

Tracy Tredoux Nutritional Therapy

A Complete Guide To Essential Oils





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INTRODUCTION

Essential oils have a wealth of uses and have grown in popularity over the last few years as the world has realised we need natural solutions to our everyday problems. Different cultures have used essential oils for health and beauty purposes for centuries. Essential oils can be used in a range of areas, from personal beauty care to holistic remedies for injuries or illness.

The benefits of essential oils reside primarily in their anti-inflammatory, antimicrobial, and antioxidant properties. These have also grown in popularity because they are natural beauty ingredients with no harmful side effects.

If you are ready to harness the power of essential oils for beauty, skin, health care, and wellness, and to learn exactly how essential oils can support the immune system, then read on. You will discover how simply amazing these essential oils are and just how easy they are to use.





CHAPTER 1

WHAT ARE ESSENTIAL OILS AND THEIR BASIC USES?

If you have enjoyed the scent of a rose, you already have experienced the qualities and basic characteristics of essential oils. These aromatic compounds are usually found in the bark, seeds, roots, flowers, and stems of various plants. They are generally extracted by a steam distillation or cold pressing process. They can be beautifully fragrant. The purest and the best essential oils are more powerful than the botanicals from which they were extracted.

Essential oils are being increasingly sought after for cosmetic purposes, as well as their emotionally and spiritually uplifting properties. A growing number of companies are now producing essential oil products to introduce this ancient tradition to modern consumers.





BASIC USES OF ESSENTIAL OILS

The amount of information on essential oils and how to use them can be confusing, overwhelming and sometimes just plain wrong! Here are some basics to get you started:

Inspire a More Positive and Emotional State

The fragrance of nearly any essential oil you use can help brighten your day. Each unique, pleasant, and complex scent will activate the limbic system, which includes the centre of memory and emotion. Essential oils are a key element to a more balanced and fulfilling emotional life. In order to rediscover balance, joy, and peace, use essential blends and oils for soothing baths, diffusion, topical application, and inhalation.

Support Physical Wellness

Modern lifestyles do not always encourage optimal conditions for physical wellness. Lack of exercise, poor diet, and an overabundance of environmental toxins can leave the body with diminished and unbalanced energy levels.

From weight management, to cleansing, to supporting all bodily systems, essential oils can provide the support you need to feel at your best and restore balance.

Incorporating essential oils into your daily routine along with a healthy diet will leave you feeling refreshed every day.





Refine your Skin

Essential oils have been a powerful ancient skin care secret since early civilisations. Oils can help to promote a clear, youthful complexion. They can also potentially soften the appearance of aging skin. Moreover, essential oils can nurture strong, healthy hair.

Create A Deeper and Better Spiritual Awareness

Essential oils derived from plants often play a large role in spiritual and religious ceremonies. They are believed to help participants transcend reality and connect with something bigger than themselves. In fact, research-based studies have shown that the pure elements in essential oils do actually help stimulate the olfactory receptors. These further activate the regions in the limbic system of the brain most strongly associated with emotion, states of mind, and memory.

Essential oils are useful for enhancing spiritual practice and encouraging a meditative condition. They can be applied directly to the feet, behind the ears, and on the wrists. These can also be diffused in a quiet and relaxing space for similar benefits.





CHAPTER 2

AROMATHERAPY & ESSENTIAL OILS DECODED

First and foremost, aromatherapy is not intended as a substitute for traditional medical treatment. More accurately, it is an extension of the long-established practice of treating medical conditions with plants found in nature. Even today's aspirin evolved from experiments with a by-product of the spirea plant at the Bayer & Co dye factory.

An enterprising chemist, Felix Hoffman, synthesized the first acetylsalicylic acid, known from earlier research to successfully treat rheumatism. A common form of essential oil that has been used and trusted for generations, is Vicks Vaporub, whose main ingredients are synthetic forms of mint (menthol), Laurel tree (camphor), and eucalyptus (eucalyptol), in addition to cedar leaf, nutmeg, and pine oils. Coca Cola was originally marketed as a 'nerve tonic' containing essential oils of citrus and various spices.

Aromatherapy, like all healing, is both a science and an art, providing a fascinating, but sometimes overwhelming, study. Basically, essential oils are aromatic molecules removed from plant material like petals, leaves, twigs, seeds, needles, wood, resin, and rind. Knowing the basic jargon of aromatherapy is the





first step to understanding the remarkable way essential oils are used to treat “whatever ails you,” physically, cosmetically, mentally, emotionally, or spiritually. The following are basic terms and concepts to help wade through a plethora of botanical and pharmacological data, which at times might seem confusing and contradictory. They are listed in alphabetical order for easy reference.

ABSOLUTE OILS

Absolutes are the alcohol-soluble, semi-liquid oil that results from the solvent extraction process used with plants that have an unusually low yield. For instance, 1,000 pounds of flowers yield one teaspoon of jasmine absolute. One teaspoon of rose absolute requires 5,000 pounds of petals. However, steam distillation to obtain an equal amount of rose essential oil, called rose otto (attar), requires twice that amount, or 10,000 pounds of petals. Consequently, rose otto is twice the price of rose absolute, which is among the costliest essential oils.

BLENDED OILS

“Blends,” sometimes called “formulas” or “synergies,” are basically a manufacturer's recipe for a combination of oils targeted to treat a specific condition. There are as many pre-blended oils as there are ailments, diseases, bodily functions, moods, states of being, and levels of spiritual growth. The selection is limited only by the imagination of the seller or manufacturer.

Professional aromatherapists have their own “recipes” based on knowledge and experience. Experts encourage even novices in aromatherapy to study the





profiles of individual essential oils and concoct their own treatments based on a modicum of knowledge and personal preference.

The blends are excellent if you want to experiment with pre-mixed formulas because it is time-consuming to learn about individual oils. For example, no two blended formulas for congestion will be the same. Moreover, when you compare blended remedies, you might find common ingredients but in differing proportions.

CARRIER OIL

Whether essential oils are thick and oily or thin and watery, they share a common chemical characteristic: oil and water don't mix. Essential oils, even if they are clear and runny, will only blend well with fatty oils or alcohol. The primary way to dilute essential oils is with a carrier oil, sometimes called a base oil. Carrier oils are usually pressed from seeds, nuts, vegetables, or trees. Common carrier oils are almond, coconut, jojoba, and sunflower.

In most essential oil "blends," the primary ingredient is a carrier oil mixed with small quantities—in some cases, only drops—of essential oils, which, for the most part, are either too strong to be applied to the skin undiluted or too expensive to be used alone. A few essential oils, such as lavender or tea tree, are gentle enough to be used without carrier oils.

Carrier oils are a way to distribute small amounts of essential oil over the entire body during the massage process. Additionally, carrier oils retain moisture and keep essential oils from evaporating too quickly when exposed to air. Diluted





essential oils last longer; during a massage, this means essential oils will linger and absorb slowly into the skin.



CHAPTER 3

THE BASICS: OILS EVERYONE SHOULD HAVE


LEMON ESSENTIAL OIL

This top-selling oil has multiple uses and benefits and is cold-pressed from lemon rinds to preserve its delicate nature and potent properties.

- Cleanses and purifies air and surfaces
- Cleanses the body and aids in digestion
- Supports healthy respiratory function
- Promotes a positive mood and cognitive ability
- Helps ward off free radicals with its antioxidant benefits
- Soothes an irritated throat



Lemon oil is one of the most widely used oils for a very good reason: it is very versatile and powerful. Not only that, but lemon oil can help pull you out of a



slump and re-energise you. It is also a great non-toxic option for cleaning your house!

LAVENDER ESSENTIAL OIL



Lavender has been cherished for thousands of years for its unmistakable aroma and therapeutic properties. It has a very soothing and relaxing scent.

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

TT TIP: If you are having a tough day and need to unwind, lavender oil can be the first thing you reach for. It's also great for those nights when you're having trouble

sleeping. Try sprinkling a few drops on your pillow half an hour before bedtime, or include some of this relaxant in your bath blend!

PEPPERMINT ESSENTIAL OIL

A top-selling favourite, peppermint oil provides a myriad of health benefits.



- Promotes healthy respiratory function and clear breathing
- Alleviates occasional stomach upset
- Frequently used in toothpaste and chewing gum for oral health

TT TIP: If you find yourself flagging in the middle of the day, combine a few drops of this oil with coconut

oil and rub it on your wrists to feel refreshed.

MELALEUCA ESSENTIAL OIL

Melaleuca essential oil is also well-known for its diverse benefits.

- Renowned for its cleansing and rejuvenating effect on the skin
- Promotes healthy immune function
- Protects against environmental and seasonal threats
- Promotes a clear, healthy complexion
- Soothes minor skin irritations
- Helps purify and freshen the air

TT TIP: Use this oil daily on the bottom of your feet for a healthy immune system.



EUCALYPTUS ESSENTIAL OIL

Eucalyptus is a great oil to have in your home to promote lung health. The health of our body depends on the health of our lungs, so supporting the lungs should naturally be a primary objective.

- Promotes clear breathing
- Supports overall respiratory health
- Soothes tired, sore muscles
- Purifies and cleanses
- Helps to lessen stress
- Promotes oral health
- Supports healthy immune system function

TT TIP: Combine two drops of eucalyptus with coconut oil and rub this on your chest daily. I cannot say enough about the power of this essential oil.



FRANKINCENSE ESSENTIAL OIL

Perhaps the most precious of the ancient oils, Frankincense is highly versatile in uses and benefits.

- Helps build and maintain a healthy immune system
- Promotes cellular health
- Reduces the appearance of scars and stretch marks

Frankincense helps your immune system stay strong and makes you feel healthier and more vibrant all around.

TT TIP: Applying this oil to your skin also helps to give a radiant complexion and to reduce scars.





GRAPEFRUIT ESSENTIAL OIL

Grapefruit oil is a simple way to naturally support metabolism. It has a wonderful taste and an invigorating aroma.

- Cleanses and purifies
- Beneficial for oily skin issues
- Supports healthy metabolism
- Helps reduce mental and physical fatigue
- Helps with sore muscles and joints

TT TIP: Anytime you are feeling tired during the day, apply a few drops to your wrists and perk right up. The benefits are outstanding.





MY OTHER FAVOURITES, IF YOU WANT TO ADD THESE TO YOUR DAILY REGIMEN:

MYRRH ESSENTIAL OIL

Myrrh essential oil is beneficial to aging skin. It contains strong anti-inflammatory properties that will help improve firmness, skin tone, and skin elasticity. This further reduces the appearance of wrinkles and fine lines. Myrrh specifically supports the healing of chapped skin, eczema, rashes, and sun damage.

- Powerful cleansing properties, especially for the mouth and throat
- Soothes the skin; promotes a smooth, youthful-looking complexion





ARBORVITAE ESSENTIAL OIL

This amazing essential oil has powerful cleansing and purifying properties. Emotionally, this essential oil can create a feeling of peace and calm. Practically, it's great for household cleaners. Plus, this supercharged essential oil is an incredible natural bug repellent.

- Protects against environmental and seasonal threats
- Promotes healthy cell function
- Powerful cleansing and purifying agent
- Natural insect repellent
- Protects the body from harmful elements while supporting normal cell activity
- Protects against common threats in the environment



CHAPTER 4

WAYS TO USE ESSENTIAL OILS



In aromatherapy, the benefits of essential oils are experienced two ways: through inhalation or topical application to the skin. Essential oils are not ingested in self-therapy, especially by a

layperson, and only in rare cases under the direction of a licensed medical practitioner.

Inhaling an essential oil increases brain frequency, balances right and left-brain activities, and signals the release of hormones to specific areas of the body. Applied to the skin, essential oils enter the blood stream and are drawn to specific body parts that need healing. Essential oils are guided to a particular hormone, body part, or system with which they are most compatible and effective.



A particular oil might be effective with muscle tissue; another might be drawn toward bone marrow. It's as if the aroma molecules are soldiers marching toward a precise target, ready to strike when and where needed.

INHALATION METHODS

- The simplest and fastest way to inhale aroma molecules of essential oil is to sniff directly from an open vial or to wear essential oil mixed with a carrier oil as a perfume.
- A more intense delivery to the brain is achieved by placing a few drops of oil in the palm, cupping hands over the nose, and inhaling and exhaling slowly and deeply through the nose, keeping the mouth closed.
- Diffusing oil into the air is the most thorough method of inhalation. Diffusers range from a pottery bowl heated by a candle underneath to an electrically heated bowl. There are also nebulisers, vaporisers, humidifiers, wick inhalers, plug-in atomisers with wick refills, room sprays, potpourris, pillow or linen sachets, and, the newest trend, multi-reed diffusers. Each diffusion method only requires a few drops of oil combined with steam or water to reap the therapeutic benefits.





TOPICAL APPLICATION

- A full body massage, with properly diluted essential oil, is the most popular way to apply essential oil to the skin. Targeted relief can be achieved by applying essential oils to reflexology points on the soles of the feet and palms. For headaches, oils can be massaged into the temples. For abdominal relief, a localised massage relaxes muscles used for digestion and elimination.
- A leisurely soak in warm bath water treated with essential oil or scented bath salts is the perfect ending to a massage or to provide leisurely healing on its own. Diluted essential oil can be added to a hot tub or Jacuzzi or splashed on sauna rocks.
- Essential oils added to shampoo, conditioner, soap, face cleanser, lotions, and moisturisers are effective additions to face and hair beauty regimens.

INGESTING OILS

Essential oils can be used in cooking or added to a smoothie, green juice, or any delicious recipe you desire. You can also add them to lemon water (lemon oil is great for this). Essential oils can also be taken in capsule form. Before ingesting oils, it is best that the oils are certified pure therapeutic grade and free from all toxins.





DILUTING

In general, the most common ratio for adding essential oils is three to five drops of oil, added one by one, to one teaspoon of carrier oil or lotion; use less in skin care products for the face. Exceptions to this rule for stronger, more powerful oils are noted at the end of each profile in Chapters 4 and 5. For bath water, first dissolve essential oils in honey, vegetable oil, half-&-half, or powdered or liquid milk; this will disperse the oil throughout tub and prevent it from collecting in one spot.

BLENDING

When creating a blend, the main thing to remember is “the nose knows.” Based on your research, choose up to three oils with your desired effects. Experiment with them on swabs to determine your unique “recipe” and the quantities you want to incorporate into a particular blend. Using only three ingredients, plus a carrier or base oil, mistakes can be corrected easily. With experience, add or subtract additional oils one at a time, but do not exceed five oils at a time.

Keep it simple.





CHAPTER 5

10 ESSENTIAL OILS FOR RELAXATION

BERGAMOT

Bergamot is a sour-tasting citrus fruit whose rind, ironically, produces a sweet, lemony oil with a gentle, refreshing fragrance. Grown primarily in Calabria, it has been cultivated in South America and the United States, but the quality is incomparable to the fruit grown in southern Italy's unique soil. The green or yellow oil is an important ingredient in many colognes and perfumes and is used in the production of Earl Grey tea, giving the drink its characteristic aroma. Bergamot is considered the finest citrus oil and is sometimes called the "sunny" oil. It has a soothing, calming effect on the body, simultaneously energising and uplifting the spirit.

Bergamot is good for skin conditions such as eczema, psoriasis and herpes, acne, and oily skin. It's excellent for cystitis and urinary tract infections as well as for reducing fever. It balances the appetite and is useful for weight reduction.

The anti-depressant qualities of bergamot make it ideal for Seasonal Affective Disorder (SAD) on cold, grey days. It's mild, sedating effect helps control anger, relieve stress, and reduce nervous tension, fear, and anxiety.



PRECAUTIONS:

- Bergamot should not be directly used on the skin. It should only be used in a carrier oil, lotion, or bath water. A few drops in a solution are adequate.
- Bergamot oil is photosensitive; to prevent severe skin reactions, it should not be used on the skin within 12 hours prior to sun exposure. However, bergamot oil labeled "Bergaptine Free" or "Bergamot FCF" (Furo-Coumarin Free) is safe even in direct sunlight and will not cause a reaction.

CHAMOMILE

Chamomile oil—a deep-blue substance extracted from white, daisy-like flowers—has a sweet, herbal aroma with a fruity, somewhat bitter, undertone. When dried, the flowers are used to make highly aromatic chamomile tea, a drink commonly used to promote relaxation. There are many varieties of chamomile, but the German and Roman species are believed to have the best medicinal value. Chamomile is soothing, calming, and balancing with a gentle rejuvenating or restorative effect.



This is one of the few essential oils that can be used safely on infants and children as well as during pregnancy.



Chamomile oil is an anti-inflammatory agent useful in treating skin rash, blisters, and allergies, including eczema. It also has analgesic properties and is useful in the treatment of deep, persistent pain and muscle tensions or spasm. It is excellent for relieving a stomach-ache, pre-menstrual cramping, and headaches, including migraines. Because of its gentleness, a few drops diluted in boiling water can be used to make a soothing eye compress to treat conjunctivitis or tired eyes.

Chamomile's calming and sedating effect makes it a traditional ingredient in massage oil to promote overall relaxation. It's a favourite for balancing mood swings, emotionality, anxiety, nervous tension, and insomnia.

BENEFITS:

- Has a therapeutic, calming effect on the skin, mind, and body
- Soothes the systems of the body
- Supports healthy immune system function

PRECAUTIONS:

Chamomile oil that is no longer blue and has begun turning green is not fresh and should be discarded.





CLARY SAGE

Clary sage, commonly called salvia, is a tall herb with purple-green, hairy leaves, and a profusion of small white or pale violet flowers. Steaming the petals and leaves yields a sweet, musky oil with nutty, floral tones. Sage is the most euphoric of essential oils; it is uplifting, intoxicating, deeply relaxing, and revitalising.

Physically, this oil is an excellent analgesic, particularly for abdominal and stomach pain, including menstrual cramps, menopausal symptoms such as “hot flashes,” and labour pain. Clary sage relieves headaches, including migraines, and is an effective chest massage to alleviate asthma. It is often used to treat dandruff and promote healthy scalp and hair.

Clary sage oil can produce a drug-like “high” and is a powerful aid in treating depression, anxiety, and melancholy. It is useful in reducing the stress that diminishes sexuality and is considered by many to be an aphrodisiac. This oil also aids in focusing the mind and results in more creative thinking, as well as restful sleep and vivid, pleasant dreams. Clary sage is often used to achieve a meditative state.

BENEFITS:

- Soothes discomfort associated with menstrual cycles
- Helps balance hormones
- Soothes nervous tension and lightens mood
- Calming and soothing to the skin



PRECAUTIONS:

- Use of euphoric oil such as clary sage is not compatible with alcohol consumption or recreational drug use
- This oil should be avoided throughout pregnancy and never used on infants or children under 18

FRANKINCENSE

The frankincense tree grows in India as well as Middle Eastern and African countries, including Oman, Egypt, and Saudi Arabia. Its milky-white resin hardens into orange-brown "tears," which, when steamed, produce an essential oil with a fresh, woody, fragrance with balsamic, smoky tones.

Frankincense has been used for centuries in purification rites for Judaic, Christian, and Islamic religions to remove negativity; it is also traditionally celebrated as a gift from the Magi to the infant Jesus. This oil, used as a disinfectant and perfume fixative, is also an ingredient for incense. Generally, it is calming, uplifting, and rejuvenating.

Frankincense is one of the best essential oils for skin care; it is an excellent therapy for dry, sensitive, or mature skin that has lost its elasticity. This oil is used to restore skin tone and prevent wrinkles. It also helps reduce scars and stretch marks. Additionally, frankincense oil is helpful in the treatment of asthma, bronchitis,





coughing spell, sinusitis, colds, and sore throat. Medical research conducted in 2008 at the University of Connecticut and the University of California Davis used a frankincense compound to successfully treat osteoarthritis of the knee.

This is the most valuable essential oil for inducing slow, deep breathing; alleviating fear; and developing courage and emotional strength. It is also an aid for eliminating sadness, anxiety, nervous tension, stress, and nightmares.

BENEFITS:

- Helps build and maintain a healthy immune system
- Promotes cellular health
- Reduces the appearance of blemishes and rejuvenates skin
- Supports healthy immune system function
- Promotes feelings of peace, relaxation, satisfaction, and overall wellness

MARJORAM

Marjoram is a bushy herb with dark silver-green leaves, downy stems, and clusters of tiny, pinkish white flowers. It yields a colourless oil with a spicy, warm, woody aroma. It has been used in perfumes, ointments and as a food flavouring since Ancient Egyptian times. Marjoram is known as "the great comforter" for its strong and powerful sedating effect.

Marjoram helps with all types of pain because it dilates blood vessels, creates a warming effect, and improves circulation. It is successful in reducing sharp, steady





pain from migraine headaches, sore muscles, stiff joints, and even the chronic pain of arthritis and rheumatism. An abdominal massage with marjoram oil relieves constipation and flatulence. Marjoram's heavily sedative property is believed to be an aphrodisiac, but can also help reduce sexual desire during celibacy.

Emotionally, marjoram oil is effective when dealing with grief, extreme melancholy, or loneliness. Marjoram can also be used for hyperactivity (ADD/ADHD), hysteria, obsession (OCD), and trauma (PTS), and insomnia. Inhaling this soothing aroma provides comfort, solace, fortitude, inner strength, and endurance.

BENEFITS:

- Valued for its calming properties and positive effects on the nervous system
- Soothes tired, stressed muscles
- Supports a healthy respiratory system
- Benefits the cardiovascular system
- Promotes gastrointestinal health
- Purifies the skin

PRECAUTIONS:

- Marjoram can be numbing and should be used with discretion. Excessive or long-term use should be avoided to prevent dulling of the senses
- Marjoram should be avoided throughout pregnancy





NEROLI

Neroli, also called orange blossom, is the pale-yellow oil from the deeply fragrant white flowers of the Seville orange. It has a delicate, fresh floral fragrance with a strong, bittersweet undertone; it is an ingredient in many popular perfumes. The oil is associated with innocence and purity, much like the blossom, a traditional wedding flower, from which it is extracted. The fragrance emanating from the bridal bouquet is believed to soothe the nerves of an anxious bride or groom. The aroma is calming, uplifting, and mildly hypnotic. This hauntingly beautiful fragrance is one of the costliest essential oils.

Neroli oil is a cell regenerator and is effective in noticeably rejuvenating all skin types, especially mature, dry, and sensitive skin. Neroli tones facial skin and muscle, making it a choice ingredient in skin-care products, massage, or bath oil. A neroli massage in the abdominal region can help to relieve intestinal spasms related to diarrhoea.

Neroli is the recommended choice of aromatherapists for treating chronic anxiety, disappointment, and shock. It helps alleviate depression, despair, panic attacks, hysteria, and post-traumatic stress (PTS) by instilling confidence, initiative, and optimism. Neroli is considered to be a subtle aphrodisiac, particularly helpful in overcoming shyness, nerves, or fear of sexual encounter. The cheerful, uplifting property of this oil aids meditation, creative thinking, and healing on all levels of body, mind, and spirit.





BENEFITS:

- Repair skin
- Reduces stress
- Helps to balance hormones naturally

ROSE

Rose bushes, familiar to everyone, yield an essential oil from flower petals that range in colour from pale pink to deep scarlet red. The most common species for aromatherapy are the Damascus, Cabbage, or French Rose. "Rose Otto," obtained by water distillation, is the most expensive essential oil on the market, between \$500 and \$1,400 per ounce, or \$1.25 to \$4.00 per drop. This clear to pale yellow oil has a delicate, subtle aroma that is light, sweet, and spicy.

"Rose Absolute," distilled with solvent (alcohol), varies in colour from orange to brown and has a deep, dusky, and honeyed aroma, much stronger than rose otto but available at half the price. Some aromatherapists consider rose absolute inferior, but despite a difference in fragrance, the properties and benefits of rose otto and rose absolute are generally the same.

The rose is considered the most regal of flowers, the finest and most elegant flower in the garden. It traditionally symbolises true love and its essential oil is a tonic for the physical heart as well as emotions. It is a tender, uplifting, and soothing aroma that has been used for centuries to heal both heart and soul.





A rose oil massage or bath is a preferred treatment for female reproductive problems including premenstrual cramps and emotionality (PMS), menopause, and postpartum depression. Rose oil is also a choice ingredient in skin-care products for all skin types, but especially for treating mature, dry, or sensitive skin. This essential oil is an aphrodisiac for both men and women, alleviating sexual anxiety and inspiring confidence in one's ability to express sensuality.

Essential oil of rose alleviates sadness, disappointment, and grief while nurturing and strengthening the inner spirit. It creates a comforting feeling that allows one to experience and express love toward others as well as his or her self.

BENEFITS:

- Helps balance moisture levels in the skin
- Reduces the appearance of skin imperfections
- Promotes an even skin tone and healthy complexion
- Emotionally uplifting

PRECAUTIONS:

- Rose oil should be avoided in early pregnancy, especially if there is a history of miscarriage, but it is perfectly safe in the second and third trimesters.



SANDALWOOD

Sandalwood oil is distilled from the roots and heartwood from the inner part of the sandalwood tree, an evergreen whose wood is among the strongest and heaviest in the world. Its pale to dark yellow essential oil is the richest and longest



lasting of essential oils, and the beautiful fragrance is enhanced with time, rather than becoming rancid as most oils when they age. The sweet, woody aroma with touches of

balsam and spice has a balancing, harmonising effect on the psyche and has been used in religious rituals for thousands of years to aid prayer and meditation. Sandalwood is appealing to both male and female senses and is widely used to make perfumes and incense for both sexes. The fragrance is erotic, relaxing, and uplifting.

Indian sandalwood is the finest and most desirable. However, it has become an endangered species and its oil is consequently quite costly. Australian sandalwood oil is approximately half the price of Indian sandalwood and is considered a satisfactory and comparable substitute by most aromatherapy experts.

Sandalwood is the main essential oil for treating bronchitis and laryngitis, because of its antiseptic, soothing, and calming properties. It is also used for the treatment



of urinary and bladder infections and fluid retention. Its astringent and balancing quality makes sandalwood appropriate for treating acne and other skin and scalp conditions resulting from dry, flaky skin. Sandalwood in massage oil or bath water is an overall body and mind relaxer, good for tension headaches and insomnia.

Sandalwood relieves sadness, aggression, and obsessive thinking. It's a powerful aphrodisiac, especially for frigidity or impotence resulting from stress, depression or feelings of isolation.

BENEFITS:

- Promotes healthy, smooth skin
- Reduces the appearance of blemishes
- Enhances mood
- Frequently used in meditation for its grounding and uplifting properties

PRECAUTIONS:

- Sandalwood oil should not be applied undiluted to the skin

SPEARMINT

Essential oil of spearmint is distilled from the pink or lilac flowers at the head of this busy herb. It has spear-shaped, green leaves that grow to approximately three feet in height. The pale yellow-green oil has a fresh, minty aroma like peppermint,





but sweeter and milder. This is an excellent, less harsh alternative to peppermint for children. It's a common flavouring in chewing gum, candy, food, and medication because of its sweet, cooling, and calming effect. Spearmint tea makes an excellent bedtime drink. Ancient Greeks used spearmint in bath water for its antiseptic and refreshing properties.

Spearmint essential oil works well for chronic respiratory problems, such as bronchitis and sinusitis and the accompanying headaches or chest pain. It is also used for common digestive problems caused by tension or spasms. When massaged on the abdomen, this oil will relax stomach muscles and relieve hiccups, nausea, vomiting, flatulence, constipation or diarrhoea, and motion sickness. Spearmint is excellent for whitening teeth and promoting healthy gum tissue. When added to a facial cleanser, spearmint clears and tightens pores, leaving skin toned and firm.

Spearmint essential oil's uplifting and refreshing properties make it a good choice for alleviating mental fatigue and mild depression. Spearmint also brings a feeling of balance and tranquillity during periods of stress or anxiety.





BENEFITS:

- Lifts moods
- Supports digestive health
- Great for focus and attention

PRECAUTIONS:

- Although spearmint is a common flavouring in foods and over-the-counter medications, essential oil of spearmint, as with all essential oils, should be ingested only under the direction of a licensed health practitioner.
- Spearmint might irritate eyes or sensitive skin, even when diluted in a carrier.

YLANG-YLANG

The essential oil of ylang-ylang is extracted from the large yellow tropical flowers of the Cananga tree, which blooms profusely year-round in Indonesia. Translated from Malayan, ylang-ylang means “flower of flowers.” This pale yellow, clear oil has an intensely sweet, almond and floral fragrance, with an exotic, woody, and balsamic note. It has an exotic, seductive smell that is soothing, euphoric, and sedating, making ylang-ylang a popular ingredient with perfumers and confectioners. “Ylang-ylang extra,” the highest grade of this oil, is generally preferred for aromatherapy over grades 1, 2, or 3.





The primary medicinal use of ylang-ylang is the treatment of high blood pressure (hypertension), heart palpitations, and rapid breathing. Ylang-ylang is an ingredient in skin and hair care products for the treatment of excessive oiliness. This oil is a powerful aphrodisiac, useful in the treatment of impotence and frigidity when massaged on the abdomen and groin. The sweet, rich fragrance helps release inhibitions and evoke passion.

Ylang-ylang is useful in reducing general stress and tension. It also helps overcome sadness, frustration, and anger, as well as more severe emotional problems including panic attacks and post-traumatic stress (PTS). By creating a feeling of peace and tranquillity, ylang-ylang unlocks repressed feelings and aids in meditation, creative thinking, and artistic expression. A few drops of ylang-ylang in bath water before bedtime helps relax both mind and body, making it a choice treatment for insomnia.

BENEFITS:

- Helps balance hormones
- Promotes healthy skin and hair
- Lifts mood while having a calming effect
- Helps to lessen tension and stress
- Promotes a positive outlook

PRECAUTIONS:

- Ylang-ylang should be used in tiny amounts and for short periods of time. Extended or excessive use might result in a headache or nausea.





- Blending with a citrus oil, such as bergamot or neroli, to lighten the effect of ylang-ylang helps prevent negative side effects.



CHAPTER 6

OILS TO BOOST THE IMMUNE SYSTEM

Nothing seems more effective than essential oils when it comes to complete health, wellness, and support of the immune system. Essential oils have a range of properties, including antibiotic, antiseptic, aesthetic, anti-inflammatory, antiviral, antidepressant and antifungal.

CLOVE BUD



Clove bud is an essential oil that helps relieve a variety of throat and gum conditions. Clove bud also provides pain and stress relief.

The clove is a small evergreen with dark green aromatic leaves that bear fragrant red flowers and purple berries. Rose-pink buds at the centre of the blossoms are sun-dried and then distilled to obtain clove essential oil, a fresh, sweet, spicy fragrance, similar to cinnamon but not as fiery or intense. This pale-yellow oil has been an ingredient in perfume, medicines, and food for thousands of years, dating back to ancient Egypt, China, and Rome. Clove's



aroma is mysterious, intriguing, gently stimulating, and revitalising. Clove is also highly analgesic, warming, and comforting.

Clove oil is a traditional home remedy for toothache pain; applied directly to gum tissue or an aching tooth, clove has mild aesthetic properties. It also is an effective breath freshener and cold preventive due to its antiseptic quality. A clove oil massage is effective in treating muscle ache and joint stiffness associated with rheumatism and arthritis. A warm sock with clove bath oil is a reliable cure for winter chills as well as 'the blahs'. Clove also works as an appetite stimulant and relieves flatulence, indigestion, and nausea.

Clove is excellent for minimising mental and emotional negativity due to a physical ailment. In general, it's an excellent tonic for energising and reviving the psyche and restoring a positive attitude.

BENEFITS:

- Powerful antioxidant properties
- Promotes circulation
- Supports cardiovascular health
- Helps soothe teeth and gums
- Promotes oral health
- Supports a healthy immune system



OREGANO


Oregano oil is considered a powerful purifying and cleansing agent. It greatly benefits the immune system because it is an excellent source of antioxidants. It has been proven extremely effective in the treatment of yeast infections, scientifically known as *Candida albicans*. It is effective against a variety of unremitting fungal illnesses such as ringworm and athlete's foot.



When used on a frequent basis, oregano oil can ward off viruses that cause fever and cold. It is efficient in getting rid of existing infections and speeding up the process of recovery. Oregano oil is also renowned for its bacteria-fighting capability. In various studies, it has matched up to the powerful antibiotics called as Vancomycin, successfully treating *Escherichia coli* (E. Coli) and staph infections. Oregano oil has no side effects, but it is a natural antibiotic that cannot produce altered strains to treat drug resistant bacteria.

BENEFITS:

- Used as a powerful cleansing and purifying agent

- 
- Provides immune-enhancing benefits
 - Supports healthy digestion and respiratory function

LIME

Limes are a bright green fruit in the citrus category. They are frequently grown in humid environments and were a powerful tool against scurvy, an illness caused by Vitamin C deficiencies, for early sailors. Lime oil has a plethora of surprising health benefits:

- Helps relieve tension
- Promotes a youthful and glowing complexion
- Helps reduce the appearance of blemishes and wrinkles
- Promotes circulation
- Helps detoxify the body
- Supports localised blood flow
- Promotes healthy liver function
- Helps skin recover quickly
- Promotes well-being and emotional balance
- Positively affects mood with refreshing and stimulating properties
- Supports healthy immune function



GERANIUM

Geranium essential oil is derived from the stalk and leaf of the *Pelargonium graveolens* from the Geraniaceae family. The graveolent species has a much rosier smell compared to the *p. odoratissimum* species, which has more of an apple scent.

The *Pelargonium graveolens* is the most prized of the Geranium oils. It promotes healthy and clear skin. Geranium essential oil is a powerful must-have addition to any home aromatherapy kit; you'll find your local aromatherapist has Geranium oil in their essentials box. Geranium essential oil provides a relaxing atmosphere in a home or office environment. It can provide relief from depression, anxiety, and stress.





CHAPTER 7

TOP ESSENTIAL OILS TO CONSIDER, THEIR BENEFITS, AND USES

These top essential oils below will mainly help support your immune system and support health and wellness overall. I guarantee that you will be happy with all the results.

PEPPERMINT ESSENTIAL OIL

Peppermint essential oil, one of the several mints used in aromatherapy, is distilled from either the pale purple, flowering tops or the downy leaves of the peppermint plant. The pale green oil is nearly colourless with a fresh, penetrating smell and a hint of grass and camphor, like spearmint but more pungent. Peppermint is one of the oldest and most important natural drugs, dating back thousands of years to ancient Egypt and Greece. It's used throughout the world today in over-the-counter medications and to flavour food, gum, and candy. A menthol content that ranges from 50 to 85% gives peppermint oil its minty aroma and creates a unique sensation that simultaneously cools and stimulates. The bold action of peppermint is soothing, refreshing, and energising.

Peppermint is the principal essential oil for a variety of digestive maladies. A gentle abdominal massage with peppermint oil will help relieve irritable bowel syndrome, diarrhoea, flatulence, constipation, colon spasm, motion sickness, vomiting, or





nausea. Peppermint's analgesic properties have relieved headaches for many years. Diluted in a carrier oil, peppermint oil rubbed on the temples, forehead, and neck helps even chronic migraine headaches. A peppermint massage is also good for arthritis, muscle aches or spasm in legs or feet, and menstrual cramps. Peppermint oil massaged on the chest serves as an excellent decongestant and expectorant to help treat colds, cough, bronchitis, sinusitis, and asthma. The anti-viral property of peppermint fights influenza, herpes, yeast infections, and athlete's foot. A powerful antiseptic, peppermint oil treats bad breath, tooth decay, and gum disease.

When inhaled, peppermint oil improves mental clarity, alertness, concentration, and intuitive thinking. It is excellent for treating mental fatigue, as well as feelings of insecurity, inferiority, or apathy.

BENEFITS:

- Promotes healthy respiratory function and clear breathing
- Alleviates occasional stomach upset
- Frequently used in toothpaste and chewing gum for oral health



BASIL ESSENTIAL OIL



Basil essential oil has a warm, spicy, herbal aroma that can help reduce anxious feelings. It's high content of linalool helps reduce tension.

BENEFITS:

- Soothes sore joints and muscles
- Acts as an effective skin-cooling agent
- Lessens your anxious feelings
- Reduces tension and stress
- Enhances mental function
- Soothes minor irritation of the skin

USES:

- Minor skin irritation support
- Can be applied to sore joints and muscles
- Promotes clear and healthy breathing
- Sharpens focus while reading or studying



BERGAMOT ESSENTIAL OIL

Bergamot oil is great for improving mood and confidence. It is also used to kill harmful and unnecessary bacteria, promotes scar healing, and it reduces the appearance of skin marks. It also helps reduce pain from muscle tension and headache and stimulates proper digestive and hormonal juices.

The bergamot plant produces a citrus fruit that is defined as a hybrid between a lemon and sour orange. The oil from this plant is extracted from the peel of its fruit through cold compression. The principle method for manufacturing perfume, cold compression balances aroma and harmonises all essences.

BENEFITS:

Bergamot oil has many anti-infectious, antibacterial, antispasmodic, and anti-inflammatory properties. It improves digestion and keeps your entire system working properly.

- Aiding digestive system
- Relieving muscle and joint pains
- Soothing irritation of the skin
- Cleanses oily skin
- Kills bacteria and germs

USES:

- **Aids Infection** - Bergamot essential oil helps treat skin infections, as well as internal infections of the colon, kidney, urinary tract, and intestines.
- **Supports Skin** - Bergamot essential oil is primarily used to reduce the



appearance of scars and other marks on your skin from acne, infections, or other irritations. Using a cotton ball or pad, apply at least five drops of essential oil to the affected area. It also tones skin, producing a youthful and radiant glow.

- **Supports the Digestive System** - Bergamot essential oil does not only produce digestive juices but also stimulates muscle contractions in the intestines. This also helps quicken the digestive process by moving the waste into the intestine as it absorbs the needed nutrients of the body.

BIRCH ESSENTIAL OIL

Birch essential oil is rich in methyl salicylates and has long been used for fatigued and sore muscles. It has a soothing, relaxing aroma. It is therapeutically cleansing and stimulating with its refreshing and bright fragrance.

Birch essential oil is an uplifting, stimulating, and purifying oil that, when either applied or inhaled, can encourage your body to detoxify. These properties help promote relaxation and comfort and support other systems of the body.

BENEFITS:

- Soothes sore joints and muscles
- Beneficial for oily skin
- Stimulates the mind and improves focus
- Promotes healthy function of the respiratory system
- Promotes clear and healthy breathing





USES:

- **Skin Soother** - Combine birch essential oil with helichrysum for a soothing blend.
- **Diffuser** - Adding birch oil to a diffuser will create an aromatic environment that promotes, a cheerful attitude and enhanced mental clarity.
- **Fatigue Bath** - Add one or two drops to a warm bath.

BLACK PEPPER ESSENTIAL OIL

Black pepper essential oil is more than a handy spice that can be added to your foods. It is very high in sesquiterpenes and monoterpenes content, which aids in antioxidant activities and supports the body's immune system.

Typically, this type of oil is used for nervous and digestive system support as well as for wellness.

BENEFITS:

- Rich antioxidant source
- Supports healthy and powerful circulation
- Aids in digestion

USES:

- Black pepper can be topically applied in a bath or as a compress on your skin to encourage a youthful and radiant glow
- When inhaled through your mouth and nose, it can help support head and sinus clearing
- Diffusing black pepper oil can improve concentration
- Improves the digestive system




CARDAMOM ESSENTIAL OIL



Cardamom essential oil is exotic, rich, luscious, and aromatically unique, providing uplifting and soothing emotional effects. It helps reduce drowsiness and improves concentration. Known for its gentle yet very powerful character, it is an ideal addition to your massage oils, even for those with sensitive skin.

BENEFITS:

- Eases digestion
- Maintains a healthy gastrointestinal balance
- Promotes better health of the respiratory system
- Calms an upset stomach and uplifts your mood

- 
- Soothes and relaxes skin

USES:

- Can be used internally and as part of a daily regimen to support healthy function of the gastrointestinal system.
- Apply topically or diffuse to promote clear breathing

CASSIA ESSENTIAL OIL

Cassia essential oil has a strong, spicy aroma that promotes emotional wellbeing and maintains physical health. This warming oil also promotes healthy function of the immune system of the body. Its spicy, warm scent is a great essential oil to diffuse during the cold season.

BENEFITS:

- Promotes healthy and effective digestion
- Supports healthy function of the immune system
- Uplifting and warming aroma
- Helps promote healthy circulation
- Helps soothe achy and sore joints

USES:

- Add a drop of cassia essential oil into a diffuser or citrus blend with ginger or clove during winter and fall
- Take a drop or two for added immune system support
- Combine coconut oil and cassia essential oil for warming skin sensation

- Combine with lemon juice in a glass of water to aid in digestion.

CEDARWOOD ESSENTIAL OIL

Cedarwood essential oil has antiseptic, antifungal, sedative, astringent, and diuretic properties. It is also effective for enhancing your skin's appearance, supporting healthy organ function, stimulating metabolism, and benefiting the entire digestive system.




This oil is generally extracted from the cedarwood with a steam distillation process. This kind of wood features some major health benefits

like beta-cedrene, thujone, and alpha-cedrene.

BENEFITS:

- Improves focus
- Reduces skin irritations
- Relieves spasms
- Promotes healthy hair growth
- Helps treat acne
- Reduces cough

- 
- Stimulates a strong metabolism
 - Cleans unhealthy toxins from the body

USES:

- **Improves Eczema** - Eczema causes red, itchy, dry skin that can crack or blister. Cedarwood essential oil heals the skin and stops the peeling. Add to your daily soap or lotion and rub it smoothly into the infected area.
- **Antiseptic Properties** - Essential oil from cedarwood can also be applied to wounds. It may help defend your entire body against unhealthy toxins while it reinforces the immune system and white blood cells against malfunction and stress. Using cedarwood oil also helps protect internal functions of the body and fights harmful bacteria.
- **Tightens Muscles** - Since cedarwood is an astringent, it will tighten facial skin for a younger, firmer appearance. It also supports your digestive system to prevent stomach issues.
- **Clears Acne** - Cedarwood essential oil minimises the pores of your skin, preventing absorption of harmful microbes and dust. It has also been proven effective in treating acne.

CORIANDER ESSENTIAL OIL

Coriander essential oil helps promote strong, healthy digestion. It also acts as an essential detoxifier and body cleanser. It provides a cool, soothing effect when applied to the skin. It produces a fresh, herbal aroma when added to a diffuser.

BENEFITS:

- Aids in digestion
- Rich in antioxidant properties
- Powerful detoxifier and cleanser
- Soothing and healthy for the skin
- Offers tasty and fresh flavour

USES:

- Use during daily body cleansing habits
- Diffuse with healthy citrus essential oil to create a fresh, herbal aroma
- Apply a drop or more to skin to treat minor irritations
- Dilute with coconut oil and apply to the bottom part of your feet to aid detoxification of the body



CINNAMON BARK ESSENTIAL OIL

Cinnamon bark essential oil is one of the most widely recognised essences, even to those who are not familiar with aromatherapy. A warming, spicy, and pungent cinnamon bark essential oil can restore and nourish the body. This essential oil can ease bodily fatigue when applied topically. It is also an effective appetite suppressant.



BENEFITS:

- Promotes healthy circulation
- Maintains healthy immune system
- Alleviates sore joints and muscles
- Promotes internal health with prolonged use

USES:

- To open breathing and relieve lung discomfort
- Blend with other oils or dilute in your palm for massage therapy
- Add to a diffuser for a calm, relaxed atmosphere



CITRUS ESSENTIAL OIL

Citrus essential oil is one of the most popular essential oils. In addition to providing an uplifting scent, it aids in body cleansing. The strong monoterpene limonene concentration of citrus essential oil has a powerful effect on your mood.

BENEFITS:

- Creates a relaxing atmosphere with a light, uplifting scent
- Provides the hands with humectants, botanicals, and antioxidants

USES:

- Diffuse with various other oils to create a relaxed, soothing effect
- Apply to the skin to help soothe and relax the body
- Can enhance digestive function of the body


CLOVE ESSENTIAL OIL

When diluted and applied topically or combined with other oils, clove essential oil helps restore comfort and ease in the body.

This is a stimulating essential oil that is used to increase appetite. When used in vapour therapy, it can provide much-needed warmth during the winter season.

BENEFITS:

- Powerful and healthy antioxidant properties
- Supports health of the cardiovascular system
- Helps soothe gums and teeth

- 
- Promotes strong oral health
 - Supports a healthy and strong immune system

USES:

- Clove essential oil should never be applied directly to skin since it is known to be dermo caustic
- It can be applied in other blends of essential oils
- Clove can also be diluted with other dental care products to enhance digestion and improve body alertness

CYPRESS ESSENTIAL OIL

Cypress essential oil is used for its topical and aromatic benefits in boosting energetic feelings and promoting vitality. The oil of cypress contains monoterpenes that help improve the appearance of oily skin. It can be applied topically to provide an energizing lift. Its chemical structure also adds to its enhancing smell. This oil produces a clean, refreshing aroma that invigorates the body and boosts mood.

BENEFITS OF CYPRESS ESSENTIAL OIL

- Helps ease varicose veins and cellulite
- Soothes sore muscles
- A good deodoriser
- Helps treat acne



USES OF CYPRESS ESSENTIAL OIL

- **Eases Spider Veins** - Spider veins or varicose veins are bent and swollen and can gather together in clusters, impacting normal blood flow to your heart. Cypress essential oil can get your blood flow moving despite having spider veins and is an efficient and safe topical healing treatment. To make a salve, put in 30 drops of this oil in an equal amount of shea butter and coconut oil. Shea butter is another natural wonder when it comes to treating spider veins. Use a blender to blend the butter and oil together and then apply it onto the affected area.
- **Treats Cellulite** - Cypress essential oil helps support and minimise the occurrence of cellulite, which often looks like cottage cheese or pitted orange peel on the legs, stomach, back of the arms, and buttocks. Cellulite is formed by fluid retention, weak collagen structure, circulation deficiency, and excess body fat. The diuretic properties of this oil can assist the body by enhancing blood flow. Use this oil topically to treat cellulite or any condition brought on by poor circulation.
- **Acts as an Energizer** - Do you need more energy to wake up and run? Do not sweat it; simply apply this oil to legs and feet before you run. It stimulates a vitalising sensation on the skin that will provide such a motivational boost that you will want to enjoy and endure a long run.
- **Prevents Oily Skin** - Oily skin is a common issue for many people. In your search for the best way to reduce the oily complexion of your skin, add some cypress essential oil to your daily routine. This sounds counter-intuitive, to add oil to oily skin, but it really does work. Put 1 to 2 drops of this oil on your skin or use as a daily toner. When it starts working, it will help you feel confident and more radiant.
- **Renew and Uplift Senses** - Combine lime oil and cypress oil in a diffuser for





a fresh, relaxing aroma. The woody, soft smell of this oil works to renew the senses while the smell of lime oil will help purify the air. This is perfect in times of transition and whenever you feel you lack energy.

PRECAUTIONS:

Use this oil with care during pregnancy. Make sure to patch test as it may not be applicable to sensitive skin. Too much use of this oil could result in further skin sensitization. Not all brands of oil are the same, which is why you need to test the brand very carefully.

OTHER ESSENTIAL OILS THAT BLEND WELL WITH CYPRESS ESSENTIAL OIL

Cypress oil blends well with other essential oils like Lime, Wild Orange, Lemon, Clary Sage, Bergamot, Juniper, Frankincense, Rosemary, Lavender, Sandalwood, and Marjoram.

EUCALYPTUS ESSENTIAL OIL

Eucalyptus essential is known for its superb stimulating, decongestant, medicinal, antiseptic, and anti-inflammatory properties. This oil is colourless but has a distinct taste and scent.

Eucalyptus essential oil is extracted from the tall evergreen eucalyptus tree. Its scientific name is "Eucalyptus Globulus," but is also more commonly known by as stringy bark tree, blue gum tree, and fever tree. It is native to Australia but has spread to some parts of South Africa, Asia, and Europe.





The high volume of eucalyptol present in eucalyptus essential oil is the source of all these medicinal properties. This essential oil is the main ingredient for over the counter drugs like rash creams, inhalers, rubs, mouthwashes, and more.

BENEFITS:

- Helps with clear and comfortable breathing
- Supports general respiratory health
- Soothes exhausted, tired, and sore muscles
- Cleansing and purifying properties

USES:

- **Relaxing and Calming Shower** - For a relaxing and soothing shower, place 2 drops of oil of eucalyptus onto the shower floor while you shower. The steam creates a natural diffuser for the oil, leaving you feeling invigorated and clear-headed.
- **Massage** - Use this oil in your massage for a calm, soothing massage experience. Eucalyptus oil can also be mixed with a lotion or cream to increase moisture retention. This oil's chemical components produce a cooling, soothing vapor, making it a perfect oil for massage.
- **Yoga** - Eucalyptus oil helps calm and clear the mind. Using it during meditation or yoga can elevate the practices, helping to revitalise and unify the body.

Asthma Relief - Because of its anti-inflammatory properties, Eucalyptus oil has been shown to be effective in rapid treatment of asthma. Using this oil by inhalation or by a diffuser helps lessen inflammation and clear congestion.





SHOWER MELTS FOR RESPIRATORY HEALTH

These easy-to-make shower melts will help support respiratory health

- Water
 - 2 Cups Baking Soda
 - 10 Drops of Eucalyptus Oil
 - 10 Drops of Peppermint Oil
 - 5 Drops of Lavender oil
 - 5 Drops of Rosemary Oil

Directions

Slowly add water to baking soda; mix to form a thick paste. Add the essential oils and blend well. Fill a candy or soap mould with the paste and let air-dry. Remove from mould and store in an airtight bin or container. Drop oil melt in base of your shower for respiratory comfort.

PRECAUTIONS

Although eucalyptus boasts a range of benefits, each person is different. Read the label and consult with a professional supplier before using eucalyptus oil.



GINGER ESSENTIAL OIL



Ginger essential oil extracted by pressing ginger root, a kind of tubercle plant that is popular as a spice and a cooking ingredient, common in Asia, particularly in China, Philippines, Malaysia, and Japan.

Ginger essential oil has its long-lasting aroma that is not only mild but uplifting and revitalising. It is dark yellow to brown in colour and is ideal for non-sensitive skin. Ginger essential oil has warming and penetrating properties that stimulate the body and mind.



COMPLIMENTARY ESSENTIAL OILS:

Ginger essential oil blends well with citrus oils, geranium, rosemary, frankincense, and eucalyptus essential oils. It can also act as a substitute for wild orange, peppermint, or cardamom essential oils.

BENEFITS:

- Supports nausea and indigestion
- Promotes digestion
- Warms your body
- Supports overall digestive health

EMOTIONAL BENEFITS:

Ginger oil is recognized as an oil of empowerment and impacts the emotional, spiritual, and mental conditions. It encourages inner fire and strength and helps resolve issues of fear or powerlessness.

USES:

- **Food Poisoning** - Ginger's carminative and antiseptic qualities make it effective in treating food poisoning. It can also be used to treat intestinal infections and bacterial dysentery.
- **Vomiting and Nausea** - Ginger essential oil is effective against motion sickness, nausea, and vomiting. The use of ginger oil may also lead to the reduction of morning sickness for pregnant women.
- **Pain and Inflammation** - Ginger extract is typically used in medicine to lessen or reduce inflammation. The anti-inflammatory properties of ginger oil may help relieve pain due to rheumatic conditions, arthritis and muscle





aches, migraines, and headaches. It is commonly used as a topical remedy on swelling muscles to help ease muscle pressure and strain. Regular use of ginger oil may result in a decrease of prostaglandins.

- **Menstrual Issues** - Ginger essential oil can help reduce or relieve painful and irregular menstrual conditions.
- **Heart Ailments** - Daily use of ginger oil may help reduce the possibility of blood clots and arteriosclerosis and decrease bad cholesterol levels.

GERANIUM ESSENTIAL OIL

Geranium essential oil comes from the stalk and leaf of the *Pelargonium graveolens*, from the family Geraniaceae. The species of graveolent have a rosier aroma than the *p. odoratissimum* species, which has more of an apple scent.

There are many species of *Pelargonium*, but only five to ten of them produce the right quantity and quality of oil. As with many aromatherapy oils, geranium oil use dates back to Ancient Egyptian when it was used to treat tumours and regulate hormones.

USES:

- **Reduces Wrinkles** - Geranium oil's astringent properties induce contractions in your body, helping to tighten skin, reduce the appearance of wrinkles, and slow the effects of aging. Add two drops of this essential oil to your face lotion and use it 2 times a day. After 1 or 2 weeks, wrinkles will begin to fade.
- **Acts as a Natural Deodorant** - This essential oil is a circulatory oil, which means it enters and exits the body via perspiration, making geranium oil a





great alternative as a natural deodorant. Imagine sweat that smells fresh and aromatic! Put 5 drops of this oil into a big spray bottle and blend it with 5 tablespoons of water.

- **Muscle Toner** - Geranium essential oil helps in contracting and tightening the muscles. This can avoid skin and muscle sagging and promote a toned stomach section.
- **Diuretic** - Geranium oil helps reduce water retention and oedema. Apply directly to legs or use three to four drops in a teaspoon of carrier oil and rub it in from your feet up to your knees.
- **Enhances Immune Function** - Geranium oil improves immune function by opening the circulatory system. This supports the lymphatic system and minimises stress that can have an impact on the immune system.
- **Balances Hormones and Relieves Symptoms of Feminine Issues** - Geranium oil has been shown effective for balancing the fluctuating hormones that cause PMS, cramps, swollen breasts, and missed periods. Apply to ankles, inner thighs, over breasts or even to the soft upper arms. When you experience menstrual cramps, apply it onto the location. If you experience heavy menstrual bleeding, apply to the stomach area.
- **Promotes Emotional Well-being** - Inhaling geranium essential oil helps ease pressure and anxiety while also reducing tension. This also acts as an anti-depressant by releasing negative and depressing thoughts.





GRAPEFRUIT ESSENTIAL OIL

Grapefruit essential oil is a potent but less commonly used oil. The oil is extracted by cold pressing the fruit rind. Grapefruit essential oil is an outstanding metabolism booster.

BENEFITS OF GRAPEFRUIT ESSENTIAL OIL

- Purifies and cleanses
- Ideal for oily skin
- Lessens physical and mental fatigue
- Supports healthy metabolism

USES OF GRAPEFRUIT ESSENTIAL OIL

- **Weight Loss** - Grapefruit is a great addition to your weight loss programme because it has active ingredients that can help boost your metabolism. It can also help reduce appetite. When combined with other essential oils, it can help reduce cravings for unhealthy foods. Add a few drops to a glass of water, diffuse it, or massage onto the wrists and chest when hunger strikes. When used topically, it can serve as a lymphatic stimulant, so it is often used in cellulite cream.
- **Natural Antibacterial** - Grapefruit essential oil has an antibacterial effect that can help fend off strains of bacteria that enter your body by way of contaminated foods, parasites, or non-potable water. Grapefruit also fights the powerful bacterial strains that are responsible for food borne illnesses like Salmonella and E. Coli. This oil is also effective in fighting off internal or skin bacteria. It can kill parasites, preserve foods, and disinfect



water.

- **Circulation Booster** - Almost all therapeutic citrus essential oils can help lower inflammation and improve blood flow. Grapefruit essential oil can provide organic support for PMS cramps, bloating, headaches, and muscle pains. Put in a couple of drops in a nightly bath or apply to a shirt collar.
- **Skin Saver and Acne Fighter** - A lot of commercially made soaps and lotions add this oil to their blends because of its antibacterial properties. It helps to combat the bacteria and greasiness that usually cause acne blemishes.

CONCLUSION

With their myriad benefits and uses, essential oils should be considered for all of your beauty and skin care purposes. Their benefits to mental, spiritual, emotional, and physical health are unparalleled by many chemical pharmacological solutions and they can be a natural, organic addition to your current health regimen. Give them a try and marvel at the results!





DISCLAIMER

I am a registered nutritional therapist CNHC, registered nutritionist MBANT, Accredited Functional Diagnostic Nutrition Practitioner and Health Coach. I am not a medical doctor. I do not hold a degree in medicine. I make no claims to any specialised medical training, nor do I dispense medical advice or prescriptions.

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