

# Natural Health News

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EVERGREEN SPA & WELLNESS  
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## 12 WAYS TO USE ESSENTIAL OILS FOR HEALING

Pure essential oils are highly concentrated distilled essences of plants that are used for medicinal and therapeutic purposes. These oils are considered to be the very life force of flowers, plants, and trees, and are extremely powerful when used therapeutically. The art of aromatherapy has been used since ancient times, but now it is backed up by modern scientific research. Scientific studies tell us how olfactory messages through smells get reinforced as they are sent to the brain. When we receive a certain smell, a response is triggered in the psyche on an unconscious level. This in turn creates a physiological response. Smells are perceived and responded to simultaneously on the mental, physical, and spiritual planes. Based on its chemical composition, each essential oil has a set of therapeutic properties that interact with the body's chemistry and thereby affect specific organs and systems. It is interesting to learn that the very thing that gives an essential oil its characteristic smell is also what provides that oil with its healing ability. Essential oils can enter the body by absorption through the skin, inhalation, and ingestion (only health professionals can prescribe the internal use of essential oils). Essential oils are eliminated through the kidneys, through perspiration, and through exhalation. This article will offer some great tips on how to use essential oils as part of your healing practice and general health improvement. 1. **Bottle Inhalation Method:** hold the essential oil bottle about the level of your heart. Waft the bottle a little, moving it ever closer to your nose. Deeply breathe in the aroma, gently at first. When you breathe in an essential oil through the nose, the tiny oil molecules (the vapor) contain all of the same properties that the oil contains. They interact with the olfactory organ and the brain. Oil molecules inhaled through the nose or mouth also move into the lungs and interact with the lungs and respiratory system. 2. **Hand Inhalation Method:** drip a few drops of essential oil onto your palms, rub them together to activate the oil, and cup them over the mouth and nose. Make sure to avoid contact with your eyes. 3. **Terracotta Pendant Method:** Put a few drops of oil on a terracotta pendant, fasten it around your neck, and enjoy the benefits of that oil as you move through the day. Re-apply essential oils as needed. 4. **Bedtime Salt Bowl Method:** Place a small amount (about 1/4 cup) of sea salt flakes or Epsom salts in a small bowl. Drip 10–15 drops of your chosen essential oil onto the salt. Keep it by your bed. The salt helps to slow down the evaporation rate of the oils, allowing you a longer diffusion throughout the night. 5. **Steam Bowl Inhalation:** Drip your essential oil of choice into a bowl of steaming water (use filtered water if possible to avoid inhaling chlorine). Place a towel over your head and over the bowl of water and breathe in deeply. Keep your eyes closed when using this method or use swimming goggles to protect your eyes. The steam quickly vaporizes the oil. With this method the oil is rapidly absorbed into the throat, sinuses, and then the bloodstream. ~ over ~

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### STORE HOURS:

Monday – Saturday  
9 am-5 pm  
CLOSED SUNDAYS

### SPA HOURS:

By Appointment



6. **Ultrasonic Diffusion:** An ultrasonic diffuser uses air, water, and ultrasonic vibrations to diffuse the oil into the air. A fine mist is created and released into the air, so it doubles as a humidifier. This method allows the oil molecules to remain air-bound for several hours and does not affect the therapeutic value of the oil. 7. **Car Diffuser:** Many companies now make car diffusers for their essential oils. Alternatively, you can also take a cotton ball, drip a few drops of your chosen oil onto it, stick it in the air vent, turn on the vent and enjoy. 8. **Essential Oil Massage:** Dilute essential oils by adding a natural carrier oil such as sweet almond or coconut oil, or even olive oil. Apply the diluted oil to skin areas with gentle massage strokes. 9. **The Foot Absorption Method:** Massage a few drops of your chosen essential oils into the soles of your feet before you go to bed. The soles of the feet contain some of the largest pores in the body. Therefore, the oils are easily absorbed and working in your bloodstream within just a few minutes. 10. **Essential Oil Bath:** Drip your chosen essential oils into a warm (not hot) bath. Use a few tablespoons of a dispersant like coconut oil which will assist in the absorption of the oils through your skin. Then just step into the bath and soak. Not only are you absorbing the oils, but also directly inhaling them at the same time. This is also a great way to finish off those bottles of essential oils that just have a drop or two left in them. 11. **Instead of Perfume:** Rather than using toxic perfumes, combine your favorite essential oils and wear them on your pulse points, behind your ears, on your collarbone, and on both sides of your neck. Not only will you smell naturally fabulous, you are bringing the phytochemicals in those oils right into your body. 12. **Oral Ingestion:** Unless you are working under the guidance of a certified health practitioner, it is not suggested that you take an essential oil internally. Not all essential oils are safe to take internally. Make sure the essential oils you purchase are of high quality and are properly distilled and no chemicals are used during the extraction process. A good essential oil company will also check each essential oil batch using gas chromatography to ensure that each batch has the proper phytochemical constituents. The phytochemical structure of an oil can vary from plant to plant, even on the same farm. Growing conditions, harvesting methods, and even the time of day that the plant is harvested can have an effect on the phytochemical content of an oil. Make sure that your essential oils, particularly if you are using them for regaining your health, come from a reputable company.

## SEPTEMBER SPECIALS

Dave's Gourmet—Organic Pasta Sauce, 25.5 oz., variety	30% OFF
Dry Soda—Soda, 4-pack, variety of flavors	30% OFF
Enjoy Life—Lentil Chips, 4 oz.	30% OFF
Gringo Jack's—BBQ Sauce and Salsas, assorted	30% OFF
Mom's Pasta Sauce—Mom's Spaghetti Sauce, 24 oz.	30% OFF
Nature's Earthly Choice—Organic Quinoa, Farro or Teff	30% OFF
The GFB—Gluten-free Bars, assorted	30% OFF
Truroots—Organic Quinoa, 32 oz.	30% OFF
Nancy's—Cultured Cream Cheese, 8 oz.	30% OFF
Biscoff—Cookies, 8.8 oz.	30% OFF
De La Rosa—100% Pure Avocado Oil, 17 oz.	30% OFF
AND MANY MORE!	

Organic Roots  Bistro

### BUSINESS HOURS:

**MONDAY through SATURDAY 9 AM—5 PM**  
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### DIY LIQUID HAND SOAP

In a glass jar slowly add 1/4 cup distilled water, 1/4 cup Dr. Bronner's Liquid Castile Soap, 1/2 TBSP. carrier oil of choice (Sweet Almond, Jojoba, Avocado or Grapeseed), 1/2 TBSP. vitamin E oil, and 20 drops of the essential oil or blend of your choice. Top with a sealed lid and shake well. Fill your hand soap containers.

### ACHES & PAINS RUB

Place 1 TBSP. of sweet almond oil in a small glass jar. Add the following essential oils: 3 drops oregano, 4 drops peppermint, 2 drops cedarwood and 2 drops lavender. Shake well. Massage into your muscles and joints to rub out the aches and pains.

### SWEET DREAMS PILLOW SPRAY

Place 1/4 cup distilled water in a spray bottle and add the following essential oils: 2 drops lavender, 1 drop chamomile, 1 drop orange and 1 drop Ylang ylang. Shake well and spray on pillow cases. Let dry. Great for your guests.