

# ESSENTIAL OILS FOR SENSORY NEEDS

## What are Essential Oils

Essential oils are the volatile (meaning they evaporate quickly) liquids that are distilled from plants (including parts of plants such as seeds, bark, roots, etc.). They are considered the soul or the lifeblood of the plant. The liquid is then distilled to make a pure oil-like substance.

Most people associate essential oils with beautiful fragrances but they are SO much more than that! They are powerful, therapeutic oils that can be used in a variety of ways!

## Three Basic Ways to Use Essential Oils

### AROMATICALLY - Olfactory

Shortest route to the brain via the Olfactory Sensory System.

Can use a diffuser, diffuser jewelry, cupped hands, or right from the bottle.



### TOPICALLY - Tactile & Proprioceptive

Oils are absorbed through pores in the skin. Some oils are "hot" & need diluted with a carrier oil.

Application to the bottoms of the feet enters blood stream within 30 seconds!



### INTERNALLY - Gustatory

Young Living Essential Oils are pure and safe to consume, but generally not recommended for children.



## How Essential Oils Work

### Vita-Flex Foot Chart

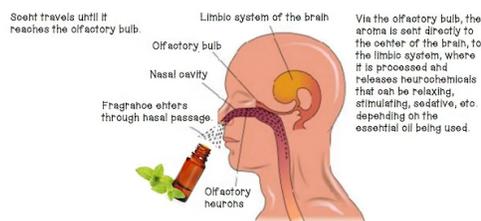


Thousands of years before acupuncture, the Tibetans developed vita flex techniques. When combined with essential oils, vita flex techniques have a synergistic effect that can be used to stimulate the body's systems on both a physical and emotional level. Various vita flex points on the feet and/or hands relate perfectly to each of the body's nine systems. Combining this with essential oils can unlock a powerful healing and soothing modality for every one of the body's systems.

Inhaling diffused essential oils takes the particles to the olfactory area of the brain which then transmits signals to the gustatory center (perception of taste), the portion of the brain where emotions are stored and perceived (the amygdala), and other parts of the brain's limbic system.

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### Essential Oils and the Olfactory System



# ESSENTIAL OILS FOR SENSORY

## FRANKINCENSE ESSENTIAL OIL

Focuses the mind and eases tension and stress.  
Soothes dry skin during deep pressure massage.  
Supports a healthy immune system.  
Thought to have spiritual significance.



## Getting Started with Sensory Avoiders

One of the easiest ways to get started with essential oils with a child who is sensitive to smells, is through play or through the use of a diffuser. We suggest only diffusing for 5 to 10 minutes to start as some children avoid certain smells.

When starting to apply topically, we suggest starting with the foot and only using one drop at a time. It is recommended that you only start with one oil at a time, so you can appropriately determine the effects of the oils on your child.

## Top 3 Oils for Getting Started

While there are many essential oils to choose from, there are three that I think are essential for any journey to supporting sensory needs. These are the three oils that I wish I had started from the very beginning and oils that I don't go a day without.

### ESSENTIAL OILS FOR SENSORY SUPPORT



## Favorite Essential Oils For Sensory Needs



### WHY CHOOSE YOUNG LIVING?

They are 100% pure therapeutic grade oils.  
They have a Seed to Seal quality guarantee that is monitored by Young Living as well as third party experts.



## Choosing the Right Essential Oils for You

We chose Young Living essential oils over other oils based upon the fact that they are 100% pure therapeutic grade oils.

Young Living's unique Seed to Seal guarantee put me at ease that my family is receiving the very best quality attainable. Yours can too. Young Living's five step process – seed, cultivate, distill, test, and seal is meticulously monitored and tested both by Young Living's internal experts and outside third parties to guarantee the very highest quality.

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