

HOW TO EASILY INTEGRATE *Essential Oils*

INTO YOUR DAILY LIFE

Top 50 tips from

Annabel
BATEMAN



Top 50 Tips

I use doTERRA essential oils. They are the world's purest and most trusted essential oils. I use my oils in a variety of ways, including in my cooking because I trust their quality. Please check that your essential oils are safe as a food additive if you want to use them this way. Annabel.

To connect with me go to annabelbateman.com

General Tips

1. Use them! They don't do you any good sitting on your shelf.
2. Keep your oils visible so you remember to use them. Out of little kids reach if you have little ones, otherwise I find the kitchen bench a good spot.
3. Essential oils are versatile, so 1 one oil can be used in many settings. This comes with learning and experience but isn't hard to learn!
4. Have double ups. I have lemon in my laundry and my kitchen. Smart & Sassy in my bathroom for dry brushing and kitchen for my water bottle.
5. Keep oils you use as part of your bathroom routine in your bathroom. You won't use frankincense in your facial oil if it's in your kitchen.
6. Keep your diffuser visible too - my most used one is on my kitchen bench.
7. Get extra diffusers over time for the rooms you use it - if you kid takes the kitchen bench one to his bedroom, that's fine but you won't diffuse in the kitchen. This is a lifestyle, so make it easy for everyone in your house!
8. Invest some time in learning about how essential oils work and what each of the ones you have do.
9. Buy an essential oil book. I use The Essential Life and it lives in my kitchen with my oils box. I look things up in it almost every day. (I have another copy in my office to make essential oil education easy for me too!)
10. Get an essential oil app or 2. Again, I like The Essential Life or Modern Essentials. I also gift Droplii to my customers so if you're my doTERRA customer and don't have it let me know. Apps are great for when you're having coffee with a friend and she says 'can you use essential oils for xxx'.... Instant look up.



General c'tin

11. Follow me on Facebook for essential oil education and general wellness discussion.
12. Start to think 'I wonder if there is an essential oil that I could use for xx?' Look it up, give it a go. Over time essential oils will become your go-to 'medicine cabinet' at least as a starting place.
13. Find a friend who likes essential oils (or you think might...). Having friends or family to talk to about how you are using your oils gives you different ideas, adds a lovely dimension to your relationship and also helps you use them more effectively. I LOVE talking about essential oils and wellness with my friends and family.
14. Get a box! Treat your oils with some love and get a nice wooden box to keep them in.
15. Get a bigger box than you think you need... gives you room to grow over time ;-)
16. Be open to trying different approaches. Life isn't a one size fits all and neither are essential oils. Lavender might be your favourite essential oil for sleep but cedarwood might work better for someone else.
17. I love to put a few drops of essential oils in my water bottle to sip on during the day. Common ones I use are lemon, anything citrus really, peppermint, Smart & Sassy (metabolic blend) and Zendocrine (detox blend).
18. If you don't have a diffuser, add a drop in your hands, rub your hands together then cup your hands over your nose and breathe in deeply.

Switch, Ditch & Save

Here are some of the everyday items I've been able to replace with essential oils or essential oil based products from doTERRA. I've replaced toxic chemical laden, hormone disrupting products with clean, pure ones. It's saving me hundreds of dollars too by using my doTERRA account to purchase and earn points to get free things:

19. I now make my own reusable spray and wipe for 80c.
20. Laundry liquid - I either buy the doTERRA On Guard one or if I've run out I add a few drops of lemon or purify to my Norwex one.
21. Toilet spray/Air freshener - make a spritzer for a few cents.
22. Insect repellent - I use either TerraArmour (Outdoor Blend) or peppermint in my diffuser or to spray on ants. No more DEET.
23. I use PastTense or Peppermint if I get a headache. Rarely use Panadol anymore. Ice Blue muscle rub replaces other physio/anti-inflammatory creams.
24. Frankincense or Salubelle for my skin care (see below). No more David Jones overwhelm.

Switch, Ditch & Save C'tin

25. On Guard toothpaste for stronger enamel, fluoride free and teeth whitening.
PERFUME!!! Perfumes are FULL of toxic crap that mess with your system. Essential oils have totally replaced perfume/aftershave/cologne for Leigh and I. My favourites to keep it simple are the emotional aromatherapy touch kit (Motivate, Peace, Forgive, Passion, Cheer and Console). Leigh's favourites are InTune and Amavi.
26. Supplements - I have replaced all my regular supplements with the LifeLong Vitality pack - a set of 3 supplements focussed on cellular health, essential fatty acids and food & nutrients. doTERRA's global top selling product. Amazing base support for energy, mood, cardiovascular health, sleep etc.

Cleaning with essential oils

27. Add to a spray bottle of water with a little liquid castille soap to clean tables, countertops. I like to use different combos of On Guard, lemon, wild orange, eucalyptus, Douglas Fir and Cypress.

28. Add a few drops of lemon essential oil to olive oil and use it to polish wooden furniture

29. Use a cloth soaked in lemon oil to preserve and protect your leather furniture and other leather surfaces or garments

30. Lemon oil is a great remedy for the early stages of tarnish on silver and other metals.

31. Sprinkle your kitchen or laundry sink with a tablespoon of bicarb soda, add a few drops of lemon oil and scrub for a clean and shiny finish.

32. Add a few drops in with your laundry detergent for fresh smelling clothes. You could try lavender for sheets, lemon for freshness or Purify for stinky washing! add a few drops to the rinse-aid section in your dishwasher for sparkling glasses.



Bedtime Routine

Essential oils are fantastic for a bedtime routine. Sleep is such an important part of a wellness lifestyle.

33. Have a bath. Add 1-3 drops of a calming essential oil (eg lavender, vetiver, Lavender Peace (restful blend) to epsom salts/magnesium flakes with a tablespoon of coconut oil or to a cup of milk before adding to the bath.

34. Put your diffuser on in your bedroom 20 mins before bedtime so you enter a calm environment. Try lavender + frankincense, Lavender Peace, Vetiver, Cedarwood, Roman Chamomile, clary sage.

35. Make a 'sleep spray'... in a 30ml glass spray bottle, mix 6-8 drops of your favourite calming essential oil with water. Shake and spray over your pillow, PJs at bed time. A family favourite in our house.

36. I like to mix a drop of vetiver and sometimes a drop of clary sage (don't use if pregnant) with the doTERRA Hand & Body Lotion and rub it on my body before bed.

37. Brush your teeth with doTERRA's On Guard toothpaste!

38. I use my essential oil based skin care before bed.

39. If I'm really wired, I'll take 1-2 Serenity soft gels... a natural sleep aid that helps me fall to sleep, have a deep sleep and not wake up drowsy.

Skin Care Routine

40. I love to use frankincense in my skin care. If you already use a pure facial oil like jojoba, just add a few drops of frankincense into your oil or you can squirt about a 10c piece of facial oil/moisturiser then add 1 drop of frankincense. Rub on your face. Divine.

41. If you don't want to DIY, doTERRA make a few beautiful ranges of skincare. Verage is my favourite range and incredible bang for buck.

42. Tea tree is handy for little teenage skin issues - just a tiny dab directly on the spot.

My teenage boy loves to use HD Clear (Topical blend) on his spots when they arise. He also uses the HD Clear Foaming Face wash and moisturiser.

43. Lavender and frankincense are my go-tos for irritated skin eg bites or being in the sun for too long!



Aromatic Dressing ie covering yourself with love

Do you jump out of the shower in the morning and tell yourself how awesome you are, how beautiful you are, how confident you are? No? Well you are now about to! This simple 2 min or less activity will radically change your day.

44. Squirt some unscented moisturiser or fractionate coconut oil into your hand or a little dish that you keep in your bathroom. Add a drop or 2 of your favourite blend (best not to use citrus for this if you are headed into the sun). Mix. Then rub all over your body, starting from your legs up and saying (aloud) affirmations like "I am loved" "I am beautiful", I am confident, I am strong, I am healed, I am generous, I am you fill in the blanks. Not only will you smell amazing, you'll feel better and start the day with a positive mindset! The body mist spray is an easy way to do this too!



Cooking with essential oils

Being able to cook with some of my essential oils was a key attraction to them when I started learning more because I have a food blog www.whatannabelcooks.com. Here are some easy ways to incorporate them into your cooking and therefore your essential oil lifestyle!

45. If you don't have the herb, use the oil. Roughly 1 drop = 1 Tsp dried or 2 tbsp fresh. Remember less is more. 1 drop of oregano in your Bolognese is enough. Trust me.
46. Add the drop of essential oil to a spoon first then add in to your cooking so you don't accidentally add in too much and ruin your dish.
47. If you can, add the essential oil in at the end of the cooking process so as to retain as much of the therapeutic qualities of the oil, as well as the flavour, as possible.
48. Make a cup of tea. Or enhance an existing tea. Add a drop each of cinnamon and ginger oil to a pot of chai tea. I also like to add a drop of fennel oil to my evening tea which already has fennel in it but it just makes it pop. If you want peppermint tea, dip a toothpick into the essential oil and then put the toothpick into a cup of hot water to make a peppermint tea (a whole drop is too much! As 1 drop = 28 cups of peppermint tea)
49. Add a drop of essential oil to your morning smoothie - I like peppermint or smart & sassy the most.
50. Add essential oils to your coffee.... I love making my cappuccino with 1/2 tsp coconut oil and 1 drop of cinnamon oil.
51. Flavour bomb your bliss balls. Add 8-10 drops of peppermint oil to a batch of Chocolate bliss balls, or lemon oil to a lemon macadamia ball, or wild orange, ginger and cinnamon. Need a base bliss ball recipe to start with? You'll find one or 2 on whatannabelcooks.com try this one with step by step instructions

ANNABEL'S FAVOURITE COOKING ESSENTIAL OILS



Re-use your empty bottles

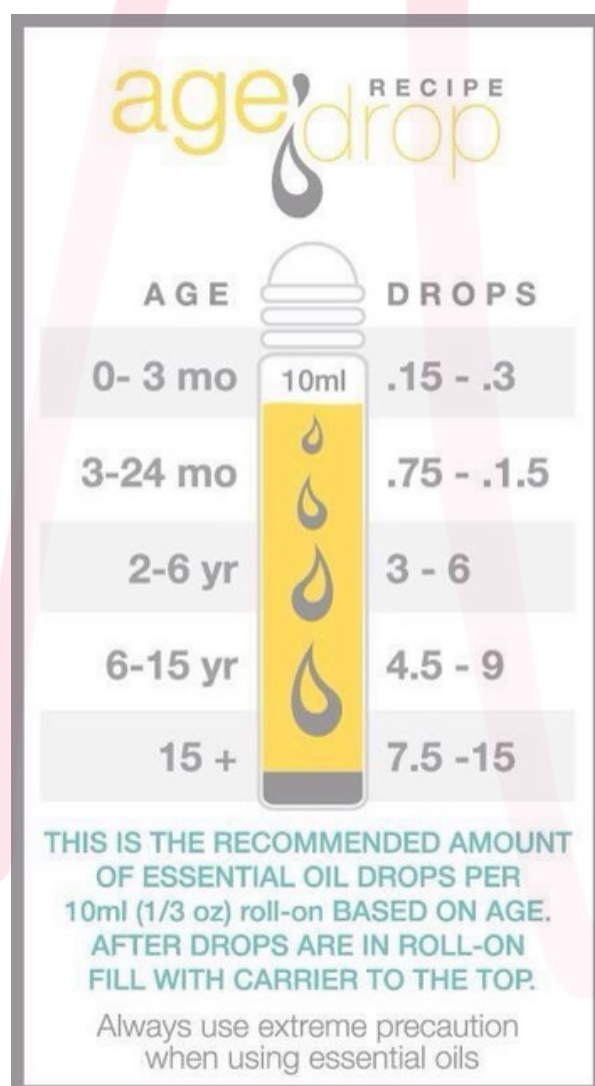
52. Soon you'll have empty bottles because you'll have worked these bottles of goodness into your daily life so well! You can buy spray tops and roller ball tops to fit into the 15ml bottles - perfect for those room sprays, for travel and making up new blends.

Enjoy!

If you haven't got doTERRA essential oils yet, I'd love to help you get started. Go to www.annabelbateman.com/essential-oils to get buy your own oils or contact me directly.

- Cautions**
- * Essential oils are highly concentrated. We only ever use a drop or few at a time.
 - * Avoid getting essential oils in your eyes, ears, up your nose or in *sensitive* areas (your bits and your pits).
 - * Always dilute with a carrier oil when applying essential oils topically.

Here is a rough dilution guide:



AGE	10ml	DROPS
0- 3 mo		.15 - .3
3-24 mo		.75 - .1.5
2-6 yr		3 - 6
6-15 yr		4.5 - 9
15 +		7.5 -15

THIS IS THE RECOMMENDED AMOUNT OF ESSENTIAL OIL DROPS PER 10ml (1/3 oz) roll-on BASED ON AGE. AFTER DROPS ARE IN ROLL-ON FILL WITH CARRIER TO THE TOP.

Always use extreme precaution when using essential oils