



AN ESSENTIAL GUIDE TO

# Essential Oils

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*Hi there*

I Have Designed 5 Unique  
Essential Oil Blends For You!

But Before We Explore Those  
Here's An Essential Guide To  
Using Them

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# Introduction To Essential Oils

The world of essential oils are deep and fascinating, essential oils are often considered a form of alternative medicine that uses plant extracts to support health and well-being.

## What are essential oils?

Essential oils are, highly concentrated chemical compounds found in plants and trees.

These power packed substances are removed from various parts of the plant, whether it be the root, the stem, the bark, the leaves, the flowers or the seeds. This is done either through steam distillation or mechanical methods, such as cold pressing, after which it is brought to you as a gift from mother nature.

Essential oils are most commonly used in aromatherapy for its relaxing and healing properties, it is also often used in cosmetic products, perfumes and even cleaning products.



# Characteristics Of Essential Oils

Essential Oils are not genuine "oils" like olive oil or coconut oil. They are liquids containing volatile aroma compounds of the plant they derive from.

The majority of these oils are clear, colorless liquids, although some, like patchouli, have more of a warm amber tinge and others, like Roman Chamomile, have a light blue coloring.



## CAUTION

Many oils are too potent to be ingested or to come into direct contact with the skin, diluting them in a carrier oil is the best way to avoid a bad reaction when applying directly to the skin.

# " ESSENTIAL OILS MAKE MY HEART SING AND NOURISH MY SOUL "



" THEIR AROMA  
IS EVERYTHING  
THAT MAKES  
MY MOOD AND  
LIFE BETTER "



These oils are sold and should always be kept in dark glass bottles, either amber or cobalt blue. The coloured glass helps to keep out sunlight, which can make the oil deteriorate. It's the same principle that is behind the choice of dark brown glass bottles for beer production, just in case you wondered! You should never buy or store pure essential oils in plastic bottles as the oil will eat away at its container and lose its purity and beneficial qualities. Essential oils are normally sold in small bottles as they're so potent that a little goes a very long way. If the bottles seem excessively small to begin with, think, as an example, of a small bottle of rose essential oil as a whole rose bush's worth of flowers.

# HOW LONG DO ESSENTIAL OILS LAST?



Another reason that essential oils are sold in small quantities is that they don't last forever. Exposure to light, heat and oxygen can make an essential oil go bad before its time, but oils have varying shelf lives even if stored properly.

Most essential oils will last at least two years before starting to degrade, unless they are mixed in a carrier oil with a longer shelf life.

You can tell if your essential oil has gone bad if the aroma changes or the use of the oil starts to cause redness or irritation when applied topically. If that happens, be sure to stop using the oils on your skin, but consider using them (with gloves) as part of recipes for homemade cleaning products instead. Waste not, want not!



# The History Of Essential Oils

Essential oils are gaining worldwide recognition for their versatility, but their use is not new.

Essential oils have been a part of human history for more than 3,500 years BC and appear with regularity throughout all major civilizations down the ages, with uses ranging from religious ritual, food flavoring, medicines, perfumery and the masking of bad odors. It is impossible to date exactly when plants were first used medicinally, since such a development would have taken place over thousands of years.







## PROPERTIES OF ESSENTIAL OILS

**Concentrated essential oils contain plant hormones and components that allow the plant to grow and thrive. These functions work similarly to how hormones control our own bodily functions. The divine wisdom of nature allows our bodies to easily recognize and assimilate plant material, like essential oils, for therapeutic use - they increase the body's ability to receive the nutrients it needs to maintain optimum health.**

**The primary properties of essential oils include:**



## *HYDRATING/REMINERALIZING.*

Replacing moisture loss and lack of vital nutrients from the nutrient-dense properties of botanical essential oils.

## *ANTIBACTERIAL.*

Many studies site the powerful purification abilities of essential oils. They are able to protect the body from germs and keep the skin cleansed from substances that can weaken the immune system.



## *OXYGENATING.*

Essential oils are a concentrated form of plant material which includes chlorophyll. When introduced into the human body chlorophyll has been shown to increase the oxygen levels in the body, thereby bringing more oxygen to the tissues to keep them healthy and efficiently functioning.





## *DETOXIFYING.*

Using essential oils to cleanse, exfoliate and massage promotes a feeling of detoxification for the body. The increase in hydration and stimulation from essential oils allows the body to more easily rid itself of unwanted elements.



## *IMMUNE SUPPORT.*

As the largest organ in the body, the skin is our first line of immunity defense. By helping to cleanse and protect, essential oils work to fortify the skin and support the immune system.

# Why Quality is Important

Don't expect to get a good quality essential oil on the cheap side. The concentrated liquid often requires a vast collection of plant material, which is labor intensive and therefore can't be produced at a low cost. Cheaper versions may not be as concentrated or contain water or even carrier oils, such as grapeseed or sunflower oil. This means you don't get the beneficial properties and quality that is present with 100% natural concentrated oils.

Good quality oils last longer and are more effective too. Blended oils should also contain pure oils, unless the formula is intended to be used topically on the skin. In that case the blend should contain pure essential oils and high quality carrier oils. Oil blends are formulated for a number of uses ranging from pleasant aromas to special mixes intended to uplift the spirit, promote a feeling of stress relief, ease the discomfort of congestion or help you to relax.





## How to use Essential Oils

Used for deep breathing, enjoyment of their lovely, natural scent, or applied to the skin with botanical carrier oils, essential oils have endless benefits for the mind and body. Pure essential oils can be taken into the body in two ways - through the skin or by inhalation.

### Topical Application.

The molecular structures of essential oils are small enough to enter the skin through hair follicles and pores, which then allows them to make their way into the blood stream. Most essential oils are too strong to apply directly to the skin, with the exception of Lavender and Tea Tree oils. Typically, we take in essential oils through creams, lotions, elixirs, or mixed with a nutritive carrier oil like sunflower seed oil. Another method is through the skin via massage. When used for an aromatic massage, essential oils help to stimulate muscles, and ease stress and tension by kneading the muscles with naturally soothing oils.



# Inhalation.

Inhalation is perhaps the easiest way to experience essential oils. When essential oils are dispersed in the air we breathe them in, transporting the properties of the oil to the part of the brain that regulates sensory-motor activity. The aromas of the oils are translated by the brain to tell the body to relax, calm or even excite.

## Methods of Inhalation

- Simply breathe in the scent straight from the bottle
- Add a few drops of oil to hot water and breathe in the steam
- Add a few drops of oil on a cotton ball and hold a few inches below the nose, take a deep breath.



## **Aromatherapy Diffuser.**

A diffuser disperses the essential oils through the air producing aromatic vapor. Diffusing is an easy way to enjoy environmental scenting while breathing in the beneficial properties of the oil. Not only is this method great to calm emotions, relax the mind or help relieve feelings of tension, it also helps to get rid of odors and cleanse the air in your home.

## **Steam Inhalation.**

With steam inhalation, simply heat up water and add a few drops of essential oils. Cover the hot bowl and your face with a rag or cloth, and inhale the steam. This method can help soothe coughs, respiratory issues, sore throats and sinus infections. Oils such as Pine and Eucalyptus are good for encouraging easy breathing in the midst of a cold.

# How to Use Essential Oils Safely

The debate over the safety of using essential oils in skin care exists because the essence of these botanical oils is extremely potent. But as long as they are used correctly, we find essential oils offer amazing benefits for the skin. As you just learnt, pure essential oils can be assimilated into the body in two distinct ways: directly through the skin or via inhalation. Usually, we take in essential oils by diluting them in creams, lotions, serums, or mixed with a carrier oil, such as sunflower seed oil or jojoba oil.

In skin and body care, when formulated correctly, essential oils provide natural benefits that result in softer, younger-looking skin and promote efficient body functions such as the removal of toxins and sloughing of dry, dead skin. By tapping into the naturally active properties of essential oils, we can avoid using synthetic ingredients that can actually weaken our body's natural defenses. Plainly, natural, plant-based products work with the body, not against it.

Though we value the effective nature of essential oils for topical products, inhalation is actually the simplest way to use essential oils.

When diffused into the air, we breathe them in and transport their properties through the olfactory system to specific structures in the brain. At this juncture, the individual scents of the oils are analyzed by the brain and the specific commands are communicated to the body, whether it's telling your body to relax, calm down, or even energize. To enjoy essential oils this way, you can just breathe in the scent straight from the bottle, add a few drops to a cotton ball, or use a diffuser



That being said, it is important to always take the necessary precautions when handling essential oils, as they can be extremely powerful. Before using any essential oil, always read any warning labels. Also, make sure you are using only 100% pure and natural oils, free from any chemicals, pesticides, parabens, synthetic perfumes, or fillers.

Remember, essential oils are highly potent, and it's important to be mindful of how much you're using. A small amount goes a very long way, because like many good things (including water!), essential oils can have damaging effects when used incorrectly or in over-abundance.

If you're looking to incorporate essential oils into your wellness and skin care routines, here are a few tips for working with them safely:

- With the exception of Lavender and Tea Tree oils, never apply essential oils directly to the skin without first diluting in a carrier oil or lotion.
- Avoid direct contact with the eye.
- Do not ingest essential oils. They are for external use only.
- For those who are pregnant, epileptic, battling cancer, have liver or kidney issues, or any other serious illness, consult a medical professional prior to using essential oils.
- Always keep essential oils out of reach of children.
- Lastly, be sure to keep essential oils tightly closed and in stored in a cool location away from light to maintain their efficacy.

## Additional Safety Information

For more information about essential oils including safety information here are some helpful resources:

[National Association for Holistic Aromatherapy](#)

[Essential Oil Safety Information From University Of Minnesota](#)

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<https://naha.org/index.php/explore-aromatherapy/about-aromatherapy/what-are-essential-oils/#ft2>





SIRENITI THERAPEUTICS

## Essential Oil Blends

### SIRENITI BLEND COLLECTION

We have created a line of expertly-crafted aromatherapy blends to help you achieve inner calm and the ultimate in relaxation. This collection comes in different concentrations so the blends can be used in various ways - as a massage oil, for diffusers or as a roll-on.

#### SIRENITI BLEND

This blend of Lavender, Ylang-Ylang, Frankincense, Vanilla, and Cedarwood creates a calming environment to help you relax and unwind. It's great for meditation.

#### AWAKEN BLEND

This blend of Basil, Peppermint, Ylang Ylang, Cinnamon and Vanilla invokes a sense of awareness and energy, this blend gives a scenes of Christmas all year round.

#### BALANCE BLEND

This blend helps to balance your emotions, it invokes a sense of tranquility, allowing stresses and tension to melt away. This blend includes Bergamot, Lavender, Clary Sage Ylang Ylang and Myrrh.

#### FOCUS BLEND

This blend includes Lavender, Peppermint, Ylang Ylang, Cedarwood and Frankincense, it is ideal for students, it helps to keep the mind focused on the present moment.

#### CALM BLEND

The perfect blend to take you to dream land, it includes Lavender, Citronella, Ylang Ylang, Clary Sage, Geranium, Vanilla and Frankincense.

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