

DIVING DEEPER WITH DR. DEAN

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Essential Oils

Essential Oils can be an amazing tool to help the body heal, support the body or assist in benefiting the immune system.

Typical guidelines are

- dilute 1 drop of an essential oil to 3 drops of a carrier oil for kids
- if an oil is hot or becomes an irritant, dilute it by adding a carrier oil
- the bottom of one's foot is typically a safe starting place because the pores are large and callused - less likely to be an irritant
- most citrus oils are classified as photosensitive (they can cause a burn when exposed to being in the sun)

Let's chat about some of the different ways we can use oils!

- Topically - one drop directly to the skin
- Diffuse - adding a few drops to a diffuser and breathe in the benefits
- Orally - people have a lot of different opinions on this one... I would suggest working with a naturopath or aromatherapist prior to consuming. These oils are super potent and can be powerful medicines.
- Making a spray bottle - body spray, deodorizer, air freshener (typically 15 drops to 1 oz)
- Making a roller bottle - this allows for easy application to an area, but also keep in mind its prone to bacteria and should be used short term and only for one person or family
- Adding a few drops to a pan of hot boiling water and creating a steamer to breathe in and open up airways

Essential Oils in Bodywork

1. Raindrop Therapy - some of the benefits to this bodywork are an improved immune system, relaxing the muscular system, & increasing circulation.
2. Emotional Release Massage - the bodywork is to allow a person to experience and release suppressed emotions in a safe, supportive environment
3. Herbal Rub Massage - this is an add-on to offer deep muscle relaxation to the spine and nervous system
4. Essential Oil Infused Massage - this is an add-on where the massage cream is infused with a specific essential oil prior to being massaged into the body.



My personal most used oils:

Melrose

This oil is my go-to for anything ear, nose and throat. It has stopped an ear infection in its tracks. It's super soothing! Put a drop or two on your fingers and rub it behind the ears and down to the clavicle area (collarbone).

White Angelica

I typically use this oil in a spray bottle with water or witch hazel as a filler. White Angelica helps with emotional providing boundaries. It can be super helpful for those that are a bit more empathic.

Thieves

I prefer to use thieves as a spray by using the all-purpose cleaner. This stuff is amazing! Smells great and is reassuring knowing you aren't adding additional toxic chemicals to your household or kids!

Lemon

Lemon is constantly being used to wash my fruits and veggies! I typically add 1-3 drops to water and allow my produce to soak a bit. A few minutes with berries and items with a thinner skin, longer for things like apples. I also enjoy the hint of lemon flavor it adds!

Lavender

I'll admit I HATE the smell of lavender! But the benefits outweigh the smell. I use this on sunburns, as air fresheners, in my soaps and in Epsom salt baths!



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