

Essential Oils

Methods of Application
Safety Consideration
Some Ways To Use The Oils Around The House

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Disclaimer

The information contained in this booklet is not meant to take the place of diagnosis and treatment by a qualified medical practitioner. Essential oils are to be used at your own discretion. The author disclaims any liability arising directly or indirectly from the use or misuse of the essential oils.

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Ways to use Essential Oils

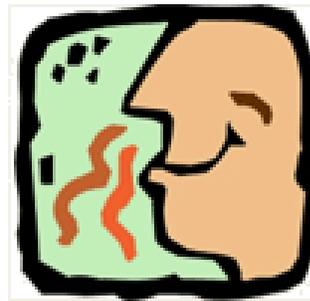


Aromatherapy Baths.

Fill a bath with warm water. Although the essential oils can be added directly to the water, they will float on top of the water as they are not water soluble. To eliminate this, dilute 6 drops of your essential oil blend in 1 tablespoon of carrier oil, then add this to the bath and swish it around to mix. Then simply relax and enjoy the bath for 10 - 15 minutes.

Aromatherapy Vaporizers/Diffusers

These include aroma lamps, perfume lanterns and electrical diffusers. An essential oil blend is added to a diffuser and set in a room to create an aromatic ambience. Add 1 - 6 drops of your essential oil, or essential oil blend to the diffuser and enjoy.



Aromatherapy Massage.

The blend is added to a carrier oil and used in a relaxing massage. A caring, gentle touch is all that is needed to massage a loved one. Add 10 - 15 drops of your essential oil blend to 30 ml of carrier oil.

Other Uses.

In addition to the baths, inhalations and massage mentions, there are many different ways in which essential oils can be used.

- They can be added to creams, lotions, ointments, salves, gels and body oils.
- They can be added to foot baths and sitz baths.
- They can be used in hot and cold compresses.
- You can create your own signature fragrance using essential oils diluted in an alcohol, perfume gel, or jojoba oil base.
- Essential oils can also be used effectively around the house in a number of different ways.

Dosages and Dilutions

For easy reference 1 ml = 20 drops

Recommended use between 1% - 5%

Easy calculation for a 2.5% dilution, measure the amount of base oil in milliliters and then add half that number of drops of essential oil e.g. to a 50ml bottle of base oil add 25 drops of essential oil which is a 2.5% dilution.

For babies (0 - 12 month) use 1 drop of Lavender, Roman/German Chamomile, Neroli, Dill or Mandarin to 10ml of carrier oil - the equivalent to 0.5% dilution.

For infants (1 - 5 year) use 2 - 3 drops of safe essential oil i.e. those that are non-toxic and non-irritant to 10 ml of carrier oils

For children (6 - 12 years) use half the recommended dosage for adults.

Frequency of treatment can be of more concern than the dosage. Much depends on the area of skin covered and how effectively the essential oils are absorbed.

For a whole body massage - twice a week is sufficient for a regular treatment.

For facial treatments or anything only involving a small part of the skin tissue, daily application is regarded as quite safe.

While these are a useful rule of thumb for mixing up small amounts of product, in reality it is not the most accurate way of measuring out essential oil. There are a number of variables, which lead to drops of one essential oil not being equal to the drops of another essential oil. Different dropper size plays a part but even when you have the exact same dropper insert the drops from different essential oils may not be equal. The viscosity of an essential oil can lead to a variety in drop size. Most often the rule of thumb of 1ml of essential oil being equal to 20 drops is on the conservative side and in fact you might find that you need 24 or 30 drops or more to make up 1 ml. Occasionally you might need fewer drops. When making up large amounts of product it is always best to use a measuring glass or pipette to make sure your measurements are accurate. Some essential oil suppliers carry graduated cylinders and they would also be available in Chemistry Supply Stores. Another easy measuring device you could use for smaller amounts would be a children's medication measuring pipette. These can be found in most pharmacy departments.

Useful Measurements

Due to the fact that dropper sizes on essential oil bottles may vary quite considerably these are only approximate measurements to give you a rule of thumb guide when working with small amounts of essential oils. When using larger amounts and blending in larger quantities it would be much more accurate to measure your oils out with a calibrated measuring cylinder or pipette.

1ml essential oil = 20 drops
2ml essential oil = 40 drops
5ml essential oil = 100 drops
10ml essential oil = 200 drops
1 teaspoon = 5 ml
1 tablespoon = 15ml
30ml = 568 drops (approx)

15 drops essential oil in 30ml carrier oil equals approximately a 2.5% dilution
20 drops essential oil in 30ml carrier oil equals approximately a 3% dilution
7 drops essential oil in 30ml carrier oil equals approximately a 1% dilution

Measurement Conversion

1/3 dram or 1/24 oz. = 25 drops
2/3 dram or 1/12 oz. = 50 drops
1 1/3 dram or 1/6 oz. = 100 drops
2 drams or 1/4oz. = 150 drops
4 drams or 1/2 oz. = 300 drops

5-6 drops of essential oil per ounce of carrier oil equals approx. a 1% dilution
10-12 drops of essential oil per ounce of carrier oil equals approx. a 2% dilution
15-18 drops of essential oil per ounce of carrier oil equals approx. a 3% dilution

Another quick rule of thumb is:

1 drop of essential oil in 5ml of carrier = 1%
2 drops of essential oil in 5ml of carrier = 2%
3 drops of essential oil in 5ml of carrier = 3% etc. etc.
(5ml = 1 teaspoon)

1 fluid ounce = 29.57 ml (milliliters)
1 liquid quart = 0.9464 L (liters)
1 ounce = 28.35 gm (grams)
1 pound = 0.4536 kg (kilogram)

General Safety When Using Essential Oils

Essential oils are extremely concentrated chemical compounds and care should be taken in their use. Remember that while the correct dilution of essential oil is very important, the frequency of application is another important factor to consider.

Essential oils used on the skin

Essential oils should always be diluted before being used topically on the skin. Safe dilutions for topical application range from 1% to a maximum of 3%. Essential oils applied to the face, young children, the frail and elderly and pregnant women should not exceed a 1% dilution. Dilutions for essential oils applied topically to a small problem area (tennis elbow, or a sprain), for a short period of time, could go up to 5%. However, if you are using the blend on a chronic condition keep the dilution at about 2 - 3%. When using essential oils on a regular or daily basis, it is generally considered to be a good idea to regularly change the oils in the synergy that you are using.

There are a number of factors that can increase the permeability of the skin:

- Damaged or diseased skin is more permeable than normal healthy skin.
- Temperature of the skin (raised through exercise, a sauna, warm hands of a therapist, warm bath water, warm room)
- When the skin has been soaked in water (e.g. in a bath) it will become more hydrated and therefore more permeable.
- Soaps, detergents and solvents have been found to increase the skin's permeability.
- Occlusion. If the skin is covered after application of the synergy, the area available for evaporation is reduced and raises the possibility of the absorption of the essential oils in the synergy.

When deciding on how frequently to use an essential oil or synergy of essential oils, one should take into consideration the safety precautions of the individual oils, as well as how large an area of skin is to be covered. The larger the area of skin, the more opportunity the components of the essential oils have to enter into the body, the lower the dilutions of the synergy should be and the less frequently it will be used. For full body massage with a 2 - 3% dilution of essential oils, once or twice a week is enough. For daily application of a face or body lotion the dilution should be no more than 1% on the face and up to 2% on the body. For acute conditions, short term topical application of essential oils is usually over a smaller area of skin and used over a short duration of time so the dilution used can be higher, 1 - 5% and applied two to three times a day. This application should not be continued for longer than 2 - 5 days and as always keep in mind who the blend is for and take any contra-indications and dilution recommendations into consideration.

Essential Oils absorbed through the Mucous Membranes

Because the mucous membrane is thinner, and more fragile than skin, it is more sensitive to insult, and is also more permeable to essential oils. Undiluted essential oils should not be applied to any mucous membrane (mouth, vagina, rectum). Nor should essential oils be applied to or near the eyes. Essential oils added to a bath, sitz bath/hip bath or hot tub will come into contact with sensitive mucous membranes, so keep this in mind when choosing the components of your synergy.

Inhalation

There are a number of different ways to use essential oils that fall under the heading inhalation. These would include: steam inhalations; humidifiers; a drop of essential oil or blend on a tissue/Q-tip/handkerchief, cotton wool ball or pillowcase; essential oils added to a sauna's heat source; aroma lamps and diffusers. Essential oils added to the bath can be classified under both essential oils used on the skin and inhalation. Inhalation presents a very low level of risk for most people, however, there are occasions when prolonged exposure to relatively high levels of undiluted essential oil vapors could lead to headaches, dizziness, nausea and lethargy. These symptoms will generally clear when one removes the source and is exposed to fresh air.

People who suffer from asthma should avoid using essential oils in steam inhalations as this could irritate the passages and trigger an attack.

Oral Ingestion

We do not recommend the oral ingestion of essential oils. There are very few essential oils that can be used safely in this way and you need to have adequate training to do so.

Overdose of essential oils

The ingestion of a large quantity of neat essential oil produces a burning sensation in the mouth and throat and in some serious cases, nausea, vomiting and diarrhea. If the overdose is extreme then lethargy, ataxia and coma may follow or perhaps irritability and convulsions (e.g. pennyroyal). The pupils may be dilated (e.g. camphor) or constricted (e.g. eucalyptus).

Safety Issues

While plants have been used medicinally for thousands of years this has traditionally been in the form of the whole plant. Essential oils extracted from the plant material are:

- Highly concentrated substances
- Chemically different from the whole plant

Not all the chemical components of a plant are able to survive the extraction process. Therefore one cannot simply ascribe the properties traditionally given to the plant to the essential oil extracted from that plant. When correctly used most essential oils represent little or no risk. Attention should be paid to the contraindications and safety data of each essential oil.

Skin Problems

When essential oils are misused on the skin there is the risk of skin sensitization and/or skin irritation. Even when diluted in a carrier, if misused one can run the risk of an allergic reaction after repeated contact even when there are only small amounts of the allergen present. While essential oils such as cinnamon and nutmeg present a higher risk of irritating the skin, one can become sensitized to any essential oil including lavender, which many sources consider to be one of the safest essential oils available. Again the watchword is dilution and frequency. Once one has become

sensitized to the component in the essential oil, it is irreversible.

Cancer

There has been some research carried out recently, which provides evidence that a small group of essential oil components are potentially carcinogenic. These include brown and yellow camphor, calamus, sassafras, snakeroot and tarragon. There is some evidence that some phototoxic essential oil components are also photocarcinogenic. People with moles, large freckle patches, sunburned skin, senile patches, melanoma, pre-melanoma or other skin cancers should avoid all phototoxic oils such as citrus, calamus, sassafras and turpentine.

Epilepsy

Although Robert Tisserand and Tony Balacs, suggest that essential oils used externally are no more likely to cause a fit than any other fragrance or strong odor, I prefer to err on the side of caution and therefore avoid using those essential oils traditionally cautioned against in cases of epilepsy. Essential oils to **avoid with epilepsy** are fennel, hyssop, rosemary and sage. Essential oils to **use with caution for epilepsy** are camphor, clary sage, peppermint, rue, yarrow, spike lavender and lavandin.

High or Low Blood Pressure

Robert Tisserand and Tony Balacs in Essential Oil Safety note that: *“There is no evidence that essential oils have an adverse effect on the control of blood pressure in humans, and the data from animal tests are inconclusive. We therefore consider that there is no need for contraindication of essential oils in either hypertension or hypotension, by any route of administration.”* On the other hand it has been traditionally taught that the very stimulating oils of cypress, clove, nutmeg, pine, rosemary and sage should be avoided in cases of High Blood Pressure (hypertension) and that sweet marjoram should be avoided in cases of Low Blood Pressure (hypotension).



pregnancy



labour



postpartum
& baby



everyone

Complicated Health Conditions

In cases of complicated Health Conditions first obtain the consent of the attending physician before utilizing essential oils.

Eyes

Keep essential oils away from the eyes and out of the reach of children. If you do get neat or diluted essential oil in your eye, rinse it out immediately with lots of water. Put some drops of sweet almond oil in the eye to dilute any remaining essential oil and to soothe irritation.

Safety Issues for Clients with Special Needs

Children

Always use a very low concentration of essential oils for babies and children. For babies only use one drop of roman chamomile mixed in sweet almond or calendula carrier oil. Massage for only 5 minutes. For Children 18 months - 12 years use a 1% dilution of essential oils. Massage a maximum of 5 minutes for toddlers and up to 25 minutes for children up to 12.

One must be aware that the quantities in which essential oils are generally sold (5 - 15ml) essential oils can be lethal if drunk by a young child and there have been recorded cases of fatalities. Keep all essential oils out of the reach of children. Only keep essential oils on hand which have an insert dropper so that not too much oil comes out at once. In cases of accidental swallowing of essential oils, first establish which essential oil or blend has been swallowed and approximately how much. Give the child milk to drink. Contact your local poison centre and if necessary see that the child receives immediate medical attention.

Pregnancy

During the first trimester it is a good idea to avoid most essential oils. After this only use the following oils in no more than a 1% concentration: geranium, neroli, ylang ylang, petitgrain, frankincense, sandalwood, patchouli, chamomile (Roman and German), rose, lavender, mandarin, grapefruit, bergamot, lemon, black pepper, ginger, pine, cypress, peppermint, orange. In the case of a history of miscarriages it is strongly recommended to avoid most of the oils.

Elderly & Frail

Use only gentle essential oils (e.g. lavender, chamomile, rose, mandarin) in no more than a 1% dilution e.g. 5 drops of essential oil in 20ml of carrier oil. For massage use only gentle light strokes and don't massage for more than 30 minutes.



Some Essential Oils, Their Uses And Precautions.



Basil	Stimulates digestion, arthritis, bronchitis, migraines, colds, flu, nerve tonic. Anxiety, confusion, depression, fear, hysteria, indecision, panic, poor concentration or memory, shock, stress. Do not use in pregnancy, can be stupefying in high doses
Bergamot	Colitis, gallstones, loss of appetite, stimulates digestion, PMS, cystitis, aching muscles, obesity, acne, good for anorexia, bronchitis. Anorexia, anxiety, depression, hysteria, insomnia, panic, stress, frustration, apathy. Do not use before exposing skin to sun or UV rays.
Chamomile	Anemia, acne, allergies, dermatitis, eczema, inflamed skin, toothache, digestive problems, menstrual problems, insomnia. Anger, anxiety, depression, fear, hypersensitivity, hysteria, irritability, jealousy, panic, shock, stress, peace, tantrums. Do not use in pregnancy.
Clary Sage	Promotes sleep & sense of well-being, reproductive and excretory disorders, powerful relaxant, good during convalescence. Anger, anxiety, depression, insomnia, irritability, mid-life crisis, run down, stress. Do not use in pregnancy. Do not use if alcohol has been consumed. Do not use while driving.
Cypress	Poor circulation, diuretic, fluid retention, menstrual problems, PMS, respiratory problems, cellulite, dermatitis, eczema. Mental blocks, hysteria, sadness, grief (death), insomnia. Do not use in pregnancy or if suffering from High Blood Pressure.
Eucalyptus	Cystitis, fluid retention, aching muscles, rheumatoid arthritis, sprains, bronchitis, colds, flu, chest complaints. Confusion, depression, exhaustion, run down, stress. Do not use in conjunction with chemotherapy. Avoid with high blood pressure and epilepsy.
Frankincense	Cystitis, menstruation, PMS, asthma, bronchitis, eases discomfort of lung infections, mature skin, scars, stretch marks., confusion, depression, fear, impatience, irritability, stress. Generally safe to use.
Geranium	Poor circulation, menstrual cramps, menstrual problems, PMS. Depression, vitality, poor concentration & memory, run down. Generally safe to use.
Ginger	Muscular aches & pains, flu, nausea, hangover, travel or seasickness, arthritic & rheumatic pains, cramp, sprains & muscle spasm. Courage, love, poor memory, oversensitivity. Could irritate sensitive skins.
Grapefruit	Lymphatic stimulation, cellulite, digestion of fatty foods, cleansing effect on kidneys & vascular system, PMS, migraine, jet lag. Alcoholism, confidence, doubt of self esteem, manic depression. Skin irritation could occur if exposed to sunlight or UV rays.
Jasmine	Childbirth, hormone balancer, menstrual pain, muscular spasm, sprains, PMS, impotence, frigidity. Depression, lethargy, lack of confidence, post natal depression. Do not use in pregnancy.
Juniper Berry	Urinary tract infections, kidney stones, rheumatism, dermatitis, eczema, cellulite, sports aches & pains. Anxiety, stress, fear, Run down, nervous fatigue. Do not use in pregnancy. Use only low concentrations when treating kidney disorders.
Lavender	Digestive complaints, cystitis, menstrual problems, PMS, migraines, headaches, aching muscles, arthritis, rheumatism, colds, insomnia, burns, scars. Depression, balance and control. Depression, sleep. Do not use in early pregnancy.
Lemon	PMS, infectious diseases, anemia, rheumatism, lymph system, arthritis. Anxiety, depression, concentration, confusion. Do not use before exposure to sun or UV rays.
Marjoram	Colds & chills, insomnia, hypertension, aching muscles, arthritis. Clarity, claustrophobia, confidence, grief, hysteria, isolation, feelings of persecution, sadness, trauma. Do not use in pregnancy.
Neroli	Nervous diarrhea, stress related conditions, palpitations, poor circulation, bronchitis, PMS, menopause, colds, nervous tension, headaches, insomnia. Anger, confidence, depression, grief, fear, panic. Generally safe to use.
Patchouli	Useful in dieting, strong astringent properties, helpful for skin after heavy dieting, diuretic properties, water retention, cellulite. Grounding and balancing effect, lethargy, clarifies mind. May cause loss of appetite.
Peppermint	Digestive disorders, headache, migraine, sore throat, asthma, colds, flu, nausea, inferiority, pride, run down. May cause dizziness. Do not use with epileptics. Do not use in Pregnancy.
Rose	Anorexia, menstrual problems, PMS, menopause, poor circulation, mature skin, eczema, impotence, haemorrhage, nausea, insomnia, headaches. Depression, nervous tension, emotional healing and cleansing, frigidity, melancholy, calming. Generally safe to use.
Rosemary	Circulatory problems, muscular aches & pains, arthritis, muscular stiffness, asthma, bronchitis, flue, protects against infectious diseases, muscular pain. Mental blocks, confidence, lethargy, poor memory. Do not use in pregnancy. Do not use with high blood pressure.
Sandalwood	Cystitis, PMS, menopause, urinary tract infections, asthma, bronchitis, flu, acne, eczema. Ego, grief, irritability, isolation, insomnia, stress, depression. Generally safe to use.
Tea Tree	Stimulates immune system, sore throat, acne, abscess, powerful disinfectant. Use in low concentrations as may irritate skin.
Vetiver	Balances Central Nervous System, instills centered feeling, may help ease one off tranquilizers. Anxiety, stress, tension, panic. Generally safe to use.

Some Ways To Use Essential Oils Around The House.

Using essential oils around the house smell good, but they are also anti-viral, anti-bacterial, anti-fungal and will keep lots of nasty bugs away.

Kitchens

Wipe down kitchen surfaces with a blend of germ busting essential oils.

- Put about 500ml (2 cups) of distilled water into a spray bottle
- Add 8 drops of lavender, 15 drops of lemon and 5 drops of eucalyptus.
- Shake well before spraying.

When wiping out fridges, microwaves etc. add a couple of drops of essential oil to the rinse water. Any of the citrus oils would be a good choice.

To get rid of cooking smells add 3 drops of lemon and 3 drops of orange to an aroma lamp.

Bathrooms

Bathrooms can also be wiped down with a blend of germ busting essential oils.

- Add 500ml (2 cups) of distilled water to a spray bottle
- Then add 20 - 30 drops of your own special essential oil blend. Essential oils with germ busting properties include: basil, bergamot, eucalyptus, ginger, lavender, lemon, patchouli, petitgrain, rosewood and thyme.

To clean glass and mirrors

- Mix 250ml of distilled water, 62,5ml vinegar in a spray bottle then add 20 drops of lemon.
- Shake well before using. This cleans well and leaves a lovely fresh smell. Most of the citrus oils are great for cutting through grease.

Laundry Cupboards

For sweet smelling linen add 1 - 2 of drops of essential oil or blend of essential oils to a cotton ball and pop it onto your linen shelves. I use a cotton ball on each shelf. A blend I enjoy using in my linen cupboard is 10 drops Lime, 4 drops Orange, 3 drops Cinnamon, 1 drop Patchouli. I also use cotton balls in my clothing cupboards, here I use a mixture of Patchouli and Cedarwood. Experiment a little and find a blend you really enjoy.

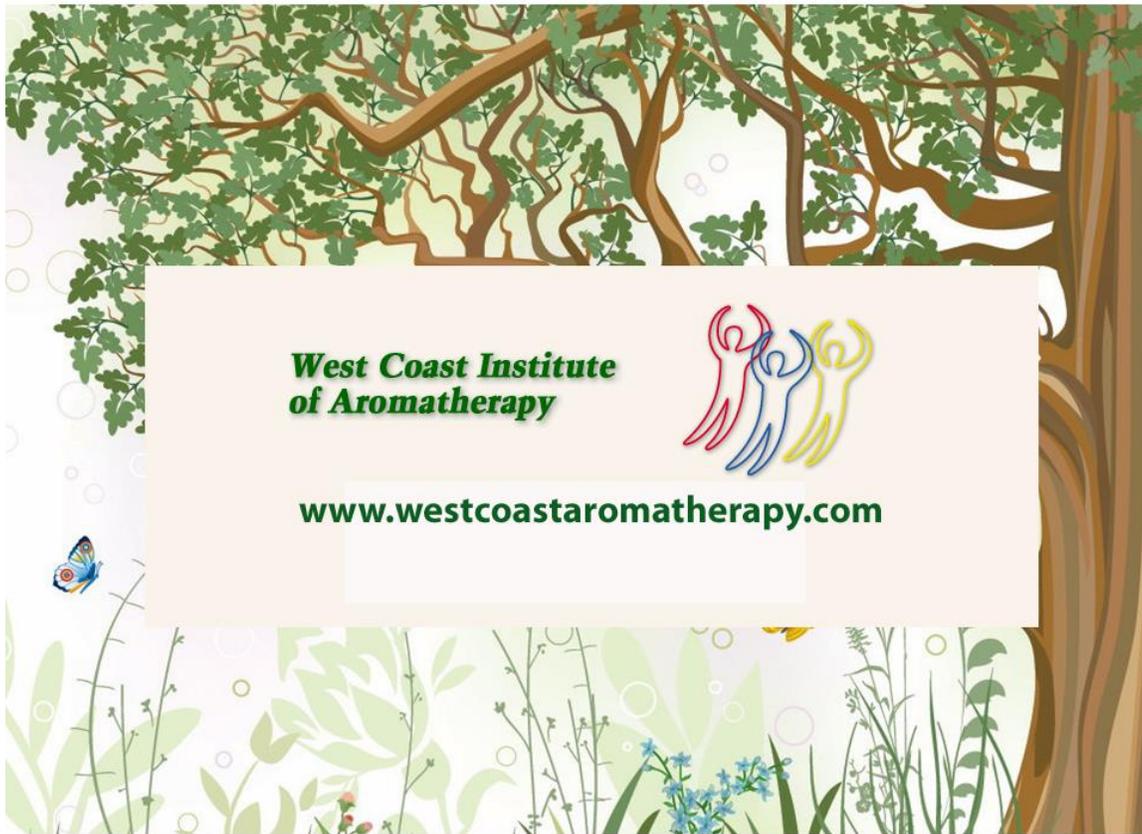
Carpets

Make your own carpet freshener.

Put 1 cup of cornstarch into a container and add 15 - 30 drops of essential oil or blend of essential oil. Mix well and leave to set for a couple of days. Sprinkle the mixture over carpets, leave for 30 - 60 minutes and then vacuum up.

To keep your vacuum cleaner smelling fresh

Add 1 - 2 drops of essential oil to the outside of the dust bag.



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