

# Useful Guidelines

The following recommendations apply only to Veriditas ECOCERT organic essential oils. We cannot vouch for the quality of other companies' essential oils. Most brands on the American market should never be taken internally or used undiluted on the skin, as many contain pesticide residues and are not 100% pure, certified organic oils.

**F** = Used for Flavoring Food in Moderation.

**T** = Can be Used Therapeutically in Medicinal Syrups, Honey, or Tinctures.

By choosing organic essential oils, you support responsible land use. Each drop of an essential oil represents a mind-boggling amount of landmass. It takes 500 pounds of Lavender flowers to produce 32 ounces of Lavender essential oil! Furthermore, it takes an estimated 5.5 million roses to produce 1 liter of organic Rose otto essential oil! By using Veriditas Oils, both your body and the land will thank you.

The recommended amount for internal use depends on which essential oil you're using and its intended use. The best rule of thumb, however, is to **START WITH ONE DROP**. You can always add more to taste, or as needed.

## Cooking Recommendations

Start by adding one drop of essential oil for a recipe that serves four. Add additional drops for taste, usually up to six. Always add essential oils at the end of cooking to limit heat exposure, which can damage the molecular structure and potency of the oils. For example, add 3 drops of Basil and 1 drop of Thyme oil to a 4-serving pasta sauce at the end of cooking, right before serving.

Get creative! Try 1 drop for these ideas:

- **Peppermint** makes a minty mocha or hot chocolate.
- **Anise** works well in biscotti and ouzo.
- **Basil** is a great addition to olive oil salad dressings or egg dishes.
- You can make your own Earl Grey tea with **Bergamot**.
- **Cardamom** tastes delicious in coffee drinks and homemade chocolate.
- A drop of **Rose otto** in 1 glass of champagne is out of this world!
- Try 1 drop of **Fennel** or **Peppermint** as a breath freshener or a digestive aid!
- Add 1 drop of **Neroli** or **Bergamot** to frostings or whipped creams.
- Make a stack pancakes with 1 drop of **Cinnamon Bark**.
- Make your own "miel de lavande" - Provençal Honey, by adding 10 drops of **Lavender** to a small jar of local honey.

- Try making homemade Truffles with any oil! We have made: **Cardamom**, **Rose otto**, **Neroli**, **Basil**, **Lemon**, **Lavender**, **Coffee**, **Ylang Ylang**, **Bergamot**, **Cinnamon Bark** & **Fennel**. Each has its own flare, but they are all Magical!

Explore the list above and see what sparks your imagination. Cooking with oils is great fun. They add tremendous flavor, as well as aid in digestion. Armed with a little knowledge and a lot of creativity, your taste buds and digestion will notice the difference.

## Topical Application

**N** = NEAT APPLICATION (Undiluted)

The **N** indicates the essential oils that are safe to be used undiluted on the skin. These essential oils can be used for perfume or therapeutic purposes. For example Lavender is used neat to heal burns/sunburns, itching, scrapes and cuts, etc. Peppermint and Helichrysum can be used neat to treat deep muscle pains. All essential oils with an **D** need to be diluted in a "carrier" to be used on the skin or they can be irritating or harmful. The following are acceptable carriers: Lavender essential oil, lotion, any vegetable oil (such as olive or almond oil), alcohol, witch hazel, or vinegar.

## Storage/Shelf-life

Always keep your essential oils in a cool, dark place. Like fine wines, most essential oils age well, and become better over time. Note the year you bought your essential oil on your bottle so that you can compare your vintages! A five year-old Lavender will take on a completely different smell that is warm, rich and deep. **ATTENTION:** The Essential oils in the Terpenes group, however, can become rancid in 3-7 years, depending on storage.

## Safety

This is a mere introduction to the wide use of essential oils. Please see [www.veriditasbotanicals.com](http://www.veriditasbotanicals.com) for important basics, uses and cautions. Use Essential oils respectfully, drop by drop; they are extremely concentrated. Always keep away from eyes and children. If you need to remove an essential oil from the skin, use a vegetable oil, such as olive oil, on a tissue or cloth to remove.