



LIVE WELL

*Enhance Wellness with
Aromatherapy Solutions*

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*This material is not intended as a substitute for consulting with your physician or other health care provider.
Any attempt to diagnose or treat an illness should be done under the direction of a healthcare professional.*



Aromatherapy

The use of natural, aromatic substances - known as essential oils - to enhance the well-being of body, mind, and spirit

Thank you for downloading this e-book to learn more about essential oils and how they may help you achieve optimal wellness.

If you're just getting started using essential oils, it can be overwhelming with all the information (and sometimes misinformation) available. This e-book was designed to increase your awareness on what essential oils can do, how to use them safely and the unique benefits of each of the blends and single oils we offer.

At Amy Brenner, MD & Associates we are passionate about what we do. We believe in a "whole body" approach, and introducing our own line of pure, therapeutic grade essential oils was a natural complement to our wellness programs.

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These statements have not been evaluated by the FDA. No information provided is intended to diagnose, treat, cure or prevent any disease.



Introduction to Essential Oils

What is an essential oil?

Essential oils are the concentrated, volatile liquid and aromatic compounds extracted from plants. The oils are produced in special plant cells from the sun, air, soil, and water. They are highly complex and concentrated substances that hold most of the plant's valuable properties.

Every essential oil has its own scent and beneficial properties. Each one often consists of more than a hundred chemical constituents such as terpenes, esters, aldehydes, etc. which is why a single oil can have multiple properties and potential uses.

Did you know?

Essential oils are neither oils or oily (*no fatty substances*), they are hydrophobic (*do not mix with water*).

What are the benefits of essential oils?

Essential oils offer an effective, holistic approach to support health and well-being for your body, mind and spirit. Each essential oil has a unique pharmacological effect, such as antibacterial, antiviral, rejuvenating, calming, analgesic, sedative, stimulating...to name a few.

How do we get essential oils?

Essential oils are obtained from different parts of the plant or tree using various methods of extraction including:

- Steam Distillation (*the most common method*)
- Solvent extractions (*only used for absolutes*)
- CO₂ (*Carbon Dioxide - the newest, most expensive method*)
- Cold Expression (*primarily used for the rind from citrus fruits*)



Did you know?

What is aromatherapy and how is it different from the use of fragrance? Aromatherapy is the use and application of pure essential oils from nature to promote physical, psychological and emotional balance. It is not simply the use of fragrances that are advertised as “natural” but in reality are artificially created in a lab and often include synthetics, pesticides or other harmful substances. Remember to read labels!



Play it Safe

Essential oils are concentrated, active, plant extracts - so care and responsibility must be taken with their use. The following are standard, recommended safety guidelines for using essential oils:

1. Keep essential oils out of reach of children.
2. Essential oils are intended for external use. *(Do not take essential oils internally unless under the direction of a qualified health professional)*
3. Dilute essential oils in a carrier before they are applied to the skin.
4. Test for sensitivities. Wash and dry an area on the inside of the elbow. Apply the diluted oil, preferably cover and leave for 24 hours. If redness or irritation occurs apply a vegetable oil, then wash with soap and water.
5. Avoid essential oil contact with eyes, mucous membranes, and other sensitive areas.
6. Keep essential oils away from open flames.
7. Dilute essential oils in a carrier before adding them to your bath. *(Essential oils do not dilute in water due to their hydrophobic nature)*

8. Certain essential oils, especially those from the citrus family, can cause photosensitivity, discoloration and/or irritation of the skin when exposed to ultraviolet light. These essential oils should not be used in products that remain on the skin (*such as in a lotion or perfume*) at least 12 hours before being in direct sunlight, using sunlamps or tanning beds.
9. Certain essential oils have very strong characteristics, such as Cinnamon, Oregano, Thyme, Wintergreen, and Clove. Use in a 1-3% dilution and for short periods of time.
10. Keep a carrier oil readily available when using essential oils. In case of skin irritation, apply the carrier directly to the affected area. If no carrier is available, flush area with water for at least 15 minutes.
11. Do not use essential oils rich in menthol, such as peppermint, with children under 3 years of age.
12. When diffusing essential oils around pets, make sure that the room is well ventilated and that any animals may leave the room at any time.
13. Store essential oils tightly closed in dark, glass bottles, away from heat and light. Use only pure essential oils from plants that are GS (*Gas Chromatography*) and MS (*Mass Spectrometry*) tested to ensure quality.



Why Dilute Essential Oils?

In most cases, we recommend diluting essential oils with a carrier when you're applying topically (*on your skin*). Some essential oil companies or distributors promote direct or "neat" application. However, there are important reasons why you should choose to dilute.

Diluting minimizes risks.

Pure essential oils are highly concentrated and if not properly diluted, they can cause skin irritation, or after long-term use, sensitization, which is a type of allergic reaction. Many are under the incorrect impression that since essential oils are natural there is no need to worry about misuse or overexposure. Unfortunately, only after an adverse reaction do they realize they can no longer continue using their favorite essential oil. By diluting you minimize the risk of sensitization.



Diluting enhances effectiveness.

The good news is that using a carrier many times actually enhances the effectiveness of the essential oil. The carrier not only dilutes the concentration, it minimizes evaporation while binding the molecules to your skin; this allows for coverage of a larger surface area and increases absorption.

Did you know?

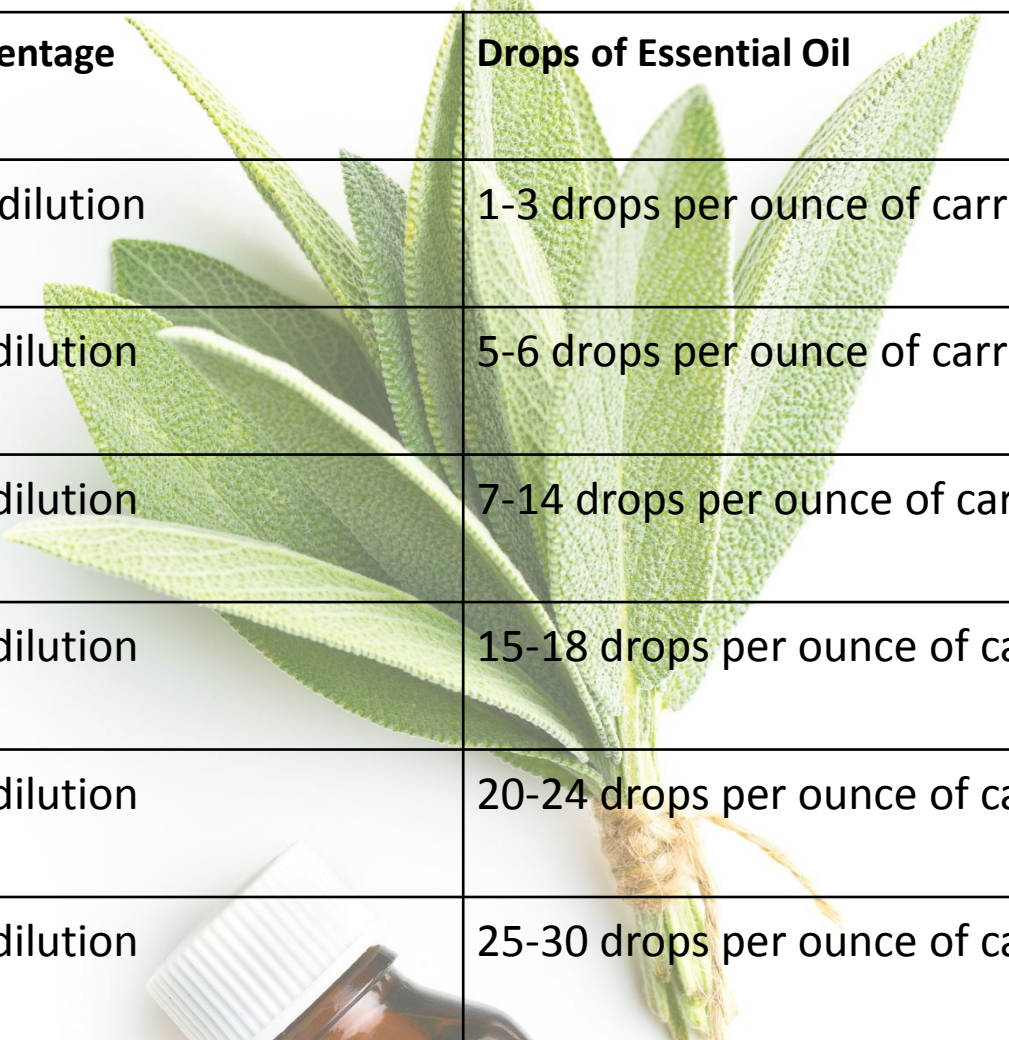
Using a carrier not only boosts the effectiveness of your essential oil application, it also saves you money since each bottle will last longer!

Recommended Carrier Oils

- All natural unscented lotion or cream
- Olive oil
- Coconut oil
- Jojoba oil
- Almond oil
- Avocado oil
- Vegetable oil
- Magnesium oil
- Epsom or dead sea salts
- Liquid soap
- Aloe Vera



General Dilution Guidelines



| Percentage | Drops of Essential Oil |
|-------------|----------------------------------|
| ½% dilution | 1-3 drops per ounce of carrier |
| 1% dilution | 5-6 drops per ounce of carrier |
| 2% dilution | 7-14 drops per ounce of carrier |
| 3% dilution | 15-18 drops per ounce of carrier |
| 4% dilution | 20-24 drops per ounce of carrier |
| 5% dilution | 25-30 drops per ounce of carrier |

1 oz. is approximately 30 ml which is approximately 600 drops



Methods of Use

- **After Shower:** After showering, while your skin is still wet, put 1-3 drops of essential oil in the palm of one of your hands and rub your hands together. Quickly and evenly spread the essential oil over your legs, arms, and torso. Avoid sensitive-skin areas. For maximum skin hydration and to seal in moisture, apply cream, lotion or body oil directly to damp skin.
- **Bath:** Mix 4-8 drops of essential oil in 1 teaspoon of carrier oil, such as fractionated coconut oil. *(You can also add the essential oil to 1/2 cup of whole milk or heavy cream.)* Set aside. If you have muscle aches, add 1-2 cups Epsom or Dead Sea salts. Fill the tub with warm water and immerse yourself. Add the essential oil mixture and swirl the water around you. Massage your skin and breathe in the aroma. Remain in the tub for 10-15 minutes.
- **Bath, Foot:** Mix 1-3 drops of essential oil in 1/2 teaspoon of carrier oil, such as fractionated coconut oil. Set aside. Fill a tub *(deep enough to cover your feet and ankles)* with warm water. Add the essential oil mixture, stir well, and immerse your feet for 10-15 minutes. Breathe in the aroma and massage your feet.
- **Body Lotion:** Add 6-30 drops of essential oil in 1 ounce of fragrance-free, natural moisturizing lotion. Apply to your skin, especially after a shower or bath.
- **Body Oil:** Mix 6-30 drops of essential oil in 1 ounce of carrier, such as fractionated coconut oil or sweet almond oil. Apply to your skin, especially after a shower or bath.

- **Chest Rub:** Mix 5-15 drops of essential oil in 1 tablespoon of carrier oil or fragrance-free natural lotion, apply to upper chest and upper back.
- **Compress:** Fill a basin with water. (*Warm water relaxes and increases circulation. Cool water invigorates and relieves inflammation.*) Add 3-5 drops of essential oil and briskly stir. Dip in a washcloth, wring, and apply to the area in need for approximately 1-5 minutes. Dip, wring, and apply 3 more times.
- **Diffusion:** Follow diffuser manufacturer's instructions to fill the air with therapeutic aroma. *Easy alternatives when you don't have a diffuser:* Place 2-4 drops of essential oil on several cotton balls or tissues; place nearby or tuck into the grate of fan or air vent in your home or car.
- **Facial Oil:** Mix 2-5 drops of essential oil in 1 ounce of carrier such as jojoba, argan, or rose hip seed oil.
- **Inhalation:** Put 1-3 drops of essential oil on a tissue or nasal inhaler and inhale the aroma through your nose. Pause and inhale again. You may also inhale directly from the bottle.
- **Massage:** Mix 6-30 drops of essential oil in 1 ounce of carrier oil or fragrance-free, natural lotion.



- **Perfume:** Mix 10-20 drops of essential oil in 1 tablespoon of fractionated coconut oil. Apply to pulse points, such as inner wrists, behind knees, or backs of ankles.
- **Room Mist:** Mix 30-60 drops of essential oil in 4 ounces of purified water in a mister bottle. Shake well before each use and avoid getting the mist into the eyes.
- **Scalp Oil:** Mix 12-24 drops of essential oil in 2 ounces of fractionated coconut oil or jojoba, or a blend of both. Store in a glass bottle with a cap. Use approximately 1 teaspoon to massage into scalp at night. Shampoo in the morning.
- **Skin Mist:** Mix 10-40 drops of essential oil in 4 ounces of purified water in a mister bottle. Shake well before each use and avoid getting the mist into the eyes.
- **Spot Application:** Mix 1-4 drops of essential oil in 1 teaspoon of carrier oil or aloe vera and apply to the area in need.





AB Essential Oil Blends

Amy Brenner, MD & Associates is committed to using essential oils that are 100% authentic and free of pesticides, synthetics, stretching or adulteration of any kind. In order to be considered therapeutic-quality, an independent lab tests each of our essential oils to ensure purity.

We have created a collection of essential oil blends for wellness and renewal. Each blend is created with therapeutic quality essential oils, meticulously composed for a particular purpose and to achieve a specific result. Their names indicate their use and make selection easy and the ingredients listed for each blend are in alphabetical order.

Balance Well (*Mood Support*)

Gently uplift, balance and refresh the emotions while promoting a sense of well-being

Bergamot, FCF: Mild depression, mood swings, stress, anxiety, tension, apathy

Clary Sage: Stress, tension, mild depression, fear, panic, lack of sense of well-being

Frankincense: Tense breathing, rapid breathing, shallow breathing, anxiety, stress, nervous tension, restless mind

Lime: Mild depression, apathy, anxiety, mental fatigue

SUGGESTED METHODS OF USE

After Shower, Bath, Foot Bath, Body Lotion, Body Oil, Diffusion, Inhalation, Massage, Perfume, Room Mist

Possible photosensitivity due to the citrus oils

AB Essential Oil Blends

Be Well (*Immune Support*)

Provide defense for infections and support the immune system

Cinnamon Leaf: Infections, poor circulation, immune support

Clove Bud: Infections, poor circulation

Eucalyptus, Globulus: Infections, immune support

Lemon: Infections, poor circulation, immune support

Rosemary, ct. cineole: Infections, fatigue, immune support

SUGGESTED METHODS OF USE

After Shower, Foot Bath, Body Lotion, Body Oil, Chest Rub, Diffusion, Inhalation, Massage, Room Mist

Possible photosensitivity due to the citrus oil

Breathe Well (*Upper Respiratory Support*)

Support comfortable, relaxed breathing

Eucalyptus, Citriodora: Tense breathing, immune support, anxiety, stress, nervous tension, mild depression

Eucalyptus, Radiata: Respiratory congestion, immune support, mild depression, apathy

Eucalyptus, Smithii: Respiratory congestion, immune support, mild depression, apathy

Peppermint: Respiratory congestion, muscle spasms, mental fatigue, mental fog, nervous stress, mild depression

SUGGESTED METHODS OF USE

Chest Rub, Compress, Diffusion, Inhalation



AB Essential Oil Blends

Cope Well (*Adrenal/Stress Support*)

Support the adrenal glands, revitalize and relieve the stress that can lead to burn out

Black Spruce: Fatigue, immune support, adrenal support, stress, anxiety, burn out

Cedarwood, Atlas: Immune support, stress, tension, anxiety, emotional exhaustion

Geranium: Poor circulation, immune support, general tonic, stress, anxiety, mild depression

Peppermint: Sluggishness, immune support, nervous stress, mild depression, shock

Pine Needle: Poor circulation, fatigue, immune support, adrenal support

Vetiver: Poor circulation, immune support, nervous tension, mild depression, mental exhaustion

SUGGESTED METHODS OF USE

After Shower, Area Massage, Foot Bath, Inhalation

***Best used intermittently (*not daily*)**



AB Essential Oil Blends

Doze Well (*Sleep Support*)

Relax and comfort before bedtime to encourage a deeply restful and rejuvenating sleep.

Chamomile, Roman: Sleeplessness, stress, tension, anxiety, anger, fear, worry, shock, impatience

Lavender: Sleeplessness, stress, nervous tension, anxiety, nervous exhaustion, mood swings, anger

Mandarin, Red: Sleeplessness, mild depression, stress, anxiety, tension, restlessness

Orange Sweet: Nervous tension, mild depression, worry, mental fatigue

Sandalwood: Sleeplessness, anxiety, tension, stress, sense of isolation, emotional instability

SUGGESTED METHODS OF USE

After Shower, Bath, Foot Bath, Body Lotion, Body Oil, Chest Rub, Compress, Diffusion, Inhalation, Massage, Room Mist

Possible photosensitivity due to citrus oils

Recover Well (*Muscle Recovery Support*)

Soothe overworked muscles due to physical activities such as sports, gardening, or exercising

Sweet Fennel: Muscle spasms, lymphatic support

Lavender: Muscle aches, muscle tension, muscle spasms, cramps, anxiety, tension, nervous exhaustion, mood swings, stress

Lemon: Poor circulation

Lemongrass: Muscle aches, muscle fatigue, stiff joints, poor circulation, lymphatic support

Peppermint: Muscle aches, muscle spasms, cramps, fatigue, sciatica, stress, mild depression, lymphatic support

Rosemary: Muscle aches, stiff joints, fatigue, nervous exhaustion, mild depression

SUGGESTED METHODS OF USE

After Shower, Bath, Foot Bath, Compress, Massage, Spot Application

Possible photosensitivity due to citrus oil

AB Single Essential Oils

Lavender is one of the most versatile essential oils. The French, high-altitude Lavender is one of the most prized lavenders, known for its exquisite aroma and superb relaxing qualities.

Lavender (French)

Latin name: *Lavandula angustifolia*

Country of origin: France

Part of the plant: Flowering tops

Obtained by: Steam distilled

Main biochemical components: Linalyl acetate, linalol, (E)-anethole

Properties: Analgesic, anti-depressant, antibacterial, sedative, deodorant

WHY USE

Physical uses: Respiratory congestion, bronchitis, laryngitis, colds, flu, tense breathing, muscle spasms, muscle aches, muscle cramps, infections (*bacterial, viral*) headaches, inflammation, lymphatic support.

Skin care uses: Imbalanced oil production, small wounds, bruises, burns, sunburn, insect bites and stings, minor skin infections (*bacterial, viral*), irritations, inflammation, itching, blemishes, eczema, skin tonic.

Psychological uses: Stress, nervous tension, anxiety, nervous exhaustion, mood swings, anger, sleeplessness.

Subtle uses: Balances the energy centers. Calms. Clears energy blocks. Brings in positive energy.

SUGGESTED METHODS OF USE

After Shower, Bath, Foot Bath, Body Lotion, Body Oil, Chest Rub, Compress, Diffusion, Facial Oil, Inhalation, Massage, Perfume, Room Mist, Scalp Oil, Spot Application



AB Single Essential Oils

Use Peppermint in a 1-5% dilution. May be sensitizing. Avoid during pregnancy and nursing. Do not use with children under 3 years of age.

Peppermint (USA)

Latin name: *Mentha piperita*

Country of origin: USA

Part of the plant: Leaves, stems, flowers

Extraction method: Steam distilled

Main biochemical components: Menthol, menthone, isomenthone

Properties: Analgesic, anti-inflammatory, decongestant, stimulant, antispasmodic, astringent

WHY USE

Physical uses: Poor digestion, indigestion, nausea, stomach aches, motion sickness, respiratory congestion, sinusitis, coughs, infections (*bacterial, viral*), muscle aches, muscle spasms, sciatica, stiff joints, menstrual cramps, headaches, feeling overheated, nerve pain, sluggishness, lymphatic support, immune support.

Skin care uses: Dermatitis, blemishes, minor skin infections (*bacterial, viral*), itching, greasy skin, overheated skin, rough skin, insect bites and stings.

Psychological uses: Mental fatigue, mental fog, inability to concentrate, anger, nervous stress, mild depression, shock.

Subtle uses: Promotes clarity in communication. Supports a healthy self-esteem. Promotes inspiration and insights.

SUGGESTED METHODS OF USE

After Shower, Foot Bath, Chest Rub, Compress, Diffusion, Inhalation, Massage, Room Mist, Skin Mist, Spot Application





Optimal Wellness

At Amy Brenner, MD & Associates we believe that self-care is the first step in health care. Essential oils offer an effective, holistic approach to support your health and help you achieve optimal wellness. Our practice is dedicated to utilizing an integrative approach to address all aspects of care.

WHY CHOOSE US?

As both a medical practice and a medical spa, we are in the unique position of being able to refer patients to various providers within our own office and addressing health issues from the inside out. Our providers include:

- Board Certified Gynecologist/Surgeon specializing in minimally invasive GYN and cosmetic vaginal surgery, aesthetics, bio-identical hormone therapy, wellness and sexual health for women and men
- Board Certified Physicians specializing in aesthetics, bio-identical hormone therapy, wellness and sexual health for women and men
- Certified Women's Health Nurse Practitioners specializing in traditional gynecology, annual exams and bio-identical hormone therapy (*women only*)
- Board Certified Health/Wellness Coach who specializes in nutrition strategies, weight loss, supplementation and essential oils/aromatherapy
- Skin Care Specialists specializing in a wide range of aesthetic treatments and work alongside our physicians to help each patient achieve their goals
- Body Contouring Specialists who have received the most advanced Master Training in CoolSculpting®

If you have additional questions or would like to learn more about our practice - peruse our [website](#), follow us on [Facebook](#), [Instagram](#) and [YouTube](#), contact us via [email](#) or call our office at 513.770.0787. We would love to help you!