

INTRODUCTION TO ESSENTIAL OILS



THE ORIGINAL



GARY AND MARY YOUNG

WHAT IS AN ESSENTIAL OIL?

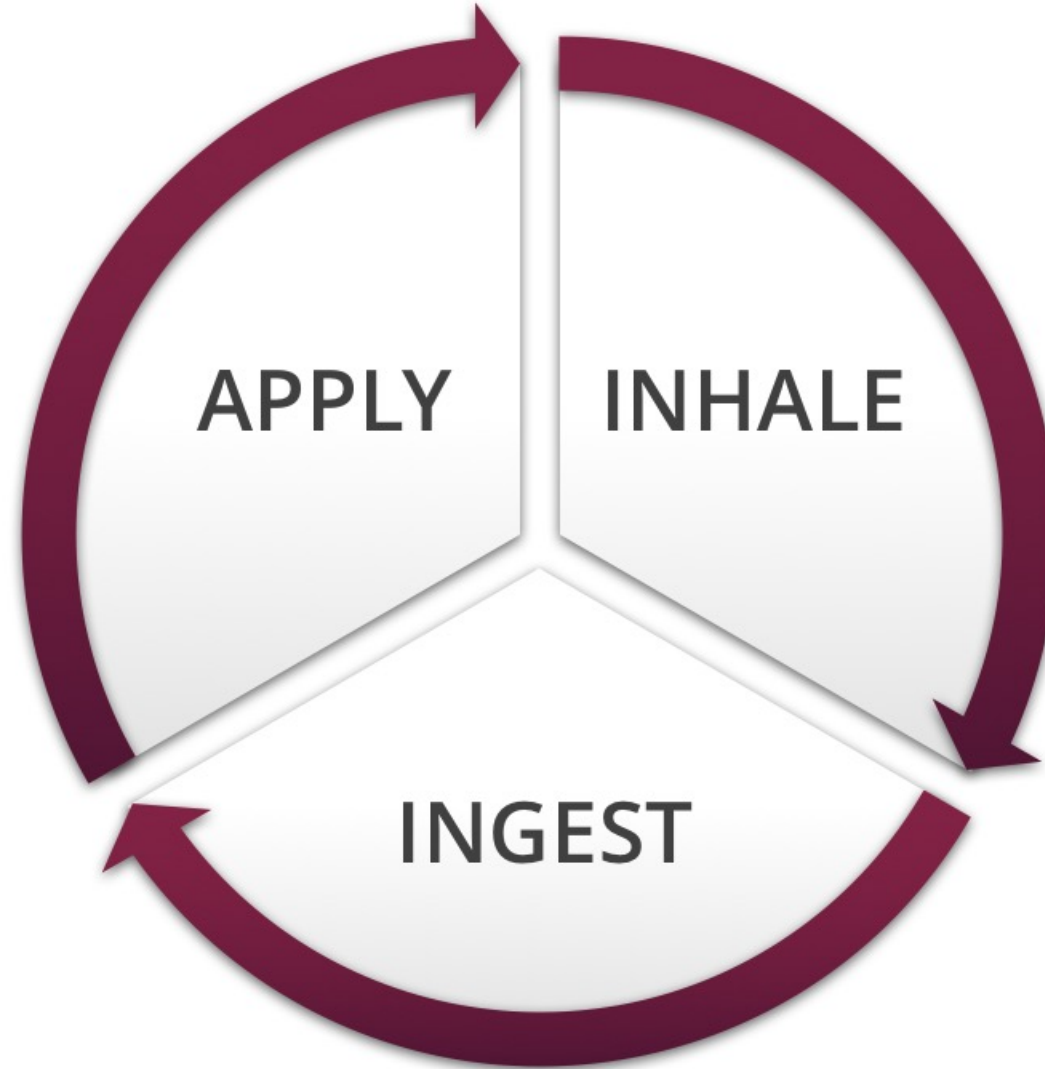
- Aromatic liquids found in plants
- Used for centuries, all over the world
- Extracted primarily through steam distillation
- Potent, volatile, and versatile





QUALITY FROM SEED TO SEAL

HOW TO USE ESSENTIAL OILS



INHALED

YOU CAN INHALE MANY DIFFERENT WAYS:

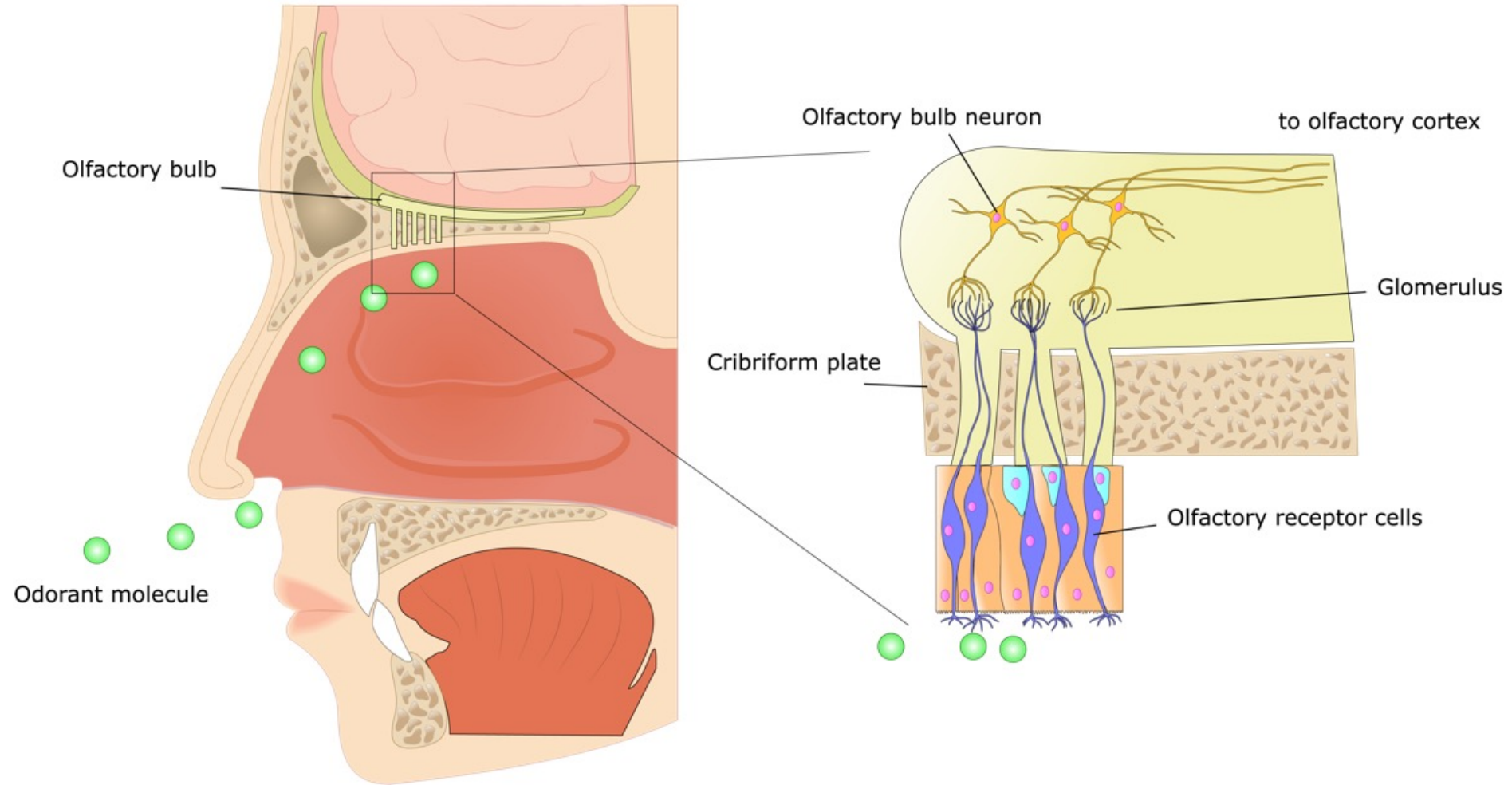
- Directly from bottle
- From hands
- From a diffuser

NORTHERN LIGHTS BLACK SPRUCE



- Inhale this rich, woody, and invigorating scent during meditation to create a fresh aromatic atmosphere.
- Includes the naturally occurring constituents alpha-pinene, camphene, and beta-pinene and is an important ingredient in many products

WHAT HAPPENS WHEN YOU INHALE



DIFFUSED

- Transform the environment by diffusing essential oils in to the air
- Diffusing can enliven, calm, purify and protect your home, office, even in cars and airplanes



SELECTING A DIFFUSER

PURIFICATION®



- Blend of citronella, lemongrass, rosemary, tea tree, lavandin, and myrtle
- Freshen air and eliminate odors
- Add 4-6 drops to your favorite diffuser

THIEVES®



- Blend of lemon, cinnamon, clove, rosemary, and Eucalyptus radiata
- Supports healthy immune function
- May help maintain a healthy respiratory system
- Help relieve colds and coughs

ON THE SKIN



- Essential oils can be applied to the skin by itself or with a carrier oil
- If an oil is uncomfortable, add a carrier oil
- Start on the bottoms of the feet
- Avoid eyes, mucous membranes, and private parts

R.C.™



- Blend of three types of eucalyptus, myrtle, marjoram, pine, lavender, cypress, black spruce, and peppermint
- Drop 1-2 drops in palm of hand, rub hands together and then rub on chest before exercise
- In aromatherapy, can be used topically or inhaled to help relieve colds and coughs

PANAWAY®



- Blend of peppermint, wintergreen, clove, and helichrysum
- Great to use with a roller ball

PEPPERMINT



- Supports gastrointestinal system comfort, promotes healthy bowel function
- Helps relieve joint or muscle pain associated with sprains, strains & rheumatoid arthritis
- Can act as a calmative and enhance relaxation
- Reduces the symptoms of cold & cough
- Carminative and antispasmodic

DIGIZE™



- Tarragon, Juniper, Anise, Ginger, Fennel, Patchouli, Peppermint, and Lemongrass
- Take with Master Formula to support a wellness regimen
- Works as a carminative and antispasmodic for symptomatic relief of digestive discomfort

COPAIBA



- Promotes wellness
- May be an important part of a daily health regimen
- Includes the naturally occurring constituents beta-carophyllene and alpha-humulene.



IN A DIY

MAKE AN ESSENTIAL OIL DIY

- Body Scrub
- After Workout Balm
- Face Masks
- Eye Cream
- Bath Salts
- Bath Bombs
- Linen Spray
- Outdoor Spray
- Body Butter
- Lip Balm
- Play Dough
- And so much more!

LAVENDER



- The Swiss Army Knife of essential oils
- Fresh, clean, floral, and calming aroma
- Gentle on the skin
- Add to many DIYs
- Diffuse at bedtime
- Can act as a calmative to enhance relaxation

A minimalist bedroom with a bed, nightstand, and lamp, with a large circular overlay containing text.

LAVENDER BEDTIME SPRAY

- 4 oz water
- 4 oz witch hazel
- 1 tsp jojoba oil
- 10 drops Lavender
- 10 drop Stress Away

LAVENDER



- Help relieve joint or muscle pain associated with sprains, strains & rheumatoid arthritis
- Inhale to reduce the symptoms of cold & cough
- Can act as a carminative and antispasmodic
- Helps relieve headache

FRANKINCENSE



- Add to skin care routine and spiritual practices
- Apply to the top of the head
- Key ingredient in many personal care products, and supplements

FRANKINCENSE EYE CREAM

- ¼ cup coconut oil
- ½ tsp Vitamin E liquid
- 10 drops Frankincense



INGEST

- The Plus Oils are specifically labeled for ingestion
- Use Plus Oils to enhance the aroma and flavor of both savory and sweet foods
- Use in your favorite recipe



LEMON PLUS



- Enhances the flavor of foods and water
- Bright flavor is perfect for sweet or savory foods
- Is a key ingredient in NingXia Red

LEMON VEGETABLE MARINADE

- 1 drop Oregano Plus
- 2 drops Lemon Plus
- 1 drop Black Pepper Plus
- $\frac{3}{4}$ cup olive oil
- $\frac{1}{2}$ cup soy sauce
- 1 tbsp red wine vinegar
- 1 clove garlic



TOTAL BODY WELLNESS



NINGXIA RED



- Wolfberries from the Ningxia region of China are packed with ingredients that protect against oxidative stress and provide antioxidants
- Simply drink 2 oz every morning or as desired

PREMIUM STARTER KIT



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