



Essential Oil Basics

What are essential oils?

Essential oils are pure, liquid extracts that are steam released or pressed from plants. They have therapeutic properties that support wellness and soothe many concerns. They are 100% plant derived with no additional processing, preservatives, or other ingredients.

To achieve results, quality is EVERYTHING. Choose oils from a trusted company. Ask questions!! How are the oil sourced? Which quality testing takes place? Who does the testing? Where can you see the results of these tests to make sure there aren't any impurities in that oil? Can you call the company directly to speak with someone? Where do you get further education on using these oils safely? Most companies cannot provide you with this information. There is currently no regulatory body to govern essential oils and most are labeled 100% pure when in fact they are not.

How do you use essential oils safely?

Breathe them in AROMATICALLY - Use oils in a diffuser or inhale deeply from an open bottle.

*this can help calm emotional upset, boost mood and energy, open airways, purify the air and help fight airborne germs, and promote a restful sleep.

On your skin TOPICALLY - Apply to area of concern or the bottoms of your feet.

*soothe tired, over-worked muscles, ease joint discomfort, calm skin irritation, support your immune system.

ALWAYS apply a carrier oil to assist in absorption of the essential oil. Adults use 1tsp carrier oil to 1-4drops essential oil. Children need 1tbsp to 1-2drops essential oil. A little goes a long way with a quality essential oil.

Would you like more information regarding quality essential oils?

My intent is educate and empower you to use the most therapeutic oils in your home.

Connect with me for some more learning or a sample, krlessard@icloud.com or www.mydoterra.com/krissylessard