

Essential Oils - Emotional Benefits

The Oil of Truth

Enlightened, Loved, Wisdom



The Oil of Communication & Calm

Self-Aware, Calm, Emotional Honesty



The Oil of Confident Speech

Clarity, Confidence, Self-Expression



The Oil of the Inner Child

Heart Connection, Playful, Intuitive



The Oil of Cleansing

Spiritual Clarity, Simplicity, Cleansing



The Oil of Physicality

Grounded, Confident, Body Connection



The Oil of Love & Trust

Emotional Healing, Loving, Grounding



ESSENTIAL OIL SAFETY



Read labels. Pay attention to any warnings on essential oil packaging.



Areas to avoid. Avoid putting oils into the nose, inner ears, eyes, broken skin, or other sensitive areas.



Dilution. To minimize skin sensitivity, dilute oils using a carrier oil. The suggested dilution ratio is one drop of essential oil to five drops of carrier oil.



Strong oils. Essential oils with a strong chemistry should always be diluted before topical application. This includes oils like Cassia, Cinnamon Bark, Clove, Oregano, Thyme, and others.



Sun sensitivity. Some essential oils may pose a risk for sun sensitivity (particularly citrus oils). Avoid direct sunlight or UV rays for at least 12 hours after using these oils on the skin.



Safe storage. Make sure to store essential oils out of reach of children. Keep oils away from excessive light or heat.



Supervise young children. Always supervise essential oil application with your children. Always dilute oils before applying them to a child's skin.

Safety Guideline Credit – DoTerra