

## What Are Essential Oils?

An essential oil is a concentrated, hydrophobic liquid containing volatile aromatic compounds extracted from plants. It may be produced by distillation, expression, or solvent extraction. Essential oils are used in perfumery, aromatherapy, cosmetics, incense, for flavoring food and drink, and to a lesser extent, in medicine and household cleaning products. They are valuable commodities to the fragrance and flavorant industries.

Essential oil is also known as **volatile oil** and **ethereal oil**. It may also be referred to as "oil of" the raw plant material from which it was extracted, such as *oil of clove*. The term **essential** is intended to indicate that the oil is the fragrant essence of the plant from which it is extracted and not in the more common sense of being indispensable. It is not to be confused with essential fatty acids.

Prior to the discovery of distillation, essential oils (EO) were extracted by pressing, and this is still the case in cultures such as Egypt. Traditional Egyptian practice involves pressing the plant material, and then burying it in unglazed ceramic vessels in the desert for a period of months to drive out water, the water having a smaller molecular size diffuses through the ceramic vessels while larger essential oils do not. The lotus oil in Tutankhamen's tomb, which retained its scent after 3000 years sealed in alabaster vessels, was pressed in this manner.

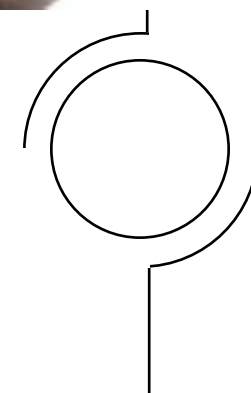
## Distillation

Today, most common essential oils, such as lavender, peppermint, and eucalyptus, are distilled. Raw plant material, consisting of the flowers, leaves, wood, bark, roots, seeds, or peel, is put into an alembic (distillation apparatus) over water. As the water is heated the steam passes through the plant material, vaporizing the volatile compounds. The vapors flow through a coil where they condense back to liquid, which is then collected in a holding vessel. The vessel is typically a Florentine flask which has a spout at its bottom as well as in its middle. This flask allows essential oils which are lighter than water and float above it to be drained off using the middle spout, and allows heavier oils that sink below the water to be drained using the bottom spout.

Most oils are distilled in a single process. One exception is Ylang-ylang (*Cananga odorata*), which takes 22 hours to complete distillation. It is fractionally distilled, producing several grades (Ylang-Ylang "extra", I, II, III and "complete" in which the distillation is run from start to finish with no interruption).

*Serious Care*

## How to Use Essential Oils Safely



Informational Purposes Only  
From Embellir Corporation

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# Safety Guidelines

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Pure essential oils are like precious jewelry or fine wine. They are the life force of natural, organic substances. Essential oils are highly concentrated; 70-100 times more concentrated than dried herbs. This is easily demonstrated in the thousands of petals needed to produce a single drop of oil. Because they can penetrate the skin, they actually beautify within.

- Never take essential oils orally.
- Store away from sunlight; keep closed.
- Avoid all contact with mouth and eyes.
- Do not apply oils to skin undiluted.
- If itching or redness occur on skin, place a cold, wet cloth on the area until the redness or itchiness disappears.
- More is not better when it comes to essential oils—used as instructed.
- If you get essential oil into eyes, add a base oil to area and absorb this with a soft cloth before rinsing eyes with lots of cold water.
- Bergamot and citrus oils are phototoxic. This means that they may cause skin discoloration in bright sunlight.

## Beneficial to...

Skin Disorders  
Ear Aches  
Sore Muscles and Throat  
Respiratory Conditions  
Personal and Home Hygiene  
Mental and Emotional Wellness  
Menstrual Discomfort  
Calming and De-stressing

## Some of the Most Commonly Used...

Lavender  
Eucalyptus  
Tea Tree  
Peppermint  
Lemon  
Orange

## 3 of the Most Expensive...

Rose  
Jasmine  
Neroli

These oils can cost up to and more than \$80 for 1 milliliter (1 ml).

## How To Use Essential Oils at Home...

Add a few drops directly to bath water.

Add a few drops to potpourri.

Add a few drops to final rinse of wash.

Add a few drops to unscented hair spray.

Add a few drops to shampoo or cream rinse.

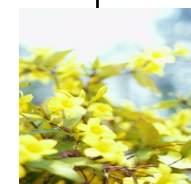
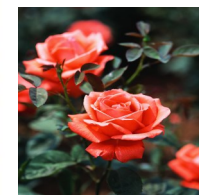
Add a few drops to liquid soap.

Add a few drops to water for steam iron.

Place a drop or two on a cold light bulb and when the light is on the scent will spread throughout the room.

Add to a cotton ball and place anywhere a bit of fragrance is desired.

**Ask for a copy of our essential oil guide to determine which of many available oils to use.**



## Did You Know...

- \* For hundreds of years doctors have utilized aromatherapy
- \* Despite advances in chemistry, pure essential oils are far superior to their synthetic counterparts.
- \* Essential oil are often mixed to form powerful blends.
- \* Prince Charles and other celebrities often practice aromatherapy.

**Embellir uses only 100% pure essential oils in our formulations, many of which are organic.**

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