

Essential Oils 201

A more in-depth look into God's amazing gift of therapeutic grade essential oils and how to use them in your home.

DISCLAIMER: The information provided in this presentation is for educational purposes only. It is not intended to prescribe, diagnose, treat, cure, or prevent any disease. It is your responsibility to educate yourself and address any health or medical needs you may have with your physician. Please seek professional help when needed.

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Why different guidelines?

Three Schools of Thought

- German-emphasizes inhalation
- English-emphasizes massage, high dilution
- French-emphasizes oral usage

Much of the information in aromatherapy is written by the British school of thought.

Gary Young teaches and integrates the best of all three schools.

All Marketing?

Grades of Oils

- Therapeutic Grade
- Food/Flavor Grade-95% of oils on the market
- Perfume Grade
- Flora Water

Application

Vita Flex Points

What to do if....

Safety Tips

- Always have a carrier close by
- Keep essential oils away from the eyes and eye area
- Use milk to flush the eyes if the essential oil gets into the eyes
- DO NOT USE WATER!
- Be sure to test the oil before using a large amount in case of detox.

What to do if....

Safety Tips

- Do not put oils in plastic or Styrofoam
- Citrus Oils are photosensitive
- Look for the "Supplement" label
- Around, not in the ears
- Trust Your Source!



Be Discerning

Be careful of graphics!

- When combined, oil properties change!
- Layer oils!
- Homemade is not always best!

Why do I feel badly?

Detoxing/Herxheimer

- Occurs when the body tries to eliminate toxins at a faster rate than they can be properly disposed of.
- Not an allergic reaction
- Rest, hydrate, slow down exposure

I'm allergic to the plant...

Allergies?

- Pure therapeutic grade EO's are free from allergens
- Some blends contain almond oil
- Persons with low pH are prone to detox
 - Take 1 tsp Alkalime before/after

Misc. FAQ's

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- Single component studies are invalid
- No known interactions with RX's
- Store in dark bottles in a cool place
- Add to a carrier for baths (Epsom Salts)
- EO's pass through blood brain barrier!
- Apply less, more often

Building Your Medicine Cabinet

Essential Rewards

- Budget your oils each month
- Earn up to 20%
- Reduced shipping rates
- Compensation and bonus reward opportunities
- Discounts on exclusive product packages

Essential Rewards Program

If you enroll in the Essential Rewards and buy the minimum of 50PV per month, you get 10% credit which you can use for FREE products! You also get reduced shipping! The longer you are on ER, the higher the percentage!

But I can't afford...

5 Ways to Afford EO's

1. Transfer buying
2. Give the gift of health
3. Essential Rewards
4. Make your own
5. Refer a friend and earn CASH!

A Few of My Favorite Things

Deep Relief & Melrose



- Muscle Soreness
- Muscle Tension
- Sore joints
- Calms stressed nerves
- Contains 9 essential oils that are known for their anti-inflammatory properties



- Cuts
- Scrapes
- Burns
- Rashes
- Bruises
- Purifies the air
- Contains 4 essential oils that have strong antiseptic properties

A Few of My Favorite Things

Breathe Again & Cedarwood



- Asthma
- Allergies
- Congestion
- Contains 4 different eucalyptus oils and 5 additional essential oils, all known for their ability to relax airways.



- Concentration
- Memory
- Sleeping
- Hair loss
- Calming
- ADD/ADHD
- Very high in sesquiterpenes

A Few of My Favorite Things

Geranium & Sacred Frankincense



- Fatty Liver
- Menstrual problems
- Stops Bleeding
- Oily Skin
- Circulatory problems
- Skin Conditions



- Boswellia sacra, from Oman
- Regenerative in nature
- Skin health
- Bad Blood
- Mental Disorders
- Calming
- Relaxing
- Insect Bites

A Few of My Favorite Things

R.C. & Di-Gize



- Colds
- Bronchitis
- Sore Throats
- Respiratory Congestion
- Allergies
- Sinuses
- Contains 10 different essential oils!



- Indigestion
- Heartburn
- Gas
- Bloating
- Candida
- Parasites
- Contains 8 different essential oils!

A Few of My Favorite Things

Oregano & Wintergreen



- Arthritis
- Infections
- Immune Stimulating
- Cleanses cell receptor sites
- Considered a natural antibiotic



- Headaches
- Muscle/nerve pain
- Fatty liver
- High Blood Pressure
- Highly anti-inflammatory

A Few of My Favorite Things

Additional Collections

- Golden Touch
- Raindrop
- Feelings
- Essential 7

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Questions?

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