

Can I consume 100% PURE Essential Oils?

Not all essential oils are generally recognized as safe (GRAS) for oral consumption. Be sure to refer to the recommended use for each essential oil before using for dietary purposes, as some could be toxic if swallowed. Those essential oils that are GRAS, may be added to foods or beverages, dropped on the tongue, or added to vegetable capsules and taken as a supplement. All Genesis PURE Essential Oils are certified organic, but do not have any dietary/oral consumption recommendations.

Can I mix 100% PURE Essential Oils with other oils?

We cannot guarantee the purity or safety of oils other than what is distributed by Genesis PURE. All Genesis PURE 100% PURE Essential Oils can be mixed together. Note, however, each oil has specific properties that may enhance or detract from other oils. In the future, we plan to provide more guidance in this area.

Is there a preferred location on the body to apply essential oils?

Essential oils may be applied anywhere on the body that you would apply lotion. However, the areas of the body that may exhibit the greatest absorption are the wrists, behind the ears and on the bottoms of the feet. When massaging on a large area of the body, be sure to dilute using a carrier oil according to recommended use.

What type of diffusers can be used with essential oils?

There are many diffusers on the market. Note that diffusers that use heat may destroy the natural qualities of the oil being diffused. Cold diffusers break up the oils into a micro-fine mist that is better dispersed into the air and may offer greater aromatherapy benefits. You can also make your own diffuser by putting some 100% PURE Essential Oil on a cotton ball and attaching it to a fan.

Does topical or oral application provide an added benefit over aromatic?

Each use, whether topical, oral, or aromatic may provide a different intensity of a single benefit or a different benefit altogether. Some oils are best used for aromatherapy only, while others are best used topically. Follow the recommended use of each oil and consult with a qualified aroma therapist to determine which use, topical, oral, or aromatic, is most appropriate for your circumstances. Please note that some essential oils, like eucalyptus, are considered toxic when consumed orally.

Do the essential oils require refrigeration?

We recommend that bergamot, grapefruit, lemon, and orange essential oil be refrigerated. These oils contain constituents which are highly susceptible to oxidation. Refrigeration has been shown to slow oxidation and preserve these constituents. Additionally, we recommend that Tea Tree, Boost8, Breeze7, and Ease8 be refrigerated as oxidation of these oils may cause skin irritation. While we only recommend that some of the Genesis PURE essential oils be refrigerated, all essential oils can be refrigerated if you simply prefer to keep them all in the fridge.

Are the essential oils standardized?

Yes. Each batch of essential oils are tested using gas chromatography and mass spectrometry to ensure that primary constituents of the oils fall within a designated range. These tests also help ensure the final product is free from undesirable compounds or contaminants. Testing for primary constituents promotes a more consistent composition and ensures the potency of the essential oils. It is an important step of quality control to ensure you receive a high grade, pure essential oil.

What are the Latin names of the essential oils?

- Bergamot - *Citrus bergamia*
- Clove – *Syzygium aromaticum*
- Eucalyptus - *Eucalyptus globulus*
- Grapefruit - *Citrus paradisi*
- Lavender - *Lavandula angustifolia*
- Lemon - *Citrus limon*
- Orange - *Citrus sinensis (L.) osbeck*
- Oregano – *Origanum vulgare*
- Peppermint - *Mentha piperita*
- Tea Tree – *Melaleuca alternifolia*

- Boost8
 - Clove – *Syzygium aromaticum*
 - Cinnamon – *Cinnamomum zeylanicum*
 - Frankincense – *Boswellia carterii*
 - Rosemary – *Rosmarinus officinalis*
 - Basil – *Ocimum basilicum*
 - Bay laurel leaf – *Laurus nobilis*
 - Bergamot – *Citrus bergamia*
 - Thyme – *Thymus vulgaris*
- Breeze7
 - Cypress – *Cupressus sempervirens*
 - Eucalyptus – *Eucalyptus globulus*
 - Ravintsara – *Cinnamomum camphora*
 - Thyme – *Thymus vulgaris*
 - Myrtle leaf – *Myrtus communis*
 - Lavender – *Lavandula angustifolia*
 - Frankincense – *Boswellia carterii*
- Ease8
 - Eucalyptus – *Eucalyptus globulus*
 - Peppermint – *Mentha piperita*
 - Cypress – *Cupressus sempervirens*
 - Wintergreen – *Gaultheria procumbens*
 - Lavender – *Lavandula angustifolia*
 - Blue tansy – *Tanacetum annuum*
 - Blue chamomile – *Matricaria recutita*
 - Helichrysum – *Helichrysum italicum*

How are the essential oils extracted?

Genesis PURE seeks out essential oils that are extracted through high quality methods, which preserve active compounds and minimize impurities. The ideal extraction method varies from oil to oil. For example, Bergamot, Grapefruit, Lemon, and Orange essential oils are cold pressed and Eucalyptus, Lavender, and Peppermint essential oils are steam distilled.