

THE HEALING MAGIC OF ESSENTIAL OILS



My Top Four Oils and How to Use Them

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The *Healing Magic* of Essential Oils *My Top Four Oils and How to Use Them!*



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The *Healing Magic* of Essential Oils

My top four oils and how to use them!

Essential oils are becoming formidable allies in helping to both prevent and heal a variety of illnesses. While most people are familiar with essential oils as a fragrance in their favorite cream or shampoo, they are quickly gaining recognition for being potent and highly effective medicines. They are frequently mentioned in a variety of sacred texts as the primary healing modality during ancient times used to ward off illness and heal wounds. Today, research is proving the effectiveness of essential oils in killing some of the most difficult hospital born, antibiotic resistant strains of bacteria, such as MRSA (Methicillin-resistant Staphylococcus aureus).

I've been using essential oils for helping to support my family's wellness as well as our small community here at Hawk Circle for several years. I not only use them to help heal wounds and support wellness, but also as a means to reach higher states of consciousness, clear energy blocks and awaken the soul. There are certain oils that are my go to oils that accomplish many different tasks and I would highly recommend that you have them in your home. Here are my top four oils and how to use them.

Lavender (Lavendula agustafolia)

Lavender is by far the most popular and sought after oil. It's used in many products from lotions and creams and bath salts, to shampoos and healing oils. Beyond its beautiful fragrance, lavender is powerful! It's also one of the few oils that I use directly on my skin with out any ramifications. (*always test a small amount on your skin to make sure you won't have a reaction.*) Most oils require a carrier oil such as olive, almond or jojoba which I talk about at the end of this book.

Definition of Terms:

Diffuser - a diffuser helps to disperse essential oils into the air. There are some diffusers that use heat to disperse the oil and while the beautiful fragrance remains intact, the heat actually changes the medicinal properties of the oil. It's best to use a diffuser that disperses the oil without heat. I recommend Heavenly Scent. It even comes with a built-in timer. <http://heavenlyscentsdiffuser.com/>

Carrier Oils - Carrier oils are your nut, seed and vegetable oils that are used as a base for blending essential oils. Most essential oils should never be applied directly to your skin but instead added to your favorite carrier oil. I list some of my favorite carrier oils at the end of this book.

Here's How and When to use it:

Burns - You can put lavender essential oil directly onto a burn. It helps to cool it, takes the sting out of the burn and helps to speed up the healing process. I've found that it prevents blistering as well. This is true for all burns whether they are chemical, fire or sun burns.



Relax - Lavender is known to help relieve stress through inhalation. Using a diffuser and having lavender dispersed through out your home or office can help you to stay calm and relieve stress. Using lavender bath salts, creams, or massage oils are a great way to inhale lavender and quiet the nerves.

Wounds - Because lavender is an anti-bacterial, it's great for protecting wounds from getting infected and it's gentle enough to put directly onto an open wound. Just a few drops applied to the wound and then covered with a bandage will help protect and heal the wound.

Spiritual Remedy - I've visited Sainte Baume in France, where it has been written that Mary Magdalene went to live after the crucifixion. She lived there for over 30 years offering healing to others and teaching the art of healing with essential oils. Lavender was one of those oils as it covered the hillside surrounding the Sainte Baume cave. Taking time to inhale lavender deeply on a regular basis such as a daily ritual, helps to heal trauma by activating the posterior lobe which removes the trauma from your electromagnetic field.

Eucalyptus (eucalyptus citriodora)

A very good essential oil of eucalyptus can heal a sinus infection. It's my go to oil for any kind of congestion. It's antiviral, antibacterial and antifungal and soothes irritated membranes while helping to loosen congestion. It's also a very effective insecticide.

IMPORTANT: DO NOT GIVE AN ESSENTIAL OIL FOR INHALATION TO SOMEONE HAVING AN ASTHMATIC ATTACK.

Here's How and When to Use it:

Head Cold - Inhaling eucalyptus is the most common way to use it. Adding several drops to a diffuser and placing next to the bed is very effective in helping you to breathe easier when sleeping. Also adding a few drops to a sink or bowl of hot water and placing a towel over your head and breathing in the eucalyptus steam deeply from the hot water is very effective. Taking a hot bath with eucalyptus bath salts is another great

way to help with colds. *If you are inhaling the oil directly from the bottle, be sure to breathe through both nostrils at the same time.*

Bronchitis/Pneumonia - First of all, if you think you have pneumonia, please see a doctor. It's something that can get out of control quickly and antibiotics may be needed.

Making either a massage oil with several drops of eucalyptus or a salve to rub on the chest and the back is very effective. The oil penetrates the skin while also being inhaled. I also rub the oil on feet since feet have many pressure points that are portals to different organs. Some people even say they can taste the oil only seconds after having it applied to their feet. As I mentioned above for colds, breathing in steam, taking a bath, or using a diffuser are very effective as well.



Yeast Infections - Any areas on your body that have a tendency to stay moist during hot weather, such as your feet, groin area and under your breasts can all develop yeast infections. Applying a salve or massage oil containing eucalyptus to a yeast related infection is very helpful. You can also make your own powder by blending cosmetic clay and baking soda and adding several drops of eucalyptus oil. This is a great way to reap the benefits of eucalyptus while at the same time helping the infected areas of your body to stay dry. If you suffer from **athlete's foot or nail fungus**, which is a yeast related infection, you can also add drops of eucalyptus oil to your socks in addition to using powder or a salve. **Ringworm** infections, also a yeast ailment can be cleared with eucalyptus oil and/or salve. If you suffer with **vaginal yeast** infections, then I suggest either putting some drops of eucalyptus oil on your underwear or a pad or make a suppository out of coconut oil and eucalyptus and insert in your vagina. *(please see how to directions for suppositories at the end of this book.)*

Peppermint (Mentha piperita)

Peppermint is another great oil to have on hand. It's wonderful for digestive ailments because of its cooling effects and very helpful for relieving inflammation. It's antiviral, antibacterial and anti-inflammatory. You definitely DO NOT want to use this oil without a carrier oil or it will irritate and burn your skin.

Here's How and When to Use It:

Spiritual Remedy - Peppermint is very purifying. When you inhale it, you can feel the cooling properties “clean” your insides. This is how peppermint works with your energy field. It's a wonderful oil to add to a spray bottle of water to use as a spritz for your auric field. Have you ever come home from a busy day or from being in a crowded place and you feel kind of dull and heavy? Spraying your energy field with peppermint can cleanse you and lighten your mood and invigorate your mental state of mind.

Digestive Aid/Irritable Bowel Syndrome Adding just 1 drop to a glass of water is enough to relieve indigestion, abdominal cramping and Irritable Bowel Syndrome.

Most digestive problems are heat related. Our gut and our process of digesting and breaking down foods is a fire process. Too much fire can cause discomfort, diarrhea and burning. **Drinking water with peppermint oil added to it is super helpful BUT you want to make sure you shake the bottle or stir really well so the oil drop doesn't bead and come in direct contact with the inside of your mouth.** Its cooling properties brings instant relief. It's no wonder it's a common practice for restaurants to offer after dinner mints.



You can also stir a drop into a spoonful of coconut oil and swallow to avoid any potential for skin irritation.

Inflammation - Whether you are dealing with **sore and inflamed muscles** or inflamed sinuses, adding several drops of oil to your favorite carrier oil such as olive, almond or jojoba makes a wonderful massage oil that will help to relieve the inflammation. It's also very helpful with headaches. Rubbing a small amount of peppermint infused salve or massage oil onto your neck and your temples during a **headache** can bring immediate results.

Fever

Fever's are our bodies natural and most effective response for fighting infection. I usually allow fevers to run their course, however, a fever can get out of hand and may need to be managed. Peppermint oil added to a carrier oil and rubbed on the temples and behind the knees is a great way to reduce fever.

Fresh Breath and Healthy Gums - I have a very small bottle with a dropper that I've added olive oil to and several drops of essential oil of peppermint. After I brush my teeth, I put just a few drops on to my finger and rub it onto my gums. You can also add a few drops right onto your dental floss. Not only does it help to fight bacteria in hard to

get places around your teeth, but it also stimulates your gums and helps you to have fresh, minty breath.

Nausea - Inhaling peppermint helps to relieve nausea as does adding one or two drops to a glass of water as mentioned above.

Weight Loss - Peppermint is known to curb the appetite helping you to lose weight, either through inhalation or by drinking peppermint water.

Cleaning - I love adding a few drops of peppermint oil to a bucket of water for mopping my floors or cleaning my counters. It makes the house smell so fresh as well as it helps to kill germs. Rodents don't like the smell of peppermint. Adding a few drops to some tissue or old rags and stuffing them into small openings where mice may be getting in will act as a deterrent.

Geranium (Pelargonium graveolens)

I love the essential oil of geranium. It has a strong fragrance so you have to be careful when blending with other oils or it will take over. Just a few drops blended with several drops of other oils will give you beautiful fragrance. My favorite is blending it with lavender. Geranium is antiviral and antibacterial, stimulates blood flow, cleanses oily skin and revitalizes skin cells.

Here's How and When to Use It:

Spiritual Remedy - Geranium is a very uplifting oil. It helps to relieve nervous tension and to let go of negative feelings. It restores hope and gives you an overall sense of well being. Using a massage oil or a cream with geranium that you can rub on your skin and enjoy its beautiful fragrance through out the day is a perfect way to reap the benefits of this incredible oil.

Skin- Because geranium essential oil helps to revitalize skin cells, it makes a perfect oil to add to skin creams and facial serums. In almost every face cream I make for myself, I add geranium and lavender. I love the combination and I know it's super good for my skin. It feels so fresh and clean. Geranium is also a wonderful oil for any kind of skin irritations you may have. It helps soothe dry skin, heal acne and brings relief to psoriasis and eczema related skin ailments.

Circulation - Because geranium essential oil stimulates blood flow, it works well added to massage oil. If you find you have poor circulation, or your hands and feet tend to be cold, rubbing geranium in the form of a massage oil or salve will help.



Blending Factors and Helpful Tips

Massage oil - Use a carrier oil such as almond, jojoba or grape seed oil. They're light and non-greasy. Fill a 2oz bottle with your favorite carrier oil and add 14 drops of your favorite essential oil or if you're using more than one essential oil, use enough drops from each essential oil to add up to 14.

Salve - If you're making a salve with oil and beeswax, for a 2 oz container you will need a total of 7 drops of essential oil.

Bath Salt - Bath salts require a lot of drops of essential oil. Basically you want to add as many drops to your favorite salt to the point where it's a very, very strong aroma. That way, when it's added to the bath water, it will be strong enough to enjoy. *As tempting as it may be to add drops of essential oil directly to your bath water without bath salt, you risk having the oil come in direct contact with your skin resulting in irritation. Adding the essential oil to your favorite bath salt insures that the essential oil will be evenly dispersed through out the bath water as opposed to "beading" on top of the water and coming in direct contact with your skin.*



Suppository - Suppositories are a great way to administer essential oils internally. I use coconut oil as the base and add just a few drops(3-4) of essential oil to a tablespoon of coconut oil. I melt the coconut oil, add the essential oil and then put it in the refrigerator for cooling. After it's hardened, I then cut into small pieces to use as suppositories.

Medicine Ratio for Blending - If I'm making a massage oil or a salve that is for more of an aggressive healing need, then I will add double the amount of essential oils to the massage oil and double the amount to the salve.

There are some really great carrier oils that you can use in making massage oils, salves, and creams. They all have healing benefits and choosing the right oil for your project is determined by its use. Here are a few of my favorite carrier oils.

Carrier Oils

Olive Oil - The nice thing about olive oil, is that you usually have it on hand. Olive oil is very good for your skin and also one of your heavier oils. It is not used in massage oils and creams because it's a heavy oil, but is most often used in salves. I particularly use it in salves when I'm making it for a medicinal purpose where I want the essential oils "carried" deep into the skin. Because olive oil is heavy, it's great for penetrating the skin deeply.

Almond Oil - Almond oil is a beautiful light oil. It's often used in massage oils and skin care products. It's also wonderful for people with highly sensitive skin. The deterrent to using almond oil is that it's derived from a nut and for people who have nut allergies, it can cause a great deal of skin irritation or worse depending on the severity of the person's allergy.

Grape Seed Oil - I use grape seed oil in many of my products. It's light and non-greasy and I don't have to worry about people with nut allergies. It's wonderfully nutritious for your skin and is odorless so it doesn't interfere with the fragrances of your essential oils.

Jojoba Oil - Jojoba is a very popular oil. It's used in many massage oil recipes and other skin care products. It's a little more expensive than some of the carrier oils, but one of the things that's great about jojoba oil is its long shelf life. Great to use if you're making products to sell!

Apricot Kernel Oil - This is a super nice oil and very nourishing to your skin. I use it when I'm making face cream. It's very light and healing for delicate skin.



About the Author



Trista Haggerty has spent the past 20 years traveling to sacred sites through out the world studying ancient rites of passage and healing techniques. During a trip to the beautiful temples of Egypt, Trista was inspired by the ancient Egyptians' knowledge of using essential oils for healing and for spiritual awakening. Upon returning from Egypt, Trista began further studying and working with the oils to compliment her existing work with healing, rites of passage and initiation. She became a certified aromatherapist and a certified transcutaneous acupuncturist

where she uses sacred blends of oils to activate, remove blocks, balance and open up particular channels of energy treating a variety of both physical and emotional ailments.

Trista is the founder of the Inner Alchemy Training program and the co-founder of The Earth Mentoring Institute and Hawk Circle in Cherry Valley, NY. She is the product developer and creator of Hawk Circle's WildWood herbal products as well as the Beekman 1802 Forager's Collection located in Sharon Springs, NY.

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