

Essential For You Essential Oils Mini Guide

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Never disregard professional medical advice or delay in seeking it because of something you have read.

Essential For You



Hello, my name is Claire Riding and over the last few years, I have become an avid fan and daily user of essential oils. To be honest, I dropped onto them by pure '*fate*' really..(for want of a better word!)....

How and Why I started Using Oils....

Long story short, the Manufacturer and Wholesaler that I work with and are based in the UK, produce **100% pure & natural** aromatherapy essential oils! The main reason I was interested is because I already take medication for a few conditions, which are chronic and progressive and therefore, I wanted to begin using natural sources to enhance the pain relief and ease other symptoms.

Now, I recommend them to anyone who'll listen, that I think they could help.

I also love using all-natural bath and body products, which is something Ancient Wisdom handcraft, such as their amazing bath bombs and lush smelling soap slices. (Loaves are available too)

AW Essential Oils 10ML



Researching Essential Oils...

And so I began researching everything about them. I've always '*known*' about them, heard of Aromatherapy and essential oils, however, I never understood how and why they might actually work! It seems somewhat unbelievable that something produced from the stem of a plant, or extracted from the leaf, petal, bark etc etc could have a positive affect on one's health and well-being.

The more that I read, the more it began to make real sense to me! We are used to being given man-made pharmaceutical drugs to remedy our ailments and diseases. Not only that, it seems our Government (UK) do not put money into researching natural alternative's, which begs the question **WHY?** (*Well, I think we know why really...*?)....

There's no big money in natural cures – it's awful to even think that there are people in the World today, that would rather choose to make money off the back of people suffering illness and such like, rather than educate people about the potential of essential oils in the prevention of disease and general illness!

Anyway, since starting using them I've never looked back! Once you know how to use them and what for, it is easy to make use of them in your every day life. Don't get me wrong, there is a LOT to learn, but don't get bogged down with all the in's and out's, just focus on what '*outcomes*' you want from essential oils, then like me, do a little bit of research to find out the best oils for that specific purpose.

For example, if like me you suffer with lower back aching, pain and stiffness, you could make your own pain-relieving massage potion. (**PS**: *I've added my 'recipe' near the bottom of this e-book)*

A Little Bit Of History About Aromatherapy Essential Oils

- My researching the history of EO discovered that the use of oils from various plants were being used from around 3000 years ago. The Egyptians mostly created wonderful smelling perfumes from the oils (4500 b.c.e). Plus, they gained much knowledge about 'cosmetology', aromatic oils and remedies. They transformed the oils from the plants into powders, tablets and even *suppositories!*

- Between 2697-2597 B.C.E in China, aromatic oils were actually recorded by Huang Ti and you can still find this well-known book called *"The Yellow Emperor's Book of Internal Medicine"*. He outlines the different uses of many different 'aromatics', whereby many Practicioners in the East, still refer to his book.

- Then there's the famous ***"Ayur Veda"*** - Indian medicine and well-being practices.

Their history of use dates back a good 3000 years and is still very much in popular use by locals and visitors to the Country. If you refer to '*Vedic* literature', it lists in excess of +700 oils, which included ginger, sandalwood, cinnamon and myrrh for instance, as being effective healing 'agents'.

- In Ancient Greek times, **Hypocrites** (Physician), referenced the outcome effects of around 300 plants, which included thyme, saffron, peppermint, cumin and marjoram.

- *Another 'popular and well-known' Physician (or at least to those in 'the field' of knowledge) was Ali-lbn Sana from Persia. By accounts, he was a 12 year old boy when he became a Physician...* ***"wow - I'd just like to say!"*** and he wrote about 800 plants and what their effects were on the human body and what's more interesting is that he is attributable as the first person ever, to discover how to distill essential oils, as well as obviously recording this information! (Ali-lbn lived from 980 – 1037 A.D)

The 6 Essential Oils I Am Never Without

Frankincense Essential Oil Benefits and Uses

•**Helps to heal wounds** - Frankincense is an astringent and aides the healing process of small cuts, Scrapes and even soothes stings. It will kill any harmful germs and bacteria.

•**Anti-inflammatory** - Use in a tincture to massage over affected arthritic joints because it has anti-inflammatory properties. There are these compounds in our bodies that can cause the inflammation and it is believed by researchers, that frankincense can stop the release of this compound, which is called leukotrienes.

Other anti-inflammatory compounds found in frankincense are terpenes and boswellic acids.

•It is also very possibly able to fight off certain types of cancer cells. Again, thanks to boswellic acid, as it may prevent the formation of DNA in cancerous cells, which in turn could stop or at least limit the cancer growth.

•**Asthma Sufferer's** - Frankincense has actually been used for centuries to treat people with bronchitis, asthma and general respiratory conditions. I read on one website called healthline.com that a daily dose of 1.4mg per pound of body weight, improved lung capacity and even reduced the asthma attacks of chronic sufferer's. Massage it into your skin or diffuse it around your home; either way, you will receive the health benefits that this magical oil has.

•**Anti-ageing** - Who doesn't want to keep looking younger? I know I do! Frankincense oil is able to strengthen the skin, improve elasticity and fight against bacteria. Over time it could reduce the appearance of scars or acne. Simply add some drops to your regular moisturiser's.

•**Anxiety / stress** - Frankincense can lower your levels of anxiety, as well as calm nerves. This will also in turn help you to sleep better. Add a few drops to your bedsheets or pillow. If you are not at home when having these feelings, it's a good idea to carry your

bottle in your bag. You can easily stop to inhale as and when needing some calming relief.

Frankincense oil is one of my top 6 of all oils to always have in my aromatherapy box holder. It's one of those oils that you can use for almost everything! Diffuse into your room and breathe in the 'magic' properties, or add drops to your face and body moisturiser, whereby the properties of the oils soak through the skin and directly into the bloodstream.

You can also use it in your natural cleaning products. You can use it on your pet.



Lavender Essential Oil Benefits and Uses

- **Sleep** - Lavender has sedative and calming properties, so adding some drops onto your pillow before you go to sleep, should help you to relax.
- **Anti-bacterial** - Also antimicrobial and antioxidant. This makes it a great go-to oil for small scrapes, bruises and general healing of the skin. Especially if you get a minor burn, say from touching something really hot.. dab some neat lavender oil and this will help with inflammation, burning sensation will be relieved somewhat and it will aide the healing process leaving no scar.
- **Brain Function** - To date, studies have been done on rats and have indicated that inhaling lavender oil could prevent brain oxidative stress, as well as improve cognitive function.
- **The Nervous System** - Swiss journal Molecules printed results of a research study that proved that lavender oil is a definate

treatment option for neurological conditions, such as a stroke. It is believed that it's the antioxidant properties in the oil are the cause of the positive effects.

Lavender oil is one of the most versatile essential oils and can be used on the body and within the home. It has a purpose for everything. I personally love the smell especially when diffusing it, although it's not for everybody.

Tea Tree Essential Oil Benefits and Uses

- **Antiseptic, antiseptic, antibacterial, anti-fungal** – Every kind of germ killing and bacterial killing compound you could wish for. Use tea tree mixed with some water and spritz your kitchen worktops and around your loo. Also, use on cuts and scrapes, to ensure there's no infection.
- **Treat acne to athletes foot** – Again, all the 'anti's' you could need in targeting and killing fungal and bacteria. Blend a few drops with some carrier oil and massage over the infected areas.
- **Use as a hand sanitiser.**
- **Insect repellent** – Spritz some tea tree oil mixed in water around the home. In particular, around the windows and doors. You could also try adding some drops to cotton wool balls and placing them in corners etc. If in the summer you get a lot of mosquitoes, you should definitely give this a try! If you get bitten by them, put some drops into your sun lotion or body moisturiser to keep the blighters away.

  NB: Don't use tea tree on your pet. It is believed to be toxic to dogs at the very least.

Tea tree oil is a must have for year round use, for many different purposes. Forget buying expensive skin care for the treatment of acne and get basic toners, cleansers etc and simply add tea tree oil drops to them.

Eucalyptus Essential Oil Benefits and Uses

- **Flea Repel** – I can personally vouch for it's effectiveness. I keep a small spray bottle with some water and drops of eucalyptus essential oil with the dog lead so I don't forget to spray some over my dog. She used to run when I got the bottle out but now she just lets me spritz her! As long as she's been sprayed with this, she has not had fleas.



- **Cold, Flu and Sinusitis** – I can also vouch for the effectiveness of using eucalyptus essential oil for the symptoms of these conditions. I got a bout of flu in 2018 when there were 3 strains going (I think I've already mentioned this!), I just diffused it day and night for 3 days when I was at my worst and it cleared my airways up and I

felt almost back to normal! I didn't even bother with over-the-counter remedies. I just sipped water and forced soap down me as well as inhaling the eucalyptus.

- **Antioxidant** and **anti-inflammatory** properties, which makes it a good choice for using with your skin care products. Also, add it to a blend of other pain-relieving essential oils with your chosen carrier oil and massage over affected areas of your body.



Rosemary Essential Oil

Rosemary essential oil has many health and wellness benefits, which includes providing mental clarity and alertness. Used in a diffuser, releasing the lovely aroma into the air and inhale. Rosemary oil can help to kill bacteria in the room, as well as calm down feelings of anger!

- Add a few drops of rosemary essential oil to 2 tablespoons of coconut oil and gently massage over your belly, lower back or your feet even.
- Rosemary essential oil aides cramping, bloating and promotes a healthy digestion. It's great for relieving flatulence too!

Rosemary Essential Oil Blended With Coconut Oil to target stretch marks:-

- **Rosemary essential oil** x 10 drops
- **Coconut Carrier Oil** x 4 tablespoons

Simply pour the required amount into the palm of your hands and massage with small circular motions directly over the stretch marks. Ideally, massage until the blend has completely absorbed.

Rosemary Essential Oil Bath Blend to soothe achy muscles and painful joints:-

- **Rosemary essential oil** x 3 drops
- **Lavender essential oil** x 3 drops
- **Marjoram essential oil** x 2 drops

I can honestly say that using essential oils has made me look at health and wellness in a different light!. I've discovered so many uses for essential oils with the added comfort that I am using an all-natural product, which is not going to cause me, or my dog, long term health problems.

Not only does using essential oils benefit your health, it also benefits your 'pocket' in the long run, as well as benefiting the 'earth' being eco-friendly; naturally!

Lemon Essential Oil



I love lemon essential oil. It's such a zingy, refreshing scent and ideal for using in your own mix of natural kitchen worktop spray.

- Lemon oil contains compounds that act to kill bacteria, as well as the addition of the lovely lemon scent it will give your kitchen, which I mix in the water with approx 8-10 drops of the lemon essential oil, with 5-6 drops of peppermint oil, which is another fantastic anti-bacterial natural wonder.
- Lemon essential oil is great for relieving nausea, which is especially good news for pregnant ladies suffering with morning sickness and nausea. (*The added relief of using an all-natural remedy too!*).

Simply place 2-3 drops in a piece of tissue and breathe in the scent, or perhaps dab a drop on the inside of each wrist and your neck

- D-limonene is a compound found in lemon essential oil, which is generally known to aide your metabolism, as well as cleanse your lymph glands, which will help the weight-loss process run better.

Therefore, with the idea of using the oil for everyday use in maintaining your general health and well-being, it **COULD** potentially prevent the growth of malignant tumours, as well as chemo-therapeutic effects.

TIP: In order to keep the efficacy of your water and essential oil spray mix at it's most powerful, you should make a fresh spray mix every couple of weeks, therefore, fill up a spray bottle roughly half way.



To give you some further ideas ready to go when you've got your first lot of oils, I've included my uses below-

1) **For Arthritic Pain -** I have mild arthritis in both of my hips, therefore, I make a small amount of 'tincture' at a time, which includes 4 different essential oils blended with fractionated coconut oil. Each EO offers different pain-relieving and soothing properties to help manage discomfort and stiffness of the joints.

   - **Frankincense** – 4 drops
   - **Rosemary** – 3 drops
   - **Blackpepper** – 3 drops
   - **Orange** – 3 drops

   Blended with 3 tablespoons of coconut oil.

   (*If you suffer badly with arthritis and you are not on blood thinners, I highly recommend you give Turmeric & Blackpepper Capsules a try as well*)

2) **For cuts, scrapes and stings -** Very simply, I use Frankincense blended with some coconut oil and dab onto the wound. This also works very well for dogs as I discovered last summer.

"Whilst walking Bella, she all of a sudden squealed and then started limping. It became obvious something had stung or nipped her because I could see her paw was inflamed as well. Therefore, as soon as I got her back home, I dabbed Frankincense oil with coconut base oil all over and under her paw. She rested it for about 3 hours and I kid you not, she was more or less better. She'd stopped limping and the inflammation was almost gone! Pure and natural remedy at it's best!"

3) **Cold & Flu** - In 2018 there was a bout of 3 different strains of flu going about and I got one of them! For 3 days I rested on the sofa, sipping water and inhaling eucalyptus essential oil by way of an electric diffuser; by the 4th day I was feeling almost 'normal' again! See All Diffusers

4) **Kitchen Work Top Sprays** - half fill a spray bottle and change every two weeks. Add several drops of each oil, to include:

- Eucalyptus
- Lemon
- Tea Tree

These are the 6 essential oils I always have available at home.

You can buy a special aroma essential oil starter bundle, which has my top 6 oils, with a hand carved EO box holder and a carrier base oil!



Essential Oils Aroma Starter Kit + FREE Uses/Tips Ebook

Reference: SKU-2518

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Well that's all for now. There's so much more I could write about essential oils and there powerful and wonderful natural properties that provide a use for pretty much everything, from treating illness, infections and other body niggles, to cleaning our homes, to repelling pesky mosquitoes – and I am sure you'll agree that doing it the natural way, is the best way!

I hope you've enjoyed my mini guide. If you'd like to be kept 'in the loop' with future offers, new ebook guides and general articles, updates and news, you should head over to my Facebook page '**lovelygiftsandpieces**' – that way, you'll be certain not to miss out on anything of interest to you. :)

PS: I would also love to hear feedback from you if you try out using essential oils. I'm certain you'll fall in love with using them in place of chemically-laced products, when you discover as I did, that they do work and work brilliantly.

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