

# Everything You Need to Know About Essential Oils

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## What are Essential Oils?

- Distilled and concentrated oils of a plant
- Stored as microdroplets in the glands of plants



*Oil Glands*

## How Are Essential Oils Made

- Steam distillation (*hydrosol is a byproduct*)
- Expression (*mainly for citrus peels*)
- Solvents (*absolutes*)



*Lavender Fields*

## Concentration of Essential Oils

- 27 sq. ft of lavender for one 15 mL bottle of oil
- 75 lemons for one 15 mL bottle of oil
- One drop of peppermint oil equals 26-28 cups of peppermint tea

## What Makes a Good Essential Oil?

*\*No aromatherapy classification for "therapeutic grade" oils*

- **Growing Methods:** No pesticides, herbicides, heavy metals
- **Label:** Botanical name, plant part, country of origin, safety precautions
- **Testing:** GC/MS (Gas Chromatopography/Mass Spectrometry)
- **Cost:** Affordable, but not TOO cheap



*Clove Oil*

## Essential Oil Safety Guidelines

- **Undiluted Oils:** "Neat" means no dilution needed, be careful of becoming sensitized
- **How to Dilute:**
  - **Young Children (6-24 months):** 1 drop + 1 T. carrier oil
  - **Children 2+ and Sensitive Skin:** 1 drop + 1 tsp. carrier oil
  - **General Daily Use:** 2 drops + 1 tsp. carrier oil
  - **Periodic Use:** 3 drops + 1 tsp. carrier oil
- **Best Carrier Oils:** Sweet almond oil, jojoba oil, fractionated coconut oil, and olive oil
- **Precautions with Children:** not with babies under 3 mo., 3-6 months only lavender, chamomile, dill, and blue yarrow, babies 6-24 months (*can use citronella, grapefruit, orange, and tea tree to name a few*), children 2+ (*can use clary sage, clove, frankincense, lemongrass, myrrh, oregano, spearmint, and vetiver to name a few*), avoid peppermint until 6 and eucalyptus and rosemary until 10 (*causes breathing problems*)
- **Precautions with Pregnant/Nursing Women:** No safety studies, no oils in the first trimester, use only periodically, avoid absolutes, don't add to the birthing pool, avoid: clary sage, eucalyptus, lemongrass, myrrh, and oregano to name a few
- **Ingesting Oils:** The short answer...no, oil and water don't mix, too concentrated, use herbs, capsules, and teas instead...unless you are in extreme circumstances and are being guided by a trained aromatherapist
- **If It Burns:** Oil will get rid of oil (or milk), NOT water
- **Other:** Keep undiluted oils away from airways and from people suffering from respiratory diseases



*Carrier Oils*

## Best Uses for Essential Oils

- **Diffusing:** 3-5 drops of a blend or your favorite scents, look for a cool air diffuser
- **Rollerballs:** Carrier oil and your favorite scents, apply to wrists, neck, and feet
- **Bath:** Don't add directly, mix with soap, milk, or carrier oil first or make salt or sugar scrubs
- **Compresses** – Hot to help soothe sore muscles and cold to control swelling, add 6-12 drops of essential oil to a large bowl of water, swirl a cloth through it, wring in out, and apply (*examples: clary sage for menstrual cramps, peppermint for headache or stomachache*)
- **Skin Care Products:** Massage oil (cederwood, lemongrass, marjoram, peppermint -soothes muscles) toothpaste, deodorant, body butter, lip balm, etc.
- **Cleaning:** All purpose cleaner: vinegar, lavender, lemongrass, orange, oregano, and tea tree oil
- **Droplets on Cotton Balls:** Put in stinky places, your pillow, drawers, etc.
- **Dryer Balls:** Put a few drops of your favorite scent on dryer balls
- **Spray Bottles:** Mix your favorite oils in water, make sure to shake before use, spray on clothes, bug spray, keep cats off from things, etc.
- **Inhaler:** Add about 25 drops of essential oils (*eucalyptus, fir, cypress, etc.*) to a cotton ball and stuff into an inhaler and take a whiff when you need to

## Healing with Essential Oils

- **Insomnia:** Lavender and chamomile, maybe a little bit of orange are the best choice, also marjoram, ylang ylang, lime, bergamot, neroli, and lemon (*spray the room, pillow, or diffuse in room 30 minutes prior to bedtime*)
- **Headache:** Peppermint, lavender, eucalyptus, or rosemary (*roller ball, compress, diffuser*)
- **Cold and Flu:** Tea tree, pine, lavender, peppermint, thyme, lemon, eucalyptus, or rosemary (*diffuser, roller ball, inhaler, compress*)
- **Chest Congestion/Cold:** Eucalyptus (*or fir and cypress*), frankincense or bergamot will help kill germs too (*inhaler, diffuser*)
- **Skin Fungus:** Tea tree, oregano, thyme, cinnamon, clove, lemongrass, and lavender (*roller ball, carrier oil, lotion*)
- **Tooth Pain:** Clove oil - only use over the age of 2, numbing agent, so don't swallow (*external compress, with carrier oil in the mouth*)
- **Eczema:** Lavender and chamomile are very soothing (*mix with [Renew lotion](#)*)
- **Bug Bites:** Basil, lavender, tea tree (*carrier oil*)
- **Morning Sickness/Nausea:** Ginger, spearmint, lemon, grapefruit, orange, or lime (*inhaler, rollerball*)
- **Back Pain/Sciatic Nerve Pain:** Marjoram, lavender, cypress, chamomile, and black pepper (*massage oil*)
- **Stretch Marks and Scars:** Chamomile, orange, and rosehip mixed together (*carrier oil, lotion*)
- **Stress/Anxiety/Fear:** Lavender, chamomile, citrus scents, geranium, ylang ylang, petitgrain, and neroli (*diffuser, inhaler, rollerball*)
- **Fatigue:** Spearmint, grapefruit, lime, and sweet orange mixture (*inhaler, diffuser*)
- **Menstrual Cramps:** Chamomile, clary sage, lavender, peppermint, rose, or rosemary (*hot compress*)

## Additional Resources

- [Essential Oil Safety](#) by Robert Tisserand
- [The Complete Book of Essential Oils and Aromatherapy](#) by Valerie Ann Worwood

## Essential Oil Comparison Chart – Fall 2016

Product	Size	Price*		
Single Essential Oils		Melaleuca	Young Living	doTERRA
Bergamont	15 ml	\$19.00	\$27.00	\$27.50
Cedarwood	15 ml	\$9.00	\$11.25	\$13.00
Cinnamon Bark	5 ml	\$14.50	\$24.00	\$21.00
Clove	15 ml	\$9.50	\$15.95	\$14.00
Dill	5 ml	\$11.50	\$15.75	\$30.00
Eucalyptus	15 ml	\$9.50	\$14.50	\$14.00
Frankincense	15 ml	\$40.00	\$73.50	\$69.75
Geranium	15 ml	\$19.00	\$41.25	\$27.00
Ginger	15 ml	\$26.50	\$39.75	\$39.00
Grapefruit	15 ml	\$11.00	\$16.75	\$16.00
Jasmine Absolute	5 ml	\$100.00	\$76.50	Not available
Lavender	15 ml	\$14.50	\$23.50	\$21.00
Lemon	15 ml	\$7.50	\$11.25	\$10.00
Lemongrass	15 ml	\$7.50	\$11.25	\$10.00
Lime	15 ml	\$8.00	\$12.25	\$13.00
Marjoram	15 ml	\$13.00	\$34.75	\$19.00
Melaleuca T36 – C5	15 ml	\$6.99	\$31.25	\$19.00
Melaleuca T36-C5	30 ml / 1 oz	\$11.59	Not available	Not available
Melaleuca T40-C3	0.2 fl oz	\$16.99	Not available	Not available
Myrrh	15 ml	\$35.00	\$64.75	\$52.00
Orange	15 ml	\$7.50	\$10.75	\$10.50
Oregano	15 ml	\$16.50	\$27.75	\$24.00
Patchouli	15 ml	\$20.00	\$33.75	\$29.50
Peppermint	15 ml	\$14.00	\$21.50	\$20.50
Rose Absolute	5 ml	\$85.00	\$185.50	Not available
Rosemary	15 ml	\$9.50	\$15.50	\$14.00
Sandalwood	6 ml	\$40.00	\$94.75 (5 ml)	\$61.75 (5 ml)
Thyme	15 ml	\$19.25	\$33.75	\$27.50
Wintergreen	15 ml	\$11.25	\$17.75	\$19.00
Ylang Ylang	15 ml	\$24.50	\$40.75	\$47.00
<b>Essential Oil Blends**</b>				
Armor (immune)	15 ml	\$20.00	Thieves - \$33.75	OnGuard - \$32.00
Brighten (joy)	15 ml	\$20.00	Joy - \$41.75	Cheer - \$25.00
Blue Heat (pain)	5 ml	\$20.00	PanAway - \$25.25	Deep Blue - \$32.00
Lighten (stress)	15 ml	\$12.50		
Peace (calming)	15 ml	\$20.00	Peace & Calming - \$72.75	Serenity - \$30.00
Sharpen (focus)	15 ml	\$20.00		
Vapor (respiratory)	15 ml	\$14.00	R.C. - \$30.75	Breathe - \$20.00
Vitalize (refreshing)	15 ml	\$10.50	Citrus Fresh - \$15.25	Citrus Bliss - \$15.00

\*Prices listed are Melaleuca's Preferred Customer Price and the wholesale pricing of Young Living and doTERRA.

\*\*Blends tend to use similar ingredients and serve similar purposes, but may not be an exact match.

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