ESSENTIAL OILS INFORMATION

Essential oils are the means through which we are able to use aromatherapy (natural scents) to promote health and well being. They are plant essences that are collected from plants, herbs, flowers, trees and fruits. At Tiber River at Home, we use them in many of our products to help with ailments such as easing aches and pains, reducing acne, providing anti-aging benefits and many other things. In addition to these uses, essential oils can be used to disinfect, clean, reduce stress, relieve depression and a host of other wonderful things.

This is a short guide to help you provide your customers with information on our essential oils. By reading this, you will be able to help your customer understand how they can use and benefit from essential oils. Now, more than ever, people are turning to natural sources to help them live a life well lived. Essential oils can play a huge role in that endeavor.

Below is an explanation of each of the essential oils we currently carry at Tiber River at Home. Below that are some great ways to use essential oils to their potential. Just like people, every oil is different so be sure to know which oils are safe for skin use and which are not.

The explanations given below are here for you to learn about and share with your customers. It is great information to build into your parties and tools for people that can help them live earth-friendly lives. On top of that, some of these oils work so well that their entire lives can be transformed - I wish I had known in university that Rosemary can help my memory and can help me focus. This is a great start for you and hopefully, this will be the start of your learning journey with essential oils. They really are an under utilized resource!

**Cinnamon Leaf EO**

Description: This essential oil is a skin irritant and possible sensitizer and should only be used on the skin if it is highly diluted (or not at all). The aroma is similar to a blend of cinnamon and clove, although not as strong as cinnamon bark (that's the cinnamon scent we are more commonly used to). It is a powerful, broad spectrum antibacterial oil that can be used to disinfect areas of your home. If used in aromatherapy, it is said to stimulate creativity and to help with feelings of isolation, loneliness and fear. This oil is higher in Eugenol than Cinnamon Bark oil, which increases its analgesic (pain relieving) properties.

- While this oil can be used in a lotion to ease pain from arthritis and other muscular aches, please take care as this oil can cause redness and irritations on the skin for some people.
- Due to its very powerful antiseptic properties, this oil can be used in an oil or the bath to fight infectious diseases. It also can help calm spasms of the digestive tract, nausea and vomiting. However, again, be cautious not to use too much as it might irritate the skin.
- This oil can be used in a burner or a vaporizer to treat bronchitis and colds, sneezing and to help ease feelings of depression and weakness.
- It can also be added to cleaning products to disinfect not only surfaces but the air in your home as well.
WARNING: Please avoid use during pregnancy or with children under five. It may induce menstruation or stimulate childbirth contractions. Avoid this also if you are on anticoagulant therapy (blood thinners). This oil is also highly sensitizing and might irritate your skin. Use caution when applying topically.

Don’t Worry, Be Happy EO Blend –

Description: This is our own blend of oils that are combined for their synergistic powers. As with many things, the whole is greater than the sum of its parts. This combination of oils helps to reduce anxiety, calm nervousness and lighten ones mood. Together, these oils do a much better job of this than each one on their own. We have combined them so you don’t have to.

- Use in a burner or vaporizer to reduce stress and create a peaceful environment.
- It can also be added to bath water or used in the shower or blended into a massage oil.

Eucalyptus EO –

Description: This oil is one of the oldest native medicines used in Australia. It’s powerful, distinctive scent is helpful in fighting a variety of respiratory ailments. It can help fight viruses and bacteria while easing congestion. It also stimulates circulation by increasing blood flow to inflamed areas, which can lead to decreased muscle and joint pain. In addition to these physical benefits, this oil may also be mentally stimulating and could help increase concentration.

- Use in the bath or shower to relieve congestion or laboured breathing, reduce muscle and join pain or to pick you up mentally when you are sluggish.
- Use in a burner or vapourizer to help clear cold symptoms, such as congestion and/or sneezing, headaches and seasonal allergies such as hay fever. It can also be used to improve concentration and help wake you up and energize you.
- Use in a cream or lotion to give pain relief to rheumatism symptoms and muscular spasms. It can also aid in the healing of wounds and ulcers, calm skin eruptions and clear congested skin.
- This oil can be used neat (ie. straight from the bottle) for insect bites.
- Add some of this oil to water and gargle with it to soothe a sore throat.
Frankincense & Myrrh EO blend

Description: This is our own blend of two powerful essential oils that is two of the three gifts that the wise men brought to baby Jesus. Frankincense originates from a tangled tree that is indigenous to the Middle East. The resin from the tree is collected, dried and distilled, creating this precious oil. Frankincense has traditionally been used for spiritual growth and meditation. It is believed to have a calming effect on the emotions, because it can slow respiration, thereby allowing the body to center itself. Frankincense is also great for asthma or chest congestion.

Myrrh is another ancient “oil” that has been used for thousands of years. This is actually a resin, not an oil. It has a thick, molasses type appearance and is a powerful anti-fungal and antibacterial ingredient.

Together these ‘oils’ work synergistically to bring you calmness and peace, while helping to purify the air around you.

- Use in a burner or vaporizer to help ground and calm you. Great to use before times of stress.
- This is the perfect oil to burn or use in a diffuser when practicing yoga, mediation or simply searching for a spiritual connection.

Hey! Wake Up!!

Description: This is our own blend of essential oils that is designed to wake you up. It isn’t just meant for the morning, either. It is for any time when we are feeling either mentally or physically lethargic, when we are just in a mental slump or when we are overworked, but there is no end in sight. The combination of these essential oils work synergistically to help your mind refocus and puts a spring in your step that was missing beforehand.

- Use in a burner or vaporizer to help you focus, especially when studying or when a task requires focused concentration.
- It can also be added to bath water or used in the shower or blended into a massage oil to use when you need to be woken up.
Lavender EO –

Description: This is one of the most prized essential oils! It has been used for centuries to induce sleep, soothing, relaxing and healing. This is a perfect oil to start your collection with and a must have for any family. It is the All in One oil. It can soothe irritated skin, ease a pounding headache, stop the pain and help heal a burn or sunburn, release stress and tension, ease a baby’s diaper rash, clear a troubled complexion, relaxed overstressed muscles, kill germs and even lull you to sleep.

- When diffused in the air, lavender will kill most common germs and bacteria, so it is a great oil to burn when cold season starts or if you have a bout of something going through your house.
- This is the perfect oil for insomnia or an occasional restless night. A single drop on a pillowcase or six to eight drops added to a bath will help calm your mind and help reduce anxiety and/or hysteria and will help you get to sleep quicker and sleep longer.
- Add 10 drops to your laundry water to gently scent all your bedding so you can have that wonderful quality all the time. It’s great for babies and children as well as it will have the same soothing, sleep inducing effect on them.
- In skin care, lavender is the oil that can help with everything and is useful for almost all skin types. It can be added to cleansers or lotions to help deal with acne. It can help moisturize dry skin and might help treat eczema. For itchy or irritated skin, Lavender’s anti-inflammatory action is soothing and healing. It can also be used in very low dilutions for infants and toddlers when added to a baby balm or diaper rash treatment (it is what we use in all our Bottom’s Up products).
- It can also be used in a cold compress for arthritis, eczema, sores and boils.

Lime EO –

Description: This bright, sharp scented citrus oil is a gift to us all. It brings happiness and joy and will help lift depression and fight off feelings of self-loathing and fatigue. It stimulates the immune system and our circulation. It also has a toning effect on oily skin and hair.

- Use this oil in a burner or vaporizer to lift depression or energize a tired mind. It can also help ease breathing.
- This oil can be diluted into a massage oil or in the bath to help ease sore muscles or joints, clear respiratory problems, fight cellulite and help combat cold and flu symptoms.
- It can be added to lotions or hair products to help clear congested oily skin, reduce oily production in the hair follicle and to fight cellulite and remove the cottage cheese effect from the skin.
WARNING: Lime essential oil is phototoxic. If you are using this in your facial skin care, avoid direct sunlight after application or follow with a sunscreen. Avoid use during pregnancy.

Pine EO –

Description: This steam distilled oil comes directly from the Scotch Pine tree. This pine oil, in addition to smelling like a newly chopped tree, is antiseptic, anti-fungal and detoxifying. It is also wonderful to add to any “pick me up” blend, as it is as refreshing and reviving to both the mental and physical spirit as a walk in the forest. This is also a wonderful oil to use when you are exhausted but cannot take the time to stop. It helps to restore energy and mental balance while eliminating nervous exhaustion and debility, in addition to depression and hopelessness.

- For wonderful mental and physical detoxification, use in a sauna (or make your shower into a sauna by putting your foot over the drain and adding a few drops to the water). The vapours enter your body through inhalation and expel toxins through perspiration.
- A few drops can be added to a scrub bucket to clean and disinfect surfaces. It is wonderful to use in the shower or bath to rid those moist surfaces of any bacteria or fungi.
- Add to a diffuser for coughs, colds or chest congestion. Pine is an excellent expectorant, helping to release mucous and ease breathing. However, the best way to use pine oil for colds or congestion is through steam inhalation (get a pot of hot steaming water, put a few drops of pine oil in it, then drape a towel over your head and create a ‘tent’ around the pot, taking some deep breaths as you lean over it.

WARNING: Pine essential oil can be irritating to the skin. It is an oil that is best used airborne. However, if you do choose to use it in the bath or on your skin, ensure it is well diluted and do a test patch first to check for irritation.

Sweet Orange EO –

Description: This wonderfully fresh, juicy oil is used in aromatherapy to create feelings of happiness and warmth. It really does bring a smile to your face when you smell it. More than that, though, it helps fight colds and flu and stimulates the lymphatic system, thereby eliminating toxins from our bodies. The oil is extracted by cold-pressing the peel of the orange. If you have ever been squirted in the face when peeling an orange, that is the oil we are talking about here. Orange oil is antiseptic, anti-depressant, antispasmodic, anti-inflammatory, sedative and tonic. It is refreshing and relaxing.
When used in a burner or a vaporizer, orange oil can help with cold and flu systems, create a feeling of happiness and warmth and help ease nervous tension and stress.

Use this oil in a massage oil or added to a bath or shower to help fight colds and the flu, eliminate toxins, boost the lymphatic and immune systems and reduce stress.

Use this neat from the bottle to remove left behind stick (glue) from stickers, labels, tape, etc. It will remove the stickiness and allow you to clean it completely.

It can also be added to cleaning products to help disinfect and deodorize your home.

**WARNING:** As with most citrus oils, orange oil is phototoxic and if applied to the skin, care must be taken when going out into the sunlight for prolonged periods.

**Patchouli EO 6**

**Description:** This is an either dove itō or ḍate itōkind of oil. It has a distinct, spicy herbaceous scent that many people associate with the 60’s and early 70’s. If you are a ḍate itōkind of person, you are missing out on a fantastic oil that is great for both our physical and mental state. It is great for fighting depression and anxiety. It can also help breakdown cellulite while stimulating the regeneration of skin cells, speeding up healing and preventing ugly scars from forming while the wounds heal (this is why we put it in our Cold Sore Terminator). It is an effective anti-inflammatory for the skin and is helpful in healing cracked or inflamed skin, acne, dermatitis and eczema. It can tone and tighten the skin, while regulating oily skin and dandruff. Some essential oil authorities even say it is useful as an appetite suppressant and for combating cellulite. In small quantities it has a mildly sedative effect while in large quantities, it may be stimulating. If that were not enough, it is also generally considered to be an aphrodisiac.

★ Put this oil into a sprayer with some water and use to keep bedbugs away.
★ Use in a burner or vaporizer to fight anxiety and depression, create an amorous atmosphere or keep insects away. It can also be used as an aid when fighting substance abuse.
★ It can be blended into massage oil or used in the bath to fight depression, help breakdown cellulite, assist with constipation, overweight and dermatitis, reduce fluid retention, fight fungal infections and help heal skin reactions and irritations.
★ This oil can be applied neat to insect bites.
★ In a lotion or cream, patchouli can be used for general skin care, for tissue regeneration properties, to help rejuvenate the skin and stimulate the formation of new skin cells, fight infections, speed up healing while preventing scar formation. It is effective for acne, eczema, weeping sores, ulcers and slow healing wounds.
★ Use in a foot bath to fight athletes’ foot.
★ Add to hair care products to help ease an itchy scalp or fight flaking or dandruff.

**WARNING:** While patchouli is completely safe to use, some people do find the scent off-putting or too strong. Take care when using this for that reason.
Peppermint EO -

**Description:** This incredibly fragrant essential oil is derived from the Mentha Piperita plant. It is one of the best essential oils to have. It can be used in low dilution for easing migraines or other headaches. It can help clear your sinuses and can ease indigestion (one drop on a cube of sugar or in a spoonful of honey). It is great for helping us re-energize, focus and concentrate. It is perfect for depression and refreshing the spirit.

- Use in a burner, vaporizer or make your own room spray with water and a few drops of this oil to increase concentration and stimulate the mind. It is great to keep in the car for car or motion sickness. When burned, it can help reduce coughing, headaches and nausea.
- When used in the bath, either blended in an oil or on its own in the bath water, this oil can help ease cramps, back pain, IBS (irritable bowel syndrome), constipation, diarrhea, tired muscles and feet, headaches, mental fatigue and skin that is irritated and itchy.

- Peppermint oil can be used in a mouthwash to reduce bad breathe and gum infections.
- Peppermint oil can be either cooling (when used in very low concentrations) or warming (when used in very high concentrations). It can be added to creams and lotions to cool/warm the skin.

**WARNING:** Peppermint oil is non-toxic and non-irritant in low dilutions but sensitization can occur because of the menthol content. It can also cause irritation to the skin and mucus membranes and should be kept away from the eyes. It should be avoided during pregnancy and should not be used on children under seven.

Rosemary EO –

**Description:** This strong smelling essential oil is great for stimulating the brain, improving the memory and mental clarity, while helping with a variety of congested respiratory tract problems, pain relief for stiff muscles, muscle cramps and rheumatism, poor circulation and improving hair and scalp health.

- Use in a burner, vaporizer or make your own room spray with water and a few drops of this oil to use while studying for that big test or exam or while writing an important paper. It is good anytime you need to focus on a task. It can also be used when you might have over-indulged in alcohol the night before. It can also be burned if you want to fight overwork, physical or mental tiredness, sinusitis or congestion.
- It is also good when used in a bath or massage oil to ease muscle cramps, pains and spasms, a stiff neck (or any other stiff muscles), back pain, constipation, diarrhea, rheumatism, arthritis, colds, sinusitis, and mental or physical tiredness.
- Add this to your shampoo and/or conditioner to act as a general conditioner and tonic for the hair and scalp. It is also effective in helping headaches and fighting dandruff. It increases the circulation to the scalp, and therefore improves hair growth too.
WARNING: Rosemary oil should not be used during pregnancy and is unsuitable for people with epilepsy or high blood pressure as it is highly stimulating.

Tea Tree EO –

Description: If there is only one oil you are going to use, this one has to be it! No other oil (although patchouli is a close second) does what this oil can do, nor can they compete with how well it does its numerous jobs. Entire books have been written about this one oil alone. This description is by no means all encompassing and will simply provide you with a basic understanding of this incredible oil.

It rightly has the reputation as a ‘cure all’ because of its extremely powerful anti-fungal, anti-viral and anti-bacterial properties. It is one of the most powerful immune system stimulants and can relieve muscle aches and pains.

- There are simply too many things that Tea Tree can cure to help fight to list them all here but we have listed some of the most common.
- Apply in a foot bath to help ingrown toe nails, athletes foot, and warts
- Apply directly to warts on feet and diluted onto warts on the body
- Dilute in a facial cleanser or moisturizer to combat acne and skin irritations
- Use in a compress to treat boils, bed sores or abscesses
- Use in shampoos to treat dandruff and lice
- Use in a spray to disinfect home surfaces
- Use in a mouthwash to treat gum infections, mouth ulcers, throat infections and tonsillitis