

Essential Oils

Pure
Botanical
Distillations



Liberty Natural in Oregon : Lavender Producers



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What Is an Essential Oil ?



It is OIL from a plant

That contains bio-‘active’ aromatic compounds

It is volatile – meaning it tends to vaporize

It is extracted by distillation

The aromatic/volatile oil compounds of a plant are ‘essential’ oils – the essence of the plant – its spirit, its soul

It has the full medicinal quality of the parent herb.... with a unique overlay and ability to directly effect emotional states.

Essential Oils are a super-concentration of the raw herb.

There are safety cautions & warnings not associated with the raw plant.

Essential oils – just a few drops – very potent!

- Since essential oils are the distillation and concentration of a large amount of plant material into just a very tiny volume, they are very, very potent.

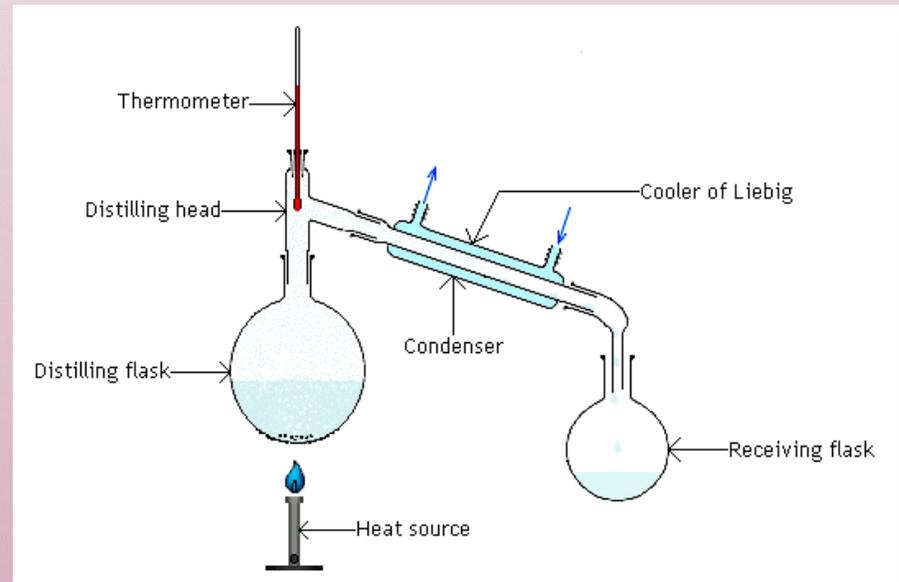
For example:

It takes about 100 roses to make one drop of rose essential oil.

- ✓ Always dilute an essential oil into a carrier oil!
- ✓ Never put an essential oil directly on your skin.
- ✓ Never ingest essential oils unless diluting them first.

What Is Distillation?

1. Herbs are placed in a distilling flask
2. A heat source creates steam
3. The steam flows over the herb
4. This extracts the oil from an herb
5. The steam + extracted plant oil flows up
6. It is cooled
7. It condenses and is “captured”
8. The bulk of the plant is left behind
9. It’s “essence” or oil is distilled out and off
10. The oil is separated from the water



Sustainability is Questionable... it takes large areas of land to create essential oils. Often mono-cultures. The plants used are VERY climate specific, and can not be grown in every country. The “bouquet” of the oil is completely dependent on the soil, water, air and micro climate of its growth. Not all plants quickly regrow, or tolerate cultivation.



It takes about 60,000 flowers or (180 lb) to produce one ounce of rose oil.

The roses of Damask and Bulgaria only successfully grow in a restricted bio climate belt on mountain sides.

Every one must be picked by hand... This is why Rose currently costs \$50.00 to \$90.00 per 1 ½ ml....the size of a large lima bean.

Quality Sandalwood Essential oils come from the tree's 100 year old heartwood.



India has listed its remaining trees as endangered ...but poaching is still a threat.

It's ability to increase oxygen in the brain is vital to Alzheimer's treatments....yet is wasted in shampoos and soaps that get washed down drains.

What is NOT an Essential Oil ?

“Fragrant Oils” and perfumes are NOT essential oils

Anything listed as fragrance or fragrant is ‘fake’.

EXAMPLE : Glade plugins and car air fresheners are not essential oils (if advertised as such, it is a touch of essential oils in with chemical fragrance base)

Use extreme caution if buying from a company that sells essential oils and fragrant oils.

Read the entire ingredients list!

DO Not use fragrant oils or any smell that is not an essential oil. They have NO medicinal value. The chemicals they are made from are Neurological –toxins, headache triggers, ADD, HDD, and Autism irritants, respiratory irritants, asthma triggers, cancer triggers, liver toxins, estrogens, DNA mutates and more. You poison yourself and everyone around you.

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The chemicals they are made from are Neurological toxins: trigger headaches, ADD, HDD, and Autism.

They are respiratory irritants, asthma triggers, cancer triggers (?), liver toxins, estrogens, DNA mutagens and more.

You poison yourself and everyone around you with 'fragrance'.

Caring For Essential Oils

- Keep away from children and untrained adults.
- Store in dark glass bottles - Many oils are plastic solvents.
- Keep out of light- especially sun.
- Keep away from oxygen
- If you buy a large quantity and use slowly, repackage into smaller bottles.
- Keep away from heat.
- Essential oils do not go “bad” with microbial contaminants...they go “stale”
- Shelf life depends on oxygen exposure. Common oils 1 to 3 years is good.
- Citrus (lemon, lime, ect.) oxidize faster.
- Keep in the refrigerator, use up in 6 months the best. (still useful, but loses beauty of fragrance and some medicinal)
- Resins (myrrh, patchouli, frankincense, ect) get better with time.
- OK to keep these on the shelf for years.



What is a Carrier Oil ?

A plant based oil that is NOT Volatile.

It is used for diluting essential oils.

Best quality are cold pressed and not refined in any way.

Store them cool and dark

Shelf life varies from 6 months (hemp seed)

to 2 years (olive)



Carrier oil, also known as base oil or vegetable oil, is used to dilute essential oils and absolutes before they are applied to the skin in massage and aromatherapy. They are so named because they carry the essential oil onto the skin.

Carrier oil - Wikipedia, the free encyclopedia
en.wikipedia.org/wiki/Carrier_oilWikipedia

Safety & Cautions for Essential Oils

**TAKE RESPONSIBILITY FOR YOURSELF. SELF EDUCATE.
CROSS REFERENCE LIKE CRAZY. ERROR ON THE SIDE OF CAUTION**

1. There are a lot of “fake” lab made chemicals or adulterated (chemical blended) products on the market.
2. Avoid “Cheap”, Compare, Educate, Read Labels! Buy Cautiously.
3. Not every smelly plant will produce essential oil that can be extracted....no lilac, grape, strawberry and many others.

Safety & Cautions for Essential Oils

TAKE RESPONSIBILITY FOR YOURSELF

3. NEVER EAT / DRINK ESSENTIAL OILS...Hard on the kidneys, liver & beneficial microbes, ingestion is risky...use an herb instead of the essential oil !
4. Keep away from eyes & out of nose.
5. **Wash off irritating oils by using a carrier oil (like olive oil).**
Washing with water & soap will only spread the essential oils
Soak a cloth with carrier oil, wipe area, use a new cloth and repeat (usually 5 to 10 times).

Safety & Cautions for Essential Oils...cont.

6. Sniff from a distance “wafting” ... Prevent damage to mucus membranes from “burns / irritation”.
7. Avoid skin contact with undiluted essential oils.
8. Always Dilute in a carrier oil... (Bath water is NOT a carrier, essentials will float on top in a concentrate) Reduce contact sensitization. Protect skin, liver & kidneys from damage.
9. Use the least amount of essential oil as possible...a few drops go a long way.

Safety & Cautions for Essential Oils...cont.

10. Test patch on inside arm first for extreme intolerance. (if there is no reaction this does not mean you are “safe for life” the more often you use the less you can tolerate.)
11. Use ‘off-body’ whenever possible, it does not need to be on your skin to affect your emotions. Put the oil on your clothing, not your skin.
12. Rotate use of oils ! Daily preferred. ...Reduce contact sensitization. Protect skin, liver & kidneys from damage. Give the body a brake / rebalance.
13. Take a break. Go 1 week a month with NO OILS ! ...Protect liver & kidneys from damage. Allow body to detoxify, “rebalance”, & avoid sensitization / intolerance.

Safety & Cautions for Essential Oils...cont.

14. Use adequate ventilation – keep air born concentrations LOW
15. Use extremely diluted on the face. AVOID NOSE FACE & NECK accidental exposure.
16. Avoid sunlight for 12 hours if any citrus is on the skin (Photosensitization)... lemon, lime, orange ect. & ginger, bergamot, will cause dermatitis “burns” and discoloration.
17. Contact Sensitization...Extreme dilute 3 -5 drops per 1 oz carrier. Avoid direct inhale. Some oils cause dermatitis, raw skin, “burns” & irritations with short & long term use (can be instant or take years to develop)

Safety & Cautions for Essential Oils...cont.

18. Do NOT apply over large veins of the body (pulse points). Gets into the blood stream too fast, too much.
19. Avoid in Pregnancy...need extreme research & caution...seek qualified help.
20. Avoid using on children's bodies, more sensitive to detox. Do extreme research. Use Very Diluted. Not often. Use only mild oils (lavender, palmarosa, myrrh) on kids

Safety & Cautions for Essential Oils...cont.

21. Essential oils should always be used diluted over a large body areas.
22. Excess (of EOs) can cause headaches, nausea and general feeling of uneasiness; drink plenty of water, get fresh air, take frequent breaks.
23. Do not drive a motor vehicle (or allow client to) immediately following a relaxation treatment or after using soporific oils (e.g., clary sage)
24. Don't use Essential Oils for everything. Use raw herbs also.
25. Keep a Journal of what you use, for what , about how often. In case there are any problems or to remember what worked well for you.

Safety & Cautions for Essential Oils...cont.

26. EVERYTHING IN MODERATION

Yes; Essential Oils work wonderfully for natural health care. They are still safer than most prescription drugs when used mindfully, with respect, and not in excess.

Essential Oils have very complex bio-chemistry that falls into categories...

Aldehydes: Anti-inflammatory, calming, sedative, anti-viral (cool and wet)
Lemon like smells ...citronella

Cetones (Ketones): Wound healing, mucus thinning, stimulate cell growth.
(strong solvent) Rosemary, sage, eucalyptus g.

Alcohols: Anti-bacterial, anti-viral, energizing, peppermint, tea tree, (wet & warming)

Phenols: Strong anti-bacterial, immunes stimulants, invigorating, skin irritants, liver toxic. (Hot & wet) Clove cinnamon, thyme, oregano

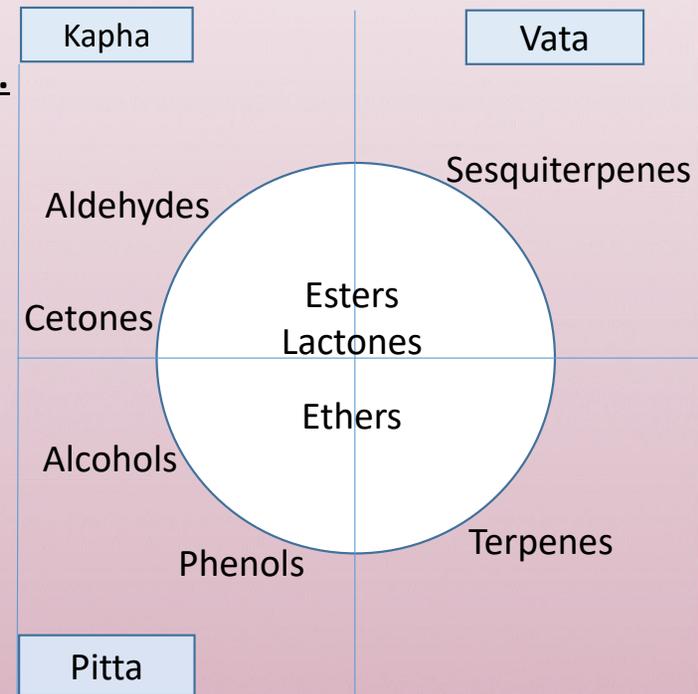
Terpenes: Anti-viral, very stimulating , skin irritants. Pine, lemon, orange
(Hot & dry)

Sesquiterpenes: Anti-inflammatory, fluid moving, sedative, anti-viral, immune stimulant,(Cold & Dry) Blue Chamomile

Esters: Anti-fungal, sedative, anti-inflammatory, balance, harmonize (Neutral)
Roman Chamomile, lavender, clary sage

Lactones: Strong anti-inflammatory, mucus thinner, (Neutral cool)no commonly available oils

Ethers: Anti-septic, expectorant, stimulant, Harmonize nervous system,
(Neutral warm) basil



Essential oils have 100's to 1,000's of chemical blends depending on the plant

How Is An Essential Oil Made ?

Distillation

Water or stem is the most common carrier base...

But not all plants extract well in water & different extraction methods produce different smells. Other bases are...

Solvent (petroleum ether, methanol, ethanol, or hexane) Known as Absolute, 5 to 10 ppm will remain in the finished product.

Enfleurage (fat) though rare and costly some times listed as an Absolute

CO₂ When under pressure CO₂ gas becomes a liquid solvent and extracts some bio-chemistry that otherwise are missing in steam / water extractions.

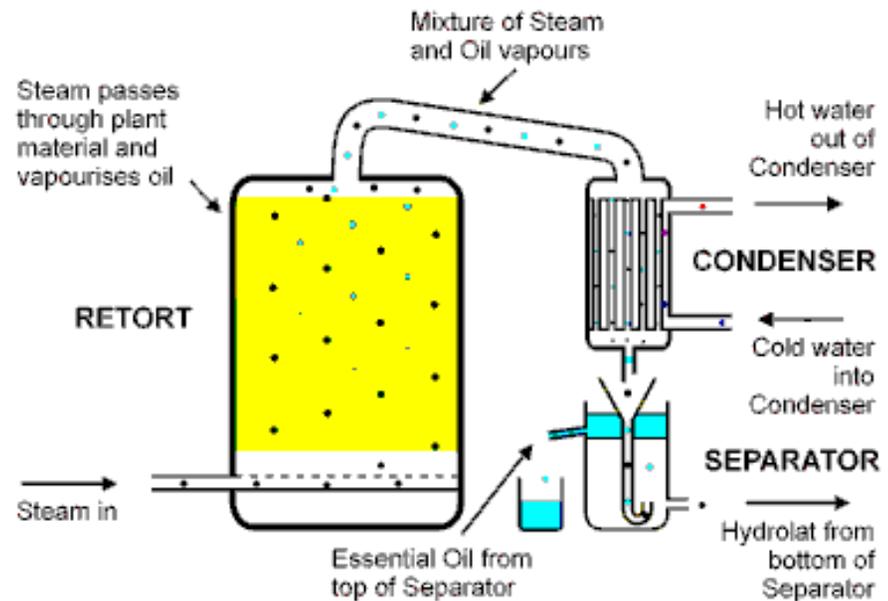
Cold Press Citruses can be cold presses or steam distilled



<http://www.naha.org/explore-aromatherapy/about-aromatherapy/how-are-essential-oils-extracted>

Making an essential oil

- [Video clip bucket of lavender](#)
- [Glass distillation 20 min](#)
- Microwave method \$180



Can Essential Oils Be Made At Home ?



\$180.00



Designed by the Oregon State University for testing small batches of plants and for small quantity home use. Best Plants....all mints, all citrus, geraniums, lavender, rosemary. The rest are to be discovered.

The kit is placed in the microwave for 6-8 minutes; it uses ice to condense the steam/oil vapors created from the plant material. Each time you use your extractor you can yield up to 3.5 grams (3.5 ml -about the size of two fat garden pea seeds) of oil depending on the plant material and 7-9 oz of hydrosol. One run uses 50-100 g (1/8-1/4 lbs) of plant material.

Beginners Collection Of Essential Oils

Versatility, easy to find, affordable

Lavender

Palmarosa

Lemon

Fir Needle Balsam

Orange

Rosemary

Eucalyptus

Spearmint

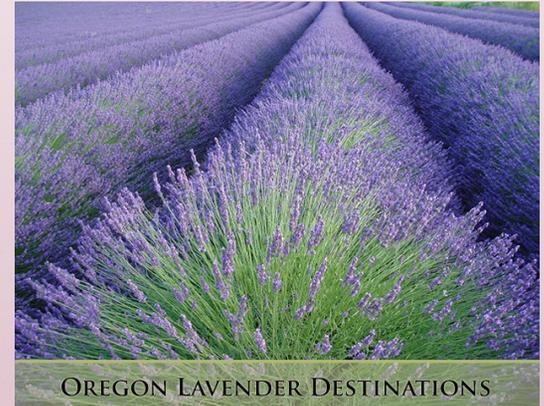
Tea tree



Expect to pay about \$ 70.00 - \$ 90.00
for this collection.
With each oil in ½ oz (15 ml) volume size

Lavender *Lavendula Officinalis* Flower

All actions mild –No Extreme Safety Cautions
Anti- Depressant
Anti- Inflammatory
Anti- Spasm
Mild anti-microbial / infectious
Pain Reducer
Very Mild, very little chance of skin irritation
Estrogen Stimulant
Woman's Conditions PMS & Menopause
Good First Aid- Skin Irritations, Burns, Acne
Lower Blood Pressure
Lymphatic System Drainage
Feelings of health, love , peace, balance, wellbeing.
Safe for pets, children, pregnancy.



Oregon
Kashmir
Bulgaria
France

Lavender *Lavandula angustifolia or officinalis* Young Flower

Mood Tonic

Calming

Mild Anti-depressive

Mild Anti-anxiety

Mild Pain Reducer

Cautions: Estrogen stimulant. ???

Avoid in excess estrogen imbalances. Avoid excess use for men. (citation?)



Lavender (*Lavandula spp.*)

- Originated in Mediterranean climate – so hot & dry is OK.
- But many varieties are adapted to widely varying conditions



Lavender cultivation

- Make sure the soil is well drained.
- In our climate, mulch in the first year you plant it until it becomes well established.
- Trim a bit in spring after it greens up.
- It will have more fragrance if grown in a higher pH soil.
- Divide plants to get new ones

Lavender

Washington Island is planting hundreds of acres of lavender as a business venture



Courtesy of the Sequim Lavender Festival

Fir Needle Balsam (and other kinds) Needle

Skin Irritant –dilute well – contact dermatitis
Not for use in Pregnancy

Anti- Oxidant

Anti- Inflammatory

Expectorant

Anti - Septic

Respiratory Sickness, congestion, cough, sinus

Bronchitis

Asthma

Air cleanser –germs, virus, molds

Muscle pain

Flue pain

Arthritis

Feelings of recharging, reenergizing, grounding, empowerment.

Stimulate the mind & relax the body. Spiritual.



USA
Canada

Rosemary Rosmarinus Officinalis Leaf

Avoid in pregnancy

Not for people with Epilepsy / Seizure may trigger

Not for High Blood Pressure – may increase

Excellent expectorant – thins mucus

Anti- bacterial, fungal, microbial, viral

Arthritis

Dandruff

Depression –neurological

Memory Recall- neurological

Brain Fatigue

Headache

Candida (yeast)

Pain

Asthma, Opens Repertory System, Repertory Sickness

Feelings of mental strength, conscious mind.



Spain
Hungary
Morocco
California

Palmarosa *Cymbopogon Martini* Grassy Leaf

All actions mild - No Extreme Safety Cautions

Anti- Bacterial

Anti-Fungal

Anti- Microbial

Anti-Viral

Good First Aide

Stimulates cell growth

Excellent Skin Care – balance oil production, moisturize

Feeling of security, reduce stress, eases tension, uplifts emotions

Recovery form nervous exhaustion

Good for children and pregnancy, elderly.

Rose like smell without the cost. Can substitute Rose Wood (but rain forest tree)



India
Nepal

Lemon *Citrus Lemon* Rind of fruit

Extreme Photosensitive – 24 hours no sun on skin

Extreme skin irritant –dilute very well

Oil striper, plastic & varnish solvent

Good Anti- Bacterial

Good Anti- Microbial

Good Anti-septic

Immune stimulant

Anti- depressant

Air disinfectant

Asthma

Anxiety

Clarity of Thought

Cleans Liver & Lymphatic (use fresh lemons with the rinds in your water not the Ess Oil)

Feelings of refreshing, invigoration, summer time, joy.



Italy
Spain
South America
America

Orange *Citrus Aurantium* Rind of Fruit

Extreme Photosensitive – 24 hours no sun on skin

Good Anti- Bacterial

Good Anti - Depressant

Anti-Fungal

Anti- Inflammatory

Anti- Septic

Anti- Spasm

Repertory sickness

Feelings of Peace, happiness, joy to the heart.



Italy
South America
America
Brazil

The flower's essential oil is called Neroli, is offered as a steam distilled and solvent . \$\$\$

It is deeply soothing to emotional anxiety –epically mothers & children

Make a blend: drip in 1 /2 of the total oils, mix, smell, then balance to your liking with the rest of the drops suggested.

ROOM SPRAY

Calming / Grounding / Joy

2 oz water

Total of 20 drops in the blend.
Made from choosing any of the following oils.

Lavender
Lemon
Orange
Palmarosa
Fir Needle

SHAKE WELL BEFORE USE

First Aid Spray

2 oz water

Total of 20 drops in the blend.
Made from choosing any of the following oils.

Tea Tree
Lavender
Palmarosa
Eucalyptus
Rosemary

SHAKE WELL BEFORE USE

ROOM SPRAY

Respiratory Congestion

2 oz water (or vodka)

Total of 20 drops in the blends.
Made from choosing any of the following oils.

Eucalyptus
Spearmint
Rosemary
Fir Needle

For kids use lavender, spearmint
& palmarosa

SHAKE WELL BEFORE USE

Spray in hot shower just before getting in. Spray on a cloth and put beside you. Mist air lightly when sickness is around

Make a blend: drip in 1 /2 of the total oils, mix, smell, then balance to your liking with the rest of the drops suggested.

Massage Oil Sore Muscles

2 oz of carrier oil (olive, almond)
Total of 20 drops in the blend.
Made from choosing any of the
following oils.

Rosemary
Spearmint (will feel cold)
Fir Needle
Eucalyptus

Lavender

Healthy Foot Oil Massage & Moisturize

2 oz of carrier oil (olive, almond)
Total of 20 drops in the blend.
Made from choosing any of the
following oils.

Tee Tree
Rosemary
Eucalyptus
Lavender
Lemon (small amount – will dry)
Palmarosa (if dry)

Soft Skin Care Massage & Moisturize

2 oz of carrier oil (olive, almond)
Total of 20 drops in the blend.
Made from choosing any of the
following oils.

Lavender
Palmarosa

Orange (if not in sun and not too
much – will be drying)

Making Blends

It is fine to blend oils – or – just use a single oil

Get use to the oils singly at first.

Blending is an art form.

Can be approached from the science, fragrance, medicinal, & spiritual.

Take your time.

Make small batches.

There are guides available to cross reference what is nice with what.

There are many books available with recipes – remember not all consider safety data though.

Less is more. Keep the concentration light.

Less is still more. Keep the blends simple-you can't rotate your usage if you use all of them all the time !

Gently roll the container in your hands.

Blends “mature” and changes after a few weeks.



Good Information:

Ayurveda & Aromatherapy Dr Light Miller ISBN 0-914955-20-9

The Aromatherapy Companion Victoria H. Edwards
ISBN 1-58017-150-8

Earthly Bodies & Heavenly Hair Dina Falconi
ISBN 1-886101-04-3

The Aromatherapy Practitioner Reference Manual
by Sylla Sheppard-Hanger
A Complete Reference Book of Over 350 Aromatic Plant Extracts,
Index of Biologically Active Phytochemicals,
Clinical Index and Taxonomical Index

Information referencing... www.soapgoods.com but make sure
you are in the essentials not the fragrances.

Good Growing Information about growing plants herbal &
essential <http://www.goldmountainherbfarm.com/pp/ppbc.html>

