

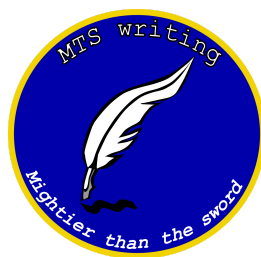


**MTS Writing Presents**

**Essential Oils  
the Essence of Nature at  
Your Service**

# Essential Oils

## the Essence of Nature at Your Service



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# 1. A WORD OF CAUTION

**The purpose of this ebook is advisory only and it can't substitute a medical advice.**

A few words of caution - remember that essential oils are very concentrated goodness. That's why try to not forget these few simple rules:

- 'Less is more' applies to the use of essential oils.
- Never use essential oils directly to the skin - always dilute them with a carrier oil or in case of bath or inhalation - in water
- Citrus oils may increase skin sensitivity to ultraviolet radiation. Be careful when applying them to sun - exposed skin,, and preferably apply also some sunblock.
- Be careful about taking any essential oil internally - consult it with a specialist first, as some essential oils can be very toxic.
- Be careful with essential oils around pets, especially cats. Essential oils can be all from unpleasant to dangerous for them.
- Consult a specialist before using essential oils on children. Their bodies are smaller and react differently - also not all of the oils are suitable for kids.

That might sound a bit intimidating, but care is required with any kind of medicine, natural too. For the wide range of essential oils' benefits, it is still worth to give them a chance.

## 2. INTRODUCTION TO ESSENTIAL OILS

You see them everywhere. The internet is swelling with testimonies of people miraculously cured by them. Natural-lifestyle addicts clean their houses with them. And you ponder - what is it in them? Is it some hippie-talk, magic, or do essential oils really work? What these oils are, why they are so special, and why are they being sold in such ridiculously small bottles?

Let's start from the very beginning. First, let's have a look at plants. They're nice (some of them), they're healthy (some of them). They can cure stuff and that's called herbal medicine. We can all agree on that, right?

Chemical compounds contained in their fragile, green bodies - stems, leaves and flowers - can cause certain reactions in our bodies. It only makes sense that for more versatile and more concentrated product, for the ESSENCE of the herb, we can extract it straight from the plant. Sometimes said essence is obtained through distillation, sometimes with mechanical means, like cold pressing. The effect is strongly smelling liquid for multiple uses. Essential oil - the essence of the plant. Simple.

Now, how do they work? These little bottles will work how we tell them to. It depends on the desired effect, really. Science is a funny thing - and our brain even funnier. It turns out that we possess something called 'limbic system'. If you've never heard about it before, don't worry; you still have it.

This is simply a part of the brain, responsible for emotions, memories, motivations and learning. It can be easily stimulated by... certain smells. Yes, that's why some aromas can awaken memories. So if we take it from the opposite way, we can use smells to reach the areas WE want to stimulate. That's right, make these little bottles work for you, and don't spare them!

(Figuratively speaking, because they're so concentrated, that they should be used sparingly. It's like with make up - the less is more.)

Anyway, back to the essential oils. Molecules of goodness can enter our bodies not only through the nose. They can take the fast route through the bloodstream and reach some major organs this way. Don't worry, you don't need to inject them. Mix a few drops with a carrier oil and massage to your skin - they will manage from there. Skin is after all the most absorbent part of our bodies. Yes, it's a good time to rethink the ingredients of your favourite body cream now.

So... how to use this stuff? There are a couple of ways. The most popular are aromatherapy, massage and bath. You can use an electric diffuser or a simple oil burner, and enjoy fresh smelling house and health betterment. It's like "buy one get one free" offer.

After a stressful day it can also be nice to take a relaxing bath seasoned with 10-20 drops of lavender oil for calming down, or eucalyptus one, for treating cold. If you have a dermatological problem you can add a few drops of appropriate oil to your face cream or lotion. The possibilities are almost endless. There is one rule, though, which you have to follow no matter what: safety measures! Essential oils, as many other medicines, can have their contraindications. As before taking something from the pharmacy you carefully read the leaflet attached (or is it only me who does that?), try to find out as much as you can about the oil you are planning to use. Some might just not agree with your condition, some need to take extra special care while handling them.

Still, considering the benefits, essential oils are the best what nature could give us, a truly condensed medicine for body and mind.

### 3. BERGAMOT ESSENTIAL OIL

I will start with my absolute personal favourite - bergamot essential oil. Why do I love it above all other oils? Is it the scent? Is it wide range of properties? Well, I guess it's a mix of both.

Bergamot itself looks a bit like a poor relative of lemon or lime. Especially considering that it doesn't possess their richness of taste. In fact, bergamot is small, ugly and bitter, inedible to humans. But that's ok. It earns its due respect in other ways.

Bergamot essential oil, derived by cold compression, is loved all over the world for the sweet, fresh smell. Tea connoisseurs will recognize it instantly, as the famous Earl Grey tea is infused with bergamot, for distinct aroma. This lovely smell is a gem fully appreciated in aromatherapy. Bergamot oil is well known for calming, relaxing and depression fighting properties. When combined with lavender oil for a massage - deep relax guaranteed. It reduces the amount of stress hormone called corticosterone - just for this name it should surely be reduced.

It can also aid our digestion, which can be quite helpful after a really big and tasty meal. Bergamot oil stimulates secretion of few nasty but very useful juices: acids, bile and enzymes. That helps to quicken digestion process.

Bergamot essential oil is quite a fighter. It will enter into combat with germs, virus and fungi. Thanks to that it can aid our cleaning (few drops to home-made multi purpose spray), as well as our health. It works as a natural antibiotic, also can help to reduce fever and on top of that - to reduce pain.

If you are scrolling impatiently through this text to get just to the list of benefits, here it is:

#### **Bergamot essential oil health benefits:**

- helps to relax, reduces anxiety and stress,
- aids digestion,
- fights germs, virus and fungi,
- works as a natural antibiotic,
- helps to reduce fever,
- helps to reduce pain.

Pretty good for an ugly lemon, eh?

# Bergamot essential oil benefits

reduces anxiety and stress

helps to reduce fever

helps to relax

works as a natural antibiotic

aids digestion

helps to reduce pain

fightes germs, virus and fungi

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## 4. LAVENDER

If herbs were actors, I think lavender would be Benedict Cumberbatch. While not exactly a beauty, it possesses an undeniable charm. Thanks to its versatility it can work in any environment. It's very easy to recognize. And last but not least - you see it everywhere these days.

Lavender has one of the most recognizable scents in the world. (You know we've already finished with analogy to Benedict, right?). It reminds of freshness and summer. To ancient Romans *lavandula angustifolia* meant cleanliness - 'to wash' in Latin is 'lavare'. They used it in the soaps and scented baths. Greeks appreciated lavender for its calming properties. Egyptians used lavender oil in the mummification process. The story goes that freshly dug out mummy of Tutankhamon was faintly smelling of that herb after over 3000 years! That's herbal power to me! Even the Bible mentions healing properties of lavender.

Lavender is great for relaxing, every drug store shelf with bath products will tell you this. Shower gels, bath soaks, and for kids bubble baths - everything with a touch of lavender for relaxation. The last is probably grabbed often by desperate parents, who will try anything to put their precious monster to sleep. If bath won't work this way, there's still a chance that at least parents will be calmer. But why to rub parabens and other nasties in our - or what's worse - in children's skin, if few drops of pure lavender oil in bath will help to achieve the same (or better) effect?

So lavender oil can help you calm down. Same like Cumberbatch, actually. I mean, who can be still upset after watching one or two episodes of Sherlock? Ok, I promise that was the last one.

Lavender essential oil thanks to its antibacterial properties can not only clean our skin properly, but also cure it from conditions like eczema. It can be added to your usual face cream, but even inhalation works wonders.

Lavender can also fight insomnia and promote a better, deeper sleep. What cannot be underestimated in our crazy times, when so many struggles with depression and anxiety, lavender oil is actually helping with those.

## So, benefits of lavender oil in a nutshell:

- calms and relaxes,
- works as a natural antidepressant,
- fights anxiety,
- promotes good sleep,
- kills bacteria,
- promotes skin health,
- relieves pain,
- improves brain function.

These ancient people certainly knew what they were doing in the subject of natural health!



## 5. EUCALYPTUS

Eucalyptus essential oil - your koala would approve it.

Ok, that doesn't make much sense if you don't own a pet koala (and I'm ready to bet my dinner you don't). Unless you are a landowner in Australia and have koalas roaming (or rather sleeping 18-22 hours a day) around your properties. The funny looking creatures who are not actually bears (I know! It was a shock to me too!) have their characteristic aroma of cough drops - that's because their diet comprises of eucalyptus leaves only. So I bet they never suffer from sore throat. You can be like a koala too, and I don't mean here sleeping 22 hours a day or eating leaves. You can use eucalyptus oil to treat sore throat and many other problems.

Although associated with Australia mostly, certain eucalyptus species can be seen in other countries too. Italy, Uruguay, Hawaii, Brazil, Ethiopia - to name just a few. The essential oil is obtained by steam distillation of leaves. In larger quantities can be very toxic (that's why koalas sleep so long; they need to digest the leaves properly), but in small amounts can benefit us in many ways.

The most obvious one is fighting cough, cold and clearing chest. Even over the counter medicines like cough drops or Vicks VapoRub contain eucalyptus essential oil. At home the oil can be used in steam inhalation or a few drops can be added to diffuser. Once the active ingredients of the oil will enter your respiratory tracts, they will work absolute wonders there.

Do you know that feeling when you're sick, you have a strong headache and your mind is foggy and seems to be completely off? Of course you do. The good news is that eucalyptus oil can help with that too. You can use it in a way mentioned above or add 10-20 drops to your bath, for truly relaxing and healing experience. One more bonus - if your cold or flu is accompanied by fever, the oil will help with that too!

As eucalyptus oil has anti-inflammatory and blood flow stimulating properties, it is recommended to people suffering from muscle and joint pains. A few drops mixed with carrier oil (coconut, sweet almond etc) and massaged onto skin can bring a true relief.

Although we and koalas love the healing aroma of eucalyptus, there is someone who actually hates it. I'm speaking here about insects and rodents. Mosquitos, cockroaches, mice, even bed bugs (and we know these are tough) will leave your property quicker than they came. Add 20 drops of eucalyptus oil to a large spray bottle

and mix it with water. Spray the areas where your unwelcomed guests loves to hang out. BUT. The word of caution. If you have any pets at home, be extremely careful, as eucalyptus can be toxic to them.

There seem to be some controversy surrounding the subject of using eucalyptus oil (and essential oils in general) during pregnancy. While some women swear it helps them with restless leg syndrome and with cramps, most of the health websites advises extra care. Some are plainly saying about the possibility of miscarriage. Whom to believe? Well, as every woman and every pregnancy is different, it is best to get a custom advice from a specialist. People on internet forums are rarely qualified as such.

**Here is a list of the most common benefits of eucalyptus essential oil:**

- fights cough,
- clears chest,
- helps to reduce fever,
- cures headache,
- helps to concentrate, clears foggy mind,
- stimulates blood flow,
- helps with muscle and joint pains,
- repels insects and rodents.

Let's learn from nature, let's learn from koalas. Except the bit about sleeping 22h.

# Eucalyptus essential oil benefits

**Fights cough**

**Fights joint pain**

**Clears chest**

**Helps to concentrate**

**Reduces fever**

**Fights muscle pain**

**Cures headache**

**Stimulates blood  
flow**

**Repels insects and  
rodents**

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## 6. TEA TREE

In the previous chapter we've visited Australia and discussed eucalyptus oil and koalas. Let's hang out here for a bit longer. Would you like some tea? No? What about tea tree? Just don't drink, I can show you other uses of this versatile plant oil.

The proper name of that small tree is *Melaleuca alternifolia* - now try to say to quickly three times. Or even once. Its leaves have been used by Australia's native Aborigines since ages. Mostly for medical purposes. The 'modern world' caught up in the early 20th century; the earliest publication on the subject comes from the 1920s. But once this miraculous oil has been recognized and appreciated, its fame spread far and wide. During 2 world war every good Australian soldier would carry with him a bottle of tea tree oil - we may just wonder how many it saved life.

So, what is so special about tea tree? What is its superpower? It kicks germs right in the face.

Oh yes, it is a little fighter and it won't spare any bacteria, fungus or virus. That's why tea tree oil is not only a powerful helper in treating our health - it can be an invaluable aid in cleaning our homes.

Tea tree oil is known to help with skin conditions like acne, eczema and psoriasis. Not only face skin can benefit from this powerful oil's help, but scalp too. Tea tree is known and proven to be a powerful weapon in the fight with dandruff. You can add a few drops to your usual shampoo and wait for the effects. In case of unwanted tenants on your head - lice - give them some tea. Some tea tree. They will definitely shorten their visit, due to their own death.

Although beneficial for humans, tea tree oil may be not appreciated by your pets. Generally you should be very careful and check properly with a specialist before using any essential oil around your cat, dog or hamster.

There are some animals and insects to whom tea tree oil is unpleasant or dangerous. Let's start with bed bugs or cockroaches. It's easy to get these unwelcomed guests into home, sadly it proves to be more difficult to evict them. The tea tree oil is the solution. When diluted and prepared in the form of spray, it will not only scare them to death. If sprayed directly - it will bring nicely smelling death right on them.

**To make things easier, here is the list of tea tree oil benefits:**

- killing bacteria and viruses,

- repelling insects,
- fighting fungi,
- controlling dandruff,
- relieving psoriasis, acne and eczema,
- powerfully aiding house cleaning.

It's really like Chuck Norris amongst essential oils. Fighting germs with a roundhouse kick.

**Tea tree essential oil benefits**

- Repelling insects
- Fighting insects
- Killing bacteria and viruses
- Controlling dandruff
- Fighting psoriasis, acne and eczema
- Aiding house cleaning

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## 8. PRACTICAL USE OF ESSENTIAL OILS

### Tips and tricks for using essential oils

- Add a few drops of tea tree essential oil to your shampoo to get rid of dandruff.
- To make a powerful and natural household cleaning spray mix one part of cold water, one part of 5% vinegar, juice from half a lemon and 10-20 drops of tea tree essential oil.
- To improve mood and to give your body much needed boost of energy you can add a few drops of bergamot essential oil to oil burner or diffuser.
- In a case of bedbugs infestation mix 20 drops of tea tree oil (or 10 drops of tea tree and 10 of eucalyptus oil) with water in a spray bottle and spray directly on bedbugs (if not possible, at least spray bed).
- When fighting insomnia sprinkle a few drops of lavender essential oil on your pillow.
- To give your face a healthy boost, add a few drops of lavender or tea tree essential oil to your usual face wash.
- If suffering from cold, flu or cough put a few drops of eucalyptus essential oil to a diffuser and place it in your bedroom for night.
- If mosquitoes disturb your peace, treat them to a tea tree or eucalyptus aroma from a diffuser or an oil burner.
- For muscle pains or headaches mix a few drops of bergamot essential oil with a carrier oil (coconut, jojoba or almond) and massage affected place.





Adapting essential oils to our daily life is not difficult and it can greatly benefit us and our loved ones. With caution and following a few simple rules, anyone can improve their life with the help of overpowering nature. Yes, you can do it, too!