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Essential Oils and Personal Care

Introduction

Treat Yourself, Naturally

When was the last time you thought, I can't wait to brush my teeth today? Have you ever thought, Washing my face is the best part of my day? Do you ever have the time or money for a spa day?

For most of us, personal hygiene is a mundane but necessary part of life. It can even feel burdensome. Sure, we'd all love a luxurious spa day or nightly bubble bath, but life often gets in the way, so routines become boring and stale.

There may not be a way around brushing or showering, but with potent and lovely essential oils, you can add a little luxury to a boring day. Instead of rushing your morning shower, you can use Bergamot essential oil to cleanse your skin and enliven the senses, leaving you refreshed and ready for a bright day. Instead of staring into space while brushing your teeth, you Ï±9 Æs 9 ± Æšsx‹ Eü Ï,å±9x 9 ^Eµås ±9Ú ± with Peppermint. Instead of grumbling about the dull skin you see in the mirror, you can use Frankincense or Tea Tree to give yourself a fresh, glowing complexion.

Not only will essential oils create a feeling of luxury in your life, but they can also give you peace of mind, knowing the products you're putting on and in your body are safe and natural.

Buying personal hygiene products can be frustrating. It seems like half the products contain harmful, synthetic ingredients and toxins, while the other half claim to be "green" or "clean" when they really aren't. You can cut through the confusion and concern by using pure, responsibly sourced essential oils and essential oil–infused products in your daily hygiene routine.

F9 ‹ x å EE)Ø µåq,, Úå,´å 9‹E ‹ å Æå9å ‹x for personal care and discuss which essential oils are best for skin care, hair care, and oral hygiene. Plus, we'll give you ideas and DIYs for using essential oils in your hygiene routine.

When you want to treat yourself the natural way, essential oils are your ticket to luxurious, clean, and nontoxic personal care.

Chapter one

The Benefits of Using Essential Oils for Personal Care

Since ancient times, plants have been used to promote healthy skin, clean mouths, strong fingernails and toenails, shiny hair, and more. Today, essential oils still have vast applications for personal care, including beautifying the skin and hair; cleansing the mouth, gums, and teeth; and offering other general hygiene benefits.

Why Should I Use Essential Oils in My Hygiene Routine?

While some people may think using essential oils for personal care would be messy, inconvenient, or no better than other hygienic products, essential oils provide a pure, nontoxic way to care for yourself and easily incorporate into your daily routine.

Not only do their natural cleansing, soothing, and purifying properties make essential oils ideal for personal care, but you can also simultaneously enjoy their lovely, inviting scents.

Essential Oils versus Commercial Cosmetic and Hygienic Products

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Many cosmetic and hygienic products on the market today contain potentially harmful, unpronounceable ingredients. If you want to feel comfortable and safe, knowing exactly what you're using on and in your body, choose essential oils over other commercial products.

Essential Oils versus Commercial Cosmetic and Hygienic Products

Essential oils:

- Contain natural ingredients taken from pure sources.
- Are potent and powerful (so you use less product).
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- Provide a natural way to care for your body, Eýås 9 ^å±Ïå Eü 5 9Úc

Commercial hygiene products:

- Often contain synthetic or mysterious ingredients, so you don't know exactly what you're putting on or in your body.
- Require more product to achieve the Úåx såÚ åýåÏ‹c
- Need to be restocked frequently, so they're not ÏEx‹ åýåÏ‹ ´åc

Essential Oils and Your Hygiene Preferences

Many people worldwide make essential oils part of their daily hygiene or beauty routine because they can be easily tailored to personal preferences. A single essential oil can provide a ´±s å‹¼ Eü Æå9å ‹x ±9Ú šxåxØ Úå^å9Ú 9 E „E5å Ï å5 Ï±, ÏE5^E9å9‹x 5±)å ±9 åxxå9‹ ±, üEs Ï,å±9x 9 ±9Ú ^šs Ï±‹ E9Ø µ ,å E‹ ås Ï soothing or beautifying properties. Because each essential oil has a certain combination of chemical constituents, it's easy to 9Ú E9å ‹E ‹ ¼E šs ¼ å9å så 5å9c

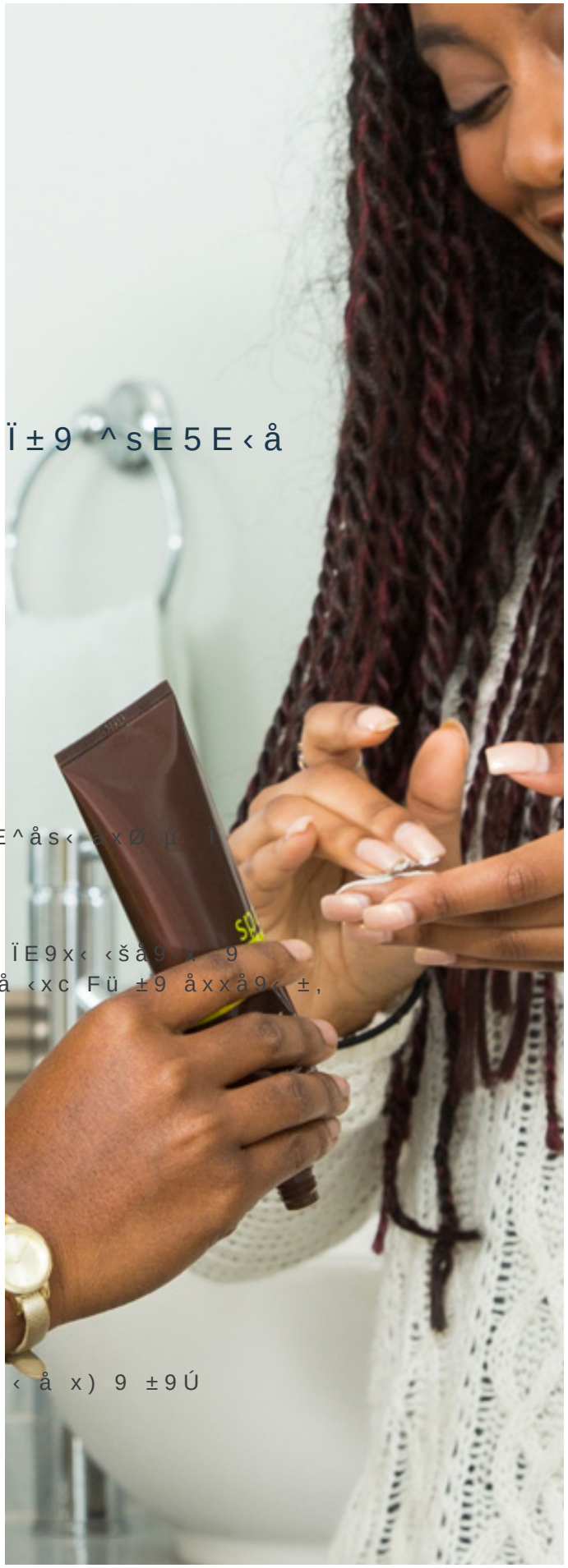
Along with a wide range of natural solutions and chemical constituents to choose from, several application methods make incorporating essential oils into your hygienic routine easy. Essential oil application methods can be adjusted ‹E ±ÏÏE55EÚ±‹å ^åE^,å µ ‹ xå9x ‹ ´å x) 9 types, and other needs. Typically, there's only one way to use a market cosmetic or hygienic product. But when you šxå åxxå9‹ ±, E ,x üEs ^åsxE9±, Ï±såØ ¼E products and application methods that work with your individual preferences and needs.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

Chapter two

Essential Oils and Skin Care

Skin care is essential to good hygiene, and the natural, potent å ý å Ï ‹ x E ü å x x å 9 ‹ ± , E , x Ï ± 9 ^ s E 5 E ‹ å clean, smooth, and healthy-looking skin. Many characteristics of essential oils make them perfect for skin care, including cleansing, soothing, and nurturing properties.



Cleansing Properties

Clean skin is one of the most important elements of proper skin care. Some essential oils provide x 9 Ï ± 9 ‹ Ï , å ± 9 x 9 ± 9 Ú ^ š s ü ¼ 9 ^ s E ^ å s ‹ å x Ø µ Ï can be helpful for promoting clean skin and a clear complexion.

e x 5 å 9 ‹ E 9 å Ú Æ å ü E s å Ø x ^ å Ï Ï Ï å 5 Ï ± , Ï E 9 x ‹ ‹ š å 9 ‹ x 9 å x x å 9 ‹ ± , E , x E ý å s Ï å s ‹ ± 9 å ± , ‹ Æ å 9 å ‹ x c F ü ± 9 å x x å 9 ‹ ± , oil has cleansing chemical properties that have been approved for topical use, you can use it in your skincare routine to keep your skin clean and pure.

Nurturing Properties

Perhaps the most appealing part of making essential oils part of your skin care is their ability to nourish and nurture the complexion. Depending on the essential oil, you can moisturize the skin, enjoy toning properties, or promote a healthy-looking glow. Some essential oils can even reduce the appearance of µ s 9) , å x ± 9 Ú 9 å , 9 å x Æ ¼ 9 E š s x 9 ‹ å x) 9 ± 9 Ú promoting an even skin tone. The pure nature of essential oils makes them incredibly useful for nurturing the skin, because their powerful chemical constituents work to provide nourishment in a safe, natural manner.

Soothing Properties

Certain essential oils have chemical makeups with soothing characteristics. These soothing properties are effective for skin care because they can soothe irritated skin and reduce occasional skin irritation or blemishes.

The soothing properties can also provide a simple, natural way for those with sensitive skin to promote a healthy complexion. If you have sensitive skin, commercial facial cleansers, toners, or moisturizers may be too harsh for your delicate complexion and might irritate the skin even further. By properly employing essential oils, those with sensitivities can avoid the harsh chemicals or ingredients often found in popular skincare products.

The following essential oils are considered some of the best for skin because they have cleansing, soothing, and nurturing properties. Preclinical studies suggest these essential oils may have positive results for skin Ï±så Ø Æš‹ 5Esså ÏE9 s5 9 research is needed.

- Cedarwood
- Eucalyptus
- Frankincense
- Geranium
- Grapefruit
- Helichrysum
- Juniper Berry
- Lavender
- Myrrh
- Sandalwood
- Tea Tree

Guidelines for Using Essential Oils on Your Skin

Essential oils are both safe and effective, but it's important to apply them correctly to ensure safe usage. Just like any product you put on your skin, you must follow directions, use proper quantities, and adjust if you experience sensitivities. Only use high-quality essential oils that have been approved for topical use and yield the best results.

Here are some guidelines that will help you get the most out of using essential oils for skin care.

Dilution

Because pure essential oils are so potent, it's often wise to dilute them before applying them to the skin. Dilution is especially important when applying particularly potent products to areas like the face and even more important if you have sensitive skin. You have several ways to dilute essential oils:

- Use a carrier oil with essential oils.
  A carrier oil can be an incredible tool for dilution. Dilute one drop of essential oil with three drops of a carrier oil (like Fractionated Coconut Oil) before applying to the face or skin.

- Combine essential oils with another product.
  Another easy way to dilute essential oils for skin care is to combine them with another product. Simply place a dollop of facial cleanser, moisturizer, or lotion in your palm. Add one drop of essential oil to the product and rub your hands together. Apply the combination to your face or skin, according to product instructions.

- Add essential oils to your favorite products for daily use.
  Consider adding a few drops of essential oil to your favorite skincare products. By adding a few drops of essential oil to your facial cleanser or lotion, toner, or moisturizer bottle, you won't have to think about adding essential oils into your skincare routine—they'll already be part of it!

Please keep in mind that the following essential oils should always be diluted before topical use because of their extremely potent chemistry: Cassia, Cinnamon Bark, Clove, Cumin, Oregano, and Thyme.

Sensitive Skin

For those with sensitive skin, using essential oils to benefit complexion and other areas of the skin is still possible. While essential oils are extremely potent, their cleansing and soothing nature makes them amazingly useful for those who struggle with skin sensitivity.

Often, commercial cleansers and lotions can be extremely irritating for people with sensitive skin because the products contain chemicals or harsh ingredients. By taking a natural approach and allowing the gentle yet effective nature of essential oils to cleanse and soothe, those with a history of sensitive skin can easily transform their hygiene routines.

If you have sensitive skin, always dilute essential oils before applying them topically. Use smaller doses to avoid irritating the skin by overpowering it with too much essential oil at a time. Whether you have sensitive skin or not, you should avoid applying essential oils to the inner ears and nose, eyes and skin around the eyes, genitals, and broken or damaged skin.

Ideas for Using Essential Oils in Your Skin Care

We've talked about some of the best essential oils for your skin. Let's go over a few ideas to help you use these powerful products in your own routine.

- Combine Cedarwood with a carrier oil and apply to the skin after shaving to soothe any irritation.
- Add one drop of Eucalyptus to your moisturizer and apply it to the skin for revitalizing benefits.
- Rub a dab of Frankincense on blemishes to reduce the appearance of skin imperfections.
- Use Geranium to beautify the skin by directly applying it topically or using it in an aromatherapy steam facial.
- Add Grapefruit to your nightly facial routine to reduce the appearance of blemishes (but be sure to avoid UV rays for 12 hours after application).
- Apply Helichrysum to the face to reduce the appearance of wrinkles and promote a youthful, glowing complexion.
- Soothe occasional skin irritations by applying Lavender.
- Support smooth skin and reduce the appearance of fine lines by adding Myrrh to unscented lotion or moisturizer and applying to the face.
- Apply Sandalwood to the skin after showering to support smooth skin.
- Combine one to two drops of Tea Tree with your facial cleanser for added cleansing properties.

Chapter three

Essential Oils and Hair Care

The same cleansing, nourishing, and beautifying properties that make essential oils wonderful for skin care also make them effective for hair care. Whether you want to cleanse your hair and scalp or promote soft and shiny strands, using essential oils during your haircare routine can improve the overall look and feel of hair.