. Do not handle contact lenses if you have essential oils on your fingers.
- Epileptics and those with high blood pressure should consult their healthcare professional before using some essential oils. In this particular kit our Rosemary stimulates the mind and while the effect is heightened sense of learning and memory retention, for those who already suffer from epilepsy or seizures will almost undoubtedly suffer an attack when exposed.
- Pregnant women should consult their healthcare professional before using any essential oils. It is in our opinion best to steer clear of any oils until after the first trimester, where the embryo is most vulnerable.
- For child care, if your child is less than 6 years of age, please **DO NOT** use Peppermint on them. If your child is less than 10 years of age, please **DO NOT** use Rosemary and Eucalyptus on them. All 3 of these oils have a high concentration of 1,8 cineole (Eucalyptol) which is neurotoxic to young children.
- Please note that essential oils can be used on dogs, but not on cats. Cats do not have the ability to process essential oils in their bodies properly and as such prolonged exposure can be toxic to them.

# Useful Resources

## Blend Dilution Calculator

Trying to figure out how many drops of essential oil you need to create a 2% blend with a carrier oil? We made a useful little calculator you can use to give you exactly how many drops you'll need with how many ml of carrier oil.

You can find that resource here!

<http://www.essensoils.com/dilution-and-blending-charts>

Just scroll down to the bottom.

## Getting Started With Essential Oils

Having a hard time trying to wrap your head around all these terms? Want a short 5 minute bootcamp to get you started on this incredible journey?

We've got you covered! We've designed an easy to understand and read page to help you get the most out of your kit. Never again wonder what a term means!

Please visit our page here

<http://www.essensoils.com/getting-started>

## Getting to Know How it Works

Feeling a bit hesitant about essential oils? We can't fault you for being sceptical. Truth be told there is a lot of misleading and very often wrong information out there which hurts this industry and its credibility..

We've prepared a special page which will break down with strong evidence how essential oils work, why they work on us, and why you should integrate them into your life for a healthier, stronger, smarter you.

Read about it here

<http://www.essensoils.com/how-do-essential-oils-work>

# Using The Power of the Wellness Six

In this segment of the book I want to take you through many ways you can use your six pure oils. The goal here is to give you some idea of the versatility of these oils and how much they can contribute to your day to day life.

This is by no means an exhaustive list. If I were to write down everything that we know what these oils can do and what we continue to find out through rigorous scientific study i'd be here for weeks!

Not that I would mind. This is after all what I live for. As time goes on I continue to update this book with more ideas and uses, so consider this your ever growing little booklet!

To get the latest feel free to drop by our website at [www.essensoils.com](http://www.essensoils.com).

## How to read this Section

The book is manly broken up into 5 different sections.

- Topical and Skin Care
- Body and Physical Care
- Mental and Emotional Care
- Home Care
- Professional/Student and Home Life Enhancements

Each section breaks down a generic problem you might have, and offers up a solution. Many different oils share similar active ingredients in them and can accomplish comparable results.

But some oils are better than others. For example, you would find it very hard to find an oil that is more calming than chamomile oil, or as antibacterial/antifungal as tea tree.

So as an example say I have dandruff. It's a topical and skin problem. So I go into Topical and Skin Care and you'll find in the list a solution to that problem.

Say you're always feels stressed out. That's a Mental and Emotional Care issue, go into that section and you will find some ways to combat the stress.

## Topical and Skin Care

- 
- **Acne treatments**

**Useful Oils:** Lavender, Tea Tree

### **Lavender:**

Acne is often caused by skin oils and bacteria. The antiseptic properties of Lavender can be very effective at managing acne.

Usage Instructions: You can use Lavender oil neat (undiluted) as it's a very gentle oil. One or two drops on a cotton pad and dab away at problem areas. Apply more drops of oil if the pad dries out before treatment is finished.

### **Tea Tree:**

As well Tea Tree oil has been a staple for many generations in fighting against acne has Tea Tree oil has very strong antibacterial properties. Even stronger than Lavender. And we can [prove it](#) now too! So if you don't mind the medicine smell and need the strong stuff. Hit it hard with tea tree oil. You can use the oil neat (undiluted) for this condition. But try not to go too crazy.

Usage Instructions: You can get a q tip or a cotton pad. Drop one or two drops onto it and dab onto the problem area.

A [study](#) showed that Tea Tree oil was as effective as the store bought stuff, benzoyl peroxide with fewer side effects. But it's worth mentioning that the results were achieved more slowly.

Tea Tree oil has also [been proven](#) to a 5% tea tree oil gel reduced both the number and severity of acne in thirty people.

It's important to note that results will not be immediate. You should apply 3 times a day for a couple days before you start seeing the acne disappear. It may be worth your while to create some acne face wash pads which you can use as part of your night time routine to clear up acne in general.

- **Allergic Skin Eruption Treatment**

**Useful Oils:** Tea Tree

A small clinical [study](#) reported that topical application of tea tree oil significantly reduced histamine-induced allergic skin eruptions characterized by swelling, redness, and the appearance of an irregular wheal within ten minutes of application. Another [study](#) also concluded that tea tree oil prevents the histamine reaction involved in some skin eruptions.

Usage Instruction: Create a 2-5% dilution blend using a skin nourishing carrier oil like jojoba, avocado, or olive oil.

- **Burn Wound Recovery**

**Useful Oils:** Lavender, Tea Tree

A recent [study](#) has shown that Tea Tree oil significantly boosts the production and healing of scar tissue and can also neutralize or diminish the scar marks from spots left by eruptions, boils, pox, and acne. This is helpful to us as we know Tea Tree can help ensure no scars are left from the burn wound.

Lavender is also a very potent scar recovery oil, so tag teaming with that oil is not a bad idea. Or you can just use Lavender by itself. Lavender is actually the go-to oil for these kinds of scar/burn issues.

Usage Instructions: Dilute the tea tree / lavender oil in a vitamin E rich carrier oil like:

- Coconut oil
- Olive oil
- Aloe Vera Gel.

Take 1-2 drops per tablespoon (15-20ml) of carrier oil/gel. Put in a drop or two of Lavender as well to help soothe the pain and further help reduce scarring. Apply oil on burned area. Repeat every couple hours as necessary.

- 
- **Dandruff Treatment**

**Useful Oils:** Lavender, Tea Tree, Rosemary, Peppermint

There are many ways you can use your essential oils. The most effective is Tea Tree as it has the strongest antifungal properties of the oils in your set, however if you're running out there are many others that can tackle the job.

For all recommendations a shower cap is recommended as they are all apply on scalp and leave overnight remedies.

### **Tea Tree:**

For Tea Tree, you can mix 5-7 drops of tea tree oil in  $\frac{1}{4}$  cup of coconut oil and apply it on your scalp at night. Rinse it off thoroughly in the morning with tepid water.

### **Lavender:**

If you really dig the aroma of lavender you can use that as well! While Lavender also has anti-fungal properties it isn't as strong as Tea Tree, so we will have to up the dosage. By using 7-10 drops in any carrier oil of your choice (coconut is amazing for your hair), similarly like Tea Tree you apply it overnight and rinse it off thoroughly in the morning.

The added benefit of using Lavender is Lavender is very gentle oil and will soothe an irritated scalp as well as promote very peaceful sleep.

### **Rosemary:**

Rosemary has fairly strong anti-fungal and anti-inflammatory properties but Rosemary comes with the added benefit of increasing blood circulation to the scalp. This is great if you want to keep your mind energized as it works it's magic on the dandruff.

It should be noted that Rosemary is a mental stimulant and it will likely keep you up at night if you apply this before you go to sleep. Rosemary should be used only during the day where you can leave the mixture in your hair for 8-10 hours (maybe on a weekend or day off).

### **Peppermint:**

Nothing provides a more cool and refreshing sensation then peppermint. It can also help calm an itchy or irritated scalp.

To use mix about 7 drops of peppermint oil in 2 tbsp of olive oil or coconut oil and massage it onto your scalp. Leave it on for about 2 hours and rinse it off with warm water. Much like Rosemary this is not a remedy to try before you sleep. Peppermint is a

physical stimulant that helps promote blood circulation. When applied to the head this way you'll have a very hard time turning off your head and trying to sleep.

- 
- **Eczema and Dermatitis Relief**

**Useful Oils:** Lavender

Due to Lavender oil's wonderful moisturizing and healing skin qualities, using Lavender oil can help bring relief to the dryness or inflammation caused by eczema and dermatitis.

Usage Instructions: Simply put a few drops of Lavender oil on the affected area(s) or use 5% dilution in a carrier oil that helps moisturize skin like jojoba or the more kitchen variety olive oil.

What's important to note about this remedy is that the carrier oil you use has much more importance than most other remedies we talk about in this book. Carrier oils rich in vitamin E like jojoba are the keys to helping battle dry skin and eczema. Lavender's role in all this is to help promote healing in your skin and to soothe irritations you may be experiencing. It's not the one doing the heavy lifting.

## **Hair Thickener DIY Shampoo**

**Useful Oils:** Rosemary, Peppermint

You can make a wonderful and natural shampoo that both thickens your hair or combats a receding hairline as well as put you into an alert state of mind immediately. The ingredients you will need are

- 6 oz Aloe Vera Gel
- 3 Tbsp Coconut Oil
- 10 Tbsp Baking Soda
- 20 drops Rosemary Oil
- 10 drops Peppermint Oil

Thoroughly mix the ingredients together and store into any BPA free bottles, [like these!](#)

## **Head Lice Treatment**

**Useful Oils:** Lavender, Tea Tree

**Lavender and Tea Tree Combo:**

A [study](#) proving a 1% lavender and 10% tea tree oil mixture worked better to clear up head lice than the chemical alternative of pyrethrins and piperonyl butoxide with a 97.6% success rate!

Another [study](#) confirmed it. Though what's amazing about that last study is that they also tried to use eucalyptus and lemongrass as a possible remedy as well... with a success rate of 3.3% we have proven that these are not suitable oils for this treatment.

Another [study](#) showed that tea tree combined with nerolidol in a 1:2 ratio (so for example a 1% tea tree and 2% nerolidol) killed 100% of the head lice in just thirty minutes!!! It also killed all the louse eggs after five days!

Usage Instructions:

- Mix 20 drops of tea tree oil, 5-10 drops of lavender, 1 ounce of natural shampoo, and 3 tablespoons of either coconut or olive oil.
- Apply the solution to the affected scalp and hair.
- Cover your hair with either a towel or plastic shower cap for 30 minutes.
- Comb your hair to remove the dead lice and rinse with warm water.
- Repeat regularly as needed.

Alternatively, you do not -have- to use the lavender oil, though Lavender has nerolidol which is the active ingredient here that acts as an insecticide, which is abundant in Tea Tree oil making it the star of this show.

**HPV Wart Removal**

**Useful Oils:** Tea Tree

A [case report](#) strongly enforces the belief that tea tree oil helps remove warts caused by the human papilloma virus (HPV) in children.

Usage Instructions: Apply the tea tree oil in 1-2% dilution once daily for 12 days and the warts should disappear. You can dilute in any carrier oil you choose.

**Skin Blemishes or Infections.**

**Useful Oils:** Lavender, Tea Tree

**Tea Tree:**

For this condition we recommend Tea Tree. Tea Tree has very powerful antifungal, antibacterial, and antiseptic properties that get under the skin and get to work scrubbing away the infection from your body.

Usage Instructions: Some say you can apply Tea Tree oil neat (undiluted) but we recommend a 3% dilution blend as Tea Tree oil can be a rather aggressive oil which many are sensitive to.

**Lavender:**

Lavender is useful in the skin due to its strong antibacterial and antifungal properties can be used on skin blemishes and minor infections like ringworm.

Usage Instructions: Much like tea tree, create a 3% blend with any carrier oil of your choice.

**Skin Rashes and Irritations**

**Useful Oils:** Lavender, Tea Tree

**Lavender:**

Pure Lavender oil has shown excellent results in soothing and healing minor skin irritations. As long as the skin is not broken or raw, Lavender can be used to bring healing and soothing comfort to minor skin irritations. For irritations especially Lavender comes out a champion.

Usage Instructions: To use simply apply the lavender over the affected area with a dilution of 3%. useful carrier oil to use would be olive oil or jojoba oil. In this instance any carrier oil rich in vitamin E and skin nourishing would work best.

**Tea Tree:**

Tea Tree oil is also fairly useful for this particular types of issue. But please remember not to apply Tea Tree oil neat or undiluted for this. Consider using a nice skin friendly oil like olive oil at 2-3% dilution

## Sunburn Relief

### Useful Oils: Lavender

Lavender oil has amazing skin healing qualities and helps moisturize and heal sunburn damaged skin. It's extra effective when used in a carrier oil rich in vitamin E like vegetable oils. A personal favourite is sunflower oil. Alternate with aloe-vera gel if you'd like as some friends like the gel sensation and aloe vera is also a very potent sunburn aid.

Usage Instructions: Create a 2-5% dilution blend with a very skin nourishing carrier oil like sunflower, olive, avocado, or jojoba and rub over the burnt areas. Feel free to add aloe vera gel afterwards for some extra soothing healing action.

## Body and Physical Care

### Athlete's Foot

#### Useful Oils: Tea Tree

Tea Tree Oil is a powerful hero in the quest against Athlete's Foot. There are many ways to use it.

By applying a 5% tea tree and 2% butenafine hydrochloride (a popular antifungal drug used to treat athlete's foot as well as other fungal infections) mixture in a cream 80% of people experienced a complete remission of toenail infection. ([source](#))

Another study found that applying tea tree oil neat by itself, twice daily for six months, was as effective as the standard treatment option for clotrimazole ([source](#))

And finally, putting a 25 - 50% tea tree oil solution has shown dramatic reduction of the common athlete's foot fungal infection (tinea pedis). ([source](#))

#### Supplies

- Tea Tree Oil
- Carrier Oil (Almond Oil, Avocado Oil, Olive Oil)
- Cotton Balls
- Clean 100% cotton socks

#### Usage Directions:

- Place 5 drops of almond oil (or your carrier oil of choice) on a cotton ball.
- Top the carrier oil with 5 drops of tea tree oil.
- Rub the cotton ball on a affected areas and surrounding areas.
- Cover feet with clean cotton socks.
- Apply 2 time daily, changing to clean socks each time.

You should notice noticeable difference in just one day! In 3 days it should be mostly gone. Continue to use for up to a week if you think there might still be some hiding around.

### **Cold Sores / Canker Sores / Genital Herpes**

**Useful Oils:** Tea Tree, Peppermint

Tea Tree oil has always been a very popular and effective oil against cold sores, cankers, and herpes outbreaks. But a recent [study](#) shows that both peppermint and tea tree oil are effective against these symptoms.

Usage Instructions: You can apply tea tree neat diluted at (10-20% is ideal) and apply 3 times a day on the affected area and it should fade away within several days, a week at most. It is often said that applying tea tree oil neat is okay for this instance, but it is my belief that no essential oil should ever be applied undiluted to your skin.

### **Congested Nose / Cold or Flu Breathing Difficulty**

**Useful Oils:** Eucalyptus, Lavender, Lemongrass

Related to the Respiratory / Coughs and Throat Infections snippet, a congested/runny nose can be very effectively dealt with using Eucalyptus, with an identical means of being used as that section, which is to use 2-3 drops in your ultrasonic diffuser and take nice deep breaths.

Another very effective blend we've found is the following easy breathe recipe:

- 2 drops lavender
- 2 drops eucalyptus
- 2 drops lemongrass

Mix together and use 2-3 drops of it in your aroma diffuser or you can create a 2-5% blend and massage it under the ears or chest.

For bedtime, consider dropping the blend into a cotton ball and put it under your pillow where you can benefit from the oils for hours.

## **Deodorant DIY**

**Useful Oils:** Tea Tree

Tea Tree eats bacteria and fungus for breakfast and because body odor stems from the bacteria applying a bit of homemade Tea Tree deodorant goes a long way. Making it is pretty simple too.

Usage Instructions:

- Mix  $\frac{1}{3}$  cup of baking soda
- $\frac{1}{2}$  cup Cornstarch
- 5 tablespoons melted coconut oil

Then add 15-16 drops of tea tree oil. Store in an airtight container. A little bit goes a long way so don't think you have to slather it on you!

Please keep in mind this simple recipe is not an antiperspirant. You will still sweat, you just won't smell bad while you do it.

## **Headache and Migraine Relief**

**Useful Oils:** Lavender, Lemongrass, Peppermint

**Lavender:**

Apply a drop or two of lavender, neat, on your temples or back of the neck to get quick and fast relief of headache and migraines. You should feel results in no more than 20 minutes

**Combination of Lavender, Lemongrass, and Peppermint:**

Another effective blend that we personally liked for migraine relief is:

- 3 drops lemongrass
- 2 drops peppermint
- 5 drops lavender

It is not recommended you apply this blend neat. 2-5% dilution with olive, jojoba oil would be plenty effective.

## **Insect Bites/Stings Relief**

**Useful Oils:** Lavender, Eucalyptus

### **Lavender:**

Lavender is well known analgesic (pain killer) and so rubbing a 3% blend over the bite will effectively reduce itching.

### **Eucalyptus:**

Eucalyptus is also an effective insect bite/sting relief oil diluted in a carrier oil of about 2% and apply a small amount over the bite/sting area.

## **Irritable Bowels Relief and Prevention of Gastrointestinal Spasms**

**Useful Oils:** Peppermint

This is the only time we will show a remedy involving orally ingesting an essential oil. But because there have been so many sources ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#)) proving it's effectiveness we felt it was safe to include it.

By ingesting 0.1 or 0.2 mL of peppermint oil 3x a day you can provide relief from irritable bowels and prevent gastrointestinal spasms.

Usage Instruction: 0.1 mL is equal to 2 drops. So use 2-4 drops in a gel capsule. It is not recommended to ingest it directly. You may add the 2 drops into a tablespoon of honey and mixing it with warm water and drink it that way as well.

OR

If you don't feel safe ingesting it, you can also rub in 1 - 2% dilution of peppermint on your stomach region.

## **Minor Cuts**

**Useful Oils:** Lavender, Tea Tree

While open and freely bleeding wounds are not to be treated with essential oils, minor cuts, scrapes, and minor kitchen cooking accidents can be cleaned with Lavender due to its antibacterial and antiseptic properties. Create a 3% blend. We recommend grape seed oil or olive oil and apply to the area.

Tea Tree oil is also a heavy hitting anti-bacterial oil which doesn't mess around. I would recommend a 3% blend. If you find it's beginning to itch or cause a rash, dabbling some carrier oil, like olive oil, you can spread the oil over a larger area and it will help slow down the release of the tea tree oil into your body.

Usage Instructions: Apply either lavender or tea tree oil onto the wound. Lavender you can apply neat, Tea Tree should be diluted. Have some carrier oil handy if you're using tea tree oil and you begin to feel itchy or are sensitive to the tea tree.

**Do NOT rub your eyes if the cut is on your finger.** It's so easy to forget!

## **Mouthwash / Oral Hygiene**

**Useful Oils:** Tea Tree

Mouth wash with a few drops of Tea Tree oil in it effectively inhibits a large range of oral bacteria, suggesting that tea tree may promote oral hygiene ([Source](#)). It's also a great way to reduce plaque formation and gum inflammation ([Source](#)).

As an added bonus, since Tea Tree has some analgesic (pain relief) properties, if you have a toothache or have post dentist care related pain, it's a great way to help you deal with it.

Usage Instruction: You can put a few drops of Tea Tree oil in your water and swish it around your mouth for 30-60 seconds.

- **Muscle Related**

**Useful Oils:** Lavender, Rosemary, Lemongrass, Peppermint

There are many oils which would work great for muscle issues. Our main stars in the show here are peppermint which helps promote blood circulation and healing, and lavender which helps keep inflammation down and is a natural analgesic (painkiller).

Usage Instructions: For all of the below listed ailments the general application principles remain the same.

For cramps or involuntary muscle spasms. Rub a 3% blend on the problem area and within a few minutes the pain should subside, and within 20 the muscles should be at ease.

### **Muscle Pain**

The most affected and commonly used general-purpose essential oils for muscle pain are Peppermint followed by Lavender, Lemongrass, and Rosemary

### **Aches and Pains**

If you are achy due to a sickness, fibromyalgia, or connective tissue pain, the following essential oils are most helpful: Peppermint followed Lavender, Rosemary. Apply oils with a carrier oil (olive oil, almond oil, coconut oil, etc.) over sore muscles.

### **Spasms**

Spasms are not usually accompanied with pain. Spasms can be relieved by using Basil, Marjoram and Roman Chamomile. Clary Sage, Cypress, Lavender, and Peppermint can also help. Apply oils mixed with a carrier oil (olive oil, almond oil, coconut oil, etc.) over sore muscles.

### **Tension**

Whether due to physical stress, or emotional stress, Lavender is a great common choice, Peppermint, and can also.

## **Sprains**

Lemongrass helps with ligament strain. Other essential oils that can help are: Eucalyptus, Lavender, Rosemary.

## **Nausea**

**Useful Oils:** Peppermint

This one is very easy and super simple. Just open up your bottle of peppermint and take 3 slow deep inhalations. It should be effective within minutes. This cuts down on the severity and frequency of nausea and vomiting and is as effective as drugs bought to treat these symptoms. ([Study 1](#), [Study 2](#), [Study 3](#))

## **Physical Injury Recovery**

**Useful Oils:** Lavender

In the previous remedy we talked about particular and specific muscle related problems, but if you're recovering from a rather substantial physical injury, the constant pain can be more a problem than the actual physical damage.

Whether it's from an accident playing sports or going through a major medical procedure, breathing in Lavender has proven to ease the pain significantly. There was even [a study](#) that showed postoperative patients endured much less pain when breathing in lavender with oxygen, versus just breathing in oxygen alone.

Usage Instructions: For this one all you have to do is diffuse lavender in your ultrasonic diffuser up to 3 times a day for one hour each. 2-3 drops should be enough.

## **Tension in Sore and Cramping Muscles Relief**

**Useful Oils:** Lavender, Rosemary, Peppermint

Lavender oil can also be used to help relieve tension in sore and bruised muscles. Due to its strong analgesic (pain relief) properties it can be used effectively to bring relief and relaxation with a muscle massage.

Usage Instructions: You can use the oil neat (undiluted) on the trouble area. If the suffering area is large it is best to dilute the Essential Oil in a carrier oil and spread it out.

Alternatively you can also mix 2 drops of Rosemary and 2 drops of Peppermint and mix it into one Tsp of your favourite carrier oil (we recommend olive or arnica) and rub on the sore areas.

## **Respiratory / Coughs and Throat Infections**

**Useful Oils:** Eucalyptus

Eucalyptus is the star of the show here. [Study](#) after study and thousands years of experience tells us there is few oils that will clear up your lungs like Eucalyptus can.

Eucalyptus, so far that we know, is effective against 6 different respiratory pathogens that cause infections in our lungs.

Usage Instructions: Because the problem area is in our lungs, the best way to get treatment is through an ultrasonic diffuser!

If you don't have an ultrasonic diffuser, simply drop 2-3 drops into a bowl of hot water (so that there is some steam coming up), cover your head with a towel and then hold your head over the bowl. Not too close as you will scald yourself.

## **Sinusitis and Allergy Flare Ups**

**Useful Oils:** Lavender, Peppermint

**Either Lavender or Peppermint:**

Both Lavender and Peppermint oil can be very effective for helping to reduce allergy and sinusitis flare ups. (inflammation of the sinus linings).

Usage Instructions: Place a few drops near the affected areas, nasal passages, temples, forehead, back of the neck. Be careful of putting the drops (especially with peppermint) close to the eyes as the vapors may prove too intense and cause some irritation/watering.

## **Soothe Bruised Areas**

**Useful Oils:** Lavender, Tea Tree

Both Lavender and Tea Tree oil have anti-inflammatory properties which makes them ideal in helping heal bruised areas.

Usage Instructions: Try gently rubbing a 3% blend of Lavender or Tea Tree oil neat, around and on sore bruised areas to promote blood flow, healing, and relief for the tenderness and pain.

If the area is large, dilute the tea tree in some carrier oil like olive oil and massage the problematic areas.

## **Soothe Minor Burns**

**Useful Oils:** Lavender

Very much like treating a sunburn, minor burns can be dealt with in the same fashion. To save you time I will copy paste that section here.

Use a few drops of Lavender neat on a minor burn for quick relief and to help heal the skin quickly.

# **Mental and Emotional Care**

## **Anxiety Relief**

**Useful Oils:** Lavender, Rosemary

*Your Free Destress Blend Bottle Is Effective for this Condition*

Research and practical application has shown that breathing in Lavender Oil while you are having an acute anxiety attack can help you take back control. Lavender's calming properties include slowing your heart rate and balancing your emotional state giving you the ability to get your footing back. One such medical Report Behind this claim can be read [here](#).

[Another study](#) here showed that nursing students who were inhaling a combination of Lavender and Rosemary were less stressed and performed better on their tests. Seek out “How to Achieve a Content Sense of Focus” in the Professional and Student Life Enhancement section.

This also covers very stressful events like going in for a job interview, giving a presentation amongst peers, or taking an exam.

Usage Instructions:

There are 3 ways to effectively combat Anxiety here.

- You can put a 3% blend of Lavender under your nose or behind the neck or under the chin closer to the ear.
- Simply open the bottle of Lavender and take a nice deep breath. Repeat as necessary but pace yourself, as it may take up to 20 minutes for the lavender to work at full capacity.
- Add a drop or two of Lavender and a drop or two of Rosemary into your ultrasonic diffuser.

## **Build a Strong Sleep Habit (in Adults or Children)**

**Useful Oils:** Lavender

Many people can benefit from a calm, predictable routine at a consistent time each night. Lavender oil [helps boost the desire and quality of sleep](#). If you can add Lavender Oil to your routine, it can be even more effective.

Usage Instructions: Rub a few drops of oil on the soles of your feet. Since the smell center of the brain is very close to the memory center, this kind of pattern can produce strong, peaceful memories and helps build a strong routine..

It is noted that this technique is especially effective with younger children in which patterns and memories are more easily absorbed and accepted.

## **PMS Emotional Balance**

**Useful Oils:** Lavender

[Studies](#) show that inhaling lavender dramatically improves PMS related emotional symptoms.

All you have to do is put a drop or two in your diffuser, or even just open the bottle and take in a few relaxing deep breaths. The effects can be felt for up to 35 minutes after treatment, and can be repeated as needed.

## **Relaxing Bath**

**Useful Oils:** Lavender, Stress Relief Blend

After a hard or stressful day, you just need to pamper yourself!

Essential oils work amazingly well in baths, but you should be careful. Simply putting some essential oils in the water is not safe as the oil tends to float to the surface where it will contact your skin undiluted.

To fix this issue you can mix the oil in unscented liquid castile soap and then adding that into your bath. That way the oil is properly mixed into the water and safe for you to submerge yourself into. You can also use shampoo if you'd like, and is more easily available.

But soap dries out the skin... so why not consider adding 1 table spoon coconut, olive, or jojoba oil? That way the oil can nourish your skin as well.

Usage Instructions:

Take one table spoon of liquid castile soap or unscented shampoo. Take one table spoon of coconut, jojoba, or olive oil. Take 5-7 drops of lavender or stress relief blend essential oil. Mix all together, and add it into the water.

## **Sleep Disorders**

**Useful Oils:** Lavender

Many adults suffer from sleep disturbances and sleep disorders that range from mild to severe. Lavender oil is especially effective when used in a diffuser and is excellent for fighting against this ailment.

There are many research papers to back the fact regular and constant use of Lavender oil boosts quality of sleep and lets you feel much more rested. [Source 1](#) | [Source 2](#)

Usage Instructions: Put in 1-2 drops in your ultrasonic diffuser, or as intense as you'd like (though more than 3 and you'll get a thick fog of lavender). Alternatively try putting a drop or two of oil on a cotton ball and place it underneath your pillow and enjoy a pleasant descent into restful slumber.

## **Stress Relief**

**Useful Oils:** Lavender, Peppermint

*Your Free Destress Blend Bottle Is Effective for this Condition*

Due to Lavender's powerful relaxing properties and very pleasant aroma you get a double impact of using the olfactory nerves to whisk you away to the vast and beautiful fields where you can just let everything melt off your shoulders and enjoy your moment of peace.

Use 1 - 3 drops in your aroma diffuser for one hour, three times a day. You can bring about lasting and deep change in your stress levels.

If it's the lack of energy that has you stressed out, you can also drop 1 - 3 drops of peppermint in your diffuser to give yourself a physical energy boost. You can see studies and more about this in "How to Increase Physical Performance" section in the Professional and Student Life Enhancement segment.

## **Home Care**

### **Air Freshener / Deodorizer**

**Useful Oils:** Lavender, Lemongrass, Eucalyptus

Usage Instructions:

**Lavender:**

Because Lavender has strong antibacterial and antifungal properties it does an amazing job killing odor causing bacteria in the air and around the home.

You can either mix a few drops in an atomizer spray or you can put some drops on cotton pads and put them near the vents of your home.

**Lemongrass:**

Likewise Lemongrass which is a more powerful antibacterial oil can do some serious work for your home. You can add 4-5 drops into a spray bottle full of water (capacity of about 300-500ml) and spray around the home to freshen up the air.

**Eucalyptus:**

If the space you want to deodorize is musty or in an enclosed space, consider adding 3-4 drops of eucalyptus, which also has antibacterial and antifungal properties. You'll be able to breathe easier and the eucalyptus will open up your sinuses.

Another consideration is adding 1 or 2 tablespoons of rubbing alcohol (or even vodka!) into the spray bottle. This lets the essential oil(s) mix into the water a lot better and the alcohol itself does an amazing job cleaning out the upholstery/furniture.

Spray where you feel is appropriate.

**Bug Repellant**

**Useful Oils:** Lavender, Lemongrass, Eucalyptus, Tea Tree, Rosemary

There are many oils in your kit which can be used as a bug repellant. The real star of this show is Lemongrass, which has a large amount of citronella which is the next best natural repellant.

The smell of lavender essential oil is an effective repellant for many types of bugs, like mosquitos, midges, and moths. Apply some lavender on exposed skin when outside to prevent bites. Remember that even if you do get bit, essential oil has anti-inflammatory qualities that reduce irritation and pain associated with [bug bites](#). Eucalyptus is also effective

To make your own Bug Repellent, you can follow this simple recipe.

- ½ cup witch hazel

- ½ cup apple cider vinegar
- 40 drops of Eucalyptus, Lemongrass, Lavender, Rosemary, or Tea Tree
- [Glass Spray Bottle](#)

Simply spray onto exposed skin and enjoy your evening out!

## **Mildew Buster**

**Useful Oils:** Tea Tree

Tea Tree is a remarkable antifungal and antibacterial oil. Its major constituents are relentless in cleaning.

Usage Instruction: For quick and easy mildew and mold killing spray combine 1 cup white vinegar and 25 drops tea tree oil in a reusable spray bottle. Spritz on mold or mildew and let sit for 10 minutes. Wipe away with a damp sponge.

## **Powerful Anti-Bacterial Soap**

**Useful Oils:** Tea Tree

Creating a soap rich with tea tree is as effective as soaps which contain triclosan, an antibacterial chemical in removing hand germs. There are many many ways to create soaps with essential oils. While we cannot write the step by step instructions in this book they are easy to find online :).

([Source 1](#)) ([Source 2](#))

## **Relaxing Spa Atmosphere in Any Room**

**Useful Oils:** Lavender

By now we might be sounding like a broken recorder. But we cannot champion Lavender enough for it's soothing and relaxing properties. There are so many studies that have proven it!

What's great about it is it's not even something that will take long periods of exposure to work. By diffusing some in your home any guests or loved ones being in the area will

feel themselves let go of all the stress and tension that has built up in them. And application couldn't be easier.

Usage Instructions: Lavender is exceptionally effective when used in a diffuser. By using 1-2 drops of Lavender, 3 times a day you can create a relaxing and therapeutic home in which all guests and loved ones will benefit just by being in your home.

## **Surface Cleaner**

**Useful Oils:** Lemongrass, Eucalyptus, Peppermint

Because Essential Oils are natural ingredients, unlike most cleaners you do not have to wipe the surfaces you clean with them after, as they do not damage them.

That said, a recent study has shown that lemongrass, eucalyptus, and peppermint have successfully killed 22 common bacteria and 12 different types of fungus strains. Making them an effective surface cleaning team!

That said I am personally not a big fan of eucalyptus' smell. It's strong, potent, and when I have a congested nose it's incredibly effective. But it's not what I'd consider a fresh home scent.

Usage Instructions:

- 1 1/2 cups water
- 1 cup white vinegar or citrus infused white vinegar
- 20-40 drops orange / lemongrass / eucalyptus / peppermint essential oil

Mix it all in a spray bottle. Shake well before using. Remember to store the mixture away from heat and sun as it will oxidize essential oils and render their cleaning potency useless!

We'd like to take this time to once again remind you that ingesting an essential oil is not for beginners and you should be careful when you choose to do so.

# Professional/Student and Home Life Enhancements

## Increasing Cognitive Function

**Useful Oils:** Rosemary, Lavender, Peppermint

What makes this kit so incredible is you can achieve different types of heightened cognitive function depending on your end goal.

For example, Rosemary, and Peppermint oil make an incredible tag team in providing deep focus and memory recollection. Here's a [study](#) showing that Rosemary especially seems to improve overall memory quality and the ability to recall things better.

But we can't just leave out another interesting [study](#) that found that peppermint increased the ability to perform better at clerical tasks.

In order to explain what's going on here we need to know a bit about our brain. The brain has 4 distinct wavelengths that it produces during the day. The two we are most interested in are Alpha and Beta waves. Alpha waves are more associated with daydreaming and creativity while beta waves is more being present, attentive and focused on the tasks at hand.

Lavender is a relaxing oil that removes stress and tension from your body, freeing your mind from being held back by constant mental interruptions.

Rosemary is an essential oil that pushes your brain into a beta wave state allowing you to focus on what's at hand and peppermint keeps you alert and energized. Here's a [study](#) focused just on Rosemary which also explores that it's the particular element 1,8 cineole which gives Rosemary this ability. [Here's another](#) looking into the effects of peppermint and ylang ylang on mental performance boost.

What's important to note here is that using all 3 oils at once may not provide any real benefit. Try using a combination of any two and feel your mind kick up a gear!

Usage Instructions:

- For a Deep Focus

Use 2 drops Rosemary and 2 drops peppermint in an aroma diffuser for one hour a day and let the oils run their course!

- For a Calm Relaxed Focus

Use 2 drops of Rosemary and 2 drops of Lavender in an aroma diffuser for one hour a day, 2 times a day as needed.

- For a Learning Oriented Focus

Use 2 drops of Rosemary in an aroma diffuser for one hour a day, 2 times a day as needed.

## **How to Increase Physical Performance**

**Useful Oils:** Peppermint

A recent [study](#) reported that after testing 30 healthy males and giving them 0.05ml (1 drop) of peppermint oil with 500ml of water, that they significantly improved their physical performance. This is led to believe because of the unique mint elements that affected the lung's ability to absorb oxygen better.

An important thing to note here is that peppermint is a hot oil. What this means is if you drink water with peppermint oil it will irritate your throat and hurt you. This oil needs to be mixed into the water with a teaspoon of honey. That way the peppermint will not hurt you.

## **How to Achieve a Content Sense of Focus**

**Useful Oils:** Lavender, Rosemary

Lavender by itself calms you down and actually worsens your ability to think and focus. However, when used with Rosemary it creates a sense of contentment and clears the mind and lets you focus on your task calmly.

Lavender removes the stresses and anxiety from you. Cramming for a test is not useful if you're having a hard time controlling your anxiety or stress. Rosemary stimulates the mind to enrich and help retain learning and recalling. Medical report on that can be [found here](#).

Usage Instructions:

This one can be achieved in two ways. Either put 2 drops lavender and 2 drops rosemary in your aroma diffuser and diffuse for one hour a day. Or, mix 3 drops of rosemary oil with 1/2 tsp of coconut oil and rub on upper neck

## **Increase Your Metabolism**

**Useful Oils:** Lavender

This [study](#) outlines an interesting test which exposed over 50 chinese students with various essential oils. One of them being the Lavender in your kit.

They found that after 10 days of exposure the students not only felt much more relaxed and stress free, but biologically a section of them showed signs of an increased metabolism.

The important thing to note here is the study points to the olfactory nerve as the key here. Different smells have different effects on us and we have positive or negative connections with them.

Exactly how much your metabolism is increased is not known, and we do not claim it is going to just melt off everything. But if it can help you let go of your stress and give you a gentle boost in your metabolism, I won't argue with that.

To use you simply use 2-3 drops of Lavender in your aroma diffuser for one hour, 3 times a day, for 10 days. You are of course encouraged to keep it up every day, especially near the evening when you can let everything go and relax.



## **Profile of Your Oils**

In this chapter I want to give you the profile of your oils. A little history, a little overview about the oil and for the experienced aroma guru, we talk a bit about the note, substitutes and chemical makeup.

We have opted not to go too deep with details because we do not feel it is relevant to the everyday user of these oils. We merely wish to give you a glimpse into the wonderful origins and ways of uses these oils have found themselves in over thousands of years.

# Lavender

**Latin Name:** Lavandula angustifolia

**Overview:**

Lavender is one of the gentlest and multi-purpose essential oils around. If you are to keep only one oil in your home this is the one. Lavender has many therapeutic values, but it would be safe to say that it's strongest areas are in emotional and mental care. Lavender oil is a powerful restorative oil bringing balance to your life.

**History:**

Lavender has been in use for more than 2500 years! Egyptians, Phoenicians and the people of Arabia used lavender as a perfume. Egyptians also used Lavender for mummification by wrapping the dead in lavender dipped shrouds.

In ancient Greece Lavender was used as a cure for everything from insomnia, aching backs, even insanity.

Ancient Romans considered it a prized commodity and used lavishly by higher class and scented baths.

**Note:** Top-Middle

**Aroma Intensity:** Medium

**Extracted From:** The flowering buds of the flowers.

**Blends Well with:** All other oils really, super versatile oil.

**Recommended Dilution Range:** 5% - Neat (see dilution instructions at the end of this ebook)

**Proof and Studies of Constituents:**

- [Source 1](#) - Analysis of the volatile compounds from Lavandula angustifolia
- [Source 2](#) - Chemical Composition and Antimicrobial Activity of Lavender
- [Source 3](#) - Headspace gas chromatographic analysis of Bulgarian Lavandula Angustifolia
- [Source 4](#) - composition of Lavandula angustifolia

# Tea Tree

**Latin Name:** Myrtaceae alternifolia

## **Overview:**

If Lavender is a powerful restorer, Tea Tree Oil is a powerful cleanser. There is a lot of evidence and proven recipes that take full advantage of this oil's powerful antifungal, antibacterial, antiviral, and antiseptic properties.

The rule of thumb goes. If it's a skin condition, toss a bit of (most often diluted) tree oil on it.

Tea Tree originated from Australia and New Zealand

## **History:**

Tea Tree oil has a rather interesting history. It is thought that the name probably originated from Captain James Cook's description of one of the shrubs he used to make an infusion, to drink in place of tea around 1770. It's use however is thought to be used well before the name.

The local inhabitants that resided in present day Sydney told him about the healing powers of these trees. The leaves of this tree were used to treat cuts and wounds

Freshly crushed leaves were applied directly to an injury, and then held in place with a mud pack. The medicinal effects were so powerful that it helped combat infection in the wound and also overcome the potential for further infection caused by the non-sterile mudpack.

**Note:** Middle

**Aroma Intensity:** Medium

**Aroma:** Fresh, medicinal, earthy, herbaceous

**Common Extraction Method:** Steam distilled from the leaves

**Possible Oil Substitutes:** Marjoram, equal parts oregano (terpinen-4-ol CT) and petitgrain (mandarin)

**Blends well with:** Bergamot, cajeput, carrot seed, chamomile (German, Roman), cedarwood, clary sage, clove, cypress, eucalyptus, fennel, grapefruit, lavender, lemon,

lime, myrrh, orange, patchouli, petitgrain, pine, ravensara, rosemary, sandalwood, tangerine, thyme

**Recommended Dilution Range:** 3%– 50%; Neat for some conditions

**Proof and Studies of Constituents:**

- [Source 1](#) - A review of antimicrobial and other medicinal properties
- [Source 2](#) - Chemical Composition and Biological Activities of Three Melaleuca Species

# Eucalyptus

**Latin Name:** Eucalyptus globulus

## Overview:

The [cineole](#)-based oil is used as component in pharmaceutical preparations to relieve the symptoms of [influenza](#) and [colds](#), in products like [cough](#) sweets, [lozenges](#), [ointments](#) and [inhalants](#). Eucalyptus oil has [antibacterial](#) effects on [pathogenic bacteria](#) in the [respiratory tract](#). Inhaled eucalyptus oil vapor is a decongestant and treatment for [bronchitis](#). Cineole controls airway [mucus](#) hypersecretion and [asthma](#).

## History:

The eucalyptus oil story began in 1788 with the arrival of the First Fleet and Surgeon-General John White. Within a few weeks of arriving White recorded in his diary the olfactory oil in the eucalyptus.

Governor Arthur Philip sent a sample to Sir Joseph Banks in England. In 1790 Surgeon-General White distilled a quart of oil from a eucalypt he called 'Sydney Peppermint' because its oil closely resembled that of peppermint, *Mentha piperita*, which grows in England.

He sent the quart of oil to Thomas Wilson in England for further experimentation. When the oil was tested in England it was reported to be 'much more efficacious in removing all cholicky complaints than that of the oil obtained from the well known English peppermint, being less pungent and more aromatic'

**Note:** Top

**Aroma Intensity:** Strong

**Aroma:** Fresh, clean, medicinal, slightly woody

**Common Extraction Method:** Steam distilled from the leaves

**Possible Substitute Oils:** Niaouli (1,8-cineole CT), bay laurel, cajeput, ravintsara (1,8-cineole CT), ravensara (1,8-cineole CT), cardamom, rosemary (1,8-cineole CT), myrtle, sage (1,8-cineole CT)

**Blends Well With:** Bay laurel, bergamot, blue cypress, cajeput, cedarwood, camphor, chamomile (German, Roman), geranium, ginger, grapefruit, peppermint, lavender, lemon, juniper, lemongrass, petitgrain, pine, ravensara, ravintsara, rosemary, sage, melaleuca (tea tree), tangerine, thyme

**Recommended Dilution Range:** 3%– 33%

**Proof and Studies of Constituents:**

- [Source 1](#) - Compositional analysis and insecticidal activity of *Eucalyptus globulus*
- [Source 2](#) - Chemical composition and antimicrobial activity for *Thymus algeriensis*, *Eucalyptus globulus* and *Rosmarinus officinalis* from Morocco.
- [Source 3](#) - Chemical composition study of *Eucalyptus globulus* grown in Iran

# Peppermint

**Latin Name:** Mentha piperita

## **Overview:**

The health benefits of peppermint oil include its ability to treat indigestion, respiratory problems, headache, nausea, fever, stomach and bowel spasms, as well as for pain relief. Due to the presence of menthol, menthone and menthyl esters, peppermint and peppermint oil find wide applications in the manufacturing of soap, shampoo, cigarettes, toothpaste, chewing gum, tea and ice cream.

## **History:**

Peppermint has a fascinating history that dates back over 1000 BC. A popular story tells us that according to Greek mythology there was a nymph called Mentha which was aggressively pursued by Pluto. His wife Persephone, who was very jealous of her, descended from Mount Olympus and ferociously stamped her into the ground with her rage .

In his sadness Pluto turned her into a herb knowing that this way she would be treasured and appreciated by mortals for many many years. Given that it's been over 2500 years since the telling of this story, we can conclude that Pluto achieved his desire.

It has been cultivated since ancient times in Japan and China. Evidence of use was found in Egypt in a tomb dating back from 1000 BC

**Note:** Top

**Aroma Intensity:** Strong

**Aroma:** Minty, cool, invigorating, sharp

**Common Extraction Method:** Steam distilled from the leaves

**Possible Substitute Oil:** Spearmint, rosemary

**Blends well with:** Basil, bergamot, cajeput, cypress, eucalyptus, ginger, grapefruit, lavender, lemon, lemongrass, lime, marjoram, melaleuca (tea tree), niaouli, petitgrain, pine, ravintsara, rosemary, sage, spearmint, tangerine, thyme

**Recommended Dilution Range:** 3%– 33%

**Proof and Studies of Constituents:**

- [Source 1](#) - Chemical composition, antifungal and antibiofilm activities of *Mentha piperita*
- [Source 2](#) - Composition and antimicrobial activities of *Lippia multiflora* Moldenke, *Mentha x piperita* L. and *Ocimum basilicum* L. Essential oils and their major monoterpene alcohols

# Rosemary

**Latin Name:** Rosmarinus officinalis

## **Overview:**

Our ancestors believed that rosemary herb promoted youthfulness and used it as a preservative, and modern research has shown that rosemary essential oil does indeed exhibit potent antioxidant, antimicrobial and preservative properties which further increase its versatility.

This has led to rosemary essential oil being used increasingly in skin care creams and lotions, and more recently as a natural preservative for food.

## **History:**

The name is derived from the Latin 'Rosmarinus' or 'sea dew', as it is rather fond of water. The Egyptians, Hebrews, Greeks and Romans considered the herb as sacred and even in the Middle Ages it was used to ward off evils spirits and used as a protection against the plague.

Rosemary has long been recognised as a symbol of remembrance. Not only was it reputed to strengthen the memory, but it also held special significance to lovers who used it in poppets (cloth dolls) to attract partners and brides would wear a crown of rosemary in wedding ceremonies. At funerals it would be placed on the coffin as a sign of remembrance and can still be seen in use today at funerals where mourners wear a sprig of rosemary.

**Note:** Top-Middle

**Aroma Intensity:** Strong

**Aroma:** Strongly herbaceous, slightly woody and balsamic, medicinal

**Common Extraction Method:** Steam distilled from the flowers and leaves

**Possible Substitute Oils:** Sage (1,8-cineole CT), spike lavender, lavandin, myrtle, niaouli (viridiflorol CT), Spanish sage, spike lavender, spruce (black), blue spruce, sage (camphor CT), Spanish sage, balsam fir, silver fir

**Blends Well With:** Bay laurel, basil, bergamot, black pepper, blue cypress, cajeput, camphor, cassia, cedarwood, cinnamon, citronella, clary sage, clove, coriander, eucalyptus, frankincense, geranium, grapefruit, lavender, lemon, lime, marjoram, melaleuca (tea tree), orange, oregano, palmarosa, patchouli, peppermint, pine, petitgrain, ravensara, ravintsara, sage, tangerine, thyme, vetiver

**Recommended Dilution Range: 3%– 20%**

**Proof and Studies of Constituents:**

- [Source 1](#) - Antioxidant activity of rosemary (*Rosemary officinalis* L.) essential oil.
- [Source 2](#) - Chemical composition and antimicrobial activity of Rosemary Oil

# Lemongrass

**Latin Name:** Cymbopogon flexuosus

## Overview:

The health benefits of Lemongrass Essential Oil can be attributed to its many beneficial properties as an analgesic, antidepressant, antimicrobial, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, diuretic, febrifuge, fungicidal, galactagogue, insecticidal, nervine, sedative and tonic substance.

As the name implies, lemongrass smells just like lemons, but it is milder, sweeter, and far less sour. This grass is used in countless beverages (including tea), desserts and other forms of culinary creations as a flavoring agent

## History:

Reports that lemon grass was being distilled for export as early as the 17th century in the Philippines. The first samples of the closely related citronella oil were displayed at the World's Fair at London's Crystal Palace in 1951. It is a favorite oil in India for hundreds of years and known locally as 'choomana poolu' which refers to the plant's red grass stems.

**Note:** Top-Middle

**Aroma Intensity:** Strong

**Aroma:** Fresh, lemony, grassy, earthy

**Common Extraction Method:** Steam distilled from the grass

**Possible Substitute Oils:** Melissa, lemon verbena, lime (distilled), tangerine (distilled), citronella, palmarosa

**Blends Well With:** Basil, bergamot, black pepper, camphor, cardamom, cedarwood, citronella, clary sage, copaiba, cypress, fennel, geranium, ginger, grapefruit, lavender, lavandin, lemon, lemon verbena, lime, melaleuca (tea tree), myrrh, neroli, orange, pine, tangerine, thyme, vetiver, ylang ylang

**Recommended Dilution Range:** 1.5%– 20%

- [Source 1](#) - Phytochemical composition of Cymbopogon citratus and Eucalyptus citriodora essential oil
- [Source 2](#) - Chemical composition and citral content in lemongrass (Cymbopogon citratus) essential oil at three maturity stages.

# About your Free Stress Relief Synergy Blend

The Stress Relief blend we've given you is our carefully selected and effective aid in dealing with stress. The blend is made of:

- Clary sage
- Ylang Ylang
- Orange
- Lemon

This blend not only helps relax your mind but provide an uplifting and positive emotional impact. The aim here is not to mellow you out completely but give you a burst of inspiration and motivation.

This oil is very effective while used in an ultrasonic diffuser. The blend has a very pleasant and crispy uplifting aroma.

Use it during your work day, at the end, or before it all starts! There is no right time to use the oil as it can be used anywhere, anytime.

You can create a 2-5% blend and carry a small amount with you and apply some on your wrists or neck to use whenever you feel you need it most.

## **Final Words - A word for your safety**

Essential Oils are powerful. Because they have the ability to affect us in many ways it's safe to say that the utmost care should be taken using them.

There is one thing we would like to clear up with you. Some sources will claim that any pure undiluted essential oil bottle will not say "For external use only", which ours does.

We don't put this on our label because the oils are adulterated or contaminated with synthetics. It's precisely because these are pure oils that we did. These are not toys and if you are not sure on how to use them internally it is better not to at all.

Consider this.

Professional aromatherapists working in the United States must purchase insurances while working their craft. As soon as a professional prescribes ingesting an essential oil that insurance is made void. It is that serious.

For advanced users who have spent time with the oils and are familiar with them may in the future decide to use them internally. For all our new customers we strongly discourage using them this way. For this reason and for your safety, we have written "For external use only".

All recipes and remedies listed in this ebook are well researched and documented. While there may be many uses outside of what we report for these oils, these are only what we are 100% certain of with research papers to back as many claims as currently available.

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