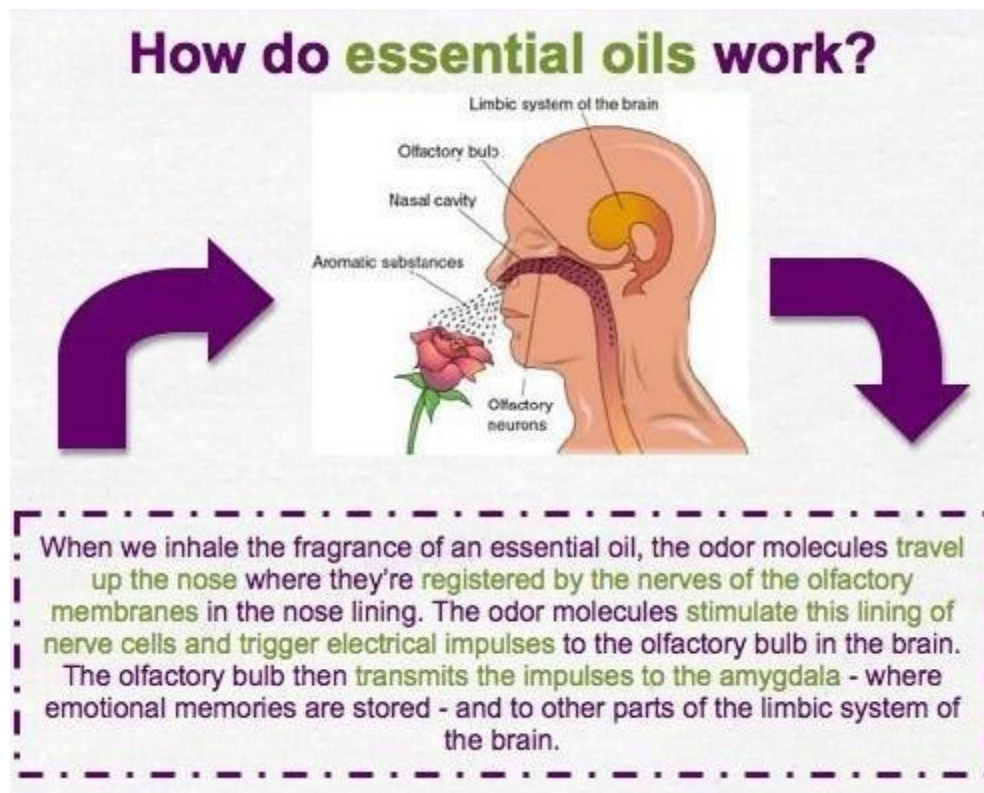


Essential Oil Fast Facts

- Essential oils (EOs) are compounds extracted from plants by distillation or cold pressing (citrus essential oils are often obtained by pressing (squeezing) the rinds of these fruits). The oils contain many kinds of molecules known as phytochemicals.
- Each of these phytochemicals has benefits, so specific EOs can be used for several purposes (for example, peppermint is effective for headache relief and also is energizing; lavender can be calming and also used for healing wounds).
- EOs capture the plant's scent—its "essence". You may be surprised to find that a pure essential oil does NOT smell like the artificial perfumes/scents in air fresheners, candles, and so on.
- There are more than 300 different essential oils, which can be obtained from any part of a plant.
 - Flower blossoms, petals (lavender, rose, clary sage)
 - Leaves and twigs (tea tree, sage, laurel leaf)
 - Needles (fir, cedar)
 - Fruit (grapefruit, orange, tangerine, bergamot)
 - Roots (ginger, spikenard, vetiver)
 - Grass (lemongrass, citronella)
 - Resin/sap (frankincense, myrrh, elemi)
 - Seeds and berries (cardamom, black pepper, carrot seed)
 - Flowering tops (basil, sage, marjoram, oregano)
 - Wood and bark (cinnamon bark, sandalwood, amyris)
- Many EOs have several types; usually these have different, but similar scents, and might have similar or completely different therapeutic benefits. Some include: Basil, spicy basil, holy (tulsi) basil; lavender, lavender fine, lavandin, spike lavender; black pine, scotch pine, douglas pine
- Essential oils have been used for thousands of years (for embalming the dead), and several are mentioned in the Bible-- frankincense, myrrh, spikenard
- Essential oils are very concentrated and therefore very powerful.
 - It takes 65 lbs of rose petals to get one, 15 ml bottle of rose essential oil
 - It takes 250 lbs of lavender flowers to make one lb. of lavender essential oil
 - One drop of peppermint oil is equal to 28 cups of peppermint tea
 - There are 5 drops of essential oil in one lemon rind
 - It takes 1000 lbs of orange blossoms to make 1 lb of neroli EO
- Using essential oils together—a blend, or synergy—increases the effects of these oils

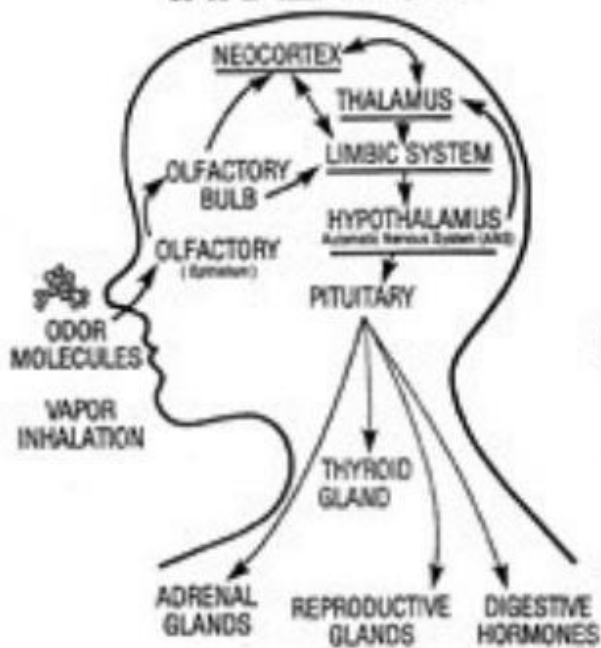
Essential Oil/Aromatherapy Fun Facts

- Women have a better sense of smell than men
- People who cannot smell can still experience the benefits of essential oils (EOs)
- We “learn” new scents until we die
- When you inhale the scent of EOs, the odor molecules travel directly thru the nerve cells of the nose to the olfactory bulb in the brain. They then travel to the limbic system in the brain—where emotional memories and emotions are stored. The effects—headache relief, decrease in anxiety-- can be felt within seconds!
- Oils applied to the skin are carried through the body within minutes; the user can feel the effects (pain relief) within a few seconds to several minutes
- Some benefits of essential oils (EOs) are scientifically based—proven by research. These include: decreasing symptoms of dementia, depression, anxiety; healing even severe, hard to treat pressure ulcers, and more!

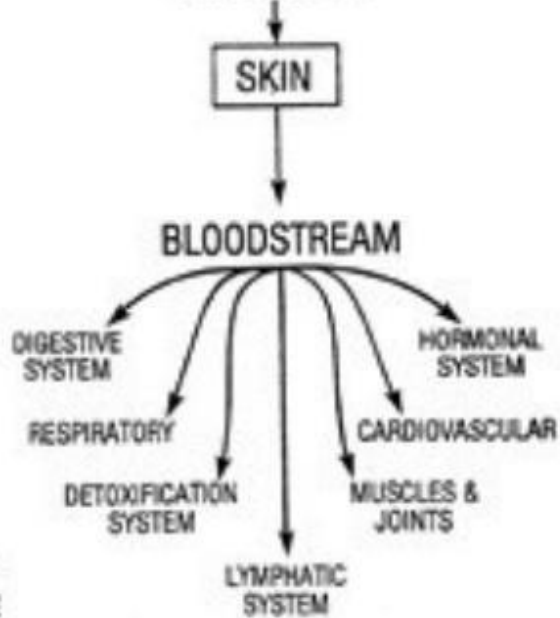


AROMATHERAPY

INHALATION



TOPICAL



Essential Oil/Aromatherapy resources

Although essential oils (EOs) are “natural”, they are very powerful and must be used with care. Many common and accepted practices with essential oils are very dangerous. Please educate yourself through a reputable source.

At the end of 2017, on a whim, I participated in a webinar about using essential oils in long-term care. I was amazed to learn that there is research-based evidence supporting EOs in promoting sleep, preventing falls, easing symptoms of dementia, and even decreasing the use of psychotropic medications. I was fascinated, and started to research EOs. The amount of information—sometimes conflicting information—about EOs is almost overwhelming, so I decided to take classes to become a Certified Aromatherapist so I could safely use EOs in our facility and with my family and friends. I’ve been absolutely amazed at the power of EOs personally, with friends and family, and in our facility.

WEBSITES:

Plant Therapy (Planttherapy.com) – lots of basic, interesting, easy to understand information on their blog; Plant Therapy is also a reputable source for essential oils and supplies to purchase.

Eden’s Garden (EdensGardens.com) – another reliable source of essential oils and information.

Tisserand Institute (Tisserandinstitute.org) –focus on clinical information, safety, and research

BOOKS:

The Complete Guide to Aromatherapy by Salvator Battaglia

Aromatherapy: A Holistic Guide to Natural Healing with Essential Oils. by Valerie Cooksley, RN.

The Complete Book of Aromatherapy and Essential Oils by Valeria Wormwood

Essential Oil Safety by Robert Tisserand and Rodney Young

Clinical Aromatherapy; Essential Oils in Healthcare by Jane Buckle, PhD, RN

If YOU are interested in learning about essential oils and aromatherapy, please talk with me or email me at shellyburkern@gmail.com. I’ll be happy to share all I know 😊 and recommend books and/or classes you can take to learn more. I do NOT sell any essential oils -- I won’t be trying to sell you anything!

Essential Oil Safety

Although essential oils are “natural”, they are very powerful and must be used with care. Many common and accepted practices with essential oils are very dangerous. Please educate yourself through a reputable source. (several are listed on the below)

Several key principles that should ALWAYS be followed when using essential oils:

- Essential oils should NEVER be used “neat”—that is, without diluting them. Essential oils are very concentrated (see “Fun Facts about Essential Oils”) and if not diluted in a carrier oil, or lotion, can cause serious chemical burns.
- Essential oils should NEVER be used in or near the eyes, even if diluted.
- Do NOT add essential oils to water and drink them. They are very concentrated and oil will not dissolve in water. This exposes your mouth, esophagus, and stomach to undiluted oils. Esophageal burns, stomach ulcers, and liver damage have been reported as a result of ingesting essential oils.
- Some essential oils—especially citrus oils—are phototoxic. If they are used on the skin a very serious sunburn may result if the person goes into the sun within 24 hrs.
- Essential oils must be used with caution with elderly people; their metabolism is generally slower and they may be on multiple medications with which essential oils can interfere—including blood thinners
- Some essential oils are not safe to use during pregnancy or breastfeeding.
- Some essentials are not safe for babies, toddlers and children; they have very sensitive skin AND their nervous and respiratory systems are not fully developed; the use of essential oils may be harmful to the very young.
 - Here is a PARTIAL list of essential oils that are NOT for use in children under the age of 10; blends that contain these oils are not safe for kids either—they can potentially cause respiratory distress &/or slowed respiration:
 - Cinnamon essential oil, eucalyptus, lemongrass, oregano, peppermint, rosemary, wintergreen (see a complete list at <https://blog.planttherapy.com/blog/2018/04/07/essential-oils-for-kids/>)
- Blends that contain any of these oils are not safe for use around young children either.