

Disclaimer: Please note, the International Federation of Aromatherapists does not recommend that Essential Oils, Carrier Oils, or Hydrosols be taken internally unless under the supervision of a Medical Professional who is also qualified in clinical Aromatherapy.

Essentials 101: Starter Pack

WMED.COM



~~\$14.99~~

\$9.99 + FREE Shipping
with coupon code: xxxxx

Includes:



Essential Oils:
5ml Peppermint Oil
5ml Lavender Oil
5ml Eucalyptus Oil
5ml Sweet Orange Oil

Carrier Oils:
1oz Grapeseed Oil
1oz Sweet Almond Oil

Empty 2oz bottle for mixing

Glass Eye Dropper



Peppermint Oil

Botanical Name: *Mentha arvensis*

Blends with: basil, bergamot, cajeput, cedarwood, eucalyptus, lemon, lime, marjoram, niaouli, pine, rosemary, spearmint and thyme

Aromatic Scent: Minty – very concentrated

Common Uses: decongestant, muscle pain, cramps, digestive issues, nausea, energy

Safety: Peppermint Essential Oil should be well diluted. High concentration can cause a burning sensation and sensitization. Avoid use during pregnancy.



Lavender Oil

Botanical Name: *Lavandula officinalis*

Blends with: basil, citronella, clary sage, eucalyptus, geranium, lemon, lime, patchouli, peppermint, rosemary, tangerine, tea tree, and thyme

Aromatic Scent: floral, fresh, sweet, herbaceous, slightly fruity and camphorous

Common Uses: antidepressant, stress-relief, calming, sleep aid, and anti-bacterial

Safety: Do not use while pregnant. May irritate sensitive skin.



Eucalyptus Oil

Botanical Name: *Eucalyptus globulus*

Blends with: basil, lavender, lemon, and peppermint

Aromatic Scent: fresh, medicinal, woody, earthy

Common Uses: decongestant, anti-infectious and hair conditioner

Safety: Eucalyptus oil should be well diluted. High concentration can cause a burning sensation. Do not use while pregnant. May irritate sensitive skin.



Sweet Orange Oil

Botanical Name: Citrus sinensis

Blends with: bergamot, cinnamon, clary sage, clove bud, eucalyptus, geranium, grapefruit, hyssop, juniper berry, lemon, marjoram, palmarosa, patchouli, sage and ylang-ylang

Aromatic Scent: citrusy, sweet, and similar to orange peels – but more concentrated

Common Uses: anti-bacterial, antidepressant, decongestant, energy and stress relief

Safety: Do not apply before exposure to sunlight. Highly sensitive people should perform a patch test. Some aromatherapists have reported that a small percentage of few people have experienced dermatitis from the limonene content of sweet orange oil. Do not use while pregnant. May irritate sensitive skin.



Grapeseed Oil

Botanical Name: Vitis vinifera

Properties:

Color: semi-clear, pale yellow liquid

Absorption: absorbs into skin at average speed, slight oil feeling left on skin

Safety: Users can expect a shelf life of 1 year with proper storage condition (cool, out of direct sunlight). Refrigeration after opening is recommended.

Some of the benefits of Grapeseed Oil include:

- *Anti-inflammatory
- *Non-comedogenic
- *Known to treat acne and broken capillaries
- *Helps to diminish dark circles around the eyes
- *moisturizes
- *reduces scars
- *restores collagen
- *fights signs of aging



Sweet Almond Oil

Botanical Name: *Prunus amygdalus*

Properties:

Color: clear – pale yellow

Absorption: absorbs semi-quickly, leaves a slight hint of oil on the skin

Aromatic Scent: light, sweet and nutty

Safety: almond oil for most is very safe and non irritating

Allergy Alert: people with certain nut allergies should consult with an allergist professional before using almond oil.

Some of the benefits of Sweet Almond Oil include:

- *Antioxidant
- *Anti-inflammatory
- *Acts as a deep skin cleanser
- *Helps to remove psoriasis and eczema
- *Treats skin rashes
- *Reduces signs of aging
- *Relieves muscle aches and fatigue
- *Helps with split ends
- *Promotes healthy nails



Essential Oils: 101

Essential Oils
Carrier Oils
Fragrance Oils

 GreenHealth

wfmed.com



Essential Oils: 101

<http://www.wfmed.com/blog/intro-to-greenhealth-oils-essential-oils-carrier-oils-and-fragrance-oils/>

What Are Essential Oils?

Essential oils are the essence of a plant in liquid form. If you take an orange peel and squeeze it with your fingers, the little beads that ooze out from the rind are its essential oil. The oil possesses all the same awesome properties as the plant does, in a highly-concentrated, easy to use form. (You wouldn't want to rub flower petals all over your face, but a nice homemade toner on a cotton ball sounds nice.) Think about it - all the plants that are living and thriving on this planet have been able to withstand the harsh conditions of the environment for centuries, and they don't even have a brain! They possess incredible properties that help them ward off insects and predators, survive in harsh weather conditions, purify the air and make this earth a beautiful place to live. You, too can harness their power!

What Are Carrier Oils?

If you're going to be putting essential oils on your skin, you will have to dilute it with a carrier oil first. Sometimes it's okay to spot treat tiny problem areas with a small amount of essential oil (like a paper cut or a cold sore), and it's also okay to put a dab or two behind your ear or other body parts to ease a headache or to calm anxiety, for example. However, if you want to rub it all over your body **MIX IT WITH A CARRIER OIL**, please :)

To put it simply, a carrier oil is meant to “carry” the oils into your skin. Without it, the essential oil will smell nice for a while and then evaporate, whereas the carrier oil helps it absorb so your body can benefit from it. Essential oils are also super strong, so it might irritate the skin without proper dilution.

There are tons of different carrier oils, and each have their own properties and uses. They can be used to dilute essential oils or they can be used alone.

What Are Fragrance Oils?

Fragrance oils are synthetic scents that mimic real things (like our oatmeal cookie dough fragrance oil - yum!) They have absolutely no therapeutic benefits other than smelling really nice and making you feel happy. They are generally less expensive than essential oils because they are not extracted from actual plant matter. They are solely used for the purpose of making things smell good.

My brain hurts, can you summarize, please?

Essential oils have tons of life-changing therapeutic benefits.

Carrier oils also have amazing benefits, and can be used alone or to dilute essential oils for skin application.

Fragrance oils just smell nice!

If you need help figuring out when to use each of these oils, check out this super quick chart:

	Essential Oils	Carrier Oils	Fragrance Oils
candles	X	X	X
soaps/scrubs	X	X	X
lotions	X	X	
face/cosmetics	X	X	
bath soaks	X	X	
hair products	X	X	
household cleaning	X		
diffusing	X		X
deodorizing sprays	X		X
bug repellents	X	X	
muscle rubs	X	X	
massage oils	X	X	
wound treatment	X	X	
aromatherapy	X	X	

Common Ways To Use Essential Oils

Aromatherapy
Topical Application
DIY Cleaning Products
Other

Essential oils are the properties of the plant itself that help it to ward off insects, harsh environmental conditions and predators. You can harness their power in many ways. They are most commonly used in aromatherapy, for topical application, and for DIY cleaning products.

Aromatherapy - a non invasive way to treat a variety of medical conditions and can be safely in combination with many other treatments. Can be used to aid digestion, boost immune system, help to relax and sleep well, and for spiritual/emotional well being.

Diffuse into the air by using a diffuser, a candle diffuser, a bowl of steaming water, diffusing reeds, cotton balls, hydrosols/room spray, or add to a bath.

Steam Inhalation

(for cold/flu symptoms or facials): add 1-2 drops (more than this will cause headaches) to a large bowl of steaming water, place a large towel over your head and the bowl, close your eyes and inhale deeply for 5-10 minutes. Having tissues close by is recommended as the oil will free up mucus.

Baths

(for aromatherapy, skin care or muscle pain relief): Dilute the oil with whole milk or a carrier oil before pouring into the bath. This is because oils and water don't mix, so if you put the oil in undiluted, the drops will just bead up and float around. Consult the dilution ratio chart before mixing.

Hydrosols:

The by-product of the essential oils distillation process. When essential oils are extracted from the plant materials, the “leftover” water from the steaming process is collected and put to use. Once thought of as waste, hydrosols contain all the therapeutic properties of essential oils, just at a lower concentration. Essential oils can become too strong and overly potent without proper dilution, but hydrosols are safe and ready to use. They can be sprayed into the air, applied directly to the skin, and used in the home.

Essential oils have lots of skin benefits, ranging from beauty care to healing wounds and burns. Oil can be applied alone in small quantities to spot-treat problem areas like cold sores and scrapes, but for larger coverage should always be diluted. Consult the chart below for dilution ratios. Interesting fact: oils are meant to evaporate. So if you put an undiluted oil on your skin it will just sit on top of the dermis and evaporate over time (and depending on the oil, it might burn!). Carrier oils are used to “carry” the oil into the skin. They are fatty vegetable oils that will enhance the properties of the essential oils and help them absorb.

Safe Dilution Ratios

The starter set includes two carrier oils (Grapeseed and Sweet Almond) which can be added to the essential oils based on the dilution ratios below:

1% dilution: 5-6 drops in 1 oz (30ml) or 10-12 drops in 2oz (60ml) for children under 12, seniors, pregnant women, people with serious illnesses and sensitivities

2% dilution: 10-12 drops in 1 oz (30ml) or 20-24 drops in 2oz (60ml) for skin care products, perfumes, baths, everyday beauty care

3% dilution: 15-18 drops in 1 oz (30ml) or 30-36 drops in 2oz (60ml) for specific health concerns, cold or flu symptoms, and pain relief

Cosmetic Recipes

Essential oils can be added to existing products such as shampoo, conditioner, lotions, etc. They can also be used to make beauty products from scratch like soaps, toners, facial cleansers, masks, body wraps, bath bombs, moisturizers, etc. Different oils have different benefits, and should be properly researched before being applied to the face, hair and body.

Massage Oils

When used as a massage oil, these oils are helpful for the skin and for the aromatherapy benefits. They can soothe achy muscles, aid in relaxation and nourish the skin.

Wound Treatment

Many of essential oils possess antifungal, antiviral and antiseptic properties, and can speed up the healing process of cuts, scrapes, burns, infections, rashes, bug bites, etc. Adequate research should always be conducted before applying oil to the skin.

DIY Cleaning Products

The same anti-viral, anti-septic properties of the oils can be beneficial for household cleaning as well.

They can be used in disinfectant sprays, deodorizing sprays, surface cleaners, hand soaps/sanitizers, laundry detergent, etc.

Other Uses

Essential oils can be used for bug repellents, spiritual healing/meditation, to influence your emotional state, mouthwash, acne treatments, headache relief, hangover relief, foot soaks and many more.

Simple Recipes To Start With

DIY Air Freshener

Ingredients & Supplies:

Lavender Oil

Peppermint Oil

Eucalyptus Oil

Water

Dark glass spray bottle (2oz)

Cute Labels (optional)

Place 2-3 drops of each essential oil into spray bottle.

Fill remainder of bottle with water

Put spray cap on.

Apply cute label

Shake well before use.

[You can find a dark glass spray bottle here](#)

Diffuser Congestion Recipe

Following your diffusers directions, add the following to help alleviate a stuffy nose.

3 drops Peppermint
1 drop Lavender
1 drop Eucalyptus
1 drop Sweet Orange

For your convenience:

[Click here for wfmed.com diffusers](http://wfmed.com/diffusers)

If you do not have a diffuser, you can add the above to a steaming bowl of water – place a towel over your head and the bowl – keeping eyes closed, inhale steam for 5-10 min.

There are many creative shaped molds available in most craft stores and online. Or you can use something like an ice cube tray or muffin tin to make these in.

Soothing Shower Melt

Ingredients:

- 1 cup baking soda
- 1/3 cup distilled water
- 15 drops Lavender Oil
- 10 drops Sweet Orange Oil

Directions:

In a bowl, place 1 cup of baking soda

Slowly add distilled water while stirring until you have a paste

Add essential oil drops

Place a spoonful of mix into mold

Allow to dry 12-18 hours before using

TO USE: Place in bottom of shower where they can get wet, but not directly in flow of shower stream. Relax and enjoy!

CAUTION: May make the shower floor slippery!

Headache Relief (Roller)

Ingredients:

25 drops Peppermint Essential Oil

5 drops Sweet Orange Essential Oil

Sweet Almond or Grapeseed Carrier Oil

1 10ml Roller Bottle

[Click here for Roller Bottles](#)

Carefully remove Euro-droppers from essential oils.

Using glass eyedropper, place 25 drops of Peppermint, and 5 drops of Sweet Orange into roller bottle.

Carefully add carrier oil to bottle filling bottle about $\frac{3}{4}$ of the way.

Place roller back on bottle.

Shake well before use.

Roll solution on temples and base of neck for headache relief.



FAQ

How many drops are in each bottle?

Generally there are about 20 drops per 1ml of oil. So a 5ml bottle should yield 80-100 drops.

What is a Euro-dropper?

A Euro-dropper is the plastic insert at the top of bottle. It is meant to release the oil one drop at a time by turning the bottle upside down and shaking. To remove the dropper, carefully slip the edge of a butter knife or a dull pair of scissors under the plastic rim and pop it off. It can be re-inserted by pushing down on the top.

What can I use the empty bottle for?

The best way to store essential oils is in an amber glass bottle. If you would like to apply the essential oils to your skin, you will need to dilute them with a carrier oil (please refer to the dilution ratios above). You may use the included pipettes and/or the glass dropper to transfer your oils to the 2oz amber glass bottle for future use.

Do I need to use the carrier oils in my diffuser?

Nope! If you would like to diffuse your essential oils you may add a few drops to the water in your diffuser. We recommend starting with 3-5 drops and increase as needed.

Can I mix these oils?

Yes! Peppermint, Lavender, Eucalyptus and Sweet Orange blend well with each other. Feel free to experiment with different mixtures.

If I want to expand my set, what do you recommend?

Rose Geranium, Rosemary, Frankincense, Tea Tree, Lemongrass, Citronella and Ylang Ylang are some other popular oils that are great for beginners.

Where can I find more ideas on how to use these?

You can check out the blog on our website, or follow us on social media!

How do I contact you if I have any other questions, comments or concerns?

Our customer service representatives are available to answer your questions during our normal operating hours of **9am - 5pm est Monday-Friday** and can be reached at:

1-888-wfmed97 (1-888-936-3397)

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