

STEVEN JACKSON PUBLISHING

ESSENTIAL OILS GUIDE

A photograph of a butterfly with yellow, black, and white wings perched on a purple lavender flower. The background is a soft-focus field of many more lavender flowers.

THE 5000 YEAR OLD ESSENTIAL OILS USES GUIDE

OVER 5000 YEARS ESSENTIAL OILS HAVE BEEN USED BY VARIOUS
CULTURES AROUND THE WORLD FOR HEALING AND SUPPORTING
HEALTH AND WELLNESS

STEVEN-JACKSON.COM • MARCH 2020



SEARCHING FOR PURITY

INTRODUCTION TO THE ESSENTIAL OILS GUIDE

By Steven Jackson
steven-jackson.com

About five years ago I was first introduced to essential oils by a dear friend of mine, she had been using essential oils for various reasons and had felt the benefits which dramatically changed her life. Her main oil of choice is frankincense for its ability to reduce inflammation and build immunity as well as healing age spots and supporting brain function.

I was personally skeptical, but I had seen her transformation from a tired middle-aged woman to a vibrant and empowered individual. In addition, she lost weight and started discarding her old over-sized clothes and purchasing new ones. After a trip aboard with a girl friend there seemed to be a rebirth in her mindset and soul.

That was the time when I asked her what she was doing and could she send me a guide and explain what are essential oils and how should I use them.



HISTORY

THE 5000 YEAR OLD ESSENTIAL OILS USES GUIDE

When you download the aroma oils guide you will get lots of information about the essential oils, their uses and where they are sourced. For example did you know that essential oils are organic compounds that is extracted from plants, flowers and barks. And for over 5000 years essential oils have been used by various cultures around the world for healing and supporting health and wellness.

They are most commonly used for relaxation, beauty care, home cleaning as well as a natural alternative to traditional medication for mainly small ailments. The most commonly used oils as a natural alternative is lavender, frankincense, lemon, peppermint and tea tree oil. These oils will help and support ailment such as:

- Fight cold and flu symptoms
- Relax your body and soothe sore muscles
- Heal skin conditions
- Alleviate pain
- Balance hormones
- Improve digestion
- Reduce cellulite and wrinkles
- Clean your home





ESSENTIAL OILS GUIDE TO BUYING THE BEST OILS

WHEN PURCHASING ESSENTIAL OILS

When purchasing essential oils there is one word the buyer should consider and that is purity, because the purity of an oil is its most important characteristic. Simply this means that an aroma oil that isn't pure means you run the risk of putting germs, heavy metals, or adulterants onto or into your body, which can provoke irritation, adverse effects, or even sickness.

So, the only standard that is acceptable is therapeutic grade essential oils, because then you will be sure that there are no added fillers, synthetic ingredients, or harmful contaminants in your essential oils that would reduce their efficacy.



What are the benefits of essential oils?

Therapeutic grade oils have many different benefits, but its main asset is that it is non-invasive unlike many traditional drugs and medications, however using the oils with other therapies is always a good thing.

Research has shown that receiving aromatherapy massage with lavender oil previous to an operation significantly reduces anxiety. Another oils that supports anxiety is sandalwood oil.

In addition to anxiety, essential oils have been know to support antibacterial or antifungal conditions. Many of the oils can be massaged on the skin, which can help treat skin conditions, such as burns, cuts and scrapes, while others can support the immune system, help with insomnia and aid with digestion.

ESSENTIAL OILS USES GUIDE



There are four ways to apply essential oils such as topically, aromatically, internally and for personal / household care.

01 TOPICALLY

Topically means simply rubbing the oils on your skin for its therapeutic benefits, this is achieved because an oil's molecules are so small they are easily absorbed into the skin. Once the oil is able to penetrate the skin, it will go into the bloodstream and travelling to different parts of the body with therapeutic effect.



02 AROMATICALLY

Aroma method via a diffuser is a very common way of using the oils and apart from the great aroma there is evidence that essential oils are absorbed into the bloodstream when inhaled. The reason for this is because there are a large amount of blood vessels in the lung allowing the oils to be absorbed into the bloodstream and then travel around the body.

03 INTERNAL USE

Internally, essential oils can be a powerful medicine and safe to use if consumed correctly, so no more than 1-3 drops in water.

Other oils such as peppermint, lemon and frankincense are great for internal use and can be taken without water. However, clove and oregano oils must be diluted and should not be taken for more than a week.



04 PERSONAL / HOUSEHOLD CARE

This is an area of use that may surprise you, because it is about removing the toxins from your home and replacing them with household cleaning and washing alternatives. One we personally use in our home is an essential oils clearing spray for the kitchen and shower room which has stopped my allergies to chemicals and dust quick time.



INFORMATION TO MAKE AN INFORMED DECISION

WHAT WILL I FIND IN MY FREE ESSENTIAL OIL QUICK REFERENCE GUIDE?

By Steven Jackson
steven-jackson.com

As I have already mentioned the guide is packaged with everything you need to know to give someone like yourself all the information they need to make a informed decision weather essential oils is something they need or want in their lives.

The most important sections of the guide are:What are essential oils and their extraction methods?

- The tested grade for essential oils
- How to use aroma oil?
- Where do I begin? (What oils should you start with)
- Single essential oils
- lended essential oils
- Aromatherapy technique
- DiffusersPersonal care
- And much more

A bouquet of purple flowers is positioned on the left side of the image, set against a background of light-colored wooden planks. The text is centered over the wooden background.

FOR MORE INFORMATION ABOUT OUR FREE ESSENTIAL OIL QUICK REFERENCE GUIDE

CLICK THE LINK BELOW AND ADD YOUR
NAME AND EMAIL ADDRESS TO THE FORM
AND SOMEONE WILL GET BACK TO YOU
ASAP

[ESSENTIAL-OILS-GUIDE.GLOBAL-PARTNERSHIPS.COM](https://essential-oils-guide.global-partnerships.com)

AUTHOR: [STEVEN JACKSON](#)