

QUALITY  
AROMATIC  
ESSENTIAL OIL



# Essential Oil Aromatherapy



November, 2020.



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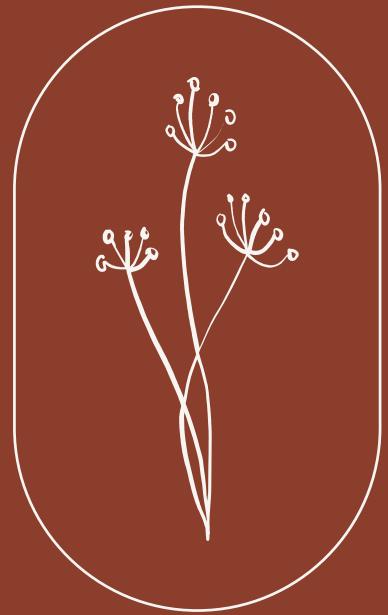
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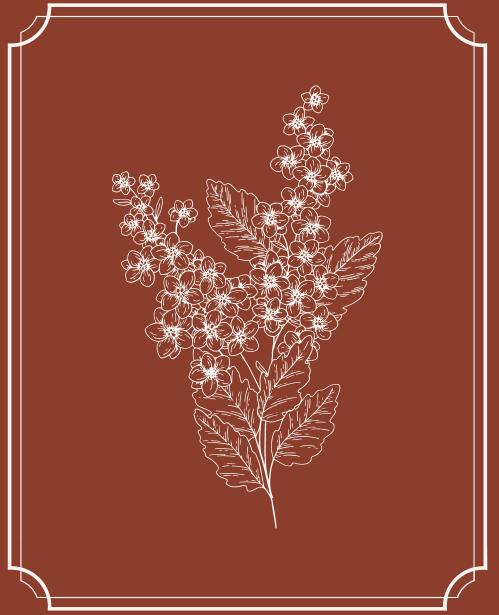
# History



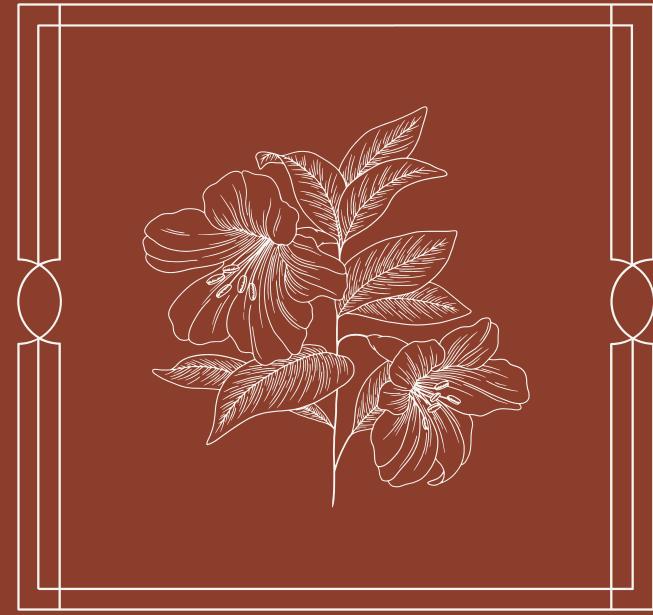
## HISTORY OF ESSENTIAL OILS AROUND THE WORLD



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Essential oils, or aromatic oils as they were once called, have been used by many cultures around the world for centuries. Their uses varied between cultures from religious purposes to healing the sick. It is difficult to pinpoint exactly when essential oils gained notoriety as effective healing agents, but eventually the knowledge of essential oils spread around the globe.



# About the Essential Oils

## WHAT ARE ESSENTIAL OILS USED FOR?

Essential oils have many uses outside of aromatherapy. Many people use them to scent their homes or freshen up things like laundry. They are also used as a natural scent in homemade cosmetics and high-quality natural products.

# How many types of essential oils are there?

THERE ARE MORE THAN 90  
TYPES OF ESSENTIAL OILS.



## Lavender

With an herbal yet floral scent like an English country garden, lavender essential oil is the most-searched for essential oil in the UK.



## Peppermint

Sharp and tingly, peppermint essential oil is a breath of fresh air. It's also the second most sought-after essential oil in the UK.



## Ylang ylang

This beautifully-scented flower hails from the Asian and Australian continents and is one of the top trending essential oils in the UK.



# Essential oils

## WHY DO THEY CALL THEM ESSENTIAL OILS?

The oil bears the name of the plant from which it is derived; for example, rose oil or peppermint oil. Such oils were called essential because they were thought to represent the very essence of odour and flavour.



## ESSENTIAL OILS.



# Which essential oil is best for skin?



## **Tea Tree Organic Essential Oil**

Plant Therapy Organic Tea Tree Oil  
(Melaleuca) 100% Pure, USDA  
Certified Organic, Undiluted,  
Natural Aromatherapy, 10 mL.



## **Ylang Ylang Essential Oil.**

Aura Cacia Ylang Ylang (III)  
Essential Oil, Organic.25 oz bottle



## **Organic Rosemary Essential Oil.**

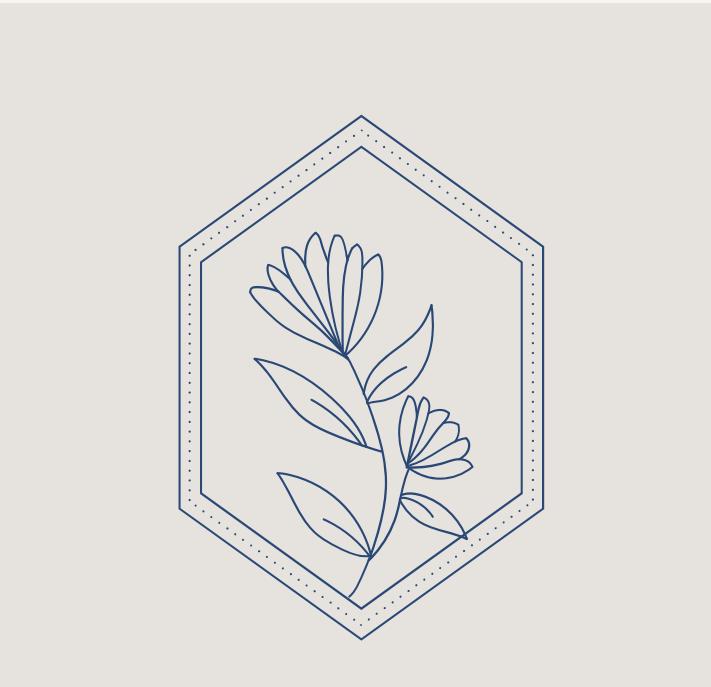
Zongle USDA Certified Organic  
Rosemary Essential Oil, Safe To  
Ingest, Rosmarinus Officinalis, 1 OZ.



# How Can You Use Essential Oils Safely?

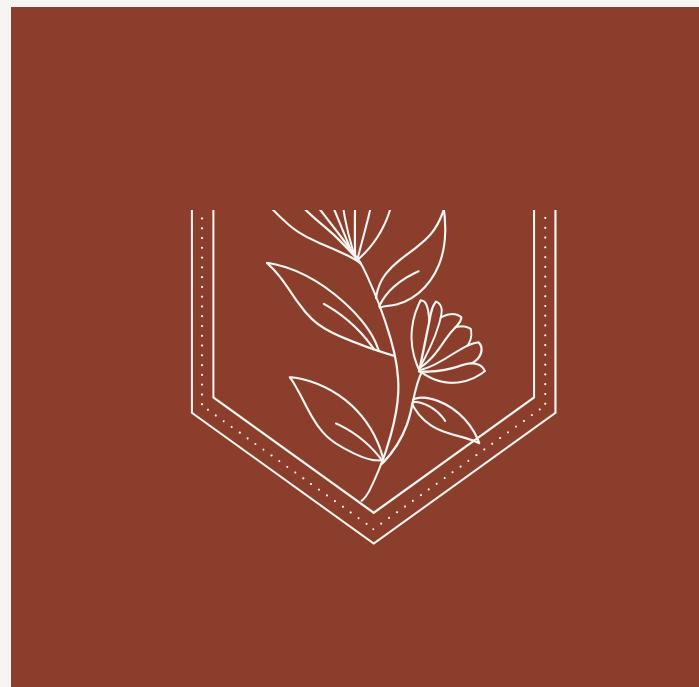


**THE SAFEST WAYS TO USE ESSENTIAL OILS INCLUDE:**

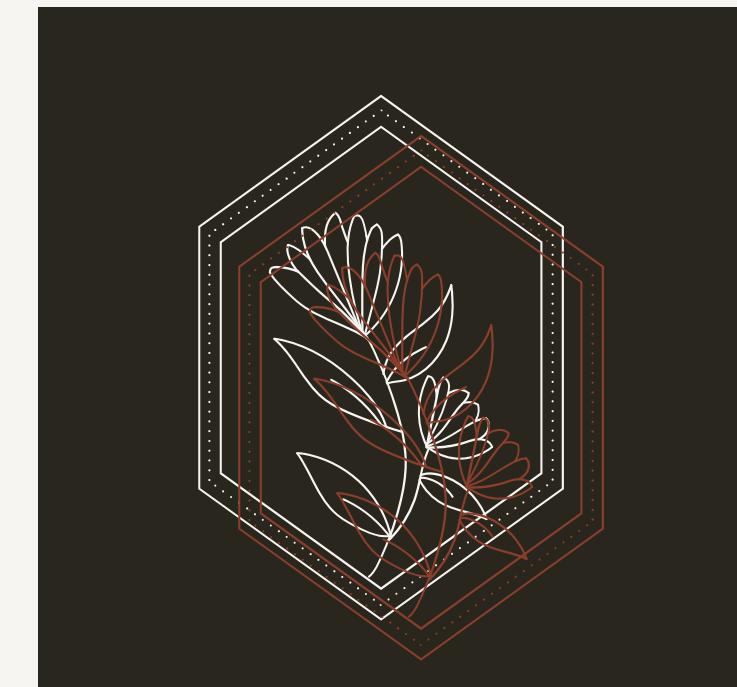


**Aromatherapy accessories:**

Necklaces, bracelets and keychains made with absorbent materials you apply essential oils to and sniff throughout the day.



**Body oil:** A mixture of essential oils with a carrier oil such as olive, jojoba or coconut oil that can be massaged into skin. Because essential oils are concentrated, they can cause irritation. Avoid using them full-strength on skin.



**Aroma stick:** Also called an essential oil inhaler, these portable plastic sticks have an absorbent wick that soaks up essential oil. They come with a cover to keep the scent under wraps until you're ready.



# Aromatherapy

## ALLERGIC REACTIONS TO ESSENTIAL OILS

A small number of people may experience irritation or allergic reactions to certain essential oils. You're more likely to have a bad reaction if you have atopic dermatitis or a history of reactions to topical products. Although you can experience a reaction to any essential oil, some are more likely to be problematic, including:  
Oregano oil, Cinnamon bark oil, Jasmine oil, Lemongrass oil,  
Ylang-ylang oil, Chamomile oil, Bergamot oil.



# What Is Aromatherapy?

## **AROMATHERAPY HAS BEEN USED FOR CENTURIES.**

Aromatherapy is the practice of using essential oils for therapeutic benefit. When inhaled, the scent molecules in essential oils travel from the olfactory nerves directly to the brain and especially impact the amygdala, the emotional center of the brain. Essential oils can also be absorbed by the skin. A massage therapist might add a drop or two of wintergreen to oil to help relax tight muscles during a rubdown. A skincare company may add lavender to bath salts to create a soothing soak.



# Essential Oil Aromatherapy

[www.essentialoil@oil.com](http://www.essentialoil@oil.com)

# Essential oil company colors



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ESSENTIAL OILS.

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Aa Bb Cc Dd Ee Ff Gg Hh Ii  
Jj Kk Ll Mm Nn Oo Pp Qq Rr  
Ss Tt Uu Vv Ww Xx Yy Zz  
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