



The Essential Oils Starter Guide

A beginners guide to
everyday uses

Savvynaturalliving.com



Thank you!

Thank you so much for stopping by and picking up this freebie from Savvy Natural Living. 🌿

I hope this is the first step in an amazing journey toward a more natural, intentional lifestyle.

I created this resource to help you feel confident and inspired as you explore essential oils, homesteading tips, and simple everyday swaps for healthier living. My wish is that these ideas spark joy in your home and empower you to take action—one small step at a time.

✉️ Want to keep the inspiration coming? Be sure to check your email for more tips, recipes, and exclusive goodies.

With gratitude,
Amber at Savvy Natural Living 🌸

⚖️ Affiliate Disclosure: I may earn a small commission if you purchase through my referral link, at no extra cost to you. Thank you for supporting Savvy Natural Living—it helps me keep sharing free resources like this!

Welcome

What are essential oils?

Essential oils are highly concentrated plant extracts—capturing the aroma, energy, and natural benefits of flowers, herbs, trees, and resins. For centuries, they've been used for:

- Emotional support: uplifting your mood, calming stress, or boosting focus.
- Wellness: supporting restful sleep, easing tension, and promoting feelings of well-being.
- Home use: freshening the air, cleaning naturally, or keeping bugs away.

Think of them as nature's toolkit: tiny bottles with big impact.



Why people love essential oils.

- **Wellness:** Support restful sleep, easier breathing, and calming moods.
- **Emotions:** Help with focus, uplifting energy, or unwinding after a long day.
- **Home:** Natural cleaning, fresh scents, and a chemical-free atmosphere.
- **Beauty:** Used in DIY skincare, bath soaks, and even hair serums.
- **Family-Friendly:** With proper dilution, they can be part of a natural lifestyle for the whole household.



Everyday ways to use essential oils

- Aromatherapy: Diffuse them to create calm mornings, productive workdays, or restful nights.
- Topical: Roll onto wrists, temples, or the back of the neck (always diluted with carrier oil).
- DIY Cleaning: Lemon, tea tree, or Thieves blend in homemade sprays.
- Self-Care Rituals: Lavender in a bedtime bath, eucalyptus in the shower, frankincense in facial oil.
- On-the-Go: Keep a roller bottle in your purse or car for a quick mood lift.



Oil Safety

Essential oils are natural, but they're potent! Follow these guidelines:

- Dilute properly with a carrier oil before applying to skin.
- Avoid sensitive spots like eyes, inside ears, and mucous membranes.
- Start small with 1–2 drops. Less is more!
- Check sensitivity with a patch test.
- Special care: Research oils before using on children, during pregnancy, or around pets.



“There are many who also see essential oils as the essence of a plant, the purest distillation of nature’s living energy. These oils have enhanced lives for thousands of years, with new uses and benefits still being discovered today.”
-Young Living



Starter oils every beginner should try

- Lavender: Calming, sleep support, skin-friendly.
- Peppermint: Energizing, cooling, helps focus.
- Lemon: Fresh, uplifting, natural cleaner.
- Frankincense: Grounding, skin support, meditation aid.
- Tea Tree: Great for DIY cleaning and skin care.
- Thieves Blend (Young Living): Immune-supporting powerhouse.

Must try diffuser blends

Calm & Cozy 🛋️

3 drops Lavender
2 drops Frankincense
1 drop Cedarwood

Happy Home ☀️

2 drops Orange
2 drops Bergamot
2 drops Grapefruit

Fresh & Focused 🌿

2 drops Peppermint
2 drops Lemon
2 drops Rosemary

Sweet Sleep 😴

3 drops Lavender
2 drops Roman
Chamomile
1 drop Vetiver

Immune Boost 💪

3 drops Thieves
2 drops Lemon
1 drop Frankincense



Essential oil storage & tips



Store oils in dark glass bottles away from heat and sunlight.

Keep caps tightly closed to avoid evaporation.

- Store oils in dark glass bottles away from heat and sunlight.
 - Keep caps tightly closed to avoid evaporation.
- Oils can last 2–5 years, but citrus oils have shorter shelf lives.**

A little goes a long way—1 drop is often enough!





Getting Started With a Kit 🌿

The best way to start is with a Young Living Starter Kit—it comes with the most-loved oils, a diffuser, and blends like Thieves and Stress Away so you can explore a variety of uses right away.

👉 Click here to grab your Starter Kit and join me on this journey!

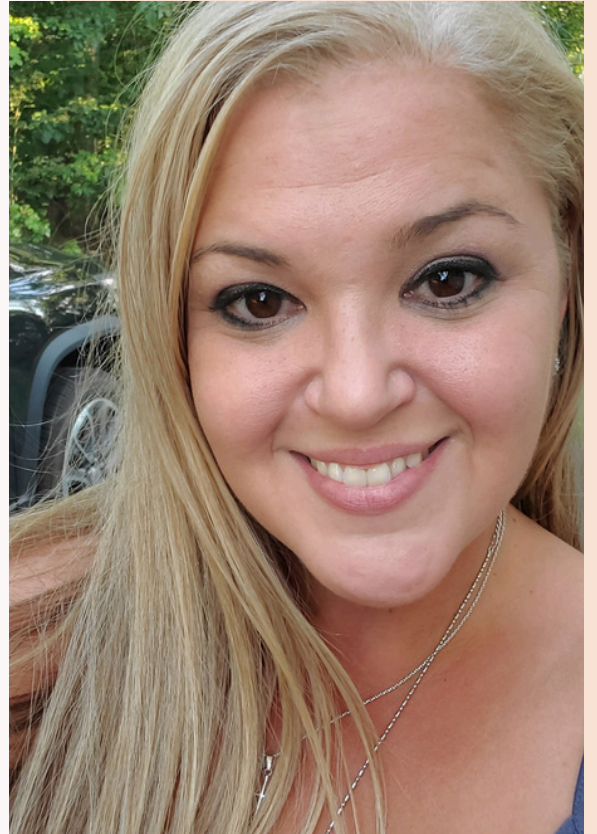
With this kit, you'll be ready for restful sleep, energized mornings, natural cleaning, and a happier home environment—all in one box.

About Me

Hi, I'm Amber—the heart behind Savvy Natural Living. I'm passionate about simple, natural solutions that make everyday life feel more balanced, healthy, and joyful. From discovering the power of essential oils to exploring homesteading skills and natural DIYs, my journey has been about creating a home that feels both peaceful and purposeful.

I believe anyone can start living more naturally—whether it's swapping out one product, diffusing your first oil, or taking small steps toward self-sufficiency in the kitchen or garden.

My goal is to share what I've learned (and what I'm still learning!) so that you feel inspired, confident, and supported on your own path to natural living. Thank you for letting me be part of your journey! ♥



Amber

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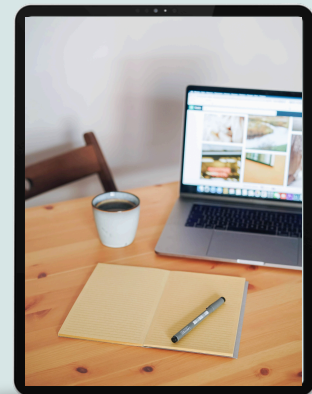
Final Notes

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