

# ESSENTIAL OIL User's Guide



YOUNG  LIVING  
ESSENTIAL OILS

# What Is An Essential Oil?

Plants contain complex and powerful substances known as essential oils. These are aromatic liquids derived from shrubs, flowers, trees, roots, bushes, and seeds. These distinctive components defend plants from insects, harsh environmental conditions, and disease. They are also vital for a plant to grow, live, evolve, and adapt to its surroundings. Referred to as the essence of the plant, pure essential oils not only protect the plant, but also determine its aroma.

Essential oils have been used throughout time dating back to 4500 BC. From perfumes and aromatherapy to cooking and medicinal purposes, essential oils have been used in everyday life for centuries. In modern days, research shows that pure essential oils can provide similar benefits to humans and animals that they give to plants.

## IMPORTANCE OF QUALITY

Many oils, touted as essential oils, are derived with harsh chemicals, diluted, or copied and produced in a lab. Cheap copies bring cheap results and have the potential to be toxic. Therefore, it is imperative to take great care in choosing high-quality essential oils.



# The Young Living Standard

Young Living offers pure, unadulterated essential oils, essential oil blends, and oil-enhanced products. At Young Living, in-house and independent laboratory testing shows that our essential oils meet high industry standards that qualify them as “therapeutic grade.” This means that health professionals choose them for promoting health and wellness.

Young Living is dedicated to producing essential oils from the highest-quality plants. Healthy plants and proper distillation produce superior essential oils with powerful benefits. Every oil is put through a series of rigorous tests before it is deemed qualified to bear the Young Living label. Our essential oils are then bottled in dark, thick, glass containers to protect the integrity of the oils. Under the lid is a fixed orifice that helps to measure dosages and to ensure safety, particularly for young children.

## LEADING THE WAY IN ESSENTIAL OILS

After personally witnessing the amazing difference between common aromatic oils and therapeutic-grade essential oils, D. Gary Young, Founder and President of Young Living Essential Oils, began a personal campaign to protect the legitimacy of the ancient healing art of essential oil therapy.

Gary’s vast experience, years of study, and guidance from world experts became a driving force to restore the proper use of essential oils. The results? Four herb farms, a unique distillation process in the nation’s largest therapeutic-grade essential oil distilleries, and a booming, worldwide company—Young Living Essential Oils.

# How To Use Essential Oils



There are three basic ways to use essential oils: inhalation, topical application, and internal consumption. Read the Safety Guidelines and Tips prior to the use of any essential oil.

## INHALATION

The inhalation of essential oils heightens the senses and can trigger numerous desired responses in the body. Below are several techniques used to inhale essential oils:

- + Direct inhalation—simply smell them.
- + Diffuse the oils using a Young Living diffuser which disperses the oil in a micro-fine vapor into the air. The Young Living diffuser will not heat the oils, thus ensuring full benefits, as extreme heat can damage important constituents in the oil.
- + Fill a humidifier with water. Put a tissue or small cloth, sprinkled with a few drops of oil, in front of the escaping steam. (Do not put oil in your humidifier. It will float on top of the water instead of rising with the water vapor and may cause damage to your humidifier.)
- + Carefully pour hot water into a bowl and add a few drops of oil. Cover your head and bowl in a tent-like fashion with a towel. Breathe deeply and slowly.



## TOPICAL APPLICATION

Apply essential oils directly onto the skin where indicated.

Dilute with V-6™ Enhanced Vegetable Oil Complex or a pure vegetable oil ( e.g., olive or almond ) before applying if dilution is indicated in the Application Chart. Dilution may protect against possible skin sensitivities. Key points of application on the body are :

Crown of head	Forehead
Temples	Behind ears
Neck	Upper back
Abdomen	Over vital organs
Soles and top of feet	Ankles

### TO APPLY TOPICALLY ON ANY OF THESE AREAS, FOLLOW THESE SIMPLE STEPS:

1. Carefully tip the oil bottle and drop 2–3 drops in the palm of the hand or directly on the desired application area.
2. If dropping oil in your hand, rub palms together in a circular motion and then massage oil onto the desired point of application. If applying directly to the desired area, use your hand to massage the oil in a circular motion into the skin. Repeat if desired.

Attention: Essential oils are very potent, and some may be irritating to the skin. If irritation occurs, immediately apply V-6 Enhanced Vegetable Oil Complex or pure vegetable oil to the area to dilute. Please read label directions for each individual oil before using.

You can also create your own massage oil blends by mixing your favorite essential oils with V-6 Enhanced Vegetable Oil Complex or by using Young Living’s pre-mixed massage oil blends (e.g., Relaxation™, Ortho Ease™) to relax, uplift, soothe, and relieve.



## **INTERNAL CONSUMPTION**

Research indicates that some oils are more effective when taken orally. Only pure essential oils, proven safe and labeled as dietary supplements, should be used internally. Dilution and dosage is dependent on the age, size, and the health constitution of the individual. Follow the recommended dosage on individual product labels to ensure safety or seek the advice of a health professional before administering oils internally.

### **SUGGESTED INTERNAL CONSUMPTION METHODS:**

- + Put several drops of oil into an empty capsule and swallow with water.
- + Add 1-2 drops to a glass of water or rice milk.
- + Put 1-2 drops onto a piece of bread or add to your meals when cooking.
- + Add 1-2 drops onto a teaspoon of Blue Agave and swallow.
- + Drop directly onto the tongue and swallow. Exercise extreme caution when using this method. Many oils are very strong and should be tested by pouring a single drop onto a spoon and tasting a small portion to determine the amount of oil to be used.

# Application Chart

Each single essential oil and essential oil blend sold by Young Living is categorized below into three areas: topical application, dietary supplement (internal consumption), and aromatic (inhalation). Categorization of each oil is based upon well-documented, scientific information, as well as literature from respected experts in essential oils. This information is intended to guide you in essential oil use; however, qualified health professionals may offer additional guidance and should be contacted for disease or serious health conditions. Also, see individual bottle labels for specific directions.

- g** Dilution is not required. Suitable for topical use on all but the most sensitive skin. Generally safe for younger children. Diffuse up to 1 hour three times daily.
- y** Dilution recommended. Use as directed. Diffuse up to 30 minutes three times daily.
- o** Avoid using on areas of the skin that are frequently exposed to prolonged sunlight or UV rays. Avoid direct sunlight or UV rays for up to 12 hours after applying to skin.
- r** Always dilute before use. Use as directed. Take internally only as directed and only if the oil is listed as a dietary supplement. Diffuse no more than 10 minutes three times daily in a well-ventilated room.
- b** Oil is not recommended to be used in the manner indicated.

# Single Oils

	TOPICAL APPLICATION	DIETARY SUPPLEMENT	AROMATIC
	g y o r b	g y o r b	g y o r b
Balsam Fir (Idaho)	●	●	●
Basil	○	●	○
Bergamot	○ ●	○	●
Cassia	●	●	●
Cedarwood	●	○	●
Cinnamon Bark	●	●	●
Cistus	●	●	●
Clary Sage	○	○	○
Clove	●	○	○
Coriander	○	○	○
Cypress	●	●	●
Dill	○ ●	○	○
Douglas Fir	●	●	●
Elemi	●	●	●
Eucalyptus dives	○	●	○
Eucalyptus globulus	○	○	○
Eucalyptus polybractea	○	●	○
Eucalyptus radiata	○	●	○
Fennel	●	○	○
Frankincense	●	●	●
Galbanum	●	●	●
Geranium	●	○	●
Ginger	○	○	○
Goldenrod	○	○	○
Grapefruit	○ ●	●	●
Helichrysum	●	○	●
Hyssop	○	●	●
Idaho Tansy	●	●	●
Jasmine	●	●	●
Juniper	○	○	○
Laurus nobilis	○	○	○
Lavender	●	●	●
Ledum	○	●	○
Lemon	○ ●	●	●
Lemongrass	●	○	○

# Single Oils

	TOPICAL APPLICATION	DIETARY SUPPLEMENT	AROMATIC
	g s y o r b	g y o r b	g s y o r b
Marjoram	o	o	o
Melaleuca alternifolia	•	• b	o
Melaleuca ericifolia	•	• b	o
Melissa	•	•	•
Mountain Savory	• r	o	• r
Myrrh	•	•	•
Myrtle	o	o	o
Nutmeg	o	o	o
Onycha	•	• b	o
Orange	o o	•	•
Oregano	• r	o	• r
Patchouli	•	•	• b
Pepper	o	o	o
Peppermint	• r	•	• r
Petitgrain	•	•	o
Pine	o	o	o
Ravensara	o	• b	o
Roman Chamomile	•	•	•
Rose	•	•	•
Rosemary	• r	• r	• r
Rosewood	•	•	•
Sage	• r	• r	o
Sandalwood	•	•	•
Spearmint	o	o	o
Spikenard	•	• b	•
Spruce	o	o	o
Tangerine	o o	•	•
Tarragon	o	• r	o
Thyme	• r	o	• r
Tsuga	o	o	o
Valerian	•	•	o
Vetiver	•	•	o
Western Red Cedar	• b	• b	•
White Fir	•	•	•
Wintergreen	• r	• b	• r
Ylang Ylang	•	•	•



# Safety Guidelines + Tips

Young Living essential oils are pure, which makes them powerful and effective. For the responsible use of essential oils, read the complete label on each bottle and the following guidelines :

The drop reducer orifice located in the oil bottle opening helps you adhere to correct dosages as prescribed by health professionals, reputable literature, or as listed on the label.

The orifice also helps prevent small children from accidentally swallowing large amounts of essential oil. However, if you suspect that a child has consumed a large quantity of oil, administer milk and seek the advice of a health professional.

For younger children, seek the advice of a health professional before the topical application of any red drop oils (see application chart).

When applying a new oil, test one drop on a small patch of skin first (e.g., on the underside of the forearm). Skin sensitivity is highly individual. If the skin feels hot or turns red, apply a vegetable oil (e.g., olive or almond) to the area, which will dilute the essential oil. Washing with water is less effective.

Use only one new oil or oil blend at a time to determine how your body responds. Wait 30 minutes before applying another new oil.

Certain oils may sting the eyes and other sensitive areas of the body. Essential oil residue on the fingers may damage contact lenses in addition to causing eye discomfort. If accidental stinging does occur, put 1–2 drops of pure vegetable oil into the eye.

Avoid putting essential oils directly into the ears.

Pure citrus oils may compound the effects of sun exposure. Limit prolonged exposure to direct sunlight for up to 12 hours (up to 24 hours for angelica and lime; up to 48 hours for bergamot) after applying these undiluted essential oils to the skin (see application chart).

Cosmetics, personal care products, or cleansers with synthetic ingredients penetrate the dermal layers of the skin. Avoid applying essential oils to these areas, as it may take these chemicals deeper into skin, fatty tissue, or the bloodstream.

Avoid using essential oils on skin that has been damaged or affected by chemical burns.



When adding essential oils to a bath, mix them with the Young Living Bath & Shower Gel Base or Epsom salt. Mix 5–10 drops of essential oil to 1/4 cup of bath gel and add to running water.

Limit the diffusion of unfamiliar essential oils to 10 minutes each day, increasing the time diffused after their effects are determined. The time of diffusion is dependent on room size and potency of the oils. For example, limit strong oils in a small room to less time than mild oils in a large room (see application chart).

See individual bottle label directions or check with a health professional before using essential oils if you have a serious medical condition or if you are pregnant, nursing, or planning to become pregnant. **DO NOT** use wild tansy, clary sage, sage, fennel, wintergreen, or hyssop during pregnancy.

Consult your healthcare professional about any serious disease or injury.

**DO NOT** attempt to self-diagnose or prescribe any natural substances for health conditions that require professional attention.

## PRODUCTS CONTAINING ESSENTIAL OILS

Because of the vast amount of benefits that essential oils can provide, Young Living produces an array of products that are enhanced with pure, therapeutic-grade essential oils. From dietary supplements to personal care products, essential oils create a synergistic effect with other ingredients, which increases the effectiveness of the product. Take a look at the amazing essential oil-enhanced products that Young Living offers by visiting us at [www.youngliving.com](http://www.youngliving.com).





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