

An Introduction to Essential Oils

20 Ways to Use Essential Oils



By Nikki Greenwood & Gill Myers

Introduction

This book, An Introduction to Essential Oils, has been written using our personal knowledge of essential oils.

We would encourage you to purchase the best quality and purest essential oils that you can, as you will obtain better results with them.

Please feel free to take the knowledge you gain from this book and purchase your own oils to try out the different blends discussed.

Towards the end of the book you can find details on how to contact us – we would love to hear from you!

We hope you enjoy the book!

Nikki & Gill

The information contained herein should not be considered medical advice. We are not medical practitioners, so please consult your physician if you are unsure about using essential oils, or if you have unexplained symptoms that need to be investigated. Although essential oils are safe for the majority of people, pregnant and breast-feeding women, and those with certain medical conditions, should not use essential oils without professional guidance.

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First Edition

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Part One

An Introduction to Essential Oils

What Are Essential Oils?

Essential Oils are basically liquids extracted from plants. The technical term is 'concentrated hydrophobic liquid'. They are made by steaming or pressing relevant parts of a plant to extract the oil and capture the required compounds.

The oils occur naturally in plants, whether in the leaves, petals, bark, roots or seeds, and it can take many plants to produce a small amount of liquid.

The purpose of oils within the plants is to protect them against environmental threats such as predators and pests, but also to enable them to attract pollinators: they are therefore an essential element in the eco system.

When distilled, essential oils are highly concentrated. They are distilled for purity, potency, and to increase efficacy, and have been used historically for health and beauty practices, as well as in food preparation. The ancient Egyptians can be found to have used essential oils as long ago as 4500 BC, so they have been around for a very long time! There is evidence of essential oil use as early as 5,000 years ago!

Essential oils are mentioned in the Ebers Papyrus (named after George Ebers, a German Egyptologist), an Ancient Egyptian medical papyrus of herbal medicine, which dates back to 1500 BC but is believed to be based on much earlier texts. It lists around 700 formulas and folk remedies used to treat afflictions, pain and illness – including such lovely delights as fungal toe and crocodile bites!

Part Two

20 Ways to Use Essential Oils

When included in your everyday routine, essential oils have the power to impact your overall wellness for the better. There are three ways to use pure essential oils: aromatically, topically, and internally. (We will not be covering internal uses in this e-book as you should **not** experiment with using oils internally without the guidance of a professional practitioner.)

Aromatic Essential Oil Uses

Using essential oils aromatically involves diffusing them into the air, putting them into your palms and then inhaling the scent from your cupped hands, or using them in a carrier oil to perform massage.

The aroma of an oil on its own has the power to influence your mood and can change the emotional environment that surrounds you. We have given some examples of oil uses below but please note, these are just the tip of the iceberg – most oils have multiple uses on their own but when combined with others, there are too many uses to list here.

1. Diffuse Orange oil to uplift your mind and body throughout the day. As you would expect, it gives a lovely fresh, citrus aroma.
2. Detoxify your home by using natural DIY cleaning solutions, made with cleansing essential oils like Lemon, Pine or Cypress. Pine oil can be used to keep insects at bay, Cypress to relief anxiety and aid respiratory conditions, while Lemon oil helps kill harmful viruses and bacteria, help with depression and reduce inflammation.
3. Keep stress or tension at bay by diffusing Bergamot oil into the air of your room, or at your desk. This oil has been used in Ayurvedic medicine for centuries to help with many ailments, including in the treatment of acne, skin rashes, depression, eczema and compulsive behaviours.
4. Add Arborvitae oil to your diffuser for a grounding aroma, especially useful when you want to meditate, as it has the ability to help you feel peaceful and calm. Arborvitae is also a powerful cleansing and purifying oil.

5. During study time or any activity that requires mental clarity, diffuse Basil or Cardamom oil to promote a sense of focus. Basil oil has many medicinal uses (including protection against infections) while Cardamom can help reduce stress and calm the mind.
6. Lavender oil is often the first essential oil that people are introduced to. It can be used to soothe the emotions and reduce stress. It's no coincidence that it's used to aid restful sleep, but it has many other uses, too, including topical application.
7. Vanilla essential oil can help relieve anxiety and depression and has a calming effect on the brain. This can make it a useful addition to your bedroom diffuser as it can promote restful sleep.

Topical Essential Oil Uses

Use essential oils topically to promote healthy-looking skin and nails, and to produce a soothing, cooling, relaxing, or warming sensation in the area you apply them. Essential oils greatly enhance any massage experience when used. Very few oils can be used directly on the skin so for safety reasons, please blend your oils with a carrier oil such as Almond, Coconut or even Olive Oil to dilute them. This reduces the risks of an allergic reaction.

In the following examples, we would recommend blending a few drops of the oils mentioned into a carrier oil. You will only need a few drops to gain the benefits – start with 2-3 drops of each oil, or 4-7 drops if you're using a single oil, and experiment from there.

8. After exercising, help aid recovery by applying a mix of essential oils in a carrier oil to soothe any aching muscles. Peppermint oil has a cooling effect while Marjoram can relax muscle spasms and tension; combined, they can help reduce pain, tension, and swelling.
9. For a calming oil to use at bedtime, add Lavender, Ylang Ylang, Roman Chamomile and Marjoram (or any combination of these oils) to a carrier oil and apply a small amount to the back of the neck, inside of the wrists, and the underside of your big toes! (If you'd like to know more about why this works, please do get in touch!)
10. Apply a Peppermint or Eucalyptus dilution to your chest for an invigorating pick-me-up before a workout, or if you are suffering with a cold or flu; these oils can help reduce congestion and promote feelings of being able to breathe more clearly.
11. Creating your own personal fragrances is great fun with essential oils! Cedarwood, Arborvitae and Frankincense make a great combination, producing an earthy, wooden scent, while Rose and Geranium oils create a floral base. Again, experimentation is key - and a pleasurable experience in itself!

12. To help relieve menstrual cramps, add a few drops of Clove, Rose and Lavender oil to a carrier oil and use to gently massage the abdomen. This can help reduce pain as well as promoting a feeling of wellbeing. Peppermint oil has also been shown to work well.
13. There are so many essential oils you can add to the water for a relaxing bedtime bathing experience. Some of our favourites are Lavender, Geranium, Rose, Chamomile, Cedarwood and Patchouli. Add a few drops of your chosen oil/oils to a carrier oil (if you're using bath oil, you can go ahead and add them to that but mix them in a separate container, not the original oil bottle) and then add to the running water. Ensure you swirl the water around to distribute the oils as best you can. Obviously, oil and water don't mix, so you will always end up with droplets of oil around the surface of the water. Take care when getting in and out of the bath, as the oil can make it a little slippery, and always clean it afterwards to remove excess oil from the surfaces.

Cleaning and Purifying Your Home

There are so many uses for essential oils around your home that it's impossible to list them all here, but these are a few of our favourites.

Note: You should always use either cooled boiled water or distilled water to make your diffusers and sprays, plus alcohol in the form of vodka, rubbing alcohol, or even witch hazel. Store your mixture in dark glass bottles to protect your essential oils from being broken down by direct light.

14. Make your own diffusers. The usual method for making diffuser base is mixing water with alcohol (vodka or rubbing alcohol), then adding essential oils. For ¼ cup of water add a splash of alcohol (around 1 teaspoon) and around 12-15 drops of essential oil. Pour the mixture into your chosen bottle and add wooden reeds, allow them to soak and then flip them over (remember to flip the reeds regularly so they don't dry out completely).

The other method for making diffusers is using an oil base. The general rule of thumb is 70% base oil to 30% essential oil.

15. Home made air freshener. To a water or vinegar base (1 cup of either) add 3 teaspoons of either vodka or rubbing alcohol and around 15 drops of essential oil. The alcohol helps the oils and water mix together but you must *always* shake the bottle before spraying. Use Lavender oil for a relaxing spray, Peppermint to help invigorate (this is also good for spraying around windows and doors to deter ants and spiders), and for the kitchen try a mix of Rosemary, Clove and Orange. For a fresh linen scent, try Eucalyptus, Tea Tree, Lemon, Lavender and Peppermint, and for Christmas, a mixture of Orange, Cinnamon and Silver Fir works extremely well and conjures up a beautiful seasonal aroma.
16. Pillow Spray – these can be notoriously expensive to buy, but are so simple and cheap to make! Use the air freshener method and add relaxing oils such as Lavender or Chamomile, or try a mix of 10 drops of Lavender, 10 drops of Roman Chamomile and 10 drops of either Bergamot, Geranium, Ylang Ylang or Jasmine. Experiment

with your favourite scents, but try and be aware of how the aroma makes you feel: you definitely don't want to add an invigorating oil to your pillow! Also, try to spray around the outside of the pillow to reduce the risk of allergic reactions should your skin come into contact with the oil.

17. For a lovely floor cleaner, add a mixture of Rosemary, Mint and Basil essential oils to a bucket of warm water. You can also use it to wash skirting boards and door frames, and any other woodwork. (Take care if using on laminate flooring and make sure you don't get it too wet – ideally, use a damp cloth over a brush or sponge mop, rather than wetting the sponge directly. If concerned, consult the manufacturer's website for more information.)
18. For a multi-purpose cleaner mix 2 cups of water (distilled or cooled boiled) with half a cup of distilled white vinegar, and add 10-15 drops of your chosen essential oils. Lemon, Pine, Lavender and Eucalyptus can all be used to disinfect surfaces such as worktops, door handles, bathroom surfaces etc. (For deeper cleaning, you can increase the amount of vinegar in your base mixture.)
19. Glass cleaner – mix one part distilled white vinegar with one part warm water, add your choice of essential oils (Lemon or Peppermint are ideal). Spray onto the glass, leave for a few seconds, then wipe with a clean dry cloth. Buff with another cloth or even scrunched up newspaper. For stubborn marks, you can add a dash of washing-up liquid to the mixture – just make sure not to add too much!
20. Wax melts – use up remnants of spent candles and turn them into beautifully scented wax melts. You will need a tin can or old pan, thick gloves or oven gloves, an ice cube tray, essential oils, and a pan of boiling water.
 - After removing wax from candle jars, chop the leftover wax into small pieces (or you can grate it) and pop it into a metal container. You can use a tin can that's been cleaned out thoroughly (wear gloves when handling, in case there are any sharp edges after removing the lid).
 - If you prefer, you can use a small pan that you no longer use for food; it will need to fit inside another pan for the

next stage.

- Pinch the top of the tin on one side to form a 'lip' so it becomes almost like a jug – this makes it easier to pour the melted wax into your next container.
- Next, pop the can of wax pieces into a pan containing boiling water - it only needs to come half way up the can - and keep an eye on it until the wax has melted. Turn off the heat.
- Add your favourite essential oils to the liquid wax, stir (preferably with an old wooden spoon or even a skewer) then carefully – using oven gloves or mitts – remove the tin can from the water.
- Then simply pour the wax into old ice cube trays. Leave them to cool.
- To remove from the ice cube trays, pop them into the freezer for a couple of hours and they should then pop out easily.
- And there you have it – scented wax melts that have cost you pennies!

Part Three

Hints, Tips & Information

WHICH BASIC OILS SHOULD I HAVE?

This is a matter of personal choice, of course, but there are several popular Essential Oils that we recommend you have on hand each day. We want you to feel empowered to have these tools ready to go when the moment arises, whatever the situation, so please do reach out to us on social media or via our website/email (details in Part 4) to learn more.

CARRIER OILS

We generally use and recommend Almond oil as a carrier/base oil, but you can use others. We have tried coconut oil (great for the skin in any case but with the addition of essential oils, it becomes a powerhouse!), olive oil, rapeseed oil, and castor oil.

Coconut oil is resistant to oxidation at high heat so is really good for oil burners. Because it solidifies as it cools it's also safer to have around when *not* in use, as it can't spill. We have found it retains the scent of the essential oils very well, too!

ANIMALS

Many oils can be toxic to animals – this is also true of proprietary cleaning products, which typically contain harmful chemicals. Care should always be taken when using oils in places where animals could be in contact with them, for instance, in floor washes, where oils (or chemicals) can burn delicate paw pads. Never leave heated oils, steam diffusers, oil burners or candles unattended when there are animals present.

CHILDREN & THOSE WITH DELICATE SKINS

It goes without saying that care should be taken when using essential oils – and chemicals – around children. Safety measures aside, oils themselves can be too strong for delicate young skin, so it is always best to err on the side of caution. You *can* use oils for babies and small children (in fact, there are some great oil and herbal remedies for many childhood ailments) but should only do so when you have consulted an expert or done very thorough research.

PREGNANT OR BREASTFEEDING / MEDICAL CONDITIONS

Pregnant or lactating women and persons with known health conditions **must** consult a medical professional prior to the use of any Essential Oil product.

IMPORTANT

When diffusing oils, use of cold air or hydro diffusion is best because burning or heating Essential Oils can alter their delicate chemistry. If a diffuser is not available, simply dropping Essential Oils into the palm of the hand and then cupping around the nose and breathing deeply is a convenient method for using them at any time, in any situation.

DISCLAIMER

The information contained herein should not be considered medical advice. We are not medical practitioners, so please consult your physician if you are unsure about using essential oils, or if you have unexplained symptoms that need to be investigated. Although essential oils are safe for the majority of people, pregnant and breast-feeding women, and those with certain medical conditions, should not use essential oils without professional guidance.

Take care not to touch the eyes/mouth and make sure you wash your hands thoroughly after using essential oils.

THANK YOU FOR READING!



If you have any questions or would like to know more about essential oils, or our business, please feel free to reach out to us via our Website <https://easypeasysuccess.com> or email info@easypeasysuccess.com

Part Four

About Us

About us

Hi, I'm Nikki! I became a wellness advocate in December 2019. Because of the exceptional experience I had using essential oils when suffering with severe back and neck pain, I knew that I had to start learning more about them! I am passionate about using natural methods for healing whenever I can and love sharing what I've learned with people who may feel the same way but perhaps aren't sure where to start. Feel free to reach out to me via my own personal space on the web, <https://allthingsnaturallymagical.com> or via Instagram <https://www.instagram.com/allthingsnaturallymagical/>



Hi, I'm Gill! I've been using essential oils for a long time and my interest in them has continued to grow over the years. I've been particularly keen to get rid of chemical cleaning products in our home and have replaced 95% of them with my own home made products, using essential oils and primarily vinegars. Back in 2011 I discovered just how powerful my oils were when I used them to reduce massive swelling following an ankle injury and operation. The results were incredible! I went from having a huge swollen foot and ankle to being able to see the bones and ligaments, literally overnight! (I have pics to prove it but don't really want to share my not-so-pretty feet on the internet!) If you'd like to chat about essential oils, you can contact me via our website <https://www.easypeasysuccess.com> or by email: info@easypeasysuccess.com

