

**• THE PREPARATION & USE OF TEN IMPORTANT ESSENTIAL OILS IN BASIC CARE •**

Essential Oil		Properties *	Methods of Use							
Common Name	Botanical Name		Bath	Body Oil	Face Oil	Compress	Inhalation	Air Spray	Burner	Deodorizer
Camomile, Roman	<i>Anthemis nobilis</i>	A very soothing, calming and versatile oil. Safe for all ages. The presence of azulene makes it very important in any inflammatory condition. It is antibacterial and antiseptic. Burns, sunburn, diaper rash, muscular pain. In skin care: sensitive skin and red, dry skin conditions like eczema.	•	•	•	•				
Eucalyptus	<i>Eucalyptus globulus</i>	Known widely as a decongestant for colds/catarrh. Clears the head. An antiseptic, diuretic, bactericide and antiviral in its action. A very cooling oil; a great room deoderizer. Its main component, eucalyptol, makes it a strong antiseptic.	•	•		•	•	•	•	•
Geranium	<i>Pelargonium graveolens</i>	Mainly a woman's oil. It's a uterine tonic for PMS and menopause. Emotionally, it is very soothing and uplifting. As a skin care oil it is wonderful in its balancing effects. Good for all skin types: dry to oily. It brightens the skin as it improves blood flow. It is an astringent and antiseptic.	•	•	•	•		•	•	
Juniperberry	<i>Juniperus communis</i>	A good antiseptic and diuretic. It is good in any instance where detoxification is desired. In skin care it is a cleanser, astringent and antiseptic oil and good for acne. Juniper stimulates and is a good general tonic. Try it in your morning bath.	•	•		•				
Lavender	<i>Lavendula officinalis</i>	Very much like chamomile in its versatility. It is very calming and balancing. It is analgesic, antiseptic, antibiotic and antiviral. Its' a sedative and useful when there is difficulty sleeping. (Try a few drops on a tissue tucked inside your pillowcase.) Blends well with many other oils. Very soothing on the skin, great for burns, acne and muscular pain. Promotes the growth of healthy new cells. Try undiluted on insect bites.	•	•	•	•	•	•	•	•
Lemon	<i>Citrus limonum</i>	Powerful antiseptic and bactericide. In skin care it is stimulating, toning and refreshing. Astringent. Emotionally uplifting. Can be irritating to the skin, so use with caution especially in exposure to sun. Mixes well with other oils.		•				•	•	
Peppermint	<i>Mentha piperata</i>	An antiseptic oil. Beneficial effect on digestive tract, respiratory tract and circulation. Stimulating and cooling on the skin. DO NOT USE IF PREGNANT OR WITH VERY SENSITIVE SKIN.				•	•	•	•	•
Pine Needle	<i>Pinus sylvestris</i>	Antiseptic for the lungs. Good for muscular pain. Pine refreshes, deodorizes and stimulates. Good room deodorizer.		•		•	•	•	•	•
Rosemary	<i>Rosemarinus officinalis</i>	Very antiseptic, stimulating and analgesic oil. Good for respiratory and muscular problems. Hair care: used in rinse water for dark hair.	•	•		•				
Tea Tree	<i>Melaleuca alternifolia</i>	Important for its antibacterial, antifungal and antiviral action. Stimulates the immune system, colds, infectious diseases. In skin care: acne, warts, athletes foot. Can be used for kids and adults, but use with caution as it can irritate the skin. Use as household disinfectant by adding to wash, cleansers, etc.	•	•	•	•	•	•	•	

**Preparation of Essential Oils for Use**

Bath	Body Oil	Face Oil	Compress	Inhalation	Air Spray	Burner	Deodorizer
<p><b>Adults:</b> 10-15 drops after* bath is poured</p> <p><b>Babies/Children:</b> 1-2 drops after* bath is poured.</p> <p>*Oils are very volatile</p>	<p><b>Adults:</b> 3% dilution in carrier oil such as Sweet Almond or Grapeseed or 12 drops E.O. per 25ml Carrier Oil</p> <p><b>Babies/Children:</b> 1% dilution in carrier oil or 3-4 drops of E.O. per 25ml carrier oil.</p>	<p><b>Adults:</b> 6-8 drops essential oil to 25ml of carrier oil.</p>	<p>10 drops in 100ml water. Ring cloth out and place on area or for lavender only: 2-3 drops undiluted oil on gauze, place on area and wrap with plastic. Duration of compress: 20-60min.</p>	<p>10 drops in basin of hot water. Place towel over head, lean over basin &amp; inhale for 10 min. up to 3x per day.</p>	<p>20 drops of essential oil to 200ml water</p>	<p>Potpourri pot filled with water add 3-5 drops of oil. Oils evaporate quickly so replace drops when scent fades.</p>	<p>A few drops on tissue and tuck in pillowcase or in final rinse of wash. Oils may also be added in lotions, shampoos etc. Create your own uses.</p>

**Always check sensitivity to oils by preparing correct dilution for adult or child use and then apply small amount to a part of the arm. Discontinue use if irritation occurs. The above directions for preparing oils are general only; individuals with very sensitive skin may want to try 1% dilutions.**

\* This information sheet is not meant to take the place of qualified medical assistance nor are claims being made with regard to the medicinal value of the above essential oils either alone or in combination. This information is presented as a brief summary of information found in the aromatherapy literature. For further information on aromatics consult the literature on aromatherapy and essential oils.