

Essential Oil Basics



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mind&body
method

I'm so excited you have chosen to take this step to improving your health holistically. You will find valuable information and tips to start you on your way to living healthy with essential oils.

You will also receive emails that are packed full of information on health, essential oils, my upcoming events, specials and more!! You can unsubscribe at any time and we will not share or sell your email with anyone.

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To Your Vibrant Health,

Laurie



Laurie Ratto, RN, BSN,

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Disclaimer: This handbook is a beginning guide to learning about essential oils (aromatherapy). It is not a replacement for traditional health care, medical diagnosis, or medical treatment for illness. Refer to a licensed medical practitioner for medical care.

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Introduction

Are you are looking for natural ways to maintain health and wellness for yourself and your family? Are you experiencing physical pain and tired of taking pain medications? Do you feel stressed out, emotionally drained or “stuck” emotionally and desire to change but don’t know how to change it? Congratulations you are on the right track by reading this book!

Aromatherapy can help with all of the above and it is safe, effective and easy to use.

I have been using and studying essential oils since 2007. I am so impressed by their power, versatility and safety that I want everyone to know about aromatherapy. I was able to resolve my chronic pain and a stress pattern I lived with for almost 20 years using essential oils and other holistic therapies. I use aromatherapy almost every day to help me stay well and alleviate physical and emotional pain that pops up. Let’s get started!

What is aromatherapy?

Aromatherapy is the therapeutic use of authentic essential oils from plants for the improvement of physical, mental, emotional and spiritual well-being. It assists the body in balancing, regulating, healing and maintaining itself and affects the whole person - not just the physical symptom or disease. Essential oils may be administered via inhalation, topically or ingestion.

Think about it, when you experience physical pain such as a headache or joint pain it affects your mood, ability to concentrate and energy level as well. When I had chronic neck and shoulder pain on good days I could go about my business and only noticed it when sitting still. Other days it throbbed and burned making me feel angry, irritated and distracting me from my work. If I choose to take Motrin the pain went away but I still felt angry, irritated and tired. When I started using essential oils not only did the pain subside but I felt better emotionally as well and could cope better with the day’s challenges.

When you are experiencing emotional pain such as anxiety, stress, depression or grief you are unmotivated, tired, and have difficulty focusing on anything. You notice every area of tension, soreness or pain in your body and it is difficult to sleep. Essential oils are capable of addressing all of those issues!

American advertising would have you believe that anything with an aroma is aromatherapy. For example the Glad plug-in room air fresheners and scented candles with synthetic chemicals. However that IS NOT true aromatherapy despite what the label says. Aromatherapy uses authentic essential oils to produce wonderful benefits for your mind, body and spirit. I invite you to change your thinking and investigate what true aromatherapy is all about.

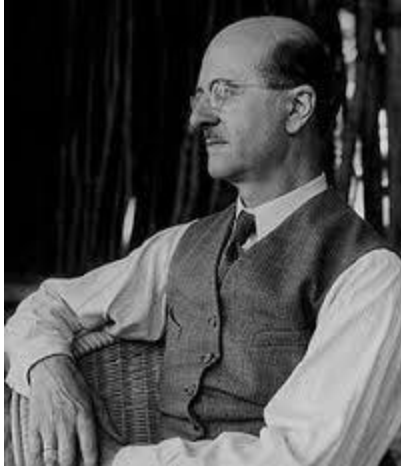
This book is a great start in learning how to use aromatherapy for your health and wellness. Be sure to check out my resource page for recommendations on oil companies and books to continue your education in aromatherapy. May you live a long, vibrant, healthy life!

History

Essential oils have been used for thousands of years throughout the world for healing, relaxation, prevention of illness, beauty and meditation. The oldest written document about essential oils for healing is the Ebers Papyrus by the Egyptians dating back to 2800 BC. Essential oils were truly “man’s first medicine.” They were used to heal the physical body by relieving pain, healing wounds and infections and treating illness. They were also used to cleanse and uplift the spirit, enhance meditation and connect with the Gods so healing could occur. They understood that health and illness needed to be addressed from a mind, body and spirit approach.



In the 18th century alchemy gave way to chemistry. The use of herbs and essential oils gave way to synthetic drugs that could be produced more cheaply and many were more potent but caused side effects. This is when the interrelatedness of mind, body and spirit also left the medical profession. It was all about the physical body and how it reacted to various chemicals.



Modern day aromatherapy originated in France when a cosmetic chemist by the name of Rene-Maurice Gattefosse experienced an explosion in his lab resulting in severe burns, especially of his hands. He used Lavender oil to heal it within days with minimal scarring. He then dedicated his life to studying essential oils and their healing properties. He is regarded as the father of modern day aromatherapy and coined the term “aromatherapy”. He was a major force in bringing essential oils into the medical arena and did many studies in the hospitals alongside physicians. In France aromatherapy is a medical specialty in the training of physicians.

Benefits of Essential Oil Use

Essential oils can support every system in your body and possess many different properties. Below is a partial list of how oils support us physically and emotionally.

- **Boost immune system** - Many essential oils possess antibacterial, antiviral and antifungal properties. The book, *Aromatherapy for Health Professionals* 4th edition, lists oils and what specific bacteria, fungi and viruses they are effective against. Now that is going to an extreme for most of us but I want you to understand that research has been done and authentic oils can help in preventing and alleviating colds, flu and other infections.
- **Sooth painful muscles and joints** – Many oils relax muscles (antispasmodic), decrease inflammation and stiffness, improve circulation, and have analgesic effects.

- **Calm or stimulate digestive system** – Calm indigestion, nausea, diarrhea, and relax intestinal spasms aiding those suffering with colic and irritable bowel syndrome. Others stimulate appetite and bile production.
- **Uplift your spirits** – oils access the limbic system of your brain where emotions are stored. Fragrance can bring back positive memories and emotions. Assist those experiencing depression and PTSD to feel lighter and brighter.
- **Calm and relax the mind** – Many oils calm the nervous system and promote sleep.
- **Improve concentration and alertness**

What is an Essential Oil?

Essential oils are the life blood of the plant. They nourish it, protect it, take away waste and toxins and attract or repel insects to it. It is like our blood, the plant cannot survive without it, and therefore it is essential. One drop of essential oil has anywhere from 80 -100 different components. It is because of this complexity that they work in harmony with your body and “know where to go” when inhaled, applied topically or taken internally. **Essential oils are very complex and concentrated.** The method in which the oils are extracted from the plant (distillation or cold press) make them highly concentrated so all that is required is a few drops per application to get desired results. More is not better when using essential oils. Usually only 1 – 3 drops of undiluted oil or 2 – 6 drops of diluted oil are needed for a topical application. If you use 3 drops of undiluted oil twice a day, a 15 ml bottle can last over a month so it is cost effective as well as effective for health and improved management of pain.



Authentic or Adulterated?

Not all oils are created equal. This is **the most important point** I can emphasize! **Only about 4 – 8% of all essential oils produced are authentic (also referred to as therapeutic grade).**

Many oils purchased in grocery stores and health food stores are adulterated. Adulterated oils no longer possess all of their healing properties resulting in you experiencing less or no therapeutic effect and in some cases a harmful effect. Have you ever used an essential oil and not experienced the result you expected? This could be the reason.

An authentic oil has **all** of its components intact and in the proper ratios; nothing has been added or taken away. The plants were grown organically or wild, harvested at the correct time, then extracted (distilled or cold pressed) under conditions that did not destroy any components and stored properly. The distillation process is critical in making authentic oils. It must be done with low heat over a long period of time.

The perfume and food industry are only interested in the smell or taste of the oil. They frequently will distill at high temperatures (this takes less time) which destroy many components and affects the healing properties of the oil. They also add compounds that make the smell last longer or the taste stronger. Some companies add propylene glycol (a colorless, odorless chemical) to the oil to extend the volume but this alters the chemistry and affects the healing properties. This is called adulteration of the oil. These oils are usually less expensive. Another form of adulteration is adding a less expensive oil to an expensive one. For example if you see a 15 ml bottle of Lavender oil for \$10 I can guarantee it is adulterated. If the price is too good to be true then beware!

How can you tell if an oil is authentic or adulterated? I teach my clients to look and see if the supplier can provide the following: the country of origin, botanical name, method of extraction.

Is **every batch** tested? If the answer is no you can't be sure every bottle is the same quality because growing conditions can change which alter the chemical qualities of the plant. For example if a region has a drought the plant will change its chemistry in order to survive and the components may no longer be in the proper ratios for healing. .

How are they **tested**? It should be gas chromatography and mass spectroscopy at the minimum. I always ask if I can receive a copy of the test as well. Any company that is actually testing should be ok with providing that to you. Please note I don't always ask to see it but it is nice to know they are willing to send it to me.

I work with a few different companies. Please refer to the resource page for a list of companies I use.

Methods of Application

There are many ways you can apply essential oils. What method you use depends upon the oil, what you want to accomplish and how you react to specific oils. For many conditions related to pain from muscles or joints I recommend topical and inhalation together for a double punch! This will be explained below.

Topical – This method is great for wound care, decreasing muscle, joint and nerve pain and supporting the respiratory and digestive system. Many oils (such as lavender or ylang ylang) can be applied undiluted (also referred to as neat) directly on the skin. Many essential oils require



dilution (oregano and thyme for example) with another oil to prevent skin irritation and redness. This oil is referred to as a carrier oil because it does not affect the properties of the essential oil. Some examples of carrier oils are jojoba, almond, olive, coconut or V6 Oil Complex (this is an oil blend from Young Living Company).

I recommend adults between the ages of 18 – 60 years of age just starting to use essential oils to dilute them 1 part essential oil to 2 part carrier oil. This way you can see how your skin reacts. The very young and elderly need to use the oils diluted because their skin is frailer. For example a concentration of 0.25% to 0.5% is recommended for infants 3 months to 24 months of age. That is 1 – 2 drops of essential oil in 15 ml of carrier oil. When working with the elderly I start with a 2 – 5 % dilution. Working with a certified aromatherapist like me is very helpful in the beginning. I can determine the best oil and concentration for you or your family members so you experience the best result and avoid mild but annoying side effects such as dermatitis or sensitization.

You can also apply the oils to the soles of your feet. Your skin is thicker here and less likely to react to the oils.

After applying an oil topically I recommend you cup your hands and place over your nose and take a few deep breaths in. This way the oil is entering your system in 2 different ways for a one – two punch!

Bath - This method is fabulous for relaxing or soothing achy muscles and joints. Drop 4-6 drops of essential oil in ¼ cup Epsom salts or bath gel (unscented and without chemical additives). Place under running faucet and fill tub. **DO NOT DROP ESSENTIAL OILS DIRECTLY INTO BATH WATER.** Water and oil do not mix, the hot water opens your pores and the essential oil is quickly pulled in. This can cause stinging and other very unpleasant sensations depending upon the oil. The gel or salts act as a dispersing agent to prevent this.

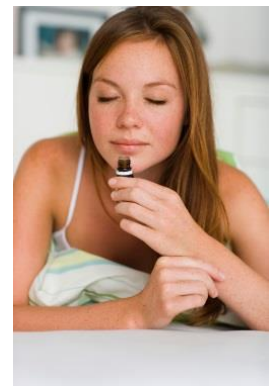
When using oils in the bath you also get the added benefit of inhaling it from the steam in addition to absorbing it through the skin.

Inhalation – This is the fastest method of getting oils into the body. This can also be a great way to expose multiple family members to an oil at one time.

Inhale directly from the bottle, this is a fast and easy method you can use anywhere. Just remember to carry your oil with you.

Diffuse with a cold air or ultrasonic diffuser. This is a great way to expose children or multiple people to an oil all at once. When anyone in my house is ill I diffuse. **Do not** use an aroma lamp or candle because the water gets too hot and destroys some of the healing components.

Another option is to place 2 drops in the palm of your hand then rub palms together clockwise. Now cup hands together over your nose and mouth and inhale deeply for several breaths. The aroma will remain on your hands for a while if you do not wash them with soap and water so you can continue to inhale it.



Apply 1 -2 drops oil to cotton ball or tissue (do not use synthetic fabrics as it may alter the oils properties) then smell it and you can place it next to you. Another option is to place cotton or tissue in the air vent of a room or car so the aroma fills it and you breathe it in with every breath. I use this trick in hotel rooms when I travel. I put some on a tissue and place in the air vent. When I return to the room it smells wonderful!

Internally - Caution some oils and blends should not be taken internally and some are best taken in capsule form. I can help you determine if a particular oil is safe to take orally and the best route. Only authentic oils should be taken internally.

Mix 1-3 drops of oil in a glass of water or rice milk.

Add 1-2 drops of oil to a teaspoon of blue agave or honey.

Add several drops of oil to a gelatin capsule then fill the rest of the way with a high quality cold pressed vegetable oil, put the other half of the capsule on and swallow. It is best to take the capsule immediately as it will become soft quickly.

Drop directly onto tongue and swallow.

Basic Guidelines for Safe Use of Essential Oils

1. Always have a bottle of pure vegetable oil (referred to as carrier oil) available when using essential oils. Vegetables oils will dilute essential oils if skin irritation or discomfort occurs. **Do not try and dilute essential oils with water** because oil and water do not mix and it will push it into the cells more.
2. Store oils in amber or dark colored glass container with Teflon applicator. Do not store concentrated oils in plastic because it will leach into the oil and change the chemistry.
3. Keep essential oils out of reach of children. Children love the oils and want to put them on themselves but often go through an entire bottle very quickly. Treat the oils as you would any therapeutic product; let the children participant with adult supervision only.

4. Keep bottles tightly capped to prevent evaporation and oxidation. Do not leave oils in heat or direct sunlight i.e.: cars or window sills. Essential oils will maintain their potency for many years when stored properly.
5. Do not use diffusers with candles or high heat because some of the healing properties will be destroyed.
6. Essential oils high in menthol (e.g. peppermint) should not be used on the throat or neck area of children under 30 months of age.
7. Some oils are photosensitive and may cause a rash or dark pigmentation on the skin if exposed to sunlight within 24 hours of topical application.
8. Never put essential oils directly into the ears and eyes. Do not rub your eyes or handle contact lenses with essential oils on your fingers.
9. The soles of the feet are safe locations to apply oils topically
10. Never add neat (undiluted) essential oils to bath water disperse first in Epsom salts or shower gel.

Aromatherapy for Physical Pain

Many external factors influence the way you experience and cope with pain. Your previous experience with pain, attitude, culture and emotional state can intensify or decrease your sensation of pain. Essential oils work on the physical and emotional aspects of pain. Below is a listing of some common ailments and a few oils that can help alleviate the pain. Your results may vary because of your unique chemistry and emotions.

I can help you find the oil(s) YOUR body NEEDS and WANTS in an aromatherapy session. This is done energetically so you can come to my office OR it can be done long distance via phone or skype. Go to <http://mindandbodymethod.com/medicinal-aromatherapy/> to learn more! When you discover and use the correct oil(s) you will feel the positive results sooner and probably save some money. You can just purchase one or more oils listed below and

TRY them and HOPE you find the correct oil immediately but if not it can get costly. The oils with * indicate a proprietary blend by Young Living.

Important Note – some oils will enhance the effects of other medications or interact with them. Some oils can affect bleeding time if you are taking a blood thinning medication. If taking medication on a regular basis I strongly recommend you consult with me or another trained professional.

Muscle Pain - All of the oil blends listed below help reduce inflammation, increase blood flow to the area, have an analgesic effect, relieve muscle spasms and promote healing. I have found using more than 1 oil gives a better result but if all you have available is a single oil USES it. Apply via inhalation or topical on area of pain.

Marjoram/Peppermint layered (put one on, wait 1 – 2 minutes then apply the other) or mixed in bottle.

Black pepper/sweet marjoram layered or mixed.

Lavender/sweet marjoram layered or mixed.

PanAway* - a blend of 4 oils.

Deep Relief* - a blend of 9 different oils of which 2 help to uplift your spirits and remove negative energies.

HEADACHES – inhale or apply topically. **Caution** – avoid contact with eyes. Single oil is effective but can be combined if desired.

Peppermint, copaiba, Roman chamomile, lavender

Joint Pain – Recommend topical or inhalation application. Below is a partial list of oils useful in alleviating joint stiffness and pain. What oil combinations to use depend upon your condition and what medications you use.

Single oils: Black pepper, German chamomile, peppermint, sweet marjoram, wintergreen,
Blends – PanAway*, Aroma Siez*

Aromatherapy helped me to relieve my chronic neck and shoulder pain that developed after an injury. On good days I would only be aware of an achy feeling in my neck and shoulder region in the evening when sitting quietly or going to bed. On bad days I felt an intense throbbing all the way down my arm on and off all day. Occasionally I would wake up with pain and limited motion in my neck. I had done a series of chiropractic and acupuncture visits which helped but it was not resolved. I started applying essential oils daily and receiving weekly healing touch treatments. I learned what oil blend was best for me when the pain was mild and what to use when it was intense. I was thrilled when in 2 months the pain had RESOLVED!

It is interesting to note that when I become stressed or out of balance I notice tightness or pain in that region first. It is my body's way of getting my attention and warning me that I must slow down and pay attention to what is going on in my life. Do you have times that your body is trying to get your attention but you ignore the warning signs? Have you ever pushed yourself so hard you became ill or injured? Listening to your body and self-care are very important to health, well-being and productivity.

Ms. A came to see me due to foot pain and during the intake I found she had frequent headaches. After improving the foot pain we started working on decreasing her headache frequency and intensity. Her headaches occurred when she was stressed or did not get enough sleep. When she felt a headache coming on and knew she was stressed ylang ylang was the oil that stopped it. If she did not sleep well or if the headache had progressed peppermint was more effective in relieving it. The healing touch sessions, self-care healing touch techniques and meditations combined with the oils greatly decreased the number and intensity of her headaches. She was able to reduce her use of prescription medication for headaches with her doctor's approval. This is the power of treating the whole person – body, mind and spirit.

Aromatherapy for Emotional/Mental Pain

Let's face it, life happens and it is not always pleasant and uplifting. The death of a loved one, divorce, financial issues, job issues, family drama can all cause stress, grief, depression and other emotions. Sometimes we just want a little help to get us through the moment. Other times you can "get stuck" in an unhealthy emotion and need a great deal of support to start moving forward again.

Aromatherapy can help in both scenarios. Aromas have a powerful influence on the mind and emotions. When you inhale an oil the scent bypasses your thinking brain and goes straight to the amygdala located about center of your brain. This area stores past experiences and emotions and reacts quickly before your logical brain has time to think. For example have you ever smelled something and instantly a memory pops into your head? If the memory is a pleasant one you feel calm or uplifted, if the memory is something unpleasant you may feel fear or anger. For example whenever I smell cookies I immediately feel good inside because I am flooded with fond memories of my Mom and Grandma baking and eating cookies together. Oils also help release emotional trauma, relax and clear the mind.

Inhalation is the most effective application method when addressing emotional issues. Below I have listed just a few oils for each condition but there are many other options.

Anxiety and Stress - These oils are relaxing, calming and sedating.

Jasmine, lavender, ylang ylang, vetiver,

Grief, Sadness and Depression – These oils are energizing, balancing and uplifting

Frankincense, rosemary, melissa, Joy*,

Mood Swings and Irritability – Oils are calming and balancing

Clary sage, cypress, mandarin, ylang ylang

I had a client come to me with work related stress and physical symptoms of insomnia, digestive issues, frequent colds and fatigue. I gave her a 5 minute meditation to do one or more times a day and her body wanted the oil blend of Forgiveness* to use one or more times a day. I found this

oil to be unusual for her symptoms yet II had been guided to test that oil and it was the correct one for her. During our second session, using interactive guided imagery™ we found that she really wanted to return to school for a degree and work in a different field. She was holding onto anger at herself for not going to college and experiencing worry about finances. She started using the oil blend of Release* to help clear out the anger and fear and ylang ylang for calming. A few weeks later she spoke to her husband about returning to school. After 6 healing sessions and using the oils regularly over 3 months she was sleeping 7-8 hours a night, had more energy and the digestive issues were resolved., She was able to handle the challenges that came up at work without feeling stressed and had a plan to return to school.

Aromatherapy and other holistic therapies supported her and helped her to discover the root cause of her symptoms. This resulted in true healing of her mind, body and spirit instead of just covering up symptoms with medications. She continues to use various oils to this day to help her deal with stress, improve concentration and relieve various aches and pains that happen with life.

I worked with another woman who had depression and was taking anti-depressants. She described her depression as a heavy cloak of darkness that came over her causing her to be sad, tearful and experience brain fog. All her doctor offered her was more medication and she was looking for an alternative to increasing it.

It was determined through testing that her body wanted frankincense and the oil blend of Release. She used the oils 1 – 3 times a day. After about 4 weeks (3 healing sessions) the cloak of darkness was occurring less frequently. After 8 weeks and a total of 6 sessions the cloak had disappeared and not returned for a full 2 weeks. She continued to use the frankincense several times a week for a couple of months.

Boost your Immune System for General Health and Well-being

You don't have to be experiencing pain to use aromatherapy. They are great for promoting health and general well-being too. Here are some that help to keep you healthy and have antibacterial, antiviral and antifungal properties.

Grapefruit, Orange, Lemon, Oregano, Tea Tree (*Melaleuca alternifolia*), Thieves*

Whenever I feel like I may be coming down with something I use an essential oil to nip it in the bud. My daughters do the same and we are rarely sick. If one of them ignores the signs and gets sick the oils help to fight it off and recover faster.

Essential Oils for the Home

Many household cleaners contain chemicals that are toxic to the environment, carcinogenic and disrupt hormones in humans. Many contain irritants. Do you break out in a rash or experience skin irritation when you clean? Don't just take my word for it, go to <http://www.ewg.org/guides/cleaners> and check it out. To avoid these issues I make my own household cleaner and window cleaner using various essential oils.

Many essential oils have potent antibacterial, antiviral and antifungal properties. An added benefit is I can change the scent just whenever I like by switching up the oils. So say goodbye to toxic bleach and hello to peppermint!

Mix 1 – 2 cups water with several drops of oil(s) and start cleaning. Remember to shake the bottle before using each time because oil and water don't mix. Here are just a few oils that you can use:

Peppermint, Tea tree, lemon

Aromatherapy Tailored to Your Needs

Are you experiencing some form of pain? Do you have the desire to alleviate it using a holistic approach? I would love to assist you in relieving it. If you would like a 30 minute aromatherapy only session (includes oil sample) **or** an aromatherapy session combined with a healing session please click here: www.mindandbodymethod.com/contact

All of the sessions can be done in-person or virtually over the phone or Skype. I can test to see what oils you need virtually because energy has no boundaries. Much like radio waves going

through the air across the nation, I can tap into your energy field and determine what you need without you being in my office.

Still not sure if aromatherapy or healing sessions are right for you? Contact me for a 30 minute complimentary strategy session at www.mindandbodymethod.com/free-session.

I hope you have enjoyed learning more about essential oils and how to use them. I would love to hear from you about what you found to be the most helpful or if you have experienced essential oils in the past. Find me on Facebook at www.facebook.com/laurie.ratto or email laurie@mindandbodymethod.com

May you live a healthy, happy and vibrant life!

Resources for Essential Oils

I encourage everyone to look into the quality and expertise of any company they wish to purchase oils from. Based on my research I have chosen to use the following companies for my quality oils.

Original Swiss Aromatics

Founders: Kurt Schnaubelt & Manika Haas

www.originalswissaromatics.com

P.O. Box 6842

San Rafael, CA 94903

Phone: 415 479-9120

Young Living Essential Oils

Founder: D. Gary Young

www.Youngliving.com

3125 Executive Parkway

Lehi, UT 84043

800-371-3515

Note: You can purchase oils retail or become a member and purchase wholesale from YL. They ask who introduced you to YL. If you use my name I will get monetary compensation.

Rocky Mountain Oils

www.rockymountainoils.com

15 E 400 S

Orem, Utah

(866) 493-8159

Note Native American Nutritionals has merged with Rocky Mountain oils. That company also has authentic oils.