

Questions & Answers from

Katie Kirby

www.agreenway.ie

Marykate:

Is there scientific proof on the frequency of the EOs and the frequency of the range of emotions, so that if I know my emotional frequency then I can more accurately select an EO specifically to balance that particular emotion?

The only way I would know to answer this question is using oils intuitively. I think I mentioned for example if you can feel a headache coming on I would grab your headache roller at that point instead of waiting for the pain to come on at full force. I would do the same when it comes to your emotions, if you use your intuition when you can feel a pain point, for example if there is a certain point in your day when you feel you get down I would proactively be using oils. Someone said to me and it is the best advice it's better to lead a proactive life than a reactive one.

Sinéad M: is there as much benefit to using them in a diffuser? *There is great benefit in using them in a diffuser but using them topically is so much more beneficial.*

Nicola B: Are there some people who shouldn't use essential oils?

I think like anything else there are oils that will resonate with you and oils that will not, there are oils that maybe will agree with you and some may not but that is through trial and error and then above all there is oil safety which I spoke briefly about the other night but is very important to understand before using oils.

Markus L: How do you combine oil with carrier oils?

My rule of thumb is approx 2-3 drops of essential oil in a teaspoon of carrier oil when you are starting out. be aware there are some oils like clove oil which are known as hot oils you have to take extra care with these types of oils and I wouldn't use them on my face or in delicate areas

Marykate: I've noticed a reaction to the sun with some of my EO, Lemon for example, I learned I had to choose carefully when to apply them. Are there many more EOs that are sensitive to direct sunlight?

the only citrus that i can think of that isn't photosensitive is green mandarin so yes the rest would react to the sun

Marykate Tipple: Is there a rule for the dilution process with the Carrier Oil? *see above*

Olwyn Spiers: Can you please give us your website address?

www.agreenway.ie

Yvonne: homemade mixes, do they need to be stored in those brown bottles? clear glass damage their properties?

The amber glass bottles are there to keep them away from direct sunlight so yes that is the way to store essential oils and products

Marykate: I've just received Rose EO and it is solid in the bottle, is that normal?

Rose otto oil can solidify at a certain temperature due to the presence of waxes that set. One thing to note that rose oil is probably one of the most expensive oils to buy because of how many roses it takes to produce the oil so if you come across a rose oil that is inexpensive, chances are it's adulterated which means it isn't pure and other components are added to the bottle

Nellie: what oils are good for under active thyroid

Frankincense, Myrrh, Copaiba and peppermint

where do you get the amber glass bottles?

www.bomar.ie (Irish /Wicklow)

Meagan & Suzanne: when using oils on your face, what are you mixing them with?
essential oils are always mixed with a carrier oil, there are a wide range of carrier oils available but the choice I always go with on my face is jojoba oil

Grainne Can I ask what is best to start with for a boyfriend who needs to be converted to oils etc for cleaning? He thinks all the natural things I buy smell like vinegar!!!

I would say on guard essential oil is great to mask that vinegar smell. You want really strong smelling oils like citrus, clove, tea tree etc

00:49:39 Avril My pal who has Lyme disease would like to ask you about castor oil packing

I'm afraid I don't know anything about castor oil packing but I will definitely look into it

Nellie: when you make the oil has it a shelf life?

You can have oils for a very long time and they will keep as long as the temperature isn't too high. In hotter climates they would have to take this into consideration but I don't think we have to worry about that in Ireland. anything that is water based has a shorter shelf life

Marykate Do you recommend particular EOs to use on each Chakra? *Crown chakra I would say Frankincense, the third eye is all about focus so I would use rosemary oil, excellent for balancing that chakra, heart chakra I would say rose, throat chakra I would use some citrus oils or peppermint, On your root chakra I would recommend grounding oils, Doterra do a great blend called Balance, other oils to think of would be patchouli*

Nellie is there a antibacterial oil that safe for handwashing? *In all my hand soaps I use on guard or tea tree essential oil or both, great antibacterials*

Marykate:What was the name of the DoTerra oil for the Heart Chakra?

Console is a proprietary blend from Doterra and is absolutely a stunning oil especially in times of grief, I only recently made a blend up for a friend, because they are potent oils I used about 8 drops in a 10ml roller bottle of fractionated coconut oil and she found it helped her so much. I am a wellness advocate for Doterra and trust their oils so much due to their CPTG rating which means that they are above grade organic. If you want to learn more you about Doterra you can reach out to me on instagram

Thank you so much for including me in your fireside chat! I really enjoyed your questions.