

# Beginner's Guide to Essential Oils

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# Welcome!

I'm Jodi Cohen, Founder of Vibrant Blue Oils. My intention with the **Beginner's Guide to Essential Oils** is to help ease the overwhelm by giving you a brief overview of the history and science behind essential oils along with best practices for using them.



As a nutritional therapy practitioner, I have personally experienced and observed the power of essential oils to shift and balance health challenges, including:

- Sleep
- Anxiety and Depression
- Stress and Adrenal exhaustion
- Digestion
- Focus and Brain Fog
- Detoxification
- Systemic Inflammation, often including Leaky Gut
- Blood Sugar Issues

But I also know that any new tool can feel confusing and overwhelming. That's why we created this short [quiz](#) to help you identify the best oils for getting started.

Our intention at Vibrant Blue Oils is to empower you with the resources and information to support your vibrant health. I recognize that a body in balance can heal. Imbalances in the body, the brain or the emotions can throw the body out of balance and present as disease. Our proprietary therapeutic essential oil blends are designed to help return these key systems to balance, along with helping to reduce symptoms like pain, fatigue, and mood imbalances, so the body can heal.

It is my hope that this guide and our products serve as a useful bridge to amplify the success of your other healing modalities, and with it, your vibrant health.

In Vibrant Health,

*Jodi*



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# Introduction



Essential oils are the natural, highly concentrated essences extracted from specific herbs in their living state for their healing capabilities. Essential oils can be derived from plants, shrubs, flowers, grasses, fruits, bushes, seeds, roots, bark and trees.

Essential Oils provide key components of the plants' immune systems. They help the plants grow, thrive, evolve, and adapt to surroundings. For example, they protect plants from bacterial and viral infections, heal injuries, repel unwanted insects, prevent water loss and other environmental damage, play a role in plant pollination and deliver oxygen and nutrients into the cells. This is why they are "essential" for a plant -- without them, plants could not survive.

In the human body, they play a similar role -- transporting valuable nutrients to the cells. This is because the three primary elements - carbon, hydrogen and oxygen - are common to both human beings and essential oils.

This shared chemistry makes essential oils highly compatible with human biochemistry. Essential oils are also lipid-soluble with a protein-like structure similar to human cells, making them even more compatible with human cells and tissues.

Since essential oils are bio-familiar to humans, they can also help balance and support the human body to heal itself. Research has shown that essential oils help us fight infection (with anti-bacterial, anti-fungal and anti-viral properties), balance hormones and emotions and aid in regeneration. Essential oils also help the brain, reviving a tired mind and stimulating memory. Different fragrances of essential oils will relax, revitalize or renew your mind, body and soul.

Highly concentrated essential oils are also extremely potent. A drop or two can produce significant results because an entire plant, when distilled, might produce only a single drop of essential oil. They are approximately 75-100 times more concentrated, and consequently far more potent, than dried herbs.

# How Essential Oils Work



Essential oils can help us return to our natural state of balance, known as homeostasis, so that we can heal.

There is a balance in nature – the tides, the seasons, the moon cycles all ebb and flow in balance. I believe that our bodies were designed to maintain a similar natural rhythm.

When we lose this connection to nature, it interferes with our internal rhythm and balance, impeding our ability to sleep, to detoxify, to digest, to anti-inflate and relax.

When our bodies are in a balanced state, these natural processes flow easily without interference. The body can easily recognize or respond to a stressor, then return to balance.

Connecting with nature – either by consuming nutrient-dense whole food and minerals or inhaling or topically applying essential oils derived from plants — allows us to align with the balance of nature so our bodies can return to balance and heal.

The definition of balance is to “maintain a steady state to avoid falling”. Falling into ill health, negative thoughts, depressed or anxious mood. As our thoughts shift, so does our balance. But nature remains steady. Plants, trees, rocks – their energy

remains grounded and constant. So if we can align ourselves with that grounded energy of nature, it can help us return to and stay in balance. There is something in nature that holds that consistent frequency and consistent balance. This is where I believe the benefits of essential oil lie – helping our bodies reconnect to nature and our internal sense of balance.

Just as you can reboot or repair a computer, we believe the body's software code can also be repaired and rebooted and plants and essential oils can play a critical role in the process.

You see, humans and plants are bio-familiar. This means that in essence we both use the same software codes, called frequencies, with each plant having its own unique frequency much as you would perceive a unique color.

Just as you can mix paint colors to match a wall, you can mix the frequencies of different plants through the use of their oils to match the frequency or code of a particular organ, brain or emotional energy.

This is what we are doing with the Vibrant Blue Oil blends – blending the frequencies of different plants to match the frequency of the body, brain and emotions in balance.



## Vibrant Blue Oils Commitment



Vibrant Blue Oils was founded by nutritional therapy practitioners who observed that certain lifestyle challenges -- sleep issues, constant stress, anxiety, depression and exhaustion -- impeded the body's ability to heal. Our exploration of non-invasive, natural solutions lead us to pure organic and wild-crafted essential oils. We have been amazed at how effectively they balance and relieve emotional, hormonal, digestive, immune, detoxification and nervous system challenges.

Vibrant Blue Oils is committed to:

- **PROPRIETARY BLENDS:** The Vibrant Blue Oils proprietary blends are uniquely formulated from pure organic or wild-crafted essential oils to balance the body, brain, emotions and support symptoms for support optimal healing. These proprietary blends are designed to work with dietary changes, providing specific plant and herb nutrients to support healing in a bio-available form that even those with digestive challenges can easily assimilate.
- **THERAPEUTIC QUALITY:** Vibrant Blue Oils are the highest quality, properly extracted essential oils from wild-crafted, organic plants grown in their indigenous locations. They are pure from any adulteration. As a testament to their purity, Vibrant Blue Oils are packaged in cobalt blue bottles that protect and preserve the natural energy carried within the oil.
- **ENHANCING KNOWLEDGE:** Vibrant Blue Oils believes that essential oils are very powerful healing modalities that need to be used properly for optimal impact. For this reason, we are committed to educating health care providers and end users on the oils, their proper use and application.



# Proprietary Blends



Vibrant Blue Oil blends have been created with the intention of bringing the body into balance so clients can heal. In many ways, blends are more powerful than single oils. They are created when several single essential oils have been synergistically combined to create something that is greater than the sum of its parts.

The combination yields not only the power of the combined chemical constituents and frequencies, but also the synergy of how they interact together. This means that the respective powers of the individual oils change to enhance their energy. For example, the anti-inflammatory effects of chamomile are increased when combined with lavender.

The Vibrant Blue Oils includes uniquely formulated, proprietary blends developed to balance organ systems and support optimal healing. These blends have been designed to work in tandem with dietary changes, providing specific plant and herb nutrients to support healing in a bio-available form that even those with digestive challenges can easily assimilate.

Many practitioners report the experience of seeing the client's body completely shift after applying the blends. We are both excited and encouraged by the potential of essential oil blends to dramatically assist in challenging areas of our practices and are committed to ongoing research and product development in that area.



# History of Essential Oils



Throughout history, the essential oils of plants were used in many cultures for their medicinal and therapeutic benefits. The Egyptians were renowned for using essential oils extensively in medical practice, beauty treatment, food preparation, and in religious ceremony. Frankincense, sandalwood, myrrh and cinnamon were considered very valuable cargo along the ancient caravan trade routes and were sometimes exchanged for gold.

Borrowing from the Egyptians, the Greeks used essential oils in their practices of therapeutic massage and aromatherapy. The Romans also used essential oils to promote health and personal hygiene. Influenced by the Greeks and Romans, as well as Chinese and Indian Ayurvedic use of aromatic herbs, the Persians began to refine distillation methods for extracting essential oils from aromatic plants. Essential oil extracts were used throughout the dark ages in Europe for their antibacterial and fragrant properties.

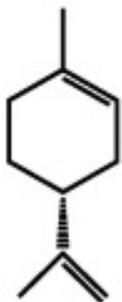
More recently, the powerful healing properties of essential oils were rediscovered in 1937 by a French chemist, Rene-Maurice Gattefosse, who plunged his badly burnt hand into a vat of lavender oil (mistaking it for water) and was surprised to see no injury or scarring. A French contemporary, Dr. Jean Valnet, used therapeutic-grade essential oils to successfully treat injured soldiers during World War II. Dr. Valnet went on to become a world leader in the development of aromatherapy practices.

With the invention of synthetic drugs, the use of plants & herbs for their therapeutic properties temporarily declined. That trend is reversing as health scientists and medical practitioners continue to research and validate the benefits of therapeutic-grade essential oils to protect the body, boost the immune system, and revitalize the mind and influence mood, without the negative side effects commonly associated with synthetic drugs.

# Chemistry of the Oils



The molecular structure of essential oils are ring like and far more complex than the simpler, linear carbon-hydrogen structure of fatty oils. The essential oil chains are held together by carbon atoms linked with oxygen and hydrogen, along with nitrogen and sulfur atoms (which are not found in other non-essential plant oils).



No two essential oils are alike in their structure and each oil is comprised of a combination of hundreds - even thousands - of different natural chemicals. The average essential oil may contain anywhere from 80 to 400 known chemical constituents, making them ideal for killing and preventing the spread of bacteria.

While synthetic antibiotics often contain only one active chemical allowing bacteria (like MRSA) to mutate to survive the attack, the large and varied number of antiseptic and antibacterial constituents in essential oils make it impossible for bacteria to mutate enough to survive each and every one. This is what makes essential oils such effective, natural antibiotics.

The therapeutic benefits of the oil are often related to the compound(s) at the highest amount in the oil. In general, essential oils can be subdivided into two distinct groups of chemical constituents:

## 1. Hydrocarbons

Made of **terpenes** which inhibit the accumulation of toxins and help discharge existing toxins from the liver and kidneys. Key terpenes include:

- **Monoterpenes** - (Found in Grapefruit, Orange, and Balsam Fir) Inhibit the accumulation of toxins, detoxify kidneys and liver, enhance balance, restore information in DNA.
- **Sesquiterpenes** - (Found in Cedarwood, Sandalwood and Myrrh) Antiseptic, anti-inflammatory, stimulate liver, increase oxygenation around the pineal and pituitary glands, can surpass the blood-brain barrier and enter the brain tissue.

## 2. Oxygenated compounds

- **Alcohols** (found in Ravensara, Geranium, Rosewood) - Uplifting, high resistance to oxidation, antiseptic, antiviral, revert cells to normal function.
- **Aldehydes** (found in Cinnamon Bark, Lemongrass) - Calming, relieve stress and blood pressure, sedative, antiviral, anti-inflammatory.
- **Esters** (found in Lavender, Bergamot, Valerian and Roman Chamomile) - Balancing, relaxing and calming, antifungal, anti-inflammatory and anti-spasmodic.
- **Ketones** (found in Hyssop, Patchouli Rosemary, Sage) - Calming, sedative, stimulate cell and tissue regeneration, liquefy mucous.
- **Oxides** - (Found in Ravensara, Rosemary and Eucalyptus) derived from other compounds such as alcohols, terpenes or ketones which have been oxidized. Can be mildly stimulating.
- **Phenols** (found in Oregano, Thyme Clove and Tea Tree) - Stimulating to the nervous and immune systems, highly antibacterial/antimicrobial antioxidant, clean cell receptor sites.

# Methods of Extraction



The few exceptions are hydro distilled, cold pressed, and absolute extraction.



The chemistry and therapeutic potential of essential oils are a direct result of how they are grown, harvested and processed. To ensure optimal quality, essential oils need to be grown and harvested from the ideal soil, carefully extracted at the perfect moment by experienced growers.

We strive to find the highest quality essential oils from around the world and work with small farms that grow the plants organically and then distill them properly (low temperature and no/low pressure). A plant grown in the "proper" part of the world will produce an oil of superior quality. Our essential oils are either certified organic, organically grown (grown organically but not certified, some countries do not offer this certification), or wild (grown by nature). We intentionally use only organically grown crops as toxic pesticide residues can become highly concentrated in the oils.

Other important factors that influence the quality of oils include the time between harvesting and distillation, distillation equipment, temperature, pressure, and when to stop distillation in order to avoid exposing the oils to excessive heat, thus destroying vital constituents. Almost all of our oils are distilled using low temperature and low pressure steam distillation.

**Steam Distilled:** The most common method of extracting an essential oil from the plant is through steam distillation. Low temperature and low pressure play an important role in collecting the highest quality essential oil. The plant is placed in a chamber and steam is circulated under pressure through plant material releasing the essential oils into the steam. The steam and essential oil are then carried out of the chamber and cooled. As the steam mixture cools, the water and oils naturally separate and the oil is collected in its pure form. Several factors contribute to the quality of oil including temperature and pressure -- Too little heat and pressure will not release valuable oil while too much can diminish the oils composition, potency and therapeutic potential — time distilled and materials used to construct the steam chamber .

**Hydro Distilled:** The plant is distilled using water rather than steam. The plant matter is placed in a chamber filled with water, which is then heated until the oil is released. This extraction process produces a superior quality essential oil, but it also is quite a bit more labor intensive and therefore more expensive.

**Cold Pressed:** When essential oil is pressed from the plant. This is the most common method of extraction for citrus oils (Tangerines, Grapefruits, Lemons and Oranges). The peel of the citrus plant is pressed and the essential oil is then filtered from the plant matter. While this method uses no heat and therefore produces a superior quality essential oil, there are a few drawbacks to this extraction method, including residue of waxes and peel in the oil.

**Absolute:** This method uses a solvent or chemical to extract the oil. Once the oil is extracted, the chemical is then removed from the oil. Oils extracted as an absolute will always have some of the chemical remaining. A high quality absolute will have less than 1% of solvent remaining. Some plants, like Jasmine for example, will only give up their oil using this extraction process. Therefore there is no such thing as Jasmine essential oil but there is Jasmine absolute.

# How To Use Essential Oils



## Essential oils can be absorbed into the body via:

**Inhalation:** Our sense of smell influences many physiological pathways including the stimulation of hormones and other metabolic processes. When an essential oil is inhaled, it enters the nose, moves to the lining of the lungs, where it is then absorbed into the bloodstream within seconds. Research has shown that aromatic compounds exert strong effects on the brain, especially on the hypothalamus (the hormone command center of the body) and the limbic system (the seat of emotions). Some essential oils can dramatically increase oxygenation and activity in the brain.

**Topical Application:** Due to their natural molecular composition, essential oils are easily absorbed by the skin and can be safely applied topically. When applied to the skin, essential oils quickly penetrate into the pores, moving rapidly through the cells into the bloodstream for internal benefit throughout the body. For example, an essential oil placed on the foot will be distributed to every cell in the body in 21 minutes. They will even penetrate a finger or toe nail to treat fungus underneath. This also means that topical application of essential oils can have immediate, localized benefit to the target area of application. They can also be administered through the absorbent tissues of the body orifices (suppositories or orally enemas). The longer essential oils stay in contact with the skin, the more likely they are to be absorbed, so don't wash them off too soon.

**Ingestion:** We do not recommend ingesting essential oils as they usually do not make it through the digestive track to the area you are trying to treat. We have found topical applications to be more effective. For example, oils touted for internal use of digestive distress, like peppermint oil, can also produce the same results when massaged on the stomach. Another internal option would be to place a drop of essential oil on the inside of the cheek which allows the oils to be absorbed directly into the bloodstream. While many essential oils are generally regarded as safe for dietary use, some oils should not be taken internally. Do not use an essential oil internally if it does not list appropriate dietary supplement facts on its label.

# Application and Dosage

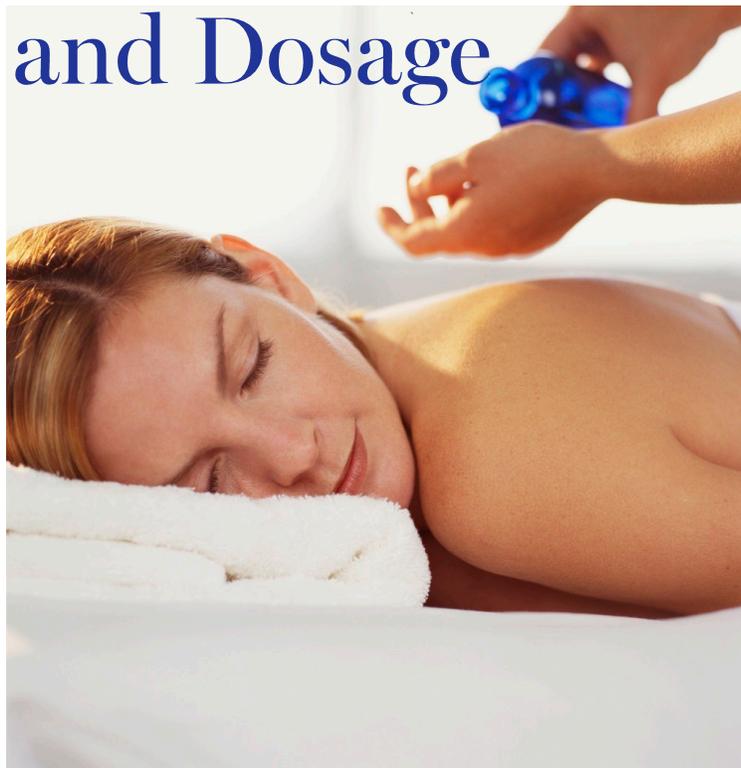
Essential oils are highly concentrated in their pure and unadulterated form making them very potent. In other words, a little (1-2 drops) can go a long way toward providing beneficial and effective results.

The bottom of the feet are one of the safest and most effective spots on the body for applying essential oils (especially when working with anyone with young children or anyone suffering from compromised health). The thick skin on the soles of our feet are unlikely to produce skin irritations. This makes the feet a great place to apply some of the "hotter" oils and anti-infectious blends. Also, the numerous nerve endings on the soles of the feet can help carry the oils into the bloodstream very quickly. If you want to try it out, rub a clove of garlic on the bottom of your foot. Within 15 minutes, your breath will smell of garlic.

To treat a specific area like a sore muscle, rash, burn or wound, apply the oils directly on the problem spot. Other good areas for applying oils are the base of the throat, inside elbows and knees, and the nape of the neck.

The scalp is another good area for applying essential oils because the size of the hair follicle is much larger than the pores in the skin. Rubbing oils on the scalp allows easy access for the essential oil. The essential oils can also soothe or stimulate the scalp. The act of massaging the scalp promotes the removal of toxins and can alleviate stress by slowing mental activity.

Essential oils should last between 12 - 24 hours in the body. Certain factors, such as viscosity, concentration, application method (topical or inhalation), skin type and the area of the body where the oils were applied, can extend or diminish the therapeutic duration. In addition, the condition of the skin affects the degree to which oils are absorbed. For example, a hot bath hydrates the skin making it more permeable for the oils. In addition, dry, cracked or damaged skin can also be more permeable, so essential oils should be applied cautiously.



## Dilution

Because essential oils are highly concentrated, it is often recommended that they be diluted with a carrier oil -- a cold-pressed vegetable, nut, or seed oil -- especially for young children.

Carrier oils allow for more controlled absorption into the skin as essential oils are "volatile" and can evaporate quickly. Dilution with carrier oils also help maintain the scent of an essential oil for a longer duration of time and allows the use of a small amount of essential oil across a large surface of skin. It also lessens the intensity of "hot" oils. In their natural form, essential oils can be very potent.

Many prepared blends, like Vibrant Blue Oil blends, have already mixed with a carrier oil. For almost all people these oils are ready to use straight from the bottle. For single oils, especially "hot" oils like cinnamon, clove or peppermint oil, use 1 or 2 drops of essential oil with a small amount (1/4 teaspoon) of carrier oil. Some good carrier oils include:

- ◆ Almond Oil
- ◆ Jojoba Oil
- ◆ Olive Oil
- ◆ Grapeseed Oil
- ◆ Avocado Oil
- ◆ Coconut Oil



# How to Dispense Essential Oils

Essential oils are best dispensed by holding the bottle of oil 1 to 4 inches above the fingers or palm of the other hand. Tip it over and wait for the oil to drip out. Some oils, like the Vibrant Blue Oil Calm and Sleep blends flow very quickly, while others are thicker and require a gentle shake. To limit the flow of oil, you can put your thumb on the bottom of the bottle and your pointer finger on the top, quickly flip the bottle, so that only a small amount remains on your finger.

If an essential oil feels too hot or causes any redness, apply a carrier oil, like olive or coconut oil on top of the essential oil. The carrier oil will dilute the essential oil and cause slower absorption. This will also diminish or stop the irritation while continuing to provide the therapeutic benefits of the oil. After you have applied enough carrier oil to stop the reaction, you can then use soap and water to wash it all off. Water does not work as well initially for an essential oil reaction as it traps the oil against the skin and can increase irritation.



## Storage and care

Essential Oils are called “volatile,” which means that they evaporate very quickly. Because of their volatile nature, they need to be kept in dark colored, preferably blue glass bottles (to protect them from ultra violet light) with airtight seals and away from heat, preferably in a cool dark space. The airtight seal prevents oxidation and keeps the volatile components of the essential oils in the bottle, thereby retaining their traditional healing properties.

Essential Oils do not come with an expiration date, but optimum shelf life is approximately two years. After this time they lose some of their potency. Citrus oils (orange, lemon, lime, etc.) tend to degrade most quickly (six month shelf life). However, some essential oils, such as Rose, Jasmine, Eucalyptus Globulus, Patchouli and Cypress actually become more potent with age.

Some essential oils' scents will change regardless of how they are stored. The scents do not go bad or turn rancid they simply lose their subtlety. Although some choose to refrigerate their oils, this is not necessary (except rose) and can be disadvantageous because some essential oils are solid at low temperatures.

# Next Steps with Essential Oils



*Here's what you can do next:*

**Step One:** Take our [FREE Self -Assessment Quiz](#) to determine the best oils for your Vibrant health!

**Step Two:** Head over to the Vibrant Blue Oils [Facebook Discussion Group](#) and join us. There is nothing out there quite like this community. It gives you the insight and knowledge on essential oils and nutrition that you're going to love.

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