



EGO FRIENDLY LIVING

With Esther Rodriguez Brown

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BASICS OF AROMATHERAPY

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Why Essential Oils?

Essential oils are renowned for their immune-supporting and emotional balancing-qualities.

When use safely, Aromatherapy is a great way to support our health.

FIRST THINGS FIRST: SAFETY

Phototoxic Oils

Sunlight or tanning bed rays must be avoided for up to 18 hours after application.

Bergamot, Lemon, Cold pressed Lime, Grapefruit, Bitter Orange, Mandarin Leaf, Cumin, Angelica Root, and Laurel Leaf absolute.

For Children 5-12 Years of Age

Always dilute them at 1% (5-6 drops of essential oils for every 1oz./30 ml. of carrier).

It is always safer to diffuse them than to apply them directly on their skin.

FIRST THINGS FIRST: SAFETY

Convulsant Oils

(Maybe vulnerable for anyone with epileptic seizures.)

Western Red Cedar, Wormwood, Genipi, Sage, Wintergreen, Rosmery, Yarrow, Spanish Lavender (*Lavandua stoechas*) and Spike Lavender (*Lavandula latifolia*)

Caution During Pregnancy/Breastfeeding

Any essential oils that you use during this time keep it to the lowest level 1%. There are app. 50 essential oils that should not be use during pregnancy and another 15 that should be use with caution.

Most common contraindicated: Anise, Birch, Black Seed, Carrot Seed, Cinnamon Bark, Blue Cypress, Fennel, Myrrh, Spanish Lavender, Oregano, Sage, and Wintergreen.

FIRST THINGS FIRST: SAFETY

- 1- Birch and Wintergreen should not be used on or given to children in any amount (Tisserand & Young)
- 2- Do not put essential oils around eyes, ears, or other orifices
- 3- Be cautious using your oils on people with allergies or asthma.
- 4- Keep all essential oils out of the reach of children.



BLENDING GUIDELINES AND DILUTIONS

There are approx.. 500-600 drops of essential oils in 1 oz.

- 1- Emotional support, pregnancy, compromised immune system, or for use directly to the face:
1% dilution = 5-6 drops on 1oz./30ml. of carrier.
- 2- For massage oils and daily use:
2% dilution = 10-12 drops in 1oz./30ml.
- 3- For specific injury of muscle, tendon, bone:
3% dilution = 15-18 drops in 1oz./30ml.
- 4- For chest congestion or local issues: 3%-10% Dilution
If 1% dilution = 5-6 drops on 1oz./30ml. of carrier, then
10% dilution = 50-60 drops.



BERGAMOT

Emotional/Energetic Qualities: Relaxing, restorative, calming, emotionally uplifting, supports and release of repressed emotions, helps reduce insomnia and anxiety.

FOR ABDOMINAL CRAMP BLEND

2 drops Bergamot
4 drops Lavender (angustifolia)
5 drops Roman Chamomile
3 drops Sweet Marjoram
4 drops Sweet Orange

Blend in 1 oz. unscented cream or carrier oil.

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CEDARWOOD

Emotional/Energetic Qualities: Increases endurance during difficult times, supports confidence in challenging situations, grounding.

STRESS REDUCING MASSAGE OIL BLEND

5 drops Cedarwood
2 drops Bergamot
3 drops Sweet Orange
2 drops Jazmin
1 drop Neroli

Blend in 1 oz. unscented cream or carrier oil.

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EUCALYPTUS GLOBULUS

Emotional/Energetic Qualities: Uplifting, clears the mind and aids concentration, soothes exhaustion, encourages a sense of extra support.

ADULT EUCALYPTUS STEAM BLEND

10 drops Eucalyptus

10 drops Siberian Fir

10 drops Tea Tree

2 drops Jazmin

1 drop Neroli

This becomes your 'stock bottle" Use 1 drop of the blend in a bowl of steaming water. Place a towel over your head and the bowl, close your eyes and breathe



FRANKINCENSES

Emotional/Energetic Qualities: Supports reflection and introspection, encourage emotional healing, quiets the mind, supports focused attention and tranquility.

FACIAL MASK BLEND

Mix in a bowl:

1 teaspoon plain yogurt

2 teaspoons of Clay

1 teaspoons Vitamin E

1 teaspoon oat flour

1 drop Frankincense

1 drop Geranium

1 drop Myrrh

Leave for 10 min. wash off with warm water



LAVENDER (*Angustifolia*)

Emotional/Energetic Qualities: Calms, soothes, nurtures, encourages balance in all body systems, reduces anxiety and fear, helps calm and control panic attacks.

TENSION HEADACHE BLEND

3 drops Lavender
6 drops Frankincense
2 drops Rosmery
1 drop Eucalyptus
1 drop Helichrysum

Blend in 1 oz. of unscented cream or carrier oil, rub on the back of your neck.

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NEROLI

Emotional/Energetic Qualities: Relaxes the nerves, calms and soothes the heart, facilitates spiritual and creative work.

EMOTIONALLY BALANCING BLEND

3 drops Neroli
3 drop Orange
1 drop Frankincense
1 drop Lemon
1 drop Ylang Ylang

Blend in 1 oz. of unscented cream or carrier oil.



ROSE ABSOLUTE

Emotional/Energetic Qualities: Eases shock, grief, depression, anxiety, despair, soothes anger, brings feelings of love.

NOURISHING FACIAL BLEND

2 drops Absolute Rose
1 drop Frankincense

Blend in 1 oz. of your favorite skin lotion.



Get in touch with Esther

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