



A Practical Guide to ESSENTIAL OILS FOR AROMATHERAPY, HEALTH & WELL-BEING

Aromatherapy • Massage
Body Care • Spa Treatments
Personal Fragrance • Crafts



www.LorAnnOils.com

USING ESSENTIAL OILS

Essential oils are highly concentrated extractions from plants, flowers, fruits and herbs — the essence of that plant's fragrance and unique chemical make-up.

Massage — Massage with essential oils has become synonymous with Aromatherapy. Essential oils should be diluted in a cold-pressed vegetable carrier oil such as grapeseed, sweet almond or jojoba before applying to the skin for massage. For adults, the essential oils should not make up more than 3% of your total massage oil mixture. For children or babies, you may want to dilute the essential oils even further.

Bathing/soaks — Aromatic baths are simple, useful and versatile ways to use essential oils at home. Add 5-10 drops total of essential oils to warm bath water and stir by hand. Alternatively, combine essential oils with one or more carrier oils to create your own nourishing bath oil. Create fragrant and therapeutic bath salts with essential oils and Epsom Salt.

Sauna/Steam/Inhalation — Steam inhalation is one of the most effective ways to enjoy the benefits of essential oils. In saunas, mix the oils with water for an invigorating mist. For a facial sauna, add 3-4 drops of oil to a bowl of boiling water. Lean over the bowl, cover your head with a towel and breathe deeply.

Body Care — Essential oils have been used for centuries in the treatment of many incidental health needs. Oils such as Lavender and Peppermint can speed the healing of bruises and sore muscles. Tea Tree, Lavender and others are commonly used to soothe burns and sunburns. Naturally antiseptic, many essential oils are traditionally used to treat small cuts, scratches and insect bites.

Personal & Home Fragrance — When using essential oils as a personal fragrance, most should first be diluted in a carrier oil to help prevent skin irritation. Candle diffusers and electric diffusers are some of the most popular ways to scent a room with essential oils. Many people use pure essential oils in hand-made soaps.

Blending — Essential oils are often blended for their health effects or to create a unique scent. Combinations are a matter of personal choice, but it's worth keeping in mind the oils' reported therapeutic properties and their fragrance.

Cooking — Many of LorAnn's essential oils (such as Peppermint, Orange, Lemon, Lime, Rosemary, Thyme and Tangerine) are Food Grade and suitable for use as flavoring. Used sparingly, these powerful oils can add intense flavor to candies, frostings, baked goods, and marinades. One drop replaces a teaspoon of dried herb or spice.

FOR THE BATH

Application Guidelines

Add 5 to 6 drops total essential oil to your bath water and stir it by hand. For saunas, use two drops for every two cups of water and shake the mixture before using.

Nourishing Bath Oil

5 tablespoons Sweet Almond
2 teaspoons Jojoba oil
20 drops Rosewood
10 drops Ylang Ylang
Add 1 teaspoon of mixture to bath.

Refreshing Foot Bath

5 pints Water
2 drops Lavender
2 drops Rosemary
1 drop Peppermint

Helpful Hints

- There are approximately 80 to 100 drops in a teaspoon
- Add 1 to 9 drops of essential oil to your humidifier water
- Add ½ cup baking soda and 3 drops lemon oil to deodorize a vacuum cleaner bag, shoes, etc.

MASSAGE

Application Guidelines

Mix 30 to 40 drops total essential oil with 4 ounces of carrier oil. Mixing different carrier oils for their different properties can also yield good results.

Energizing

4 oz. Sweet Almond
10 drops Lemon
8 drops Peppermint
10 drops Ginger
10 drops Rosemary

Muscle Fatigue

4 oz. Sweet Almond
5 drops Peppermint
15 drops Eucalyptus
15 drops Ginger



THE LORANN STORY

For over a half-century, LorAnn Oils has remained a family-owned and operated business specializing in the production of essential oils and flavorings.

Our history dates back to the Grettenberger Drug and General Store, founded in the late 1800's in Okemos, Michigan. It was from there that second generation pharmacist "O.K." Grettenberger recognized early the consumers' and pharmacists' demand for natural essential oils and flavorings. In 1962, he founded LorAnn Oils Inc. and established a national reputation for supplying premium quality natural essential oils, soluble flavors, and numerous apothecary items in convenient sizes at competitive prices.

Our products are now sold worldwide and we remain focused on providing our customers with the best quality products and service at a fair price. For more, visit us at www.LorAnnOils.com

LorAnn Essential Oils are quality tested and certified to guarantee 100% pure botanical oils without any added solvents, alcohol, extenders or other diluting agents. All are steam distilled or cold pressed from herbs, fruits and flowers. No animal testing.

Explore the fragrant world of Pure Essential Oils.



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LORANN ESSENTIAL OILS & BASE OILS

Bergamot — *Citrus bergamia* (cold pressed) F/G. Fresh, sweet citrus smell, most notably used in Earl Grey teas. Known for its warm and balancing effect on emotions. Extensively used as a fragrance, and for skin care. Photosensitizing and should not be used directly on the skin before exposure to the sun.
Balancing, Refreshing, Uplifting

Cedarwood — *Juniperus mexicana* (steam distilled). Rich, woody aroma. Adds body and warmth to fragrance blends. Particularly beneficial on oily skin. Often added to wood (or cedar) chest to add cedar scent.
Calming, Comforting, Strengthening

Eucalyptus — *Eucalyptus globulus* (steam distilled) F/G. Fresh, stimulating and clearing when used as an inhalant. Used extensively in massage, liniments and other topical applications. Very versatile oil, especially popular for muscular fatigue. Also used in saunas, and as a flavoring for cough drops and syrups.
Balancing, Cleansing, Stimulating

Geranium — *Pelargonium graveolens* (steam distilled) F/G. Sweet floral scent often considered rose-like. Used extensively in perfumes and skin care products for its fragrance and natural astringent and cleansing properties.
Uplifting, Refreshing, Cleansing

Grapefruit — *Citrus paradisi* (cold pressed) F/G. Citrus aroma and flavor characteristic of the fruit. Used both as a flavoring and a fragrance. Naturally antiseptic and high in vitamin C. Employed in skin, bath and massage preparations.
Uplifting, Refreshing, Stimulating

Lavender — *Lavandula officinalis* (steam distilled) F/G. Floral scent highly sought after both as a fragrance and for its therapeutic qualities. Natural antiseptic extensively employed in soaps, lotions, perfumes and even insect repellents. Well-established traditional folk remedy for burns, sunburns, acne and nervous tensions.
Balancing, Relaxing, Soothing

Lemon — *Citrus limon* (cold pressed) F/G. Widely used as a flavoring and in beauty care. Refreshing and stimulating when used in skin treatments. Photosensitizing and should not be used directly on the skin before exposure to the sun.
Refreshing, Stimulating, Uplifting

Lemongrass — *Cymbopogon flexuosus* (steam distilled) F/G. Fresh grassy-lemon scent. Used extensively in soaps, perfumes and sprays. Also considered effective as an insect repellent
Refreshing, Stimulating, Clarifying

Lime — *Citrus aurantifolia* (cold pressed) F/G. Employed extensively as a flavor and a fragrance. Used in bath, massage, room sprays and perfumes. Shares many qualities with lemon.
Cheering, Refreshing, Uplifting

Myrrh — *Commiphora myrrha* (steam distilled). A traditional perfume which is easy on the skin. Many traditional uses including treatment of arthritis, eczema and skin disorders. Often used in massage.
Fortifying, Stimulating, Balancing

Orange — *Citrus sinensis* (cold pressed) F/G. Brisk and refreshing, a highly versatile flavor and fragrance. Naturally antiseptic and cleansing. Photosensitizing.
Calming, Cheering, Relaxing

Origanum Oil — *Origanum vulgare* (steam distilled) F/G. With its warm, herbal scent, Origanum is the oregano of the herb garden and a traditional ingredient in remedies for digestive issues and respiratory problems. Used extensively as a flavor as well as a fragrance component in soaps and perfumes.
Refreshing, Stimulating, Sharp

Patchouli — *Pogostemon cablin* (steam distilled). Exotic, earthy scent, often prized as a personal fragrance. Commonly used in treatment of acne, fungal infections, chapped skin and hair care.
Romantic, Soothing, Rejuvenating

Peppermint — *Mentha piperita* (steam distilled) F/G. Powerful minty scent used extensively as a flavor and fragrance. Has a cooling effect on the skin and a warming, penetrating effect on sore muscles and joints. Used extensively in massage and in foot-care.
Invigorating, Refreshing, Stimulating

Pine Needle — *Pinus sylvestris* (steam distilled). Fresh, woody scent. A powerful external antiseptic used in disinfectants, detergents and soaps.
Comforting, Uplifting, Stimulating

F/G=Food Grade

Rosemary — *Rosmarinus officinalis* (steam distilled) F/G. Strong, fresh scent characteristic of this cooking herb. Used as a fragrance and a flavor. Traditionally used in treating a wide range of issues including respiratory, circulatory, digestive, muscular, skin and hair problems.
Rejuvenating, Stimulating, Uplifting

Rosewood — *Aniba rosaeodora* (steam distilled). (Also known as Bois De Rose.) Sweet, woody-floral scent with a hint of spice. A popular fragrance extensively used in perfumes, soaps, massage oils and bath oils.
Calming, Comforting, Sensual

Spearmint Oil — *Mentha spicata* (steam distilled) F/G. A “softer” mint than Peppermint with similar applications as a flavor and as a traditional remedy. Often used to sooth the digestive system, headaches and respiratory conditions.
Uplifting, refreshing, stimulating

Tangerine — *Citrus reticulata* (cold pressed) F/G. Sometimes known as Mandarin. Used extensively as a fragrance and a flavor. Like other citrus oils, naturally antiseptic and a good astringent for oily skin.
Cheering, Inspiring, Strengthening

Tea Tree — *Malaleuca alternifolia* (steam distilled) F/G. Spicy medicinal scent with powerful antibacterial and antifungal properties. Among its many uses, used in the treatment of athlete’s foot, burns, wounds, insect bites, blisters and warts. Now a common ingredient in soaps, toothpastes, disinfectants, gargles, acne creams and even colognes.
Uplifting, Cleansing, Strengthening

Thyme — *Thymus vulgaris* (steam distilled) F/G. LorAnn’s “white” thyme oil has a powerful, spicy scent characteristic of the culinary herb. Used both as a flavoring and a fragrance. A powerful antiseptic and astringent used in mouthwashes, toothpaste and cough lozenges.
Uplifting, Cleansing, Strengthening

Ylang Ylang — *Cananga odorata* (steam distilled). Exotic, intensely sweet, soft, floral scent. A popular ingredient in perfumes, soaps, massage, hair and skin treatments. Considered an aphrodisiac by many.
Arousing, Sensual, Uplifting

F/G=Food Grade



BASE OILS

Among the many marvelous features of essential oils is their ability to restore and nourish the skin and hair. When used in this capacity, essential oils should be mixed with a natural carrier oil (base oil) to help prevent skin irritation.

A few of the more common base oils include...

Sweet Almond Oil — Excellent for lubrication, rich in protein. Good for all skin types. Particularly good for massage. Can be used as 100% of your total base.

Grapeseed Oil — Light and odorless, great for lubrication, and easily absorbed by all types of skin. Ideal for perfumes, since it won’t alter the scent of the essential oil. Can be used as 100% of your base.

Joboba Oil — This rich, nourishing oil is unquestionably the best for hair and skin. Since it never spoils (it is actually a liquid wax) it acts as a preservative for your essential oils. It can be used as 100% of a perfume base, but often used as 10–20% of the base for other applications.

Using Essential Oils Safely — *Because of their purity and high concentrations, essential oils are most effective in small quantities. More is not necessarily better. Excessive doses can negate or even reverse their therapeutic effects. So please, exercise restraint and remember: a little goes a long way.*

Keep oils tightly closed and out of reach of children. Undiluted essential oils can cause skin irritation. Most should be diluted in a carrier oil before applying to the skin. Discontinue use if redness, burning or irritation occurs. Keep oils away from eyes and mucus membranes.

Use caution if pregnant. In general, oils should be avoided or used in moderation during pregnancy. Be sure oils are diluted and consult with your doctor or a licensed health care provider.

