



# A BEGINNER'S GUIDE TO ESSENTIAL OILS



# WHY USE ESSENTIAL OILS?

*For centuries, people have valued essential oils for their many benefits. Essential oils can be used alongside conventional medicine to help support optimal health. These are just a few of the benefits of using essential oils in your healthcare routine.*

## Improve your emotional wellbeing

Each essential oil is natural, unique, and complex—just like each one of us. Certain scents can trigger emotions, bringing more balance to our lives. Simply inhaling these therapeutic scents can give us a sense of peace, joy, relaxation, or energy.



## Enhance your beauty routine

Natural beauty products are gentle on the skin and can provide advanced solutions for skin and hair care. You can use essential oils to grow and strengthen hair, relieve an itchy scalp, achieve a clearer complexion, and soften signs of aging.



## Purify your home

Essential oils can be used to cleanse the air in your home or create natural cleaning products capable of killing viruses and bacteria. Many common household products, especially scented ones, contain harsh chemicals that can irritate the skin and lungs. Utilizing essential oils in your everyday routine can help cut down on your family's exposure to toxins in the home.





# THE FIVE ESSENTIAL OILS YOU NEED IN YOUR KIT

*With so many scents to choose from, getting started with essential oils can be overwhelming. Start with these five basic oils for a wide variety of benefits and blending options.*



**Lavender**

- Relieves stress/ anxiety
- Encourages relaxation
- Enhances sleep
- Relieves pain
- Treats acne
- Encourages hair growth



**Tea Tree**

- Removes mold
- Disinfects
- Treats fungal infections
- Relieves itching/ inflammation
- Natural deodorant



**Wild Orange**

- Cleans and purifies
- Protects against seasonal threats
- Encourages creativity
- Gives a sense of energy
- Lifts mood



**Lemon**

- Aids digestion
- Encourages healthy hair
- Supports immune system
- Kills germs
- Soothes sore throat
- Controls appetite



**Peppermint**

- Relieves pain
- Cools sunburn
- Clears sinuses
- Relieves headache
- Improves concentration
- Repels spiders





# WAYS TO USE ESSENTIAL OILS

*Because essential oils are highly concentrated, they must always be mixed with another fluid like water or almond oil before use. Here are some easy ways to get started using your essential oil kit.*



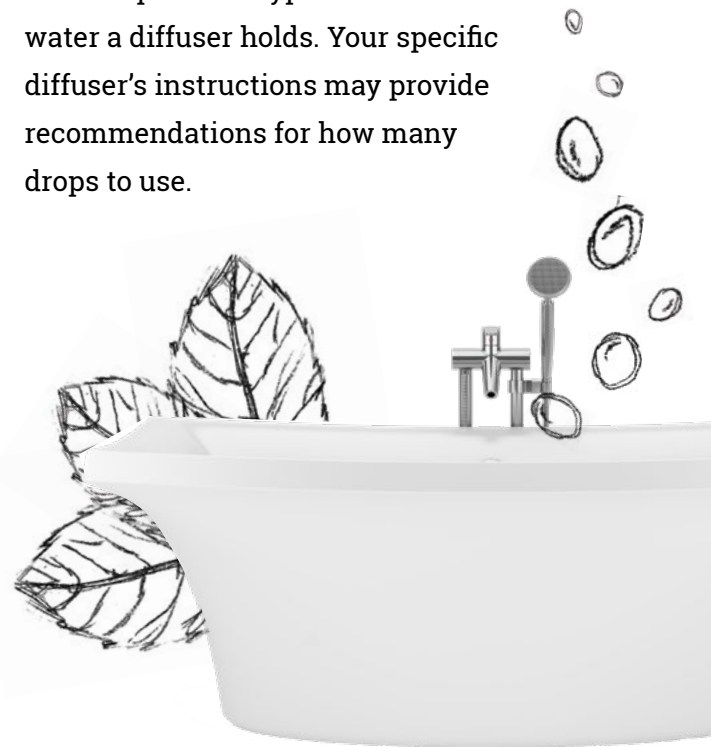
## Massage oil

You can make your own therapeutic massage oil at home using your essential oils. Simply mix 10 drops of your favorite oil(s) with 1oz of a carrier oil like sweet almond oil.




## Aromatherapy

You can use a diffuser and your essential oils to disperse therapeutic scents throughout the home. Depending on your tolerance level, you may use anywhere from 3–12 drops in the typical 100mL of water a diffuser holds. Your specific diffuser's instructions may provide recommendations for how many drops to use.



## Bath blend

For a relaxing bath, create a bath blend of your favorite scents by mixing 20 drops of essential oils with 2oz of almond oil. Use  $\frac{1}{4}$  ounce of the mixture per bath.





### Household cleaner

Decrease exposure to toxins in your home by making your own natural disinfecting cleaner. Tea tree and lemon essential oils are tough on bacteria, viruses, and mold—plus, they smell amazing. Make your own cleaner by mixing  $\frac{1}{2}$  cup white vinegar, 3 cups water, 10 drops of tea tree oil, and 10 drops of lemon oil. Store in a 1-quart spray bottle.



### Air freshener

Many common household air fresheners contain harsh chemicals that can disrupt hormone function and cause respiratory damage over time. For a safer alternative, create your own air freshener by blending 30 drops of essential oil with 1.5 ounces of water. Store in a clean 4oz. bottle with a mist setting.



# SUPPORT BLENDS

*When mixed together, these oils support your overall physical and mental wellness.*

## **Energize & Focus**

- 4 drops peppermint
- 5 drops wild orange

## **Immune Boost**

- 3 drops lemon
- 3 drops peppermint
- 3 drops lavender

## **Fresh and Clean**

- 3 drops lavender
- 3 drops lemon

# RELIEF BLENDS

*Blend these oils together for natural relief from common ailments.*

## **Congestion**

- 3 drops peppermint
- 2 drops tea tree
- 1 drop lemon

## **Stress & Headache**

- 3 drops lemon
- 3 drops peppermint
- 5 drops lavender

## **Anti-Itch**

- 3 drops lavender
- 3 drops peppermint





# BODY BLENDS

*Create your own homemade natural beauty products with these recipes.*

## Cooling Facial Cleanser

- ½ cup coconut oil
- 1 drop tea tree
- 2 drops lavender
- 2 drops peppermint

## Long, Shiny Hair

- Unscented shampoo
- 2 drops lavender (per oz.)
- 1 drop peppermint (per oz.)

## Clear Skin Wash

- 1 Tbsp coconut oil
- 3 Tbsp honey
- 1 Tbsp apple cider vinegar
- 10 drops tea tree
- 10 drops lavender

# RESOURCES

## Classes & Events

Learn more about essential oils and how to use them by attending one of our classes. See all upcoming essential oils classes from AdventHealth [here](#).

## Naturopathic Care

The use of essential oils is just one type of naturopathic care, which uses natural therapies to treat the whole person and encourage self-healing. Naturopathic Doctors often work alongside your conventional medical team to uncover underlying causes of your ailments. You can gain access to naturopathic care through [the AdventHealth Whole Health Institute](#).

For an appointment, call 913-632-3550

## Personalized Care

Are you in need of a new primary care doctor or health specialist? Use the [Find a Doctor](#) tool at [MyHealthKC.com](#) to match with providers in the AdventHealth Network that align with your personality and outlook.





**MY**HealthKC.com  
By AdventHealth