



ESSENTIAL OILS

FOR ENERGY & BALANCE

INTRO

This guide offers simple ways to work with essential oils as a form of energetic and physical support. Let this be a gentle starting point, and trust your own body's guidance as you explore.

Use what you already have. You don't need to purchase everything.

Use high-quality, pure essential oils for best support

Choose oils you feel naturally drawn to, or use muscle testing if that's part of your practice

Start with one oil at a time and give your body space to respond before adding more

Be open to oils you may not initially enjoy—your body's needs may show up this way

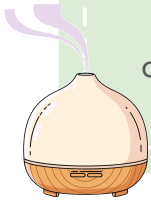
Essential oils are supportive tools and are not a replacement for medical care



WAYS TO USE ESSENTIAL OILS

Diffuse

Add a few drops to a diffuser to support your space



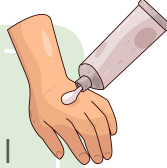
Create a Spray

Choose 2-3 oils and create a personalized oil blend



Topical

Dilute with a carrier oil and apply to wrists, neck, or feet



Use Herbal Alternatives

You can also work with herbs in their natural form - teas, spices, or citrus - to support your body in similar ways



Breathe in

Place a drop in your hands, rub together, and breathe in





CREATING A SIMPLE BLEND

- 1 Choose 2-3 oils.
- 2 Add 10-15 drops to a small glass spray bottle
- 3 Add one teaspoon vodka (to help disperse the oil)
- 4 Fill with distilled water
- 5 Shake before each use

Note: If using oils on the skin, always dilute and test a small area first to check for sensitivity.










WORKING INTUITIVELY WITH OILS

Your body communicates through what you're drawn to - and sometimes what you resist.

Some tips to help guide you

-  Notice your body's response to each scent
-  Pay attention to how you feel during and after use
-  Stay open to oils you're not initially drawn to
-  If you dislike a scent, your body may be showing you something worth exploring
-  Use muscle testing if that's part of your practice

My Own Healing Story

I used to strongly dislike lemon. After walking the Camino and working through deeper layers of anger, I found myself naturally drawn to it in foods and drinks. Later, I learned lemon supports the liver and is often connected to how we process anger. This was the first time I put together the connection between emotions, body and how essential oils work together to bring balance and harmony into all of our states of being.





SAFETY GUIDELINES



When in doubt of skin sensitivity or new to an oil, always dilute with carrier oil before use. recommended dilution ration 1 drop oil to 5 drops carrier oil



Do a patch test.



Avoid eyes and sensitive areas



Check with a professional if nursing, pregnant, or on medication



Be mindful of children and pets



Some oils pose a risk for sun sensitivity

Note: I recommend referencing doTERRA's oil safety guidelines or other trusted sources to check info about any of these concerns.

