

Suggestions on How to Use Forever Green TRUessence Essential Oils

Following are some ideas of how essential oils can be used in your daily life. I would love to hear from you and learn how you're using them to enhance your life!

Bath

Add 2 – 3 drops of essential oil to a warm bath with sea salt.

A great bubble bath (with no risk of feminine infection) is Silk Body

Wash – a squirt or two – and 5 – 6 drops of your favorite essential oil. TLC and Dream Weaver are my favorite oils to use this way.

Cleaning/Disinfecting In and Around Home

Most essential oils create an environment that is unfriendly to germs and

Bacteria, yet safe and healthy for animals and people. Some favorites for use around the home include Lavender, Lemon, Peppermint, Tea Tree, Thyme and Oregano.

A few drops of essential oil, such as Lemon, may be added to the dishwasher or washing machine to clean and disinfect.

Create a Compress

_ Apply several drops of oil on desired location.

_ Cover the area with a hot, damp towel. Cover the warm/hot moist towel with a dry towel to help retain the heat. You may even wish to cover or wrap the area with a sheet of plastic.

_ I have found that compresses are especially useful on strained and sprained muscles and/or joints. Use lemongrass, Fysical Thera P, Marjoram, Cypress, and/or Birch for this.

_ Compresses are also great to do over a specific organ you're working on. Use Hepatox over your liver or gallbladder area with a compress. Over the kidneys use lavender, fennel, and dill.

_ If the 'heat' of the oil or the 'tingle-factor' of the oil used becomes too intense, apply Message oil – on location to dilute intensity.

Dietary Supplements

When using essential oils internally, as a general rule, use 3 – 5 drops of selected oil in a vegetable gel capsule, fill the rest of the capsule with Message oil, and use as desired. These capsules can be taken with or in between meals. (Obtain veggie caps at your local health food store)Veggie caps can be filled in advance and kept in the refrigerator until needed. In general, capsules will last this way for at least 30 days.

Check with your health care professional before consuming any essential oils internally.

You can add essential oils to your food (after it has been cooked), or even as a great flavoring in dressings and sauces. Imagine the benefits!

Diffusing

Set a mood or cleanse the air with mists of healing and protection with a cold air diffuser.

Forever Green's diffuser is designed specifically to disperse a fine mist of essential oils into a room. It can be adjusted to flow out as quickly or as subtly as you like. It can also be set on a timer for your convenience.

The integrity and healing properties of the oils are preserved without being heated, burned or altered in any way.

Lavender oil is ideal for baby's room to calm and soothe with a healing aroma.

Lemon is a great oil to use for a fresh, just-cleaned smell!

Direct Application

Apply 'neat', which in the essential oil world means put the oil directly on your skin on the desired location. Dilute oils if necessary with Message Oil.

Essential Oils penetrate the skin. Rapid absorption will deliver benefits throughout the body within minutes.

When trying new oils, always test a small area of skin before applying over the body.

Use caution around your eyes. If you ever do get oils in your eyes, do not flush with water, but dilute with Message oil to ease the discomfort.

With children younger than 3 years of age, always dilute with a carrier oil. Essential oils are very powerful and young children have small bodies.

Direct Inhalation

Put several drops into the palms of your hands, rub together, or put on a tissue. Cup your hands over your nose and mouth and breathe deeply.

Foot Application

One of the most common ways to apply essential oils on a daily basis is by using one, or several oils, on the feet.

Each morning, after showering, apply the selected oil(s) for the day on your feet. 1 – 2 drops applied to a particular reflex point or just on the bottom of your feet in general will work wonders! Repeat again at night if desired.

Massage

Mix 10 – 12 drops (5 for children) of your favorite essential oils with one ounce of Message oil. Use this mixture for massage or in place of lotion.

Personal Care Items

ForeverGreen personal care items, Silk, Juice-Shampoo and Conditioner, Quench, Shine, Roll are each infused with the healing benefits of therapeutic grade essential oils. Add 10 – 15 drops more of your favorite oils to enhance your experience.

Add desired essential oil to Balance Gel to support skin care, hair care, and pain relief. Balance works great as a natural sun-block!

Create your own essential oil-infused deodorant, or skin care oil, or tooth polish. Be creative!

Humidifier/Vaporizer

Essential oils such as Peppermint, Eucalyptus, Lemon, or Frankincense are long-time favorites to use in vaporizers. I strongly suggest that rather than vaporizing the oils, you diffuse them with a cold air diffuser. The health benefits of diffusing oils is far superior to vaporizing or humidifying.

Wear as a Perfume or Cologne

Essential oils are so much healthier, and definitely are superior alternatives to synthetic fragrances and deodorants.

Apply pure, therapeutic essential oils to pulse points. Gratitude, Charity, eMotion, Geranium, and Joy and Abundance are particular favorites.