

Harvest Health Foods

Essential Oils for Health

October 4, 2018

- ❖ Look for 100% pure essential oils.
- ❖ Essential oils are concentrated. Dilute before applying directly to your skin.
- ❖ Safe dilution is 1% to 5% which signifies how many drops of essential oil are added to the carrier oil. Add 1 -5 drops of essential oil per teaspoon (5 ml) of carrier oil.
- ❖ Use less with children and frail elderly; caution when using during pregnancy.
- ❖ Check for allergies and if you are taking medications.
- ❖ Keep out of the reach of children and pets.

Essential Oils

- | | |
|----------------|----------------|
| ❖ Eucalyptus | ❖ Lemongrass |
| ❖ Frankincense | ❖ Peppermint |
| ❖ Geranium | ❖ Rosemary |
| ❖ Lavender | ❖ Sweet Orange |
| ❖ Lemon | ❖ Tea Tree |

Check out Harvest Health Foods web page for a link to the full handout with a descriptive page for each oil.

Application Ideas

Roll-ons are so convenient! The essential oils are already diluted in an easy to use roll on bottle that can be carried in a purse, pocket, backpack, or stored in a desk drawer for easy access. Essential oils applied with a roll-on are readily absorbed through the skin and by our sense of smell into the brain to regulate our emotions. To use: Apply to pulse points, temples, back of neck, shoulders, palms of hands or soles of feet or directly to tense muscles or affected area. Avoid eyes and mucous membranes.

Basic Roll-On Recipe

2 teaspoons (10 ml) carrier oil such as fractionated coconut oil

2-10 drops of essential oils; do not exceed 10 drops

Add essential oils and carrier oil to the bottle. Insert roller and cap. Shake to mix. Add a label.

Aromatherapy sprays are very easy to make. Simply add one or more essential oils to distilled or spring water. Shake and spray.

Basic Aromatherapy Spray Recipe

4 ounces distilled or spring water

12-24 drops of essential oil (more if desired)

Fill a clean spray bottle with 4 ounces of distilled or spring water. Add essential oils. Cap and shake to blend the oils. Label the bottle. Shake before each use.

Bath salts are extremely healing and soothing. They detoxify the body by flushing out toxins and boost circulation. Bath salts are fun and easy to make. A simple bath can be made with Epsom salts (magnesium sulfate). Epsom salts aid in skin healing, detoxification and they soothe swelling. Sea salt is another popular ingredient. Sea salt is made from evaporated seawater and contains beneficial minerals. Sodium bicarbonate can be added to prevent clumping. Up to 10 drops of oil may be used per bath.

Basic Bath Salts Recipe

2 cups Epsom salts
¼ cup baking soda
1 tsp carrier oil
40 drops essential oils

Mix Epsom salt and baking soda. Add carrier oil to small glass or hard plastic cup. Add essential oils to carrier oil. Stir oils into salts and blend thoroughly. Store in decorative bag or jar. Label. Add ¼ - ½ cup to bath. Makes 2 cups or 4-8 baths.

It is advisable to add the salts after the bath water is drawn rather than while than while filling the tub. Swirl the water gently to mix before getting in. Soak 20-30 minutes.

Eucalyptus Essential Oil



Botanical Name: Eucalyptus globulus

Extraction Method: Steam distilled from leaves and stem

Aroma: Fresh, intense, crisp, sharp, green, camphorous, woody

General Description

Eucalyptus globulus is also known as eucalyptus blue gum. Touted as a clearing aromatic, Eucalyptus is known to clear the senses and provide a feeling of clarity and focus.

Main Chemical Components

Oxides - up to 85% 1, 8-cineole as eucalyptol, Terpenes and Ketones

Therapeutic Properties

Analgesic, anti-bacterial, anti-fungal, anti-infectious, anti-inflammatory, antiseptic, anti-viral, anti-rheumatic, expectorant, antifebrile, anti-parasitic.

Therapeutic Uses

- Clean and disinfect room air
- Respiratory conditions
- Highly antibacterial
- Stimulant

Eucalyptus is very soothing to respiratory passageways during times of coughing, sinusitis and bronchitis. Highly antibacterial. Said to be useful as a preventative stimulating the immune system. Its analgesic properties make it helpful with muscular aches and pains. Emotional support: To encourage emotional balance, concentration, centering, and rationality.

Applications

- ✓ Chest salves, personal inhalers, body oils, muscle gels, hand sanitizing gels, room sprays
- ✓ Diffused or sprayed into the air for disinfecting and freshening room air.
- ✓ Inhaled via aromastick or other direct method for respiratory conditions.
- ✓ Diffused or sprayed into the air for depressive stress or anxiety. Clear the head of mental exhaustion and inability to concentrate.

Uplifting and Cleansing Room Spray

4 ounces distilled water

8 drops of Eucalyptus

8 drops of Lavender

Fill a clean spray bottle with 4 ounces of distilled water. Add essential oils. Cap and shake to blend the oils. Label the bottle. Shake before each use. The amount of essential oils can vary from 6 drops to 60 drops depending on your preference and how you intend to use the spray.

Frankincense Essential Oil

Botanical Name: Boswellia carterii

Extraction Method: Steam distilled from tree resin or 'tears'.

Aroma: Warm, sweet, balsamic, spicy, incense-like



General Description

A prized ingredient dating back over 5,000 years, Frankincense has been widely used in perfumery, incense, skincare and aromatherapy. Made from the fragrant gum resin of trees native to Somalia.

Main Chemical Components

Esters, Terpenes, Alcohols

Therapeutic Properties

Anti-inflammatory, anti-bacterial, analgesic, anti-depressant, antiseptic, calming, supports skin, expectorant, sedative, tonic, uterine.

Therapeutic Uses

- Soothes and calms the mind; calms anxiety; relieves stress
- Clears the lungs and helps with chesty coughs, shortness of breath, asthma
- Pain Relief
- Rejuvenate aging skin; wound healer; skin tonic

Frankincense offers a variety of health benefits, including helping relieve stress and anxiety, reducing pain, and boosting immunity. Its warm and slightly spicy scent is said to transmit messages to the limbic system of the brain, thereby influencing the nervous system. Slows down and deepens breathing, ensuring calm and comfort. Good for slow healing wounds and scars.

Applications

- ✓ Diluted and applied to wound or scars
- ✓ Added to lotion or oils for skin care or applied to chest for cough
- ✓ Added to room spray or diffuser
- ✓ Inhaled for calming and stress relief or to help a tickly, inflammatory cough

Soothing Roll On

2 teaspoons (10 ml) carrier oil such as fractionated coconut oil

2-10 drops of Frankincense; do not exceed 10 drops

Add essential oils and carrier oil to the bottle. Insert roller and cap. Shake to mix. Add a label.

To use: Apply to pulse points, temples, back of neck, shoulders, palms of hands or soles of feet or directly to tense muscles or affected area. Avoid eyes and mucous membranes.

Geranium Essential Oil

Botanical Name: Pelargonium graveolens

Extraction Method: Steam distilled from flower and leaf.

Aroma: Floral, aromatic, sweet, fruity, sometimes rose-like



General Description

Use of Geranium oil dates back to ancient Egypt where it was used to improve skin beauty. Known for its soothing properties, Geranium oil is said to provide balance and relaxation.

Main Chemical Components

Alcohols – up to 75%, Esters, Ketones, Terpenes and Sesquiterpenes

Therapeutic Properties

Tonic, astringent, mildly analgesic, sedative, anti-inflammatory, nervine, calming and antispasmodic.

Therapeutic Uses

- Female hormone regulator; useful in treating hot flashes, night sweats and premenstrual tension
- Balancing and a skin tonic; good for wound healing and inflammatory skin disorders
- A mood adjuster—both calming and refreshing to the psyche at the same time

Emotional support: To encourage solace, adjustment, regeneration, balance, assurance, tranquility, and steadiness, and the feeling of being cushioned, soothed, shielded, and mothered.

Applications

- ✓ Added to room spray or diffuser;
- ✓ Inhaled for calming and stress relief
- ✓ Added to lotion or oils for skin care; add a few drops to your favorite moisturizer
- ✓ Added to bath for a balancing soak
- ✓ Add 5-10 drops per ounce of witch hazel and use as cleansing and refreshing facial astringent

Balancing Diffusion Blend

6 Lemongrass

4 Geranium

4 Lavender

Add to diffuser or to 4 ounces of distilled water in a spray bottle. Shake bottle before each use.

Lavender Essential Oil



Botanical Name: Lavandula angustifolia

Extraction Method: Steam distilled from flowery tops and stem

Aroma: Sweet, flowery, herbaceous

General Description

Lavender is considered the universal oil due to its many properties. Related to the mint family and used since ancient times for many medicinal herbal preparations, Lavender has long been the premier essential oil for promoting calm and relaxing the body.

Main Chemical Components

Esters – up to 50% and Alcohols – up to 45%. Plants grown in higher altitude contain higher levels of esters (calming and anti-spasmodic); lower altitude plants contain higher level of alcohols (tonic and anti-infectious.)

Therapeutic Properties

Analgesic, anti-bacterial, anti-infectious, anti-inflammatory, anti-depressant, antiseptic, anti-spasmodic, calming, sedative, and heals wounds and scars.

Therapeutic Uses

- Relaxing, calming stress and anxiety
- Sedative for insomnia
- Soothing burns and skin care
- Good for muscular and rheumatic aches and pain

Inflammatory conditions, skin infections, wounds, cuts, grazes, rashes, itching, stress-related eczema, nervous psoriasis, sunburn, burns, muscular spasm, muscular contraction, abdominal cramp, headache, migraine, insomnia, nervousness and anxiety, acne, pimples, insect bites, stress, tension, panic. Used in higher doses, it can be a stimulant and counteract its calming, sedative effect.

Applications

- ✓ Inhaled via aromastick or other direct method for relief of stress and anxiety.
- ✓ Diffused or sprayed into the air for calming stress and anxiety.
- ✓ Diffused or sprayed into the air to clean and disinfect the room.
- ✓ Topically applied via roll on or massage for insomnia, agitation, stress and anxiety.
- ✓ Added to wound care solutions to promote wound cleansing and healing.

Sleep Helper

1-2 drops of Lavender essential oil on a cotton ball and place under your pillow or in your pillow case. Breathe deeply and enjoy.

Lemon Essential Oil



Botanical Name: Citrus limonum

Extraction Method: Expressed from peels

Aroma: Crisp, clean, citrusy

General Description

Lemon was used in Asia for quite some time before the species was transported westward to become part of ancient cultures in Mesopotamia—Egypt and Greece about 4,000 BC. Lemon Essential Oil is known for its fresh citrusy scent, but also offers an experience of clarity and sharpness.

Main Chemical Components

Terpene – up to 68% limonene, then other terpenes.

Therapeutic Properties

Anti-viral, anti-bacterial, immune stimulant, digestive, anticancer, anti-inflammatory, calming, diuretic, expectorant, astringent, anti-anemic, detoxifying, antioxidant, tonic and antidepressant

Therapeutic Uses

- Digestive problems, loss of appetite
- Detoxifying, cleansing
- Respiratory infections
- Skin infections
- Uplifts and stimulates

Lemon clarifies, cools and calms. It is a good general tonic to the digestive tract--its balancing properties are helpful with high acidity in the stomach. Its antiseptic properties protect against infection. Lemon's clean, lively scent dispels sluggishness, indecision and lack of humor; stimulates the body into action and clears thinking. Emotional support: To encourage clarity, direction, awareness, concentration, and liveliness.

Applications

- ✓ Diffused or sprayed into the air for cleansing and uplifting effects.
- ✓ Inhaled alone or in combination with Eucalyptus, Rosemary and Lavender for respiratory illness.
- ✓ Add few drops to soap, shampoo or bath product.

Kitchen, Bath and Counter Spray Cleaner

1 cup white vinegar

1 cup water

Add 10 drops of Lemon

Mix. Label bottle. Shake to disperse the oils before use. Use in kitchen or bath; spray on surface and wipe with a soft cloth.

Lemongrass Essential Oil

Botanical Name: Cymbopogon flexuosus

Extraction Method: Steam distilled from leaves

Aroma: Fresh, strong, lemon-like citrus



General Description

Lemongrass cultivation boomed in 1880, providing the essential oil used for building lemon notes. Its fresh, strong aroma offers a clean and purifying experience that can also promote deep feelings of calmness and relaxation.

Main Chemical Components

Aldehydes – up to 85% citral and Terpenes (high aldehyde content can be a skin irritant)

Therapeutic Properties

Analgesic, anti-fungal, anti-infectious, anti-inflammatory, anti-depressant, antiseptic, astringent, tonic.

Therapeutic Uses

- Muscular aches and pains
- Fungal infections
- Gastrointestinal disorders, indigestion
- Physical and mental exhaustion
- Fever reducer
- Insect repellent

Helpful in preventing respiratory infections. Useful as a room freshener and deodorizer.

Applications

- ✓ Personal inhaler, exfoliating scrubs, lip balms, room sprays, house cleansers, hand sanitizers, cleansers.
- ✓ Provides a rejuvenating and stimulating experience, boosting inspiration and improving mental clarity. With these great properties, it is ideally suited for tackling the dreaded mid-afternoon slump or used before a presentation to help promote confidence and ease any mild stress.
- ✓ Diffused or sprayed into the air for uplifting effects.
- ✓ Diffused or sprayed into the air to clean and disinfect the room.

Sore Muscle Soother

1-ounce carrier oil such as almond or fractionated coconut oil

10 drops Lavender

4 drops Lemongrass

4 drops Rosemary

Mix well in glass bottle. Label. Rub into sore muscles for refreshing relief.

Peppermint Essential Oil



Botanical Name: Mentha x piperita

Extraction Method: Steam distilled from leaf and stem

Aroma: Fresh, sweet, menthol-minty, herbaceous

General Description

Peppermint is a hybrid of the sharply scented water mint and spearmint. Peppermint essential oil is known to give a cooling, awakening and refreshing feeling.

Main Chemical Components

Monoterpene alcohol – Menthol, Ketones, Esters, Oxides – 1, 8-cineole

Therapeutic Properties

Analgesic, anti-bacterial, anti-infectious, anti-inflammatory, antiseptic, anti-spasmodic, anti-viral, carminative, cholagogue, circulatory, decongestant, digestive, emmenagogue, stimulant, stomachic, tonic. Peppermint cools by constricting the capillaries. Applied topically, it may be either cooling or warming depending on the dilution used. In low dilutions (less than 2%) it is very cooling. In high dilutions, it will be warming. It is also an irritant.

Therapeutic Uses

- Promotes relief of nausea and indigestion
- Vasoconstrictor – relieves congestion, promotes circulation
- Pain Relief

Headache, migraine, digestive problems, nausea, colic, gastrointestinal disorders, flatulence, colitis, diverticulitis, Crohn's disease, IBS, sinus congestion, sinusitis, muscular aches and pains, muscular injuries, muscular spasm, sciatica, sprains, rheumatism, menstrual cramp, neuralgia, mental exhaustion, tension, physical exhaustion, fatigue, apathy.

Applications

- ✓ Inhaled via aromastick or other direct method for relief of nausea.
- ✓ Diffused or sprayed into the air for uplifting and cleansing scent.
- ✓ Use peppermint oil in a foot bath to soothe tired, aching feet, or relieve migraine headache.
- ✓ To instantly soothe a headache, apply a bit of oil mixed with a carrier directly to the temples.
- ✓ Add to lotion or carrier oil with aloe and lavender for sunburn relief

Sunburn Relief

- 1 tsp aloe gel
- 1 tsp fractionated coconut oil
- 2 drops Peppermint
- 4 drops Lavender

Mix and apply to skin as needed.

Rosemary Essential Oil



Botanical Name: Rosmarinus officinalis

Extraction Method: Steam distilled from flower and leaf

Aroma: Woody, herbaceous, evergreen-like scent

General Description

Known since antiquity, Athenians and Romans believed Rosemary symbolized immortality. The aroma offers an experience of profound clarity and purification; can energize our thoughts and exercise our memory.

Main Chemical Components

Oxides – up to 55% 1,8 cineole, Esters, Alcohols, Terpenes and Ketones

Therapeutic Properties

Stimulant, antispasmodic, tonic, astringent, cleansing, anti-inflammatory, diuretic, antiseptic, immunostimulant

Therapeutic Uses

- Muscular soreness
- Mental fatigue
- Respiratory conditions, sinus congestion
- Low blood pressure
- Headache
- Memory loss

Rosemary clears the mind of confusion and doubt and promotes mental clarity and memory. Very good for rheumatic and muscular pain, especially tired, stiff and over worked muscles. A good skin tonic, rosemary stimulates the scalp and promotes hair growth. Helpful in all respiratory infections. Emotional support: Encourages energy, upliftment, confidence, clarity, concentration, stability, purification, and awareness.

Applications

- ✓ Inhalers, gels for muscles aches, scalp oils, sanitizer gels, room sprays, exfoliating scrubs, chest salves.
- ✓ Inhaled via aromastick or other direct method for clarity and focus.
- ✓ Diffused or sprayed into the air for stimulating effect.

Refreshing Shampoo

4 ounces shampoo

10 drops of Peppermint

10 drops of Rosemary

Mix thoroughly. Test with a smaller amount and adjust as needed.

Sweet Orange Essential Oil



Botanical Name: Citrus sinensis

Extraction Method: Cold pressed/expressed from peels

Aroma: Fresh, sweet, fruity, citrus

General Description

Orange essential oil contains vitamins, minerals and enzymes and is widely used in the food, drinks, confectionery industry as well as in household cleaners. Orange contains the joy and magnificence of the sunlight. Bursting with vitality, it brings happiness to the heavyhearted. It brings newness and regeneration.

Main Chemical Components

Monoterpene – Limonene, myrcene and a-pinene (up to 90%), Esters, Alcohols, Aldehydes, Coumarins, Ketones

Therapeutic Properties

Anti-bacterial, antiseptic, calmative, cholagogue, depurative, diuretic, sedative, stimulant, stomachic, tonic.

Therapeutic Uses

- Uplifting and calming
- Tonic
- Detoxifying, heavy legs, cellulite, fluid retention
- Nervous anxiety, stress-related conditions, depression, and insomnia; eases tension.
- Aids convalescence.

Emotional support: Encourages joy, upliftment, lightheartedness, regeneration, creativity, positivity, and self-confidence.

Precautions

- » Opinions vary on phototoxicity of sweet orange oil; avoid exposure to sun and UV light for several hours after topical application.
- » Citrus oils have a shorter shelf life due to oxidation; keep open bottles refrigerated and use within 1 year.

Applications

- ✓ Baths, body and skin care products, exfoliating scrubs, room sprays and air fresheners, linen sprays, chest salves, cleansers
- ✓ Inhaled via aromastick or other direct method for stress or anxiety.
- ✓ Diffused or sprayed into the air for uplifting, calming and cleansing scent.

Uplifting Diffusion Blend

5 drops Sweet Orange

5 drops Lavender

Tea Tree Essential Oil

Botanical Name: Melaleuca alternifolia

Extraction Method: Steam distilled from leaves

Aroma: Fresh, lemon, spicy and camphor scent



General Description

A tree native to Australia since 1770, the Tea Tree has an ancient relationship with the native people for medicinal and ritual practices. Tea Tree Oil offers an experience of cleansing and purification, and is known to support our bodies to maintain optimal well-being.

Main Chemical Components

Alcohol, Terpene, Oxide, Sesquiterpenes

Therapeutic Properties

Anti-bacterial, anti-fungal, anti-viral, antiseptic, decongestant, immunostimulant, clarifying and head clearing.

Therapeutic Uses

- Most skin infections including impetigo, cold sores and herpes, acne, insect bites
- Fungal infections such as in nail beds and athlete's foot
- Respiratory tract infections; valuable for treating colds and flu
- Vaginal yeast infections
- Very effective for treating infected wounds, especially where there is pus

Emotional support: Tea tree is very clarifying and head clearing, cleansing the imagination of disturbing thoughts.

Applications

- ✓ Room sprays, home cleansers, insect repellants, lip balms, chest salves, exfoliating scrubs.
- ✓ Inhaled via aromastick or other direct method for respiratory illness and preventing infection.
- ✓ Diffused or sprayed into the air for room cleansing and to prevent cross contamination.
- ✓ Applied to nail beds to treat fungal infection.
- ✓ Blended with carrier oil and applied to cuts, scrapes and insect bites.

Foot and Shoe Powder

Mix the following ingredients together in a glass jar shaker jar.

6 tbsp Corn Starch

3 tbsp Baking Soda

5-10 drops Tea Tree

5 -10 drops Eucalyptus

10-15 drops Peppermint

Apply powder to feet and in between toes. Sprinkle into shoes to eliminate odor (leave it in overnight or longer).