



Jordan Essentials Guide to Essential Oils

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Jordan Essentials uses pure 100% therapeutic grade essential oils. We use the finest oils and carriers available. Jordan Essentials' products are not intended to cure or treat any ailment. They are simply here for you to enjoy purposeful applications. Use this guide to help you learn more about the Jordan Essentials' Products and use caution. Please consult a doctor when in doubt and instruct your customers to do the same. We want safe, happy and healthy families.

What are Essentials Oils: The Jordan Essentials Difference

Nature provides powerful essential oils from leaves, flowers, roots, fruit and trees. The Bible is full of amazing oils intended to support and soothe. Modern research has confirmed the benefits of oils as well as many happy essential oil users. We spare no effort to maintain the high quality and purity of our essential oils to meet our stringent quality standards. As far as possible our products come from organic growers. All of our oils are produced ethically and are free from pesticides and chemical fertilizers.

An essential oil is a liquid that is generally distilled (most frequently by steam or water) from the leaves, stems, flowers, bark, roots, or other elements of a plant. Essential oils, contrary to the use of the word "oil" are not really oily-feeling at all. There are many benefits of essential oils such as: antiseptic, disinfecting, anti-viral, calming, energizing, and balancing.

USES AND DOSAGES

Internal Use: Avoid completely! Some oils are toxic and can weaken internal organs*

External Use: Massage: 2 - 5% concentration in carrier oil

Full body massage: 12 - 15 drops per ounce of carrier oil

Local Application: Inflammation of joints, etc. 25 - 30 drops per ounce of carrier oil

Baths: 15 - 20 drops per bath

Steam Facial - Facial Sauna: add 5 - 8 drops of essential oil to a bowl of hot water, cover your head with a towel and inhale. Repeat after 5 minutes. Do not use Peppermint Essential Oil.

Application

What is aromatherapy?

Aromatherapy is the practice of using volatile plant oil aromatically for psychological and physical well-being. Training can involve anywhere from a weekend course to a two year diploma in aromatic studies.

Essential oils that are inhaled into the lungs are believed to offer both psychological and

physical benefits; not only does the aroma of the natural essential oil stimulate the brain to trigger a reaction, but the natural constituents (naturally occurring chemicals) of the essential oil are drawn into the lungs and can also supply physical benefit. If not done correctly and safely however, the use of essential oils can also have severe consequences.

Spray- Use sprays for aromatherapy, spray on clothing and linens, (check for color fastness) spray in the air or in hands and breath deep.

Roller – Roll on hands, feet and ears for a great experience that utilizes ancient acupressure points from Chinese medicine. We are fearfully and wonderfully made. God has made our hands, feet and ears as a mirror of our bodies (see diagrams).

Dropper Bottles - add a few drops to any unscented products for purposeful application.

The Benefit of Physical Application

Oils that are applied to the skin are believed to be absorbed into the bloodstream. The components of the various oils are believed to aid in a variety of health, beauty and hygiene conditions. **Since essential oils are so powerful and concentrated, they should never be applied to the skin in their undiluted form.** To apply essential oils to the skin, carrier oils, which "carry" them to the skin. Common carrier oils include JE Multi-Purpose Oil, Unscented Hand and Body Lotion, Skin Relief and Unscented Magnesium.

Essential Oils can have soothing effects on the following conditions:

Fungal & Bacterial – Tea Tree and Immune

Burns – Lavender and Skin Relief

Stress & Depression - Lavender, Peace Blend, Happiness for hormone depression, Slender Blend

Headaches - Peppermint, Headache Spray, Magnesium Lotion

Insomnia – Sleep Spray

Menopausal & PMS Symptoms (woman's health) – Happiness

Sinus Problems - Tea Tree, Lavender, Eucalyptus, Immune

Skin Rashes – Detoxifying Clay Mask followed by Skin Relief

The Aromatic Spa Session

1. Fragrance the home with sprays and spritzers
2. Customized essential oil blends throughout the home including bathrooms and kitchens
3. Aromatic beverages (hot and cold) – fresh lemons and cucumber

4. Face Cloths in cold water or hot water fragranced with essential oil sprays
5. Customized fragrances applied during Spa Show
6. Spritzers - keep in an ice bucket after steam or sauna

Jordan Essentials Perfect Essential Oil Partner Products

Unscented Body Care Line

Toner

Sunflower & Jojoba Multi-Purpose Oil

Shampoo

Skin Relief

Unscented Magnesium

How to make a palm blend

Hold out your hand, place a small amount of the EO partner product in your hand and drop 2-3 drops of the pure dropper bottle of choice. Rub hands together and then apply as needed.

Mix an Ounce: Some for now and some for later

Use the 1 ounce mixing jar to make a custom blend. Do not dip fingers into the blend if you intend on saving it for later use. Use a spatula to keep bacteria from contaminating your new blend.

Absorption

Essential oils diffuse through the skin passively. They actually go through the skin cells, pass in-between skin cells, and get picked up eventually by the blood circulation of the dermis, in lower layers of the skin. Essential oils are fat soluble and absorb through areas of the skin particularly where there are very thick layers of skin such as on the palms of the hands and the soles of the feet.

BLENDING GUIDELINES

1. Less is more
2. Do not use more than four or five oils in your blend
3. Use a maximum of 3% in your blend
4. Develop themes like sleep or energy personal blends

The Fragrant Home

Different ways to scent the home where each room speaks a different language:

Bathroom: Lemon, Lavender & Eucalyptus

Children's Room: Lavender, Eucalyptus, Orange

Kitchen: Lemon, Orange & Citrus Oils

Study: Peppermint

Bedroom: Happiness, Lavender, & Citrus

Dining Room: Peppermint, Orange, Lemon

Essential Oil Safety Information

Essential oils are highly concentrated liquids that can be harmful if not used carefully.

Implementing aromatherapy into your lifestyle shouldn't cause paranoia or undue worry.

Some oils can cause sensitization or allergic reactions in some individuals. When using a new oil for the first time, do a skin patch test on a small area of skin. Place a small amount of the diluted essential oil (never use essential oils undiluted on the skin) on the inside of your elbow. Wait to see if there is any form of reaction. Even if a particular essential oil is not known to cause irritation, this step should not be ignored. Even if oil does not irritate you, it can irritate someone else. It is important that you always keep that in mind.

Some essential oils should be avoided during pregnancy or by those with asthma, epilepsy, or with other health conditions.

Never let children use essential oils without the presence of an adult knowledgeable about their use. Most essential oils smell wonderful and many essential oils such as citrus oils can smell like they are safe to drink. Keep your essential oils away from children. Treat the oils like medicines that are poison in unknowing hands.

Be careful when applying essential oils when taking prescribed medications. There is the small possibility that essential oils and drugs may alter each other's metabolism.

Essential oils are flammable. Please keep them out of the way of fire hazards. .

Do not prescribe and avoid using essential oils as curative substances. They are meant to be an enhancement to existing healthcare regimens.

Vary the oils that you use. Anything you use for a long time can cease to be effective if the body becomes accustomed to it.

Do not be afraid to turn away a customer if you feel that they have a condition that is beyond your expertise!

Special thanks to Dr. Faith Nelson-Eagles for her contribution and expertise as well as her love of helping people.

Dr. Faith Nelson-Eagles, RN, LMT, PhD, QBD/IMUNE Instructor

Sources:

<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0032645/>

Essential Oil Safety: A Guide for Health Care Professionals-, 2e 2nd Edition

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