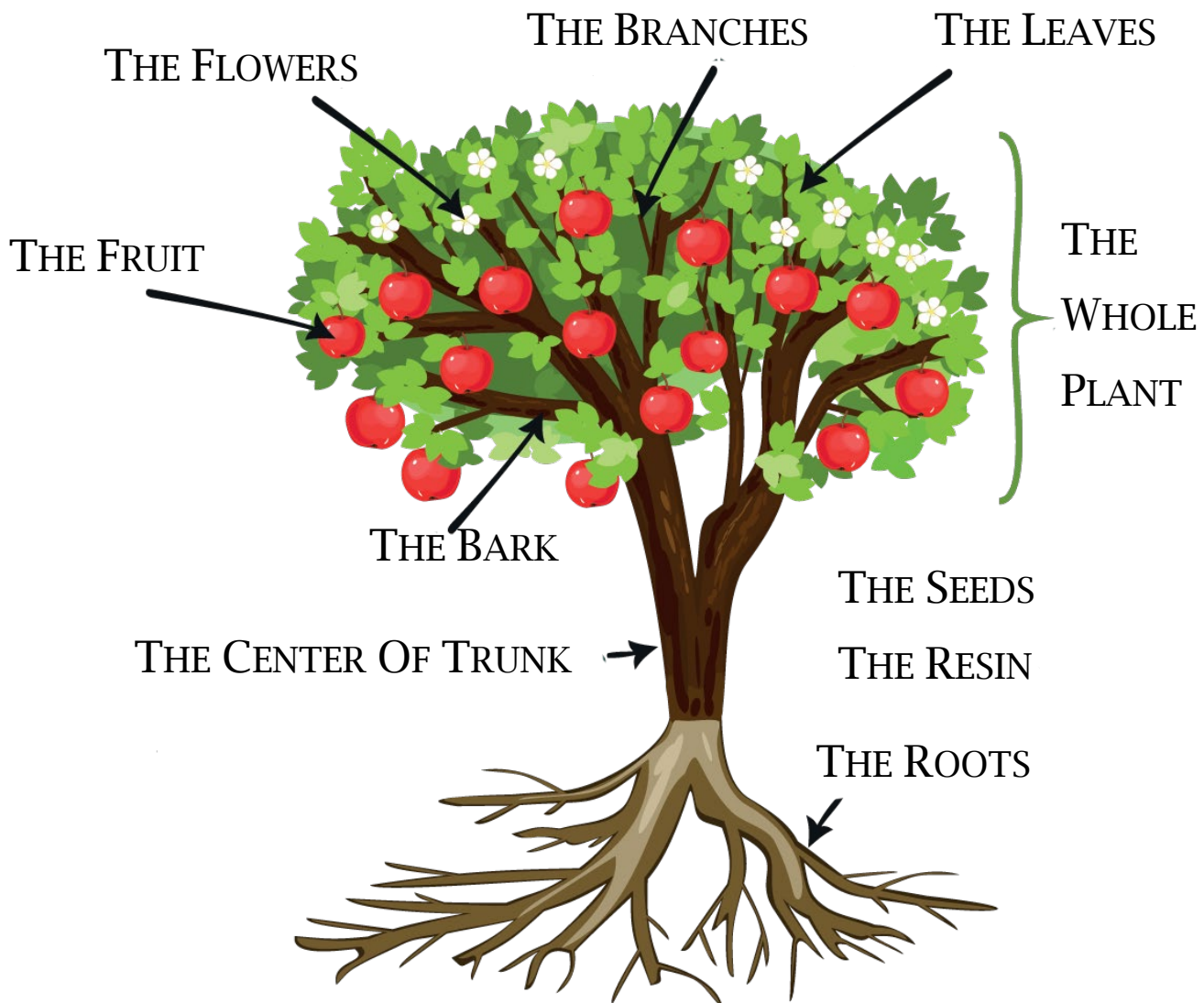


DISCLAIMER

THIS INFORMATION IS SOLELY FOR EDUCATIONAL PURPOSES. THE INFORMATION CONTAINED IN THIS COURSE WAS OBTAINED FROM CLASSES, LECTURES, BOOKS, NEWSLETTERS, WORKSHOPS, PERSONAL EXPERIENCES, AND FROM THE SUCCESSFUL EXPERIENCES OF OTHERS. THIS INFORMATION IS NOT INTENDED TO DIAGNOSE, PRESCRIBE, OR TREAT ANY DISEASE, ILLNESS, OR DIAGNOSED CONDITION. IT IS RECOMMENDED THAT YOU CONSULT A MEDICAL PROFESSIONAL IF YOU HAVE ANY MEDICAL QUESTIONS. THE INSTRUCTOR DOES NOT ASSUME ANY RESPONSIBILITY FOR ANY MISUNDERSTANDING OF THE INFORMATION PROVIDED.

DO NOT USE ESSENTIAL OILS IF YOU ARE AN EPILEPTIC OR HAVE OTHER SEIZURE DISORDERS. IF YOU HAVE ASTHMA OR OTHER BREATHING/RESPIRATORY DISORDERS CONSULT YOUR MEDICAL TEAM PRIOR TO ESSENTIAL OIL USE.



PHYSICAL HEALING PROPERTIES

MULTI FACETED

POWERFUL ANTIOXIDANT

SMALL MOLECULAR SIZE

ANTIMICROBIAL

LIPID SOLUBLE

DETOXIFICATION

CARRY OXYGEN

HORMONE LIFE EFFECTS

PURIFY AIR

RAISE BODY'S ENERGY VIBRATION

THERAPEUTIC VS NON-THERAPEUTIC

THERAPEUTIC GRADE

NON-THERAPEUTIC GRADE

CULTIVATION AND HARVEST

EXTRACTION

TESTING

ISO – INTERNATIONAL STANDARDS ORGANIZATION

AFNOR – ASSOCIATION FRENCH NORMALIZATION ORGANIZATION REGULATION

SAFETY AND APPLICATION PRECAUTIONS

- USE ONLY THERAPEUTIC GRADE OILS
- USE ORGANIC GRADE PURE OIL WHEN USING ESSENTIAL OILS. EXAMPLES OF CARRIER OILS ARE GRAPESEED OIL, JOJOBA OIL, ALMOND OIL
- KEEP ESSENTIAL OILS IN BOTTLES THAT CAN BE SEALED TIGHTLY
- STORE ESSENTIAL OILS IN A COOL LOCATION
- STORE ESSENTIAL OILS AWAY FROM LIGHT SOURCES
- KEEP ESSENTIAL OILS OUT OF REACH OF CHILDREN
- ALWAYS SKIN TEST BEFORE USING ESSENTIAL OILS. SKIN TEST BY PLACING A FEW DROPS OF ESSENTIAL OILS ON THE INSIDE OF THE ELBOW. UNDILUTED ESSENTIAL OILS MAY CAUSE SKIN ALLERGIES.
- CITRUS OILS MAY CAUSE SUN SENSITIVITY AND/OR SKIN DISCOLORATION. DO NOT EXPOSE TREATED AREA TO UV RAYS WITHIN 3 TO 4 DAYS OF APPLICATION.
- ONLY INGEST ESSENTIAL OILS IF THEY ARE APPROVED AS A FOOD ADDITIVE BY THE FDA OR ARE CERTIFIED GRAS
- DO NOT PUT ESSENTIAL OILS IN YOUR EYES OR EARS. IF ESSENTIAL OILS GET IN YOUR EYES, PUT A DROP OF CARRIER OIL INTO YOUR EYE. DO NOT FLUSH WITH WATER.
- DO NOT PUT ESSENTIAL OILS DIRECTLY INTO WATER. MIX WITH BATH GEL BASE OR EPSOM SALTS.
- HEALTH CONDITIONS: ALWAYS CONSULT YOUR MEDICAL TEAM PRIOR TO USE.
 - PREGNANT: CERTAIN OILS SHOULD NOT BE USED. READ LABELS PRIOR TO USE
 - HEART CONDITION, HIGH BLOOD PRESSURE: CERTAIN OILS SHOULD NOT BE USED. READ LABELS PRIOR TO USE
 - EPILEPTIC, SEIZURE DISORDERS: CERTAIN OILS SHOULD NOT BE USED. CONSULT YOUR MEDICAL TEAM PRIOR TO USE.
 - ASTHMA, BREATHING/RESPIRATORY DISORDERS: DO NOT INHALE OILS. CONSULT YOUR MEDICAL TEAM PRIOR TO USE.

APPLICATION

- **TOPICAL APPLICATIONS**
 - NEAT
 - 1 TO 4 DROPS ON LOCATION OR REFLEX POINTS
 - DILUTED
 - 2 TO 6 DROPS INTO 1 TEASPOON OF CARRIER OIL
 - COMPRESS
 - APPLY NEAT OR DILUTED TO LOCATION
 - COVER WITH DAMP WARM TOWEL
 - COVER WITH DRY TOWEL
 - COVER FOR 15 TO 60 MINUTES
 - BATH OR FOOT SOAK
 - 2 TO 3 DROPS TO UNSCENTED BATH GEL BASE OR 1 CUP EPSOM SALTS
 - PUT INTO WARM RUNNING WATER

- **INHALATION THERAPY**
 - DIRECT INHALATION
 - 2 DROPS IN LEFT PALM
 - RUB CLOCKWISE WITH RIGHT FINGERS
 - CUP HANDS
 - INHALE DEEPLY
 - INDIRECT INHALATION
 - 1 TO 2 DROPS APPLIED TO: CLOTHING, NECK, BEHIND EARS, ON NOSE, FACE CREAMS, OR PILLOW AT BEDTIME
 - STEAM INHALATION
 - 2 DROPS INTO HOT, NOT BOILING, WATER
 - PLACE HEAD OVER BOWL
 - COVER HEAD AND BOWL WITH TOWEL
 - INHALE VAPORS
 - KEEP EYES CLOSED
 - DIFFUSING
 - USE IN COLD AIR DIFFUSER
 - USE IN HUMIDIFIER

APPLICATION

- **INTERNAL CONSUMPTION**
 - USE GRAS OR FDA FOOD ADDITIVE CERTIFIED ONLY
 - 1 DROP OF NEAT ON TONGUE
 - 1 DROP IN 1 TEASPOON HONEY OR CARRIER OIL
 - 1 DROP IN 4 OZ OF LIQUID

- **AS CONJUNCTION WITH OTHER THERAPIES**
 - **ACUPRESSURE AND ACUPUNCTURE**
 - APPLY NEAT OIL TO FINGERS OR NEEDLES.
 - SELECT APPROPRIATE OILS/BLENDS FOR CONDITION AND ENERGY MERIDIANS.
 - **REFLEXOLOGY**
 - APPLY DILUTED OIL ON ENTIRE FOOT OR NEAT OIL ON COMPLETE REFLEX AREA.
 - SELECT APPROPRIATE OILS/BLENDS FOR CONDITION OR FOR OVERALL WELLNESS
 - **BODY WRAP**
 - SELECT APPROPRIATE OILS/BLENDS FOR CONDITION OR FOR OVERALL WELLNESS
 - 2 TO 4 DROPS TO BODY WRAP MIXTURE
 - SELECT APPROPRIATE OILS/BLENDS FOR CONDITION OR FOR OVERALL WELLNESS
 - **MASSAGE**
 - 4 TO 6 DROPS TO 1 OZ OF CARRIER OIL FOR OVERALL WELLNESS
 - 1 TO 2 DROPS NEAT OIL TO SKIN, COVER WITH LAYER OF CARRIER OIL

10 MOST COMMON ESSENTIAL OILS

LEMON ESSENTIAL OIL

EXTRACTION METHOD COLD PRESSED FROM RIND

SUGGESTED APPLICATION TOPICAL, INHALATION, INTERNAL

CAUTION PHOTSENSITIVITY

HEALTH BENEFITS

PEPPERMINT ESSENTIAL OIL

EXTRACTION METHOD STEAM DISTILLED FROM LEAVES AND STEMS

SUGGESTED APPLICATION TOPICAL, INHALATION, INTERNAL

CAUTION AVOID EYES, MUCUS MEMBRANES, OPEN WOUNDS

HEALTH BENEFITS

10 MOST COMMON ESSENTIAL OILS

LAVENDER ESSENTIAL OIL

EXTRACTION METHOD

STEAM DISTILLED FROM FLOWERING TOP

SUGGESTED APPLICATION

TOPICAL, INHALATION, INTERNAL

CAUTION

READ LABEL BEFORE USE

HEALTH BENEFITS

EUCALYPTUS ESSENTIAL OIL

EXTRACTION METHOD

STEAM DISTILLED FROM LEAVES

SUGGESTED APPLICATION

TOPICAL, INHALATION, INTERNAL

CAUTION

AVOID EYES, MUCUS MEMBRANES, OPEN WOUNDS

HEALTH BENEFITS

10 MOST COMMON ESSENTIAL OILS

TEA TREE ESSENTIAL OIL

STEAM DISTILLED FROM LEAVES

EXTRACTION METHOD

SUGGESTED APPLICATION

TOPICAL, INHALATION

CAUTION

TEST FOR SKIN SENSITIVITY

HEALTH BENEFITS

ROMAN CHAMOMILE ESSENTIAL OIL

STEAM DISTILLED FROM FLOWERS

EXTRACTION METHOD

SUGGESTED APPLICATION

TOPICAL, INHALATION, INTERNAL

CAUTION

READ LABEL BEFORE USE

HEALTH BENEFITS

10 MOST COMMON ESSENTIAL OILS

MARJORAM ESSENTIAL OIL

EXTRACTION METHOD	STEAM DISTILLED FROM LEAVES
SUGGESTED APPLICATION	TOPICAL, INHALATION, INTERNAL
CAUTION	READ LABEL BEFORE USE
HEALTH BENEFITS	

THYME ESSENTIAL OIL

EXTRACTION METHOD	STEAM DISTILLED FROM LEAVES AND FLOWERS
SUGGESTED APPLICATION	TOPICAL, INHALATION, INTERNAL
CAUTION	USE CAUTION WITH CHILDREN & INFANTS. DILUTE FOR TOPICAL USE
HEALTH BENEFITS	

10 MOST COMMON ESSENTIAL OILS BLENDS

VALOR OIL BLEND

ESSENTIAL OIL ROSEWOOD, BLUE TANSY, FRANKINCENSE, SPRUCE

HEALTH BENEFITS

THIEVES OIL BLEND

ESSENTIAL OIL CLOVE, LEMON, CINNAMON, EUCALYPTUS, ROSEMARY

HEALTH BENEFITS

PURIFICATION OIL BLEND

ESSENTIAL OIL CITRONELLA, LEMONGRASS, LAVANDIN, ROSEMARY, TEA TREE, MYRTLE

HEALTH BENEFITS

PAN AWAY OIL BLEND

ESSENTIAL OIL HELICHRYSUM, WINTERGREEN, CLOVE, PEPPERMINT

HEALTH BENEFITS

DI-TONE OIL BLEND

ESSENTIAL OIL TARRAGON, GINGER, JUNIPER, ANISE,

HEALTH BENEFITS

10 MOST COMMON ESSENTIAL OILS BLENDS

RAVEN OIL BLEND

ESSENTIAL OIL RAVENSARA, EUCALYPTUS, PEPPERMINT, WINTERGREEN, LEMON

HEALTH BENEFITS

R.C. OIL BLEND

ESSENTIAL OIL EUCALYPTUS, MYRTLE, PINE, SPRUCE, MARJORAM, LAVENDER, CYPRESS, PEPPERMINT

HEALTH BENEFITS

DRAGON OIL BLEND

ESSENTIAL OIL CLARY SAGE, YARROW, LAVENDER, JASMINE, FENNEL, MARJORAM

HEALTH BENEFITS

M-GRAIN OIL BLEND

ESSENTIAL OIL MARJORAM, LAVENDER, BASIL, ROMAN CHAMOMILE, HELICHRYSUM

HEALTH BENEFITS

JUVA-TONE BLEND

ESSENTIAL OIL GERANIUM, ROSEMARY, CHAMOMILE, FENNEL, BLUE TANSY, HELICHRYSUM

HEALTH BENEFITS
