

# Essential Oils Application & Safety Tips

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## For External Use

- To address a broad area on the body, dilute 25% essential oil to 75% Young Living's V-6 carrier oil or high-quality vegetable oil or apply a layer of carrier oil to the body first and then add 6 to 8 drops of essential oil on top of the carrier oil.
  - To use several oils at once, we recommend layering. Apply 2 to 3 drops of the 1<sup>st</sup> oil and then apply 2 to 3 drops of each additional oil one at a time.
  - For emotional transformation, inhale oils while visualizing your desired outcome or repeating affirmations and apply 3 to 4 drops on the base of the skull along the hairline.
  - Apply 3-4 drops of essential oil along the arch of each foot and massage into the bottoms of the feet both morning and night to affect the entire body through foot reflexology.
  - Massage the individual foot reflexology locations with 1 to 2 drops to direct oils to the targeted area of the body. Many charts are available online or in reference books.
  - Oils containing citrus cause increased photosensitivity where applied for up to 12 to 24 hours so wear sunscreen over, limit direct sun exposure to the application site, or choose to apply citrus oils to areas that won't be exposed to direct sun.
  - Dilute the stronger essential oils high in phenols, such as peppermint oil, Thieves, Purification, PanAway, with Young Living's V-6™ carrier oil or high-quality vegetable oil for skin sensitivity as needed.
  - If you feel burning on your skin after applying an essential oil, apply either V6™ or another vegetable oil, or an all-natural lotion over the area of discomfort. Applying water or ice will increase the sensitivity.
  - Use a carrier oil to slow down the absorption rate of the oils when you are targeting specific tissue, such as fatty nodules and specific muscles.
  - Avoid contact with eyes and ear canals; wash hands after applying oils and apply V-6™ or high-quality vegetable oil if you accidentally apply oils too close to or in these areas.
  - Avoid mixing oils with non-organic lotions and cosmetic such as Methyl, Propyl, Butyl and Ethyl Parabens, Diethanolamine (DEA), Triethanolamine (TEA), Diazolidinyl Urea, Imidazolidinyl Urea, Sodium Lauryl/Laureth Sulfate, Petrolatum, Propylene Glycol, and other synthetic ingredients. If you can't eat it, don't put it on your body is a good general rule to follow.
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## For Internal Use

- Always use glass, ceramic, or stainless-steel containers to store essential oils; the essential oils will break down most plastics and contaminate your oils.
- Put oils into acceptable containers first, then fill with high-quality water or rice milk to drink and they will disperse into the liquid (otherwise they sit on top).
- When using a water bottle with essential oils added, make sure the entire bottle is free of plastics with a steel cap.
- Use between 3 to 9 drops of essential oil per capsule for personal use depending on the individual oil or blend along with your sensitivity level.
- Fill capsules for internal use as needed to prevent the capsules from disintegrating or leaking before you are ready to use them. You can freeze pre-filled capsules in a glass container if needed.
- Essential oils applied under the tongue (sublingually) have an increased absorption rate of 7-10 times higher than ingesting in a capsule.
- Taking oils in a capsule with meals will turn your food into a carrier for the essential oils throughout the body.
- For short-term support, ingest capsules of oils two or three times a day with meals.
- For long-term support, ingest capsules of oils once a day with meals or coffee.
- Burping up the oils can indicate a need to rotate them or apply externally for a few days while your body adjusts.

## When Diffusing Oils

- Always use a cold-air or water-based diffuser. Heat diffusers, such as ceramic rings on light bulbs, will destroy the therapeutic properties of your oils.
- Use cold-air diffusers in humid climates, when mold is present, or in a damp basement.
- Use water-based diffusers to add humidity to the air.
- When beginning to diffuse oils, start with 20 to 30 minutes and build up to longer durations.
- Diffusing oils is an easy way to carry oils across the blood-brain barrier.
- Diffuse calming or dream enhancing oils for a few hours when going to bed.
- Use caution when diffusing oils with newborn babies, as their lungs are still delicate until the age of two. In general, avoid mints and eucalyptus and other oils high in phenols. Always check your desk reference guide for safety with infants.
- Use distilled or reverse osmosis water in your diffuser when possible, or you can remove the mineral deposits with diluted vinegar as needed.
- To clean your diffuser, run for 20 minutes with diluted vinegar and water to eliminate mineral and oil build up.