

Blending Tips:

When blending we suggest that you experiment in small quantities (using drops), mix and let set. Work with one oil at a time allowing the oil to develop its own scent characteristic.

Use one drop of EO for every 5ml of Carrier (oil, floral water, lotion or other liquid) for medicinal purposes. For perfumery use 2-5

drops for every 5ml of Carrier. Generally there are 20-25 drops per ml of essential oil. 5ml = 1 tsp, 15ml = 1 tbsp

Top Middle and Base note categories for Essential oils:

(TN) Top notes: The quickest to evaporate and penetrate. Most stimulating and uplifting to the mind and body.

(MN) Middle notes: Moderately volatile. Primarily affect the function of the body e.g. digestion, menstruation and metabolism of the body.

(BN) Base notes: Evaporates very slowly. Often mixed with top and middle notes to act as a fixative for the scent combination.

Usually the most sedating and relaxing oils.

Guide for soap making with essential oils:

Use the following table as a general guide, we suggest that you always make a small batch of soap first keeping notes as to the results for adjustments to future batches.

for a one kilo size batch of soap use the following table:

Top note: 15-30ml (1 - 2 tbsp)

Middle note: 5 - 10ml (1 - 2 tsp)

Base note: 2 - 5ml (1/2 - 1 tsp)

Essential Oil Safety Precautions

Do not use these oils as they are considered unsafe:

Boldo Leaf, Calamus, Camphor, Horseradish, Jaborandi Leaf, Mugwort, Mustard, Pennyroyal, Rue, Sassafras, Savin, Southernwood, Tansy, Thuja, Wintergreen, Wormseed, and Wormwood.

Do not use these oils during pregnancy:

Angelica, Basil, Bay, Chamomile, Caraway, Clary Sage, Carrot Seed, Cin-namon, Cumin, Fennel, Galbanum, Hyssop, Jasmine, Juniper, Lavender, Marjoram, Myrrh, Nutmeg, Organium, Parsley, Peppermint, Rose, Rosemary, Sage, Santolina, Tarragon, and Thyme.

Do not use these oils if you experience epilepsy:

Fennel, Hyssop, Sage, Wormwood, Rosemary, and Peppermint.

Carrier oils

Carrier oils are used to dilute essential oils. Essential oils are very potent and if used full strength can cause skin irritations.

Apricot oil: Extracted from the apricot kernel, it is rich in minerals and vitamins. It has a light texture and high penetrative qualities. An excellent massage oil.

Avocado oil: Pressed from the dried and fresh fruit. A stable oil with a built in antioxidant system. High in Vitamins A, B, and D and rich in lecithin. It has a beneficial effect on dry skin and wrinkles. A good massage oil.

Almond oil (sweet): Pressed from almond kernels. Soothing and softening properties. Always use the sweet and not the bitter variety as it is toxic.

Camellia: Tropical Asiatic evergreen shrub. One of the best facial oils known for its fast and deep penetration.

Castor oil: From the Castor Bean. The oil is expressed from the beans of the plant. Soothing to the skin, it is used widely in soaps, lipsticks, & salves. Grapeseed oil: Extracted from the Muscat raisins, it is one of the most commonly used carrier oils because of its penetrative properties. A good Massage oil. This oil has a 3 to 6 month shelf life.

Joboba oil: Known as a liquid wax, it is extracted from the kernels of the evergreen desert plant. Its chemical composition resembles the skin's sebum. Antibacterial characteristics. Excellent for dry skin conditions.

Primrose or Evening Primrose: Similar to Borage oil. Contains hormone like compounds which can ease PMS symptoms. Excellent for healing eczema. Rosehip: High in Vitamin "C". An excellent source of antioxidants. One of the best oils to heal scarring. Used as a tonic for Rosacea conditions.

Shea butter: Extracted from the nut of the Karite tree. Shares similar properties to Jojoba oil but is not a wax. One of the best moisturizing ingredients on the planet!

Wheat germ oil: Rich and viscous. Use in small proportions due to its strong scent. Helps to stimulate the skin's collagen production. Contains high amounts of vitamin E.



Head Office & Store:

150 - 2268 No. 5 Road, Richmond BC

V6X 2T1 phone (604) 629-8383

Copyright ©2018 Cranberry Lane Make-it-Yourself Bodycare

All rights reserved. No part of the material covered by this copyright may be reproduced in any form or by any means (whether electronic, mechanical or photographic) for storage in retrieval systems, tapes discs or for making multiple copies without permission of the publisher. The information and product are to be used for personal use only, commercial use is strictly prohibited.

Carefully read all materials before you begin. Neither the author nor the company can be held responsible for damage, injury or otherwise resulting from the use of the information or materials listed.

Guide to Essential Oils cmyk.indd revised: Aug 29, 2016

Cranberry Lane



D.I.Y. NATURAL BATH & BEAUTY CARE

Guide to Essential Oils

Essential Oils are defined as: "Highly concentrated essences extracted from various parts of the plant." Oils have been valued for their therapeutic and perfumery qualities throughout history by many different cultures. They are used in Aromatherapy treatments as a curative and preventative aid to enhance your well being. While some similarity in health benefits exists between oils, i.e. many florals are good for relaxation, keep in mind that not all oils suit all people. An oil's scent may be very pleasing for some and not for others, therefore you may not benefit from its use. It is important to choose an oil that works well with you on all levels.

Selecting and Storing Essential Oils

At Cranberry Lane we pride ourselves as being one of the few companies that import directly from source. We have spent years researching and evaluating our sources to bring our customers the very best quality at affordable prices.

All of our Essential Oils must be LGC (Liquid Gas Chromatography) tested by an independent source in order to verify purity. If you have any questions please feel free to ask any of our knowledgeable staff for further assistance.

- Check the label for the Latin name, country of origin and distillation method. The quality of an oil can vary widely depending on the preceding factors.
- Never purchase oils sold in plastic or in clear/light coloured glass containers. Oils should be stored in a dark bottle, as they are light sensitive and can deteriorate in potency and spoil if exposed.
- Some essential oils have a shelf life up to one year while others last many years. The citrus and mint types should be used within a year.
- Some carrier oils can help prolong the life of an essential oil while others will have the opposite effect.
- Always store oils in a cool, dark place, away from children and pets.

Essential Oils

Angelica: (*Angelica archangelica*) Sweet herbaceous scent. Antifungal, Stimulant, Expectorant, diuretic. (BN)
Anise: (*Pimpinella anisum*) Warm, pungent. Aids in digestion. May be a laxative. Energizes a fatigued mind. (M/BN)
Basil: (*Ocimum basilicum*) Licorice scent. Stimulates immune system, antispasmodic. Antidepressant. Promotes concentration. (TN)
Bergamot: (*Citrus bergamia*) Fresh lemon scent. Antiseptic, antidepressant, lifts spirits. Good for PMS conditions (TN)
Black Pepper: (*Piper nigrum*) Sharp warm scent. Antiseptic, stimulates circulation, Relieves stiff joints. Invigorates the mind. (BN)
Carrot seed: (*Daucus carota*) sweet vegetable scent. High in vitamins A,C,B1 aids maturing skin keep its moisture and texture, wrinkle preventative. (MN)
Cassia: (*Cinnamomum cassia*) sweet cinnamon scent. Do not use directly on skin Nausea, colic, diarrhea, rheumatism & kidney functions, perfumery. (BN)
Cardamom: (*Elettaria cardamomum*) sweet spicy bitter lemon scent. Stimulant, diuretic, aperitif, uplifting, refreshing, clearing. Used in perfumery. (TN)
Catnip: (*Nepeta Cataria*) fresh herb scent. Lowers fever, relaxes spasms, calms nerves. One of the best natural mosquito repellants. (TN)
Cedarwood: (*Juniperus Virginiana*) Fresh woody scent. Clears respiratory system, relieves itching, alleviates anxiety. Insect repellent (BN)
Champa: (*Michella champaca*) sweet sharp floral. Relaxes the mind and body. Historically used as an aphrodisiac. (MN)
Cinnamon: (*Cinnamomum zeylanicum*) A strong sharp scent. Removes sting from insect bites. Stimulates circulation. Avoid if prone to headaches. (BN)
Citronella: (*Cymbogonardus*) Sharp citrus scent. Insect repellent. Antiseptic and deodorant. Revitalizing nature. (TN)
Chamomile (Roman): (*Chamaemelum nobile*) Fresh apple like scent. Anti-inflammatory agent soothing to the skin. Calms the spirit. (MN)
Chamomile (German): (*Ormenis mixta*) It is blue in colour due to the high percentage of Azulene content. Helps regenerate new skin cells and promote healing. Anti-inflammatory. (MN)
Clary Sage: (*Salvia sclarea*) Woody, evergreen aroma. Anti-inflammatory and antispasmodic properties. Calms menstrual cramping. (T/MN)
Clove: (*Eugenia caryophyllata*) A lingering strong, spicy aroma. Uplifting while strengthening the memory. Strong analgesic, for tooth aches. (BN)
Cypress: (*Cupressus sempervirens*) fresh pine like scent. Antirheumatic, antiseptic, deodorant, diuretic, clears the mind. (BN)
Elemi: (*Canarium iuzonicum*) Dill like essence. Regulates bodily secretions such as perspiration. Helps balance sebum. Antiviral, Analgesic, Fungicide, (MN)
Eucalyptus: (*Eucalyptus globulus*) Menthol cool scent. Relieves aches and pains, expectorant, relieves respiratory problems, Antiseptic. (TN)
Fennel: (*Foeniculum vulgare*) Licorice like essence. Digestive aid, increases skin circulation. Good for mouth washes and toothpastes. (MN)
Frankincense: (*Boswellia thurifera*) Exotic wood essence. Calms emotions deepens breathing. Used in meditation. Good fixative (M/BN)
Ginger: (*Zingiber officinale*) Effective in nausea and sea sickness. Settles the digestive system. Sharpens the senses. (TN)

Grapefruit: (*Citrus paradisi*) Sharp citrus scent. Stimulant, antidepressant, antiseptic. (TN)
Geranium: (*Pelargonium odorantissium*) Floral scent. Antidepressant, balances hormones, stimulates lymphatic system. Regenerates skin cells. (MN)
Jasmine: (*Jasminum officinale*) Sweet flowery heady scent. Helps calm and nourish dry skin, increase skin's elasticity. Calming to the nerves. (MN)
Juniper: (*Juniperus communis*) Woody green scent. Detoxifying, antiseptic, diuretic, and an astringent. (BN)
Lavender: (*Lavandula Officialis*) Refreshing floral scent. One of the best balancing oils, antiseptic, oily skin tonic. A necessary essential oil. (MN)
Lavandin: (*Lavandula flagrans*) A sweet floral scent. A hybrid of True & Spike Lavenders. See properties of Lavender. Helps respiratory ailments. (TN)
Lemon: (*Citrus limonum*) Citrus scent. Stimulates white corpuscles, stops bleeding, bactericide. Very astringent. Do not apply directly to skin. (TN)
Lemongrass: (*Cymbopogon citratus*) Green citrus scent. Stimulant, refreshing, insect repellent and a deodorizer. (TN)
Lime: (*Citrus medica/aurantifolia*) Sharp and uplifting. Oily skin tonic. Disinfectant. Refreshing and revitalizing for the mind. (TN)
Litsea: (*Litsea cubeba*) Sharp uplifting citrus scent. Anti-depressant, Astringent, Stimulant. one of the best EO's to improve mood. (TN)
Mandarin: (*Citrus reticulata*) sweet citrus. Antiseptic, digestive aid, good for oily and sensitive skin types. Safe to use on babies over 6 months old. (TN)
Marjoram: (*Origanum marjorana*) Fresh herbal scent. Warming and calming. Soothes stomach cramps, muscle pain relief. (MN)
Mellisa true: (*Mellissa officinalis*) Lemonbalm essential oil. Aids anxiety bronchitis, chronic coughs, ingestion, nausea. (T/MN)
Myrtle: (*Myrtus communis*) sweet herbal scent. Astringent for acne conditions, chronic coughs, expectorant, slightly sedative. (M/BN)
Myrrh: (*Commiphora erythrea*) warm sweet resin scent. anti-inflammatory, antiseptic, expectorant, arthritis, sedative, (BN)
Neroli: (*Citrus aurantium*) Floral citrus scent. Antidepressant, skin care, calming for nerves. Good for dry skin. (MN)
Nutmeg: (*Myristica fragrans*): warm spicy sweet scent. Aids in flatulence, ingestion and nausea. Anti-oxidant, antiseptic, analgesic. (BN)
Oak Moss: (*Evernia furfuracea*) Earthy vanilla like essence. Mostly used in perfumery. Fixative qualities. Calms the nerves. (BN)
Oregano: (*Origanum vulgare*): Deep herbal scent. Fungicide, antibacterial, stimulant. One of the most potential antibacterial oils. (BN)
Orange: (*Citrus uranium*) Light citrus scent. Blends well with most oils. Revives and refreshes the spirit. Astringent for skin. Good house cleaning oil (TN)
Orange Bitter: from the rind of the Bitter orange fruit. Deeper citrus scent Palmarosa: (*Cymbopogon martini*) Sweet tea rose aroma. Regulates the se-bum, good for dry skin. Antiseptic and antiviral. (TN)
Patchouli: (*Pogostemon patchouli*) Heady musk scent. Fungicide for skin problems, anti-inflammatory. Used in perfumes. (BN)
Peppermint: (*Mentha piperita*) Cool menthol scent. Good for motion sickness. Digestive benefits, stimulates concentration, ease headache pain. (Top note)
We carry both Peppermint 1st & 3rd distillation: 1st distillation is the highest

quality with the best medicinal properties. 3rd is best for scent purposes. (TN)
Peru Balsam: (*Myroxylon pereirae*) A sweet, vanilla like aroma. A natural fixative which retains scent & properties of other essences. Aid in coughs, respiratory and asthma. (MN)
Petitgrain: (*Citrus aurantium*) Woody floral slight fruit scent. Good for oily skin prone to acne. Relaxes and calms nerves. (TN)
Pine: (*Pinus sylvestris*) Fresh woody scent. Powerful antiseptic for influenza. Valued in soaps for its deodorizing properties. A great oil for household cleaning (MN)
Ravensara: (*Ravensara aromatica*) spicy sweet anise like scent. Aids in digestive disorders, slightly sedative, warming. Astringent. (TN)
Rose: Absolute (CO₂ extracted) (*Rosa damascena*) Sweet floral scent. Antidepressant, regulates menstrual cycle, skin tonic (MN)
Rosemary: (*Rosmarinus officinalis*) Herbal fresh scent. One of the best oils for the hair. Stimulates concentration. (MN)
Rosewood: (*Antiba rosaeodora*) A woody floral, spicy undertone. Antidepressant, aphrodisiac. Helps with inflamed skin and scarring. (MN)
Sandalwood: (*Santalum album*) Heady, woody masculine scent. Antiseptic, aids dehydrated skin, good for oily skin. (BN)
Sage: (*Salvia Officinalis*) spanish sage. very herbaceous scent. acne prone skin, good tonic for hair and scalp, increases circulation, eases fluid retention. (TN)
Spearmint: (*Mentha spicata*) Sweet mint scent. Stimulates mind and relaxes stomach muscles, alleviates nausea. Freshens breath. (TN)
Sweet Birch: (*Betula lenta*) Minty antiseptic scent. Relieves rheumatism, arthritis and muscle pains. A lymphatic cleanser. Will irritate sensitive skin. (TN)
Caution: use 1 drop per 20ml.
Tea Tree: (*Melaleuca alternifolia*) Medicinal scent. Antibacterial, antiviral, boost immune system, aids acne prone skin. (TN)
Tangerine: (*Citrus reticulata*) Tangy aroma. Calming, aid to muscle fatigue, digestive system. (TN)
Tagettes: (*Tagettes minuta*) french marigold, very sweet herb scent. Eases coughs, anti-spasmodic, bactericidal, used in perfumery. (T/MN)
Thyme: (*Thymus vulgaris*) Aids concentration & memory. Effective with dandruff and hair loss. Digestive stimulant. (T/MN).
Tuberose: (*Pollanthes Tuberosa*) very heady floral scent. sedative and relaxing mostly used in perfumery. (MN)
Valerian: (*Valeriana officinalis*) Earthy, pungent aroma. Strong tranquillizing effect on the nervous system. Overuse may result in lethargy. (MN)
Vanilla: (*Vanilla planifolia*) Sweet earthy aroma. Relaxing effect. Avoid this oil if concentration is needed. (MN)
Vetiver: (*Andropogon muricatus*) Earthy sweet aroma. Calming for stress and tension and settles the nerves. Good fixative properties (BN)
Ylang Ylang: (*Cananaga odorata*) A Floral scent, antidepressant, slows breathing and calms anxiety. (M/BN)
Ylang Ylang 1st and 3rd distillation: 1st distillation is the highest quality with the clearest essence and best medicinal properties.