



GUIDE TO ESSENTIAL OILS

PRACTICAL AND STRESS-REDUCING APPLICATIONS

USING ESSENTIAL OILS

- **Direct Inhalation:** With care not to use directly under the nose, inhale directly whenever needed. You may also add a few drops to your pillow at night or to a hot/cold compress.
- **Diffuse:** Using a diffuser throughout the day (or night) is a great way to enjoy the benefits of essential oils. Create your own room mister by adding up to 30 drops to 1 oz. of water in a spray bottle to mist over furniture, carpet, or linens.
- **Massage:** Dilute with a suitable moisturizer or base oil such as jojoba, sweet almond, coconut, or olive oil before applying for massage. Use behind the ears, forehead/temples, wrists, chest and abdomen, back of neck, hands and arms, bottom of feet and legs. Avoid contact with eyes and broken or damaged skin.
- **Bath soak:** Add a few drops of one or a combination of essential oils into a filled tub. Be sure to mix thoroughly to avoid skin irritation.

SAFETY NOTES

Carefully dilute with a carrier oil such as jojoba, almond, grapeseed, or olive prior to use. Essential oils are highly concentrated and should be used with care. For external use only; may irritate skin. Avoid contact with eyes. If pregnant or lactating, please consult with a health care practitioner before use. Keep out of reach of children.

TERMINOLOGY

Anti-Emetic: Effective against vomiting and nausea

Anti-rheumatic: Alleviating or preventing rheumatism

Cytophylactic: Stimulates the generation of new cells

Diaphoretic: Stimulates sweating (diaphoresis)



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ESSENTIAL OIL	DESCRIPTION	BENEFITS
BASIL	Herbaceous, floral, warm	Energizing, Uplifting. May help fatigue, memory and concentration.
BERGAMOT	Citrus, lightly floral aroma	Calming, Uplifting, Purifying. May help relieve symptoms of anxiety, irritability and insomnia among sufferers of dementia. Confidence booster, anger management, processing sadness, fear, loneliness.
CAMPHOR	Sharp, clean, pungent camphoraceous aroma	Stimulating, Refreshing. Sore muscle relief, respiratory conditions. Anti-inflammatory, stimulant.
CHAMOMILE (Roman)	Sweet, fruity.	Sedating, relaxing, anti-inflammatory. Useful for calming anxiety, promoting sleep, and anger management.
CITRONELLA	Fresh, powerful, lemony scent	Uplifting, Soothing, Energizing. Diaphoretic, insecticide
CLARY SAGE	Sweet, floral, herbaceous.	Uplifting, Relaxing. Helpful for managing anxiety, fatigue, emotional stress, headaches. May help with menstrual cycle problems.
CLOVE	Woody, sweet-spicy aroma with fruity top note	Stimulating, Energizing. Anti-emetic, antioxidant, antiviral.
CYPRESS	Clean, fresh aroma	Revitalizing, Energizing. Anti-rheumatic, deodorant, astringent. Helps with fatigue, processing grief. Boosts confidence.
EUCALYPTUS	Strong aromatic and camphoraceous aroma	Clarifying, Revitalizing, Invigorating. Helps promote clear breathing, relaxation.
FRANKINCENSE	Citrus and mild camphor, spicy aroma	Relaxing, Focusing, Centering. Helps promote feelings of peace, processing grief.
GERANIUM	Fruity, sweet, floral aroma	Relaxing, Focusing, Inspiring. Can help manage anxiety. Antidepressant, fungicidal. Helps promote healthy, glowing skin and hair.
GINGER	Spicy, warm aroma	Comforting, Empowering. Helps promote healthy digestion, soothe nausea. May help stimulate the mind, improve mental clarity and focus.



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GRAPEFRUIT	Citrus, floral, fruity aroma	Uplifting, Invigorating, Energizing. Cleansing and purifying for skin.
JASMINE	Floral, sweet.	Relaxing, Uplifting, Aphrodisiac. Can boost confidence, help with anger management.
LAVENDER	Floral-herbaceous aroma	Relaxing, Soothing, Invigorating. Antidepressant, cytophylactic, sedative. Can help with symptoms of anxiety common among sufferers of dementia. Anger management.
LEMON	Citrus, clean, bright aroma	Purifying, Cleansing, Uplifting. Used as non-toxic cleaner in home. Can help with symptoms of anxiety, fatigue, and stress common among sufferers of dementia.
LEMONGRASS	Pungent lemon aroma	Purifying, Cleansing, Stimulating. Anti-fungal, analgesic.*
MYRRH	Woody, herbaceous, smoky aroma	Soothing, Cleansing, Balancing. Anti-inflammatory, anti-septic.
ORANGE	Sweet, Fresh Citrus aroma.	Uplifting, cleansing, stimulating. May boost mood, immune system. Can increase blood flow when used in massage blend. Anger management.
OREGANO	Herbaceous, sharp, green, camphoraceous	Cleansing, purifying. Anti-oxidant.* Caution should be taken when inhaling or diffusing Oregano; only one to two drops is needed.
PEPPERMINT	Fresh, strong mint aroma	Refreshing, Invigorating, Cooling. Best used earlier in the day. May help improve brain function and focus.
ROSE ABSOLUTE BLEND	Herbal rose scent	Uplifting, Anti-bacterial. May help reduce pain, anxiety. Can help with anger management.
ROSEMARY	Warm, fresh, camphoraceous aroma	Purifying, Renewing, Uplifting. May help improve cognitive ability and restore mood, emotional wellbeing.
SAGE	Warm, camphoraceous aroma	Normalizing, Soothing, Balancing.



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SANDALWOOD	Warm, woody	Uplifting, Relaxing. Can inspire confidence. Calming, helps with anxiety, promotes mental clarity.
SPEARMINT	Mild, sweet minty aroma	Focusing, Uplifting.
TANGERINE	Tangy, sweet, fresh scent.	Refreshing, Uplifting, Stress Relieving.
TEA TREE	Warm, fresh, spicy-camphoraceous aroma	Purifying, Uplifting, Cleansing. Protects body and purifies your environment*
YLANG YLANG	Warm, sweet, floral.	Sedating, Relaxing, Aphrodisiac. May boost immune system, helps in releasing negative emotions, anger management.
VANILLA	Warm, sweet aroma.	Soothing, Relaxing, Uplifting. May help promote sleep.

Thank You for the Care You Give.