



# The Ultimate Essential Oils Reference Guide: For Beginners

*Sterling Joelle Pendleton*

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Nowadays, we tend to spend hundreds of dollars on medications to cure different diseases and ailments. We take pills, we drink syrups, we treat our skin with creams in the urge to cure ourselves while at the same time we expose our body and organs to heavy chemicals contained in the medications that are supposed to heal us. It is not surprising that every medication has its negative effects. For example, a pill dedicated to heal a headache can give you a stomachache because of the acids it contains. Or a pill that is supposed to kill insomnia gives you a terrible sour taste in the mouth all day long. The truth is that there is no reason, not even a scientific one, to use all these modern day medications because Mother Nature has thought about healing long before by creating various types of plants, flowers, herbs and fruits whose essential oils can heal almost every disease.

However, how do we know the functions and benefits of all the plants? How do we know all of the healing properties of all of the essential oils that are out there? Well, for this, we should thank Mr. Rene-Maurice Gattefosse who was the first to coin the term “aromatherapy” - the study of essential oils and their medicinal qualities. Hence, we cannot really talk about differences between essential oils and aromatherapy because they are interrelated and part of one another.

First, it should be stated that people in the past have used everything the nature can offer to produce medications. Thus, aromatherapy as a term might be less than 100 years old but the use of essential oils dates back to thousands of years BC. Therefore, it is the medications that we use nowadays that are relatively recent but not the aromatherapy procedures. Hence, there is nothing unorthodox in using essential oils for healing because people have used them much longer than they have taken the pills. But what are essential oils?

Essential oils are highly concentrated aromatic liquid substances extracted from different flowers, fruits, leaves, grasses, trees, and even roots. They can be used in cosmetics because of their cell-rejuvenating and beautifying qualities; they can also be used in pharmacology for curing different diseases; and they can be used even in the food industry as preservatives or flavor additives. Their application is usually through inhalation or through treatment of the skin. Actually, all of our perfumes, creams, and medications contain a type of essential oil which is mixed with many other chemicals that leave toxic traces in our bodies. In that regard, one of the benefits of the essential oils is that they leave no toxins in our organisms. Because of no oral application, essential oils do not interact chemically with food and bacteria in our organisms. They are just a natural substance that does its magic and it's gone in the next few hours through urine, perspiration, feces or exhalation.

The extraction of oils from plants is a complicated process but their use is easy. Just a few drops can do the miracle. Essential oils can be found under the form of body oils, compresses, lotions, and salts for baths, rinsing liquids for the hair, or inhalation liquids, as well as sprays for the body or the room. The choice depends on the person's needs. However, one should be cautious when purchasing such products. Essential oils are supposed to be clean of other substances, thus, if you see that a bottle of oil contains a few percent of that oil and many other components then it is not a pure product and its effect will not be as miraculous as desired. Purity of essential oils is the basis for beneficial results. The price is also something that can hint at the nature of the product. Usually, essential oils are relatively expensive while some could be really expensive. After all, scientists do call them “the untapped resource of the world”.

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