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# Beginners safety guidelines

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Before getting to the fun part of using essential oils, let's review some safety guidelines regarding the use of essential oils.

Due to the potency and concentration of pure therapeutic grade essential oils there are some safety considerations you need to know.

- Some essential oils are **photosensitive**, which means that they can react with direct sunlight (examples of photosensitive oils are citrus oils such as lemon and orange and any blends containing citrus oils such as Peace & Calming and Joy). When using citrus essential oils, you should avoid exposure to the sun and UV lighting (such as tanning salons) for 24 hours. Or apply the oil under clothing where that body part will not be exposed to direct sunlight. Check the oil bottle label to know which oils are photosensitive.
- You will see/hear references to the terms '**neat**' and '**dilution**'. Neat means the essential oil is used without adding/mixing it with any other type of additional oil. Dilution means to add a good quality vegetable oil such as olive oil or a carrier oil such as Young Living's V6. Many of the therapeutic grade essential oils can be applied 'neat', directly to the skin without dilution. However, some oils are considered hot, which means they can create a burning sensation to the skin if applied neat without dilution (i.e. clove oil). Refer to the Young Living User's Guide to check which oils should be diluted before starting out. To dilute, mix the required number of drops of the essential oil with a good quality vegetable oil, such as the Young Living V6 oil.
- Wash your hands after using essential oils. Even the tiniest trace of essential oils can be unpleasant if wiped in the eye or in areas with delicate skin (such as when going to the toilet).
- Do not use essential oils in or near the eyes. Essential oil residue may damage contact lenses.
- If an essential oil gets in your eye - **do not use water** to wash it out. The water intensifies the essential oils and can make them feel stronger. Instead, always use a good quality vegetable oil and flush the eye ball with the vegetable oil by putting a drop near the eye so the oil is drawn out.
- If skin irritation occurs, dilute on the skin by adding some vegetable oil until the 'heat' subsides, which usually occurs within a few minutes.
- Without prior education, do not use any essential oils in any body orifice. Do not put essential oils inside the ears/ear canal.
- Some oils are stimulating and increase energy and others can calm you down. You will come to know this as you start using the oils on yourself. It's a good idea to know this before using them.
- Therapeutic grade essential oils may be used internally (in vegetable capsules), in drinks such as water or Ningxia Red and in cooking. Only therapeutic grade essential oils can be used internally. Do not use other oil brands internally. Oils that can be used internally are referred to on the GRAS list (Generally Regarded as Safe).
- See individual bottle labels and check with a health care professional before using essential oils if you have a serious medical condition, are currently taking medication or you are pregnant, nursing or planning to become pregnant. Refer to your doctor for information about oils to avoid or to use with caution during pregnancy. Also see your doctor for information regarding which essential oils to use with caution or to avoid using with people with epilepsy, young children or for people taking anticoagulant medication or people with high blood pressure.

# How to use essential oils

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The two most common ways to use essential oils is through smelling the oils and through applying the oils to the skin.

## Inhalation - smelling and diffusing essential oils

There are 2 ways that you can try smelling the oils.

1. Simply smell them from the bottle - open the lid and sniff them (don't touch your nose on the bottle though). Or you can drop 1 to 2 drops in your hand, rub your hands together, then cup your hands over your nose and inhale deeply.
2. You can diffuse them. Young Living does not recommend the use of oil burners or candle burners. Why? We do not recommend that heat based burners be used as many of the delicate constituents of the pure therapeutic grade essential oil are destroyed by heat - so by using a 'burner' you'd only be benefiting from a small % of the full benefits of the oil. Instead we recommend the use of a cold air diffuser. There are 2 types of cold air diffusers available from Young Living. We'll explain the diffusers and how to use them shortly.

## Topical application on the skin

Using essential oils on the skin is another easy way to enjoy the benefits of essential oils. Many of the Young Living essential oils can be applied directly to the skin, which is referred to as 'neat'. When starting, and before using new oil that you haven't used before, we suggest that you check the Young Living User Guide to see if dilution is suggested for the oil that you wish to use. You can also skin test new oil, by applying one drop to the inside (underneath) of your forearm. Wait for 5 minutes to see how your body reacts to the new oil before proceeding further.

To apply an oil neat, take the oil bottle, drop the required number of drops in your hand (or directly on the body part) then use your fingers to gently rub the oil in on the desired location. We suggest using 3 clockwise circles to rub the oil in. It's best to avoid touching the oil dropper whenever possible (because dust and skin particles can build up on the dropper if you touch it).

Apply the oil and allow it to absorb for 2 - 3 minutes before applying oil or getting dressed (to avoid staining clothing). As a general rule, when applying oils to yourself or another person for the first time, do not apply more than two single oils or blends at one time.

Essential oils can also be used for massage by diluting the essential oil with a good quality vegetable oil, such as V6. 1 drop of essential oils to 15 drops of vegetable oil is a general guide.

In addition to inhalation and topical application, other ways that therapeutic grade oils can be used include internal use (by using capsules), one or two drops in drinking water or drops in Ningxia Red. Using essential oils for cooking, cleaning, laundry and baths are other possibilities. Please note that only therapeutic grade essential oils should be taken internally.

Now that you know some tips about using essential oils, grab your Young Living essential oils and start experiencing them for yourself.

# Accessing information about essential oils

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You can refer to the Young Living product guide for information and an understanding of the uses of essential oils. (You will receive a Product Guide with your Young Living Premium Starter Kit).

Further educational materials are available from [www.discoverlsp.com](http://www.discoverlsp.com) and through the Young Living website at [YoungLiving.com](http://YoungLiving.com).

## Essential oil information, ailment suggestions and emotions suggestions

There are many great reference materials available at [www.discoverlsp.com](http://www.discoverlsp.com), we highly recommend you get a copy of. There are books about emotions, with suggested oils that may assist with a range of emotions.

## Testimonials and experiences

A great search engine is [www.YLSearch.com](http://www.YLSearch.com) that will help you find a great deal of information about various Young Living essential oils and products others are using.

# Frequently Asked Essential Oil Related Questions

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The following are a series of commonly asked questions regarding essential oils that you may find to be useful.

## What are essential oils?

Essential oils are aromatic volatile liquids. This means they disperse through the atmosphere and have an aroma. Essential oils are distilled from shrubs, flowers, trees, roots, bushes and seeds.

Essential oils are like the blood or the life force of the plant. They protect the plant and carry oxygen to the plants tissues and removing toxins and pollutants from the plant.

Many of these functions of essential oils may also be achieved in the human body when humans use therapeutic grade essential oils.

## Why do essential oils work?

Below are 4 reasons why therapeutic grade essential oils work and are so powerful:

1. Essential oils have a very complex structure - essential oils contain between 80 to 300 or more chemical constituents. (When I say chemical, I'm referring to the natural components of the oils, not to man-made or synthetic chemicals.) Many of the constituents of essential oils have not yet been identified by science. It's a combination of all of those constituents that work together to create the power of the essential oils.
2. The power of essential oils also lies in the different soil type, climates and conditions that the plants live in. This means that even for the same type of essential oil, even grown on the same farm and harvested at the same time of year, when produced naturally, no two batches of plants and essential oils are ever identical. For example there may have been more rainfall one year, a drier or colder spell, and these all factors affect the plants, making each harvest unique. We still get to benefit from all the benefits from the essential oil. But it's this complex chemical fingerprint and the changes to this fingerprint from batch to.
3. Essential oils are highly compatible with the human body. Their small molecular size gives them an enormous advantage over herbs, allowing them to absorb within seconds into our skin, travelling through our blood and into every cell of our body within 20 minutes. Because their natural chemical structure is similar to that found in human cells and tissues, they are readily accepted by the human body.
4. Essential oils have the advantage over herbs in that they are highly concentrated. 1 drop of peppermint oil is equivalent to 28 cups of peppermint tea. So you need very little essential oil to achieve results.

## Where to apply the oil on the body?

There are some places on the body where some essential oils can work really well, though if you're not sure where to apply an essential oil - the good news is that the oil will get to every cell in your body within 20 minutes, so no matter where you apply the oil, your body will still get the benefit of it!

Your body and essential oils have a special innate intelligence. The oil will be used by your body wherever the oil is most needed at that time.

When starting out, a good place to apply an oil is on the bottom of your feet. The bottom of the feet is also a good place for using oils with young children. Then as you become more familiar with using the oils, you'll get a sense of where you may like to apply the oil (always keeping in mind the safety precautions of avoiding the eyes and inner ears and taking note of photosensitivity). You may sometimes find that you get a gut feeling as to where you should apply an oil. Or sometimes you'll be working with a specific body part, like sore muscles, which will guide you as to where to apply the oil. For example, if I have an upset stomach, I'll apply peppermint oil neat (undiluted), or a special oil blend called Di-Gize to my stomach (on the skin) (Note: Di-Gize is 'hot', so some people may require dilution before applying on the skin. It's recommended diluting Di-Gize by using 1 part Di-Gize essential oil to 4 parts V6 or vegetable oil). If I have a sore leg muscle, I'll apply an oil such as peppermint or a blend called Aroma Siez, or the Deep Relief roll-on on the sore muscle.

## How many drops to use?

Young Living therapeutic grade oils are very potent and concentrated. For some essential oils, it can take an entire plant to produce just one drop of essential oil. For example, one drop of peppermint oil is equivalent to 28 cups of peppermint tea. So with essential oils you usually only need a small number of drops to have effect. You should consult the bottle for specific suggestions for each essential oil, though as a general guide, I personally generally use 2 or 3 drops of an essential oil. Sometimes you may even use less, for example, you may only need one drop of peppermint.

## What can essential oils be used for?

Essential oils can be used to support every body system.

## Which oils should I get/start with?

With 130+ oils to choose from, where do you start - which oils do you choose?

You may be drawn to an oil or you may choose oils that your friends or family have used.

**The Everyday Oils Kit** is a great place to start - it comes with some great oils to use daily, oils that can be diffused, oils for supporting mood and emotions and oils for supporting the immune system. Roll-ons are also a great way to receive the many benefits of essential oils. The **Deep Relief roll-on** and the **Stress-Away roll-ons** are great to carry with you, just pop them in your handbag.

## Which oil should I use?

You can use the Young Living product guide and brochures to help you to decide which oils to use. You'll also find that over time you'll experience and experiment with different oils to see which ones you like best.

Young Living has also made choosing an oil blend a lot easier with the names that they have given their blends. Many of the names are very descriptive Peace & Calming, Stress Away roll-on and En-R-Gee for example. Have a look through the product guide and look at the names and descriptions of the oils to find oil that meets what you're hoping to achieve.

## Why do you need different types of essential oils?

Why not just use just one or two oils? Essential oils have many benefits, so no matter which ones you choose, it's possible to experience some of those natural properties. However, depending on the particular plant that an essential oil is from, each oil has its own unique strengths when used with the human body. For example, marjoram oil is wonderful for relaxing muscles, wintergreen is more effective for bones, and cypress can be used for circulation.

## Can you use too much?

It is best when starting to use a small number of drops of oil and gauge how your body responds before increasing the number of drops of oil that you use. Everyone's body is different, so it's always important to gauge how 'your' body responds. Using anything in excess even natural substances is not recommended and with essential oils, because they are so potent, there's no need to use a large quantity.

Essential oils are great detoxifiers. They are very effective at helping to detoxify our bodies, so it's important that you drink additional water when using essential oils to help our bodies to flush out those toxins that the essential oils are helping to detox.

When using just a few drops of essential oils, most people do not experience detox symptoms, provided they drink water. If we use too much of an essential oil too quickly, it can speed up the detoxification process. If that occurs, the detoxification process will not harm your body, though it can temporarily be uncomfortable whilst feeling the detox response. Detox symptoms can include headaches. If that occurs, drink extra water and reduce the number of drops of essential oils you use for a few days.

## How often can you use essential oils?

This is a matter of personal preference. There are some oils that are well suited to different parts of the day - based on the effect that they can have on the body. For example, some oils are uplifting and can be good in the morning or middle of the day. Some oils are calming and relaxing, which can be good for the evening or before bed. Some can support energy levels - such as En-R-Gee. So for example I generally wouldn't apply the En-R-Gee oil before bed nor peppermint before bed. And I wouldn't apply RutaVala mid-morning (I use RutaVala before bed to support regular sleep).

The majority of the oils however can be used at any time of the day. When starting out, it is important to gauge how your body responds to each new oil that you try - so when starting with a new oil, it would be best to try the oil and wait for a period of time of say 30 minutes or an hour, to see how that oil feels with your body.

You can also refer to the Young Living Users Guide for recommendations of the frequency and duration for diffusing different oils for suggestions for the frequency of applying particular oils.

Some oils may also achieve an outcome quite quickly and may only need to be applied once a day, whilst you may prefer to apply some oils multiple times a day - for example, you may choose to apply Peace & Calming multiple times a day.

## Why diffuse?

Diffusing therapeutic grade essential oils can help to transform your surroundings. Diffusing can create a relaxing spa-like atmosphere or instantly brighten the mood of your home or office. Diffusing can also help to eliminate foul odors and remove lingering smells without the need to resort to synthetic air fresheners. Diffusing can also be used to help protect and safeguard your family's health, not only by detoxing your home from harmful household chemicals, also by fighting germs and mold in the home (for example Thieves and Purification blends).

## What does diffusing do?

It is suggested that when essential oils are diffused, they can increase atmospheric oxygen by releasing oxygenating molecules into the air. Not only can essential oils increase oxygen in the atmosphere, they also increase the body's ability to transport oxygen into the cells. The lipid-soluble (meaning fat soluble) structure of essential oils allows them to easily penetrate the cell membranes of the nose and enter into the bloodstream. Once in the bloodstream, the oils can help transport oxygen and nutrients.

## Why not use an oil burner?

If you have used essential oils before, you may have an oil burner - either electric or with a candle.

We do not recommend that oil burners be used. Instead we recommend an oil diffuser, which is a cold air or water based ultrasonic diffuser.

Why? Therapeutic oils are distilled using low heat and low pressure. There are 80 to 300 or more natural constituents in an essential oil. The Young Living distillation using low pressure and low heat ensures that those precious constituents are retained. However, some constituents are affected by heat. By using an oil burner, many of those constituents would be lost and only a smaller percentage of the constituents would remain. Therefore by using heat, fewer constituents would be available and you would not get the full therapeutic benefits that you would otherwise get if you used a cold air diffuser.

## Diffusion time frame suggestions for new oils

Limit the diffusion of unfamiliar essential oils to 10 minutes each day, increasing the time diffused after their effects are determined. The time for diffusion may also depend upon the room size and potency of the oil. i.e. limit strong oils in a small room to less time than mild oils in large rooms.

## How long to diffuse for?

The Young Living Product Guide refers to the suggested diffusion times for the essential oils. (This is the leaflet that was included in your oils delivery - you'll get this leaflet every time you order oils, so if you've thrown it out, you'll get another one with your next order)

There's a chart that classifies the oils as a color - green, yellow, orange, red or blue. With each color, it refers to the suggested diffusion time frames. So for example, a green oil is suggested for diffusion for up to 1 hour 3 times a day, whereas a red oil is suggested to be diffused for no more than 10 minutes three times a day in a well-ventilated room.

If you have a new oil and that oil is diffused for too long, for some oils, it can be a little overwhelming for the body - if you're not used to that particular oil. That's why there are a suggested number of minutes and frequency references.

So for example, using those classifications for the oils - lemon for aromatic purposes is green - so lemon can be diffused for up to 1 hour 3 times a day.

For example, for Thieves: Diffuse for 15 minutes every 3 to 4 hours.

## Suggestions for oils to diffuse

- Peace & Calming** - for a relaxing, peaceful and calming feeling. Promotes relaxation and a deep sense of peace and emotional well-being, helping to dampen tensions and uplift spirits. When massaged on the bottom of the feet, it can be a wonderful prelude to a peaceful night's rest. It may calm overactive and hard-to-manage children.
- Citrus fresh** - for a fresh, gently uplifting feeling – Stimulates the right brain to amplify creativity and well-being as well as occasional anxiety. Works well as an air purifier. University researchers in Japan found that diffusing a citrus fragrance in an office environment improved mental accuracy and concentration by 54 percent. When diffused, it adds a clean, fresh scent to any environment.
- Lemon** - fresh and clean scent, elevates mood, supports normal memory function
- Purification** - Cleanses and disinfects the air and neutralizes mildew, cigarette smoke, and disagreeable odors.
- Thieves** –is inspired by the legend of four 15th-century French thieves who formulated a special aromatic combination composed of clove, rosemary, and other botanicals they used while robbing the dead and dying. Young Living's one-of-a-kind Thieves blend, crafted in the spirit of that legendary combination to support healthy immune function and may help maintain a healthy respiratory system.

## Can essential oils be used with children?

Yes essential oils can be used with children. There are some oils that are best avoided or used with caution with children. Look in your reference guides for specifics. The safest place to apply oils to children is to the bottom of their feet. You can also diffuse oils for children. Peace & Calming is an example of an oil blend that is great for using with children to help settle them and reduce restlessness in the evening and at bedtime.

## Can essential oils be used with the elderly?

Yes essential oils can be used with the elderly. If the person is taking any medications it's best for them to check with their doctor before using essential oils. Consult your doctor about oils that should be used with caution or avoided for people with high blood pressure or and those taking anticoagulant medication. When starting using essential oils with the elderly it may be best to start with fewer drops. Elderly people generally have more toxins in their system as they've had longer exposure to environmental toxins. So they may be more likely to have a detox response due to that prolonged toxic exposure.

## Are essential oils safe?

Young Living essential oils are safe. Young Living essential oils are therapeutic grade. They are organic and are grown without any pesticides and chemicals. They are distilled without the use of harsh chemicals and solvents.

## How often do you use essential oils?

I personally use essential oils throughout the day. For example, I apply Valor in the morning to bottoms of my feet. I apply Frankincense to my face and sometimes Idaho Balsam Fir also. I apply Joy or another one of the Feelings Kit collection oils. During the day we diffuse in the office - i.e. Citrus Fresh, Purification or Australian Blue. If it's a hot day I'll apply some Peppermint to the back of my neck and back to help cool me down. If I have a headache, I'll use Peppermint (inhale or apply to the back of my neck) or the Deep Relief roll-on. If I need to focus on a task, I'll inhale or diffuse Clarity blend or Brain Power blend. After work I'll use an oil to calm and relax such as Peace & Calming or diffuse Peace & Calming or Joy in the living room or apply Stress-Away roll-on. In the evening I use RutaVala to support sleep.

## Which oils/products do I use most often?

- |   |  |
|---|--|
| <input type="checkbox"/> Ningxia Red                        | <input type="checkbox"/> Citrus Fresh        |
| <input type="checkbox"/> Longevity (essential oil) capsules | <input type="checkbox"/> Release             |
| <input type="checkbox"/> Valor                              | <input type="checkbox"/> Forgiveness         |
| <input type="checkbox"/> Peppermint                         | <input type="checkbox"/> Di-Gize             |
| <input type="checkbox"/> Frankincense                       | <input type="checkbox"/> Sacred mountain     |
| <input type="checkbox"/> Idaho balsam fir                   | <input type="checkbox"/> 3 wise men          |
| <input type="checkbox"/> Peace & Calming                    | <input type="checkbox"/> Stress Away roll-on |
| <input type="checkbox"/> Joy                                | <input type="checkbox"/> Deep Relief roll-on |
| <input type="checkbox"/> Thieves                            |  |

- Thieves toothpaste
- Thieves mouthwash
- Thieves foaming hand soap
- Thieves household cleaner (the only cleaner we now use at home)
- ART skin care
- Young Living shampoo, conditioner and shower gel

## Can essential oils stain?

Some essential oils can stain clothing - i.e. blue tansy has a blue color, some oils have a yellow color. So you should ensure you rub them in well to avoid getting them on clothing.

## How to store essential oils?

Keep the lids tightly screwed and store in a **cool dark place away from direct sunlight**, in an area away from young children.

## Can essential oils be used on the face?

Yes essential oils can be used on the face. The skin on the face is a little finer than the rest of the body, so you can use less drops of oil on the face than on the rest of the body, and it's best to avoid the 'hot' oils on the more delicate facial skin. I personally use frankincense, lavender, myrrh and sandalwood oils on my face. You should also keep the oils away from the eye area.

## Suggestions for products to try next

- Stress-Away roll-on – the name says it all!
- I always suggest Ningxia Red. Ningxia Red offers many fabulous benefits. You can see information about Ningxia Red in the DVD and product sheets included in your Start Living Kit.
- Try the Thieves toothpaste and mouthwash
- Use the Thieves foaming hand soap
- Get the Everyday oils kit – so many uses for everyday life
- Deep Relief roll-on and PanAway oil blend - for sore muscles
- Lavender or RutaVala to support regular sleep habits
- Peppermint – I carry it everywhere – very versatile.

## How to learn more?

In addition to the suggestions above you can:

- Attend Young Living events** – including meetings and conventions. International conventions are held in the USA every year. All Young Living distributors are welcome to attend both USA and International conventions. You can find a listing of events at [www.youngliving.com/events](http://www.youngliving.com/events).
- Many CDs, DVDs and books are available from [www.discoverlsp.com](http://www.discoverlsp.com) and the Young Living website.

### *Disclaimer:*

*Due to the established credibility with eminent scientists and medical professionals worldwide, who continue to research and validate the effectiveness of Young Living's essential oils, we specifically recommend the use of Young Living essential oils. This booklet can be used as educational material, but not to diagnose, prescribe, treat, or guarantee an outcome. This book was created by Independent Young Living Members.*

*The author is not a health care practitioner.*

*The information in this book is for educational purposes only. The author is not rendering professional advice or services to the individual reader. The purpose of these notes is to introduce you to the world of essential oils. The author shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused, or alleged to have been caused, directly or indirectly, by the information contained herein. You should always consult a qualified health professional regarding any health conditions. The information in this document has been compiled to help you with questions that you may have when first starting with essential oils.*