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# INCORPORATING ESSENTIAL OILS INTO OUR DAILY LIVES

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# Incorporating Essential Oils into our Daily Lives

Barbara Wellborn, RA, CMI, KT

## How Does Aromatherapy Work?

Aromatherapy is a gentle but powerful healing tool that uses essential oils to positively effect health on a physical, emotional, mental and spiritual level. Essential oils are naturally occurring substances in plants that are produced to help protect the plant from disease and predators. Oils can be obtained from different parts of a plant, including the blossoms, fruit, leaves, stems, bark, wood or resin. Through the complicated process of steam distillation or solvent extraction, essential oils are carefully obtained for our use.

Our skin is the largest organ of the human body. The molecular structure of essential oils allows the oils to *diffuse* through the skin with relative ease. Massage can increase the rate of absorption due to the effect on circulation. The application of moist heat can also increase the rate of absorption of essential oil compounds. Once absorbed, the oils are slowly “time-released” from the epidermis, which acts as a reservoir, into the bloodstream. Essential oils contain both water soluble and fat soluble molecules which makes them very suitable to pass through the skin.

Inhalation is another method through which the body can absorb essential oil molecules. Because of the relatively large surface area of the lungs, the amount of essential oil which reaches the bloodstream can be increased by deep or rapid breathing. Inhaled substances pass through the various levels of the lungs, ending in the microscopic sac-like alveoli, where a gaseous exchange occurs with the blood through a very efficient transport system. Breathing through the nose is very beneficial as the lining of the nose is highly permeable, being well supplied with capillaries, so that a high percentage of the oil molecules are absorbed into the general circulation.

As the nose is close to the brain, it is believed that substances absorbed through the nasal mucosa have easy access to the Central Nervous System (CNS). It is thought that essential oil molecules have the ability to reach the brain, but not in sufficient quantity to cause harm, unless concentrated vapours are inhaled for very long periods of time. One theory suggests that the molecules stimulate the olfactory nerve endings, sending messages to the brain via the limbic system, the seat of memory and emotion, which gives oils their mood-altering abilities. There may be certain risks from inhalation for people with CNS problems, such as epilepsy, so consulting with a professional aromatherapist can help prevent additional issues from arising.

## How to Choose an Effective Oil

This is one of the most challenging questions facing those who choose to use aromatherapy today. How do you know whether the oil you are purchasing is a genuine and authentic oil or a synthetic recreation of the chemical components that make up the scent of a beloved oil?

As Kurt Schnaubelt so eloquently states, *“In the case of essential oils, a point can be made that **pure** should mean that no impurities are present or have been added. **Authentic** is used to describe that an oil is the true representation of the components present in the specific plant that is referenced on the label.”*

Pure essential oils have between 50 to 500 naturally occurring constituents of which they are comprised, which individually can have positive or negative effects. By keeping an oil whole, it allows the oil to more readily balance the positive and negative effects as nature intended. Certain oils must be used with caution due to high levels of certain constituents (i.e. carvacrol, eugenol, thymol, cinnamaldehyde) because of their toxic and irritating natures. When one separates an oil into its one main chemical compound (i.e. limonene, linalool) as is often done in the cosmetic industry, you are only getting extremely limited benefits the oils has to offer.

Fragrance oils, or manufactured scents, are created in a laboratory in order to mimic a natural scent or to evoke a feeling. These oils are used commercially to perfume candles, soaps, cosmetics and produce a myriad of food flavorings. While chemists are able to duplicate the fragrance of a particular essential oil, they have so far been unable to reproduce the healing properties that make true essential oils such effective healing tools.

Many oils that are readily available in the health food and drug stores are considered fragrance oils, though not all are labeled as such. An unwitting consumer who purchases these oils may assume that they are real oils that can be safely used on their skin or worse, taken internally. Other oils that are readily available may be considered “true” oils, but many have been adulterated in the manufacturing process, either by adding chemical constituents to make the oil smell a consistent way or to make an otherwise really expensive oil affordable. While researching oils recently, I sampled a few of the local choices in a neighborhood health store. I saw a 15ml bottle of Frankincense for \$24.88. I picked up the tester and used my olfactory senses to test the quality of the oil. My nose was assaulted by a very strong scent of solvent. This clearly explained how this “oil” could be priced so cheaply.

Other oils that are available locally are actually good quality oils, but in order to make them affordable to the general public, they have been heavily diluted with a carrier oil. This makes them available to use immediately without needing to further dilute them, but they should be labeled appropriately so that you know what you are truly purchasing. Some of the online sources I have listed also sell oils that are in a carrier oil

so that they are available to a wider audience. A reputable company will clearly mark these oils as such. Whenever possible, let your nose guide you.

The best way to choose an oil is to find a company who comes highly recommended and is very reputable. Following, you will find an entry for Lavender that explains its origins, the Latin name, source, whether it is organic, wildcrafted, etc. You learn something about the oil that you are getting ready to purchase. There is transparency that allows you to make an educated choice.



## Lavender Wild ~ sauvage

True, wild Lavender has evolved as one of the most important essential oils for health maintenance in aromatherapy – it consistently has a more complex composition than the Fine (‘population’) Lavenders. Known for its profound anti-inflammatory effects for the skin, Lavender is classically used in aromatherapy for relaxation and to induce a peaceful state of mind. The essential oil mediates the virtues of the plant – to survive and maintain integrity with dignity, even in rough and challenging environments. While not every year is prolific for wild Lavender, we are currently able to offer the softest, most precious and elegant oil from our long-time supplier in Provence, France. We have observed that the distinction of whether plants are grown above or below 1,200 meters is no longer necessary since notable populations of wild Lavender have gradually receded to above that altitude. There is no more wild Lavender growing below that elevation. Certified organic by Ecocert and SIMPLES. A Bio Authentic Original – France.

The small image on the prior page shows a stand of wild Lavender. These unpretentious plants are decades old. The photo above shows stands of wild Lavender in the Montagne de Lure and the panoramic views the Lavender harvesters can enjoy.

<b>Parts:</b>	Flowers
<b>Origin:</b>	France
<b>Quality:</b>	Certified organic
<b>Botanical:</b>	Lavandula angustifolia

## Essential Oil Safety

Entire books have been written about essential oil safety. It is a difficult task to distill all that information into a few paragraphs. Pure oils are extremely powerful medicines. As the end user, it is ultimately up to you to learn as much as you can from reputable sources and not just rely on blog articles and enthusiastic MLM distributors. There is a huge amount of misinformation out there and unfortunately people have suffered the consequences of being ill informed.

If you come away with nothing else from this workshop, please remember that **LESS is more**. In my practice, it is a very rare occasion that any blend I make is more than a 3% dilution. For children, pregnant women and the elderly, the blend is only 1%. For a case with extenuating circumstances, the blend may be up to 10%, but again, this is very rare. My clients have found these low dilution blends to be very effective at treating a wide range of issues from aching muscles to nerve pain, from anxiety to sleep issues, etc. Many companies will tell you to use a dilution of 20% – 100% pure oil to treat a variety of ailments. This is completely unnecessary and can cause more harm than good.

All oils should be diluted, with the exception of lavender and tea tree oil, which can be applied neat (undiluted) while still using caution. One can become sensitized to an oil through repetitive use either through inhalation or direct application, so it is always a good idea to vary the types of oils used and not solely rely on one oil (i.e. lavender, peppermint, etc.)

Please treat essential oils as you would any medication in your home. Essential oil bottles are supplied with orifice reducer caps. These caps help to prevent accidental overdose with children. When making blends, seek out bottles that have these types of caps or else store your blends out of reach of small children.

When using essential oils for a bath, it is always a good idea to add the oils (no more than 10 drops) to a teaspoon of carrier oil or 1 cup of Epsom salts or baking soda. This helps the oils disperse throughout the bath and not to just sit on the surface. I find that baking soda or salt is the better choice as it mixes completely into the water.

Remember that many oils can be irritants to delicate mucosal linings of the body and that warm water helps the oils to penetrate more deeply. Choose your oils wisely. Oils that are considered “hot” (i.e. – oregano, thyme, cinnamon, basil, etc.) are usually NOT good choices for the bath.

A question that is coming up for many people wanting to incorporate oils into their lives is whether the oils can be ingested safely or not. No registered aromatherapist in North America is licensed to prescribe the internal use of essential oils. It is only under the guidance of a qualified medical doctor or medical herbalist with specialized training that this a safe thing to do. These treatments are used in serious illnesses and not on a casual basis.

Certain oils have become popular for applying under the tongue to ward off a cold (i.e. oregano oil). Robert Tisserand in *Essential Oil Safety*, lists carvacrol, one of the main constituents in oregano oil, as irritating and corrosive. Carvacrol can lead to toxicity. He states that oregano oil should not be used on mucous membranes (i.e. - tissue in the mouth) at a higher dilution than 1%. Thymol, which is found in high amounts in oregano and thyme, is another component that is considered an irritant, can be toxic and corrosive. Please remember that our mouths can absorb materials very quickly into the body. Is this a good choice for you?

Robert Tisserand lists the following popular oils as **STRONGLY IRRITATING** to mucous membranes: clove, oregano, savory, thyme. These oils can be used on the skin, but only in a highly-diluted form. Be very careful when using these oils while diffusing, doing steam inhalation or in a bath. They have the potential to damage delicate tissue.

Unfortunately, due to the increasing popularity of aromatherapy, adulteration has become a serious issue. Many companies are now touting that gas chromatography can prove the purity and “therapeutic” value of their oil. Kurt Schnaubelt, a highly respected aromatherapist and founder of the Pacific Institute of Aromatherapy, states that this type of testing has only led to more sophisticated ways of manipulating the oils.

*“...as the supply chain of essential oils has become ever more corporatized, emphasis of analysis has increased exponentially. ... analysis is not necessary to produce an authentic oil. It can serve different purposes, such as studying nature or to guard against fraud. It also provides the data needed to make the adulteration of oils ever more sophisticated. Ultimately I believe that to quite some degree overemphasis of analysis commodifies and objectifies those beautiful products of plants.”*

It is paramount to know your supplier and trust that the product they are selling is authentic and genuine. With this thought in mind, are you willing to risk using an oil internally not knowing exactly what you are putting into your body and the effects that it will have? Please remember that authentic oils in their purist forms are very powerful medicines. Even quality oils carry risks when taken internally. What risks come with an adulterated oil?

I have included two articles at the end of this packet that talk more about Essential Oil safety and the effects of improper use of oils. Please take the time to read them and more fully understand the consequences of oil misuse.

**First Aid Measures** – If an essential oil is ingested, rinse mouth out with water and then drink a large glass of milk. Seek medical advice immediately or call Poison Control. If you get essential oils in your eyes, flush with a large quantity of water. A drop of organic jojoba oil or sweet almond oil can help to dilute any remaining essential oil and to soothe the irritation.

**Contraindications** – (this information is taken directly from Green Valley Ltd.’s website and is a general list of oils that should be avoided under certain conditions. If you are in

doubt as to whether an oil is safe for you to use or not, please consult a professional aromatherapist. This is by no means a complete list. Please check carefully before using an oil to make sure that it is the right choice for you.)

These contraindications apply only to direct application of essential oils to the skin. They do not apply to diffusing essential oil, perfume oil and soap makers. Babies and small children - use Chamomile essential oil only at a 1% dilution.

- **PREGNANCY:** Avoid using essential oils in first trimester if there are concerns, or use only under the direction of a qualified aromatherapist. In the second trimester, the following oils should only be used in a 1% dilution when used on the body for massage: lavender, geranium, chamomile, cardamom, neroli and palmarosa. Other oils can be used in diffusers (i.e. spearmint for nausea).
- **HIGH BLOOD PRESSURE:** Avoid Cypress, Clove, Nutmeg, Pine, Rosemary, and Sage & Thyme.
- **LOW BLOOD PRESSURE:** Avoid the use of Sweet Marjoram and Ylang Ylang.
- **EPILEPSY:** Avoid Fennel, Hyssop, Peppermint and Sage.
- **INSOMNIA:** Avoid peppermint, Basil, Lemon Verbena, and Rosemary.
- **GASTRIC PROBLEMS:** Avoid Cinnamon, Clove, Garlic, Oregano and Parsley Seed.
- **CHRONIC KIDNEY DISEASE/URINARY PROBLEMS:** Avoid Juniper Berry, Eucalyptus, Parsley Seed, and Black Pepper.
- **ESTROGEN PATCH WEARER:** Avoid Geranium and Vitex.
- **SUN EXPOSURE:** Before going into the sun or using tanning beds, avoid Bergamot, Grapefruit, Lemon, Lime, Mandarin, and Orange.
- **SKIN IRRITANTS:** Use a maximum of 3 drops when using the following oils in a bath: Basil, Lemon, Lemon Grass, Nutmeg, Peppermint, Cinnamon and Thyme.
- **CARDIAC FIBRILATION:** Do not use Peppermint and Rosemary.
- **ASTHMA:** Some essential oils can help but proceed with caution.

## How Best to Use Essential Oils (Application and Varying Treatments)

**Massage** - Massage is one of the oldest and simplest methods of medical treatment available. It helps to improve circulation, relaxes the muscles and can create a deep sense of well-being. When combined with aromatherapy it can help to address inflammation, arthritis, stress, anxiety and a myriad of other issues. Through absorption and inhalation, essential oils can enter the body to help with deeper healing.

- **Full Body Massage** – For a healthy adult, use a 3% dilution of an essential oil or blend. This is approximately 10 drops in a 15ml bottle mixed with a carrier oil. For children, the elderly and pregnant women, the dilution should be 1%.
- **Local Area Massage** – When there is a localized issue (i.e. muscle spasm in shoulder or sciatic issues in the leg) one can use a higher dilution. To create a 5% dilution, add 15 drops of an essential oil or blend to a carrier oil of choice.

**Inhalation** – By using inhalation, oil molecules enter the body through the olfactory system. Listed below are a variety of methods.

- **Steam Inhalation** – Fill a bowl with hot water and add 2-3 drops of essential oil. Cover head with a towel to create a tent and breathe in. If wanting to use thyme, please use it only as a minor part of a blend to protect the delicate mucosal linings of the nose. This method should not be used with asthmatics.
- **Tissue/Handkerchief/Pillowcase** – Place 1-2 drops onto any of these items and inhale as needed. Drops of essential oil can be placed on a cotton ball and placed between the pillow and the case instead of direct application.
- **Aroma Inhalers** – These devices are available at the health food store. The device consists of a wick and a plastic outer casing (similar to a Vicks Vapor Inhaler). Place 10-15 drops on the wick, close the inhaler and take your blend along to sniff when needed.
- **Sauna (Wet)** – Mix 1-2 drops of essential oil with 2 cups (500 ml) of water and apply to heat source. Eucalyptus, tea tree or pine oils are excellent detoxifiers and cleansers.
- **Diffusers** – See the following information about diffusers and their uses.

## Different Methods of Diffusion

Essential oil diffusers have become very popular these days, but there is some confusion as to which ones work best and what type would serve one's purposes. Following you will find a brief discussion of the different types of diffusers. This information is taken from Diffuser World's website at [www.diffuserworld.com](http://www.diffuserworld.com).

*(When diffusing oils by any method, please take your pets into consideration. Most animals have very sensitive noses and cannot tolerate exposure to high levels of essential oils. Birds especially do not tolerate oils well. Please be respectful to your pets and allow them a place to go to that is not affected by the diffuser.)*

## Five Types of Essential Oil Diffusers

In general, a diffuser is ANY device which allows a liquid to evaporate thereby putting a scent into the surrounding environment. So placing a drop of essential oil onto a tissue and inhaling the aroma turns a tissue into an evaporative diffuser!

Of course, not all diffusers are alike. In fact, there are five different types of diffusers. Understanding all five types of diffusers should help clear up the confusion. Let's break each of them down.



## 1) Atomizing/Nebulizing Diffusers:



Atomizing is a new and innovative technology that uses a cold air jet pump to force essential oil molecules through an atomizer and into very tiny particles while preserving the natural healing properties of the essential oils. These micro-particles permeate the air and remain suspended for hours, fully intact, with all of their NATURAL defenses against airborne viruses, bacteria, mold, pests, and odors, and are absorbed gently into the body through the respiratory system.

The aroma created can prompt the nervous system to transmit signals to the limbic system in the brain – the same part of the brain that houses emotion and memory. The brain may respond by initiating various physiological functions, such as a release of hormones, relief from pain, or a positive boost in mood. Other common uses are for respiratory therapy, mood enhancement, relaxation, well-being, air purification, and more. *(It should be noted here that diffusing for extended periods of time can lead to headaches, vertigo, nausea and lethargy. With certain oils, more serious symptoms may arise, including incoherency and double vision. Use of intermittent timers not only saves oil, but it can prevent over-exposure as well.)*

Atomizers have the largest room coverage of any diffuser type, and the micro-fine mist stays suspended for extended periods of time (1-3 hours). Also unique is the micro-fine mist ultimately evaporates completely, rather than settling on surfaces; and most atomizing diffusers do not need to be cleaned as long as you use them regularly.

If you're worried about an atomizing diffuser using too much essential oil, most units give the user full control over the oil consumption through built-in intermittent timers and a pressure-control on the pump. After understanding how long the atomized vapor stays suspended, and the full saturation of oil in the air, etc., consumers realize they only need to run the diffuser on the minimum settings, which actually uses minimum amounts of oil.

Atomizing diffusers are typically a little more expensive than other diffusers, but remember it costs more to create a steady pressurized cold air flow than to create heat, or rotate a fan. They are typically built better, use higher quality materials, and have longer warranty periods. Many (of Diffuser World's atomizing diffusers) are manufactured in America.

Remember, no method of diffusing is as effective in preserving the natural healing qualities of essential oils as atomizing.

**Cons:** Units can be more expensive as it is more costly to create a steady pressurized air flow than to create heat or to rotate a fan. The powerful cold air jet technology is not silent.

## 2. Ultrasonic Vaporizing Diffusers



Ultrasonic diffusers use electronic frequencies to create vibrations in water, which creates a fine mist (of water and essential oils) that is released into the air. Vaporizers provide humidification and will produce a nice scent in a small area.

Ultrasonic diffusers not only offer a chemical-free way to scent your space, but they provide the spa like atmosphere that goes hand in hand with the aroma. Often ultrasonic vaporizers are equipped with colorful lighting and a variety of timer options. They are generally very quiet.

There's something to consider however; because the majority of the mist is a water vapor, the scent has limited healing capacity. Studies have shown that mixing oil and water alters and damages the healing properties of essential oils.

It's important to clean ultrasonic vaporizers often as oil residue can collect on surfaces around the diffuser as well as will coat the ultrasonic disc at the bottom of the unit.

Beware of inexpensive; poorly made vaporizer/ultrasonic imports as they come with short warranty periods (typical is 90 days). You could end up purchasing several units in a year's time.

**Cons:** Humidification can be undesirable in high-humidity climates. It is a less effective way to provide aromatherapy because the majority of the mist is water vapor which quickly drops from the air. Most vaporizers will only run up to five hours on a single filling. Condensation can build up on surfaces around the unit. Units need to be cleaned often. Units are typically imported and have short warranty periods.

### 3. Heat Diffusers



Heat diffusers warm the essential oil. The increased temperature causes the essential oil to evaporate and release an aroma into the air.

Some heat diffusers are a relatively inexpensive option for making a space smell nice, but they are not optimal when the therapeutic properties of the essential oil are desired.

Heat has two drawbacks. First, it tends to alter the chemical composition of the essential oil which can destroy its purity and therapeutic value. Second, while heat does produce a nice aroma, it may not be therapeutically useful because the size and availability of breathable molecules are mostly filtered out by the nose hairs and nasal cavity.

*Examples: lamp rings, candle diffusers, electric heat diffusers, steam diffusion*

### 4. Fan Diffusers



By utilizing a small fan to create airflow, evaporation is achieved when air passes over a wick or absorbent pad which holds the essential oil. Many can be plugged into a USB port.

Ventilation offers an economical and simple way to provide evaporation. Since there is no heat involved, the chemical composition of the essential oil remains intact. Fan diffusers are generally quiet.

The size and availability of breathable molecules compromise therapeutic benefits. Ventilation will only cover a small area.

## 5. Evaporation Diffuser



An evaporative diffuser allows essential oils to be exposed to air so that the oils naturally evaporate. Placing a drop of essential oil onto a tissue and inhaling the aroma is a simple example of evaporative diffusion.

Evaporative diffusers are good for personal use in a small area and on the go; but may not be ideal for large or outdoor areas.

*Examples: clay beads, pendants, reed diffuser, cotton ball, tissue*

### Basic Body Care Recipes\*

**Shampoo** – For every 1 cup (250 ml) of basic shampoo base (look for an organic unscented variety) add 8-12 drops of essential oil. For light hair try 8 drops lemon and 4 drops roman chamomile. For dark hair try 10 drops of rosemary. For oily hair try 10 drops of lemon and 2 drops of juniper. For dry hair try 8 drops roman chamomile or geranium and 2 drops of sandalwood.

**Final Rinse** – An effective final rinse can be made with essential oils. Mix 1 drop of essential oil to 1 teaspoon (5ml) of apple cider vinegar. Mix well and add to one cup (250 ml) of boiled water. Rinse through hair after shampooing. Lemon is good for normal hair. Sandalwood is good for dry hair and geranium is effective for oily hair.

**Oil Treatment for Dandruff** – Mix 10 drops of rosemary, 10 drops of lavender and 5 drops of juniper to 50 ml of organic olive oil and shake well. Apply to wet hair, massage the mixture into the scalp and allow it to sit for 15-30 minutes. Shampoo well afterwards. Use weekly. If hair is oily, use the following tonic.

**Dandruff Tonic (for oily hair)** – Mix 1 tablespoon (15 ml) apple cider vinegar with 5 drops lavender, 5 drops lemon and 5 drops tea tree and add to 300 ml spring or distilled (reverse osmosis) water. Use 1-2 teaspoons (5-10 ml) of this mixture, massaged into the scalp (not the hair) every night before going to bed.

**Basic Bath Oil** - Add 25 drops of your favorite blend or single oil to 4 ounces of organic oil. Organic Jojoba or Unrefined Sesame oil are both excellent choices.

**Foot Baths** - A warm foot bath is a wonderful way to relax tired sore feet. Add 5 drops of essential oil or essential oil blend to ½ cup of Epsom salt. Swish it through the water and soak your feet for 10-20 minutes. Peppermint, lavender, palmarosa and tree tree are all good choices for a foot bath.

**Athlete's Foot Powder** - Put 2 tablespoons of corn flour into a glass container and add 10 drops of tea tree and 10 drops of lavender. Shake well and seal. Allow to stand for 24 hours before first use and then shake well before using. Apply a small amount to feet to help them stay dry and to heal.

### Blending Guide\*

This is an excellent guide to use when creating any kind of blend.

**1% dilution** – use this low dilution for pregnant women, children, the elderly or those with compromised immune systems. This is also the dilution to use for facial skin care products. I find that this is a good dilution for my after-bath oil as well.

**3% dilution** – use this dilution for full body massage.

**Up to 5% dilution** can be used for a blend made specifically for treatment with local application only.

When you find recipes online that look intriguing, please adjust them so that they fit the above parameters. **Remember, that with oils, more is not better!**

Total Product Ounces	Total Product ML	Total Drops EO 0.5%	Total Drops EO 1%	Total Drops EO 2%	Total Drops EO 3%
1	30	3	6	12	18
2	60	6	12	24	36
3	90	9	18	36	54
4	120	12	24	48	72
5	150	15	30	60	90
6	180	18	36	72	108

## HEADACHES\*

- A cold or warm compress (whichever gives the most relief) made up with equal parts of lavender and peppermint can be helpful. Change frequently as the temperature of the compress changes.
- Extremely light massage of the temples with lavender might be helpful
- As some migraines appear to be due to a restricted flow of blood to the brain, a hot or warm compress made with sweet marjoram applied to the back of the neck may help to increase the flow of blood to the head.

### Headache Blends

Blend 1	Blend 2	Blend 3	Blend 4
2 drops of Melissa	5 drops of Lavender	2 drops of Peppermint	5 drops of Marjoram
2 drops of Lavender	2 drops of Peppermint	1 drop of Ginger	5 drops of Lavender
2 drops of Peppermint	2 drops of Roman Chamomile	2 drops of Marjoram	2 drops of Peppermint

## Basic First Aid\*

**Minor Burns** - Unless the skin is broken, hold the affected area under cold running water for 10 minutes. Apply lavender neat (undiluted) to the area and repeat every 2 hours for the next 24 hours.

**Minor Bruises** – I have found that lavender is a great go to for bumps and bruises. This is a comforting oil to use on children when they get a ‘boo-boo’ and can quickly soothe the tears. Keep a small bottle of diluted oil handy for those times when quickly needed. Helichrysum (Immortelle) is also excellent for deeper and more serious bruising.

**Minor Cuts and Scrapes** – First clean the area and then apply diluted lavender or tea tree to the area.

**Insect Bites and Stings** – Apply 1 drop of lavender or tea tree oil neat (undiluted) to the sting. Can be repeated hourly until irritation subsides.

**Blisters** - Mix equal amounts of Lavender and Tea Tree essential oils together. As soon as a blister appears add one drop of this mixture directly to the blister.

## Homecare Recipes\*

There are many ways that the clean, natural scents of essential oils can be used around the home. Following, find a variety of easy-to-create means of naturally cleaning and deodorizing your home.

- **Air Freshener** – Partially fill a 125 ml (4 oz.) glass spray bottle with distilled water. Add 5 ml (1 tsp.) of clear alcohol (high quality vodka) and 20-30 drops of desired essential oil (or blend). Shake the bottle well before each use. This is excellent for helping to eliminate cooking and bathroom odors without just masking them. A beautiful spray made with lavender is also useful for spraying on pillows 15-30 minutes before bedtime to aid falling asleep.
- **Carpet Freshener** – Place 1 cup of corn starch and 15-30 drops of essential oil in a wide mouth glass jar and stir with a disposable wooden skewer. Allow to stand for 24 hours before use so that the powder absorbs the oils completely. Sprinkle over carpeting, leave for 10-15 minutes and vacuum.
- **Linen Closet / Clothing Drawers** – Place 1-2 drops of essential oil on a cotton ball and place between linens and clothing. Cedar is excellent for deterring moths and lemon or lavender provide an uplifting and clean scent for sheets and towels.
- **Laundry** – Eucalyptus and lemon are both excellent to rid laundry of stubborn odors. Eucalyptus helps to neutralize animal dander and lemon oil helps to eliminate strong odors (i.e. – animal and human urine).
- **Windows, Bathroom and Kitchen Surfaces** – Fill a spray bottle (Use a heavy-duty spray bottle that can take chemicals. These can be found at Canadian Tire or Home Hardware. Alternatively, recycle a large Perrier or other glass sparkling water bottle and fit with a spray bottle top.) ½ and ½ with distilled water and distilled white vinegar. Add 20 – 30 drops (per 250 ml of liquid) of lemon, eucalyptus, oregano, thyme, or lavender oil and shake well. This is an excellent, disinfecting and non-streaking formula for all your cleaning needs.

*\*Recipes were taken from the West Coast Institute of Aromatherapy Workbook*

## Suppliers

### Canada:

#### **Essential Aura Aromatics**

1935 Doran Rd.

Cobble Hill, BC V0R 1L0

Website: [www.essentialaura.ca](http://www.essentialaura.ca)

Highly recommended by long time mentor, Dr. Bruce Berkowsky who is the creator of Spiritual PhytoEssencing. They carry oils of high quality that can be used in delicate spiritual work.

#### **Green Valley Aromatherapy Ltd.**

4988 North Island Hwy.

Courtney, BC V9N 9H9

Website: [www.57aromas.com](http://www.57aromas.com)

Recommended by West Coast Institute of Aromatherapy. Many of the oils used in the course were from Green Valley. \$50.00 minimum order. Website contains some good information.

#### **Rae Dunphy Aromatics**

921-9<sup>th</sup> Ave SW

NW Calgary, AB T2G 05S

Website: [www.raedunphy.ca](http://www.raedunphy.ca)

Highly regarded by the aromatherapy community. Website contains a lot of useful information about using oils and about the oils themselves. They carry both “therapeutic” grade oils and “soap” grade oils depending on whether the user wants them for bodywork or housework. \$6.00 flat rate for shipping across Canada.

### United States:

#### **Original Swiss Aromatics**

PO Box 6842

San Rafael, CA 94903

Website: [www.originalswissaromatics.com](http://www.originalswissaromatics.com)

Though located in the states, it is a great source for many difficult to find oils. This company belongs to Kurt Schnaubelt, a well-known aromatherapist researcher who runs the Pacific Institute of Aromatherapy. This site contains many important articles explaining the uses and labeling of oils. Highly recommend visiting this site.



## Interesting Links

Aromatherapy articles

<http://www.positivehealth.com/articles/aromatherapy>

Articles and Resources

<http://www.aromaweb.com>

Information and resource for diffusers

<https://www.diffuserworld.com>

In depth research on essential oils (over 23,800 articles listed)

<https://pubmed.ncbi.nlm.nih.gov/>

## Canadian Approved Aromatherapy Schools

### Canadian Alliance of Aromatherapy (Governing Board)

[registrar@bcaoa.org](mailto:registrar@bcaoa.org)

<https://bcaoa.org/>

### West Coast Institute of Aromatherapy (This is where I attended)

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## US Approved Aromatherapy Schools

### **Atlantic Institute of Aromatherapy (Highly respected aromatherapist in US)**

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## Bibliography

There is such a wide source of information available to us on the internet. Much of the information that I have included in this missive has been taken from sources that I trust for the information that they supply. I have tried to mention where I have gotten all my information, so that you too may check out these resources in the future. Unfortunately, there is a lot of misinformation out there as well. Hopefully, with the information that I have provided, going forth, you will be able to make choices based on good foundations from reputable sources.

[www.diffuserworld.com](http://www.diffuserworld.com)

[www.pacificinstituteofaromatherapy.com](http://www.pacificinstituteofaromatherapy.com)

[www.atlanticinstitute.com](http://www.atlanticinstitute.com)

[www.westcoastaromatherapy.com](http://www.westcoastaromatherapy.com)

[www.originalswissaromatics.com](http://www.originalswissaromatics.com)

[www.57aromas.com](http://www.57aromas.com)

[www.raedunphy.ca](http://www.raedunphy.ca)

**All information contained within this document is for educational purposes only. I have done my best to list all sources from which this information was taken. If I have missed giving credit for information that is included here, it was merely an oversight and not intended to cause harm. I am grateful for those who have come before me to help educate the world about essential oils without whose help I would not have been able to produce this document.**

As a professional bodywork practitioner, I do not make any claim of replacing any holistic or medical therapy. I do not advise clients in any form that my treatment is superior to any holistic or medical one, as my therapy is of a complimentary nature ONLY, rather than a curative treatment in itself.

I also am not a doctor and, therefore, do not advise on ANY oil for internal ingestion.

# Essential Oil Safety – Internal Use

## Essential Oil



## Safety matters

I am often asked what do I think about using essential oils internally or in cooking. There are a number of sources around these days that, to my mind, quite indiscriminately recommend the internal use of essential oils without considering just how very complex these wonderful gifts of nature really are. Yes, it is very true that aromatic plants and essential oils have long been used in the flavoring industry but, as anyone can appreciate using a large amount of a fresh herb is very different to using even just a few drops of the essential oil.

The yield of essential oil from each plant can be quite different, after all not all plants yield up the same amount of essential oil. Let us look at just a few examples:

Peppermint yields about 0.3 – 0.4% volatile oil  
Spearmint yields about 0.7% volatile oil  
Sweet Marjoram yields about 0.2 – 0.8% volatile oil  
Rosemary yields about 0.5% volatile oil  
Rose yields about 0.02 – 0.03% volatile oil  
Petitgrain yields about 0.2% volatile oil

Anyone can see from this that when you have a recipe calling for a sprig (or a tablespoon) of peppermint, or rosemary it would be a lot less than just one drop of the essential oil of peppermint or rosemary.

In the food industry there are very good guidelines set out as to the maximum use levels in food and beverage products for different essential oils. If we take our list above these are the recommended maximum use levels:

Peppermint 0.104% (1040 parts per million).  
Spearmint 0.132% (1318 ppm)  
Marjoram 0.004% (36.2 ppm)  
Rosemary 0.003% (26.2 ppm)  
Rose 0.0002% (2 ppm)  
Petitgrain 0.004% (37.7 ppm)

How can someone at home figure out such very small quantities when cooking at home or considering taking an oil internally? What do we have available to measure the quantities? Our dropper insert or pipette? The size of the drop obtained in this way will depend on the size of your dropper insert or pipette and the essential oil itself. Some of the thicker oils will come out

slowly in bigger drops, while the more volatile ones will flow much more easily in smaller drops. How do we figure out percentages as small as 0.104% in a regular recipe?

Let us ask ourselves why are there guidelines set up at all? Is it because of flavor intensity, or because of the safety of using that oil internally, or a combination of the two? I don't really know the answer to that question but I personally believe that the safety issues are part of the guidelines.

What about using the oils internally for therapeutic purposes? In my opinion, anyone considering using essential oils internally should know what the chemical composition of the essential oil you are considering using in this way is and what the possible cautions of those components might be. For instance ketones (found in quite large amounts in oils like peppermint 30%; spearmint 55%) generally stimulate the formation of tissue, have mucolytic effects, dissolve fats, and are potentially neurotoxic. Ketones are the most common toxic substances in essential oils. According to Dr. Penoel, ketone molecules can penetrate the blood-brain barrier more easily than other molecules. Some of the oils high in ketones can cause liver damage. After absorption from almost all regions of the gastrointestinal tract, most substances pass directly to the liver, where the great majority will be deactivated but some may be made more toxic. Not all ketones are equally problematic but this is the reason why many oils that are high in ketones carry the caution: Do not use in pregnancy. Can the developing fetus's liver handle the ketone content of an oil like peppermint or spearmint?

I have heard some sources refer to using essential oils internally as the **French Method**, and using them topically on the skin as the **English Method**. This is actually not quite accurate. If you go to France you will be hard pressed to find a store you can walk into and just buy essential oils off the shelf for internal use. Yes, there are some Medical Practitioners, both in France and elsewhere, who prescribe the internal use of essential oils, however this is generally for the treatment of severe infectious diseases and not for daily everyday use. What is generally recommended/prescribed is the use of preparations that have been carefully formulated in a laboratory and not the indiscriminate use of individual drops of essential oil. It is important to keep in mind that all recorded cases of serious poisoning with essential oils occurred after the ingestion of relatively large amounts of essential oils.

Yes, there are definitely **some** essential oils that can be used very effectively internally, however, it is **imperative** that their formulation in products for internal consumption is undertaken by someone who really understands what they are working with, knows what they are doing and is able to very carefully measure out safe dosages. And even then **not all essential oils can or should be used in this way**.

Just because someone else tells you that they take a drop or two of an essential oil for a specific health benefit daily, or that they flavor their water with a drop of essential oil, does not mean that it safe to do so or that it will be safe for you to do so. Keep in mind that each person's system is quite unique and individual and not everyone's system can deal as easily with what are relatively large doses of active ingredients.

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## 10 Worst Adverse Effects – Atlantic Institute of Aromatherapy

We love our essential oils and our fellow humans, and we want to help put an end to dangerous and unsafe practices. Most all of these cases were better once the oil use was discontinued.

Here is a list of the 10 Worst Adverse Effects we received this past year. We've included a summary and quoted text directly from the testimonials.

**10. Undiluted oils applied to small sore:** "blend/frankincense" was used and next day **skin turned red, bubbled up and peeled.** When concerns were voiced **she was told it was "detox,** that there's no way to be allergic or have a bad reaction to the oil since they are natural."

Most qualified aromatherapists will not acknowledge the claim on "detox" to be true. Dr. Robert Pappas has busted this myth on this page. [Read it here.](#)

**9. Undiluted on wrist:** Two drops of clary sage and ylang ylang were used on wrists several times a day for about 10 days. **Wrist started itching, broke out in red blotches which turned into blisters** which spread into an area of approximately 3 cm x 4 cm. After a month with no oils and jojoba it cleared up. **"Lesson learned: Always dilute your oils** and never use neat oil application to the skin."

YES! We love this lesson. Read about this and more in our new [FREE safety sheet available for download in our store.](#)

**8. Undiluted on mouth sores:** "Between 25-35 drops of essential oil on canker sores in mouth on tongue after being told it was safe. **This resulted in a trip to ER** because of racing heart, panicking, gagging, dry heaving, extremely hot, fever, dizzy and sick and high blood pressure. **"I thought I was going to die."**

It is so heartbreaking to read these sometimes. But it is our mission to spread this information so that we don't have any deaths due to misuse.

**7. Undiluted long term leads to sensitization:** Used essential oils since 1997, and by 2005 got small reactions. Finally by 2014, found help to understand sensitization and the safe use of essential oils. Now she can only use in low dilutions (if at all) and have turned to hydrosols & flower essences, but **"now have A LOT of sensitivities and allergies to a wide range of fragrances and EOs."**

Though we can become sensitized to a single oil, we can also become sensitized to many single oils and blends. By overusing now, we deprive ourselves of being able to use in the future. Remember the saying, "Less IS more."

[Read more about sensitization.](#)

**6. Oral use:** Due to ingesting a "lot of" oils - multiple drops multiple times a day - of lemon and grapefruit in water, this person now has been **diagnosed with stomach problems, chronic digestive upset, and is looking at possible gallbladder removal.**

How sad it is to read these stories of people who are looking for alternative health care, possibly to save money or avoid surgery, who then cause even worse problems for themselves or their families.

**Knowledge is power, never forget that it is in your hands.**

We are continuing our "Top 10 Worst Injuries from Essential Oils" from the [past year of collecting injury reports](#). These we have listed are the **top 5 worst cases** from our upcoming report, due out in February 2015. This is Part 2 of a [two-part series](#).

Here are 5 examples of direct quotes (excuse grammar) from our new [Injury Report](#), scheduled to come out in **February 2015**.

[Read more about this ongoing project to spread information on safety and the costs of misuse.](#)

**Stop the unsafe use of essential oils! Save yourself, your friends and family, babies, and animals. Stop the insanity.**

[See Part 1 for cases 6-10.](#)

Here are summaries with **quoted text directly from the testimonials we received**. We are not identifying any companies in this blog. You will be able to see the details of each entry we received when the report comes out. Most all of these were due to bad advice from misinformation.

**5. Diluted blend to a baby's feet slows breathing.** "blends X & XX were used on separate occasions on my son at 13mo. The blend was very diluted (topical on his feet), he was 13mo, and I was informed it was 'safe'. His throat started closing on him and his breathing slowed to a very dangerous level. After further research, I found out they both contained eucalyptus & Rosemary, both unsafe for kids under six. We had applied it & diffused it around him before his reaction, so it wasn't his first exposure to it. **Very scary holding your child while they are helpless.**"

**Please help us prevent well-meaning moms from harming their babies.** We recently published a journal article in the *International Journal of Childbirth Education* on safety when using aromatherapy in pregnancy, childbirth, and childcare. **We have [a free download available with the essential safety information](#)** in that paper.

**4. Multiple topical undiluted and oral use causes rashes.** "It took months to accumulate in my system, but once the rashes started, I could no longer use any oils without the rash coming back. I was told by XX Reps that I was detoxing and that I should use more oils. I was told to try different oils for the rash. I was told to take sulfur. I was told that it's impossible to be allergic to the oils. I was told that I must have a defective gene which is causing the rash."

Please don't buy this and other myths. The essential oil chemistry expert Dr. Robert Pappas recently addressed this myth last January on his [Facebook page for Essential Oil University](#). He's got a lot of great things on this page, so check it out.

**3. Vaginal yeast infection leads to permanent scarring.** "Was advised by a consultant to soak a tampon in tea tree oil, insert it before bed, wear it overnight and by the morning my yeast infection would be cleared up. Before bed that evening I put 5 drops of Tea Tree Oil on the tip of a tampon (I was worried about soaking the tampon as she instructed & using too much), I inserted the tampon and soon noticed a warm sensation. I called the representative as she told me it was normal and how I knew it was working. I went to bed and woke up about 6-7 hours later feeling like napalm had been poured into my vagina. I could not remove the tampon myself the pain was so bad. A neighbor drove me to the nearest hospital; They removed the tampon immediately and treated me for chemical burns with a prescription of burn jelly to continue using for the next 10 days, and more antibiotics to prevent the burn from becoming infected. At the 30 days check the tissue had scabbed over & partially healed. The 60 day exam the scabs were all gone but he noted I may have scars remaining and at the 90 day exam he told me **scarring was present and would likely not completely heal.**"

OUCH is all we can say!

**2. Undiluted blend to 6-month-old's chest resulted in 2 febrile seizures.** "...Fever was only 99 and stopped breathing, foamed at the mouth; after 10 min violent seizing, turned purple and stopped breathing. Companies need to start warning about the seizure effects with wintergreen, eucalyptus, fennel, etc.! My son doesn't have epilepsy or any medical conditions. **Once I removed his shirt and washed his skin at the hospital 45 min later he stopped seizing and returned to normal.**"

Very scary and hard to imagine going through this with a baby. If you haven't checked out our [free safety sheet download](#) yet, this is just one more reason to make sure you become educated about safe use of essential oils.

**1. Ingested "Morphine Bomb."** "protocol was to use 4 drops each of frankincense, copaiba, and balsam fir. They advertised it could be used via inhalation, on skin or ingested. I trusted this combination would [alleviate] my pain due to their claims. Within a few hours of ingesting the oils, I began having racing heart, shortness of breath, pressure in my chest that radiated to my back, up my left jaw, and down my left arm. The symptoms continued and I eventually experienced cold sweats and nausea. The symptoms did not go away. I went to Hospital, they gave me an EKG, blood work and a CAT Scan. **They determined I was having a heart attack. I remained hospitalized for 3 days and underwent a heart catheterization.**"

**We were downright shocked by some of these cases.** They're getting worse, and, the saddest part is, **they're totally avoidable.**

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