

Essential Oils for *Conscious Self-Care*

www.TuneInWithEssentialOils.com

Want more information? Contact:

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What are essential oils? Essential oils are basically plant extracts. They're made by steaming or pressing various parts of a plant (flowers, bark, leaves or fruit) to capture the compounds that produce fragrance. It can take several pounds of a plant to produce a single bottle of essential oil. In addition to creating scent, essential oils perform other functions in plants, too. (<https://www.hopkinsmedicine.org/health/wellness-and-prevention/aromatherapy-do-essential-oils-really-work>)

Essential oils give a plant its scent, protect it from hazardous environmental conditions, and even assist it with pollination. Every essential oil varies in its natural makeup, so aromas and benefits are also unique. If these natural chemicals are properly extracted, they can be used to help you physically, mentally, and emotionally in your daily life. (<https://www.doterra.com/US/en/what-is-an-essential-oil>)

How do you use essential oils?

1. Through smell ~ "Aromatic" use of essential oils. This includes any application method that helps you experience the aroma of the oil. You can use essential oils aromatically by:

- Diffusing in an essential oil diffuser
- Applying a drop to your hands and inhaling
- Wearing as a personal fragrance
- "When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional center of the brain." (<https://www.hopkinsmedicine.org/health/wellness-and-prevention/aromatherapy-do-essential-oils-really-work>)

2. On your skin ~ "Topical" application of essential oils allows the oil to absorb into the skin. Some ways to use essential oils on your skin are:

- Massage
- Apply to targeted areas and rub in
- Add to lotions or moisturizers

3. Ingesting ~ "Internal" use of essential oils allows the oil to be transported throughout your body. Make sure the essential oil is safe for internal use first, and then try one of these methods:

- Add to a glass of water
- Take in a veggie capsule
- Put a drop under your tongue - <https://www.doterra.com/US/en/using-essential-oils>

Why use essential oils?

Every essential oil varies in its natural makeup, so aromas and benefits are also unique. Essential oil benefits are determined by the chemistry of the plants. If these natural chemicals are properly extracted, *they can be used to help you physically, mentally, and emotionally in your daily life.*

Pure essential oils offer an alternative to synthetic products. Each with a unique chemical makeup, essential oils have dozens of benefits for the body and mind. When you use essential oils, you'll have more natural solutions and fewer toxic, synthetically manufactured products in your life and home. <https://www.doterra.com/US/en/what-is-an-essential-oil#essential-oil-uses-and-benefits>

Common health conditions may benefit from the use of essential oils:

- [headaches](#)
- [constipation](#)
- [depression](#)
- [cold sores](#)
- [sinus infections](#)
- [sore muscles](#)
- [anxiety](#)

Research: <http://www.aromaticscience.com/essential-oil/>

Ways I use essential oil products throughout the day for *Conscious Self-Care*

Morning

Citrus & Frankincense after a shower
Hair Serum
Toothpaste & Deodorant
Vitamins & Supplements
Hand soap
Drop of lemon in water

Afternoon

Roll-on oils throughout the day for uplifting mood, relaxation, focus, emotional support

Nose Inhalers in purse
Enzymes after lunch

Evening

Facial Moisturizer
Various oils applied to feet
Muscle Rub on shoulders
Various oils in Diffuser at night

Peppermint: promotes healthy respiratory function and clear breathing

relieves exercise-induced fatigue: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5684592/> ~

In conclusion, a peppermint (M. piperita) essential oil with high levels of menthol and menthone and characteristic in vitro AChE inhibitory, calcium regulatory, GABA_A receptor and nicotinic receptor binding properties, beneficially modulated performance of demanding cognitive tasks and attenuated the increase in mental fatigue associated with extended cognitive testing. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6116079/>

Citrus Bliss® Invigorating Blend

Merging the major benefits of citrus essential oils, Citrus Bliss Invigorating Blend holds energizing and refreshing properties that can uplift mood and reduce stress. *Wild Orange Peel, Lemon Peel, Grapefruit Peel, Mandarin Peel, Bergamot Peel, Tangerine Peel, Clementine Peel essential oils and Vanilla Bean Absolute.*

Effects of citrus fragrance on immune function and depressive states

The treatment with citrus fragrance normalized neuroendocrine hormone levels and immune function and was rather more effective than antidepressants. <https://www.ncbi.nlm.nih.gov/pubmed/8646568>

ADAPTIV™ Calming Blend

Adaptiv Calming Blend oil is perfect for life's most stressful moments. Useful when a big meeting is coming up, or for other important events, Adaptiv Calming Blend helps improve sustained attention while easing the body and mind.

Wild Orange: uplifting, helps reduce pain: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5661347/>

Lavender: calming and relaxing, decrease fatigue:

<https://www.sciencedirect.com/science/article/abs/pii/S1744388117302426?via%3Dihub>

Copaiba: helps calm, soothe, and support the nervous system, anti-inflammatory:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3291111/>

Spearmint: sense of focus and positive mood

Magnolia: helps create a sense of balance and ease anxious feelings

Rosemary: help reduce nervous tension and occasional fatigue, decreases cortisol:

<https://www.sciencedirect.com/science/article/abs/pii/S0165178106000114>

Neroli: instills relaxation, uplifts mood, reduces feelings of anxiousness, and promotes overall well-being

Sweetgum: antibacterial, antiviral, antioxidant, anti-inflammatory, antihypertensive

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4441155/>

OnGuard® Protective Blend

A powerful proprietary blend that supports healthy immune function* and contains cleansing properties.

A study using an essential Oil Blend primarily composed of essential oils from wild orange, clove, cinnamon, eucalyptus, and rosemary found that blend to possess significant anti-inflammatory and immune modulating properties.

<https://www.tandfonline.com/doi/pdf/10.1080/23312025.2017.1340112?needAccess=true>

Wild Orange Peel: anti-oxidation and anti-cancer <https://www.mdpi.com/1420-3049/22/8/1391/htm>

Clove Bud: powerful antioxidant properties - clove oils possess antimicrobial activity against *S. aureus*, *E. coli*, *P. aeruginosa*, *S. pyogenes*, *Corynebacterium*, *Salmonella*, *Bacteroides* and *C. albicans* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3074903/>

Cinnamon Leaf & Cinnamon Bark: *We conclude that cinnamon bark oil possess the strongest antibacterial activity against all the respiratory tract pathogens used in our study.* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6064118/>

Eucalyptus Leaf: promotes clear breathing, supports upper respiratory tract, and stimulates infection-fighting antibodies. The vapor of the eucalyptus plant kills the influenza virus after just 10 minutes -

<http://www.essencejournal.com/vol2/issue1/pdf/8.1.pdf>

Rosemary: anti-inflammatory, antioxidant, <https://www.sciencedirect.com/science/article/pii/S0378874118314107?via%3Dihub>

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.