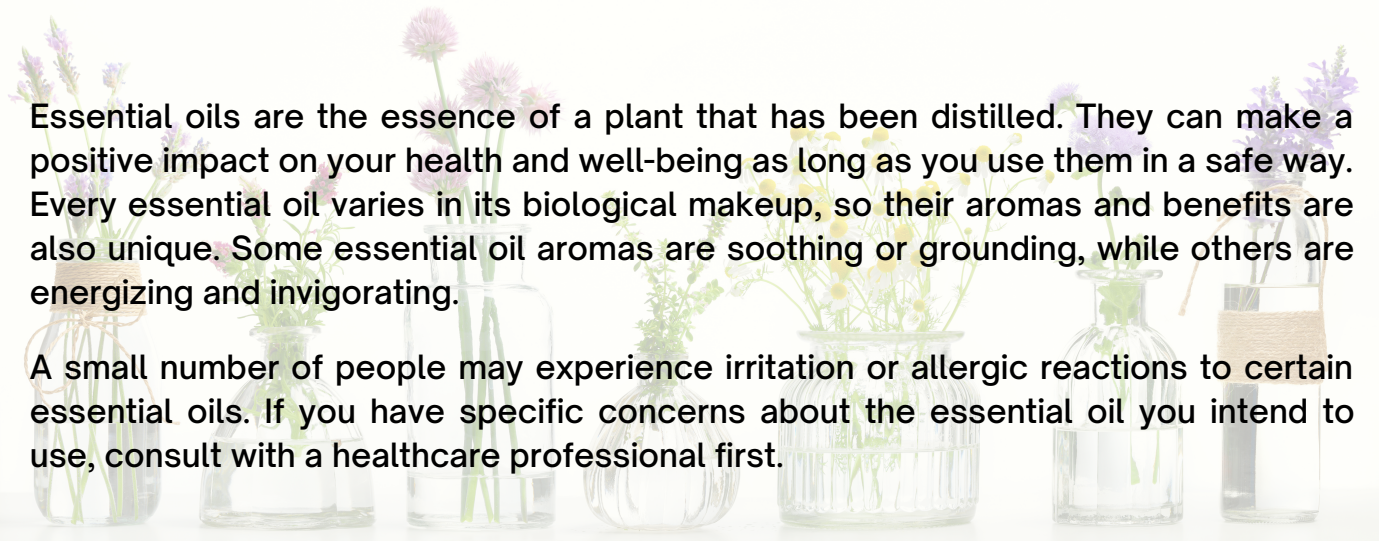


# Pathways to Care Series:

## Essential Oils 101



### Can lavender really help me sleep?



Essential oils are the essence of a plant that has been distilled. They can make a positive impact on your health and well-being as long as you use them in a safe way. Every essential oil varies in its biological makeup, so their aromas and benefits are also unique. Some essential oil aromas are soothing or grounding, while others are energizing and invigorating.

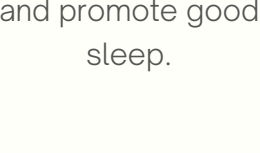


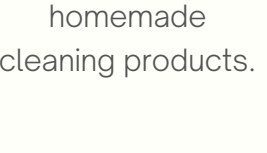

A small number of people may experience irritation or allergic reactions to certain essential oils. If you have specific concerns about the essential oil you intend to use, consult with a healthcare professional first.



## \$18.62 billion

The global essential oils market size was estimated at USD 18.62 billion in 2020.

### Popular Essential Oils

lavender oil	tea tree oil	peppermint oil	lemon oil	eucalyptus oil
Many people find the lavender scent relaxing. It's often used to help relieve stress and anxiety and promote good sleep.	Also called melaleuca, and it's commonly used for acne, athlete's foot and insect bites.	Used to relieve tension headaches when applied topically. Natural bug repellent.	Many people find the citrusy scent of lemon oil a mood booster. It's also often used in homemade cleaning products.	A go to for colds and sinus issues and can help soothe joint and muscle pain.
				

### Do's and Don'ts

- When shopping for essential oils, look for product quality. Bottles should contain **100% essential oil** with no other fillers.
- Choose dark-colored, glass containers: pure essential oils are highly concentrated and they can dissolve plastic bottles over time, tainting the oil.
- Avoid "fragrance oils": they are made from essential oils combined with chemicals or entirely from chemicals.
- Avoid applying oils to sensitive areas like the nose, ears, eyes, or broken skin.
- **Use a carrier oil** (olive, jojoba or coconut oil) to dilute essential oils and minimize skin sensitivity.
- Follow any label and packaging instructions.
- **Practice safe storage** and keep oils out of reach of children and pets.
- Pets: Contact with certain essential oils should be avoided and used with caution in diffusers.

### Common Uses:

Apply essential oil to a **cotton ball** and place in the air vents of your vehicle or around the house.

Mix essential oils in a **spray bottle** with water and mist over furniture, carpet, linens or a smelly hockey bag.

Add essential oil to **dryer sheets**, bath salts, or a batch of laundry.

**Aromatherapy** - use oils in a diffuser or add a few drops to necklaces and bracelets made with absorbent materials.

Sources: Government of Canada, <https://www.hopkinsmedicine.org>, doTERRA.com

## On the path to living healthier. Together.

