



## COMMON ESSENTIAL OILS

### PEPPERMINT

Peppermint may be the most versatile of the essential oils. It can be used for an abundance of oral and topical uses. Research has found peppermint can improve antibiotic resistance and help heal the body from the overuse of prescription antibiotics and other chemicals that affect the body. Peppermint is calming and provides a cooling sensation. It can be used topically in a carrier oil or lotion to relieve sore muscles. It also has antimicrobial properties, which can help freshen bad breath and soothe digestive issues.

#### Benefits

- ◆ Improves focus, energy, and concentration
- ◆ Supports digestion and curbs appetite
- ◆ Relieves muscle aches and pain
- ◆ Fights bad breath and odor
- ◆ Improves breathing by fighting respiratory and sinus infections
- ◆ Antiviral properties
- ◆ Reduces nausea, acid reflux, and bloating

#### Uses

- ◆ Mix with coconut oil and rub topically on sore muscles
- ◆ Diffuse in air to improve focus and energy
- ◆ Use on bottom of feet and chest to improve breathing and fight flu or infections
- ◆ Mix with coconut oil and baking soda for homemade toothpaste
- ◆ Put 1 drop in water to freshen breath and improve energy
- ◆ Take 1 drop in water to improve digestion and reduce nausea
- ◆ Mix with coconut oil and dark chocolate to make a homemade peppermint patty





# T E A T R E E

Tea Tree oil, commonly known as *Melaleuca alternifolia*, can be used for skin care for its cleansing effects –highly regarded as an antimicrobial and antiseptic essential oil. Other varieties are *alternifolia*, *cajuput*, *ericifolia*, and *quinquenervia*. We will focus on one (*alternifolia*).

## Benefits

- ◆ Powerful antifungal
- ◆ Antiviral
- ◆ Anti-parasitic
- ◆ Antimicrobial and antiseptic oil
- ◆ Anti-inflammatory actions



## Uses

- ◆ you can diffuse it in a diffuser
- ◆ dilute with oil and place a drop in the palms of your hand and breath
- ◆ apply topically diluted or in the palms of your hand and apply to location
- ◆ sinus/lung infections
- ◆ skin conditions (acne/sores)
- ◆ tooth and gum disease
- ◆ water retention/hypertension
- ◆ treat fungal infections(Candida, ringworm)

# L A V E N D E R

Lavender is well known for its soothing, calming properties. It can accelerate the healing of burns, cuts, stings and other wounds. Russian scientist René Gattefossé discovered the healing properties of lavender when he severely burned his arm and immersed it in a vat of lavender essential oil. His tissue healed rapidly without scarring.

## Benefits

- ◆ Relaxes body and reduces anxiety
- ◆ Heals wounds and burns
- ◆ Reduces high blood pressure and cholesterol
- ◆ Relieves insomnia
- ◆ Heals skin disorders
- ◆ Supports hormone balance
- ◆ May help reduce blood fat/cholesterol
- ◆ Antiseptic, antifungal, anti-inflammatory



## Uses

- ◆ Rub on neck in evening to relax body and improve sleep
- ◆ Add with Epsom salts to bath to restore body after a challenging day
- ◆ Apply to cuts, scrapes, rashes, burns, and wounds
- ◆ Diffuse in the air to relax and improve mood
- ◆ Put on as fragrance to replace chemical perfumes



Lemon is best known for its ability to cleanse toxins from the body and can be used to stimulate lymph drainage, rejuvenate energy, purify skin, repel bugs, and freshen clothes. Recent research indicates lemon oil has powerful cleansing properties. According to a study published in the *International Journal of Food Microbiology* last year, lemon oil may actually be the most powerful anti-microbial agent of all the essential oils. Lemon essential oil comes from the lemon peel, which is the most nutritious part of the lemon, but is absent from most diets. Another study published in *Experimental Biology and Medicine* found that breathing in the scent of lemon essential oils improved neurological activity that promotes the breakdown of body fat.

## L E M O N

### Benefits

- ◆ Cleanses body and lymphatic system
- ◆ May improve weight loss and/or reduce cellulite
- ◆ Improves memory
- ◆ Supports immunity, combats tumor growth
- ◆ Kills harmful bacteria
- ◆ Improves mood and reduces anxiety



### Uses

- ◆ Put 1 to 2 drops in water to freshen breath
- ◆ Take 1 drop three times daily as supplement to promote cleansing and metabolism
- ◆ Diffuse for a pleasant citrus scent and to uplift mood
- ◆ Rub on hands in place of hand sanitizer for anti-microbial benefits
- ◆ Put 1 to 2 drops in yogurt or smoothie to enhance flavor
- ◆ Mix with olive oil as natural cleaning product
- ◆ Mix with baking soda as a natural teeth whitener

## E U C A L Y P T U S

Eucalyptus Globulus – for centuries, Australian Aborigines used the disinfecting leaves to cover wounds due to the powerful antimicrobial agent in this oil. The eucalyptol agent in this oil is used in many antiseptic mouth rinses. It is often used for the respiratory system. According to Jean Valner, MD, a solution of 2 percent eucalyptus oil sprayed in the air will kill 70 percent of ambient staph bacteria and some surgeons still use solutions of eucalyptus oil in surgical dressings.

### Benefits

- ◆ Expectorant
- ◆ Mucolytic
- ◆ Antimicrobial
- ◆ Antibacterial
- ◆ Antifungal
- ◆ Antiviral



### Uses

- ◆ Respiratory/sinus infections place in diffuser
- ◆ Decongestant
- ◆ Rheumatism/arthritis
- ◆ Soothes sore muscles diluted in oil



- ◆ Always test for skin sensitivity.
- ◆ Dilute with vegetable or coconut oil if necessary.
- ◆ Read label before using essential oils.
- ◆ Keep bottles tightly closed and store in cool, dark place away from children.

- ◆ If a child swallows an essential oil, administer milk, honey or another safe, oil-soluble liquid such as soy or rice milk.
- ◆ Do not use essential oils rich in menthol such as peppermint on the throat or neck area of children under 18 months.

## S A F E U S E

- ◆ Citrus-based oils (bergamot, grapefruit, lemon, orange, tangerine) or other citrus blends should not be used on areas of skin that will be exposed to sun or UV rays within 72 hours. They may cause an increased reaction to the sun.
- ◆ Keep essential oils away from eyes and out of ears. Do not handle contact lenses or rub your eyes with oils on your fingers. If oil gets in your eyes, sooth with a drop of vegetable oil, not water.
- ◆ Oils with high phenol content –oregano, helichrysum, cinnamon, thyme, clove, lemongrass, bergamot, Thieves and ImmuPower – may damage contact lenses and irritate eyes. Wash hands thoroughly before handling contacts. Keep vegetable oil handy in case these oils irritate the skin.
- ◆ Epileptics and those with high blood pressure should consult health care professional before using some oils. Avoid hyssop, fennel, Idaho tansy, basil, rosemary, and sage oils.
- ◆ Before taking GRAS (Generally Recognized As Safe by FDA) essential oils internally, always dilute with an oil soluble liquid like honey, olive oil, or soymilk.
- ◆ Do not add undiluted oils directly to bath water. Use a bath gel base as dispersing agent for the oils in the bath.
- ◆ Pregnant women should consult their health care professional before using essential oils containing constituents with hormone-like activity, such as clary sage, sage, Idaho tansy, juniper and fennel.
- ◆ When using essential oils on a daily basis, avoid personal care products.
- ◆ Inhalation of oils is not recommended with asthmatic conditions.
- ◆ Be aware that reactions of essential oils can be delayed as long as 2-3 days.
- ◆ People with allergies should test a small amount of oil on an area of sensitive skin, such as the inside of the upper arm, for 30 minutes before applying the oil to other areas of the body.

---

### Safety and Precautions

The information on this handout is intended for educational purposes only. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Pregnant women and anyone suffering from disease, illness, or injury should consult their health care professional before using essential oils. Keep oils away from eyes and out of your ears.