Essential Oils 101

What are essential oils?

They are the most powerful part of the plant. They are distilled from shrubs, flowers, trees, roots, bushes, fruit, rinds, resins, and herbs.

Oils consist of over 100 different natural, organic compounds. In humans, they provide support for every system in the body: your skeletal system, your muscular system, circulatory system, endocrine system and your hormones, respiratory system and immune system.

They support brain health and a healthy weight.

They are used extensively for emotions and for spiritual support in your prayer life.

An oil in a diffuser can soothe a child’s tough day at school and provide a calming effect when you’ve had a stressful day at work.

Oils can be used as an alternative to toxic cleaning chemicals in the home.

You can literally start swapping out every single chemical cleaning toxin in your home to live a purer lifestyle, and you can do it without breaking the bank!

There are about 300 oils on the earth, but you only need 10-20 of them to build a good kit.

You do not need to be an aromatherapist to use them. In most cases, just rub it topically into the skin.

There are three main ways to get oils into your system: topically—rub it on the skin; ingest; diffuse and inhale, which can be the most effective method because it doesn’t have to pass through the digestive system.

How do they enter— and how long do they last?

Tests have shown oils reach the heart, liver, and thyroid in three seconds when inhaled; they were found in the bloodstream in 26 seconds when applied topically.

Expulsion of essential oils takes three to six hours in a normal, healthy body.

ESSENTIAL OILS HISTORY

They were first mentioned by name in the biblical book of Genesis. Oils are mentioned 1100 times directly or indirectly in Scripture.
Some of the oldest cultures on earth used essential oils. The Egyptians used essential oils for beauty and embalming and they have the oldest recorded deodorant recipe made with essential oils. Pakistan and Rome used essential oils in the communal bath houses. They were even used by Christ! Jesus was given Gold, Frankincense, and Myrrh. Frankincense is sometimes referred to as “the coconut oil of essential oils” because it has over 10,000 uses.

It was only after World War 2 when essential oils were “rediscovered,” and the science on their uses grows with every single year.

DO ESSENTIAL OILS WORK?

I have used oils for 3.5 years. Lavender smelled nice in my bath, but never had any significant effect on my body. I used to buy my Lavender for $4 a bottle online, at farmers markets, or at bulk foods stores. In the United States, there is no rating system for essential oils. The closest we get is an FDA requirement that in order to label a bottle of essential “pure” or “therapeutic grade,” the contents of that bottle must contain at least 5 percent essential oil!

All oils in the world fall into one of 4 categories: Grade A, Grade B, Grade C and Grade D.

1) Grade A is therapeutic, made from organically grown plants and distilled at low temperatures.

2) Grade B oils are food grade, but may contain synthetics, pesticides, fertilizers, chemical extenders, or carrier oils.

3) Grade C oils are perfume oils that often contain adulterating chemicals. They usually use solvents, for example, hexane, to gain a higher yield of oil per harvest. Solvents can be cancerous, and are in many store bought oils. They may also be diluted 80-95 percent with alcohol.

4) Grade D is called “floral water,” which is aromatic only and is usually a byproduct of Grade A distillation. After all the oil is pulled out, the leftover trash water is sold to companies which will fill 5 percent of the bottle with this “leftover trash water,” fill the rest with carriers, and label it “pure.”

Grade A is the only true pure oil. Grade D would be like walking into your fridge, taking a glass of orange juice and diluting it 95 percent before you drank it! It wouldn’t have the full benefits of orange juice.
That's why you want Grade A oils. Before you purchase, check to see if the company grows their own plants, owns their own fields, and controls the entire process from Seed to Seal— from the farm to the sealed bottle. Pesticides, pollution, previously farmed land— all of it can affect the quality of an oil. Young Living’s oils are Grade A.

Why would you go the extra step of using an oil to get away from a chemical— and then use an oil laden with chemicals? It makes no sense.

One of the things that stands out to me is Young Living’s Seed to Seal process. It’s a promise of integrity. Gary Young has said that he never makes an oil for profit, he makes it for a purpose. Seed to Seal means each plant is hand-weeded, there are no pesticides used, no chemicals, and no weed killers. The plants are harvested at their peak. They’re then put through a vigorous testing process. Then they go from the farm directly to your home.

Seed to seed is not a slogan, it’s a promise. You can learn more by checking out the Young Living story, and fall in love with the company as I have, at seedtoseal.com.

WHY DO OILS COMPANIES SELL OILS MORE CHEAPLY?

To save money. If you spray your crop with pesticides, you have more crop to distill. If you use a chemical solvent to extract the oil, you pull more out. If you dilute it with a cheaper oil or a carrier oil, you stretch the oil you have distilled. Most essential oils are sold more cheaply because companies cut corners.

HOW OILS ARE MADE?

It takes a great deal of work to produce a tiny amount of essential oil!

- 60 thousand rose blossoms provide only 1 ounce of rose oil
- Lavender is abundant— 220 pounds will provide 7 pounds of oil
- Jasmine flowers must be picked by hand before the sun becomes hot on the very first day they open, thus making it one of the most expensive oils in the world! It takes 8 million hand-picked blossoms to produce 2.2 pounds of oil
- A Sandalwood tree must be 30 years old and 30 feet high before it can be cut down for distillation

But a little goes a long way. Most oils are $6 to $30 a bottle. A 5 ml bottle contains about 90 drops, and a 15 mL bottle contains about 250 drops. Each application is one to three drops, meaning even a small bottle will get you 45 to 90 applications.

Thieves cleaner is made of plants only and costs about $1.50 a bottle to make. You can’t even get that in the organic section at the grocery store! It replaces a multi-
purpose cleaner, glass cleaner, and floor cleaner. The organic versions of those can run you $4 to $6 a bottle.

**ARE THEY SAFE?**

There are certain oils that are photosensitive, meaning you don’t want to wear them and go outside. These are mostly citrus oils, like grapefruit, lemon, etc.

When using on your skin, always watch for redness and dilute with a carrier oil.

Dilute oils on children, because their skin is more permeable and absorbs the oils more quickly.

What is a carrier oil? It’s a fatty oil like olive oil or coconut oil, and its molecules are much larger than those of essential oils. Using a carrier oil with an essential oil slows down the rate the body can absorb the essential oil, because it has to ping pong through the large molecules of the carrier oil to get into your skin.

Be careful when you are putting the oils topically near your eyes. Some oils, like peppermint, can cause a burning sensation. If you are placing an oil near your eye, apply the oil to a Q-tip instead of tipping the bottle toward your face. You can become desensitized to an oil if you use the same one day after day, so I rotate my oils every three to four days.

What about internal use of essential oils? NAHA, one of the top aromatherapy schools in the United States, doesn’t advocate essential oils for internal use. Why? Most oils companies don’t carry any GRAS (Generally Regarded As Safe) essential oils which have been cleared by the FDA. NAHA also bases a lot of their decisions on the British model, which advocates topical use only. Many of the British studies are flawed, for example, done at extremely high doses or in ways the oils aren’t used, like pouring a bottle inside the body.

Young Living utilizes all three methods. The French have been safely using some essential oils internally for decades. Young Living has created a Vitality line with distinctive labels so you can easily recognize which oils are safe to take internally.

**ON THE FLIP SIDE...**

Look at the ingredient list of what you have in your bathroom and kitchen. Every day we put products on our skin, in our body, and breathe them, but many of these products contain damaging chemicals. The average woman applies over 300 chemicals a day to her body just through soaps, makeup, shampoos, and hair care products. Eighty of those products are applied every day before breakfast! When you use Young Living’s essential oils, you’re using a product
with one ingredient, like Lemon, Oregano, Tangerine – no additives and no chemical yuck.

Is all this a bit overwhelming? Let me tell you how I started my oils journey: with a Young Living starter kit. It’s the only thing on the Young Living website that is half off! If you’re a frugal momma like me, this is the best bang for your buck! It comes with 11 bottles of oil and a diffuser.

**Pass around the Premium starter Kit with Home Diffuser, open the bottles and smell them:**

- **Frankincense.** One of the top skin oils. Helps smooth the appearance of skin. A key ingredient in Young Living’s “Brain Power” essential oil blend. Diffuse during prayer time to help with grounding and purpose.

- **Lavender.** Oil of relaxation. Diffuse for a calming, soothing aroma. Unwind by adding a few drops to a nighttime bath. One of the top oils to support healthy skin. Called the “Swiss army knife” of essential oils because of its many uses.


- **Purification.** Diffuse to freshen the air and eliminate odors. Add to a carrier oil to moisturize your skin or for a soothing massage on your feet. Use in a spray to enjoy an annoyance-free outdoor experience.

- **Thieves.** Helps support a healthy respiratory system and helps maintain overall wellness when taken as a dietary supplement. Add a drop to hot drinks for a spicy zing!

- **Stress Away.** Promotes wellness and may be an important part of a daily health regimen. One of the top emotion oils!

- **Lemon.** Its citrus flavor enhances the taste of food and water. A key ingredient in Thieves and NingXia Red. May help support the immune system.

- **Pan Away.** Apply after exercise to soothe muscles. Has a stimulating aroma. Apply to back and neck for a soothing aromatic experience. Supports the appearance of healthy skin coloration.

- **Copaiba.** Promotes overall wellness. Supports nearly every system in the body. Also a great skin oil.
DiGize. Top oil for supporting the digestive system. Add two drops, along with a drop of peppermint, to water for a stimulating beverage. Take in a veggie capsule internally. Use with Essentialzyme at every meal to support a wellness regimen.


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