



## GUIDE TO GETTING STARTED WITH Essential Oils

Congratulations, and welcome to the amazing world of Essential Oils!

I cannot even begin to tell you how much you are going to enjoy this journey, and I want to help you through this every step of the way. But first, let me say that it is daunting... and overwhelming... and confusing at times. Until you get the basics under your belt, you may be tempted to throw in the towel and walk away. Don't do it! I am always here to provide encouragement and guidance, so just ask or search my website at [www.kendareiki.co.uk](http://www.kendareiki.co.uk) I do not want you sit with the oils at your disposal and feel like you have no idea what to do next.

So, in addition to the information in the booklet you will receive with your order, here is a quick guide to get you started with your essential oil journey! ----

### WHAT TO BUY (AFTER THE OILS)----

#### Drams

Drams are teensy little bottles that allow you to easily sample essential oils or take them with you on-the-go. The most common sizes are ¼ drams (20 drop max) and 5/8 drams (40 drop max). You should always order amber glass drams that come with orifice reducers and lids. I always carry some in my personal essential oil keychain (see below) and find myself giving them out with my business card to everyone who has a need. But I also use them all the time as I travel from here to there. You can purchase them easily on Amazon, but be sure that you buy amber glass bottles with orifice reducers. Other site that you can purchase from is [www.essentoils.co.uk](http://www.essentoils.co.uk)



#### Roller-ball Bottles

This must-have tool allows you to dilute your own oils for your kiddos and label them appropriately. In some families, this means three different sets of rollerball bottles depending on the ages of the kids. They come in three basic sizes: sample, 5 mL, and 10 mL, though most people use the 10 mL variety. Because they are meant to be used a lot, many rollerball bottles come in clear glass, but you can also buy them in amber, cobalt, or even colored glass varieties. Most also come with a plastic rollerball topper which may potentially break down over time, but I use the steel metal rollerball topper. The choice is yours!



### Label Stickers

You can buy these tiny circle stickers at many essential oil retailers (Aromatools and Oil Life), and they are a must-have for labeling your oil bottles, drams, rollerball bottles, and more. I also recommend using them down the side of your rollerball bottles and writing the amount of drops you used for each individual oil on each for future reference. Cover them then with a piece of clear packing tape to prevent peeling. Or opt for the pre-plastic covered ones.

### Dropper Tops

These are not necessarily a must-have item, but they sure do make it easier if you use certain oils frequently for mixing up blends or dropping them right into your diffuser. Sometimes we can't control how the orifice reducer releases the oils, and sometimes the oils (like those from trees) are extra thick and sticky, so they are like molasses waiting for them to come out of the bottle. Just be sure to keep them stored in a cool, dark place and keep them upright!



### On-The-Go Keychain

This little gem is a must-have for moms on the go. It comes with a carabiner clip so you can attach it directly to your purse, keychain, backpack, or bag so that you don't lose it. It zips all the way around and comes with 5/8 amber drams and orifice reducers that you can fill with those emergency oils for on-the-go solutions. And, if you use ¼ drams instead of the 5/8 version, you can effectively carry around 16 oil samples with you at all times! (These also make great gifts for friends and family!)



### Coconut Oil

Though several formats exist, I recommend using organic refined or organic unrefined coconut oil. The difference is the smell – refined is unscented and unrefined smells coconutty. Depending on how you are using it and your affinity for smelling tropical, you can decide which works the best for you. I have both formats at my house!

### Carrier Oils

Other carrier oils (other than Fractionated Coconut Oil) that we recommend are Sweet Almond Oil, Jojoba Oil, and X Oil, though any vegetable oil can be used in a pinch. For making rollerball bottles, massage oils, and for general recipes and dilutions, a carrier oil is a must.

### Fractionated Coconut Oil

The most popular carrier oil for diluting essential oils for your family, Fractionated Coconut Oil (FCO) is a staple for your oil collection. Unlike the natural form of coconut oil, FCO stays liquid at room temperature and beyond, so it is perfect for rollerballs, massage oils, or quick by-hand dilutions.

### Glass Jars

Because of the potency of essential oils, they can break down most plastics and cause toxins to leech into whatever is inside the container. To prevent this, I always use glass containers for mixing up rubs, lotions, scrubs, and other recipes. You can buy simple Mason canning jars at the grocery store or opt for more decorative containers from specialty stores and even online from sites such as Ebay or Amazon. As long as it is glass, it will work. Clear glass is fine here as well because the oils themselves will not be in direct contact with light

### Glass Spray Bottles

For mixing up cleaning solutions in your house, you must have glass spray bottles to prevent the oils from breaking down the plastics. Find these online for the best options - I buy from [www.essentoils.co.uk](http://www.essentoils.co.uk) and [www.essentialoilsupplies.co.uk](http://www.essentialoilsupplies.co.uk) as well as Amazon and Ebay. You can buy them in amber or cobalt versions for storing solutions or clear glass for those all-purpose sprays that we use every day. A variety of sizes are available depending on your needs, but don't neglect those 2 oz. versions which are great for Bug Spray on the go and keeping spritzes around the house for quick air freshening (perfect for the bathroom!).

### Spray Tops

You can buy spray tops that fit directly on your 15 mL dōTERRA essential oil bottles. Why? Because after you use an entire bottle of oil, you can repurpose it into a spray bottle for a variety of needs! If you are using a different oil to what was originally in the bottle, simply clean it out thoroughly (see 'Tip' below) beforehand.

### Glass or Stainless Steel Water Bottles

If you choose to amp up your water by adding the power of essential oils, you want to make sure to have a glass or stainless steel bottle so that the oils do not break down your plastic bottles. There are a variety of these on the market today in baby, children, and adult sizes.

## ---- tip: SAVE YOUR EMPTY OIL BOTTLES! ----

You can repurpose them for samples, giving away oils to friends, or making sprays with the same oil as in the original bottle. **OR** you can *BOIL THEM* to release the oil residue from the bottles and pull off the labels by adding a bit of **Lemon Essential Oil** to the water. The bottles now become non-labeled amber glass bottles making them perfect for reuse in your house or as gifts! Just be sure to remove the orifice reducer and caps before boiling!

If you are feeling festive you can always turn them into **Fairy** lights of course!!!

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### Hugs and Kisses your glittery Oil Fairy

