



# Simply Earth Essential Oil Quick-Start Guide

A quick guide to understanding and using Simply Earth's essential oil collection.

*Essential Oil Hero Course*



# Simply Earth Quick-Start Guide

Welcome to the Simply Earth Quick-Start Guide!

This guide is designed to give you a glimpse at the uses and safety info for each oil in the Simply Earth collection. Use this guide to get started creating your recipes for your toxin-free journey. Here's a break down of the guide.

## Name

This is the common name of the oil. Information that may distinguish this oil from others with the same common name is listed as well.

## Uses

This is a short list of uses of the oil. For a longer list of uses, descriptions, and recipes, look up that oil on our blog at [www.blog.simplyearth.com](http://www.blog.simplyearth.com)

## Aroma

Use this information to make your DIY recipes smell amazing.

## Note

Essential oils can be categorized by top (T), middle (M), and bottom (B) notes. You can use this information to give depth to your blends and help their aroma last longer. I will teach you how to do this in the Diffusion section of the course.

## Blending Factor (BF)

This number represents the strength of the aroma of each oil. Using this number will help you determine how many drops of an oil to use in the blend so that the aroma is balanced. I teach you how to do this in the Dilution and Blends section of the course.

## Special Dilution Rate (%)

When making recipes for essential oils, we don't recommend using a dilution rate over 5% without the guidance of a certified aromatherapist. Essential oils that should be diluted at less than that rate are noted in this section. These oils are more likely to be skin irritating than others or have other special safety considerations that require them to be diluted at a lower rate.

## Age

This represents the age it is generally considered safe to both use and diffuse the oil.

## Pregnancy Safety (Preg.)

If you are pregnant, talk to your doctor before using essential oils to support your wellness. This section reveals which oils are generally considered safe to use during pregnancy either by diffusing or topically at a 1% dilution rate or less.

## Cat and Dog Safety

Before using essential oils around your pet, check with your vet. This section shows what oils are generally safe to diffuse around your pet. Once you've gotten the okay from your vet, this list a good place to start. Use our guide from our blog to introduce essential oils to your pet. Just search for "pet" at [www.blog.simplyearth.com](http://www.blog.simplyearth.com) or in the bonus section of the Essential Oil Hero Course (once it is released).

## Phototoxicity (☼)

You will want to avoid using these oils on your skin before spending time in the sun. These oils will make you more likely to get sun burned.

## Simply Earth Essential Oil Quick-Start Guide

Oil	Uses	Aroma	Note	BF	%	Age	Preg.	Cat	Dog	☼
Amyris	Calms, cleans, boosts immunity, relieves pain, skincare	woody& vanilla-like	B	3		2+	✓	✓	✓	
Angelica Root	Aids digestion, calms, relieves pain & congestion, boosts mood	peppery & earthy	M	3		10+		✓	✓	✓
Anise Star	Cleans, aids digestion, relieves pain & congestion	spicy & licorice	M	3	2.5	10+				
Balsam Fir	Uplifts, refreshes, relieves pain & congestion	basilic & pine-like	M	6		2+	✓	✓	✓	
Basil	Uplifts, calms nausea, relieves pain, aids digestion	fresh & spicy-sweet	T	4		10+			✓	
Bay (Laurel Leaf)	Uplifts, relieves pain, stimulates appetite, supports respiration	sweet & herbal	T	2	0.5	10+				
Bergamot	Calms, refreshes, relieves pain, balances oily skin	citrus, spicy & floral	M	7		2+	✓		✓	✓
Black Pepper	Warms, calms, boosts circulation	spicy & fresh	M	3		2+	✓	✓	✓	
Blood Orange	Uplifts, stimulates, cleans, relieves pain	fresh, citrus & tangy	T	3		2+	✓		✓	
Cajeput	Uplifts, energizes, relieves pain & congestion	fresh & camphorous	M	5	1	10+		✓	✓	
Camphor	Clears lungs, relieves pain, repels insects	fresh & medicinal	T	5		10+				
Cardamom	Uplifts, relieves pain & nausea, aids digestion & respiration	sweet & balsamic	M	4		10+		✓	✓	
Cassia	Supports immunity & circulation, calms muscle spasms	warm & spicy	T	5	0.5	10+				
Cedarwood (At. & Him)	Calms, relieves congestion, balances oily skin, repels insects	dry & woody	B	7		2+	✓	✓	✓	
Chamomile (German)	Calms, soothes skin, relieves pain, supports sleep	sweet & warm	B	1		2+	✓	✓	✓	
Cinnamon (leaf)	Warms, relieves pain, uplifts, repels insects	warm & spicy	M	1	0.5	10+				
Citronella	Uplifts, calms, cleans, repels insects, eases itching	fresh & citrus	T	3		2+	✓		✓	
Clary Sage	Calms, supports menstruation, balances hormones	herbaceous & floral	M	2		2+	✓	✓	✓	
Clove (bud)	Aids focus, warms, supports immunity	spicy & rich	M	2	0.5	10+				
Coffee	Warms, energizes	brewed coffee	M	3		10+	✓		✓	
Copiaba	Uplifts, calms, relieves pain, supports immunity	warm & resinous	B	3		2+	✓	✓	✓	
Coriander	Uplifts, supports focus, aids digestion, stimulates appetite	sweet & herbaceous	M	5		2+	✓		✓	
Cypress	Calms, deodorizes, balances oily skin, soothes grief	herbaceous & fresh	B	5		2+				
Dill Seed	Calms, aids digestion, soothes cramps, supports immunity	herbaceous & warm	M	2		10+				
Eucalyptus (globulus)	Energizes, relieves congestion & pain, supports focus, uplifts	clean & herbaceous	T	4		10+	✓			
Fennel	Uplifts, aids digestion, energizes, relieves congestion	black licorice	T	3	2.5	10+				
Fir Needle (Siberian Fir)	Calms, relieves pain & congestion, energizes	evergreen	M	5		2+	✓			
Frankincense	Fights germs, supports focus, relieves congestion, deodorizes	spicy & woody	B	4		2+	✓	✓	✓	
Geranium	Uplifts, balances oily skin, relieves tension	floral & sweet	M	3		2+	✓		✓	
Ginger	Warms, aids digestion, relieves pain	warm & citrus	M	4		10+	✓	✓	✓	
Grapefruit	Uplifts, energizes, supports focus, balances oily skin, cleans	sweet & citrus	B	8	4	2+	✓		✓	✓
Ho Wood	Calms, cools, relieves pain, supports immunity & focus	woody & floral	M	4		2+	✓	✓	✓	



Oil	Uses	Aroma	Note	BF	%	Age	Preg.	Cat	Dog	☼
Helichrysum	Relieves pain & congestion, promotes skin health	earthy & herbaceous	M	5		2+	✓	✓	✓	
Jasmine	Uplifts, relieves pain, promotes skin health, cleans	sweet & floral	B	1	0.5	2+	✓	✓	✓	
Juniper Berry	Uplifts, deodorizes, relieves pain, aids focus, energizes	fresh & evergreen	M	4		2+	✓	✓	✓	
Lavender	Calms, supports skin health & immunity, relieves pain	fresh & floral	M	7		2+	✓		✓	
Lemon	Energizes, cleans, cools, aids focus, uplifts	sweet & citrus	T	7		2+	✓		✓	✓
Lemon Eucalyptus	Calms, deodorizes, repels insects eases congestion, aids digestion	balsamic & citrus	M	1		2+	✓		✓	
Lemon Myrtle	Calms, uplifts, deodorizes, eases congestion	sweet & citrus	M	6		10+			✓	
Lemongrass	Calms, warms, relieves pain, aids focus, cleans	earthy & citrus	T	1	1	10+			✓	
Lime	Uplifts, energizes, cleans, eases congestion, boosts skin health	fresh & citrus	M	3		10+	✓		✓	✓
Mandarin	Uplifts, calms, cleans, relieves pain	sweet & orange	T	7		2+	✓		✓	
Marjoram	Warms, calms, relieves congestion and pain	sweet & herbaceous	M	3		2+	✓	✓	✓	
Melissa	Aids digestion, supports grief, uplifts, aids sleep	herbal & lemony	M	1		10+		✓	✓	
Myrrh	Calms, promotes skin health, antifungal	fresh & earthy	B	5		10+		✓	✓	
Neroli	Calms, uplifts, promotes skin health	floral & citrus	M	2		2+	✓		✓	
Nutmeg	Uplifts, aids digestion, warms, relieves pain, aids sleep	spicy & woody	M	2		10+	✓			
Orange (Sweet)	Uplifts, aids digestion, relieves pain, cleans	sweet & citrus	T	7		2+	✓		✓	
Oregano	Calms, warms, relieves pain, cleans	herbal & peppery	B	5	1	10+				
Palmarosa	Calms, promotes skin health, aids sleep, relieves pain	sharp & floral	M	5		2+	✓	✓	✓	
Patchouli	Calms, promotes skin health, repels insects	earthy & fruity	B	4		2+	✓	✓	✓	
Peppermint	Energizes, aids digestion & focus, relieves pain, cools	sharp & minty	T	1	5	10+	✓			
Peru Balsam	Uplifts, promotes skin health, warms, relieves pain	vanilla-like	B	3	0.5	10+	✓	✓	✓	
Pine (Scotch)	Warms, calms, relieves pain, supports circulation	evergreen & woody	T	6		2+	✓			
Ravensara	Calms, supports skin health, relieves congestion	medicinal & woody	T	5	1	10+	✓	✓	✓	
Rosemary	Uplifts, warms, relieves pain, aids focus, boosts hair health	herbal & woody	T	4		10+	✓			
Sage	Uplifts, supports focus, relieves pain, promotes skin health	earthy & floral	M	4		10+				
Sandalwood	Uplifts, calms, cools, moisturizes	floral & woody	B	6		2+	✓	✓	✓	
Spearmint	Uplifts, aids digestion, supports focus	sweet & minty	T	2		2+	✓			
Tangerine	Uplifts, supports focus, aids digestion, supports immunity	tangy & citrus	T	7		2+	✓		✓	
Tea Tree	Uplifts, promotes skin health, cleans, relieves congestion	medicinal & woody	T	3		2+				
Thyme	Warms, aids digestion, relieves pain, supports immunity	spicy & herbal	M	1	1	10+				
Vetiver	Uplifts, calms, supports skin health & immunity aids sleep	woody & herbaceous	B	1		2+	✓	✓	✓	
Wintergreen	Uplifts, relieves pain	strong & minty	M	2	2	12+				
Ylang Ylang	Calms, uplifts, supports skin health, relieves pain	sweet & floral	B	4	0.5	10+	✓			

## Simply Earth Essential Oil Blend Quick-Start Guide

Blend	Oils	Uses	BF	%	Age	Preg	Cat	Dog	☼
Beauty Within	Frankincense, Lavender, Myrrh, Rosemary	renews dull skin and reduces fine lines	4		10+				
B.O. Be Gone	Lavender, Orange, Patchouli, Sandalwood, Ylang Ylang	eliminates body odor	4		10+	✓			
Breathe Easy	Cedarwood (Him), Fir Needle, Frankincense, Myrrh, Cedarwood, Lemongrass, Patchouli	clears nasal passages	1		10+				
Bumps & Boo-boos	Helichrysum, Lavender, Lemon, Tea Tree	soothes burns, minor scrapes, and skin irritations	5		2+	✓			✓
Candy Cane	Orange, Frankincense, Spearmint, Lemon	holiday aroma	2		2+	✓			✓
Citrus Burst	Bergamot, Grapefruit, Lemon, Lime, Orange	uplifts, cleans	3		10+	✓		✓	✓
Clean & Fresh	Fir Needle, Grapefruit, Lemon, Neroli	cleans	2		2+	✓			✓
Clear Skin	Cedarwood (atlas), Juniper Berry, Lemon, Sandalwood, Tea Tree	clears skin, reduces redness	4		2+	✓			
Defender	Cinnamon, Clove, Eucalyptus, Lemon, Rosemary	boosts immune system	1	3	10+				✓
Digest	Anise Star, Bergamot, Chamomile, Orange	relieves nausea, gas and bloating	1		10+				✓
Energy	Eucalyptus, Lemon, Peppermint	boosts energy	1		10+	✓			
Gingerbread	Ginger, Cinnamon, Clove, Nutmeg	holiday aroma	1		10+				
Good Vibes	Clary Sage, Geranium, Lavender, Lemon, Ho Wood	supports hormonal balance and uplifting	3		2+	✓		✓	
Happy Joy	Geranium, Grapefruit, Orange, Ylang Ylang	uplifts	3	3	10+	✓			
Head Soothing	Frankincense, Lavender, Ho Wood	relieves tension headaches	4		2+	✓		✓	
Ladies Choice	Geranium, Lavender, Marjoram, Clary Sage	relieves PMS symptoms	3		2+	✓		✓	
Love	Bergamot, Orange, Amyris, Ylang Ylang	supports romantic feelings	4		10+	✓			
Peace & Quiet	Cedarwood, Frankincense, Lime, Orange	calms, relaxes	3		10+	✓		✓	
Relief	Rosemary, Juniper Berry, Eucalyptus, Peppermint, Copaiba	soothes discomfort	3		10+	✓			
Sleepy	Bergamot, Grapefruit, Lavender, Ho Wood	relaxes, calms	4		2+	✓		✓	✓
Sweet Dreams	Lavender, Marjoram, Frankincense, Cedarwood (Him), Chamomile	relaxes, calms	3		2+	✓		✓	
Timber	Cypress, Sandalwood, Cedarwood (Him), Patchouli, Peru Balsam, Mandarin	skin care, masculine aroma	3		10+				
Veins	Cypress, Juniper Berry, Lemon	warms, reduces appearance of spider veins	5		2+				✓
Winter Spice	Tangerine, Fir Needle, Balsam Fir	Seasonal aroma, airborne antimicrobial	5		2+	✓			