

ESSENTIAL OILS

QUICK REFERENCE GUIDES

XXXXXXXXXX>



The
Functional
Perspective

<XXXXXXXXXX



Salena Rothenberger, D.PSC, CFMP, CHC

WWW.THEFUNCTIONALPERSPECTIVE.COM

Notices & Disclaimers

Disclaimers / Legal Information

All rights reserved. No part of this book may be reproduced, stored in a retrieval system or transmitted in any form or by any means, without the prior written permission of the author/publisher, except in the case of brief quotations for the purpose of writing critical articles or reviews.

Notice of Liability

The author and publisher have made every effort to ensure the accuracy of the information herein. However, the information contained in this book is presented without warranty, either express or implied.

Trademark Notice

Rather than indicating every occurrence of a trademarked name as such, this book uses the names only in an editorial fashion and to the benefit of the trademark owner with no intention of infringement of the trademark.

Disclaimer Notice

This booklet is designed for educational purposes only and is not engaged in rendering medical advice, legal advice or services. If you feel that you have a medical problem you should seek the advice of your physician or healthcare practitioner.

Copyright Information

©2017 The Functional Perspective, LLC
theFunctionalPerspective.com

DILUTION QUICK REFERENCE

.5% DILUTION

Use for strong oils, especially with children or when there is a sensitivity. Common oils include: Cinnamon, Eucalyptus, and Peppermint

1% DILUTION

Ideal for adults with sensitive skin, or on delicate areas

2-3% DILUTION

The most common blend for most adult applications

2% Standard Dilution for Adults

5% +

Use with caution - know how your skin reacts. Be sure to look at specific oil safety profile

EO- DILUTIONS

	5ml	10ml
0.5%	1/2 drop	1 drop
1%	1.5 drops	3 drops
2%	3 drops	6 drops
3%	4.5 drops	9 drops
4%	6 drops	12 drops
5%	7.5 drops	15 drops

APPROX. VOLUME

Approximate		
1/8 oz =	3.75 ml =	75 drops
1/4 oz =	7.5 ml =	150 drops
1/2 oz =	15 ml =	300 drops
1 oz =	30 ml =	600 drops
2 oz =	60 ml =	1200 drops
4 oz =	120 ml =	2400 drops

NOTES

Top Note lasts approx **1-3 hrs**

Middle Note lasts approx **3-5 hrs**

Base Note lasts approx **1 day +**
(approximate evaporation times)

Dilution not only conserves the amount of essential oil it also **improves** absorption!

CARRIER OIL QUICK REFERENCE

SWEET ALMOND

Extremely versatile, can be used in roller bottles. Good for dry and inflamed skin

APRICOT & GRAPESEED

Fairly light oils - ideal for deep hydration, creating massage blends & balms

AVOCADO

A little heavier than Apricot & Grapeseed but ideal for massage & balms

APPROX. VOLUME

Approximate

1/8 oz = 3.75 ml = 75 drops

1/4 oz = 7.5 ml = 150 drops

1/2 oz = 15 ml = 300 drops

1 oz = 30 ml = 600 drops

2 oz = 60 ml = 1200 drops

4 oz = 120 ml = 2400 drops

OLIVE OIL

Heavier than coconut, but easy to find and another great option for skin - NOT for roller bottles

JOJOBA

Heavier than Sweet Almond, but another good oil for inflamed skin. Can be used in most applications doesn't change aroma

COCONUT - MCT

Quick and easy - great for skin healing NOT for roller bottles. MCT also known as fractionated CAN be used in roller bottles

BORAGE/EVENING PRIMROSE

These are ideal for essential fatty acid deficiencies and for addressing topical skin inflammation



THE FUNCTIONAL PERSPECTIVE

BLENDING REFERENCE

ESSENTIAL OILS 101

"THIEF" BLEND

40 drops of Clove
35 drops of Lemon
20 drops of Cinnamon
15 drops of Eucalyptus
10 drops of Rosemary
(This blend is great for cleaning
and antiseptic uses)

ANALGESIC

Blue Tansy
Chili Seed
Rosewood

ANTIBACTERIALS

Ajowan
Anise star
Cassia Cinnamon
Clove
Gingergrass
Lime
Melissa
Myrrh
Oregano
Tea Tree
Thyme

ANTIFUNGALS

Ajowan
Anise Star
Cassia Cinnamon
Clove
Gingergrass
Helichrysum
Lime
Melaleuca (Tea Tree),
Melissa
Myrrh
Oregano
Thyme

ASTRIGENTS

Allspice
Carrot Seed
Frankincense
Ginger
Grapefruit
Juniper Berry
Lavender
Patchouli
Rosemary



THE FUNCTIONAL PERSPECTIVE

BLENDING REFERENCE

ESSENTIAL OILS 101

ACHES & PAINS

Chamomile

Eucalyptus

Helichrysum

Juniper

Lavender

ADRENAL

Basil

Frankincense

Lime

Mandarin

Nutmeg

BLEEDING

Geranium

Helichrysum

(Great to have at least one of these in first aid kit)

BUG BITES & STINGS

Basil

Copabia

German Chamomile

Helichrysum

Myrrh

Tea Tree

BRAIN INJURY/HEALING

Bergamot

Frankincense

Neroli

Vetiver

SUPPORTING BRAIN & NEUROLOGICAL HEALTH

Cedarwood Atlas

Frankincense

German Chamomile

Lavender

Patcouli

Peppermint

Sweet Orange

Tangerine

Vetiver

Ylang Ylang

DIGESTION SUPPORT

Carrot Seed

Fennel

Ginger

Lemongrass

Marjoram

Orange

Peppermint



THE FUNCTIONAL PERSPECTIVE

BLENDING REFERENCE

ESSENTIAL OILS 101

EAR ACHES

Basil
Cassia
Helichrysum

ENERGY BOOST

Any "Citrus"
Eucalyptus
Spearmint

FEMALE HORMONE SUPPORT

Cinnamon
Clary Sage
Frankincense
Lavender
Myrrh
Myrtle
Thyme
Ylang ylang

HEADACHES

Aniseed
Peppermint
Rosemary
Spearmint

BOOSTING IMMUNITY/ FIGHTING INFECTIONS

Eucalyptus
Grapefruit
Oregano
Tea Tree

INFLAMMATION

Chili Seed
Copaiba
Eucalyptus
Frankincense
Spikenard
Turmeric

RESPIRATORY SUPPORT

Bergamot
Cinnamon
Clary Sage
Eucalyptus,
Frankincense
Pine Needle
Thyme



THE FUNCTIONAL PERSPECTIVE

BLENDING REFERENCE

ESSENTIAL OILS 101

SKIN HEALTH

Lemongrass

Myrrh

Myrtle

PROMOTING SLEEP

Bergamot

Lavender

Roman Chamomile

Ylang Ylang

REDUCING STRESS

Bergamot

Chamomile

Frankincense

Geranium

Lavender

Orange

Vetiver

Ylang Ylang

THYROID

Lemongrass

Myrrh

Myrtle

TOOTHACHE

Ajowan

Clove

REDUCING TOXICITY

Grapefruit

Lemon

Rosemary

Resources:

<https://www.hindawi.com/journals/grp/2012/457150/>

<https://www.ncbi.nlm.nih.gov/pubmed/21929331>

<https://www.ncbi.nlm.nih.gov/pubmed/26197557>

<https://app.jadebloom.com/oils/c/0>
- Official Oil Guide

<https://www.ncbi.nlm.nih.gov/pubmed/19768994>



The
Functional
Perspective

© Copyright 2018 The Functional Perspective, LLC www.theFunctionalPerspective.com

AROMA QUICK REFERENCE

MINTY

Peppermint

Spearmint

Wintergreen

CITRUS

Bergamot

Grapefruit / Pink Grapefruit

Lemon

Lime

Orange

Tangerine

EARTHY

Carrot Seed

Celery Seed

Geranium

Patchouli

Spikenard

Vetiver

MEDICINAL

Eucalyptus

Frankincense

Tea Tree

SPICY

Black Pepper

Chili Seed

Cinnamon

Clove

FLORALS

Jasmine

Lavender

Rose

Ylang Ylang

WOODSY

Cedarwood

Pine

Sandalwood

Spikenard

HERBACEOUS

Basil

Chamomile

Clary sage

Marjoram

Rosemary

Sandalwood

Thyme

EASY RECIPES & BLENDS

SUNSHINE

3 drops Lavender3 drops Lemon3 drops Rosemary

FALLING SNOW

3 drops White Fir3 drops Wild Orange2 drops Wintergreen

SPRING FLOWERS

2 drops Geranium3 drops Lavender3 drops Roman Chamomile

ZEN

3 drops Lavender3 drops Lime3 drops Mandarin

MANCAVE

3 drops Bergamot3 drops Cypress3 drops Arborvitae

FALL LEAVES

4 drops Wild Orange3 drops Cinnamon3 drops Ginger

EO- DILUTIONS

	5ml	10ml
0.5%	1/2 drop	1 drop
1%	1.5 drops	3 drops
2%	3 drops	6 drops
3%	4.5 drops	9 drops
4%	6 drops	12 drops
5%	7.5 drops	15 drops

SUNNY DAY

3 drops Wild Orange3 drops Grapefruit2 drops Lemon2 drops Bergamot

TOXICITY & SENSITIZATION REFERENCE

MODERATE INTERNAL TOXICITY

Basil
Bay
Birch
Camphor
Rue
Turpentine (unrectified)
Wintergreen

KNOWN DERMAL SENSITIZERS

Aniseed
Bay
Calamus
Cassia
Cinnamon bark & leaf
Citronella
Fennel (bitter)
Jasmine absolute
Peru balsam
Pines
Spearmint
Turpentine (unrectified)

OILS TO AVOID

Bitter almond
Buldo leaf
Horseradish
Savin
Mugwort
Mustard
Sassafras
Thuja
Tonka bean
Wormwood

KNOWN DERMAL TOXICITY

Birch
Bitter almond
Caraway
Cassia
Clove leaf
Cinnamon bark
Oregano
Savory (summer)
Wintergreen

PHOTOTOXICITY

Angelica Root	Bergamot(Cold Pressed)	Bitter Orange (Cold Pressed)
Cumin	Fig Leaf Absolute	Grapefruit (Cold Pressed)
Lime (Cold Pressed)	Mandarin Leaf	Opopanax
	Rue	Tagetes

These are not an all-inclusive lists - please read safety and contraindication information for any oils you are using.



SAFETY 101 GENERAL REFERENCE

POTENTIAL TOXIN TO DOGS

Birch
Camphor
Melaleuca
Wintergreen

AVOID WITH CATS

Basil
Birch
Cinnamon
Clove
Fennel
Melaleuca
Nutmeg
Oregano
Peppermint
Rosemary
Spearment
Thyme
Wintergreen
d-limonene containing oils
(bergamot, dill, grapefruit,
lemon, lime, orange, and
tangerine).

POTENTIAL DRUG INTERACTIONS

Cinnamon
Clove
Holy basil
Fennel, sweet
Lavandin
Oregano
Patchouli
Star anise
Thyme

HYPOGLYCEMIC - AVOID USE OF:

Cinnamon bark
Fenugreek
Geranium
Melissa (lemon
balm)
Turmeric

This is not an all-inclusive list - please read safety and contraindication information for any oils you are using.

PHOTOTOXICITY

Angelica Root	Bergamot(Cold Pressed)	Bitter Orange (Cold Pressed)
Cumin	Fig Leaf Absolute	Grapefruit (Cold Pressed)
Lime (Cold Pressed)	Mandarin Leaf	Opopanax
	Rue	Tagetes

