

30 DAYS

TOP 9 OILS

AN ESSENTIAL OIL GUIDE FOR BEGINNERS CURATED
BY KELLIE TIMMINS



| Contents

The Essentials Checklist.....	pg. 1
The Top 9 Oils.....	pg. 2
Recipes.....	pg. 3 & 4
Oil Safety.....	pg. 5
Cheat Sheet.....	pg. 6
Resources.....	pg. 7 & 8
The Full 30 Days Of Oils Challenge.....	pg. 9, 10 & 11
Notes (oil quotes).....	pg. 12, 13 & 14

Disclaimer

As a certified aromatherapist, I created this guide to engage and educate on the safe, daily use of essential oils. It is not intended to provide medical advice or to take the place of medical advice and treatment from your personal health care practitioner.



The Essentials

checklist

Essential Oils

- Wild Orange
- Lemon
- Peppermint
- Rosemary
- Frankincense
- Lavender
- Eucalyptus
- Tea Tree
- Copaiba

Carriers & Extras

- plain, unscented lotion
- coconut oil (unrefined)
- fractionated coconut oil
- witch hazel
- epsom salts
- bentonite clay
- pink Himalayan salts
- magnesium flakes
- castile soap
- sal suds
- plain dish soap
- baking soda

Accessories

- tiny tin or small container (for perfume)
- solubol (optional)**
- inhaler
- 5 ml rollerballs
- 10 ml rollerballs
- diffuser(s)
- 2 oz glass mister bottles (4-6)
- small pump bottles
- dryer balls
- 8 oz glass mason jars
- foaming tops for glass mason jars

Substitutions

Don't have:

Wild Orange
Lemon
Peppermint
Rosemary
Frankincense

Try:

Grapefruit
Mandarin
Spearmint
Basil
Vetiver

Don't have:

Lavender
Eucalyptus
Tea Tree
Copaiba

Try:

Palmarosa
Ravintsara
Thyme
Cedarwood

Uncomplicated

The top 9: Keep it simple & attainable.

Lavender is calming, soothing & gentle. It heals and nourishes the skin, disinfects due to the antibacterial and antifungal properties and has very pronounced sedative and anxiety relieving properties. It truly is the "Swiss Army knife" of the essential oil world.

Wild Orange is emotionally uplifting, while it helps to relieve anxiety. It is also a wonderful germ busting oil. Inhaling wild orange can even stimulate saliva and reduce gastric secretions, making it an impressive digestive aid.

Lemon, known as "the oil of focus", promotes a sense of opening. It is a very happy and vibrant oil. It is also known for its anti-inflammatory properties. Adding a touch of vibrancy to muscle blends. And of course, it has high antibacterial properties, making it the perfect oil for cleaning and disinfecting, (due to its high d-limonene content).

Peppermint clears the mind, awakens the whole body and refreshes the home. It is cooling for muscles, wonderful for circulation and has an antispasmodic action on the GI tract, (digestive support).

Frankincense is known as "the king of oils", and for good reason! Emotionally, this oil quiets the mind and supports tranquility. It nourishes and heals the skin. Is an anti-inflammatory, antioxidant and supports a healthy immune system. It is grounding and calming and blends beautifully with so many oils for physical and emotional benefits.

Rosemary stimulates and strengthens the mind. Emotionally, it encourages clarity. Use it in massage to increase circulation, facial steams for respiratory conditions and in skincare for its regenerating qualities.

Eucalyptus, specifically *Eucalyptus globulus* soothes exhaustion, is uplifting, clears the mind and aids concentration. It adds a unique, spa like atmosphere to many diffuser and cleaning blends. It can be added to muscle blends, (anti-inflammatory) and soothing decongestant balms (mucolytic and expectorant actions).

Tea Tree has an extremely wide range of properties and is often referred to as a "complete remedy" oil. Diffuse it as an aerial antiseptic, add it to pain remedies (analgesic), to acne, (anti-bacterial), and make a anti-fungal remedy for toes and feet, Its antimicrobial properties are well known, so add it to some of your home cleaning products.

Copaiba essential oil has a calming, woody aroma often diffused for its gentle, soothing scent. It has a thick, soft consistency and is soothing to the skin. Because of its rich topical properties, Copaiba essential oil is widely used to improve the appearance of skin.

| Recipes

Mister Sprays

This is a base blend for bathroom, linen, and room clearing recipes.

You will need:

- 2 oz glass spray bottle
- 2 tsp witch hazel (drug store brand will work)
- 4 drops ***solubol**
- Distilled or filtered water (tops off your other ingredients)
- 20 drops of your essential oil blend

Add all the ingredients in the spray bottle, add the lid, shake well and enjoy!

Multi-purpose Cleaners

Use this base recipe for surfaces in all the rooms of your house.

You will need:

- 16 oz glass mason jar
- reCap spray top for the mason jar
- 2 tsp of plain plant based dish soap (or Bronner's Sal Suds)
- 20-30 drops of essential oils
- filtered water

Add all the ingredients to the glass bottle, add the lid, shake well and enjoy!

Foaming Hand or Body Washes.

You will need:

- 16 oz. foaming lid (jarmazing.com)
- 8 oz. glass mason jar
- 2 tsp fractionated coconut oil
- 1/4 cup Bronner's Castile soap
- 20 drops of essential oils
- topped off with filtered water

Add all the ingredients in the spray bottle, shake well and enjoy!

Salves & Balms.

The beeswax is the main ingredient and doesn't change, but you can experiment with all sorts of other carrier oils, butters, infused oils etc.

You will need:

- 1 oz beeswax
- 4 oz oils (or a combo of oils like infused olive, avocado, coconut etc.)
- 10-20 drops of your essential oil combination
- double boiler or medium sized pot with 500 ml glass Pyrex measuring cup)

Directions:

1. Add 1-2 inches of water to your pot. Place the Pyrex in the pot with the handle over the edge.
2. Shave or break your beeswax into small pieces (designate tools for your beeswax, it's pretty messy).
3. Add your beeswax to the Pyrex, melt fully.
4. Add the rest of your other carrier oils.
5. Once the wax and oils are melted, remove from the pot, rub down the outside of the Pyrex with a cloth so that the water doesn't drip into your jar.
6. Add your essential oils and stir well, (I use chopsticks to mix the blend).
7. Pour your salve into glass or aluminum jars. Place the lid on right away.
8. Add a label!

|Safety



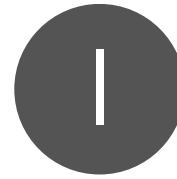
Aromatically



Topically



Neat
(directly to
the skin)



Internally

Irritation to the skin

If an oil causes burning or irritation to the skin, immediately dilute it with a carrier oil like coconut or grapeseed oil. Wipe with a dry cloth. Hot oils like cinnamon, cassia, clove, geranium, lemongrass, oregano and thyme should always be added to a carrier oil, (1 drop to 1 tsp of carrier oil) before applying topically.

Essential oils and water do not mix

An essential oil is "hydrophobic" and does not bind with water, therefore it will sit on the surface of the water. This will increase the potential for discomfort on skin. This is why, in many recipes where an essential oil is added to water, gels or other liquids, it is recommended to add an essential oil to a carrier, (like oil or lotion) or even a solubol, (a dispersant that binds to the oil).

Photosensitivity

The use of the oil makes one's skin more prone to damage from the sun's UV rays. Primarily the citrus oils, especially Lemon and Bergamot, as well as Angelica oil, are phototoxic oils. Exceptions to citrus oils are when they are steam distilled, (like lime sometimes is). If a citrus oil is cold pressed, it will be phototoxic.

Botanical name on your bottle

We typically know most plants by their common names, but in aromatherapy it is crucial to know the botanical name of an oil. For example, there are literally hundreds of varieties of Eucalyptus. Eucalyptus globulus is the most commonly available and familiar species, but there are about 15 varieties of Eucalyptus available to the aromatherapy market. It is important to know which species of Eucalyptus you are purchasing as each one has slightly different chemistry and therapeutic use.

| Cheat sheet

When you feel _____

Overwhelmed...roll on a blend of frankincense, wild orange and lavender.

Scattered and unfocused...make an inhaler of rosemary and lemon and breathe.♥

Alert and awake and having troubles falling asleep...add a couple drops of copaiba and lavender to a pump of plain lotion and rub it on to your lower legs and feet at bedtime.

Anxious and stressed...breathe in, straight from the bottle, wild orange for 5-10 breaths.

Tired and unmotivated...diffuse peppermint and rosemary.

Congested and tired from seasonal allergies...add eucalyptus, frankincense and peppermint to coconut oil or plain lotion and rub it on your chest.

Unwell after eating...add 4 drops peppermint to plain lotion and rub on your belly, clockwise.

Sore from a hard workout...add frankincense, copaiba and peppermint to fractionated coconut oil and apply to your tired, affected muscles.

Like you simply need to **calm and relax**...diffuse frankincense and wild orange.

Acne or a blemish affecting your skin...make a rollerball by adding 10 drops tea tree and 10 drops copaiba to a 10 ml rollerball. Top your roller off with jojoba oil.

|Resources

Books

- The Complete Book of Essential Oils and The Fragrant Mind by Valorie Ann Worwood
- Advanced Oil Magic
- The Complete Aromatherapy & Essential Oils Handbook for Everyday Wellness
- The Art of Aromatherapy by Robert Tisserand
- Essential Oils for Pets by Dr. Janet Roark, DVM
- Aromatherapy for Natural Living by Ann Kennedy
- The Heart of Aromatherapy by Angela Bjute
- Essential Oils/Ancient Medicine by Dr. Joshua Axe
- Gifts of the Essential Oils by Adam Barralet & Vanessa Jean Boscarello Ovens
- Aromatherapy For Dummies
- Aromatherapy For The Healthy Child
- Plant Powered Beauty
- The Essential Oils Hormone Solution by Dr. Mariza Snyder
- Gifts Of The Essential Oils by Adam Barralet and Vanessa Jean Boscarello Ovens

Websites and Blogs

Aromahead Blog
Aromatics International Blog
doTERRA Blog
doTERRA Science Blog
Dr. Axe
kellietimmins.com
The Tisserand Institute
AromaWeb

Supplies

Amazon
Aromatics International
Bear Country Kitchen
doTERRA Essential Oils
My Essential Life Canada
The Apothecary In Inglewood

Essential Oil Companies

Aromatics International
doTERRA Essential Oils
Eve Taylor
Mountain Rose Herbs
Plant Therapy
Rae Dunphy Aromatics
Young Living

| 30 Day Challenge

Day 1: Collect your oils that you will be using this month. Place them in a space where you can see them and they are accessible. Diffuse lemon + rosemary + peppermint today.

Day 2: Add 1 drop of frankincense or copaiba to your morning facial moisturizer, (soothing & healing).

Day 3: Add 2 drops of rosemary to your shampoo in the morning, (for stimulating hair follicles).

Day 4: Make a sweet, gentle, soothing rollerball. Roll on the back of your neck throughout the day. In a 5 ml roller add 6 drops frankincense, 5 drops lavender & 5 drops wild orange. Top off with FCO, (fractionated coconut oil).

Day 5: Mid afternoon, apply eo infused lotion to your dry hands. Use an unscented lotion, add a couple drops lavender and copaiba and rub well into your hands and arms.

Day 6: For an afternoon pick me up, add a drop each of peppermint & rosemary to a kleenex or cotton ball. Inhale for 10-20 breaths with your eyes closed.

Day 7: Diffuse wild orange or lemon all on their own today.

Day 8: Clean your microwave today. Add 10 drops lemon eo to water in a glass bowl. Microwave for 1 minute. Remove bowl and wipe down the inside with a cloth.

Day 9: Today, make your own kitchen, countertop cleaner. Add 10 drops each of lemon, orange & rosemary to a spray bottle. Add 2 tsp plain dish soap. Top off with filtered or distilled water.

Day 10: Time to clean your garbage cans! Spray all of them with your kitchen cleaner, wipe down well. And then add a couple drops of lemon or orange to a piece kleenex and add to the bottom of your cans.

Day 11: Make bathroom sprays for all your bathrooms. Blends to try: peppermint + orange. Lemon + eucalyptus. Tea tree + orange. Lavender + lemon. To make the spray, in a 2 oz mister spray bottle add 2 tsp witch hazel, 1 tsp Epsom salts, 20 drops of your oil blend and top it off with distilled or filtered water.

Day 12: Time to wash some floors! Add up to 20 drops (10 each lavender & lemon) to hot water in a 10 litre bucket. Add 1-2 tsp plain dish soap or Sal Suds (from Bronner's).

Day 13: Make a cleaning paste and scrub down your bathroom & kitchen sinks. Add about 1/2 cup baking soda to a container. Add 10-15 drops lemon eo. Add a splash of soap & water as needed to make a smooth paste. Apply, scrub, rinse and wipe.

Day 14: Add 3-4 drops of tea tree to your wash today. You could even add tea tree to water and a spray bottle, shake really well, spray the drum and wipe it down with a soft cloth.

Day 15: Add a couple drops of lavender to your dryer balls or to plain, unscented dryer sheets.

Day 16: If you shave, after you get out of the shower, pump 1 full pump of FCO into your hand. Add 1 drop of *frankincense and rub on the areas you have shaved.

Day 17: After one of your meals today, if you feel a touch bloated or full...add a few drops of peppermint and lavender to unscented lotion. Rub onto your belly in a clockwise motion. Inhale the lotion blend from your hands.

Day 18: Enjoy a relaxing foot soak before you head to bed tonight. In a small bowl, blend 1/4 cup epsom salts, 1 tsp magnesium flakes, 1 tsp coconut oil, 4 drops frankincense, 4 drops copaiba & 4 drops lemon. Mix into water, and soak your feet for 15-20 min.

Day 19: Make your own personal "PURE" fume! Melt beeswax & coconut oil (unrefined) in a double boiler. Add oils and pour into a 1 oz tin. You will need .3 oz beeswax, 6 oz coconut oil (solid), 5 drops each frankincense, wild orange & lavender

Day 20: Make a sugar scrub! In a small mason jar (4 oz.) add 1/4 cup brown sugar, 1 tsp castile soap, 1 tbsp coconut oil, 1 tbsp jojoba oil, 10 drops eucalyptus, and 10 drops lemon. Blend well. Add your lid until you are ready to use it.

Day 21: Today, take a moment to notice how you feel right after you breathe in an essential oil... In the afternoon, if you are feeling a little low on energy, open your bottle of peppermint or eucalyptus and INHALE. And then exhale. Inhale the aroma slowly in and out for 5-10 breaths. How does it make you feel?

***We use frankincense topically, after shaving because of its calming and antibacterial qualities. It can soothe irritated skin and eliminate microorganisms that might lead to ingrown hairs.

Day 22: Add a few drops of lavender & copaiba to your favourite facial toner, (a 3% dilution is great). If you don't have one already, purchase a bottle of Thayers witch hazel with aloe. Add 20 drops of your oils and 5 drops *solubol. Mix well.

Day 23: Make an inhaler for bedtime!! Add 10 drops frankincense, 5 drops lavender & 5 drops copaiba to an inhaler. Get all ready for bed and just before you are ready to turn off your lights, close your eye and breathe in the aroma from the inhaler. A simple inhale through the nose, exhale through your nose, slowly.

Day 24: Soak and relax tonight. In a small bowl, blend 1/4 cup pink Himalayan salts, 1 tsp Castile soap, 1 tsp FCO, 10 drops wild orange and 10 drops copaiba. Mix well into your hot bath water. Aaaaand...relax.

Day 25: Diffuse a relaxing, soothing, calm blend tonight in your bedroom. Try one of these: Lavender + frankincense. Lavender + wild orange. Wild orange + frankincense. Copaiba + lavender. Copaiba + frankincense.

Day 26: Legs and feet a little tired from a long, hard day? Add a couple drops each of frankincense, copaiba, lemon & peppermint to unscented lotion and rub into your lower legs and feet.

Day 27: Ever made your own linen spray? In a 2 oz mister spray bottle add: 8 drops copaiba, 5 drops lavender, 3 drops *solubol, 2 tsp witch hazel and then top it off with filtered or distilled H₂O.

Day 28: Clay Face Masks, (these are easy & fun). In a small glass bowl, mix: 2 tsp bentonite clay, 2 tsp water (or lavender hydrosol), 1 drop peppermint and 1 drop lavender. Apply to your face, let dry and then wash off gently with a soft cloth.

Day 29: Foaming honey facial cleanser. Blend in a small bowl: 2 Tbsp honey, 2 Tbsp Castile soap, 3 drops vitamin E, 12 drops lavender & 12 drops frankincense. Transfer your blend to a 16 oz glass foaming pump bottle. and then top off with distilled water.

Day 30: For extra cleansing of your gums and teeth, try adding 1 drop of tea tree to your tooth brush/tooth paste in the evening. Rinse your mouth well afterwards.

***Solubol is a natural, alcohol-free dispersant for emulsifying essential oils in water.

Notes

It's handy to know that not all recipes or blends turn out, along with the fact we are all very different in our preferences of aromas and applications of essential oils.

The more you use essential oils, the more you will become comfortable and will naturally want to learn more.

This guide is your starting point. Try using your oils for the full 30 days. Make notes as you go, (what works, what doesn't).

I hope you enjoy your own oil journey! Kel♥



Of all our senses, our sense of smell is most primal. None of our other senses has such a direct effect on our minds and bodies.

-Dr. Quing Li

Notes



If you are struggling, grab an essential oil. Pop that top off. Deep Breaths. Let the olfactory system dance with the limbic system. Notice how you feel after.

-Holly Brandenberger

Notes



Of the five senses, smell is the one with the best memory.
Rebecca McClanahan