

## Using and Enjoying 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**

*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**

*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.*

*Body Mist (i.e. 20 drops EO to 4oz. water. Shake before spraying)*

*Lip Balms (see our example recipes online)*

*Hand Balms & Creams (see our example recipes online)*

### **Personal & Home Fragrance**

*When using essential oils as a personal fragrance, most should first be diluted in a base (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. Simple room strays can be created combining essential oils with water (45 drops EO to 4oz. of water. Shake before spraying)*

### **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 a 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.*

## Safety Guidelines

- *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.*
- *Keep oils tightly closed and out of reach of children. Wipe up spills immediately.*
- *Undiluted essential oils can cause skin irritation. Most should be diluted in a carrier (base) oil before applying to the skin. In general, essential oils should not make up more than 3% of your total product formula (i.e. massage oil, soap, perfume or hand balm). Discontinue use if redness, burning or irritation occurs. Keep oils away from eyes and mucus membranes.*
- *Essential oils can react differently on people. What one person may tolerate, another may not. To do a patch test on skin, mix 3 drops oil in 10ml/2tsp carrier oil and massage a small amount to skin on the inside of your arm. Cover area with an adhesive bandage and leave overnight. If after testing, skin looks normal, then the oil is safe for you to use.*
- *Some oils, such Bergamot, Lemon, Grapefruit and Lime, may cause photosensitivity and should not be applied to skin that will be exposed to sunlight or the UV rays of a tanning bed.*
- *While many of LorAnn's essential oils are food-grade, we do not recommend direct ingestion of the pure essential oil. When used as a flavoring, they are used sparingly and should be used as a small percentage of your overall recipe. One drop replaces a teaspoon of dried herb or spice.*
- *Use caution if pregnant, suffering from any medical condition or taking medication. 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 before using.*

### **Disclaimer:**

*The information provided here and throughout our website is for educational purposes only and is not intended to treat, cure, or diagnose any condition. This information is not intended as a substitute for consulting with your health care provider. Always consult with a healthcare professional before using any essential oil during pregnancy. Always consult with a healthcare professional before using essential oils with children.*