

Introduction to essential oils



Everyday oils

Have you ever crushed mint in your hand and inhaled the fragrance? Have you noticed when you slice an orange your hands carry the aroma long after it has been peeled and eaten. What about when you roll lavender flowers between the thumb and forefinger and then lift to your nostril? Isn't it a wonderful feeling to bask in the fragrance?

Essential oils carry the natural aromatic essence of a plant which is found in the seeds, stems, roots, bark, flowers and other parts of plants. Essential oils have been used throughout history for curative purposes and as modern trends move towards a more holistic approach towards health and wellbeing, essential oils play a therapeutic role, in promoting healing in the physical body as well as emotional healing.

Essential oils can be used singly and in blends however, a word of caution, there are varying grades of purity in the essential oil world.

These days there are basically three categories of Essential Oils.

- Aromatic essential oil
- Therapeutic grade essential oil
- **Certified Pure** Therapeutic Grade essential oil

Aromatic Essential Oil

These oils are widely available and are mostly synthetic. They are sold for their aromatic properties and are not therapeutic grade. These oils are commonly used for burning and for fragrance in such items as eye pillows. They are **not** to be used topically or taken internally.

Therapeutic Grade Essential Oil

These oils are on offer in most health food stores, pharmacies and supermarkets. These oils may claim to be therapeutic grade, and some may be pure, however few are subjected to stringent testing for their chemical composition. Some contain artificial ingredients, such as fillers, chemical pesticides and residues.

Certified Pure Therapeutic Grade Essential Oil

Certified Pure Therapeutic Grade essential oils represent the safest and most beneficial oils obtainable on the planet today. A great example is dōTERRA essential oils. Their oils are subjected to rigorous testing, by three independent laboratories. Tests involve chemical analysis and are cross tested using mass spectrometry and gas chromatography to ensure both extract purity as well as the composition potency of each batch. They do not contain any artificial ingredients which would dilute or compromise their active qualities.

USES FOR ESSENTIAL OILS

Essential Oils are usually administered by one of three methods: diffused aromatically, applied topically to the skin, or taken internally as a dietary supplement (if a (CPTG) **Certified Pure** Therapeutic Grade oil). Essential oils are naturally safe and have few, if any, side effects when used as directed. They should never be used in or near the eyes, or ear canal.

dōTERRA's (CPTG) **Certified Pure** Therapeutic Grade essential oils have individual labels that advise application methods as well as warnings regarding skin sensitivity and whether or not the oil is best diluted.

Where essential oils require to be diluted it is recommended you use **Fractionated Coconut Oil** which is an all natural carrier oil that readily absorbs into the skin. It is ideal for topical therapies. It is not greasy like other vegetable carrier oils and is completely soluble with **all** essential oils, as well as colourless, odourless and does not stain or go rancid.

Other "carrier oils" are olive, almond, jojoba, sesame and macadamia to name a few.

Diffusing

When essential oils are diffused through an ultrasonic diffuser, the natural essence is preserved and as it is inhaled and processed through the

olfactory system, the benefits of the aroma are sent to the brain. Using an appropriate diffuser such as the Petal Diffuser (which does not heat oil), the oil is dispersed into the air in a micro-fine vapour, and there is no compromise of the therapeutic benefits.

This way the essential oils are more easily absorbed by the human body than oils diffused conventional diffusers, as they are atomized along with the water into minute ion particles and active oxygen ions.

Once you diffuse through heat, candles, steam or lamp rings the heat will destroy the chemical and molecular structure of the oil thereby inhibiting any therapeutic benefits.



by

Topical Application

Place a few drops of your preferred oil in the palm of your hand and apply to the selected area of the body, such as back of the neck, behind the ears, wrists, inside forearms, bottom of the feet or whatever area you wish to target specifically. If you are using more than one oil in individual placement then it is best to “layer” the oil. This means place your first oil on a selected area, give it a few moments to absorb, then apply the next oil.

When essential oils are used in massage, then a “carrier oil” is used as a base and drops of essential oil are placed into the carrier oil, to maximise spread and ease of movement. As stated before **Fractionated Coconut Oil** is a preferred carrier oil. It helps the essential oil to be absorbed into the epidermis of the skin. Without a carrier oil, there is a likelihood the essential oil being used will evaporate or ‘flash off’. Fractionated Coconut Oil assist with absorption. In short, this means you spend less and get more benefit than using an oil neat.

** Citrus essential oils applied topically cause photosensitivity, avoid the sun for 12 hours after using on **exposed** skin

Also be aware of 'hot' oils such as Ginger, Oregano, Clove as they can be uncomfortable on the skin without dilution.

Internal/Ingesting

You will note that many companies **do not** advocate the use of essential oils internally. This calls for discernment. **dōTERRA's** (CPTG) **Certified Pure** Therapeutic Grade essential oils have indicators on the bottle whether or not they can be used internally. Because of the **purity** of this brand of oils, and the stringent testing on every batch, most of them can be taken internally. For example, should you develop a sore throat you can gargle with oil placed in tepid water, (On Guard or Melaleuca) or, place drops in your water bottle, or even add the essential oil, such as lemongrass to your pot of lemongrass tea, to enhance the flavour. My favourites? Wild Orange and Peppermint which I use in baking and raw chocolate .

Other ways are to place several drops into a vegetable capsule (which I do regularly) and swallow, or place a few drops in almond or rice milk before drinking.

Inhalation

Place a few drops of oil in the palm of your hands, rub them together and inhale deeply, then after a few moments do it again. You can 'layer' oils this way too (as explained in **Topical Application** section).



Tip: If you rub oil in the palm of your hands, (this is great for those who have asthma), shape one hand into a loose fist (so there is an opening through the middle) then place the other hand, palm open, at the base of your fist, then inhale deeply. Peppermint, Eucalyptus, Lavender, Lemon, Oregano are great to

break down congestion.

COMMON ESSENTIAL OILS

Arborvitae, Basil, Bergamot, Birch, Black Pepper, Blue Tansy, Cardamom, Cassia, Cedarwood, Cilantro, Cinnamon, Clary Sage, Clove, Copaiba,

Coriander, Cypress, Dill, Douglas Fir, Eucalyptus, Fennel, Frankincense, Geranium, Ginger, Grapefruit, Hawaiian Sandalwood, Helichrysum, Jasmine, Juniper Berry, Lavender, Lemon, Lemongrass, Lime, Litsea, Manuka (Aus/NZ only), Marjoram, Melaleuca (Tea Tree), Melissa, Myrrh, Orange (Wild Orange), Oregano, Patchouli, Peppermint, Petitgrain, Roman Chamomile, Rose, Rosemary, Sandalwood, Siberian Fir, Spearmint, Spikenard, Tangerine, Thyme, Vetiver, White Fir, Wintergreen, YlangYlang.

These are all available in the dōTERRA (CPTG) **Certified Pure** Therapeutic Grade essential oil range. Rose, neroli and Jasmine are all TOUCH versions, in other words diluted ready to use with Fractionated Coconut Oil in a roller bottle.

ESSENTIAL OIL BLENDS:

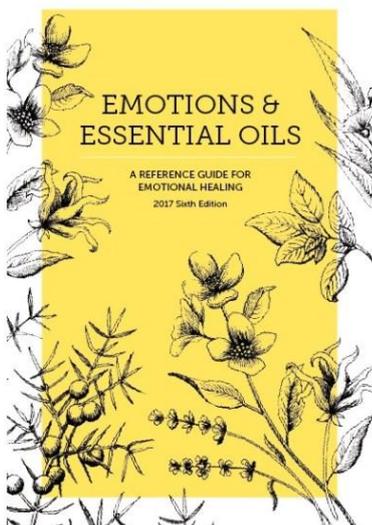
Because I am advocating the use of dōTERRA's (CPTG) **Certified Pure** Therapeutic Grade essential oils, I will list some blends they have available and give a descriptive of what each one is.

AromaTouch	Massage Blend
Balance	Grounding Blend
Easy Air	Respiratory Blend
Cellular Complex	DDR Capsules
Cheer	Uplifting Blend
Citrus Bliss	Invigorating Blend
Clary Calm	Monthly Blend for Women
Console	Comforting Blend (works well for Grief)
DigestZen	Digestive Blend
Elevation	Joyful Blend
Forgive	Renewing Blend
HD Clear™	Topical Blend

Ice Blue	Soothing Blend for aches and pains (just love this one!)
In Tune	Focus Blend
Lavender Peace	Calming Blend
Motivate	Encouraging Blend
On Guard™	Protective Blend (another favourite)
Passion	Inspiring Blend
PastTense™	Tension Blend (GREAT for headaches)
Purify	Cleansing Blend
Peace	Reassuring Blend
Smart & Sassy	Metabolic Blend (in my water bottle)
TerraArmour	Insect Repellent Blend

SUMMARY

Your body is the Barometer of your Soul (there is a book by that title which is a great metaphysical reference guide for all ailments of the body). As such, healing with essential oils is at your finger tips. This does not mean that the essential oils do the “work” for you, whilst making no change to your eating habits, behaviour, thought processes etc, however they do **assist** in generating the healing process. This includes physical healing, mental clarity, spiritual awareness and emotional healing.



Personally, I am aware that after years of massaging with essential oils how they have certainly assisted with de-stressing a client, as well as bringing to the surface issues that have been ignored, pushed down or resisted.

If you are interested in the **emotional** healing aspect that dōTERRA's (CPTG) **Certified**

Pure Therapeutic Grade essential oils will assist you with, I suggest you purchase the Emotional Reference Guide [Emotions and Essential Oils](#). It is an exceptional tool in assisting with clearing blocks, releasing limiting thoughts and beliefs and healing the heart.

LINKS

Learn more about [dōTERRA \(CPTG\) Certified Pure Therapeutic Grade essential oils](#) and [shop for products](#)

Yours in wellness and gratitude,

Happy oiling!

Marie-Elise Allen

dōTERRA Wellness Advocate, Educator and Mentor – ID # 89417



PERSONAL NOTE:

I have, quite literally, been captivated by the quality, the purity and the smell of these oils and am using them daily in one way or another. As a qualified Massage Therapist, my clients are blessed with the addition of these dōTERRA (CPTG) **Certified Pure** Therapeutic Grade essential oils to their massage session. It is a winner!

If you are interested in essential oils and want to know more, I am more than happy to talk with you about the avenues of possibilities available in acquiring these for your own personal use, to use in a clinic setting or to become a part of the dōTERRA team of users, sharers and builders.

To receive a small sample of the Wild Orange Citrus Oil, known for its *uplifting* qualities, as well as being known as the Oil of *abundance*, and an introductory pocket guide which discusses the many way to use

essential oils and which oil to use for what, please send an email to info@marie-elise.com or phone/text me on 0412 632 304.

Note: This information is in no way intended as a substitute for medical treatment. Kindly understand that essential oils work to help to bring the body into balance, so the body can heal itself – thus helping the body's natural defences to restore homeostasis. Essential oils are not used to “treat” medical problems.

Bonus:

A few of my favourite oil blends for the diffuser are as follows;

Cosmic Bliss Blend

2 drops Geranium

3 drops Wild Orange

3 drops Patchouli

3 drops White Fir / or Siberian Fir

Gratitude Blend

4 Bergamot

3 Wild Orange

2 White Fir

2 Geranium

Joy Blend

3 Bergamot

3 Lemon

3 Tangerine

2 Ylang Ylang

2 Geranium



QUINOA Breakfast Bake



1. 1 cup uncooked quinoa
2. 1 1/2 teaspoons cinnamon
3. 1/2 teaspoon nutmeg
4. 1/8 teaspoon ground cloves
5. 2 apples, peeled, diced
6. 1/4 cup raisins
7. 2 eggs
8. 2 cups vanilla soy milk (can substitute regular milk)
9. 1/4 cup maple syrup
10. 1/3 cup almonds, chopped

Directions

1. Preheat the oven to 180°C. Lightly grease a 7-by-11-inch baking dish (an 8-by-8 works too).
2. In a small bowl, mix the uncooked quinoa with the spices. Pour into greased dish.
3. Sprinkle the apple and raisins on top of the quinoa.
4. In that same small bowl, beat the eggs. Whisk in the soy milk and maple syrup.
5. Pour the egg and milk mixture over the top of the fruit and quinoa. Lightly stir to partially submerge the fruit. Sprinkle the chopped almonds on top.
6. Bake for one hour or until the casserole is mostly set with only a small amount of liquid left.
7. Allow to cool, and then cover and refrigerate. In the morning, cut a square, microwave it on a plate, and enjoy alone or with a few dollops of Greek yogurt.

I also add Gogi berries with the raisins and mix some pepitas with the almonds on top, as well as (OF COURSE) Drops of Wild Orange, Clove, Cinnamon with the milk mixture. These drops vary according to taste.

This is my favourite breakfast, with coconut yogurt and fresh fruit.

dōTERRA Wild Orange Vinaigrette

Ingredients:

1 cup extra-virgin olive oil

1 tablespoon of Dijon Mustard

1/3 cup balsamic vinegar

1-2 drops dōTERRA Wild Orange essential oil

2 Tbsp mayonnaise

1/2 cup brown sugar

sea salt & black pepper to taste

DIRECTIONS:

Combine ingredients in a food processor or blender until smooth.

This dressing is good on all salads. One recommendation is:

Romaine lettuce, sliced apples, dried cranberries and toasted sliced almonds.



STORE IN GLASS JARS ONLY. It will keep in the fridge for several months.

Enjoy!