

A top-down photograph of a wooden surface. On the left, there are several green pine branches. In the center, a pine cone lies horizontally. Two small, dark glass essential oil bottles are scattered on the wood: one is upright in the upper right, and the other is lying on its side in the lower right. The background is a light-colored wooden plank surface.

# ESSENTIAL OILS

*Your questions answered  
(recipes and diffusing blends  
included!)*

*Simple Life*  
of a Frugal Wife

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## THE SKEPTIC TURNS INTO A BELIEVER



Years ago I started hearing about essential oils from my friends. At first I had no interest in using them. Actually, for years I avoided trying them.

However, it started to become evident that essential oils weren't going away. The more I heard about them, the more curious I became.

The problem is, I'm plenty stubborn and I wasn't willing to admit I was curious about them. I was worried about the cost, and I worried about what people would think of me, especially after being so adamant that essential oils were NOT for me.

No matter how hard I tried though, I couldn't shake that I wanted to try these oils to see what all the fuss was about.

So, eventually I gave in, so to speak. My plan was that I would buy a few oils, get it out of my system, and never think about it again. Aside from a few friends, I refused to even TELL people I had purchased essential oils. Let's just say, I was NOT committed to these oils.

Well, since you are reading an eBook about essential oils written by me, you can imagine how that went. I DID get myself a few oils,

but before I knew it I was using them for everything! It went from buying a few oils to make my house smell nice to living in a way where if I ran out of certain oils I had to get some more if I wanted to clean my house/support my health/make more of lotions, etc.

The truth is, over the course of my life I've gone through seasons of taking care of myself and I've gone through seasons where I just am not as healthy as I liked. When it came to health I always focused on eating right and exercising. I never considered going beyond that, with what I clean my home with, what I put on my body, or what toxic candles we'd be burning in the house.

I never considered alternative remedies when we felt a little under the weather.

Until essential oils became a part of my life.

If you continue to read on, I'd love to tell you how they've helped us, why they work, share some cleaning and self care recipes with you that involve using essential oils, and chat about how to afford adding essential oils into your life.

## **BUT DO THEY REALLY WORK?**

Ah. The million dollar question. Do essential oils work?

These oils have done a myriad of good in our home. Here are some of the things we've used the oils for with great success:

Rubbed peppermint on our forehead to ease headaches

Diffused eucalyptus to clear our sinuses and ease congestion

used lemon/tea tree oil/On guard for warts

Rubbed Deep Blue on pain points to ease muscle soreness

Used Rosemary, tea tree, and lavender for dry scalp

Used peppermint and On Guard in homemade toothpaste

Mixed eucalyptus, tea tree, and peppermint into homemade vapor rub

And there have been many other things we've used the oils for to support our health.

Are they magic? No. Essential oils are a tool in your toolbox to help with a variety of issues. Do you know anyone who has JUST one tool in their toolbox? It doesn't happen. You often need multiple tools to complete a job.

Just like your “actual” toolbox, with real (pink – they need to be pink) tools, you need your “health and wellness” toolbox to have multiple tools.

Essential oils are one of those tools in the box you most likely will find you will reach for again and again. Like me, you may go from not knowing what to do with them to using them every single day.

But they aren't miracles. They are tools.

The fact that cultures have been using essential oils for over a thousand years is a testament to their healing properties.

More recently, essential oil usage has made it's way into hospitals. The nursing staff at [CHI Health Mercy Council Bluffs in Iowa](#) have used essential oils in the ER to assist patients with nausea and vomiting.

People from history to now have and are still discovering the amazing properties of essential oils and how it can help promote your health.

Of course, let's be honest – no study or research information matters nearly as much as how YOU feel when using the oils. But, you won't know how they can make you feel better without trying it out.

So, what do you say? Is it finally time to take that step and try essential oils out for yourself?

## **IS QUALITY REALLY AS IMPORTANT AS THEY SAY?**

As I'm writing this eBook, I'm thinking about all the things I thought, all the questions I had in the early days. I'm guessing that if I was wondering about these types of things, I'm not alone.

Also, I'm the “Frugal Wife,” so I really need to be convinced that it's worth paying more for a certain brand. I need to be confident that the quality I am getting is worth the extra dollars.

When I first bought essential oils, I found them on a shelf of a major chain department store. I was so excited to find them at what I considered a steal of a price.

I used them a bit, but not much. The scent of these oils started to bug me.

One day I was online and read about how some essential oils contain fillers. I quickly grabbed my super cheap essential oils and read the ingredients.

The first ingredient was soybean oil.

My heart sank. These oils were no good. I paid money for a bottle with mostly soybean oil!

Now, every essential oil you find in a department store is not going to have the same story ending as mine above.

And I'm not going to sit here and say there is only ONE company you should buy from, and all the other brands are no good, because I

simply don't believe that's true.

Personally, I believe there's room at the top for more than one. (This thinking goes WAY beyond essential oils.)

But, I do believe quality matters, and there are many essential oils out there that just aren't going to deliver on that, which, let's be honest, is true not only for essential oils, but for many products we buy.

I just can't be confident that the the oils they sell in the stores for a discounted price don't contain fillers or other impurities. Since we use essential oils on our bodies, and inhale them, and even sometimes ingest them (more on that later) then I need to be sure the quality is the best I can get for my health.

After I threw out those oils I bought that contained mostly soybean oil, I decided I needed to find a company that I could trust.

I had a friend who shared **DoTERRA** with me, and even though it took me awhile to come around to buying quality essential oils, when I was ready I knew without a doubt that **DoTERRA** was the brand for me.



## WHY I TRUST DOTERRA'S QUALITY

- **Testing.** They do testing, some more testing, and then some more testing. The purity of the oils they sell is of utmost important to them. DoTERRA's goals is to put out a product that is free of germs, heavy metals, and other contaminants that do not promote health, but actually can cause illness. To provide a pure product their essential oils undergo 8 different kinds of testing: Organoleptic testing, microbial testing, gas chromatography, mass spectrometry, fourier transform infrared spectroscopy, chirality testing, isotopic analysis, and heavy metal testing.

Whoa. That's a mouthful of scientific jargon. That's also A LOT of testing.

- **DoTERRA as a company does SO MANY AMAZING THINGS.** When I started buying from DoTERRA I had no idea that they were humanitarian minded. When I started to hear all the good things they were doing around the world, I was so excited that they were the company I was buying my oils from. They are involved with:

Microloan programs

Anti-human trafficking

Feminine hygiene resources for women in developing countries

Sending aid and supplies to disaster relief areas

Supporting local community projects

I mean, look at that list! It gives me goosebumps just writing it

out. I love being able to say I am connected to a company that makes it a priority to help others.

- **They have blends I just can't find anywhere else.** I have fallen in love with some of their amazing blends that are exclusive to DoTERRA. One of my favorites right now is called Whisper, and it has replaced my perfume I used to use full of toxic chemicals I shouldn't have been putting on my body. Whenever I go out I'm sure to put some Whisper on my wrists!

## **LET'S TALK SAFETY WITH ESSENTIAL OILS**

Unfortunately, the mix of misinformation when it comes to essential oils has given oils a bad name.

The truth is, essential oils are absolutely an amazing natural product that can promote our health and are generally safe. BUT – just because it is natural doesn't mean it doesn't mean it can't cause negative reactions and we don't have to be careful.

Whatever oil you use, you should always look up the precautions you should take when using that oil. You always want to make sure you are using the oils the way they should be used. Some need to be diluted with a carrier oil. Some should not be ingested. Don't guess – know for sure how to use your oils.

Never ingest an oil unless it says on the bottle that it can be used for internal use, and even then be sure to not overdo it.

There are many essential oils that shouldn't be used on babies or young children. There are oils that shouldn't be used on your pets.

However, there ARE essential oils that can help with your pet, and your babies, so don't rule them out. Just be sure to do your research before you apply an oil to animals and kids.

Now, I don't say all of this to scare you! Essential oils, when used properly can help you in so many ways. Just be sure to use them as directed. I have three kids and a dog and have had absolutely no problems with our oil use.

## ESSENTIAL OILS RECIPES

### Homemade Vapor Rub

*1 Tbsp beeswax*

*3 Tbsp shea butter*

*2 Tbsp coconut oil*

*10 drops peppermint essential oil*

*20 drops eucalyptus*

*5 drops tea tree oil*



The first thing you want to do is get a double boiler set up. To make your own double boiler, take a pot, fill about halfway or a little less water, and bring to a boil. Turn it down to medium heat. When you are ready, just stick a bowl in the pot. You want the bowl to rest on the pot. You don't want the bowl to touch the bottom of the pot or even the water. Using a stainless steel bowl is a great option, or if it's glass make sure it's a heavy duty one that can withstand heat.

Once your double boiler is ready, meaning the water is boiling, put in your beeswax, coconut oil, and shea butter.

Wait for it to melt. You can stir it every once in awhile if need be.

Once it is all melted, remove it from the heat. Add in your essential oils.

Once the oils are added, pour the mixture into a small mason jar or whatever container you want it to harden in.

Let it cool. Use as needed!

## All-purpose Cleaner

1 cup vinegar  
1 cup water  
1/2 cup lemon juice  
10 drops tea tree essential oil  
10 drops wild orange essential oil

Pour it all into a bottle and that's really all there is to it!



## Window Cleaner

3/4 cup of vinegar  
1 cup of water  
1/3 cup rubbing alcohol  
10 drops wild orange essential oil

Mix all ingredients together in a spray bottle and use on the windows as needed.



## **Dry Scalp Spray**

Water

5 drops tea tree essential oil

5 drops lavender essential oil

5 drops rosemary essential oil

Mix water and oils into a small spray bottle. Spray on your scalp as needed (I use it twice a day when dealing with a dry scalp.)

## **Oven Cleaner**

1 cup baking soda

1/4 cup sea salt

1/2 cup water

1 tbsp castile soap

10 drops of orange or lemon essential oil



Mix all ingredients together to form a nice paste. Spread it on your oven and then leave there for at least an hour. After the hour wipe out your oven with a cloth and some warm water.

## **DIFFUSING BLEND RECIPES**

### **Energy Boosting Blend**

5 drops wild orange essential oil  
5 drops peppermint essential oil

Diffuse this blend first thing in the morning or during a workout to give you a boost of energy.

### **Allergy Relief Blend**

3 drops lemon essential oil  
3 drops lavender essential oil  
2 drops eucalyptus essential oil  
3 drops peppermint essential oil

This is a perfect blend to diffuse during allergy season.

### **Time for Sleep Blend**

3 drops Balance blend essential oil  
3 drops Serenity blend essential oil  
2 drops wild orange essential oil

This blend will promote a peaceful sleep.



## **Calming Blend**

3 drops cypress essential oil  
3 drops lavender essential oil

Diffuse this blend when you need to slow down and be calm.

## **Pick-me-up Blend**

3 drops eucalyptus essential oil  
2 drops rosemary essential oil  
2 drops wild orange essential oil

When you are feeling exhausted, blend these oils in your diffuser.



## HOW TO AFFORD ESSENTIAL OILS

This was one of my biggest concerns when it came to essential oils. Honestly, it was the number one reason I sat on the fence for so long. I couldn't understand why these little bottles were so expensive.

Well, they ARE costly for the whole reason that they are extremely concentrated. Basically, there's a LOT of product in those little bottles. The good news is, because of its high concentration it goes a LONG way. You only need to use a couple or a few drops at a time.

When I first jumped in and bought my first bottles I used our HST check. If you are unfamiliar with what that is if you are not in Canada, it's a small amount of money Canadians receive four times a year from the government.



You may not have an HST check, but you might have another source of money you get sporadically. Or maybe you have some birthday money, or some extra cash from a side job.

Of course, for me that first purchase was just the beginning. So how do I continue to afford it? Well, the oils have replaced many products I used to buy. Cleaners, lotions, vapor rubs and more.

I even buy less over the counter medication because I just don't need it as often since using essential oils.

Oh, and I stopped buying those expensive, wonderfully scented but highly toxic candles.

So, you see, when I added the expense of oils into my life I gradually took other expenses out.

I had to also make a choice. Was I going to invest in me? In my family? In our health? I wanted more control over our health, and this has allowed me to do that. For me, it's worth the money if it helps me feel better.

Also, when it comes to DoTERRA, there are options to earn points that you can redeem once you have enough saved if you decide to go that route.

## **ARE YOU READY TO TAKE CONTROL OF YOUR HEALTH?**

Maybe you are like me, and you've been on the fence literally for years. Maybe, like me, you were worried at what people would think if you added oils to your health regime.

I encourage you to get off the fence and jump right in with both feet. It's much more scarier on the fence line. Once you jump in you will discover how amazing it is to be able to take control of your house.

Don't feel like you have to go all out and replace every single product in your household. Just take baby steps and the rest will come naturally. Maybe start out with adding some peppermint to a carrier oil and rubbing it on your forehead when you feel a headache coming on.

Or maybe you want to start with making JUST ONE recipe in this eBook.

Or maybe you just want to diffuse some oils to start to enjoy the smell instead of the toxic candles you have been so used to.

Whatever it may be, I am here to help you. Why not join my Facebook group, [The Essential Oils Village](#), to ask any questions you may have?

## **HOW TO GET STARTED**

If you want to order your oils today, this is how you can do it:

I recommend a wholesale account. This is where you will get the most bang for your buck. Think of it like a Costco account. The wholesale account makes it so easy to get a discount on your oils. The wholesale account fee is \$35 USD (\$42 Canadian) but the renewal fee, should you wish to stick with it is \$25 (\$30 Canadian). When you renew you also get a free bottle of peppermint oil, which retails at \$35.

1. **Click HERE and scroll to the bottom to click on the JOIN DOTERRA button.** You can see on this page that it gives you a list of perks you get for whatever you sign up for (retail, wholesale, or wellness advocate)
2. **Input your information.** The site will walk you through the steps.
3. **Pick which kit you want.** I personally picked the Aromatouch kit when I first tried essential oils because it was what fit into my budget.

While essential oils are a great way to support your health, they are also just plain fun! I love picking what oils I want to diffuse each day, based on what I'm in the mood for. If you have any further questions about essential oils, feel free to contact me at [sacarew@gmail.com](mailto:sacarew@gmail.com)