

Harvest Health Foods  
Essential Oils for Health  
October 4, 2018

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- ❖ 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

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|----------------|----------------|
| ❖ 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

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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 sooth 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.