



## ***The Use and Benefits of Essential Oils***

In our passion to help you find well-being in life and work, this blog will present a simplistic overview of Essential Oils. Essential Oils have been used for centuries to support well-being. They provide many benefits such as stress reduction, boosting mental clarity, soothing your body and mind to name a few. Essential Oil research continues to illumine other important benefits for integrative healthcare.

Essential oils are drawn from the seeds, bark, leaves, stems, roots, and flowers of plants. A distillation process separates the oil from the water-based elements of the plant meaning that only the purest oil is left – this is the reason for their potent aromas and incredible potential healing qualities. One of the factors that determines the purity and therapeutic value of an oil is its chemical constituents. Natural essential oils cannot be made in the laboratory. For those looking at personal healthcare usage, anything less than pure quality and highest therapeutic-grade oils may not produce the desired results and in some cases could be toxic. *2018 Aroma Tools*

You don't need a degree in chemistry or extensive training to know how to use essential oils effectively. With a basic understanding of safety precautions and application methods, it is easy to incorporate the use of essential oils into your everyday life. As essential oil research continues to develop, there is a greater understanding of how to apply oils for the best results. Following label instructions, consulting with a healthcare professional, and educating yourself about how essential oils work will allow you to enjoy the variety of benefits they provide. The oils are used three ways: aromatically, topically and internally, if used appropriately. One or multiple application methods can be used for a wide range of emotional and physical benefits.

**Aromatic-** Many people use essential oils for aromatherapy. The sense of smell is the first of all our senses to develop, and a tool that can elicit powerful physiologic, mental, and emotional responses. Essential oils are quickly absorbed by the smell receptors, which have a direct link to the limbic system by way of the olfactory nerve. The limbic system is part of the brain that supports a variety of functions including smell, emotions, behavior, and memory.

Essential oils can be used in a diffuser to put a fine mist into the air covering hundreds of square feet in seconds. Oils with their oxygenating molecules will remain suspended for several hours. The antiviral, antibacterial, and antiseptic properties of the oils kill bacteria and help reduce fungus and mold. Sometimes oils are mixed with water in spray bottles and are used on rugs, sofas, in rooms and cars. People can put several drops into their laundry or use as surface cleaners, among other uses.

**Topical-** Essential oils can be directly applied to your skin, hair, mouth, teeth nails or mucous membranes. Since oils are potent and could irritate the skin, they are often diluted with pure vegetable oil (called a carrier oil.) It's advised to apply these in smaller measures throughout the day, perhaps 1-2 drops at a time every few hours, rather than one large application. When applying directly to skin, avoid eyes, ears and any damaged skin. Additionally, you can add a few drops to a bath or to a towel soaked in water or use with an oil mixture for massage.

**Internal** – Oils can be consumed internally in a number of ways but only with a very small amount. Be sure to abide by the guidelines on the label to avoid any ingestion of toxics. Only pure, therapeutic-grade essential oils can be used for internal consumption. Look for CPTG, Certified Pure Essential Oils to determine purity before taking oils internally. Information on internal safety is important to read.

I became certified in essential oils earlier this year to offer essential oils to our clients and friends to promote health and well-being and provide the highest quality and pure oils. I use doTERRA essential oils. You can enjoy the benefits by ordering essential oils anytime. Just email me at [maryellen@siroccowb.com](mailto:maryellen@siroccowb.com) to make a purchase or receive an e catalog. Each oil comes with an information sheet on the oil and applications. I can provide an educational class on-site or virtually for groups or individuals.

**Be well,**

**Mary Ellen**