**How to Choose a High Quality Essential Oil**

As the popularity of essential oils grows, everyone wants to cash in on the market. Unfortunately, this brings the risk of unethical companies trying to make a quick buck off of unsuspecting and undiscerning customers.

There are certain qualities you need to look for in companies and their products when purchasing essential oils. Here are a few of the things you need to know in order to find safe and high-quality essential oils.

**Organic**

One of the most important qualities you should look for when checking out essential oils is to make sure the plants are grown organically. Products which are "USDA Organic" have been certified as organic by the U.S. Department of Agriculture.

Because essential oils are so highly concentrated, you want to be sure that the plants used were not grown with synthetic pesticides and herbicides, which are especially harmful in such large dosages.

**Undiluted**

Although you will dilute most essential oils in a carrier oil, you should buy your essential oils pure and confirm that they are not diluted beforehand.

If the essential oil you are using is significantly cheaper than other brands, you may want to question whether it has been diluted or mixed with something else.

Your essential oils should state that they are 100% pure. Unless you intentionally bought an essential oil mixture, the essential oil should be the only ingredient on the list.

**Latin Name**

Your essential oil should be labelled using its Latin name. Essential oils may come from several species and you need to know which one you are buying.

Some may state the simple name on the front of the package, but it should include the species in the ingredients list.

**Country of Origin**

Essential oils should clearly state where the oil was grown. If it is grown in a different country than it is being sold in, it should indicate who has certified it as organic, if it is organic.

Customers have the right to know where their products originate from, and when companies are not making this clearly known they should be pressured to make necessary changes.

**Double Check Fancy-Sounding Words and Phrases**

A company may claim that its product is a number of things, but before you get pulled in by fancy words, find out who is the governing body that is making this designation.

Words like "therapeutic" and "grade A" may sound reassuring, but sometimes a company will create their own designations and catchy trademarked phrases which don’t necessarily mean anything as compared to other brands in the world of aromatherapy.

Some oils with these designations may be high quality, but do your research and don't rely on a phrase to give you the information you need.

**Information Should Be Easily Obtainable**

It makes sense that all information about a product may not fit onto the tiny bottles that most pure essential oils come in. However, the important information that you seek should be easily accessible. If it is not, you should question whether the company is trying to hide something.

Essential oils are great for a variety of purposes, but you need to make sure you are using high quality oils. By knowing what to look for, you can be reassured that the essential oils you are exposing yourself and your family to are great quality oils that will benefit you and boost your health, both now and in the future.