

# MODERN Essentials™

The Complete Guide to the Therapeutic Use of Essential Oils



AROMA  
TOOLS™

[www.aromatools.com](http://www.aromatools.com)

## My Usage Guide .....248

How to Use This Section—250 • Dilution Reference Chart—252 • Body Systems—254 • Additional Notes on Using Essential Oils—256 • My Usage Guide—258

My Usage  
Guide

## The Basics of Essential Oils .....5

Essential Oils: A Natural Choice—6 • Benefits of EO's—8 • Where do EO's Come From?—10 • EO Timeline—12  
☞: Topical Application—14 • ☞: Aromatic Application—16 • ☞: Internal Application—18 • EO Quality—20 • EO Building Blocks—22  
EO Safety—24 • EO Tools—26 • Carrier Oils—28 • Balancing Touch Technique—30 • Auricular (Ear) Points—37 • Reflex Points—38

The Basics of  
Essential Oils

## Essential Oils .....40

Single Essential Oils—42

Essential Oils

## Essential Oil Blends .....150

Essential Oil Blends—152

Essential Oil  
Blends

## Essential Supplements .....192

Essential Supplements—194

Essential  
Supplements

## Personal Care & Spa .....220

Personal Care & Spa—222

Personal Care  
& Spa

## Essential Living .....404

Bath & Shower—406 • Personal Care—410 • Perfumes—412 • Lotions—413 • Lips—414 • Sleeping/Relaxing—416  
Waking Up/Energizing—417 • Kitchen—418 • Bathroom—420 • Kids—422 • Diffuser Blends—424 • First Aid—426  
EOs and Cooking—428 • Nutrition and EOs—433 • Exercise and EOs—439 • ☞: Essential Living—442

Essential  
Living

## Essential Oil Science & Application in Depth .....446

How EO's Interact with the Body—448 • Plants and EO's—458 • Ensuring EO Purity and Quality—464 • EO Constituents—471  
Additional Information on EO's—482 • A Brief History of Essential Oils—486 • ☞: Application Methods in Depth: Topical—490  
☞: Application Methods in Depth: Aromatic—492 • The Art of Blending—494 • ☞: Application Methods in Depth: Internal—496

EO Science  
in Depth

## Appendix and References .....498

Appendix A: Body Systems Chart—500 • Appendix B: Single Essential Oils Property Chart—504 • Appendix C: Essential Oil and Blend Quick Usage Chart—506 • Appendix D: Taxonomical Information—515 • Research References—519 • Bibliography—533

Appendix

## Index .....550

Index—552

Index



# Essential Oils: A Natural Choice



In today's world of artificially high healthcare costs and artificial drugs, millions of people are returning to nature to find relief from everyday health concerns. While plants have been used for millennia to fight disease and to help ease pain and discomfort, individuals are just now beginning to rediscover some of the amazing health benefits of pure, natural essential oils.

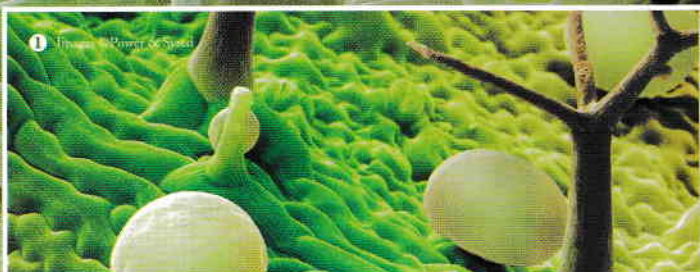
## Why Plants Make Essential Oils



## What Are Essential Oils?



- Natural substances created by plants
- Aromatic molecules that give plants their distinct aroma
- Small, light molecules that are steam-distilled (or pressed) from plants
- Oil-soluble substances that mix with oils and not water
- Highly concentrated blends of natural substances that have been used for thousands of years and are currently being studied for their profound health benefits, including their antiseptic properties and their ability to help lessen pain, ease feelings of depression, enhance memory, and decrease inflammation, among many other amazing benefits



—Scanning electron microscope images of oil trichomes in lavender (1) and rosemary (2) plants.



Many essential oil-producing plants store these oils in special storage structures called trichomes. Others secrete the oils onto the surface of the plant or into special cells or cavities within the plant.





## Essential Oils: *Direct from Nature*

If you've ever been enchanted by the aroma of a pine forest, or been tempted by the sweet smell of a rose, or been uplifted by the crisp scent of a fresh-cut lemon, you have already experienced the amazing benefits of aromatic essential oils directly from nature.

By gently steam-distilling or pressing the plant material, skilled artisans can capture these unique essences to be used in our homes.



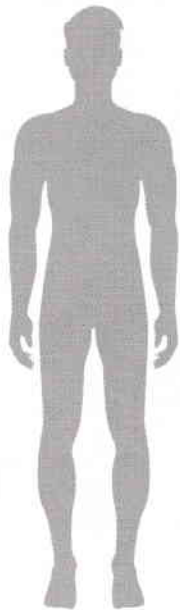


# What Benefits Do Essential Oils Have?



Libris  
Natural Body Support

## How Do Essential Oils Support a Healthy Body?



### MIND

Promote Relaxation | Calm Tension and Nerves | Increase Positive Feelings and Help Decrease Stress

### IMMUNE

Support Healthy Immune Function | Protect Against Environmental and Seasonal Threats

### CARDIOVASCULAR

Maintain Healthy Circulation | Support Healthy Respiratory Function

### DIET

Promote Healthy Digestion | Help Reduce Occasional Stomach Upset  
Promote Healthy Metabolism

### PHYSICAL ACTIVITY

Support Muscle and Joint Function | Support Energy and Stamina

### BODY SYSTEMS

Improve Appearance of the Skin | Soothe Occasional Skin Irritations  
Provide Antioxidants | Purify the Body's Systems | Repel Insects



Joy

Why We Use Oils...

Here are some of the many reasons why millions of people have chosen to make essential oils part of their everyday lives.

I LOVE HOW CALM AND RELAXED I FEEL.

Kids

MY PETS STAY HEALTHY FROM PURE ESSENTIAL OILS.

THEY HELP SUPPORT ME EMOTIONALLY.

ESSENTIAL OILS HAVE POWERFUL MENTAL HEALTH BENEFITS.

HAVING A NATURAL WAY TO SUPPORT MY KIDS IS SO FULFILLING.

I ENJOY BETTER SLEEP WHEN I USE ESSENTIALS OILS.

ESSENTIAL OILS ARE PURE & NATURAL.

Mood

I TRUST OILS FOR MY FAMILY'S HEALTH.

## How Can Essential Oils Have So Many benefits?

Since there are so many different essential oils, each comprised of many different natural constituents with various properties, essential oils can affect the body and mind in diverse ways.

Emotions come in response to what we see, smell, hear, feel, taste, think, or have experienced and can affect our future thoughts and behavior. While much is still being discovered about the complex psychological and physiological processes involved in emotions, researchers have discovered that emotions involve many different systems in the body, including the brain, the sensory system, the endocrine/hormonal system, the autonomic nervous system, the immune system, and the release or inhibition of neurotransmitters (such as dopamine) in the brain. Recent research has also begun to uncover compelling evidence that various essential oils and their components have the ability to affect each one of these systems, making the use of essential oils an intriguing tool for helping to balance emotions in the human body.



Blends for Emotional Balance

Bored  
Discontent



Distressed  
Somber



Discouraged  
Apathetic



Angry  
Ashamed

Grieving  
Hurt



Anxious  
Fearful



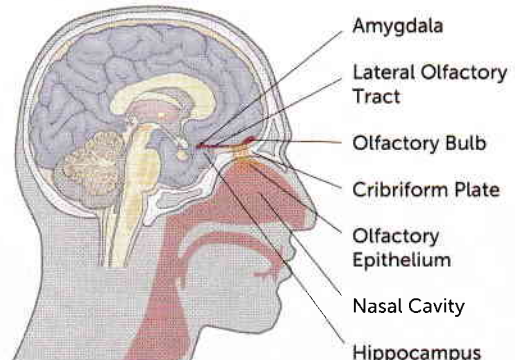
Disgust	Worry	Hurt	Sorrow	Grief	Suprise	Excitement	Happiness	Joy	Optimism	Warmth	Love	Anger
---------	-------	------	--------	-------	---------	------------	-----------	-----	----------	--------	------	-------



### USING OILS FOR Emotions

Because the sense of smell is so closely tied to the centers of the brain that deal with emotions, inhaling the aroma of an essential oil is one of the most powerful ways to affect emotions. Simply inhale the aroma of the oil from a bottle, diffuse the oil with an essential oil diffuser, or wear the essential oil in a piece of jewelry with a porous stone, clay, wood, or cloth surface that can help diffuse the oil.

Olfactory System



(EMOTIONS AND LONG-TERM MEMORY)





WHERE DO

# Essential Oils COME FROM?

Only an estimated 10% of the world's plants produce essential oils. These plants can usually be recognized by the aroma that they produce. The plants used to make essential oils originate from all over the world and are cultivated from many locations in North and South America, Europe, Africa, Asia, and Australia.



PEPPERMINT



WILD ORANGE



GRAPEFRUIT



LIME

## How Are Essential Oils Extracted from Plants?

### Steam Distillation

Water is boiled in the first chamber, and the steam travels into the extraction chamber.



Volatile essential oils are carried to the top of the extraction chamber with the steam.



Oils and water vapors are allowed to cool.





LAVENDER



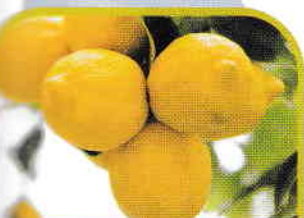
FRANKINCENSE



LEMONGRASS



OREGANO



LEMON



GINGER



EUCALYPTUS



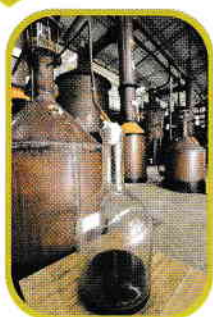
TEA TREE



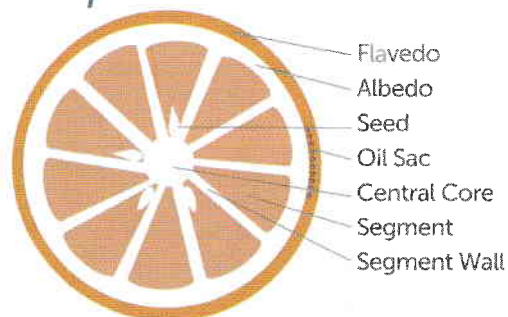
Hydrophobic oils rise to the top of the water, where they can be easily separated.



Plant material is placed inside the extraction chamber.



## Cold Expression



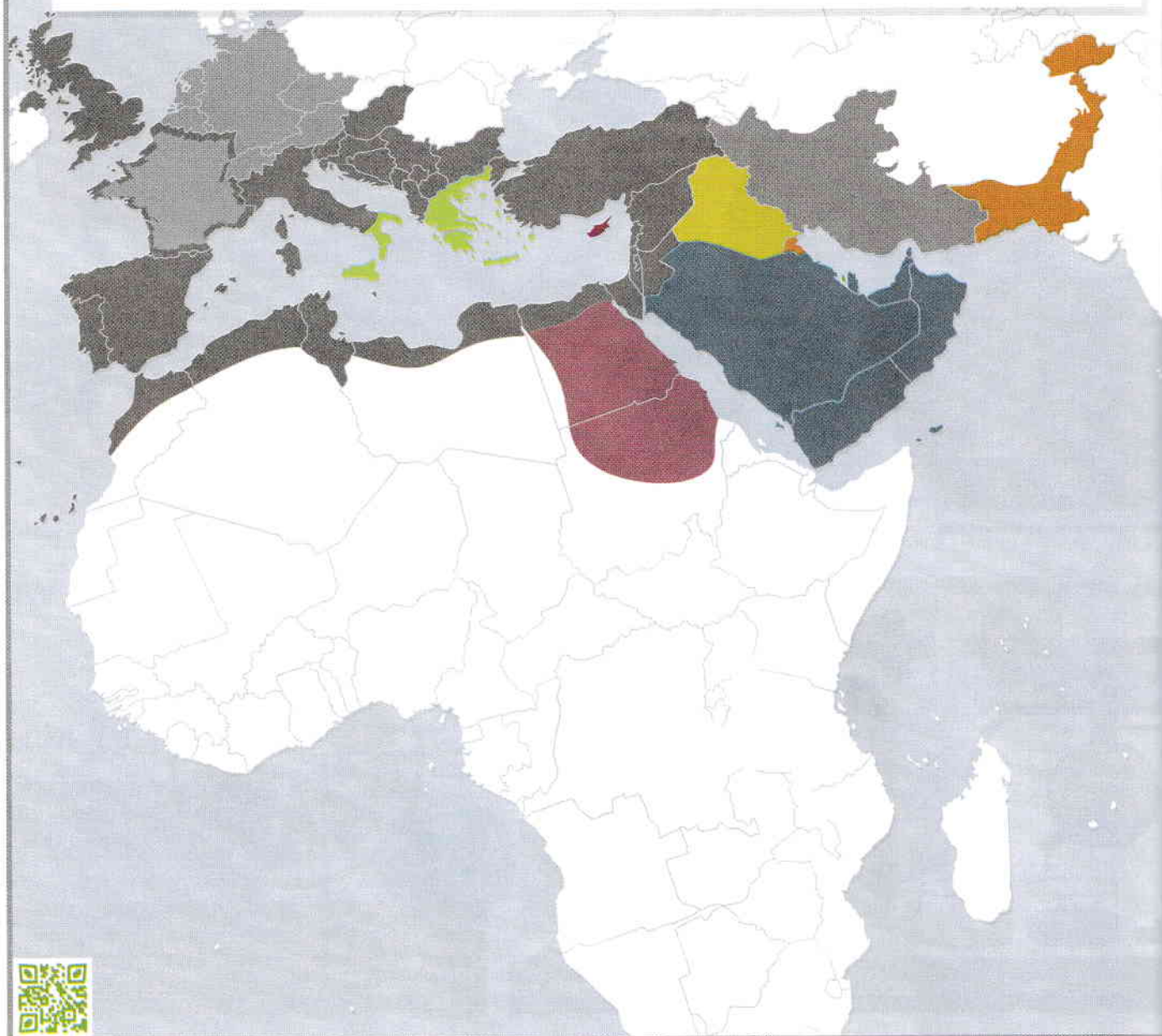
Cold expression, or cold pressing, is the method used commonly to produce oils from citrus fruits. Mechanical pressure is applied to the plant material, most often the peel or rind, and the oil is "pressed" out.



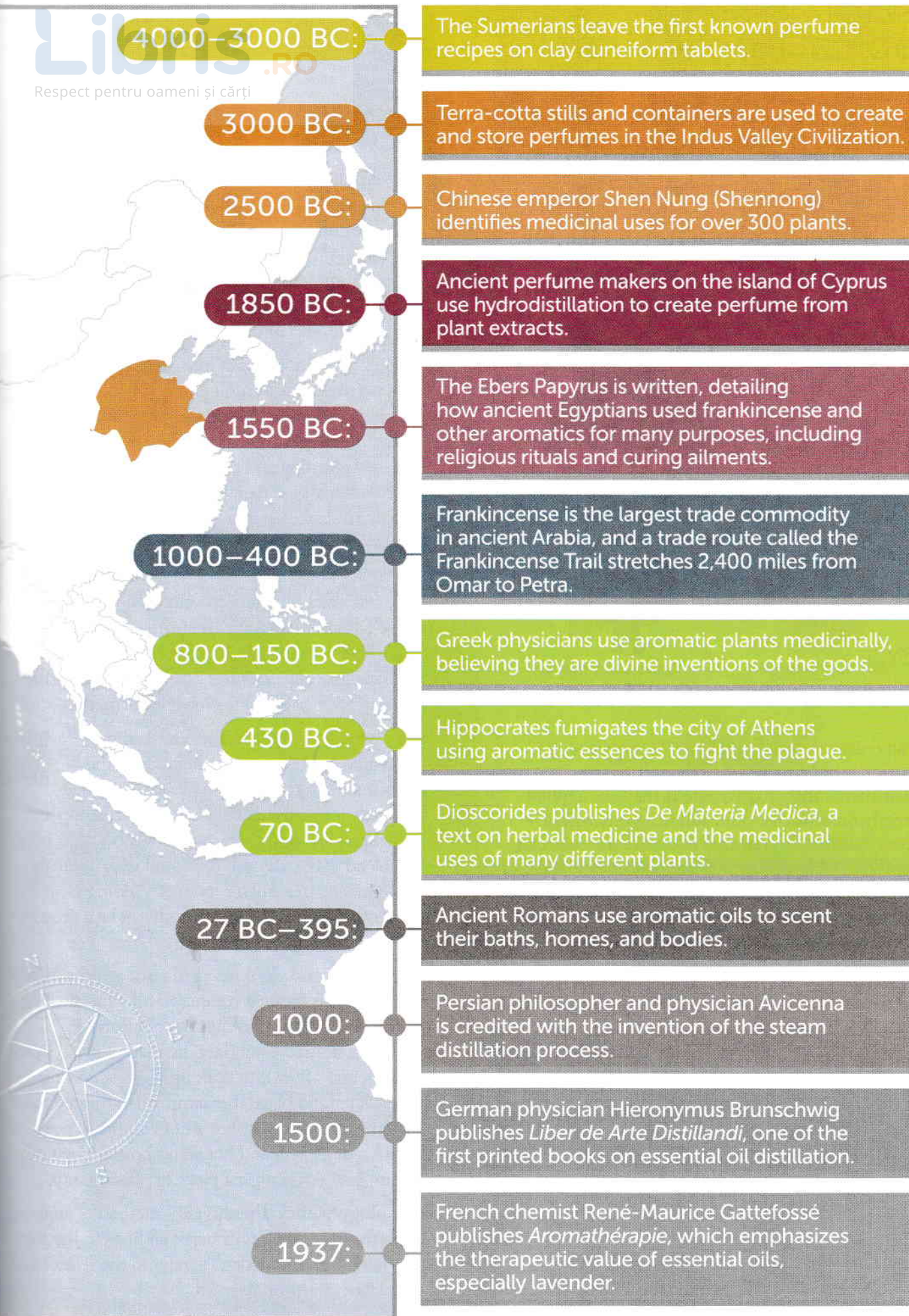


# TIMELINE OF AROMATIC PLANTS & Essential Oils

Aromatic plants have long played an important role in human civilizations. They have been a part of religion, marriage ceremonies, dating and courtship, cosmetics, funerary services, medicine, and many other aspects of human life. Although the use of essential oils has evolved over the years, the basic principles remain the same. From the beginning of time, oils extracted from aromatic plants have been recognized as the most effective medicine known to mankind.



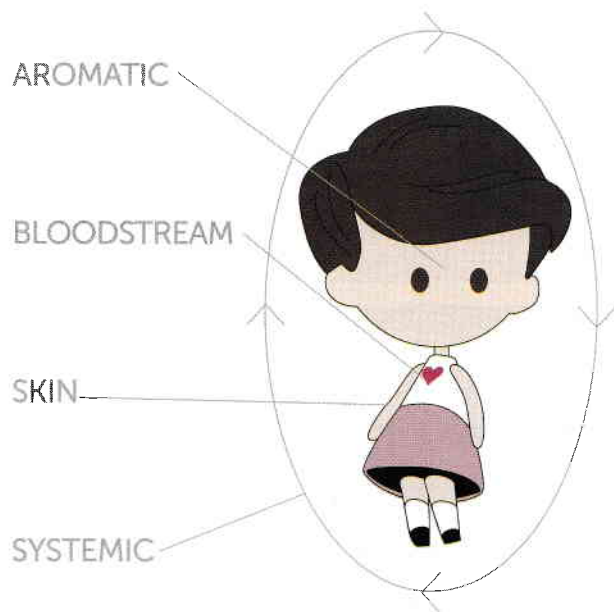








Topical application refers to placing essential oils on some area of the body, including the skin, hair, nails, or teeth. There are many benefits from topical application. Therapeutic effects can occur both at the site of application and throughout the bloodstream to affect different organs inside the body.



Many oils can be applied “neat”—or without dilution—but some contain concentrated constituents that may irritate if they are applied directly on sensitive skin. Diluting oils with a pure vegetable oil, referred to as a carrier oil, can make even the most concentrated oils safe and comfortable for topical application. Diluting an oil can also spread the effects of a drop or two of an essential oil over a much larger area.



## Methods

**Direct Application:** the simplest method of topical application; refers to applying oils directly to the area of concern. Usually, 1–3 drops of essential oil is more than enough for direct application. A few drops of oil can be added to a carrier oil, and oils can also be mixed or applied on top of one another.

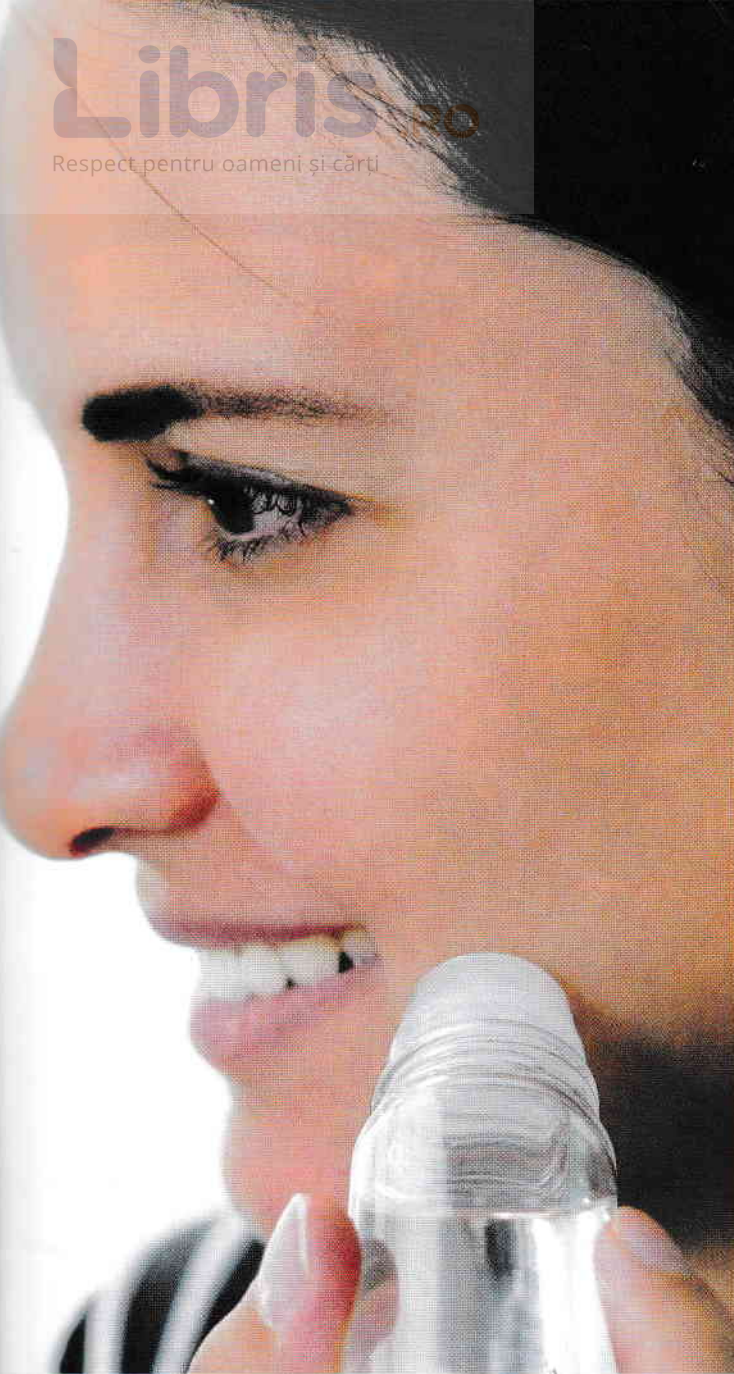
**Massage:** the stimulation of muscle, skin, and connective tissues. Adding massage to essential oils can enhance their invigorating, relaxing, stimulating, or soothing effects and promote healing and balance. Anyone who is not a certified massage therapist should use only light to medium strokes and avoid the spine or other sensitive areas of the body. To create a massage oil, add 10 drops of essential oil or blend to 1 Tbs. (15 ml) of carrier oil.

**Aroma Touch™ Massage Technique:** is a simple, effective way that both beginners and experts alike can apply essential oils with meaningful results. See page 30 for more information.

**Baths:** can help topically apply oils. Adding essential oils to bathwater helps drive the oils into the skin. Though oils can be added directly to the water, they will rise to the top and might irritate sensitive areas of the body. It is better to blend 2 Tbs. (25 ml) carrier oil with 15 drops essential oil in a small container. Adding 1 tsp. (5 ml) of this blend to a warm bath can be a great way to topically apply essential oils.

**Compresses:** can help relieve pain and soothe muscles. To create a compress, fill a basin with 2 quarts (2 L) of hot or cold water and the desired essential oils. Place a towel in the basin, and allow it to soak up the oils. Wring out the water and place the damp, oil-saturated towel on the affected area. For a hot compress, cover with a dry towel and hot water bottle. For a cold compress, cover with a piece of plastic wrap.

**Reflexology/Reflex Therapy:** is a method of applying oils to contact points or nerve endings in the feet or hands. For more details, refer to the reflex hand and foot charts on page 38.



## Bath Blends

### Soothe Your Troubles



4 drops Roman  
chamomile



4 drops lavender



4 drops cedarwood



3 drops lemongrass

### Up and at 'Em



8 drops peppermint



4 drops grapefruit



3 drops rosemary

## Massage Oil

### Relaxing



4 drops lavender



9 drops myrrh



5 drops ylang ylang



4 drops Roman  
chamomile

### Invigorating



2 drops lemon



2 drops grapefruit



2 drops white fir



3 drops peppermint