



Quality of Essential Oils

100% Pure - Sustainably Harvested - Quality Tested - GMP Certified Facility – Kosher Certified

Our **100% pure essential oils** are highly concentrated botanical oils and are never adulterated. Every one of our oils are validated by **GC-MS (Gas chromatography-mass spectrometry)** and **FTIR (Fourier transform infrared spectroscopy)** to positively identify the oil. These verification procedures are done with every batch received.

Additionally, each oil gets inspected by organoleptic methods. The primary organoleptic indicator of quality for essential oils is olfactory evaluation or smell by someone trained in aromatherapy. The oils are also physically inspected for color, clarity, and viscosity. We source our essential oils by quality, not price, to ensure the best grade for aroma therapeutic use.

Full Disclosure

We want to supply consumers with all the information available regarding our essential oils. All of our labels list the latin/botanical name of the plant, extraction method, plant part used for extraction, country of origin and cultivation method.

Extraction Methods

Extraction methods of essential oils can be a good indication of quality. We choose essential oils that are steam distilled and cold pressed to ensure purity and avoid any unnecessary processing chemicals.

-Steam Distillation

During the process, the plant material is heated with water which produces a steam that contains the volatile oils from the plant. The steam is then cooled, which condenses the oil, and it is separated from the water and collected.

-Cold Pressing

For citrus essential oils, the peel of the fruit is separated from the fruit, and the fruit is processed for juice. The peel is cold pressed, meaning no heat is used to ensure that the properties, including scent, are preserved during processing.

General Cautions and Safety

Essentials oils are highly concentrated aromatic oils and should be treated with caution. There are many dilution references for essential oils available and special cautions are outlined for babies, pregnancy and people with high blood pressure. Essential oils are not for internal use and should be kept out of reach of children. Citrus oils are photosensitive in high concentrations (they react to light) and should not be used on the skin right before going out in the sun for long periods of time. Essential oils should be diluted in a carrier oil before using topically. Also, particularly if you have sensitive skin, do a small patch test before using new oils. Apply the diluted oil to a small patch of skin and wait to make sure no irritation occurs.

Harvest Health Foods Essential Oils Food Grade Statement

The following essential oils are considered Food Grade based on their listing in the Food Chemical Codex (FCC) and/or GRAS (Generally Recognized as Safe) status with the FDA. Food grade means they are suitable for use in food and flavoring applications. Essential oils should never be ingested or taken orally undiluted.

Clove Bud, Cinnamon Leaf, Eucalyptus, Grapefruit (Pink), Lavender (French), Lavender (Bulgarian), Lemon, Orange (Sweet), Oregano, Peppermint, and Rosemary. See **on list of Essential oils.

Essential Oil Applications

Massage is one of the most common applications of essential oils. The essential oils are added at 1-3% into a carrier oil such as jojoba, sweet almond, or olive oil. Essential oils diluted into carrier oils or lotions and can be used as a daily part of your routine. Adding essential oils to baths are another excellent way to enjoy their benefits, however all of the oils should be diluted into a carrier oil (with the exception of lavender) before adding to the bath. Burners and diffusers are also a great way to enjoy the therapeutic properties of essential oils. Usually the oils are used un-diluted for this purpose. Other methods utilized to experience the properties of essential oils include room sprays, saunas, inhalations, compresses, perfumery, and many more.

General Dilution Guidelines:

Skin Application: 3 - 30 drops of Essential Oil per 1oz/30mL carrier

Air Freshener Spray: 15 – 30 drops of Essential Oil per 1oz/30mL carrier

Home Cleaning: 30 - 120 drops of Essential Oil per 8oz/240mL carrier

Specific Dilution Guidelines: (National Association for Holistic Aromatherapy: www.naha.org):

-Massage Oils

For young children:

0.5-1% dilution = 3-6 drops of essential oil per ounce of carrier

For adults:

- 2.5% dilution = 15 drops of essential oil per ounce of carrier
- 3% dilution = 20 drops of essential oil per ounce of carrier
- 5% dilution = 30 drops of essential oil per ounce of carrier
- 10% dilution = 60 drops of essential oil per ounce of carrier

-Facial Oils/Creams

For adults:

- *Sensitive skin:* 0.5 - 1% dilution = 3 to 6 drops per ounce
- *Normal, healthy skin:* 1 - 2.5% dilution = 6 to 15 drops per ounce

-Baths

- Add 2 - 12 drops (depending on essential oil) into 1 – 2 teaspoons of jojoba, sweet almond, or olive oil, and then add to bath.

-Steam Inhalation

- Place 3-7 drops of essential oil into boiling water. Some essential oils to consider include: Eucalyptus, Peppermint, Lemon, and Tea Tree. Cover head with towel and breathe through the nose. Keep eyes closed!

Bug Shield Spray: repelling, protecting, and uplifting

What you'll need:

- 2 oz spray bottle
- 4 teaspoons of witch hazel or vodka
- 24-36 drops of **Bug Shield** Essential Oil Blend
- Almost 2 oz of water

Directions:

1. Add essential oil to your bottle.
2. Add the witch hazel or vodka.
3. Fill the remaining bottle with water.
4. Put on spray cap and shake bottle well.
5. Spray on skin and/or clothing to keep bugs away.

Sleep Dreams Spray: - relaxing, calming, and sedating

What you'll need:

- 1 oz spray bottle
- 2 teaspoons of witch hazel or vodka
- 12-24 drops of **Sleep Dreams** Essential Oil Blend
- Almost 1 oz of water

Directions:

1. Add essential oil to your bottle.
2. Add the witch hazel or vodka.
3. Fill the remaining bottle with water.
4. Put on spray cap and shake bottle well.
5. Spray on your pillows and/or linens before bed to promote a peaceful sleep.

Energy Boost Air Spray: - uplifting, energizing, clarifying

What you'll need:

- 1 oz spray bottle
- 2 teaspoons witch hazel or vodka
- 12-24 drops **Energy Boost** Essential Oil Blend
- Almost 1 oz of water

Directions:

1. Add essential oil to your bottle.
2. Add the witch hazel or vodka.
3. Fill the remaining bottle with water.

4. Put on spray cap and shake bottle well.
5. Spray the air around you and inhale deeply to increase energy and alertness.

Essential Love Massage & Bath Oil: - soothing, uplifting, and aphrodisiac

What you'll need:

- 2 oz dropper bottle
- 24-36 drops of ***Essential Love*** Essential Oil Blend
- 2 oz of carrier oil of choice (jojoba, sweet almond, olive, or a blend)

Directions:

1. Add essential oil to your bottle.
2. Add your carrier oil of choice.
3. Put on dropper cap and shake bottle well.
4. Use for massage or add 1 -2 teaspoons to bath.

Head Relief Oil: - relieving, purifying, and cleansing

What you'll need:

- 1 oz dropper bottle.
- 12-30 drops of ***Head Relief*** Essential Oil Blend
- 1 oz of carrier oil of choice (jojoba, sweet almond, olive, or a blend)

Directions:

1. Add essential oil to your bottle.
2. Add your carrier oil of choice.
3. Put on cap and shake bottle well.
4. Massage onto forehead, temples and back of neck to relieve pain and tension.

Aromatherapy Bath Salts:

What you'll need:

- 1 cup salts such as Epsom Salt, Sea Salt, Dead Sea Salt, Himalayan Pink Salt, or a combination of these.
- 6 - 12 drops of essential oils of choice (see blend suggestions below)
- 1 teaspoon of carrier oil such as jojoba, sweet almond, or olive oil for moisturization (optional)

Directions:

1. Combine salts and carrier oil if using.
2. Mix in desired essential oils.
3. Add ½ - 1 cup to bath.

Air Freshener Spray:

What you'll need:

- 2 oz spray bottle
- 4 teaspoons of vodka or witch hazel
- 30 - 60 drops of essential oils of choice (see blend suggestions below)
- Almost 2 oz of water

Directions:

1. Add essential oils to your bottle.
2. Add the vodka or witch hazel.
3. Fill the remaining bottle with water.
4. Put on spray cap and shake bottle well.

Hand Sanitizer Spray:

What you'll need:

- 1 oz spray bottle
- 6 tsp of witch hazel, or use 5 tsp of witch hazel and 1 tsp of carrier oil for moisturization
- 6 – 15 drops essential oils of choice (see blend suggestions below)

Directions:

1. Add essential oils to your bottle.
2. Add the witch hazel and carrier oil (if using).
3. Put on spray cap and shake bottle well.
4. Spray on hands and rub in. Avoid contact with eyes.

All-Purpose Cleaning Spray w/ Vinegar:

What you'll need:

- Large spray bottle
- 8 oz of water
- 8 oz of white or apple cider vinegar
- 30 - 60 drops of essential oils of choice (see blend suggestions below)

Directions:

1. Combine water and vinegar in spray bottle.
2. Mix in desired essential oils.
3. Use as you would any other all-purpose cleaner. If unsure of surface, spot test in a small, inconspicuous area before applying.

All-Purpose Cleaning Spray w/ Castile Soap:

What you'll need:

- Large spray bottle
- 16 oz of water
- 3 Tbs liquid castile soap
- 30 - 60 drops of essential oils of choice (see blend suggestions below)

Directions:

1. Combine water and castile soap in spray bottle.
2. Mix in desired essential oils.
3. Use as you would any other all-purpose cleaner. If unsure of surface, spot test in a small, inconspicuous area before applying.

Harvest Health Foods Blend Suggestions

- Lavender, Rosemary, Eucalyptus
- Lemon, Orange, Grapefruit
- Lavender, Peppermint, Grapefruit
- Orange, Rosemary, Peppermint
- Orange, Rose Geranium, Sandalwood
- Lavender, Jasmine, Rose Geranium
- Rose, Jasmine, Ylang Ylang
- Eucalyptus, Peppermint, Tea Tree
- Tea Tree, Eucalyptus, Lemon
- Cinnamon, Clove, Orange
- Lemon, Oregano, Lavender
- Lavender, Frankincense, grapefruit
- Sage, Lemongrass, Lavender
- Lavender, Cedarwood, Peppermint
- Cedarwood, Patchouli, Lemongrass

Or use one our Essential Oil Blends:

- **Sleep Dreams Blend:**
relaxing/calming/sedating
- **Energy Boost Blend:**
uplifting/energizing/clarifying
- **Essential Love Blend:**
aphrodisiac/soothing/uplifting
- **Head Relief Blend:**
relieving/purifying/cleansing
- **Bug Shield Blend:**
repelling/protecting/uplifting

For More Information about Harvest Health Foods Essential Oils and the other quality brands we carry

please visit our website www.HarvestHealthFoods.com or please stop in at one of our locations and talk to our helpful staff.

Eastern and Burton
1944 Eastern Ave
Grand Rapids, MI 49507
616-245-6268

Cascade Harvest Health Foods – at the East End of 28th Street
6807 Cascade Road
Grand Rapids, MI 49526
616-975-7555

Hudsonville Harvest Health Foods – just East of the exit off I 196 exit 62
4150 32nd Ave
Grand Rapids, MI 49426
616—896-6630

Harvest Health Foods carries a full line of Empty Essential Oil bottles, roll on bottles and sprays.