

## Important points regarding essential oils

Know what you're buying

- Bottle has common & latin names, as well as date of production
- Batch specific GC/MS per bottle available from seller
- MSDS available from seller

Store it properly

- Cool (45°-65°F), dark space
- Airtight, dark glass bottles
- Keep record of batch dates in a log book and note when they are due to “expire”

Be able to explain what you are doing to colleagues and clients

- Essential oils are potent and can be quite effective when used appropriately & safely

## Application: Oils Generally Regarded as Safe

Lavender (*Lavandula angustifolia*) **Ester, Monoterpenol, Monoterpene.** *Anti-microbial, analgesic, anti-bacterial, CNS sedative, deodorant, skin healing, antidepressant.*

Orange (*Citrus sinensis*) **Monoterpene, Aldehyde.** *Deodorant, analgesic, antibacterial, digestive aid, antidepressant.* Room freshener spray.

Roman Chamomile (*Chamaemelum nobile*) **Ester, Monoterpenol, Monoterpene.** *Analgesic, CNS sedative, digestive aid.*

German Chamomile (*Matricaria recutita*) **Sesquiterpene, Oxide, Sesquiterpenol.** *Anti-inflammatory, cooling, analgesic, calming to CNS, skin-healing.*

Cedarwood (*Juniperus virginiana*) **Sesquiterpene, Sesquiterpenol, Oxide.** *Calming, decongestant/expectorant/mucolytic.*

*This list may seem limiting, however, many things can be accomplished with these five essential oils. Until you have undergone training to learn more it is best to stay with these.*

### Age-based Essential Oil Recommendations:

Age	Oils	Methods
0-2	None; Carriers and Hydrosols (German chamomile & Lavender)	Adult can put 1-2 drops on their clothing for child to smell
2-5	Cedarwood ( <i>Juniperus virginiana</i> ), German chamomile ( <i>Matricaria recutita</i> ), Roman Chamomile ( <i>Chamaemelum nobile</i> ), Lavender ( <i>Lavandula angustifolia</i> ), and Sweet Orange ( <i>Citrus sinensis</i> )	Diffuse 5 drops throughout room for calming; use 5 drops of essential oil for every 1 oz castile soap (for foam soap)
5-10	All above plus: Thyme ct. linalool ( <i>Thymus vulgaris</i> ct. linalool), Tea Tree ( <i>Melaleuca alternifolia</i> ), Black Spruce ( <i>Picea mariana</i> ), Siberian Fir ( <i>Abies siberica</i> ), White Pine ( <i>Pinus strobus</i> ), Scots Pine ( <i>Pinus silvestris</i> ), Norway Spruce ( <i>Picea abies</i> ), White Spruce ( <i>Picea glauca</i> )	All above plus: can have lotion with 1% dilution of oils (5-6 drops per ounce of lotion); 10 drops of essential oil on an aromatherapy respiratory inhaler.
10+	All above plus Eucalyptus and other oils high in 1,8 cineole can now be used (with caution) as well as Peppermint ( <i>Mentha x piperita</i> ).	Lotions can now be 1-3% diluted (up to 15-18 drops per ounce of lotion).

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Chemical Family	Oils high in that family	Shelf Life
Monoterpenes	Frankincense ( <i>Boswellia carteri</i> ), Lemon ( <i>Citrus limon</i> ), Orange ( <i>Citrus sinensis</i> ), Tea Tree ( <i>Melaleuca alternifolia</i> )	1-3 years
Aldehydes	Lemongrass ( <i>Cymbopogon citratus</i> ), Cinnamon Bark ( <i>Cinnamomum zylanicum</i> )	2 years
Oxides	Eucalyptus ( <i>Eucalyptus globulus</i> ), Rosemary ( <i>Rosmarinus officinalis ct. camphor/1,8 cineole</i> )	2-3 years
Monoterpenols	Lavender ( <i>Lavandula angustifolia</i> ), Peppermint ( <i>Mentha x piperita</i> ), Thyme linalool ( <i>Thymus vulgaris ct. linalool</i> )	3-5 years
Phenols	Clove bud ( <i>Eugenia caryophyllata</i> ), Thyme thymol ( <i>Thymus vulgaris ct. thymol</i> )	3-5 years
Ethers	Fennel ( <i>Foeniculum vulgare</i> ), Tarragon ( <i>Artemisia dracunculus</i> )	3-5 years
Esters	Helichrysum ( <i>Helichrysum italicum</i> ), Roman Chamomile ( <i>Chamaemelum nobile</i> ), Ylang Ylang ( <i>Cananga odorata</i> )	3-5 years
Ketones	Peppermint ( <i>Mentha x piperita</i> ), Rosemary ( <i>Rosmarinus officinalis ct. camphor/1,8 cineole</i> )	3-5 years
Sesquiterpenes	Cedarwood ( <i>Juniperus virginiana; Cedrus atlantica</i> ), Ginger ( <i>Zingiber officinale</i> ), Patchouli ( <i>Pogostemon cablin</i> )	6-8 years
Sesquiterpenols	Cedarwood ( <i>Juniperus virginiana; Cedrus atlantica</i> ), Patchouli ( <i>Pogostemon cablin</i> ), Sandalwood ( <i>Santalum album</i> )	6-8+ years