



Using
Your
Essential Oils
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Using Your Essential Oils

While walking in the silence of nature I realised I too, am a part of it. The very essence of it runs through my blood. I can see it, touch it, taste it, hear it, be it. But oh, to smell it - to inhale the sweet intoxication of its perfume, this is a gift that can only have been laid forth by the gods. And so it is, and so it has been. For centuries fragrances, perfumes and natural essences have been revered as sacred, healing, and for pleasure and enjoyment. We invite you into the world of scents to discover what makes it so enchanting.

Interest in nature is flourishing like it never has before, taking the centre stage in kitchens, bathrooms and sacred medicine boxes across the globe. Essential oils have grown rapidly in popularity as a result of their various uses and benefits for health and cleanliness alike. Our top tip for using essential oils: Knowledge is Key. So allow us to nourish your mind with the safest and most efficient ways to utilise your oils, then allow these unique fragrances of nature to carry their vibrations throughout your life. This is our guide on how to use your essential oils, the true essence of nature.

There are **3 main** ways to make use of essential oils. These include direct inhalation, topical use or massage, and internal use. Essential oils are potent plant concentrates and safety is key, so with no further adieu, let us dive into the magic.

Breathing in the Sweet Scent of Nature

This method is often referred to as the “aromatic” use of essential oils and it includes any application method that enables you to experience the aroma of the oil in it’s full potency. You can use essential oils aromatically by:

- Diffusing in an essential oil in a diffuser or burner
- Applying a drop to your hands and inhaling directly (be aware of skin sensitivities with more potent oils)
- Wearing as a personal fragrance on a scarf or collar
- Wearing on an essential oil locket or clay necklace
- Placing 2 - 3 drops onto a pillow at night before sleeping



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Top Tip: We would recommend using energising and uplifting oils in the morning and afternoon to get you through the day and calming oils in the evening as you begin to wind down. Our favourite essences for an energising day include Peppermint, Lemon, Lime, Orange, Bergamot, Orange or Rosemary (avoid Rosemary if you have high blood pressure). Our top picks for winding down after a long day include Lavender, Chamomile Blue or Chamomile Roman, Patchouli, Rose, Ylang-Ylang or Rose Geranium.

If you're looking for ways to incorporate essential oils into your daily practices, then you might want to try:

- Applying the oil to a cotton ball and placing it in the air vents of your vehicle
- Mixing your favourite oils in a spray bottle with water and a hint of perfume base and lightly spray it over furniture, carpets, or linens
- Adding your favourite oil to a batch of laundry or to dryer sheets
- Adding a few drops to your household surface cleaners

We are all different, and one aromatic profile may agree with someone and disagree with another. It is important to know your own body, mind and emotions, and you will discover more about yourself along your essential oil journey. In the event of aromatic essential oil sensitivity, then immediately turn off the diffuser or remove yourself from the area of diffusion. In fact, it is best to do a skin patch test before spraying a particular oil around your home or working space. If you are unable to leave the area, increase the air circulation by opening a window or air vent. Seek medical attention if the sensitivity is severe or prolonged, or if breathing becomes difficult.

Feeling the Essence of Nature

Applying essential oils directly onto the skin is referred to as a "topical" application. This method allows the essential oils to absorb into the skin, bloodstream or muscles. This can be done through the following methods:

- Massaging the oil into the skin by specifically targeting areas that will benefit from the oil, such as any injuries, inflammation or acne breakouts (oils should always be diluted into a carrier oil first before being applied onto the skin).
- Add a few drops to lotions or moisturizers to keep your skin even smoother and fresh.
- Add a few drops of oil to a warm bath
- Make a hot or cold compress by soaking a cloth in water, adding essential oils, and then applying to the desired area





I breathed in the Sweet Perfume of Nature, and in that moment caught a glimpse of myself.

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Beneficial areas you can apply essential oils to topically include the neck, forehead, temple (unless the oil is classified as a “hot oil”), chest, abdomen, arms, legs, and the bottoms of the feet. It is highly recommended to avoid specific facial areas, such as the skin around the eyes; the eyes and inner ears; as well as any broken, damaged, or otherwise injured skin.

What to do in the event of topical Essential Oil Sensitivity

If a reaction occurs on the skin, discontinue use immediately. The irritated area can be soothed with a carrier oil such as Fractionated Coconut Oil. Gently wipe the area with a soft cloth to draw out and remove as much essential oil as possible. Alternate between adding coconut oil and gently wiping the area. The skin will need time to calm down, which may take hours, days, or weeks, depending on the severity of your body’s sensitivity response, as well as the amount of oil used. Seek immediate medical attention if the sensitivity reaction is severe or worsens over time.

If the reaction occurs in the eyes, immediately rinse. Because essential oils are not water soluble, water will not be effective in removing the essential oil. Full cream fat-containing milk (not skim milk) is a great alternative and should be used to flush the eyes out. The eye should be flushed multiple times until irritation ceases. After this it is recommended to seek medical attention from a trained professional to ensure no long-term damage has occurred.



Silken Skin

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Tasting the Potency of Nature

These are potent plant extracts that should be respected and used as a means to assist the body in its natural healing capabilities, they should not be used as a means of prevention. The world of essential oils is endless and continuously expanding, and the more we learn about essential oils, the more we recommend people stay away from following trends that encourage you to add it into your daily routine (such as into your water or directly under your tongue). This can irritate the esophagus and cause acid reflux - remember oils and water don't mix.

Essential oils have been used in the culinary world for centuries. The key to incorporating essential oils into your cooking comes down to dosage and knowledge. It is vital to know which oils are safe for ingestion, what oils your individual body can and cannot handle, and how much to add. For instance, adding one potent drop of cinnamon oil to a cake batter that is going to feed a party of six is very different to adding it directly to your water.

A question we often ask is why would you want to take these oils internally, when the plant in its whole and entire form is just as beautiful? A sprig of rosemary, when added to your cooking, will gently enhance the flavour without becoming overpowering. Less is more - that's what we always say, especially when it comes to these potent extracts. This is why we do not recommend using these oils internally, owing to the level of knowledge and risk analysis that is required in order to make the right decision on dosages. Know your body, how much to take, and what oils your genetic makeup can and cannot handle. Your well-being really is in your hands, and self-accountability is key. However, for those who are seeking more information on this topic, we are working to bring you structured content based on research and advice from qualified experts and aromatherapists.

What to do in the event of internal essential oil sensitivity

If a reaction occurs in the digestive system, immediately discontinue use. Signs of a digestive system reaction include abdominal pain, nausea, vomiting, or diarrhea. If a large amount of oil was consumed, contact a medical practitioner immediately. If

only a small amount was consumed, drink plenty of fluids (preferably milk or another fat-containing drink) and a tablespoon of coconut, avocado or grapeseed oil to minimize the upset. Seek medical attention if the reaction is severe or prolonged.





YOUR
WELLBEING,
IN YOUR HANDS



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How to Use Your Essential Oils Safely

Your wellbeing is in your hands, and it is important to understand and learn about the various oils and how to utilise them safely before embarking on your essential oil journey. Here are a few important safety guidelines to keep in mind before and when using essential oils:

Always read the labels

Remember to pay attention to any specific warnings on the essential oil bottle and adhere to any recommendations provided by the manufacturer.

Dilute oils

In order to minimize skin sensitivity, dilute the essential oils using a carrier oil of your choice. The suggested dilution ratio is one drop of essential oil to one milliliter of carrier oil (for example 50 drops of essential oils should be diluted into 50ml of carrier oil). It is recommended that an essential oil should always be diluted before use, especially when using it for the first time, applying it to sensitive skin, or when applying it onto children (this requires careful research beforehand).

Know your strong oils

Some essential oils are highly potent in nature and should always be diluted with a carrier oil before being applied onto the skin. Some of these oils include Cassia, Cinnamon Bark, Clove, Oregano and Thyme. There are many other oils that could be added to this list, be sure to read the labels and bottles carefully and do your research.



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Be careful of sun sensitivity

There are some essential oils that can pose a risk for sun sensitivity - particularly citrus oils. These are known as photosensitive oils and include Bergamot, Naartjie, Grapefruit, Lemon, Lime, Tangerine and Orange Sweet. This also includes any essential oil blends that contain these oils.

Practice safe storage

Make sure to store essential oils out of reach of children. This will help prevent accidental ingestion. Additionally, keeping the oils away from excessive light or heat, as this helps prevent any alteration of the chemical properties. Store in a cool, dry place - we've heard it time and time again when it comes to natural products, and for good reason.

Supervise young children

Never allow your children access to essential oils unless under supervision. Children have more delicate skin, and as a result essential oils should always be diluted before applying them topically. If you want to test the strength of the oil, try applying the oil to the bottom of your child's feet before you try other areas.

Talk to a healthcare professional

When it comes to treating the elderly, or those with specific health concerns, always speak to a qualified professional for guidance. You could consult an aromatherapist, naturopath, herbalist or doctor before using essential oils.

Special Note

Oils that are resinous in nature, such as Myrrh or Galbanum, expand when added to a carrier oil and become highly concentrated. Also, oils that are strong or more toxic in nature (such as Clove) should be tested before use, even after dilution. The choice of carrier oil is also pertinent, Jojoba and Grapeseed require less essential oil and Avocado oil may require more. Once again, knowledge and research is key.

Frequently Asked Questions

Is It Possible to Have an Allergic Reaction to Essential Oils?

An allergic reaction occurs when the body experiences an abnormal immune reaction after exposure to a protein molecule that is usually harmless. Essential oils consist of aromatic compounds found in nature. As a result, they don't contain any protein molecules - meaning they don't cause allergic reactions in the same way that peanuts or eggs might.



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However, depending on the person, essential oils can bind to proteins in the skin and create a type of molecule that the body may recognize as an allergen, thereby creating an allergic response. This process depends on many things, such as the type and amount of oil being used, the person's individual protein levels, and even genetics. Sensitivity to an essential oil can cause responses in the skin, digestive system, respiratory system, and other areas of the body.

Signs of essential oil sensitivity or allergic reaction include:

- Pain, swelling or tenderness in the skin
- Skin irritation (such as itching, rashes, or hives)
- Difficulty breathing
- Stomach upset or digestive complaints

Is It Safe to Use Essential Oils During Pregnancy?

Essential oils should always be carefully considered during pregnancy, and used under the guidance of your doctor or a medical professional. When pregnant, the body goes through a wide variety of changes, and these changes often bring about feelings of discomfort and sensitivity. While every pregnancy is different, the goal is the same: to support the healthy, proper functioning of the entire body and support the development process of a healthy baby. Along with proper nutrition and regular exercise, essential oils can be used during pregnancy to help support this goal. Gentle oils, such as Lavender and Chamomile, can be used to create a sense of calm and provide comfort to the emotions. However, once again knowing which oils are safe and how to get your dosages right is imperative, as some oils may cause harm.

Is It Safe to Use Essential Oils While Breastfeeding?

While the body changes significantly during pregnancy, these changes don't end with the birth of your baby. Your body will continue to change as you adapt to post-partum life. Similar to pregnancy, consultation and guidance from a medical professional is advised during this stage of the process.



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Is It Safe to Use Essential Oils around Pets?

While there is some controversy surrounding the use of essential oils on animals, when used properly essential oils can be part of a well-rounded program to help pets live a happy and healthy life. Just as it is vitally important to use safe, pure essential oils on yourself and your family, you should only use high-quality, pure essential oils around your pets. Gently diffuse oils throughout the home, but be mindful and do your research into which oils are safe and which are not. Essential oils can be used to calm your pet's emotions, deodorize unpleasant aromas and enhance health and vitality. However, animals have been said to exhibit sensitive systems, so lighter dosages should always be utilised when they are around.

As with anything in life, knowledge is key. The world of essential oils is filled with endless magic. So do your research, have fun exploring and remember that your health and wellbeing really is in your hands.

Note: This information is provided without any warranty implied or expressed. When using essential oils, both the responsibility and their effects lies with the end user.

*Every Oil is a gift from
Mother Nature.
May you enjoy your
experience with them.*



*With Love,
The Escentia Family
xo*