

ADBO LLC

ESSENTIAL OILS MADE SIMPLE

Presented by
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Essential Oils Made Simple

A SAFE & PRACTICAL STARTER GUIDE

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The 5 Essential Oils Almost Everyone Can Use: Plus Carrier Oils You May Already Have

SECTION 1: THE 5 ESSENTIAL OILS TO START WITH



Lavender (*Lavandula angustifolia*)

- Relaxation and stress support
- Minor skin irritation and after-sun care
- Sleep routines and emotional calming



Frankincense (*Boswellia carterii*)

- Grounding and emotional balance
- Skin care and healthy aging support
- Meditation and breath practices

Tea Tree (*Melaleuca alternifolia*)

- Skin cleansing and blemish care
- Household cleaning support
- Scalp and foot care



Lemon (*Citrus limon*)

- Mood uplift and mental clarity
- Household cleaning and freshening
- Digestive support (aromatic use only)



Peppermint (*Mentha piperita*)

- Head tension and muscle comfort
- Energy and mental focus
- Digestive support (aromatic or topical, diluted)

Caution: Always dilute Essential Oils before applying to skin.

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SECTION 2: SIMPLE CARRIER OILS YOU MAY ALREADY HAVE

Jojoba Oil

- Ideal for facial care
- Lightweight and non-greasy
- Closely resembles skin's natural oils



Coconut Oil (fractionated or regular)

- General body use
- Massage and dry skin support
- Stable and long-lasting
- Good skin absorption



Olive Oil

- Readily available
- Good for body oils and blends
- Best for non-facial use



Basic dilution Tip:

- Adults: 1–2 drops Essential Oil per teaspoon carrier oil
- For expanded educational content, including dilution guidelines and formulation basics, additional resources are available through the *Essential Oils Demystified* program at DBEssentialOils.com.

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SECTION 3: IMPORTANT SAFETY NOTES

- Do not apply undiluted Essential Oils to skin
- Always test for skin sensitivity
- Avoid Essential Oils with infants unless under the guidance of a qualified professional.
- Children, seniors, or sensitive skin: less is more
- Avoid eyes and mucous membranes
- Use caution with children, pets, pregnancy, and medications
- Essential Oils are **not** a substitute for medical care



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- Holistic Health & Essential Oil Education
- Website: DBEssentialOils.com or DancingBearEO.com
- More education and programs available through ADBO.com

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