

## **Title Options:**

*Essential Oils 101: What You Should Know Before You Buy*

*Essential Oils Explained*

*An Essential Oils Guide*

Welcome to essential oils 101! You most likely have heard of these trending products that claim to do a myriad of things, but let's break it down and discover the true uses and benefits.

## WHAT ARE ESSENTIAL OILS?

Before you take the plunge and start buying up essential oils, it is important to understand what they are. Essential oils are extracted plant oils used for many purposes including healing, pain, aromatherapy, fragrance, and more. You may be wondering how these robust oils become so concentrated and it is no small feat. Essential oils are usually created through distillation through steam, however, they can also be extracted or cold-pressed.

Some of the most common essential oils used are lemon, peppermint, thieves, cinnamon, eucalyptus, lavender, ylang-ylang, jasmine, and sandalwood — though there are a lot more. One important factor you should note before starting your journey with essential oils is that it is recommended that pregnant women avoid the use of these as it could cause potential harm.

These concentrated liquids have a multitude of benefits for healthy users and can be applied for more than just their typical aromatherapy uses.

## BENEFITS

Let's start with the amazing benefits essential oils can provide. Not only are these great for adding to a diffuser for amazing smells throughout your home, but they can also be used in DIY laundry detergents, cleaning products, homemade cosmetics, and more.

Essential oils can also be used and combined to create special scents or to treat ailments, like respiratory issues, muscle and menstrual pain, and can even bring a boost of energy and clarity to you.

For those of us who have a hard time sleeping, essential oils can help you fall asleep faster and continue to sleep throughout the night. They also have been known to relieve migraines and tension within the body.

## HOW TO INCORPORATE

Incorporating essential oils into your daily life is easier than you think and most companies and distributors of essential oils sell starter packs to help you utilize them to their full potential. Essential oils like rose, lavender, peppermint, and tea tree can all be added to your shampoo to boost the scent and even help clear build-up within the hair. Essential oils like thieves and sandalwood are easy to incorporate into a diffuser to boost your immunity, along with treating common symptoms of anxiety and pain.

These powerful oils are also great for DIY cleaning solutions and detergents, as they can give you peace of mind as to what is in your products. Who doesn't love the smell of lemony, clean goodness throughout the home!?

One of the easiest and most common ways to incorporate essential oils into your daily routine is through a diffuser. By incorporating essential oils this way you will see benefits that include helping you fall asleep and stay asleep, headache relief, and even a mental boost, depending on the oil.

Be sure to read all labels on your essential oils and make sure to use a carrier oil (like coconut, almond, or jojoba oil) when applying directly to the skin, as the potency of these oils can be very strong. It may be a good idea to do a test on the skin or desired area if applying to the skin or another product so as to not ruin skin or clothing. And lastly, be sure to only ingest essential oils that are marked so on their appropriate label as some are not meant to be added to food or liquids.

Essential oils are more than just healers, they can replace your candle collection with the help of a diffuser. They can provide that fresh, clean scent we all love in a laundry or home without the risk of unwanted, chemical fragrances. Essential oils are beneficial in their ability to not only allow you to make your life a little greener and cleaner but also allow you to know what is going into your products. These potent oils are beneficial for so many reasons and they can be budget-friendly, just be sure to read the labels and buy from a reputable source. Now that you know a little more about essential oils it's time to start shopping!