

# *How & Where to Buy Reputable Essential Oils:*

Your guide to choosing high-quality oils you can trust  
Brought to you by Your Herbal Journey  
written by Melissa Gray

## **Understanding What Makes an Essential Oil Reputable**

### **What Is a Reputable Essential Oil?**

A reputable essential oil is:

- 100% pure — no synthetic fillers, fragrances, or adulterants.
- Properly labeled — includes the botanical name (e.g., *Lavandula angustifolia*), plant part used, and country of origin.
- Sustainably sourced — harvested in a way that supports the environment and respects plant cycles.
- Tested for quality — with GC/MS (Gas Chromatography/Mass Spectrometry) test results available.

### **What to Watch Out For:**

Low-quality oils are often:

- Diluted or mixed with carrier oils or synthetic fragrances.
- Labeled as “therapeutic grade” — a marketing term with no regulatory meaning.
- Sold extremely cheap — pure oils are concentrated and labor-intensive; if the price is too good to be true, it probably is.
- Packaged poorly — quality oils should be in dark glass bottles (not plastic or clear glass), ideally with a dropper or orifice reducer.
- Poor quality oils can:
  - Cause skin irritation or allergic reactions
  - Be ineffective therapeutically
  - Contain hidden synthetic chemicals

*When you're using essential oils to support your health or home,  
quality isn't optional, it's essential.*



# Where to Buy High-Quality Essential Oils

## Reputable Brands to Consider

**\*\*Note:** I'm not affiliated with any of these companies, this is based on independent research and user trust.\*\*

- **Plant Therapy** - PlantTherapy.com  
Offers GC/MS testing results, Kid Safe line, reasonably priced.
  - **Rocky Mountain Oils** - RockyMountainOils.com  
Transparent testing, sustainably sourced, good educational resources
  - **Florihana** - Florihana.com  
Organic, artisan distillation, French-based with strict EU standards
  - **Eden's Garden** - EdensGarden.com  
Affordable, GC/MS testing available, wide selection
  - **Aura Cacia** - AuraCacia.com  
Available in many big retail stores, affordable, wide variety
- \*\*MY FAVORITE BRAND\*\***

**A reputable oil should smell rich, complex, and true to the plant  
not artificial or overpowering.**

Always:

Check for third-party testing  
Look at ingredient transparency  
Read customer reviews carefully



*Remember: not every plant has essential oils.  
Scents like, apple, peach, or cotton candy are synthetic oils.*

*Keep Your Botanical Journey Going! 🌿*

*Loved learning about essential oils?*

*There's so much more to explore!*

🌟 *Subscribe to my YouTube channel for in-depth videos,  
tutorials, and tips to deepen your natural wellness knowledge.*

🌿 *[Your Botanical Journey]*

*Let's grow together, one drop at a time.*

