

Cancer Answers

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Essential Oils Application Techniques

I want to look in depth at the many different ways to apply essential oils this month. But first, let's review the basics about these great oils. Essential oils are "the essence" of particular plants, removed by compressing, steaming, dissolving or distilling. Therapeutic grade essential oils are compressed, steamed, dissolved or distilled from plants that have been organically grown or from plants that have grown wild in a clean environment so they possess stronger healing qualities than non-therapeutic grade. Non-therapeutic grade essential oils may actually cause harm...so **only** purchase therapeutic grade oils. At the end of the newsletter I will give you some books and websites that will help you to learn the qualities and benefits of many oils.

Applying essential oils to the bottom of your feet, during a massage, or in your bath water are all techniques covered thoroughly last month. Let's pick up with the fourth way, which is using a diffuser or vaporizer to diffuse the oil(s) into the air. This technique has a powerful effect on your environment, body and mind. There are combinations of oils that can produce a calming and comforting environment, a happy and joyous environment and a host of other environments. They can also sterilize an entire area using oils that have the ability to kill germs including staph and E-coli. Many people consider this technique the most enjoyable and effective technique for using essential oils.

The **most effective** way to use some essential oils is internal consumption. Although I covered this technique last month I feel it is important to repeat it here. Only therapeutic grade essential oils should ever be taken internally...and then **only** some oils. Those essential oils proven safe and labeled as **dietary supplements** can be used internally. Make certain you get your doctors approval if you are currently in treatment.

Many essential oils are healing, nourishing and powerfully beneficial when added to skin care products. By adding essential oils to your natural cleanser, toner, moisturizer and hand and body lotions, you can boost these products effectiveness and benefits. For instance, by adding lavender you can help purify the body and spirit in addition to potentially alleviating insomnia, anxiety and mild depression. Research has also confirmed that lavender produces calming, soothing, and sedative effects. Clove oil is often added in cosmetic creams and lotions to help fight acne. It is a good massage oil providing relief from pain and stress. There are so many great benefits that can be experienced simply by adding a drop or two of one or two essential oils.

Using essential oils as perfume is a beautiful alternative to the chemicals

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and even animal by products found in commercial perfumes and colognes. The aroma of essential oils and oil blends can even have exciting romantic effects. Apply a drop of your favorite oil or blend to your temples, behind your ears, to the back of your neck, and at the front of your shoulders or décolletage.

The final way to administer essential oils, is to replace caustic household cleansers. Virtually every household and bathroom cleaning product can be replaced using essential oils. They have powerful, clinically proven antiseptic, antiviral, and antifungal properties. For example a simple mixture of baking soda, vinegar and lemon oil will leave your microwave sparkling clean, bacteria free and smelling fresh. For soap scum on bathroom surfaces baking soda, castile soap (it is great for so many things!) and either lavender oil or tea tree oil will not only scrub those surfaces clean but will also kill fungal bacteria that can lead to athletes foot. Check out other recipes at www.naturalhealthy-home-cleaning-tips.com.

Have fun not only experimenting with **what** therapeutic grade essential oils can do for you but also **how** to use them and **which ones** you like best. The choices are nearly endless. ENJOY!

BOOKS

The Essential Oils Book: Creating Personal Blends for Mind & Body
The Aromatherapy Bible: The Definitive Guide.

WEBSITE

www.organicfacts.net/organic-oils/natural-essential-oils/list-of-essential-oils.html
Much of the information was taken from All Natural Prevention. Try therapeutic grade oils from Esoteric Oils and Young Living Oils.