



JOANNA RUSLING

# *Beginners Guide To Essential Oils*



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## *You can be the best version of yourself, every day!*

Hi, I'm Joanna Rusling, a Functional Nutrition, Lifestyle Practitioner and Wellness Entrepreneur in Perth, Western Australia.

As a former Medical Scientist and a Medical Researcher I am fascinated by the human body and it's incredible ability to fight disease and heal from within.

Following years of research and personal discovery, I now enjoy and share the benefits of good health. I teach people how to communicate and listen to their body and to trust their innate ability to heal.

Each week I present classes, run events, and take private appointments to show you how to think differently about health, how to be empowered, and how to assist the body to heal.

This FREE downloadable eBook is an introduction to the research and knowledge I want to share with you around Essential Oils.

I have taught hundreds of people about the keys to better health, and how to seek better options for feeding, healing, and maintaining your (and your family's) overall wellbeing.

Through education, nutrition, and support you really can be the best version of yourself, every day.

Enjoy,

*Joanna x*

# A Beginners Guide To Essential Oils

## Table Of Contents

<b>Table Of Contents</b>	<b>3</b>
<b>Introduction</b>	<b>6</b>
What are essential oils, and how might they be used for therapeutic purposes?	6
<b>Chapter 1</b>	<b>8</b>
<b>The Ins &amp; Outs of Essential Oils</b>	<b>8</b>
Where do essential oils come from?	8
How are essential oils extracted?	8
Pressing Method	8
Distillation Method	8
Solvent Method	9
Maceration Method	9
How do you use essential oils?	9
Topical Administration	10
Inhalation Therapy	10
Ingestion	11
What are the general benefits of using essential oils?	11
Substitution for Prescription Drugs	11
Cheap, but Effective Alternative	11
No Expiration Date	11
Versatility	12
Safety Precautions & Common Applications	12
Safety	12
Blends	12
<b>Chapter 2</b>	<b>14</b>
Essential Oils AtAGlance	14
Basil	14
Bergamot	14
Black Pepper	14
Cassia	15
Cedarwood	15
Cilantro	15
Cinnamon Bark	16
Clary Sage	16
Clove	16

Coriander	16
Cypress	17
Eucalyptus	17
Fennel	17
Frankincense	18
Geranium	18
Ginger	18
Grapefruit	18
Helichrysum	18
Jasmine	19
Juniper Berry	19
Lavender	19
Lemon	19
Lemongrass	20
Lime	20
Marjoram	20
Melaleuca	20
Melissa	20
Myrrh	21
Oregano	21
Patchouli	21
Peppermint	21
Roman Chamomile	22
Rose	22
Rosemary	22
Sandalwood	22
Spearmint	23
Thyme	23
Vetiver	23
White Fir	23
Wild Orange	23
Wintergreen	24
Ylang Ylang	24
<b>Chapter 3</b>	<b>25</b>
Properties of Essential Oils	25
Analgesic	25
Antibacterial	25
Anticarcinogenic	25
Anticoagulant	25
Antidepressant	25
Antifungal	25

Anti Inflammatory	26
Antioxidant	26
Antiparasitic	26
Antiseptic	26
Antispasmodic	26
Antiviral	27
Astringent	27
Carminative	27
Digestive	27
Diuretic	27
Expectorant	27
Galactagogue	27
Hypotensive	28
Laxative	28
Sedative	28
Stimulant	28
Stomachic	28
Tonic	28
Vasodilator	28
Vulnerary	29
Conclusion	30

# Introduction

## What are essential oils, and how might they be used for therapeutic purposes?

Essential oils are small volatile organic compounds obtained from plants. They are extracted using steam distillation or cold press extraction into a concentrated and ultrapotent liquid. These extracts from plants, including flowers have been utilized in medicine for centuries. Essential oils derive their name from the term 'quintessential' oils. Quintessential is defined as being 'the most perfect or typical example of quality or class. Quintessence is a pure substance; the essence of a thing in its purest and most concentrated form; to reduce to its purest and most concentrated essence.

Before you dismiss essential oils as a means to support the body's natural defenses against injuries and illness, take a look at the historical evidence of essential oil' medicinal competence in practice. Your average age-old medical text will demonstrate that essential oils, herbs, and plenty of other natural ingredients have, for thousands of years, successfully enhanced immune function to meet and defeat any number of ailments and injuries. Though traditional medicine is considered "alternative" now, it was once the Gold standard. With the development of antibiotic resistance and modern travel aiding the spread of microbes globally, we are returning to these natural age-old remedies to fortify the body's defences against everything from simple maladies, like headaches, cuts and bruises, to serious life-threatening diseases.

Essential oils are obtained from various parts of plants including the roots, bark, sap, leaves, seeds, fruits and flowers. Essential oils whilst not a part of the plant's respiration assist the plant in a myriad of ways. Essential oils can elicit smells that attract insects and animals to aid pollination, eat their fruit to disperse seeds; or produce scents that repel to protect it from assault. Plants are susceptible to infection from bacteria, fungi, viruses and molds just like us. Essential oils form part of a plants' immune response. The sap is released to help protect and heal the plant after injury. They play so many important roles, functions and benefits. It's important to not confuse essential oils as a type of Fat; like olive oil and vegetable oil. Fats are large compounds and an important source of energy storage for plants, insects and animals. Volatile aromatic compounds found in essential oils are very small in size, have high volatility, which results in faster evaporation, enabling their popular use in aromatherapy. You probably don't realize that you already use essential oils every day. They're in fruits and vegetables, food, added to commercial drinks and processed food as natural preservatives, chewing gum, toothpaste, skincare,

perfumes, shampoos, soaps, ointments... They're even used in furniture polish. Why are they found in so many products? Well, because essential oils are super concentrated aromatic liquids, so their scent is remarkably strong. A small amount of essential oil can make a huge splash, aromatically.

Let's put this into perspective: to steam tea, you use a few leaves of peppermint or juniper; to produce a single ounce of essential oil, five whole pounds (2.3 kg) of peppermint or juniper leaves are required. It requires 6,000 pounds of melissa plant to distill just a single pound of [melissa essential oil](#). That equals around 63 pounds of melissa per 5mL bottle. So a single drop of essential oil is very potent and can contain 100's of different compounds. You don't often find concentrated therapeutic grade essential oils sold in very large quantities for this reason; instead essential oils are often sold in easily carried small, dark bottles, and are perfect for at home or on the go use.

But how do they work, and why are they better than synthetic man-made compounds? The chemical profile of essential oils is very complex containing up to hundreds of individual constituents. Many studies have been conducted examining both the synergistic action of the whole oil as well as the individual action of isolated constituents. These studies have verified that there is increased benefit and safety from using the whole oil, rather than just an individual constituent. In other words, oils are best used in their whole form—with the exact composition designed by nature—nothing added, removed, or isolated.

Essential oils can support us just like they support the plants that made them. They work differently to man-made pharmaceuticals, which contain mass amounts of usually ONE compound in a single dose. This can make it very difficult for the human body to manage active compounds impacting cellular processes and organ systems. Side effects occur when the body is overloaded and unable to respond quickly to break down and alleviate the effects of medication. Humans have evolved alongside plants since the dawn of time and appear to have an affinity with our cells that is being explored in scientific studies. An essential oil containing 100's of constituents provides an array of applications and offers a full spectrum of therapeutic properties that isn't possible with pharmaceuticals.

For all of these reasons, and more, essential oils are often a much healthier and more natural way to approach your health issues and concerns. From mental health to inflammation to immune support, essential oils have got your back.

Let's take a closer look at these Gifts of the Earth. Plant Power Rocks!!

# Chapter 1

## The Ins & Outs of Essential Oils

### Where do essential oils come from?

Plants and plant species naturally produce essential oils for various reasons, one being to draw pollinator insects to them, another being to repel invading organisms (bacteria, viruses, fungi, molds, insects and animals).

There can be as little as seven or hundreds of chemical compounds obtained in an essential oil from one part of a plant, eg a seed. The types of compounds and their respective quantities can vary considerably and this unique fingerprint is specific to each essential oil. So each essential oil has its own unique properties and aroma.

Essential oils can be harnessed from all sorts of plant components, including flowers, leaves, bark, fruit, roots, seeds and resin. For instance, cinnamon oil is harnessed from bark, lemon oil from the peel, and lavender oil from flowers.

Certain plants can produce a few chemical variants of the same essential oil, which are acquired from different parts of the plant. Some of these parts produce a large amount of oil, while others produce just a smidgen.

The oil's quality and potency depends upon several factors, including the subspecies of the plant, its soil conditions, the time of year and even the time of day you harvest the plant material for extraction.

### How are essential oils extracted?

Essential oils can be extracted from plants through various methods, including pressing, distillation, solvent and maceration. Let's take a brief look at each:

#### Pressing Method

Commonly used with citrus fruit, the pressing method extracts the oil through a technique that involves pushing the fruit peels through a press. Oily fruits and plants are best suited for this technique. Orange oil, for example, is extracted from orange skins through the pressing method.

#### Distillation Method

This technique harkens back to the days of old-time moonshine, as the same method used to create strong liquor can be used to extract essential oils. Using a still, boiled water and plant materials will create steam which is then cooled by coils and condensed into a combination of water and oil. This combination doesn't mix, so the oil can then be extracted from it.

## **Solvent Method**

Through a multistep process, certain plant and flower oils can be extracted using alcohol and other solvents, which extort the essential oil from the plant material.

## **Maceration Method**

When a “carrier” or fixed oil or lard is mixed with the plant material and set out in the sun, over a period of time, the carrier oil is infused with the plant’s essence. Heat sources, other than the sun, are often used to speed up the process. Throughout the process, more plant material is added to produce a more potent oil.

## **How do you use essential oils?**

Although some studies about the effectiveness of essential oils are conducted by small companies or even individuals, a number of them are conducted by the food and cosmetic industries. In general, the pharmaceutical industry shows next to no interest in herbal medicine, primarily because there are few options to patent such products. Being as such, the product’s lack of profitability has resulted in less research funding. Regardless, the historical uses of essential oils tell us what we need to know: that essential oils have been effectively administered for centuries. The therapeutic qualifications of essential oils can be plotted in the survival of the human race across cultures and generations.

Another reason that studies on essential oils have not turned out conclusive evidence as to their overall effectiveness is because definitive results are sometimes difficult to prove, as the quality of each batch of oil can vary for several reasons. One is that essential oils are impossible to standardize. As mentioned above, even the slightest variance in soil conditions and the time of harvesting – as well as innumerable other factors – will produce a different product quality and potency. In addition, essential oils are often obtained from various species of the same Genus; *Eucalyptus radiata* and *Eucalyptus globulus* can both be used in the making of therapeutic grade eucalyptus oil and, as a result, they may have slightly different properties and degrees of strength or effectiveness.

Just as there are several methods by which to extract essential oils, there are a number of methods to administer them therapeutically. The variety of chemical compounds in each essential oil means that their benefits and applications also vary across the board. Below are a few of these methods.

## **Topical Administration**

Direct application of many essential oils works like a sponge, as the skin absorbs things placed on it and other things (like sunlight, for instance). Topical application is best when you want to clear up an ailment on the skin's surface or in the underlying muscle & tissues. When applying topically, you may either massage the essential oil into the skin or simply dab on the skin for therapeutic results. You might combine the essential oil with a type of "fat" based carrier for topical use to dilute its potency. This is safer, as the essential oil is so concentrated. It will also be more economical, as the essential oil isn't lost due to flash off. Flash off is due to the essential oil being highly volatile and vulnerable to evaporation where it can be lost into the air and not absorbed into your skin. It can be beneficial to test a drop of essential oil on a small patch of skin to ensure there are no adverse effects before applying it to a broader surface area. Adverse effects are produced by natural chemicals as much as synthetic ones; poison ivy, for example.

To test for allergens, place a drop or two on your inner forearm. If a rash develops within 12 to 24 hours, it is best to avoid that particular essential oil and a different essential oil might be required. We have tools and resources that assist us to select what's best, based on age and skin sensitivity. Each single person is unique, even identical twins at birth have been found to have different gut microbes as they progress through life, as they cannot live in the exact same air in time and space. They make different choices in diet, work, exercise, study, and are impacted by different stressors. We are influenced by every moment within the environment that surrounds us. A sudden shock, sunburn or exotic spice in a meal we have never eaten before can alter our unique biochemistry. For these reasons an essential oil we may have used for years for a particular issue, might on occasion cause a slight rash, especially when we are unwell, inflamed or stressed. Using a carrier "fat", in a lotion, cream or fractionated coconut oil to dilute the essential oil will provide relief. In addition, phototoxicity – sun exposure resulting in an exacerbated burn – may be an issue when citrus oils are applied topically. So one must proceed with caution when applying citrus essential oils. Please ask for our reference chart that lists essential oils safety & application suggestions.

## **Inhalation Therapy**

Commonly known as "aromatherapy", this essential oil application is effective for the whole body. Aromatherapy is the practice of using essential oils for therapeutic benefit. Aromatherapy has been used for centuries. When inhaled, the scent molecules in essential oils travel from the olfactory nerves in the nose, directly to the brain and especially impact the amygdala, the emotional center of the brain. In a steaming bowl of distilled or sterilized water, add a few drops of essential oil and, with a towel over your head, bend over the bowl and inhale (taking care to protect

the eyes). The towel captures the vapors, making the technique even more effective. Essential oils can also be placed in an electronic cold water diffuser where the essential oils are released into the air or put on absorbent materials, like a handkerchief and smelt often to provide benefit.

## **Ingestion**

When using this method, proceed with caution. Direct ingestion of essential oils must be a powerful way to assist the body, however best in small doses, frequently that are diluted in a carrier “fat”, for example olive oil; than in large doses infrequently.

Please ask for our reference chart with suggested daily usage recommendations for adults and children.

## **What are the general benefits of using essential oils?**

### **Substitution for Prescription Drugs**

One practical benefit of using essential oils is, of course, their substitute nature. Many believe that they can replace Rx drugs, which is the ultimate reason to educate yourself on their application and to begin stockpiling your essential oil supply. Although it is our opinion that 100% pure essential oils that carry no harmful side effects are better to support the body and its functions, we recommend that you consult your physician before replacing your prescription or over the counter medications.

### **Cheap, but Effective Alternative**

Though money may be the last thing on your mind when it comes to your health, it is worth noting that the expense of essential oils pales in comparison to prescription drugs. Essential oils are a cheap, but equally effective alternative to prescription medicine. And, because essential oils are highly concentrated, the application used in most procedures requires only a drop or two of oil, which means a tiny bottle will be long-lasting (example 15mL bottle contains approx 250 drops).

### **No Expiration Date**

Another benefit of essential oils is that they do not expire, neither do they have “proper storage” requirements. Many medicines and medicinal products must be replaced every couple of years, so this puts essential oils ahead of the pack when it comes to shelflife.

### **Versatility**

Essential oils also offer great versatility. Apart from providing health benefits, essential oils can be repurposed for household and hygienic applications. For instance, if you're looking for something that might serve your dental hygiene needs, cinnamon or clove are your go-to essential oils. If you want to maintain your skin's health, frankincense and lavender will do the trick; the latter also serves as sunscreen, so you can prevent sun damage as well.

When it comes to the house or shelter, you can use essential oils to deodorize. The oils are so potent that they even came in handy after the 2011 tsunami and the subsequent nuclear reactor meltdown in Japan, when a nurse named Risa Nakahira used essential oils to deodorize and sanitize putrid public bathrooms in overpopulated evacuation facilities. As relief workers searched for survivors, often wading through debris and decay, Nakahira also deodorized their boots and masks using essential oils. The possibilities of these natural oils are endless.

They are also versatile when it comes to the range of patients they're capable of supporting. The health of everyone from your great grandfather to your infant baby can be fortified with the aid of essential oils in the appropriate dosage. They even come in handy when supporting livestock or pets. From teething infants to dementia in the elderly, from teenagers with acne to dogs with urinary tract infections, essential oils can serve any patient with nearly any ailment.

## **Safety Precautions & Common Applications**

### **Safety**

Certain adverse reactions may occur when using pure essential oils. Some essential oils should not be used when pregnant, for example, as they may cause miscarriage. Allergic reactions, too, may occur, especially when applied topically. Always administer an allergy test before committing fully to topical application. When used with other medications, essential oils may react negatively. If you are on any current prescription medications or have a chronic illness, such as high blood pressure, epilepsy or liver disease, then researching the effects of essential oils against your own personal medical history will eliminate any potentially problematic issues.

### **Blends**

Oftentimes, essential oils are manufactured as blends of several pure oils. For instance, the Protective Blend of certain brands is a mix of cinnamon, clove, rosemary, and eucalyptus. This blend can be used to boost the immune system to help support colds, viruses, and flu. The downside to blends is that the more oils added to the mix, the higher the probability your patient may react negatively to the blend if he/she is prone to allergies. There is also the possibility of phototoxicity when

working with blends, particularly if they include citrus oils. Be sure to read your labels before administering them. Regardless of these possible effects, essential oils are a viable option for supporting a number of conditions. Those looking to strengthen or maintain their own personal health, or that of their families should become educated on the uses of essential oils, their natural remedies, and the methods of application. Only then can you begin building your own medicine cabinet of essential oils.

# Chapter 2

## Essential Oils At A Glance

In this chapter, we'll briefly describe each essential oil, its uses, its methods of application and dilution ratio, and its safety precautions.

### **Basil**

Digestive and respiratory conditions can see relief with basil essential oil. This oil was once used in the 16th century as an inhalant in powdered form to alleviate respiratory issues, migraines, and to treat snakebites. With an aroma that calms both stress and fatigue, while stimulating memory function and concentration, basil boasts decongestant, antiviral, antibacterial, antispasmodic, antiseptic, stimulant, and anti-inflammatory properties.

**Application:** 1:1 dilution. Topically, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Avoid direct sunlight for 12 hours after exposure. Rotate with other oils to avoid contact sensitization. If pregnant, avoid. Do not use on children 18 months or younger or those suffering from epilepsy. If pregnant or breastfeeding, avoid.

### **Bergamot**

One of the main functions of bergamot in the history of oriental medicine was to enhance energy flow while strengthening digestive function. Commonly used in colognes and perfumes, bergamot's aroma soothes anxiety and stress, prompts confidence, and brings about serene joy. Skin health is served by the oil's anti-aging, anti-inflammatory, antibacterial, and antiseptic properties. The oil is also antispasmodic, sedative, antiparasitic, analgesic, tonic, carminative, digestive, diuretic, expectorant, and vulnerary.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Due to photosensitivity, avoid direct sunlight for 12 hours after exposure. Rotate with other oils to avoid contact sensitization. If pregnant, avoid. Do not use on children 5 years old or younger.

### **Black Pepper**

This regular cooking agent can serve double duty as your go-to digestive agent. Used in Chinese medicine to strengthen the body's natural defenses against sometimes fatal diseases, like malaria and cholera, black pepper serves digestive and endocrine health, supports metabolic function, and provides the immune system with anti-inflammatory, antiviral, antiseptic, antioxidant, and antibacterial properties.

Feeling fatigued? Black pepper's aroma will provide you with the necessary energy and pep. The oil is also an anti-spasmodic, analgesic, digestive, laxative, expectorant, carminative, and diuretic.

**Application:** 1:1 dilution. Topically, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. If pregnant, avoid. Do not use on children 18 months or younger.

## Cassia

Along with myrrh, cinnamon, calamus and olive oil, cassia was blended during biblical times by Moses to compose his Holy Anointing Oil. The oil's powerful antifungal, antiseptic, antibacterial, anti-inflammatory, and antiviral properties combine to form an oil that combats infection, and the equally powerful spicy aroma energizes and awakens. Cassia is also an antispasmodic, astringent, carminative, emmenagogue, febrifuge, anti-galactagogue, and stimulant.

**Application:** 1:4 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Rotate with other oils to avoid contact sensitization. If pregnant, avoid. Do not use on children 18 months or younger.

## Cedarwood

As a skin and hair strengthener and a circulation booster, cedarwood served Egyptian, Tibetan, and Sumerian civilizations in so many ways, by applying its astringent, antifungal, antiseptic, anti-inflammatory, antioxidant, antispasmodic, analgesic, repellent, expectorant, sedative, diuretic, emmenagogue, and antibacterial properties. With a high rate of sesquiterpenes, cedarwood also promotes detoxification, helping rid the body of foreign invaders so that all systems work at optimal capacity.

**Application:** NEAT. Topically, Inhaled, Diffused.

**Safety Precautions:** If pregnant, use with caution. Do not ingest.

## Cilantro

Nausea, indigestion, and an entire range of digestive issues are served through the use of cilantro which, for centuries, has been a culinary staple. The useful herb also eases muscular and arthritic pain and is a natural stimulant and detoxifier of heavy metals. The oil offers antioxidant, antispasmodic, anti-fungal, antibacterial, carminative, aperitif, digestive, carminative, stimulant, stomachic, and analgesic properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. Use in small amounts; high doses may cause stupefaction.

## Cinnamon Bark

This “hot” oil was also an ingredient in the Holy Anointing Oil of Moses and, similar to cassia, it’s spicy energizing scent helps relieve anxiety. As an astringent, disinfectant, anti-inflammatory, antiviral, antifungal, antibacterial, antioxidant, hypoglycemic, expectorant, emmenagogue, stimulant, and antiseptic, cinnamon bark fortifies the skin and the immune system against infection.

**Application:** 1:4 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Rotate with other oils to avoid contact sensitization. If alcoholic, hemophiliac, or are suffering from liver or kidney conditions or prostate cancer, avoid. Do not use on children 18 months or younger.

## Clary Sage

Women’s health is receptive to this oil, which balances hormones and, in turn, mood and emotion, which is often affected by physiological fluctuations resulting from the menstrual cycle or menopausal changes. This balance in hormones also influences skin health and other issues that result from hormone deficiency. With antioxidant, antifungal, anti-inflammatory, anticoagulant, astringent, sedative, tonic, and antiseptic properties, clary sage fortifies overall health while its aroma boosts energy and relieves stress and fear.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. Do not use alongside alcohol consumption. Estrogen-like effect; avoid if you are pregnant or have breast cancer.

## Clove

Ancient Chinese and Indian medicine used clove for skin and digestive support, but it is a powerful anti-everything oil – antiviral, antibacterial, antifungal, antiseptic, anti-inflammatory, anti-aging, antiparasitic, antioxidant, anticoagulant – enabling it to combat many foreign invaders by strengthening the immune system. The aroma energizes and combats depression while prompting memory and focus. Clove is also a stomachic, stimulant, and disinfectant.

**Application:** 1:4 dilution. Topically, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Rotate with other oils to avoid contact sensitization. Do not use with blood thinners. Do not use on children 18 months or younger. If pregnant, use with caution.

## Coriander

Similar to cilantro (as they are derived from the same plant – cilantro from the leaves and stems; coriander from the seeds), coriander fortifies the digestive tract and relieves digestive issues, while also alleviating pain from arthritis or sore muscles and

joints. The antioxidant properties of this oil combat free radicals in the body and the oil also support the liver and kidneys, helping them rid of heavy metals within the body.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. Use in small amounts.

## Cypress

By enhancing blood circulation, cypress relieves muscle pain and tension, while reducing perspiration. The aroma of cypress bolsters confidence and security, while the antimicrobial, antiseptic, antibacterial, antispasmodic, astringent, antiseptic, decongestant, stimulant, diuretic, and vasoconstrictor properties enable its use in strengthening bodily functions.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused.

**Safety Precautions:** If pregnant, avoid. For sensitive skin, dilute heavily.

## Eucalyptus

The insect repelling properties of eucalyptus make it a good oil to have on hand when you need to get rid of pests and protect against the pathogens they carry. Moreover, its range of applications includes fortifying the body's natural defenses against infection and supporting respiratory health and the immune system. A mentally balancing scent, eucalyptus offers a sense of wellbeing along with its anti-inflammatory, antifungal, antibacterial, antiviral, antiseptic, antibiotic, expectorant, analgesic, and disinfectant properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily.

## Fennel

The Romans and Egyptians used fennel for medicinal and spiritual purposes, including to empower warriors who were headed into battle and to help heal snake bites. Common day uses often involve fortifying the respiratory, digestive, and circulatory systems. The oil possesses antiseptic, anti-inflammatory, antispasmodic, antiparasitic, antioxidant, digestive, diuretic, astringent, tonic, and expectorant properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Rotate with other oils to avoid contact sensitization. If epileptic or pregnant, use with caution.

## Frankincense

As one of the holy spices gifted to the baby Jesus, the history of frankincense isn't easy to forget. The oil's aroma is empowering, stress-relieving, and can be used as an antidepressant. With analgesic, antiseptic, antifungal, astringent, anti-inflammatory, diuretic, expectorant, and immune-stimulant properties, frankincense is a supporter of the immune system and skin health.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA.

## Geranium

This fragrance additive has served as a brightening and renewing skincare product for centuries. The soothing and uplifting aroma and the oil's anti-inflammatory, antispasmodic, antibacterial, astringent, antifungal, antiseptic, diuretic, sedative, stimulant, and detoxifier make it a superb relaxant and skin supporting agent.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. Rotate with other oils to avoid contact sensitization.

## Ginger

Commonly used in cuisine, ginger supports digestive and gastrointestinal conditions, stimulates circulation, alleviates sore muscles, and the aroma energizes and awakens. The oil possesses digestive, laxative, analgesic, anti-inflammatory, anticoagulant, expectorant, and stimulant properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. Rotate with other oils to avoid contact sensitization. If on blood thinners, avoid. If pregnant, avoid. Due to photosensitivity, avoid direct sunlight for 12 hours after exposure.

## Grapefruit

This citrus fruit is high in limonene, which helps detoxify the body, ridding it of destructive elements. The oil has a bright and uplifting aroma, relieving anxiety and stress. Grapefruit also supports skin health, by disinfecting, detoxifying, and cleansing. The oil also possesses antiseptic, diuretic, and tonic properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. Due to photosensitivity, avoid direct sunlight for 12 hours after exposure.

## Helichrysum

Another detoxifying agent, helichrysum supports the liver, blood, lymph, and gallbladder, stimulates skin regeneration, and boosts blood flow. With anti-inflammatory, antifungal, antiseptic, antispasmodic, analgesic, astringent, disinfectant, stimulant, and antioxidant properties, the oil's aroma is said to promote security and peace of mind.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA.

## Jasmine

A regular staple in perfumery, jasmine offers skin support, hormone balancing, and helps relieve symptoms of PMS. The aroma prompts feelings of confidence and optimism, relieving tension and stress. Jasmine possesses sedative, expectorant, antispasmodic, antiseptic, and galactagogue properties.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA.

## Juniper Berry

Promoting the spirit and body, ancient civilizations used juniper berry for a number of purposes, but mainly for pain relief, skin support, and detoxification and purification. The oil's aroma prompts peace, boost circulation, and offers astringent, digestive, diuretic, tonic, antiseptic, cleansing, and antispasmodic properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily.

## Lavender

This gentle oil relieves irritated skin, speeds the healing process, calms and relaxes, alleviates pain, and its aroma is mentally grounding and balancing. The oil possesses anti-inflammatory, antiseptic, disinfectant, analgesic, diuretic, and sedative properties.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily.

## Lemon

This purifying, cleansing and restorative oil is high in limonene and serves as a disinfectant for surfaces, the air, and the skin. The aroma uplifts and relieves fatigue, while the oil offers antiviral, antibacterial, antifungal, stimulant, diuretic, digestive, antiseptic, astringent, and antioxidant properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. Do not use on children 18 months or younger. Due to photosensitivity, avoid direct sunlight for 12 hours after exposure.

## Lemongrass

Chinese medicine used lemongrass to relieve pain and stimulate circulation, particularly when it came to joint and muscle pain. With an aroma that promotes

enlightenment and clarity, the oil fortifies the skin and offers antioxidant, antibacterial, diuretic, antiseptic, astringent, antiviral, and disinfectant properties.

**Application:** 1:4 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Do not use on children 18 months or younger.

## Lime

This immune-boosting oil is a strong antioxidant, due to its limonene content. It also strengthens the skin and offers an aroma that focuses on and relieves stress by uplifting and clarifying. Lime possesses disinfectant, antibiotic, antiseptic, and antibacterial.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. Due to photosensitivity, avoid direct sunlight for 12 hours after exposure.

## Marjoram

By alleviating nervous tension, marjoram fortifies the cardiovascular and nervous systems and relieves sore muscles and joints. The oil's positively joyful aroma may be responsible for its title, the "joy of the mountains." Marjoram possesses antibacterial, antioxidant, antispasmodic, disinfectant, expectorant, antibiotic, sedative, tonic, and analgesic properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. If pregnant, use with caution.

## Melaleuca

Melaleuca, or tea tree oil, is an immune stimulant and skin aid that can also combat infection and serve oily and dry skin types. The oil's aroma cleanses and reinvigorates. Melaleuca also offers antibacterial, antifungal, antiviral, anti-inflammatory, astringent, disinfectant, stimulant, and disinfectant properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Rotate with other oils to avoid contact sensitization.

## Melissa

Melissa, or lemon balm, is a perfumery staple and, with little yielded oil from the plant, it's one of your more expensive oils. The oil's scent calms and uplifts. Serving the skin and the immune system, melissa is antiparasitic, antiviral, anti-inflammatory, analgesic, antispasmodic, digestive, and sedative.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA.

## Myrrh

Myrrh was valued by the ancient Egyptians and the Arabians for its skin supportive properties. The oil also is high in sesquiterpenes, which fortify the pituitary, hypothalamus, and amygdala of the brain. This impacts mental wellbeing, and its aroma is said to do the same. The oil possesses antiseptic, antibacterial, analgesic, sedative, expectorant, antifungal, anti-inflammatory, and astringent properties.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. If pregnant, use with caution.

## Oregano

This seasoning has been used in cuisine (especially in Italian cuisine) for hundreds of years, so it's no surprise that it supports digestion. It also stimulates the immune system and the respiratory system, while its aroma is one of security. Oregano possesses antiviral, antioxidant, antibacterial, antiparasitic, and disinfectant properties.

**Application:** 1:4 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Inhale with caution.

## Patchouli

A familiar scent from the '70s, patchouli's stress relieving and calming aroma encapsulated the era of "free love." The oil relieves nausea and indigestion while supporting skin conditions. It offers anti-inflammatory, antiseptic, antifungal, sedative, diuretic, decongestant, and astringent properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA.

## Peppermint

The ancient Romans and Egyptians valued peppermint and made it multipurpose, with uses in candies, foods, cosmetics, and pharmaceuticals. With a stress-melting aroma and sharp mental acuity, the oil possesses antiviral, antibacterial, antispasmodic, analgesic, anticarcinogenic, antiseptic, and anti-inflammatory properties.

**Application:** 1:2 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Rotate with other oils to avoid contact sensitization. If you have high blood pressure, use it with caution. If 5 year or younger, do not use. If pregnant, use with caution.

## Roman Chamomile

Promoting peace and calm, Roman chamomile supports and strengthens skin, relieves stress, and offers antibacterial, antiviral, detoxifying, detoxifying, antispasmodic, and anti-inflammatory properties, perfect for skincare. Needless to say, the scent helps relieve stress and anxiety, which makes it a goto in unsettling times.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute.

## Rose

For millennia, the rose has been used to support the skin and relieve feminine issues, while brightening the mood with its aroma and boosting libido. The oil offers antibacterial, antiviral, anti-inflammatory, antispasmodic, emmenagogue, laxative, stomachic, and astringent properties of this oil are what make it so incredibly beneficial to skin health, while its aphrodisiac fresh floral scent means that it can also serve to boost the libido.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA.

## Rosemary

Restoring, stimulating, and calming, all at once, rosemary strengthens the skin by shrinking and constricting body tissues. Great for detoxification, the aroma sharpens mental acuity and relieves stress. The oil possesses antispasmodic, antiseptic, antioxidant, astringent, diuretic, and stimulant properties.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. For children under 5, do not use them. If you have high blood pressure, do not use it. If pregnant or epileptic, avoid.

## Sandalwood

Applied to spiritual and cultural traditions, sandalwood is rooted in Ayurvedic medicine. The oil calms inflammation and combats infection while relieving the nervous system and stimulating the immune system. With a soothing scent, sandalwood offers antifungal, antibacterial, antiseptic, anti-inflammatory, disinfectant, expectorant, diuretic, carminative, stimulant, sedative, and aphrodisiac properties.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA.

## Spearmint

This sharp aroma clarifies and uplifts the mind, while its properties are similar to peppermints. The menthol volume makes spearmint a pain reliever, while it serves

digestion and respiratory health. The oil possesses antispasmodic, digestive, stimulant, anti-inflammatory, antiseptic, and expectorant properties.

**Application:** 1:2 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. For children under 5, do not use. If pregnant, use with caution.

## Thyme

With high thymol content, thyme is a strong antioxidant and also supports women's health and skin health, while sharpening concentration and promoting energy. The oil possesses disinfectant, antifungal, antibacterial, antiseptic, astringent, antispasmodic, and antioxidant properties.

**Application:** 1:4 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. If you have high blood pressure, do not use.

## Vetiver

Calming hostile emotions with its aroma, vetiver is an effective balancer of mood and mind and can even be used to calm ADHD and relieve muscle pain and skin conditions. This oil possesses antioxidant, antiseptic, antimicrobial, and antibiotic properties.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. If pregnant, use with caution.

## White Fir

The Native Americans used white fir for many purposes, including medicine and construction. Therapeutically, it boosts circulation, while its aroma relaxes and grounds one mentally. The oil boasts disinfectant, astringent, antiseptic, antioxidant, diuretic, and anti-inflammatory properties, all of which work wonders for your skin's health.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily.

## Wild Orange

Used in Chinese medicine, wild orange promotes the digestive system and relieves spasms, while its aroma uplifts and its high limonene content makes it a superior antioxidant. The oil offers antibacterial, antifungal, antioxidant, antiseptic, digestive, stimulant, carminative, sedative, hypotensive, and anti-inflammatory.

**Application:** 1:1 dilution. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Due to photosensitivity, avoid direct sunlight for 12 hours after exposure.

## Wintergreen

Made up of around 90% methyl salicylate, winter green's minty aroma boosts mental acuity. The oil provides a cooling feeling that relieves muscle and joint pain. Wintergreen possesses analgesic, anti-inflammatory, antiseptic, and astringent properties.

**Application:** 1:4 dilution. Topically, Inhaled, Diffused.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. For children under 5, do not use. If pregnant or epileptic, do not use.

## Ylang Ylang

These flowers possess a bright and cheery aroma that relieves anxiety and depression, while boosting the libido. The oil is very beneficial to skin issues, like wrinkles and acne. Ylang-ylang possesses an antispasmodic, antiseptic, anti-inflammatory, sedative, vasodilating, and tonic.

**Application:** NEAT. Topically, Inhaled, Diffused, Dietary Supplement.

**Safety Precautions:** Approved for internal consumption by the FDA. For sensitive skin, dilute heavily. Rotate with other oils to avoid contact sensitization.

# Chapter 3

## Properties of Essential Oils

To give you a better idea about the properties of essential oils, this chapter will outline what each of these properties means for bodily function.

### **Analgesic**

As an analgesic, essential oil can support pain relief, acting on the central nervous system to fortify the body's natural defenses against inflammation and supporting relief from pain receptors sensation.

### **Antibacterial**

Antibacterial properties make essential oils powerful protectants against diseases produced by bacteria, such as oral, digestive and urinary tract bacterial infection. What's great is that, unlike some prescription drugs, essential oils have no ill effects on bodily health or on the healthy natural flora that exists within the stomach and intestines.

### **Anticarcinogenic**

Essential oil has been shown to act as an anticarcinogen. An anticarcinogen counters those carcinogens which can potentially develop into cancer. Whereas anti-carcinomas are used to treat cancer cells after cancer has developed, anti-carcinogenic the statistics are natural defenses against the development of cancer.

### **Anticoagulant**

As an anticoagulant, essential oils combat blood clotting, which can protect against potential health issues like ischemic stroke, pulmonary embolism, deep vein thrombosis, and myocardial infarction.

### **Antidepressant**

When it comes to psychological issues, the uplifting scent of several essential oils can combat negative thoughts and, thereby, depression.

### **Antifungal**

While bacteria and viruses are plentiful, fungi commonly lead to the most deadly infections, whether external or internal. Your ears, throat and nose are the most likely to become infected by fungi, infections of which can be both excruciating and unsightly. If left untreated, fungal infections can kill, as they may spread to the brain.

Essential oils protect against these infections and more and are particularly effective against skin infections.

### **Anti Inflammatory**

External or internal inflammation can be reduced through the use of essential oil. For instance, if you or your patient has swollen fingers from arthritis or a swollen knee from a sport's injury, oral application of essential oil may decrease irritation or redness, while also soothing the pain that accompanies inflammation.

### **Antioxidant**

Anything high in antioxidants – whether fruit, beans, or essential oils – is a powerful advocate for your body. Antioxidants both protect against free radicals and repair their damage. What are free radicals? Free radicals are destructive chemicals that invade your body, produced by substances both inside and out. Some free radicals (or oxidants) form through normal bodily reactions, like inflammation, metabolism and aerobic respiration. Other free radicals form outside the body, but enter it due to exposure. These include harmful pollutants, toxins, smoking, alcohol, X Rays, and UV rays, to name a few. Although our bodies produce their own antioxidants, these often become damaged as we grow older; thus, introducing antioxidants into our bodies allows these nutrients and enzymes to assist in chemical reactions that destroy the oxidants or free radicals. Essential oils are moderate antioxidants, aiming to detoxify the body of free radicals that lead to disease.

### **Antiparasitic**

Parasites include mites such as fleas, bedbugs, tapeworms, mosquitoes, and lice – pretty much any irritating insects, internal or external, which feeds off the body in one way or another. The human body is a tasty meal to parasites, which can sometimes lead to the transmission of communicable diseases through their feasting off various meals. Essential oils are the answer. Their antiparasitic properties will combat mosquitoes, fleas, bedbugs and lice when applied topically, and intestinal worms when taken orally, which is why essential oils are commonly used in insect repellents.

### **Antiseptic**

The antiseptic properties of essential oils can be reaped topically, applied directly to wounds, or even through burning; the smoke from the oil may help destroy airborne germs. Internal use will help keep the wounds from becoming infections, while external use will support the body's natural function in inhibiting tetanus.

### **Antispasmodic**

antispasmodic properties of essential oils make them beneficial to such health issues as chronic coughing and other respiratory conditions, along with surgical processes, such as colonoscopy and gastroscopy.

### **Antiviral**

The antiviral protection that essential oil grants will empower the immune system at its core, building up a tougher wall of security that most colds, measles or mumps are unlikely to scale. By boosting white blood cell count and function, this immune stimulant will ensure that your body is better prepared to protect against deadly viral infections.

### **Astringent**

An astringent is a chemical compound that shrinks body tissues, which means it can aid skin issues and irritations, everything from acne to insect bites. Essential oils with astringent properties benefit everything from skin to hair to gums to muscles to intestines. As astringents, essential oils and anti-age, combating muscle loss through the ability to strengthen. This astringent property also means that essential oils can support wound and cut bleeding.

### **Carminative**

By supporting the reduction of excess gas buildup and/or removal of gas from the intestines, essential oil provides relief from abdominal pain, excess sweating, and uncomfortable indigestion.

### **Digestive**

By boosting the production of absorptive enzymes, the digestibility of nutrients, and the secretion of digestive juices, essential oils aid the digestive tract significantly, which can make a significant impact on your overall health by increasing those nutrients you absorb from food.

### **Diuretic**

If you're looking to lose water weight and reduce blood pressure, essential oils are your agent. The oil stimulates urination, promoting not only the loss of water weight, but the loss of fats, uric acid, sodium, and other body toxins.

### **Expectorant**

Throat or respiratory infections can be relieved through the use of essential oils. Acting as an expectorant, essential oils break up and help destroy the phlegm and mucus buildup that accompanies sinuses or respiratory infections. Inflamed throat

and lungs – and, thus, coughing – can also be alleviated through the application of certain oils.

### **Galactagogue**

A galactagogue is a substance that enhances the body's ability to lactate. This can help support mothers who have difficulty producing a sufficient amount of breast milk for their babies.

### **Hypotensive**

By supporting the relaxation of veins and arteries, essential oils effectively reduce blood pressure. This boosts circulation and oxygenation to the organ systems and muscles, improving their function, as well as your metabolism, while also reducing the body's vulnerability to such risks as stroke, heart attack, brain hemorrhaging, or atherosclerosis.

### **Laxative**

As a laxative, essential oils supplements the body's natural defenses against constipation by loosening stools and supporting bowel movements.

### **Sedative**

As a sedative, essential oils sedate and calm by reducing anxiety, excitement or irritability. Though sedatives, alone, do not alleviate pain, they do calm the patient, making them less stressed and more compliant.

### **Stimulant**

Stimulants are often referred to as "uppers." This is because they produce mental or physical improvements or temporary enhancements of your bodily functions. For instance, you may grow more alert and awake or quicker on your feet after using a stimulant. Essential oil can provide this temporary boost in mental and physical function, especially when it comes to the immune system.

### **Stomachic**

A stomachic improves stomach function, boosts appetite, and helps to tone the stomach. Essential oil does this by helping to control the stomach's bile, acid and gastric liquids.

### **Tonic**

Essential oil benefits each of the body's systems, whether nervous, digestive, respiratory or excretory, making it an unbeatable general tonic. The oil also supports the immune system by helping the body absorb nutrients.

### **Vasodilator**

A vasodilator widens blood vessels by relaxing smooth muscle cells within the vessel walls. By dilating blood vessels, blood flow is increased, thereby decreasing blood pressure. Essential oils can serve as a vasodilator and can therefore support the regulation of blood pressure.

### **Vulnerary**

Whether you want to address an ulcer, a cut, or any internal or external wound, essential oils can be diluted with a skin cream and applied to expedite the process of healing while also protecting the wound from becoming infected.

## Conclusion

Now that you know all about what essential oils can do for you – where they originate, how they're extracted, their benefits and properties, and the different methods of administration – you can use them confidently to support the body's defenses against health issues and start to assemble a kit of essential oils for your bathroom cupboard. Essential oils can be purchased online or at your local holistic treatment store.

If you intend to stock up through online sources, visit: <http://oilsinthemix.com/> or other like sites. Remember, essential oils are not pharmaceutical drugs...in fact, they're healthier and may be more effective. Prescription drugs misinform the receptor sites of cells or the brain so that pain or other symptoms are not felt. In approaching health in this way, the underlying issue still exists, and your symptoms are not going to disappear. So, inevitably, you'll continue to take more and more drugs, to the point where they may even become addictive.

Essential oils do not misinform the brain or body. They are proactive in their assistance of optimal bodily function. The benefits of essential oils and their properties are countless. To build your own kit, first focus on acquiring the essential oils which may bear more relevance to your health issues or the potential health threats within your environment.

Used as a supplement or as your goto for stress disorders, digestive support, or immune stimulant, the application of essential oils in medicine has survived for centuries and will survive centuries more. When it comes down to it, you don't need to rely on pharmaceuticals; essential oils, herbs, and plenty of other natural ingredients can be used to help support any number of health issues, whether ailment or injury.

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### **Apply For A FREE Wellness Consultation**

I'd love to invite you to a free class or meeting. This can be online or in person. My team and/or I, will educate you about essential oils. Happy to get you started with a free sample for your #1 most pressing issue you would like resolved. Lets chat!

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Email me: [director@joannarusling.com](mailto:director@joannarusling.com)

