



ADVANCED
IL MAGIC

Series 4

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Respect pentru oameni și cărți

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Start by looking up quick suggestions for your health challenges & needs.

Then get to know your essential oils a bit more.

Commit to a Protocol or a Lifestyle Protocol to get big, long-term results.



QR Shareable Videos!

Simply flash your smart phone's camera at the QR code on a single oil page to pull up a cool video on that essential oil.

*Oil Magic does not provide technical support for QR codes. Please refer to your smart phone manufacturer for help scanning codes.

Section 1

Advanced
Usage Guide





What is an Essential Oil?

Volatile Aromatic Compounds

Essential oils are volatile compounds naturally occurring in certain plants. They are extracted from seeds, flowers, bark, resins, leaves, rinds, and roots. The word “volatile” means they easily evaporate at normal temperatures.

Distillation

While many essential oils on the market are extracted using practices that render the oil impure and non-therapeutic, a true essential oil is carefully distilled using either steam distillation or cold pressing (citrus oils).

Benefits

Essential oils provide a number of benefits to plants, and many of those benefits are passed onto the human body with appropriate application:

- Anti-bacterial, anti-fungal, anti-viral, and anti-parasitic protection
- Restoration and regeneration from physical damage
- Communication via chemical signals

Misconceptions

Contrary to occasional misconception, essential oils do not contain vitamins or minerals. The health benefits they provide occur from the interactions of their naturally occurring chemical constituents with the human body in various ways.

Another misconception is that essential oils are the “lifeblood of the plant.” Oils contribute significantly to a plant’s well-being, but they do not keep the plant alive.

Original Medicine

While the term “alternative medicine” is a buzz word frequently used to describe remedies like herbs and essential oils, plant medicine is indeed *original* medicine.

Plants have been used for medicinal purposes for thousands of years in every culture. Modern science is quickly recognizing and validating the usefulness of plants as medicine (see the Science and Research section).

The Power of Aroma

Essential oils affect the body quickly and powerfully. When used aromatically, aromatic compounds interact with the olfactory system and limbic system to effectively instigate therapeutic chemical changes in the body. When used internally or topically, they interact directly with cells, organs, and entire body systems for health benefits.

Uses Libris .RO

It's hard to go wrong when using essential oils. This book suggests ways to use your oils for specific conditions, but you can try what feels best for your body.

Over time you'll discover your favorite ways to use your oils.



Aromatic

Diffuse

Put 4-8 drops in a diffuser to spread the oil throughout the room.

From Hands

Inhale a couple drops from cupped hands.

From Bottle

Enjoy the aroma directly from the bottle.

Not sure *what to do?*

Apply oils in ways that make sense for your needs. For example, use oils topically on location for a rash. If it's digestive upset, use them internally (though some people rub oils outside their tummy area!).

Again, you won't do it wrong. Discover and enjoy.



Topical

Neat

Apply certain oils directly to skin without dilution.

Dilute

Dilute with Fractionated Coconut Oil or other carrier oil/lotion as needed.

Roller Bottle

Put 10-20 drops in a roller bottle. Fill the rest with Fractionated Coconut Oil.



Internal

Veggie Capsule

Put oils in an empty veggie cap, and take with water.

Drink with Water

Drink 1-2 drops with water (for oils with a friendly taste).

Sublingually

Place a drop under the tongue for rapid absorption.

**Most brands of oils are not safe for internal use. Be sure yours has undergone strict gas chromatography and mass spectrometry to ensure purity and chemical soundness.*

Safety

Topical & Internal Use

True essential oils are safe to use topically and internally. The smaller the body, the less essential oil should be used. Be conservative and use your oils more frequently.

Age	Topical Dilution Ratio*	Internal Use
Birth - 12 months	1:30	not recommended
1-5 years	1:15	1 drop (1-6 drops in 24 hours)
6-12 years	1:5	1-2 drops (3-12 drops in 24 hours)
Adults	as needed	2-4 drops (12-24 drops in 24 hours)

*essential oil : carrier oil

Medication

Always consult with a physician if you have questions about using an essential oil with a medication. While certain foods may interact with medications, essential oils frequently require less restraint because of the chemical makeup of the oil vs. the food.

Pregnancy

Essential oils are wonderful for pregnancy support. Some women wish to use oils only aromatically during their first trimester.

Oils can be used in smaller doses, and certain oils should be avoided: Birch^{ATI}, Cassia^{TI}, Cinnamon^{TI}, Cypress^I, Eucalyptus^I, Rosemary^{ATI}, Thyme^{ATI}, Wintergreen^{TI}.

Sensitive Skin

Dilute as needed for sensitive skin. Apply to the bottoms of feet to avoid sensitivity.

A Few Precautions

If it Burns pentru oameni și cârți

If an oil causes burning or irritation to the skin, immediately dilute it with a carrier oil. You can also use soap to wash the oil off.

Mixing with Water

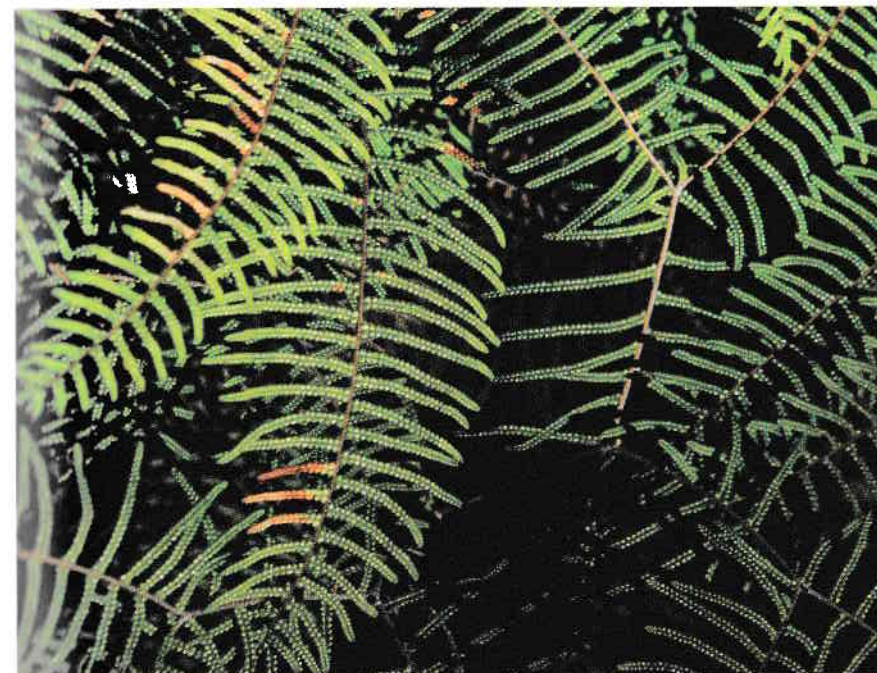
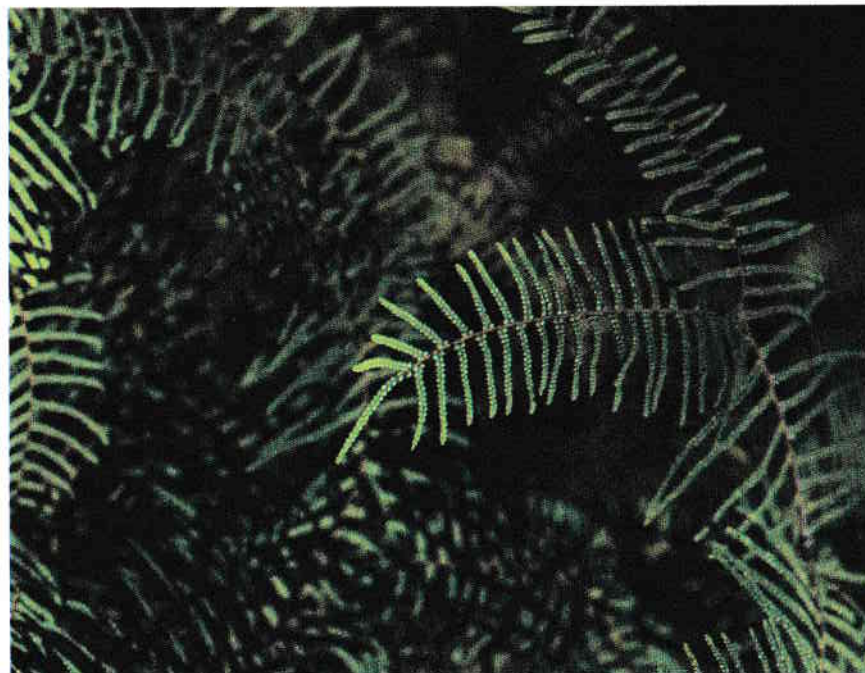
Oil and water don't mix, and water will usually make discomfort from an essential oil worse.

Avoid Sensitive Areas

Do not put essential oils in your eyes, nose, ears, or other sensitive areas.

If You Use Too Much

If too much oil comes out of the bottle, simply wipe up the excess with a napkin (or give it to someone near you!).



Photosensitivity

Certain oils, like citrus oils, can cause photosensitivity. This means that the skin can be more sensitive in sunlight, and that sunlight can even cause unsightly temporary hyper-pigmentation. Heed photosensitivity warnings in this book.

Lifestyle Habits

Keep your oils accessible. Have favorite ones in your bag, in high-traffic areas of the home, in the car, and at work. The easier they are to find, the more benefit you'll get from them.

How Much Should You Use?

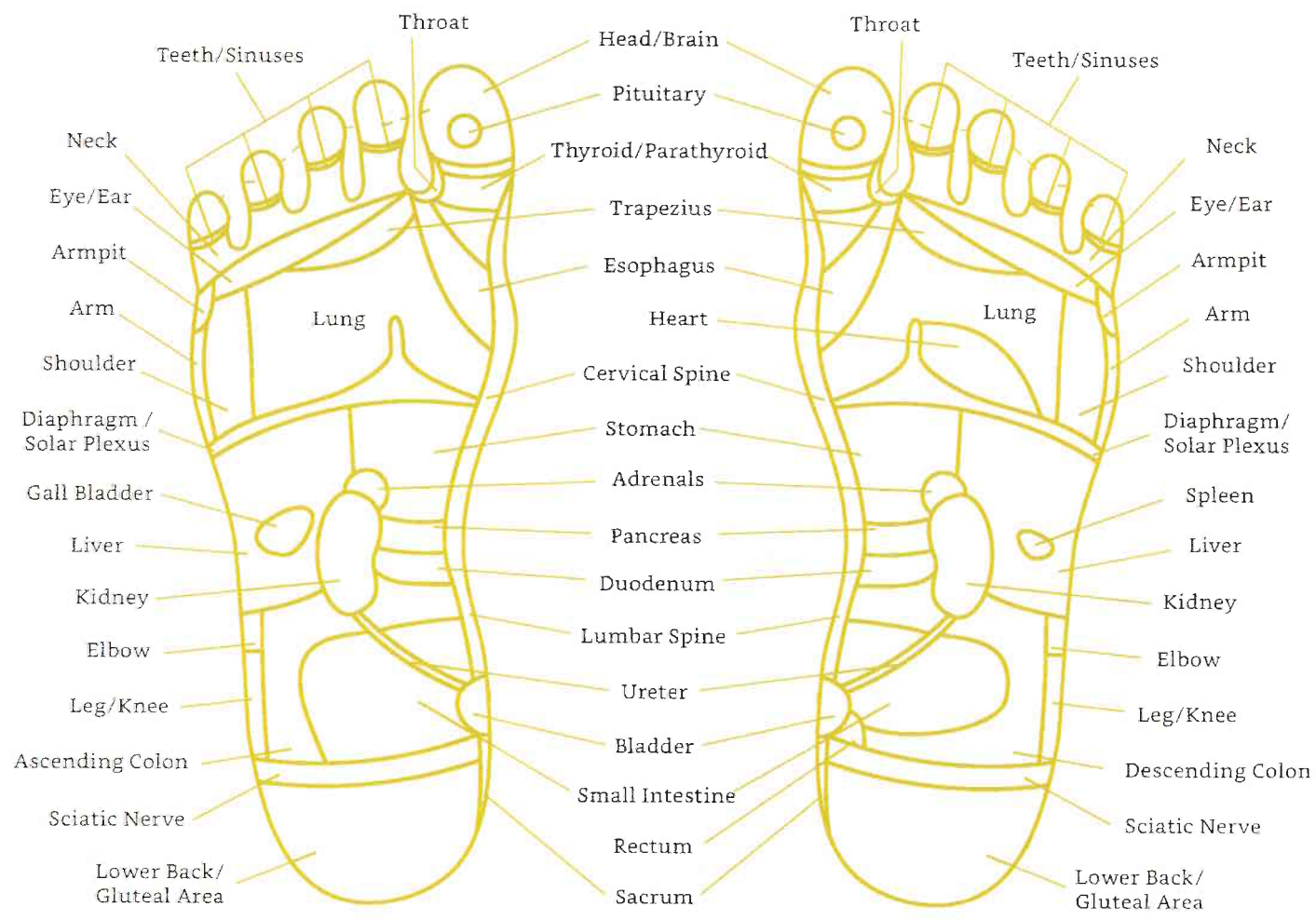
Discover what works best for your body. Take heed of the safety warnings for each oil in this book.

Remember - small amounts more frequently tend to produce the best results.

Reflexology

Respect pentru oameni și cărți

Reflexology refers to contact points on the feet where nerve endings connect to other parts of the body. This is an ideal way to apply essential oils when the area of concern isn't accessible or when sensitivities limit application methods. It is also an ideal way to expose energy pathways such as those studied in Chinese medicine to the effects of essential oils.



Libris & Blending

Find the Right Solution for You

Remember that while essential oils have a most useful purpose, you should also enjoy what you use! Enjoying the use of oils makes it easier to create lifestyle habits with them.

If you love the smell of an essential oil, use away! If you don't love the smell, try an application method that limits exposure to the fragrance (like in a veggie cap or on the bottoms of feet), or look for a different oil that has similar properties.

Use oils you have on hand. Sometimes you'll find an oil in this book that you don't have, but that you do have in a blend. Sometimes you'll need to use an oil that has similar chemical properties to another oil you're missing. That's fine!

Blending

You won't break your oils. If you experiment with blending, but don't succeed, try again. You'll learn the smells that resonate best with you.

If you find yourself in need of an oil you may not love, try combining it with another oil to create a new fragrance.

Here are some blending tips:

- Pay attention to low, mid, and high notes in your oils for a well-rounded fragrance. (e.g. Vetiver is a low note, Lavender is a mid note, and Lemon is a high note.)
- Add FCO to your blends to help the fragrance last longer.
- When layering oils topically (using multiple oils one on top of the other), the oils on top will generally smell the strongest.





Purity & Potency

A properly sourced and produced essential oil is both pure and potent.

Purity means that the essential oil has *no contaminants or fillers*. It was cold-pressed or distilled using steam distillation.

Potency (or chemical accuracy) means that the essential oil has an *ideal chemical profile* for that particular plant in order to produce the intended therapeutic benefits. Plant chemistry develops differently based on where the plant is grown, climate, altitude, soil conditions, and growing practices.

You should verify that you are using oils that are scientifically shown to be both pure and potent. Don't take a company's word for it. A trustworthy company will make available the tests performed on every essential oil.

Know what you are putting in, on, and around your body.

Libris Adulteration & Testing

Respect pentru oameni și cărți

The complexity of essential oils makes adulterating them too easy sometimes. Because some constituents appear in such small amounts, only sophisticated lab equipment with sufficiently comprehensive databases are able to detect skillful adulteration.

Unethical essential oil manufacturers use synthetic agents, fillers, and look-alike oils to produce inferior oils at cheaper costs.

Examples of Adulteration

(Tisserand, 2014)

Grapefruit	Orange terpenes, purified limonene
Jasmine Absolute	Indole, α -amyl cinnamic aldehyde, Ylang Ylang fractions
Lavender	Lavandin, Spike Lavender, Spanish Sage, White Camphor fractions, rectified Ho, acetylated Lavandin
Lemon	Synthetic citral or limonene
Peppermint	Cornmint
Rose	Ethanol, 2-phenylethanol, Geranium fractions, Rhodinol
Sandalwood	Australian Sandalwood, Sandalwood terpenes and fragrance chemicals
Ylang Ylang	Gurjun Balsam, Cananga oil, Benzyl Acetate, <i>p</i> -cresyl methyl ether

Standard Tests to Verify Purity & Potency

- Gas Chromatography
- Mass Spectrometry
- High Performance Liquid Chromatography
- Nuclear Magnetic Resonance Spectroscopy
- Fourier Transform Infrared Spectroscopy
- Chiral GC Testing
- Isotope Carbon 14
- Total Plate or Bacterial Count (TPC)/Microbial



Section 2

A-Z Quick Reference



How to Use the *A-Z Quick Reference*

Using plant-based medicine is simple:

1. *Look up your ailment or condition.*
2. *Try one or a few oils from the suggested list.*
3. *Decide what works best for your body.*

Each ailment includes the primary oils and supplements that are beneficial for that ailment. You don't need to use all five products listed. Try the ones you have on hand, and consider trying some new ones in the near future.

Every solution listed here is only a recommendation. You may learn of other oils that help with your ailment as well!

Remember that trying essential oils is the same process as trying any remedy; you may go through a few oils, or combinations of oils, before you find what your body responds best to.

Many of the ailments listed reference a protocol found later in the book. While this section is intended to provide quick answers, the protocols give detailed instructions for serious results.

Abuse Recovery

Apply 1-3 drops to top of head, forehead, and back of neck 3x daily.



Hopeful Blend^{A T}
 Women's Monthly Blend^{A T}
 Rose^{A T}
 Bergamot^{A T}
 Lavender^{A T}

Protocol on pg. 231

Acne/Blemishes

Apply a drop topically to affected areas 1-2x daily. Add 2-3 drops to facial lotion and apply after cleansing routine.



Tea Tree^T
 Skin Clearing Blend^T
 Juniper Berry^T
 Neroli^T
 Lavender^T

Protocol on pg. 178

ADD/ADHD

Apply a few drops on forehead and back of neck; inhale a few drops from cupped hands.



Focus Blend^{A T}
 Vetiver^{A T I}
 Reassuring Blend^{A T}
 Frankincense^{A T I}
 Grounding Blend^{A T}

Protocol on pg. 179

Addiction: Drugs

Apply a couple drops to chest, temples, and bottoms of feet daily; inhale from cupped hands as needed; use a drop under tongue.



Copaiba^{A T I}
 Detoxification Blend^{A T I}
 Cleansing Blend^{A T}
 Black Pepper^{A T I}
 Frankincense^{A T I}

Protocol on pg. 208

Abscess

Apply 2-4 drops 3x daily over affected area.



Lavender^T
 Tea Tree^T
 Roman Chamomile^T
 Arborvitae^T
 Neroli^T

Aches

Massage 2-4 drops into affected muscles and joints as needed.



Marjoam^T
 Lemongrass^T
 Soothing Blend^T
 Massage Blend^T
 Helichrysum^T

Protocol on pg. 195

Actinic Keratosis

Apply 3-5 drops to affected area 4x daily.



Frankincense^T
 Lavender^T
 Tea Tree^T
 Neroli^T
 Myrrh^T

Addiction: Alcohol

Apply a couple drops to back of neck, temples, ears, and below chest as often as needed.



Bergamot^{A T I}
 Hopeful Blend^{A T}
 Encouraging Blend^{A T}
 Black Pepper^{A T I}
 Lemon^{A T I}

Protocol on pg. 208

Addiction: Food

Apply 3-5 drops as needed to abdomen and inside of legs from knees to ankles.



Bergamot^{A T I}
 Lemon^{A T I}
 Cinnamon^{A T I}
 Ginger^{A T I}
 Coriander^{A T I}

Protocol on pg. 208

Absentmindedness

Massage 1-3 drops into forehead, temples, back of neck, and chest as needed; inhale from cupped hands.



Rosemary^{A T}
 Peppermint^{A T}
 Bergamot^{A T}
 Lavender^{A T}
 Frankincense^{A T}

Protocol on pg. 216

Acid Reflux

Take 2-4 drops internally or rub over stomach as needed.



Peppermint^{T I}
 Digestive Blend^{T I}
 Ginger^{T I}
 Cardamom^{T I}
 DigestTab^{S I}

Protocol on pg. 178



Addiction: Caffeine

Apply a couple drops to back of neck, temples, ears, and below chest as often as needed.



Peppermint^{A T I}
 Wild Orange^{A T I}
 Jasmine^{A T}
 Encouraging Blend^{A T}
 Lavender^{A T I}

Protocol on pg. 208

Addiction: Internet/ Video Games

Apply 3-5 drops to bottom of feet and outside of legs from knees to ankles.



Lavender^{A T}
 Wild Orange^{A T}
 Bergamot^{A T}
 Cedarwood^{A T}
 Vetiver^{A T}

Protocol on pg. 208

Addiction: Pain Medication

Apply a couple drops to back of neck, temples, and outside of ears as often as needed.



Lavender^{A TI}
 Ylang Ylang^{A TI}
 Cinnamon^{A TI}
 Hopeful Blend^{A T}
 Eucalyptus^{A T}

Protocol on pg. 208

Addiction: Sugar

Apply 3-5 drops as needed to abdomen and inside of legs from knees to ankles. Also add a few drops to water throughout the day.



Metabolic Blend^{A TI}
 Ginger^{A TI}
 Coriander^{A TI}
 Encouraging Blend^{A T}
 Joyful Blend^{A T}

Protocol on pg. 208

Addison's Disease

Apply 3-5 drops 3x daily to lower back and front of legs near the shins and knees.



Women's Perfume Blend^{A T}
 Ylang Ylang^{A T}
 Lavender^{A T}
 Cinnamon^{A T}
 Bergamot^{A T}

Age Spots

Apply 3-5 drops diluted to face at bed time.



Frankincense^T
 Sandalwood^T
 Helichrysum^T
 Anti-Aging Blend^T
 Neroli^T

Protocol on pg. 209

AIDS

Apply 3-5 drops to lower back, back of neck, and bottoms of feet. Also combine a few drops in a veggie cap 2-3x daily.



Oregano^{A TI}
 Sandalwood^{A TI}
 Myrrh^{A TI}
 Frankincense^{A TI}
 Tea Tree^{A TI}

Protocol on pg. 179

Addiction: Sex/Pornography

Apply 3-5 drops to back of neck, forehead, and crown of head as often as needed.



Bergamot^{A T}
 Lavender^{A T}
 Cedarwood^{A T}
 Vetiver^{A T}
 Siberian Fir^{A T}

Protocol on pg. 208



Adenitis

Apply 3-5 drops to the lower right quadrant of the abdomen and take internally.



Protective Blend^{A TI}
 Oregano^{A TI}
 Tea Tree^{A TI}
 Frankincense^{A TI}
 Lavender^{A TI}

Aging

Apply 1-3 drops to target areas. Combine 2-8 drops with facial lotion or carrier oil and apply after cleansing.



Anti-Aging Blend^T
 Frankincense^T
 Cedarwood^T
 Sandalwood^T
 Vitality Trio^I

Protocol on pg. 209

Air Pollution

Diffuse several drops or apply 3-5 drops over the lungs and nose as often as needed.



Neroli^{A T}
 Litsea^{A T}
 Patchouli^{A T}
 Basil^{A T}
 Lavender^{A T}

Addiction: Smoking

Ingest 2-4 drops daily; inhale from cupped hands as needed when experiencing cravings.



Black Pepper^{A TI}
 Grapefruit^{A TI}
 Basil^{A TI}
 Bergamot^{A TI}
 Detoxification Blend^{A TI}

Protocol on pg. 208

Addiction: Work

Apply 3-5 drops to bottoms of feet and outside of legs from knees to ankles.



Lavender^{A T}
 Wild Orange^{A T}
 Bergamot^{A T}
 Cedarwood^{A T}
 Vetiver^{A T}

Protocol on pg. 235

Adrenal Fatigue

Massage 1-3 drops onto lower back over adrenals, or inhale from cupped hands. Ingest 1-3 drops as needed.



Basil^{A TI}
 Juniper Berry^{A TI}
 Rosemary^{A TI}
 Black Spruce^{A T}
 Peppermint^{A TI}

Protocol on pg. 179

Agitation

Apply 3-5 drops 3x daily over forehead, back of neck, and top of the head. Also use a drop under the tongue.



Bergamot^{A TI}
 Lavender^{A TI}
 Restful Blend^{A T}
 Roman Chamomile^{A TI}
 Reassuring Blend^{A T}

Protocol on pg. 200

Airborne Bacteria

Apply 3-5 drops 3x daily over chest and around the nose. Also diffuse several drops throughout the day.



Protective Blend^{A T}
 Respiratory Blend^{A T}
 Pink Pepper^{A T}
 Eucalyptus^{A T}
 Tea Tree^{A T}

Alertness

Apply 1-2 drops to forehead, temples, or base of skull as needed; inhale a few drops from cupped hands.

-  Peppermint ^{A TI}
-  Frankincense ^{A TI}
-  Basil ^{A TI}
-  Rosemary ^{A TI}
-  Focus Blend ^{A T}

Alzheimer's/ Dementia

Massage 1-2 drops into scalp daily; ingest 2-4 drops 1-2x daily; supplement daily.

-  Frankincense ^{A TI}
-  Rosemary ^{A TI}
-  Cellular Complex Blend ^{A TI}
-  Rose ^{A T}
-  Vitality Trio ^I

Protocol on pg. 180

Anemia

Apply 1-3 drops to bottoms of feet and inside of wrists; take a few drops internally; inhale from cupped hands periodically.

-  Protective Blend ^{A TI}
-  Basil ^{A TI}
-  Lemon ^{A TI}
-  Lavender ^{A TI}
-  Vitality Trio ^I

Anger

Apply 1-3 drops to temples and chest; inhale a few drops from cupped hands as needed.

-  Grounding Blend ^{A T}
-  Renewing Blend ^{A T}
-  Reassuring Blend ^{A T}
-  Melissa ^{A T}
-  Magnolia ^{A T}

Protocol on pg. 219

Animals: Bleeding

Apply 1-2 drops to affected area every 15-30 minutes until bleeding stops. Dilute for sensitive/small animals.

-  Helichrysum ^T
-  Geranium ^T
-  Rose ^T
-  Lavender ^T
-  Tea Tree ^T

Alkalosis

Apply 3 drops of the oils on hand (preferably all 5 listed) over the chest and ribs.

-  Lavender ^T
-  Vetiver ^T
-  Roman Chamomile ^T
-  Rose ^T
-  Rosemary ^T

Amnesia

Diffuse several drops daily and apply 3-5 drops 3x daily to forehead and top of head.

-  Rosemary ^{A T}
-  Peppermint ^{A T}
-  Bergamot ^{A T}
-  Wild Orange ^{A T}
-  Frankincense ^{A T}



Angina

Apply 3-5 drops over the chest as needed.

-  Rose ^T
-  Lavender ^T
-  Bergamot ^T
-  Vetiver ^T
-  Siberian Fir ^T

Animals: Bone Pain

Apply 2-5 drops over the affected area. Dilute for sensitive/small animals.

-  Wintergreen ^T
-  Eucalyptus ^T
-  Peppermint ^T
-  Rosemary ^T
-  Sandalwood ^T

Allergies (Seasonal, Pet Dander)

Apply to back of neck, on bridge of nose, or chest as needed; use a drop under the tongue; diffuse several drops.

-  Lavender ^{A TI}
-  Respiratory Blend ^{A T}
-  Cleansing Blend ^{A T}
-  Peppermint ^{A TI}
-  Detoxification Blend ^{A TI}

Protocol on pg. 180

Analgesic

Apply 3-5 drops as needed over the affected area. Also use a drop under the tongue.

-  Frankincense ^{A TI}
-  Lavender ^{A TI}
-  Marjoram ^{A TI}
-  Peppermint ^{A TI}
-  Rosemary ^{A TI}

Aneurysm

Diffuse several drops and apply 3-5 drops 3x daily to forehead and top of head.

-  Frankincense ^{A T}
-  Rosemary ^{A T}
-  Helichrysum ^{A T}
-  Vetiver ^{A T}
-  Myrrh ^{A T}

Anguish

Apply 3-5 drops 3x daily over forehead, back of neck, and top of the head.

-  Hopeful Blend ^{A T}
-  Reassuring Blend ^{A T}
-  Comforting Blend ^{A T}
-  Vetiver ^{A T}
-  Siberian Fir ^{A T}

Protocol on pg. 233

Animals: Cancer (skin)

Apply 2-5 drops to affected area 4-5x daily. Dilute for sensitive/small animals.

-  Frankincense ^T
-  Lavender ^T
-  Sandalwood ^T
-  Hopeful Blend ^T
-  Geranium ^T