

## Let's Play Two Truths and a Lie with Essential Oils!

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### Essential oils are...

- The “lifeblood” of a plant & vital for its survival.
  - Secondary plant metabolites the plant doesn't necessarily need to survive.
  - Volatile, lipophilic compounds from some, but not all, plants.
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### Essential oils come from...

- Small secretory glands on or in plant parts produce these volatile oils.
  - A venous system that all plants have pulses the essential oils through plants.
  - Various, but not all, plant parts produce essential oils: petals/flowers, leaves, roots, bark, seeds, twigs, etc.
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### Making essential oils...

- Most are extracted through steam distillation in giant copper stills.
  - Some are made by cold pressing, manually squeezing out the essential oil.
  - You can make them at home by infusing plants into carrier oils like fractionated coconut oil.
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### Essential oils in history...

- The Persians are credited with inventing steam distillation around 1000 AD, allowing them to extract essential oils.
  - They are mentioned throughout the Bible and were used in ancient Egypt.
  - Isolating essential oils became widespread in the Middle Ages.
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### The cost of essential oils...

- You need a lot of plant material to make essential oils, so they can be costly.
  - Brands need to pay for their marketing and sales representatives, which is why they're expensive.
  - Steam distillation requires a lot of water and energy, making them seem pricey.
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### **Quality essential oil brands...**

- Don't worry about it at all; they're all basically the same if they smell right.
  - You can safely ignore phrases like "therapeutic grade" and "100% pure."
  - Look for certified organic, GC-MS testing, and thorough labels on each bottle.
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### **Essential oils on your skin...**

- Always dilute them, usually to a 1-5% dilution rate.
  - You can use a few essential oils neat (undiluted) over small areas for urgent needs.
  - For best results, apply the oils to the bottoms of your feet.
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### **Inhaling essential oils...**

- Inhaling works by the placebo effect or simple enjoyment of a nice scent.
  - You can place a drop on a tissue or cotton ball and breathe in deeply for 5-10 breaths.
  - Turn off the diffuser after 10 minutes continuous, or 30 minutes intermittent, to give your nose a break.
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### **Ingesting essential oils...**

- You can use essential oils in cooking recipes at low dilutions and diluted in sugars or fat.
  - Only take medicinal or therapeutic essential oil remedies internally with doctor and advanced aromatherapist guidance.
  - Support detoxification and immunity by adding a drop to your drinking water, shaking well before each drink.
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### **Essential oil guidance...**

- Safety guidelines, including diluting and ingesting guidelines, apply to all essential oil brands.
  - Aromatherapists don't always agree about the most important safety guidelines.
  - You can find lots of good essential oil reference books, so you don't need to rely on the internet.
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### **I believe natural health is a blessing from God that you can start enjoying right now, one step at a time.**

As a trained herbalist and certified aromatherapist, I can give you the guidance you need to take confident steps toward thriving, natural health. Join me at <https://abetterwaytothrive.com/join>.