

## “Introduction to Modern Essentials™” 7<sup>th</sup> Edition Scavenger Hunt Activity

Instructions: Choose any of the questions from the lists below. Feel free to jump back and forth between the sections. Have your participants state the page number they found the answer on along with the answer. The answers listed below are summaries and can be expounded on.

Keep in mind that this is a learning experience, so allow an open discussion or answer questions as needed. You may want to address things like how many drops to use, how to fill and dilute a capsule, how to dilute for children, how to use oils in a bath, etc.

### Introduction to Essentials Oils Section

Q: How do we get essential oils?

A: Steam distillation or pressing citrus peels (p. 6)

Q: What are the 3 methods of applying essential oils?

A: Aromatic use, topical use, and internal use (pp. 7–11)

Q: How can you use essential oils topically?

A: Direct application, massage, compress, baths (pp. 7–9)

Q: How can you use essential oils internally?

A: Capsules, beverages, rectal or vaginal insertion (pp. 10–11)

### Common Essential Oils Section

Q: Where can you find the symbols guide?

A: Beginning of Common Essential Oils section (p. 12)

Q: What does the sun symbol mean?

A: The oil can cause photosensitivity. Avoid sun after applying. (p. 12)

Q: What part of the plant is basil essential oil extracted from?

A: Leaves, stems, and flowers (p. 13)

Q: What is the botanical name for rosemary?

A: *Rosmarinus officinalis* (p. 28)

Q: What are the common uses of juniper berry essential oil?

A: Acne, alcoholism, dermatitis/eczema, kidney stones, tinnitus (p. 20)

Q: Can cardamom essential oil be taken internally?

A: Yes (p. 14)

Q: What symbols are listed for ginger essential oil and what do they mean?

A: Purple hand symbol—dilute for topical application; Sun symbol—avoid sun for 12 hours after use; Blue aroma symbol—can be used aromatically; Oil drop symbol—can be used internally (p. 18)

Q: Can you cook with wintergreen essential oil?

A: No, it doesn't say it can be used internally. (p. 29)

Q: Can you topically apply oregano essential oil with out diluting it?

A: No, oregano oil should always be diluted. (p. 25)

Q: Can cinnamon essential oil be diffused?

A: Yes, but avoid inhaling oil mist directly when diffusing. (p. 15)

Q: Find an oil good for cleaning with.

A: Lemon (p. 21); white fir (p. 29)

Q: On what page can you find essential oil blends?

A: pp. 30–31

## Essential Oil Personal Usage Guide Section

Q: What oils may help with sleep?

A: Lavender, Calming Blend (p. 71)

Q: What can you do if you have a cold?

A: Take oils in water or in a capsule; apply oils to throat, temples, forehead, sinuses, and below nose; diffuse. (p. 44)

Q: What oils may help with acne?

A: Topical Blend, melaleuca, juniper berry (p. 32)

Q: What can you try if you are constipated?

A: Massage oils gently on lower abdomen; take Digestive Blend in capsules. (p. 45)

Q: What oils may help with a headache?

A: Tension Blend, peppermint, Soothing Blend, rosemary, cardamom (p. 54)

Q: What are ways you can help reduce stress with essential oils?

A: Inhale, diffuse, massage, or bath (p. 72)

Q: If you have pink eye, should you apply essential oils directly in your eyes?

A: No, but you can apply around the eye. (p. 66)

Q: What is one way essential oils may help with kidney stones?

A: Add a drop to water with the juice from ½ lemon, and drink regularly. (p. 59)

Q: What single oils may help with depression?

A: Lemon, frankincense, lavender, and bergamot (p. 48)

Q: What are some disinfecting essential oils?

A: Lemon, Cleansing Blend, Protective Blend (p. 49)

Q: If you have a wound, what oils could you try? Pick an oil to use and see if you should dilute it.

A: Clove, melaleuca, helichrysum, lavender, lemongrass, Cleansing Blend, basil. Look in the Common Essential Oils section to see if your chosen oil needs to be diluted. (p. 78)