

## Simple and Merry Oils: Essential Oil Usage and Safety

- **Inhalation**
  - Diffuse: add water and a few drops of oil to your diffuser.
    - Lemon/Lavender or Peppermint, Bergamot/Lime, Clove/Orange.
  - Inhale:
    - Sniff the bottle.
    - Make an inhaler – 15 drops per inhaler. <http://amzn.to/2wq9KYy>
- **Topical Application**
  - Dilute and Apply: Squirt some carrier oil onto your palm and add a drop or more of essential oil. Mix with your fingers and rub on body.
    - Good application places: belly, bottoms of feet, heart center, liver (right rib cage), adrenals/kidneys (lower back), back of neck.
    - Sensitive people should start with 1 drop per teaspoon of carrier oil.
  - Bath: Add drops to 1 cup of Epsom salt (to disperse) and add to bath.
- **Ingestion:**
  - Add to water. (If you find this stinky, add a little honey so it disperses.)
  - Add to smoothies or other beverages.
  - Add to salad dressings and baked goods.
  - Young Living supplements – or add one drop with culinary oil to a gel cap.
- **Safety:**
  - Keep essential oils away from the eyes and ears.
  - Use citrus oil on skin NOT exposed to direct sunlight. (Even in blends. Your skin will burn easily.)
  - LISTEN TO YOUR BODY! We all need different things.
    - More sensitive people need to dilute and be more cautious than less sensitive people.
  - Remember that the oils are fat soluble. If you get it in your eyes, or if it ever feels stinky – wash your hands and rub more carrier oil.
  - For Babies: the most gentle are Lavender, Lemon, Frankincense, Orange, Tea Tree. Start here. Mamas, use your intuition. Dilute well, and apply topically to the bottoms of feet to start. Diffuse the more gentle oils in closed areas.
  - Pregnancy: Avoid large quantities of Basil, Butch, Calamus, Cassia, Hyssop, Idaho Tandy, Rosemary, Sage, Tarragon, Cinnamon Bark, Fennel, or Wintergreen.
  - Breastfeeding: No peppermint or anything from the mint family.
  - Use ONLY the highest quality oils. It makes a difference!