

# **1. Orientation**



## **Welcome to the School of Holistic Healings Essential Oil class!**

As you work your way through the lessons and materials please remember there's no need to memorize or instantly learn any of the materials. You can always refer back to any information in the course.

### **Completing the course**

You can start and stop at any time. Review the course as many times as you would like. Be sure to take the final exam at the end to complete the course.

If you want to make the products referred to in the course, we recommend you purchase your essential oils from Mountain Rose herbs. It isn't necessary to purchase essential oils for the class, it is only if you want to blend along with this class. If you would like to purchase all the ingredients needed to make the products in this course, feel free to use essential oils from any company you love! Another good source believes it or not is your local Walmart store. You can learn a lot about blending essential oils without purchasing any essential oils, and over time you can slowly build your collection.

### **Directions:**

1. Introduction to Essential oils

**Up next is Lesson 2: Essential Oils**

# **Introduction to Essential Oils**

You can support and enhance your well-being as well as delight your senses by making essential oils an everyday part of your life. Essential oils are commonly used for immune support, stress relief, relaxation, skin care, respiratory health, sleep enhancement, muscle tension and pain, mood enhancement, and emotional balance.

The School of Holistic Healings online course will introduce you to some wonderful essential oils, as well as to a variety of easy methods for using them.

## **By the end of this course, you will be able to:**

- Make a massage oil.
- Make skin lotion.
- Make a muscle pain relief blend.
- Make a lip balm.
- Use essential oils in the bath.
- Use steam inhalation to support your respiratory system.
- Use a diffuser to lift your senses and enhance the environment of your home or workplace.

## **Our course is made up of several parts:**

- General overview of what essential oils are and where they come from
- Common methods of application
- Using essential oils
- Making essential oil products for yourself, your family and your friends

## **Essential oils covered in this course:**

- Cedarwood (*Juniperus virginiana*)
- Roman Chamomile (*Chamaemelum nobile*)
- Lavender angustifolia (*Lavandula angustifolia*)
- Distilled Lime (*Citrus aurantifolia*)
- Orange (*Citrus sinensis*)
- Peppermint (*Mentha piperita*)
- Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole)
- Vetiver (*Vetiveria zizanoides*)
- Ylang Ylang (*Cananga odorata*)

We have specifically selected this group of oils because we believe they are a great starting point for beginners. These oils are easy to use, very effective, and offer a wide range of therapeutic results. If you're just starting out, we recommend this group of essential oils as the perfect starter kit. While the school doesn't sell essential oils, we do recommend purchasing your essential oils from Mountain Rose Herbs.

[www.mountainroseherbs.com/](http://www.mountainroseherbs.com/)

Now let's begin the [Essential Oils Lesson](#)

## **2. Essential Oils**

Grapefruit, Bergamot and Orange essential oils in bulk.



The Essential Oils lesson begins by explaining what essential oils actually are. Naturally, the next questions are "Where do these essential oils come from?" and "How are they extracted?" We answer both these questions and also explain why essential oils should always have a common name and a Latin botanical name on the label.

This lesson provides you with a more personal connection to the essential oil in your bottle.

### **Directions:**

1. What are Essential Oils?
2. Where do Essential Oils come from?
3. How Essential Oils are Extracted
4. Essential Oil Names
5. The Language of Aromatherapy

**Up next is lesson 3: Methods of Use**

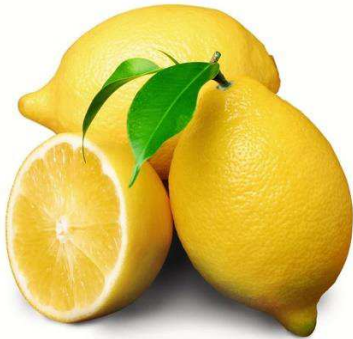
## **2A. – What are Essential Oils?**

The scent you smell when breathing in the delicious aroma of a rose is the essence, or *essential oil*, of Rose. Some plants give off an aroma; others do not. The reason why only some plants have an essential oil remains a continued mystery for most of us.

Essential oils are highly aromatic substances found in specialized cells or glands of certain plants. Technically, when this substance is still in the plant, it is called an essence. These essential oils are used by the plant for protection from predators and to attract pollinators. After the distillation of a plant, the aromatic substance is referred to as an essential oil.

The essential oils in our bottles are substances that have been extracted from the plant. These oils are highly concentrated. It takes approximately 50 rose flowers to create just a single drop of Rose oil. Because they are so concentrated, essential oils are precious. Even used sparingly, they can offer immense therapeutic benefit.

## **2B. Where do Essential Oils come from?**



When I think of the lemon, the song of my youth often comes back to me.

***“Lemon tree very pretty and the lemon flower is sweet  
but the fruit of the poor lemon is impossible to eat.”***

The special cells and glands that hold the essential oil are found in different parts of different plants. We find essential oils in the flowers of Ylang Ylang, Chamomile and Lavender, in the wood of Cedarwood, in the tiny roots of Vetiver, in the fresh rind of Orange and distilled Lime, and the leaves of Ravintsara and Peppermint.

Aromatic plants grow all over the world. Since many plants only grow in certain regions, essential oils come from almost every continent. Lavender

is famous in France where you can drive through miles of blooming purple Lavender fields in July. India is another big grower of Lavender. Currently, Lavender is also being grown in South Africa, Oregon and the state of Washington.

The richly scented Ylang Ylang and Ravintsara come all the way from Madagascar. Chamomile comes from the countryside of England, India and Nepal. The distilled Lime is from Peru and Orange is grown in Spain, Italy, and South Africa. Peppermint is grown in India and Nepal, and our Vetiver is from Indonesia. Cedarwood comes from the United States.

As you sample essential oils, you indulge your senses in the diverse scents of the world.

## **2C. How are Essential Oils Extracted?**

Humans have stopped to smell the roses for eons. The bible talks about many varieties of essential oils. The enormous variety of aromatic plants and their scents have enchanted us for hundreds of years. It's no surprise that we would figure out how to extract the aroma and take it with us, wherever we might be.

You can imagine that depending on the plant and the plant part we extract from, we would need to use more than one extraction method. Below are descriptions of the most common methods of essential oil extraction: *steam distillation*, *cold pressing*, and *solvent extraction*.



Distillery

**Steam distillation** Steam distillation is the most common method of extracting essential oils from the plant.

Fresh or dried plant material is put into a still, and pressurized steam is generated and circulated through the plant material. The heat of the steam opens the specialized cells or glands to release the essential oils. As the essential oil is released, it travels with the steam molecules through a tube into the still's condensation chamber. As this mixture cools, it condenses into oil and water. The essential oil then naturally separates from the water.

Steam distillation yields a very "pure" form of essential oil, in that only water and heat are used in the extraction process. Steam distillation is used for many flowers and leaves, such as lavender, ylang ylang and peppermint. It is also used for woody plants and the tree oils like cedarwood. This type of distillation can also be used for some delicate flowers, such as rose.

You might want to watch a few short videos on lavender distillation, so you can learn more!

### **Cold pressing**

In this method the peel of the fruit is grated while rolling over a trough. The tiny specialized cells which contain the essential oil is punctured. Then the fruit is pressed to squeeze the juice and the essential oil from the pulp. The essential oil rises to the surface of the juice and is then separated by a centrifuge.

### **Solvent extraction**

This method is most often used for delicate flowers that would simply dissolve in the heat of distillation. A solvent compound is poured over petals and buds and the essential oil dissolves itself into the solvent. Solvents vary from the newer method of using carbon dioxide or the environmentally hazardous liquid butane, to crude alcohol, or even more toxic chemicals such as ether, hexane, benzene or other petroleum-based compounds.

The result is a semi-solid material referred to as a *concrete*. Often times a concrete is used in perfumery. It will contain waxes and residues, which must be filtered away and purified using alcohol washing, freezing and a low, gentle vacuuming. This process produces what is called an [absolute](#).

The advantage of this method is that it uses a low temperature range and low pressure, allowing the flower's pure fragrance to be captured so this is very appealing to perfumers. The disadvantage of an absolute is that when the process is not done with expertise, the chemicals used in the extraction



process may remain present in the oil. This presents the possibility of skin sensitization or irritation.

There are several other extraction methods. However, steam distillation, cold pressing, and solvent extraction are currently the most common.

## **2D. Essential Oil Names**

You may have noticed that the Latin name for each plant is listed for every oil. This is important as it identifies the exact type of essential oil in your bottle. What follows is a short introduction to plant identification.

A **Latin name**, or **botanical name**, is the most precise way to identify a particular plant. Many plants have several species. For instance, Lavender has many different species, like ***angustifolia* or *latifolia***. Each species of Lavender has different aromas and therapeutic qualities. In order to know which essential oil is in the bottle, the label must include the Latin name. Otherwise, you couldn't be sure if your "Lavender" was Lavender (*Lavandula angustifolia*) or Spike Lavender (*Lavandula latifolia*). This is important, because these two Lavenders have different chemical makeups, and therefore different therapeutic properties and safety considerations.

**Common Name:** Lavender

**Latin Name:** *Lavandula angustifolia*

**Latin name is always italicized**

There are more details to plant names, but this is enough to begin with. Knowing this will help ensure you're getting exactly what you ask for in your bottle of essential oil.





Below is the list of essential oils for this class with the Latin names for you:

Cedarwood (*Juniperus virginiana*)  
Roman Chamomile (*Chamaemelum nobile*)  
Lavender (*Lavandula angustifolia*)  
Lime (*Citrus aurantifolia*)  
Orange (*Citrus sinensis*)  
Peppermint (*Mentha piperita*)  
Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole)  
Vetiver (*Vetiveria zizanoides*)  
Ylang Ylang (*Cananga odorata*)

Certified Aromatherapists have a working knowledge of these names. If you're interested in becoming a Certified Aromatherapist, we offer an extraordinary online Aromatherapy Certification Program here at School of Holistic Healing. We have students from all over the world enrolled in our Aromatherapy 101 course.

## **2E. Language of Aromas**

**There are three main "notes" for essential oils: top, middle, and base.**

### **Top**

The first smell to arise from a blend and evaporate quickly. The top note fragrance is usually light, fresh, sharp, penetrating, and airy. These oils add brightness to a blend. The aroma of top note oils reminds us of wind chimes or a flute. Top notes stimulate and clear your mind, uplifting your energy. Notice that all citrus oils are top notes.

### **Essential Oils**

- Distilled Lime (*Citrus aurantifolia*)
- Orange (*Citrus sinensis*)

### **Middle**

Also called the "heart" note, these oils give the blend aromatic softness, fullness, and can round off any sharp edges. Middle notes can have both top and base note aromas within them. They are harmonizing for your blends. Middle notes provide balance both physically and energetically. They are soothing and harmonizing for the mind and body.

## Essential Oils

- Roman Chamomile (*Chamaemelum nobile*)
- Lavender (*Lavandula angustifolia*)
- Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole)
- Peppermint (*Mentha x piperita*)

## Base

These oils provide a deep, warm, grounded quality to your blend. They function as fixatives by reducing the evaporation of the top notes. Base notes add intensity to a blend and often have an earthy aroma. The aroma rises slowly to your nose, unlike top notes, which penetrate quickly. Base notes are used to relieve stress, anxiety, and insomnia. They are calming and grounding. Many oils derived from woods, resins, and roots are base notes. Ylang Ylang is an exception as it is extracted from a flower.

## Essential Oils

- Cedarwood (*Juniperus virginiana*)
- Vetiver (*Vetiveria zizanoides*)
- Ylang Ylang (*Cananga odorata*)

**Keep this page as a reference for creating other blends.** With a little practice, you will know the qualities of many different essential oils and be blending swiftly.

## Lesson 3: Methods of Use



Essential oil candle diffuser.

With a little practice, you will be able to incorporate essential oils into your everyday life. In doing so, you'll benefit greatly from the healing properties these essential oils offer. The Methods of Use lesson describes some of the most common ways people use essential oils. You'll also learn exactly how to best care for your essential oils. The correct storage conditions will not only improve their shelf lives, but ensure they remain vibrant.

Lastly, a few easy-to-follow guidelines are presented. These SHH guidelines will help you use your essential oils safely and effectively. Please be sure to review this section before making your products.

### **Directions:**

- 1. Common Methods of use**
- 2. How to Care and Store your Essential Oils**
- 3. Essential oil Safety Guidelines**

**Next up lesson 4: Making your own products**

### 3A. Common methods of Use



#### My rose bushes

There are so many easy and wonderful ways to use essential oils!

**Bath** – Adding a few drops of essential oil to a warm bath is an age-old method. Bathing with essential oils is great for stress reduction, relaxation, soothing sore muscles and joints, supporting respiratory health, mood enhancement, and treating your senses to the full aroma of an essential oil.

**Skin lotion** – Add essential oils to an unscented lotion and take advantage of the healing properties of different oils. Use this method when working directly with a skin issue, such as itchy skin, rashes, scars, or insect's bites, as well as for muscle aches and pains.

**Diffuser** – Spreading an essential oil throughout a room is known as diffusion. Diffusers range from simply putting a few drops of oil on a tissue, to electrical devices that spread more oil over a wider area.

**Steam inhalation** – Use steam inhalation to directly impact your respiratory system, clear nasal passages, and get the therapeutic effects of essential oils into your lungs. This is a great method to prevent respiratory infections!

**Room spray** – Sprays can be used to deodorize a room, as a personal perfume, or even a facial toner.

**Massage oil** – Increase the effectiveness of therapeutic massage by adding oils that specifically increase circulation, relieve pain and nourish the skin. Aromatic massages also enhance mood and support emotional balance.

**Lip balm** – Blend essential oils into a base of beeswax, coconut oil, shea butter, and jojoba wax to create a therapeutic lip balm.

**Salves** - Blend essential oils into a base of beeswax, coconut oil, and shea butter to create a healing salve that heals. Great for itchy skin, rashes, scars, or insect's bites, as well as for muscle aches and pains.

### **3B. How to Store and care for your Essential Oils**



This is easy! Here is the trick to maintaining the vitality of your essential oils:

Store them in a closed dark glass container, out of the sun, in a cool place.

Simply stated, keep the cap tightly on your oils when you are finished using them, and store them in a refrigerator or cool closet. Oxygen, sunlight and heat speed up oxidation, which is the process that breaks down your essential oils. When essential oils are stored cold, their shelf lives improve.

**Note:** If an essential oil begins to appear cloudy, thicker, or if it smells more acidic, it has likely begun to oxidize.

Different types of essential oils have different general shelf lives. It is impossible to say exactly what an essential oil's shelf life will be. The storage conditions will vary and make a significant difference. However, if the essential oil has been received shortly after distillation and the glass bottle is dark and kept full, closed, and cold, we can make some generalizations.

### **Approximately 1–2 years from distillation**

Distilled Lime (*Citrus aurantifolia*)

Orange (*Citrus sinensis*)

Ravintsara (*Cinnamomun camphora* ct. 1,8 cineole)

### **Approximately 4–5 years from distillation**

Roman Chamomile (*Chamaemelum nobile*)

Lavender (*Lavandula angustifolia*)

Peppermint (*Mentha piperita*)

Ylang Ylang (*Cananga odorata*)

### **Approximately 6–8 years or longer**

Cedarwood (*Juniperus virginiana*)

Vetiver (*Vetiveria zizanoides*)

## **3C. Essential Oil Safety Guidelines**



Here at the School of Holistic Healing, we introduce the use of essential oils for supporting health, as well as for healing issues such as insomnia, muscle pain, skin issues, emotions like fear and anxiety, respiratory concerns, and much more. Essential oils can also be simply enjoyed for their rich aromas as they flow through your home or office. We especially enjoy using essential oils for skin care, bath, and massage oils.

Before we dive into teaching you how to make some of your own products, let's cover a few general safety precautions. Remember, essential oils are very concentrated substances. And while essential oils are renowned for their immune-supporting and emotion-balancing qualities, the following guidelines will allow you to fully and safely enjoy your essential oils.

So please take note of the following precautions. When essential oils are used respectfully and according to the guidelines outlined in these lessons,

the practice of Aromatherapy is a simple and delightful way to support good health.

## **Safety Information**

**1. The following essential oils are potentially convulsant** for anyone who might be **vulnerable to epileptic seizures**: Western Red Cedar, Wormwood, Genipi, Hyssop (ct pinocamphone), Sage, Thuja, Pennyroyal, Buchu, Calamint, Tansy (*Tanacetum vulgare*), Mugwort, Lanyana, Ho Leaf (ct camphor), Boldo, Wintergreen, Birch, Rosemary, Yarrow, Spanish Lavender (*Lavandula stoechas*), Feverfew, and Spike Lavender (*Lavandula latifolia*).

**Essential oils should be used very cautiously during pregnancy and while breastfeeding.** During these times, the School of Holistic Healings approach is to keep your dilutions at low concentration. We recommend 1%. We also advise pregnant women to use essential oils under the guidance of an Aromatherapist or medical professional knowledgeable about essential oils.

There are approximately 50 essential oils that are contraindicated during pregnancy, and another 15 that should be restricted during pregnancy and lactation.

These are some of the most commonly used oils that are contraindicated during pregnancy: Anise, Birch, Black Seed, Carrot Seed, Cinnamon bark, Blue Cypress (*Callitris intratropica*), Fennel, Ho leaf (*Cinnamomum camphora* ct. camphor), Hyssop (*Hyssopus officinalis* ct. pinocamphone), Myrrh, Spanish Lavender (*Lavandula stoechas*), Oregano, Sage (*Salvia officinalis*, *Salvia lavandulifolia*) and Wintergreen.

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**3. We typically recommend diluting essential oils in carrier oils before applying them to the skin.** For general use, we recommend a total of 5–18 drops of essential oil in 1 oz (30 ml) of carrier oil. If an essential oil or blend causes irritation on your skin, immediately wash it off with soap and water, and then apply carrier oil to the affected area. **Note:** See our Aromatherapy 101 course for over a list of 100 carrier oils and their shelf life.

**4. For children who are 5–12 years old, elders on multiple medications, pregnant women, and those with serious health conditions,** essential oils can be diluted at 1% (a total of 5–6 drops of essential oil for every 1 oz/30 ml of carrier oil).

There are various opinions about the best age to start using oils for babies and kids. My experience over the years has been that babies and young children are very sensitive, so here at the school our approach leans toward the cautious side. In most cases, rather than using essential oil, we suggest using hydrosols, aloe vera gel, butters, and carrier oils for kids under five years old when doing topical applications. Hydrosols and carriers can often give a child the necessary nudge toward rebalancing their health.

Diffusing gentle essential oils around babies and younger children is a good option. Ambient inhalation, which is inhaling oils that are diffused into the air and away from their face is generally safe. We recommend diffusing intermittently 10-15 minutes then stopping for an hour, making sure the room is well ventilated.

**5. We do not recommend the use of essential oils directly on the fur or skin of small animals.** Small animals can have toxic reactions to essential oils being applied to their fur or skin.

**6. Phototoxic oils:** Bergamot, Lemon, cold pressed Lime, Grapefruit, Bitter Orange, Mandarin Leaf, Cumin, Angelica Root, Laurel Leaf absolute, Rue and Taget. Sunlight or tanning bed rays must be avoided up to 18 hours after application. These oils applied to the skin will increase the chance of severe burns from ultraviolet light.

**7. Do not put essential oils in or around the eyes, the ears, or other orifices.** If an essential oil does come in contact with your eye, immediately wash your hands with soap and water and then put some carrier oil on a paper towel and gently wipe your eye. You may need to do this a few times. You can also flush with saline solution. If irritation persists, seek medical advice.

**8. People with asthma and seasonal or skin allergies** should proceed cautiously with essential oils.

**9. People with multiple chemical sensitivities or who have had allergic reaction to perfumes** should proceed cautiously with essential oils.

**10. Keep all essential oils out of the reach of children.** They can be poisonous if swallowed.

## Citrus Essential Oils: Avoiding Phototoxicity

**Did you know that some citrus essential oils are not phototoxic?**

**If you've been avoiding all citrus oils out of concerns over phototoxicity, you can still use a few citrus oils without worrying about potential phototoxic skin reactions.**

Citrus oils can generally be used without phototoxic concern if you stay within the proper safety guidelines. But for many aromatherapists, client compliance can be an issue and even with compliance, there may be exceptions if someone has a phototoxic reaction to a citrus oil even when used in the safe dilutions offered below. Likewise, if you're a beginner, you may be uncomfortable keeping track of the dilution guidelines needed to ensure that phototoxic oils aren't posing an issue.

**These citrus essential oils do not cause phototoxic reactions and can be used safely in products for the skin:**

- Mandarin (Green) Essential Oil *Citrus reticulata*
- Steam-distilled Lime Essential Oil *Citrus aurantifolia*
- Orange (Sweet) Essential Oil *Citrus sinensis*

**Safe Use of Citrus Essential Oils Per Ounce of Carrier Oil:**

1. Cold Pressed/Expressed Bergamot - 2.4 drops (I just consider these 2 drops per oz)
2. Cold Pressed/Expressed Lemon - 12 drops per oz
3. Cold Pressed/Expressed Lime - 4.2 drops (I just consider these 4 drops per oz)
4. Cold Pressed/Expressed Grapefruit - 24 drops per oz

Remember, all phototoxic oils can be used, as long as they're applied to areas of the skin that will not be exposed to the sun.

## Lesson 4: Making Your Own Products

### Lavender for dried flower bouquets!



In the Making Products lesson, you'll find instructions and recipes for creating a wide variety of products that will support your health as well as the health of your friends and family. We hope you enjoy the process of blending. As you learn to blend, the goal is to experiment and learn along the way. Blending is something that takes time and experience. You will love some of your products and others will be more of a "learning experience". The art of blending and making products is similar to cooking in the kitchen with a recipe. You may want to follow it exactly a few times to get a sense of the final product. Over time, part of the fun is experimenting and adjusting recipes. It is such an exciting and rewarding process.

In our **Aromatherapy 101 course** you will find a long reference guide, which gives you an idea of when to choose each one of these applications.

**Bath** – To soothe sore muscles, for relaxation, emotional calm and balance.

**Diffuser** – Use anytime to scent a room and keep the air fresh. Excellent for busy offices or health care treatment rooms to help prevent the spread of common pathogens.

**Steam inhalation** – To directly affect the respiratory system in the case of illness prevention or treatment. Steam inhalation delivers essential oils directly to the nasal passages, sinuses and lungs.

**Inhaler** – Great for work or when traveling. Use frequently to support clean nasal passages and sinuses. Keep inhalers handy for lifting your mood or treating respiratory conditions with essential oils.

**Lip balm** – For chapped or dry lips. Great as an everyday lip moisturizer.

**Jojoba oil-based blend or lotion** – Great for massage, bath oils, and local topical treatments. The choice between an oil base or lotion base is mainly a personal choice. Experience will be your greatest teacher.

### **Directions:**

- 1. Diluting your Essential Oils**
- 2. Blending the oils**
- 3. Essential Oils for the Bath**
- 4. Steam Inhalations with Essential Oils**
- 5. Using Essential Oils with Inhalers**
- 6. How to Diffuse Essential Oils**
- 7. Lip Balms and Massage Oils**

### **4A. Diluting Essential Oils**

The first step in making essential oil products is understanding the concept of dilution.



The main idea is that, in general, if you're going to use essential oils on your skin it is best to first dilute them in a carrier oil. Remember, there is a

great deal of vitality in every drop of essential oil, so you may need fewer drops than you think to get excellent results. These oils are very concentrated, and some essential oils can irritate the skin when used undiluted.

We usually dilute essential oils in organic oil, light lotion, or cream. These are collectively referred to as **carriers**. Water is *not* an acceptable carrier for essential oils being applied to the skin, since oil and water do not mix. Human skin and membranes are mainly made up of fats. Essential oils are drawn to fats. Remember, **oil and water do not mix**. If you mixed essential oils with water and then put that mixture on your skin, all the oil would run away from the water and absorb directly into your skin. This would be the equivalent of putting pure essential oil right on your skin and could possibly cause local skin irritation. There are occasions where undiluted essential oils are appropriate and desirable, such as a drop of Lavender on a bee sting to stop the pain and swelling. However, for general use, it is best to always dilute the essential oil in an oil-based carrier.

Mix essential oils with other organic oils that are nourishing for your skin, like jojoba. The essential oils will stick with the fats in these carrier oils, and take their time being absorbed by the fat in your skin, thus avoiding skin irritation.

How much essential oil should you put into your carriers? Generally, effective blends are made using a dilution ratio of 1%, 2%, or 3% of essential oil to the carrier. Don't worry, we won't be delving into higher math. Below are the same dilution guidelines we use in our Aromatherapy 101 course.

### **1% Dilution**

- 1 oz (30 ml) — 5 to 6 drops
- 2 oz (60 ml) — 10 to 12 drops

### **2% Dilution**

- 1 oz (30 ml) — 10 to 12 drops
- 2 oz (60 ml) — 20 to 24 drops

### **3% Dilution**

- 1 oz (30 ml) — 15 to 18 drops
- 2 oz (60 ml) — 30 to 36 drops

The next obvious question is, how do you choose which dilution to use?

**1% Dilution:** Use for children under 12, and seniors over 65, pregnant women and people with long-term illnesses or immune system disorders. A 1% dilution is also a good place to start with individuals who are generally sensitive to fragrances, chemicals or other environmental pollutants.

**2% Dilution:** Use for general health supporting blends such as skin care, natural perfumes, bath oils or for blends you like to use every day.

**3% Dilution:** Use this dilution when creating a blend to address a specific, acute health concern, such as pain relief or getting through a cold or flu.

### **Therapeutic qualities of essential oils**

You will be using the following essential oils in your blends, so with practice, you will come to know them very well.

- Cedarwood (*Juniperus virginiana*)
- Roman Chamomile (*Chamaemelum nobile*)
- Lavender (*Lavandula angustifolia*)
- Distilled Lime (*Citrus aurantifolia*)
- Orange (*Citrus sinensis*)
- Peppermint (*Mentha piperita*)
- Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole)
- Vetiver (*Vetiveria zizanoides*)
- Ylang Ylang (*Cananga Odorata*)

### **4B. Blending your Oils**

#### **Blends**

In this section, we'll walk you through making a 1 oz (30 ml) blend of essential oil in a base of carrier oil. This blend can be used as a massage oil or applied as skin nourishing oil. This 1 oz (30 ml) blend will be at a 2% dilution, using a total of 10–12 drops of essential oil.

#### **Supplies you will need**

- Essential oils
  - Orange (*Citrus sinensis*)
  - Lavender (*Lavandula angustifolia*)
  - Vetiver (*Vetiveria zizanoides*)



- 1 oz (30 ml) of carrier oil: jojoba wax, sweet almond oil, or any other vegetable oil you like to put on your skin. The advantage of using jojoba is that it does not go rancid and we have not found anyone who is allergic to it.

**Tip:** When trying to get one drop of essential oil to come out of the bottle you usually have to go slow! Unless the oil is thick (like Vetiver), it will come pouring out quickly, so you have to watch carefully and only tip the bottle half way to start. The drop will come out of the middle of the small insert in the top of the bottle (called the **orifice reducer**) and then usually it drips off the side of the bottle. This can take some getting used to.



### Step 1

On a separate sheet of paper, first write down the names of each oil in a list. You will be placing a mark for each drop you add in order to keep track of your blend and have the complete recipe when you are done.

### Step 2

Add one drop of Vetiver and add a mark on your list next to “Vetiver.”

### Step 3

Add one drop of Lavender and add a mark on your list next to “Lavender.”

## Step 4

Add one drop of Orange and add a mark on your list next to “Orange.”

## Step 5

Stir the mixture by using a glass stirring rod or if your blend is in a bottle, simply tighten the cap and shake it a few times.

*A few things to notice in this moment:*

**Orange is referred to as a *top note*.** Take a sniff of your blend; you will probably notice the scent of Orange first. Orange essential oil is lighter than the others in the blend, so it jumps out first, with an uplifting property. These are general qualities of top notes.

**Lavender is referred to as a *middle note*.** This type of oil is harmonizing. Middle notes balance out and bridge the aromas of top and base notes.

**Vetiver is a *base note*,** meaning it is the deepest, heaviest aroma in this blend. It may take a little longer to smell Vetiver when breathing in this blend. Base notes anchor a blend, they root the other oils in the blends. Put some of your blend on your forearm. You will notice that Vetiver is the scent that lingers the longest.

The different *notes* give us a way to think about creating balanced blends, or for creating a specific feel for a blend by emphasizing one type of note over the others.

## Step 6

Add a drop of any one of these three oils to which you are especially drawn. Mark each drop on your recipe sheet, mix the blend again, and smell. Continue to add one drop at a time of any of these oils until you arrive at a blend that pleases your senses within the 2% rate of 10–12 *total* drops of essential oils.

Our experience teaches us to always keep track of the number of drops while in the process of blending; otherwise, we may forget the exact recipe of a fantastic blend.

Below are a few recipe ideas for three different types of blends. Try making each blend according to the recipe.

Blend into 1 ounce (30 ml) of jojoba oil or almond oil:

### **1% Dilution: Uplifting Blend**

Total of 5 drops

- 2 drops distilled Lime (*Citrus aurantifolia*)
- 2 drops Orange (*Citrus sinensis*)
- 1 drop Peppermint (*Mentha x piperita*)

### **2% Dilution: Relaxing Blend**

Total of 11 drops

- 3 drops Roman Chamomile (*Chamaemelum nobile*)
- 6 drops Cedarwood (*Juniperus virginiana*)
- 2 drops Ylang Ylang (*Cananga odorata*)

### **3% Dilution: Sore Muscle Blend**

Total of 17 drops

- 7 drops Cedarwood (*Juniperus virginiana*)
- 3 drops Peppermint (*Mentha x piperita*)
- 7 drops Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole)

Rub a little of the uplifting or relaxing blend on your wrists, along the sides of your neck or on your chest. Try the sore muscle blend on a tense or painful muscle or joint. Apply the relaxing blend before bedtime and experience a restful sleep. Take time to notice how you respond to each blend over the course of a few days. Try out each of your blends on yourself, family and friends. Observe how others respond to the blends. Notice how the aroma of the blend changes over time after you've applied it to your skin. By trying out these blends on others, you will learn by experience how powerful the sense of smell is, and how essential oils can be a part of our daily lives.

## **4C. Essential Oils for the Bath**

Bathing with essential oils is one of life's awesome pleasures.



In addition to enjoying the beauty of an aromatic bath, a bath with one or two pure essential oils will give you a full body learning experience of an oil's properties. By knowing the properties of the 10 essential oils covered in this course, you will be able to create many different types of therapeutic baths.

**Note: Do not use Peppermint (*Mentha piperita*) in your bath** as it may cause skin irritation even if blended into a carrier first. Use any of the other nine essential oils covered so far.

### **Step 1**

Create an essential blend by adding no more than 5 drops of essential oil to either **a teaspoon of carrier oil or liquid castile soap** or you can use both.

Remember, essential oils are drawn to lipids, or fat. Your skin is partially made up of lipids. If you put the essential oils directly into the bath water, when you get in the tub, the oils will be immediately drawn to your skin and may cause irritation. So, we suggest blending your essential oils in a little bit of carrier oil such as Jojoba or liquid castile soap before putting them into the bath to avoid this situation.

### **Step 2**

Fill the tub with warm to hot water. After the tub is filled with water at your desired temperature, add your bath blend.

**Note:** Be particularly aware of the oil in the bath that you don't slip and fall when getting out of the tub. **ALWAYS**, clean the oil out of the bath with a good cleanser before letting anyone else get in.

### **Step 3**

Get in and enjoy!

### **Some general bath ideas**

#### **Relaxing and Soothing**

- 3 drops Lavender (*Lavandula angustifolia*)
- 2 drops Ylang Ylang (*Cananga odorata*)

#### **Immune Booster**

- 2 drops Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole)
- 3 drops Lavender (*Lavandula angustifolia*)

#### **Reduce Anxiety**

- 3 drops Vetiver (*Vetiveria zizanoides*)

2 drops Cedarwood (*Juniperus virginiana*)

#### **Muscle Tension**

- 2 drops Roman Chamomile (*Chamaemelum nobile*)
- 3 drops Vetiver (*Vetiveria Zinzaniodes*)

#### **4D. Steam Inhalations with Essential Oils**



*Ravintsara plant*

Steaming is one of the easiest and most direct ways to support your respiratory system with essential oils. Here at the school, we make it a point to use a steam after we fly, after being around folks with colds, during allergy season, or if we begin to feel a cold coming on. We have been amazed at how this simple method has supported our health and prevented many colds and flus from spreading around the office.

#### **Essential oils to use for steam inhalation**

Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole) is excellent for decongesting and clearing the respiratory system.

**Step 1:** Get a bath towel.

**Step 2:** Fill a soup bowl with hot water the water should be hot enough to be steaming, but not so hot that it will burn your skin or mucous membranes.

**Step 3:** Add one drop of Ravintsara to the hot water remembering to pour slowly. If you get more than two drops, leave that bowl to purify the air and start again for your steam. Too much essential oil in a steam can give you a headache.

**Step 4:** With your eyes closed, lean over the bowl, draping the bath towel over your head and the bowl, and breathe in the steam. Begin relatively high over the bowl, getting a sense of how this feels. You can go closer to the water if you need to gather more steam, or further away if you want less steam.



If the water is too hot, lift up the towel and let some of the steam out.

Breathe in the steam for a few minutes, or as long as you desire. It is **very important to keep your eyes closed** in order to prevent any of the essential oil from getting into your eyes. You may want to have a few tissues on hand as this inhalation may free up the mucus in your sinuses. Steam inhalation is a simple way to clear your sinuses and mucous membranes, and to help keep them clear. Again, we steam in order to prevent respiratory illnesses, and to heal ourselves if we are getting a stuffy head, nasal congestion, or a cold.



#### **4E. Inhalers**



Using a nasal inhaler is a simple and effective method for bringing essential oils with you to work or during your travels. We use inhalers to support our



immune systems whenever we fly. Inhalers are one of the most popular, simple, effective and inexpensive methods for use essential oils.

Inhaler blend ideas (or come up with your own special blends)

For kids between 5-12 years old, cut the drops in half and use my notes on the recipe

- **Open the Sinuses blend**  
9 drops Cedarwood (5 drops for kids)  
3 drops Orange (2 drops for kids)  
3 drops Ravintsara (leave out for kids)
- **Immune Support blend (recommended for air travel)**  
8 drops Lavender (4 drops for kids)  
3 drops Peppermint (leave out for kids)  
4 drops Ravintsara (leave out for kids, use 3 drops Orange instead)
- **Mental Focus blend**  
1 drop Peppermint (leave out for kids)  
8 drops Orange (4 drops for kids)  
6 drops distilled Lime (3 drops for kids)
- **Emotional Calm blend**  
3 drops Ylang Ylang (2 drops for kids)  
6 drops Vetiver (3 drops for kids)  
6 drops Lavender (3 drops for kids)

Put the oils into a small bowl and roll the cotton insert in the liquid so that it absorbs as much essential oil as possible. (The ends of the cotton absorb the oil quickly.) Place the oil-soaked cotton insert into the inhaler tube and snap the cap firmly into the bottom of the tube.

**Note:** I recently learned that cotton is a heavily sprayed crop, so you may not want to use the cotton wicks that come with inhaler tubes. You can purchase certified organic cotton pads to replace them and cut those to the size you want.

Now you have your inhaler, which should last at least 2-3 months.

#### **4F. Diffusing Essential Oils**



Candle diffuser. Put a tea light on the bottom and fill the top with water and add about 10 drops of essential oil.

Diffusing essential oils into a room will clean the air in addition to adding the therapeutic properties of the specific oils used. It can be as easy as adding several drops of essential oils to a bowl of steaming hot water.

# Essential Oil Recipes

## **Emotionally uplifting and centering blend**

- 5 drops of Orange (*Citrus sinensis*)
- 5 drops of Cedarwood (*Juniperus virginiana*)

## **Respiratory and immune support**

- 5 drops of Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole)
- 5 drops of Lavender (*Lavandula angustifolia*)

## **Diffusing oils on a tissue**

For those of you who prefer the low-tech version, try placing one or two drops of your desired oil on a tissue and place the tissue somewhere close by where you can smell it. This method works well for sleep enhancement. Try placing a tissue with two drops of Lavender or Cedarwood near your pillow and drift off into an aromatic sleep.

## **4G. Massage Oils and Lip Balms**



**Lip Balm Containers**

## **Massage oil**

Massage oils are best made in jojoba oil, which is technically a wax, as jojoba is so nourishing for the skin, and it never goes rancid, and has a great consistency for using in a massage oil. You can also use an unscented lotion if you prefer a lighter carrier.

Blend the essential oils into 4 oz (120 ml) or 8 oz (240 ml) of organic jojoba oil (*Simmondsia chinensis*). Our recommendation for a 4 oz (120 ml) blend

is a total of 20–40 drops of essential oil, and for an 8 oz (240 ml) blend, a total of 40–80 drops.

### **Relaxation Blend**

#### **In 4 oz (120 ml) jojoba**

- 2 drops Ylang Ylang (*Cananga odorata*)
- 2 drops Vetiver (*Vetiveria zizanoides*)
- 10 drops Cedarwood (*Juniperus virginiana*)
- 6 drops Lavender (*Lavandula angustifolia*)

#### **In 8 oz (240 ml) jojoba**

- 4 drops Ylang Ylang (*Cananga odorata*)
- 4 drops Vetiver (*Vetiveria zizanoides*)
- 20 drops Cedarwood (*Juniperus virginiana*)
- 12 drops Lavender (*Lavandula angustifolia*)

### **Sports Blend**

This is a higher dilution (2%) than the Relaxation Blend, in order to soothe sore muscles.

#### **In 4 oz (120 ml) jojoba**

- 16 drops Roman Chamomile (*Chamaemelum nobile*)
- 8 drops Peppermint (*Mentha x piperita*)
- 8 drops Orange (*Citrus sinensis*)
- 8 drops Ravintsara (*Cinnamomum camphora* ct. 1,8 cineole)

#### **In 8 oz (240 ml) jojoba**

- 32 drops Roman Chamomile (*Chamaemelum nobile*)
- 16 drops Peppermint (*Mentha x piperita*)
- 16 drops Orange (*Citrus sinensis*)
- 16 drops Ravintsara (*Cinnamomum camphora*)

### **Lip balms**

Making lip balms is fun and easy. We will walk you through one of our favorite recipes for chapped lips. The basic idea is to first blend your coconut oil and beeswax, then add in the shea butter, and lastly add the essential oil. Let the blend stand and harden for a few hours before use. These make great gifts!

Measure the jojoba, butters, and beeswax by weight. I use a small kitchen scale to measure weight.

## Recipe

- 1 oz (28 gm) beeswax (*Cera alba*)
- 1.5 oz (42 gm) coconut oil (*Cocos nucifera*)
- 0.5 oz (14 gm) shea butter (*Butyrospermum parkii*)
- 1 oz (30 ml) jojoba oil (*Simmondsia chinensis*)
- 50 drops of Orange essential oil (*Citrus sinensis*)

This will make about 24 tubes, if your tube holds about 5 ml (1/6 oz).

Melt the coconut oil and beeswax in a double boiler. When everything is melted, add the jojoba and stir with a glass stirring rod, then take off the stove. Add the shea butter and stir again until the shea is melted, then add the Orange oil and pour immediately into lip balm tubes. It helps to have a lip balm tray to hold the tubes in place.

For a homemade double boiler, try using a Pyrex measuring cup rested in a soup pot. Add the ingredients to the Pyrex cup. Then place the measuring cup into the soup pot partly filled with water and bring to a gentle boil. The boiling water will provide the heat for melting the beeswax, coconut oils and jojoba oil.

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**If you are interested in becoming a certified Aromatherapist, feel free to check out our Aromatherapy 101 certified course. We often, have specials and buy one course with the second course free.**

**I hope you enjoyed our mini course and you come back for more learning.**

**Twyla Shaw (Founder)**