

**The Essential Oils**

* What Are Essential Oils and Do They Really Work?
* Top 20 Essential Oils and What They Are Used For
* Which Essential Oils Are Best for First Aid Treatments?
* Which Essential Oils Should You Avoid When Pregnant?
* Do Essential Oils Aid Weight Loss?
* Essential Oils for Healthier Skin
* Essential Oils for Stress and Anxiety
* How to Apply Essential Oils
* How to Choose a High Quality Essential Oil
* The Shelf Life of Essential Oils and How You Can Extend It

**What Are Essential Oils and Do They Really Work?**

Essential oils have been getting quite popular in recent years, but they have actually been around for thousands of years. In the past, people used essential oils for many reasons, from spiritual purposes to medication.

Essential oils have a wide range of uses, and here is a little bit of information about the oils that have come to be known as nature’s pharmacy.

**What Are They?**

Essential oils are natural oils that are extracted from a plant or other source, and which retain the scent of the plant they come from. They are generally distilled.

Essential oils are used for a wide variety of purposes, from diffusing them for their fragrance, to applying and inhaling them in order to receive health benefits.

People have given anecdotal evidence of health problems that have been solved through the use of essential oils - from healing skin problems to reducing seasonal allergies and deterring insects.

For many ailments, there are one or more oils that can help deal with the issue. There has been much anecdotal evidence of their benefits, as well as testing that shows them to be an effective way to deal with a myriad of issues.

**How Do You Apply Them?**

Essential oils are administered in three different ways. First, a person can inhale them aromatically. This can be done by using a diffuser and putting several drops of the particular essential oil into water, or just sniffing the oil directly from the bottle.

The second way is to apply them topically. There are a few essential oils that can be applied directly to the skin, but a general rule if you are unsure is to first put a few drops into a carrier oil before applying. This can be anything from olive oil to coconut oil, as well as any other natural, pure carrier oil you have around the house.

The third way to use oils is by ingesting them. Not all oils can be ingested, and one must be careful to take them in a way that is safe. If you are ingesting an oil, or even applying it topically, you must be sure to find essential oils that are pure and organic when possible. Because they are highly concentrated, a little goes a long way and they should be used sparingly.

**What Do People Use Them For?**

Essential oils are used for a variety of purposes, from maintenance of general health and well-being, to first aid and adding natural scent to homemade body products.

You can use essential oils in the diffuser to help you to get to sleep or stay alert. You can use them to help calm frazzled nerves, and to give your immune system a boost when needed.

The oils are useful when added to everything from DIY cleaning supplies to DIY skin products. They can be carried in your purse in order to help sanitize surfaces when out and about, and can help clean cuts and used in other minor accidents. You can use essential oils as bug repellent and to help heal sunburned skin.

There is no end to the ways they can be used - alone, in combination, and when added to other bases.

Essential oils are beneficial to add to your cabinet. They have many uses for a variety of purposes, and can help you out in a pinch. Start with a few, and add more as you become familiar with using them on a daily basis.

**Top 20 Essential Oils and What They Are Used For**

Essential oils are great to have on hand. They can be used for a variety of purposes. Here is a list of the ones you will want to have around, and what they can be used for.

**1. Lavender oil** is one of the most popular essential oils. It can be used to help you sleep better, and give you fast relief when you have a sunburn.

**2. Tea tree oil** is great to have on hand for adding to vinegar and using the mixture to clean your home. It is antiviral, anti-fungal, antiseptic and antibiotic.

**3. Chamomile oil** is great for relaxation. Roman chamomile is more gentle than German chamomile, so it can be used for young babies, and is often used in homemade diaper spray solutions to soothe diaper rash.

**4. Eucalyptus oil** helps support respiratory health. Those suffering from asthma, bronchitis and even the common cold can benefit from diffusing this or applying it topically in diluted form.

**5. Lemon oil** is a great antibacterial and anti-fungal oil. If you are coming down with a cold, rub it in the palms of your hands and inhale. You can even add several drops to your load of laundry to help disinfect it.

**6. Frankincense oil** is great for the skin, and often used in homemade facial creams. It can be applied topically to swollen areas and used as an anti-inflammatory.

**7. Peppermint oil** can soothe sore muscles and relieve bad breath. It can also be sprinkled around the doors in your home to deter ants from entering.

**8. Clove oil** has antiseptic properties and can be used to relieve tooth pain while you are waiting for an emergency dentist appointment.

**9. Grapefruit oil** is a detoxifier and can be diluted and applied to cellulite-laden areas of the body to help release toxins from fat cells.

**10. Ginger oil** helps relieve nausea. It can also be diluted and applied to painful areas in order to experience relief.

**11. Ylang ylang oil** has a beautiful smell and is often used as a natural perfume. It also benefits relaxation and healthy skin.

**12. Cedarwood oil** can be used to clarify the skin and is a repellent for ticks, flies and gnats.

**13. Citronella oil** is a well-known mosquito repellent, but can also treat fevers and headaches.

**14. Lemongrass oil** is a common insect repellent, and can also help with digestive issues.

**15. Geranium oil** is great for the skin and also helps balance hormones.

**16. Orange oil** helps circulation and can also be used when cleaning your home, as it is not harsh and damaging to surfaces.

**17. Lime oil** is beneficial to diffuse when you need to stay alert. It can be added to shampoo to prevent scalp issues such as lice.

**18. Rosemary oil** has become the go-to oil for hair growth, by adding it to a carrier oil and applying it to the scalp.

**19. Myrrh oil** is great for skin health and also fights and protects against parasites when ingested.

**20. Thyme oil** is used for respiratory health and is antibacterial, which makes it great for use when fighting illness or cleaning the kitchen.

If you could only purchase twenty essential oils, these would be the ones you should invest in. They promote health, cleanliness and work together to cover a great variety of everyday needs.

Start with a few, and build your collection as you find yourself using them more and more.

**Which Essential Oils Are Best for First Aid Treatments?**

There are many essential oils that can play a large part in our day-to-day life. When it comes to first aid treatment, some oils shine especially bright. Here are some of the essential oils to keep on hand in case of an emergency.

**Lavender Oil**

If you could only choose one oil to have on hand at all times, lavender oil would win hands-down. This oil is excellent for burns of any kind, and can be diluted or put directly onto the wound. It is calming, so when there is an emergency it will help everyone keep their cool.

Lavender is antiviral, antibacterial, anti-fungal and relieves pain naturally. It encourages healing, fights inflammation, and there's a huge list of other illnesses and conditions it helps combats naturally.

**Tea Tree Oil**

Tea tree oil is excellent for disinfecting wounds, and is a strong antiseptic. It fights infections of all kinds, and is an excellent respiratory aid. If you have an open cut or wound, first wash the wound thoroughly, and then apply tea tree oil to keep infection from growing.

**Clove Oil**

Clove oil is well-known for dental health. Because dental emergencies can strike us at the wrong time, even on evenings or weekends, it is wise to keep clove oil on hand for whenever it might be necessary to relieve tooth pain while waiting for a dental appointment.

It can be mixed with an edible carrier oil such as coconut oil and applied directly on the tooth where you are experiencing pain.

**Eucalyptus Oil**

This is the oil that should be in your first aid kit in case of sudden symptoms of a cold or flu. It can help relieve sinus problems of many kinds. It is also handy to have available in case of insect bites. It is highly concentrated and can be toxic when exposed to too much of it, so always dilute it and never use it straight from the bottle.

**Frankincense**

Frankincense is known as "king of the oils". It generally has a higher price tag, but it is a valuable addition to any essential oils first aid kit. It has calming effects that can be important in moments of panic.

**Chamomile**

Chamomile is known to be a natural painkiller. For this reason, it is useful as a standard oil in anyone’s first aid kit. It can also help soothe skin, which is helpful in situations such as rashes, insect bites and bee stings. Chamomile oil is also known to have anti-inflammatory properties.

These are some of the best essential oils you can have in your first aid kit. Long before an emergency happens, familiarize yourself with these oils, their uses, and the situations you can use them in.

Essential oils are a highly concentrated substance, so keep a carrier oil on hand for the oils that require dilution. When you are in a moment of panic, or dealing with an emergency, you will be glad you took the time to prepare with some of nature’s best remedies.

**Which Essential Oils Should You Avoid When Pregnant?**

Essential oils are a wonderful and natural remedy to incorporate into many areas of your life. However, they are potent due to the fact that they are highly concentrated versions of the substances they come from, and therefore should be used only in moderation during pregnancy.

In fact, there are some essential oils that should not be used at all.

As with anything else you expose yourself and your baby to during pregnancy, gather information so that you can make a good choice for your situation. For the essential oils that are considered acceptable, always be sure to use pure, high-quality, preferably organic essential oils from a reputable source.

Use only one drop at a time, and be sure to dilute in a carrier oil if applying topically.

Here are a few essential oils to stay away from when pregnant. This list is not extensive, and you should research carefully any essential oil that you plan to use. Many of these should also be avoided during breastfeeding, as the baby is thought to be exposed to whatever their nursing mother is exposed to.

**Essential Oils That Are Uterine Stimulants**

* **Rosemary essential oil** is a uterine stimulant which may cause contractions, and should be avoided during pregnancy. It can induce menstruation and cause your baby’s fetal sac fluid to become depleted because of its diuretic tendencies. It also has the potential to raise blood pressure.
* **Clary sage** is another essential oil that can stimulate the uterus, and although it can be used safely during labor by a midwife or other individual who is trained in aromatherapy, it should not be used before your baby’s due date.
* **Peppermint essential oil** can encourage menstruation and should be used sparingly during pregnancy, and it should be not used around newborns as it may cause respiratory issues for them.
* **Citronella** is another oil which can stimulate contractions, and deserves special mention due to its popularity as an effective bug repellent.
* **Cinnamon leaf and jasmine essential oils** are ones that may stimulate contractions, as are the lesser known aniseed, angelica, cumin, thyme and laurel oils.

**Essential Oils That May Cause Other Health Issues during Pregnancy**

* **Sage and rose essential oils** may cause uterine bleeding, and should therefore be avoided during pregnancy.
* **Basil oil** is thought to put unborn babies at risk for abnormal cell development and should be avoided for obvious reasons.
* **Juniper** can have negative repercussions on the kidneys when used by pregnant women.
* **Nutmeg** is an essential oil that is not safe to use because it may interact with drugs used at birth for the purpose of pain relief, and the combination may cause hallucinations.

Essential oils can be a wonderful addition to a healthy pregnancy, and in many cases are a preferable choice in comparison to the alternatives. You can add them to vinegar to make safer cleaning products for your home so that you are not exposed to the many chemicals in on-the-shelf products.

You can also use them to help yourself relax, and they can be used for first aid and many other things.

They are potent though, and need to be used with knowledge and caution. With a little information about which oils to use and which to avoid, you will be able to find the ones that are safe and right for you and your growing baby.

**Do Essential Oils Aid Weight Loss?**

Essential oils can play an important part in any weight-loss program. There are many oils that are complementary to other lifestyle changes, and add up to create synergistic effects.

Here are some essential oils that are highly valuable when added to any weight-loss program, and the reasons why.

**Lemon**

Lemon oil is a great addition to your weight-loss journey. Putting a few drops into a glass of water each morning and then drinking it is a great way to benefit from this essential oil.

As always, when ingesting oil, be sure you are using an oil that can be acceptably used for dietary purposes. It should be purchased from a trustworthy source, and would preferably be organic. The limonene that lemon oil contains helps to dissolve fat in your body, which is why it is popular for this use.

**Ginger**

Ginger oil is highly anti-inflammatory. Inflammation is something that many overweight and obese individuals deal with as an extra concern.

This oil improves digestion, which means it will help your body to process the food you are eating - adding up to positive weight-loss effects. It can assist in removing sugar cravings, which are a downfall for many who struggle with their weight.

**Grapefruit**

Grapefruit oil has always been known to be a great weight-loss aid, and its essential oil is no exception. It helps increase metabolism, which means that your body can burn more calories in a shorter amount of time.

Grapefruit helps to "melt" fat cells, and can be used topically to minimize the appearance of cellulite. Simply put a few drops of grapefruit essential oil into a plain, natural lotion or coconut oil, and spread it over the areas of your body that have an excess of cellulite.

**Cinnamon**

Cinnamon oil is highly regarded for its ability to help lower blood sugar and balance insulin naturally and effectively. This helps your body to deal with any sugar that you might take in, and keeps you from craving it in the first place.

You can add a drop or two to coconut oil and apply topically, or ingest it by adding it to a vegetable capsule. As always, be sure to check out your source for cinnamon essential oil and confirm that it is from a reputable company who can prove that their products are safe for consumption.

**Peppermint**

Peppermint oil is a natural appetite suppressant, which means it can be valuable in your weight-loss efforts. If you find you are unable to resist a late-night snack, keep a bottle nearby and inhale the scent deeply whenever temptation arises to eat too frequently, or to eat the wrong kinds of foods.

Peppermint also helps with digestion, so keep it close for the times you do end up indulging.

Essential oils are regarded as extremely effective in aiding weight loss. Whatever your lifestyle, diet and exercise habits are, essential oils play a helping role in the final outcome. Try a few oils today and decide if there are some you wish to add as a part of your healthy lifestyle.

**Essential Oils for Healthier Skin**

Every essential oil has many purposes and uses. And there are several that promote the health and beauty of our largest organ, which is the skin.

Our skin makes up about 20 square feet of space, and is the first layer of us that people will see. We want to keep it in the best condition possible, so we can look and feel our best.

At the same time, we need to be extremely choosy about what products we put onto our skin, because skin is porous and absorbs whatever we are using on it.

Essential oils are the perfect balance, because they can make skin look and feel amazing, as well as promote health on all levels. Here are a few of the best essential oils for skin health.

**Frankincense**

Frankincense helps heal wounds and assists in erasing scars. It is an excellent skin toner, which is why many individuals add it to their daily beauty routine by putting a few drops in homemade night cream. Stretch marks and dry skin are no match for this super anti-aging essential oil.

**Lavender**

Lavender is one of the most common essential oils, and skin health is one of its many uses. If you have been out in the sun too long and have developed a sunburn, simply put several drops of lavender into a base of coconut oil or a plain, natural lotion and spread it over whatever part of your body that may be burned.

You can even use this oil on your face, although as with all essential oils you will want to avoid direct contact with the immediate eye area. The antioxidants in this essential oil will help you keep young-looking skin. Lavender helps banish everything from acne to eczema.

**Ylang Ylang**

This essential oil is effective in balancing the oils and moisture levels of your skin. Because of this, it is a good oil to include in a night cream. Your skin will retain its youthful look with regular application of ylang ylang oil.

**Chamomile**

The soothing properties of chamomile oil have been well known for a long time. Because of its healing abilities, it is often used in baby products such as natural diaper rash sprays and creams.

Roman chamomile is often the type used for this purpose because it is a more gentle form of chamomile, but German chamomile is also popular due to its natural anti-inflammatory properties.

Rashes, scarring and blemishes of any kind are minimized when chamomile oil is used. Simply mix it into coconut oil or evening primrose oil, and put a dab on any part of your face that needs some extra tender loving care.

**Tea Tree**

Tea tree oil is popular for use with skin health. One of the most common and well-known uses is to treat acne. In fact, Australian researchers did a study which found that tea tree oil in a 5 percent solution clears up acne just as well as a top acne remedy called benzoyl peroxide.

To help treat acne, mix 1 part tea tree oil with 20-40 parts witch hazel and dab onto the areas of your face affected twice daily.

Essential oils are useful for much more than just a pleasant scent. They can be a real asset and an amazing addition to your daily beauty routine. Check out some of these oils and begin using them for healthier, younger-looking skin.

**Essential Oils for Stress and Anxiety**

If you are dealing with anxiety and stress, there are many natural remedies that you can use alone or in addition to other treatment. One such remedy to alleviate this stress is through the use of essential oils.

Your nervous system as well as the chemistry of your brain can be affected by the properties of various essential oils.

Here are a few oils that can help you conquer anxiety and stress naturally.

**Lavender**

Lavender essential oil always seems to come up first on almost any essential oils list. It is multipurpose and one of the easiest essential oils to access.

One of lavender’s main benefits is its soothing properties. It is highly effective against anxiety and should be a staple in anyone’s essential oil collection.

**Chamomile**

This is another popular stress-relieving oil. Roman chamomile is used to calm nerves and promote relaxation. German chamomile can bring pain relief and has anti-inflammatory properties, so if being unwell is adding to your stress load, this variety can help ease that.

**Ylang Ylang**

Ylang ylang has a unique, pleasant smell and is excellent for helping you unwind when dealing with a long, stressful time period in your life. It is a known mood booster and has the capacity to lift your feelings at the end of a bad day. Use it in the morning, before bed or anytime you need a pick-me-up.

**Frankincense**

Frankincense is an oil that has been used for thousands of years. It has a timeless scent and it is known to bring feelings of peace, relaxation, and well-being to those who use it.

It is one of the more expensive oils, and although it can be used alone, it is also effective when used in combination with some of the other anti-anxiety oils.

**Lemon**

This essential oil is bright and cheery, and perfect for beginning a long day that is sure to include some ups and downs. It is known to affect the autonomic nervous system in a positive way.

Many people associate good feelings with the scent of lemon, and this alone is reason to put some lemon oil into your cabinet of natural remedies.

**How to Use the Oils**

Essential oils have been shown to enter the bloodstream when they are inhaled or applied topically. They can be diffused alone, or in a combination of oils that team up to combat a specific problem, which in this case is stress and anxiety.

Essential oils can be diluted with a carrier oil and applied to the feet before bed for a good night’s sleep without all-night worrying. Experiment to find the combination that you love and that brings you feelings of peace. Use any carrier oil that you like - whether it be almond, apricot, olive, coconut, avocado or anything else you have on hand.

Essential oils deserve a place in your line-up of ways to deal with anxiety. Remember that if you have tried natural remedies and nothing seems to be helping, it is worth a trip to the doctor to find out if there is something going on that may warrant some extra help.

With the assistance of essential oils in combination with healthy lifestyle changes and the guidance of a doctor who is familiar with how to incorporate natural therapies with standard therapies, you will be well on your way to full emotional health and a less stressful life.

**How to Apply Essential Oils**

Throughout time, essential oils have been used for a myriad of reasons. There are three main ways to use them, and that is by applying them topically, inhaling them aromatically and ingesting them internally.

Here is a little more information about the ways you can use your essential oils.

**Topical Application**

One way to apply essential oils is topically. Some essential oils can be applied undiluted, but most should be mixed into a carrier oil first. Suitable carrier oils include (but are not limited to) almond, apricot, coconut, and olive oil.

The amount of drops compared to the amount of carrier oil will depend upon the particular use you have in mind. Simply mix the correct amount of carrier oil with the amount of essential oil drops you want, and then apply however much you would like to use.

Essential oils can be applied to various parts of the body. The bottom of the feet are a common place to rub the mixture on to because the skin is not as sensitive, feet have large pores which allow for quick absorption, there are no sebaceous glands to slow absorption, and reflexology states that every nerve line ends in the feet.

You can also apply essential oils to whichever area of your body is in need of treatment. For example, lavender and ylang ylang oils can be applied to the abdomen to relieve menstrual cramps. Peppermint oil may be applied to the temples, crown of the head and behind the ears to help relieve headaches.

**Aromatically**

A common way to use essential oils is aromatically. There are several ways to do this. You can open the lid and smell the essential oils directly from the bottle, or put a few drops of the desired oil on the palm of your hands and then rub together and inhale.

You may also diffuse your essential oils in a special diffuser. If you use one that does not heat the oils, it will not damage the oils. This ensures that they will retain their maximum benefit.

Another way to use the essential oils aromatically is by filling a bowl with hot water, adding several drops of your desired oil, then covering your head with a towel and inhaling the steam. This is a common way to use eucalyptus oil when fighting a cold.

**Ingestion**

Not all oils can be ingested, so use caution when it comes to this way of administering them. If the brand and type of essential oil you are using does not specifically say that it can be ingested, then do not do so.

For those oils which can be ingested safely, you can simply add a few drops to water and drink. You can also put the essential oils drops into capsules and consume like a vitamin or pill. You can even mix the essential oils into honey before eating.

These are the three main ways to use and apply essential oils. All oils have specific rules about how they should and should not be used. Check out the guidelines on your type and brand of oil, and be sure to follow them when using the oils.

These different methods of application will give you a variety of ways to bring the health and healing of essential oils into your everyday life.

**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.

**The Shelf Life of Essential Oils and How You Can Extend It**

All essential oils have a shelf life. Not all bottles indicate an expiry or "best before" date, though, so if you cannot find it, check with the manufacturer.

Here are some general rules you can follow to determine whether your essential oil is still fine for use, or whether you should throw it away.

**Expiry Dates**

Some essential oil manufacturers print the expiration date on their bottles. This gives you a clear indicator of how long you can use your oil.

If you are buying essential oils from the store, look on the bottle to see when it expires, and choose the bottle with the furthest future expiry date if you don’t plan on using it quickly. Ask the individuals in the store if there is a way to find the date if it is not clearly marked.

Keep in mind that the oils you buy were not created on the day you bought them, so try to purchase your oils from a store or supplier that keeps their product moving regularly. In this way, you aren’t purchasing an essential oil that is already far along on the way to expiration.

If there is no expiry date on the bottle, keep a list of all your essential oils and when they were purchased. This will allow you to quickly check how long you have had an oil before using it each time.

**General Shelf Life of Popular Oils**

Each essential oil has a given amount of time before it expires. There is a range between about 1 to 6 years depending upon the type of oil. Some of the more popular oils and their general shelf life are listed here.

Essential oils with a shelf life of about 1 year are lemon, orange and mandarin. Oils with approximately a 2-year shelf-life are lime, all varieties of frankincense, and tea tree. Oils that expire in about 3 years are rosemary, neroli, oregano, melissa, bergamot and blue tansy.

Oils in the 4-year range include cinnamon bark, cardamom, peppermint, ylang ylang, lavender, geranium, clary sage, and chamomile. Oils that are good for 6 or more years include cedarwood, vetiver, sandalwood, wintergreen, rose, myrrh, copaiba and ginger.

Of the popular oils, patchouli has the longest shelf life, which is usually more than 10 years.

**General Rules**

There are three factors that cause essential oils to lose their potency and effectiveness quickly. These are light, oxygen and heat. The best way to keep your oils in the best condition possible is to fight these factors by storing your oils properly.

To counteract exposure to light, buy your essential oils when possible in amber glass bottles (so the light does not penetrate the bottle as it does with clear glass) and keep them in a dark place. Keep your essential oils in a cool area, or in the refrigerator if you have room.

Always keep your bottles tightly closed when not in use, and don’t leave them sitting around with the lid open for any amount of time. Protect your essential oils from contamination by not using rollers that can pull random particles back into the bottle with your essential oils.

Essential oils have a specific shelf life. Oils won’t instantly go bad on the expiry date, but at that point they are on their way to losing their potency. Learn this general information so you know how long to keep your essential oils, and when to replace them.