Essential oils are highly concentrated extracts from plants, flowers, fruits, and unique chemical make-up. These oils are used in Aromatherapy, Massage, Health & Well-Being, Body Care, Spa Treatments, Personal Fragrance, and Crafts.

Massage — Massage with essential oils has become synonymous with aromatherapy. Essential vegetable carrier oils such as Grapeseed and Sweet Almond are used for massage. If you prefer a massage oil that includes an essential oil, the essential oil should not make up more than 3% of your total massage oil mixture. For children or babies, you may want to dilute the essential oil even further.

Body Care — Essential oils have been used for centuries in the treatment of many incidental health needs. Oils such as Lavender and Rosemary, Thyme and Tangerine (Food Grade and suitable for use as flavoring) used in marinades. One drop replaces a teaspoon of dried herb or spice. Essential oils become synonymous with Aromatherapy.

Combining essential oils with water for an invigorating mist. Steam inhalation, 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.

Essential oils have been used for centuries in the treatment of many incidental health needs. Oils such as Lavender and Rosemary, Thyme and Tangerine (Food Grade and suitable for use as flavoring) used in marinades. One drop replaces a teaspoon of dried herb or spice. Essential oils become synonymous with Aromatherapy.

Bathing/Soaks — Aromatic baths are simple, useful and versatile ways to use essential oils. In saunas, mix the essential oils with water for an invigorating mist. Steam inhalation, 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.

For children or babies, you may want to dilute the essential oil even further.

Massage — Massage with essential oils has become synonymous with aromatherapy. Essential vegetable carrier oils such as Grapeseed and Sweet Almond are used for massage. If you prefer a massage oil that includes an essential oil, the essential oil should not make up more than 3% of your total massage oil mixture. For children or babies, you may want to dilute the essential oil even further.

Body Care — Essential oils have been used for centuries in the treatment of many incidental health needs. Oils such as Lavender and Rosemary, Thyme and Tangerine (Food Grade and suitable for use as flavoring) used in marinades. One drop replaces a teaspoon of dried herb or spice. Essential oils become synonymous with Aromatherapy.

Combining essential oils with water for an invigorating mist. Steam inhalation, 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.
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.  
Comforting, Refreshing, Uplifting

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 antidepressive 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 antidepressive 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. Refreshing, Stimulating, Balancing

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 antidepressive and cleansing, Photosensitizing. Calming, Cheering, Relaxing

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. Romantik, 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

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

Tea Tree — Melaleuca 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 soap, 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 astrgent 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

Jojoba 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.

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.

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 mucous 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.

LORANN ESSENTIAL OILS & BASE OILS

BASE OILS

Among the many marvellous 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.

Jojoba 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 mucous 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.