



A JOURNEY TO NATURAL WELLNESS!

Essential Oils have exploded in popularity over the last decade. What started out as something used by that ONE friend who was into natural remedies has turned into the expectation of spotting those cute, tiny bottles lined up on MANY friends' shelves or counters.

It seems as if everybody has jumped on the Essential Oil bandwagon these days, from your sister who whips them out of her purse for every issue to your friend running an Essential Oil business to department store displays and even pharmacies. Everyone's telling you that you should use Essential Oils.

But WHY do you need them in your life? By the end of this class, you will know the WHYS:

- WHY Essential Oils work
- WHY you should replace products you've used for years with natural ones
- WHY blends are so powerful
- WHY both quality and sustainability matters

WHY USE ESSENTIAL OILS?



WHY USE TOPICALLY?

Essential Oils are made of components so small that they can permeate the skin within 20-30 seconds. Once in your body, these components will move around via your circulatory system, and within half an hour, they will reach every cell of your body! Talk about an effective delivery system!

Even though the magic of Essential Oils doesn't stop at the skin membrane, the skin benefits from these oils before they even penetrate the surface. TOPICAL USE of Essential Oils and/or oil products can:

- Cleanse and purify the skin
- Soothe and calm the skin
- Promote healthy looking skin
- Promote skin clarity
- Reduce the appearance of spots and discoloration
- Promote a clear complexion and reduce the appearance of blemishes
- Reduce the appearance of fine lines and wrinkles
- Provide a cooling sensation for the skin
- Rejuvenate the skin
- Help keep skin hydrated and moisturized
- Keep skin clean while recovering from distress
- Keep the scalp looking clean and healthy

WHY USE INTERNALLY?

For many issues, aromatic or topical application can do the trick just great. However, INTERNAL USE of Essential Oils has its own benefits for various systems and issues. This method is especially effective for:

- Cleansing the body and its systems*.
- Promoting healthy cell function*.
- Supporting gastrointestinal health*.
- Maintaining healthy immune function*.
- Maintaining healthy metabolism*.
- Alleviating occasional feelings of stomach discomfort, gas, and bloating*.
- Promoting healthy cardiovascular system function*.
- Helping calm the nervous system.
- ONLY use high quality, third-party tested Essential Oils. If your bottle says "for aromatic use only" that's a clue that you shouldn't use that oil internally. Many oils out there are NOT food-grade oils. They are lower-quality oils meant to be used as air fresheners. You want to make sure any oil you ingest is free of contaminants, pesticides, and fillers.

WHY USE AROMATICALLY?

Because the sense of smell is hardwired DIRECTLY to the brain, this sense is incredibly powerful.

One of the most effective benefits of AROMATIC USE of Essential Oils has to do with their ability to enhance mood. Emotionally, various Essential Oils can:

- Uplift mood
- Calm the body and mind
- Evoke feelings of tranquility and balance
- Promote a sense of alertness and focus
- Reduce feelings of tension
- Soothe and calm restless feelings
- Help reduce stress
- Promote relaxation and a restful sleeping environment
- Promote feelings of confidence and self-worth

If it's emotions you're aiming to support, AROMATIC USE is your best bet!

WHY REDUCE YOUR TOXIC LOAD?

It's no secret that in our modern world, we are surrounded by chemicals, synthetics, and toxins. Maybe being exposed to one or two won't do noticeable damage, but when you add up all of your daily exposure, you end up with a toxic load that's quite heavy to bear. Let's take a look at just some of the many things that can contribute to your toxic load:

- Exposure to air and water pollution.
- Fragrances in soaps that contain chemicals known to cause allergies, irritants, migraines, and organ damage.
- Parabens (found in beauty products) that disrupt hormone function and have been linked in some studies to cell division and breast cancer.
- Triclosan (found in dishwashing detergents) that can cause irritation to the skin, eyes, and lungs.
- Shampoos and conditioners that contain parabens, triclosan, synthetic fragrance and dyes, and PEG (which comes from petroleum!).
- Pesticide residue left on your produce.
- Lotions, room sprays, and air fresheners that smell great but contain harmful synthetic chemicals.
- Cleaning products that get rid of germs but leave behind phthalates that may cause reproductive and organ damage.

Fortunately, there are natural alternatives to almost all of these toxic products.

WHY SUSTAINABILITY MATTERS

Sourcing Essential Oils in a SUSTAINABLE way is an important part of the process.

Essential Oils are steam distilled from plant parts or cold pressed from fruit rinds, but not all parts of the plant are used. It takes A LOT of plant material to yield a small amount of Essential Oil.

- A 15 ml bottle of Lemon EO requires 50 lemons.
- A 15 ml bottle of Lavender EO requires three pounds of plant material.
- A 5 ml bottle of Rose EO requires more than 242,000 rose petals!

The issue of SUSTAINABILITY is becoming more and more important as Essential Oil use becomes more popular. As these resources are more heavily drawn upon, it's becoming vital to know that the company you purchase oils from takes measures to make sure they are harvesting plants in SUSTAINABLE ways.

NOTES:

*All statements in this class have not been approved by the Food and Drug Administration. Our products are not intended to diagnose, treat, cure or prevent disease. Pregnant or lactating women and persons with known medical conditions should consult a physician prior to the use of any Essential Oil product.

WHY QUALITY MATTERS

Essential Oils are everywhere! What used to be a specialty item can now be found in department stores, health food stores, and even pharmacies.

Since oils are so easy to purchase these days, WHY use our brand instead of one of the many others out there? WHY look for certain assurances of quality?

The truth is that not all Essential Oils are created equally. Many factors go into the quality of the oil. Here are some of the major things to look for when choosing an Essential Oil brand:

- **PURITY** - An oil on the health food store shelf says "Pure Essential Oil." WHY can you not necessarily trust this claim? The truth is that no governing body sets standards for Essential Oils. That means that despite what the label says, you have no idea what is in that bottle of oil you take off the shelf at the store. It may be supplemented with less-expensive carrier oil OR it could even be full of toxins and fillers.

You want to make sure that the oils you purchase come from a company that promises they are organic and pure and do not contain fillers, pesticides, or contaminants.

- **SOURCING** - The climate, soil conditions, and altitude at which a plant is grown makes a HUGE difference in the quality and power of the Essential Oils sourced from it. Plants that are grown and harvested in their indigenous regions naturally yield higher quality oils than those that are not. Lavender Oil sourced from Lavender plants in the mountains of France or Bulgaria is going to be vastly different from that sourced from plants replanted off the highway in the US. It's important to know where your oils come from!

- **TESTING** - Many companies test their oils in-house. This means that the person testing and reporting on quality is part of the company selling the oils. Third-party testing is an important part of quality assurance because when the scientists behind the testing are independent from the company, you know you are receiving accurate, non-biased information.