



Herbs And Essential Oil

PLANNER



Introduction and How to Use This Planner

Welcome to your Herbs and Essential Oil Planner! This comprehensive guide is designed to help you organize, track, and enhance your journey with herbs and essential oils. Whether you're a beginner or an experienced enthusiast, this planner will be your go-to resource for all things botanical.

What's Inside

This planner includes:

- Yearly and monthly planning pages
- Safety profiles for herbs and essential oils
- Inventory logs and tracking sheets
- Recipe sections and usage trackers
- Educational resources and reference guides



How to Use This Planner

- **Start with Goal Setting:** Begin by filling out your yearly overview and setting your intentions for the year ahead.
- **Monthly Planning:** At the start of each month, use the monthly overview page to set specific goals and focus areas.
- **Safety First:** Familiarize yourself with the safety profiles before using any new herb or essential oil.
- **Track Your Inventory:** Keep your supplies organized by regularly updating the inventory logs.
- **Record Your Recipes:** Use the recipe section to note down your favorite blends and formulations.
- **Monitor Usage:** Utilize the usage tracker to record how you're using your herbs and oils and their effects.
- **Learn and Grow:** Take advantage of the monthly herb profiles to expand your knowledge.
- **Stay Organized:** Use the various charts and guides as quick references when working with your herbs and oils.
- **Reflect and Adjust:** Use the notes pages to jot down observations, ideas, and areas for further exploration.

Tips for Success

- Be consistent in using your planner
- Update your inventory regularly
- Always prioritize safety when experimenting with new blends
- Use the health and wellness logs to track how herbs and oils impact your well-being
- Don't hesitate to use the notes pages for additional insights or experiences



Remember, this planner is a tool to support your herbal and aromatherapy journey. Make it your own by adapting it to your specific needs and interests. Happy planning and exploring the wonderful world of herbs and essential oils!



Note to Users: This planner is for personal use and educational purposes only. Information provided may not be comprehensive or entirely accurate. Always consult a qualified healthcare professional before using herbs or essential oils. Use this planner at your own discretion.

Yearly Overview

My Herbal and Aromatherapy Journey for [Year]

Theme for the Year:

ANNUAL GOALS

Goal 1

Goal 2

Goal 3

AREAS OF FOCUS

Herbs I want to learn more about:

Essential oils I want to explore:

SKILLS TO DEVELOP

PROJECTS TO COMPLETE

BOOKS/RESOURCES TO STUDY

WELLNESS INTENTIONS

REFLECTION

What do I hope to achieve in my herbal and aromatherapy practice this year?

IMPORTANT DATES TO REMEMBER

Month	Event/Task
January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

Remember to revisit this page regularly throughout the year to track your progress and adjust your goals as needed.

Monthly Overview

January [Year]

Focus for the Month:

GOALS FOR THIS MONTH

Goal 1

Goal 2

Goal 3

HERBS AND OILS TO EXPLORE

Herb	Essential Oil

RECIPES TO TRY

SELF-CARE INTENTIONS

LEARNING OBJECTIVES

--

IMPORTANT DATES AND EVENTS

Date	Event/Task






MONTHLY REFLECTION

What worked well this month? What challenges did I face? What did I learn about herbs or essential oils?

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Essential Oil Safety Profiles

This guide provides important safety information for commonly used essential oils. Always consult with a qualified aromatherapist or healthcare provider before using essential oils, especially if you have health concerns or are pregnant.

Essential Oil	Safe Dilution	Cautions	Contraindications
 Lavender (<i>Lavandula angustifolia</i>)	2-5%	Generally safe for all ages	None known when used properly
 Peppermint (<i>Mentha x piperita</i>)	2-5%	Avoid use on children under 6	Avoid during pregnancy and if taking homeopathic remedies
 Tea Tree (<i>Melaleuca alternifolia</i>)	2-5%	May cause skin irritation in some individuals	Avoid during first trimester of pregnancy
 Eucalyptus (<i>Eucalyptus globulus</i>)	1-2%	Do not use on or near the face of infants or children	Avoid if you have high blood pressure or epilepsy
 Lemon (<i>Citrus limon</i>)	2%	Phototoxic; avoid sun exposure after use	Avoid during pregnancy



General Safety Guidelines:

1. Always dilute essential oils in a carrier oil before applying to skin.
2. Perform a patch test before using a new essential oil.
3. Keep essential oils out of reach of children and pets.
4. Never ingest essential oils unless under the guidance of a qualified professional.
5. Avoid using essential oils near eyes, inside ears, or on sensitive areas.
6. If you experience any adverse reaction, discontinue use immediately and seek medical attention if necessary.

Special Considerations:

- **Pregnancy:** Many essential oils should be avoided during pregnancy, especially in the first trimester. Always consult with a healthcare provider.
- **Children:** Use lower dilutions for children and avoid certain oils altogether. Consult a pediatrician before use.
- **Pets:** Many essential oils can be toxic to pets, especially cats. Keep oils away from pets and consult a veterinarian before use around animals.
- **Medical Conditions:** If you have any medical conditions or are taking medications, consult with a healthcare provider before using essential oils.








Remember, this is a general guide and not exhaustive. Always research each oil thoroughly and consult with a professional when in doubt. Safety should always be your top priority when working with essential oils.



Herb Safety Profiles

This guide provides crucial safety information for commonly used herbs. Always consult with a qualified herbalist or healthcare provider before using herbs, especially if you have health concerns or are pregnant.

Herb	Safe Usage	Cautions	Contraindications
 Chamomile (<i>Matricaria chamomilla</i>)	Tea, tincture, topical	May cause allergic reactions in individuals sensitive to ragweed	Avoid if allergic to plants in the daisy family
 Peppermint (<i>Mentha x piperita</i>)	Tea, capsules, topical	May worsen acid reflux in some individuals	Avoid large doses if you have gallstones
 Echinacea (<i>Echinacea purpurea</i>)	Tea, tincture, capsules	May cause mild gastrointestinal upset	Avoid if allergic to plants in the daisy family
 St. John's Wort (<i>Hypericum perforatum</i>)	Tea, tincture, capsules	Can interact with many medications; may cause photosensitivity	Avoid if taking antidepressants, birth control pills, or blood thinners
 Ginger (<i>Zingiber officinale</i>)	Tea, capsules, fresh root	May increase bleeding risk	Use cautiously if you have gallstones or are on blood thinners



General Safety Guidelines:

1. Start with small doses when trying a new herb.
2. Be aware of potential allergic reactions.
3. Store herbs properly to maintain their potency and prevent contamination.
4. Use herbs from reputable sources to ensure quality and purity.
5. Do not exceed recommended dosages.



Special Considerations:

- **Pregnancy and Breastfeeding:** Many herbs should be avoided during pregnancy and while breastfeeding. Always consult with a healthcare provider.
- **Children:** Use lower doses for children and avoid certain herbs altogether. Consult a pediatrician before use.
- **Chronic Health Conditions:** If you have any chronic health conditions, consult with a healthcare provider before using herbs.
- **Surgery:** Stop using herbs at least two weeks before scheduled surgery, as some can affect blood clotting.
- **Medications:** Many herbs can interact with prescription and over-the-counter medications. Always inform your healthcare provider about any herbs you're using.

Herb-Drug Interactions:

Be especially cautious when combining herbs with:

- Blood thinners (e.g., warfarin)
- Antidepressants
- Heart medications
- Diabetes medications
- HIV/AIDS medications



Remember, this guide is not exhaustive. Always research each herb thoroughly and consult with a professional when in doubt. While herbs can be beneficial, they are potent and should be used with respect and caution.



Dilution Charts

Proper dilution of essential oils is crucial for safe and effective use. Use this chart as a guide, but always consult specific safety information for each oil, as some may require lower dilutions.

IMPORTANT DATES AND EVENTS

Application	Dilution %	Drops of EO per 1 oz (30 ml) carrier oil
Facial application	1%	6 drops
Body application	2-3%	12-18 drops
Massage	3-5%	18-30 drops
Pain relief	5-10%	30-60 drops
Hair care	1-2%	6-12 drops

IMPORTANT DATES AND EVENTS

Age Group	Safe Dilution %	Drops of EO per 1 oz (30 ml) carrier oil
Infants (0-3 months)	0.1-0.2%	1-2 drops
Babies (3-24 months)	0.25-0.5%	2-3 drops
Toddlers (2-6 years)	1-2%	6-12 drops
Children (6-15 years)	1.5-3%	9-18 drops
Adults	2.5-10%	15-60 drops
Elderly	2-3%	12-18 drops

DILUTION FOR SPECIFIC PURPOSES

Purpose	Dilution %	Drops of EO per 1 oz (30 ml) carrier oil
Aromatherapy inhaler	15-25%	90-150 drops (no carrier oil)
Bath	2-3%	12-18 drops mixed with 1 tbsp carrier oil
Compress	1%	6 drops per 100 ml water
Diffuser	Varies	Follow manufacturer's instructions

Conversion Chart



1 ml \approx 20 drops



1 teaspoon \approx 5 ml
 \approx 100 drops



1 tablespoon \approx 15 ml
 \approx 300 drops



Important Notes:

1. Always start with the lowest effective dilution.
2. Some essential oils require much lower dilutions (e.g., cinnamon, clove). Always check individual oil safety data.
3. For facial applications, use lower dilutions and gentle carrier oils.
4. Increase dilution gradually if needed, never exceeding safe limits.
5. For children, pregnant women, and elderly, always use lower dilutions and consult a professional.
6. Some essential oils are not recommended for certain age groups or conditions. Always research before use.



Remember, these are general guidelines. Individual sensitivity, the specific essential oil, and the purpose of use can all affect the appropriate dilution. When in doubt, consult a qualified aromatherapist or healthcare provider.

Inventory Management Tips

- Update this log regularly, ideally monthly or bi-monthly.
- Check expiration dates and rotate stock to use older oils first.
- Store oils in a cool, dark place to extend shelf life.
- Note any changes in scent or consistency in the "Notes" column.
- Use this log to plan future purchases and avoid overbuying.
- Consider adding a rating system in the "Notes" column for personal preferences.
- Mark oils that need to be replenished soon.



Remember to keep your essential oils out of reach of children and pets. Proper inventory management ensures you're always using fresh, effective oils in your aromatherapy practice.



Inventory Management Tips

- Update this log regularly, ideally monthly or bi-monthly.
- Check expiration dates and rotate stock to use older herbs first.
- Store herbs in airtight containers in a cool, dry place to extend shelf life.
- Note any changes in color, scent, or texture in the "Notes" column.
- Use this log to plan future purchases and avoid overbuying.
- Consider adding a rating system in the "Notes" column for personal preferences.
- Mark herbs that need to be replenished soon.
- For homegrown herbs, note the harvest date instead of purchase date.



Remember to label your herbs clearly and keep them out of reach of children and pets. Proper inventory management ensures you're always using fresh, potent herbs in your herbal practice.



Aromatherapy Benefits Chart

Use this chart as a quick reference guide for the potential benefits of common essential oils. Remember that individual experiences may vary, and it's always best to consult with a qualified aromatherapist or healthcare provider for personalized advice.

Essential Oil	Emotional Benefits	Physical Benefits	Best Used For
Lavender	Calming, relaxing	Skin healing, pain relief	Sleep, stress, minor burns
Peppermint	Energizing, focusing	Cooling, pain relief	Headaches, nausea, focus
Eucalyptus	Clearing, invigorating	Respiratory support	Colds, congestion, muscle aches
Tea Tree	Purifying	Antimicrobial, skin support	Acne, fungal infections, cleaning
Lemon	Uplifting, refreshing	Cleansing, immune support	Mood boost, cleaning, digestion
Frankincense	Grounding, centering	Skin health, immune support	Meditation, aging skin, inflammation
Rosemary	Clarifying, stimulating	Memory enhancement, hair health	Mental fatigue, hair growth, muscle pain
Chamomile	Soothing, calming	Skin soothing, sleep aid	Stress relief, skin irritation, insomnia
Ylang Ylang	Euphoric, sensual	Skin balancing, heart health	Anxiety, high blood pressure, skin care
Bergamot	Uplifting, balancing	Skin purifying, digestive aid	Depression, skin conditions, indigestion
Geranium	Balancing, harmonizing	Hormone balance, skin health	PMS, menopausal symptoms, dry skin
Sandalwood	Grounding, meditative	Skin rejuvenating, respiratory aid	Meditation, dry skin, coughs
Ginger	Warming, energizing	Digestive aid, circulatory support	Nausea, cold symptoms, muscle aches
Clary Sage	Euphoric, balancing	Hormone balance, muscle relaxant	Menstrual cramps, stress, labor support

How to Use This Chart

- Identify your need (emotional or physical).
- Look for oils that address that need.
- Choose an oil or blend of oils that appeals to you.
- Always check safety guidelines before use.
- Start with a small amount to test your reaction.



REMEMBER

- **Essential oils are potent and should be used with care.**
- **Always dilute oils properly before applying to skin.**
- **If pregnant, nursing, or have a medical condition, consult a healthcare provider before use.**
- **This chart is a general guide. Individual responses to essential oils can vary.**



Herbal Benefits Chart

Use this chart as a quick reference guide for the potential benefits of common herbs. Remember that individual experiences may vary, and it's always best to consult with a qualified herbalist or healthcare provider for personalized advice.

Herb	Primary Benefits	Common Uses	Preparation Methods
Chamomile	Calming, digestive aid	Stress, insomnia, indigestion	Tea, tincture, topical
Peppermint	Digestive support, cooling	Nausea, headaches, muscle pain	Tea, essential oil, capsules
Echinacea	Immune support	Cold and flu prevention, infection	Tincture, tea, capsules
Ginger	Anti-inflammatory, digestive aid	Nausea, joint pain, circulation	Tea, capsules, fresh root
Turmeric	Anti-inflammatory, antioxidant	Joint pain, cognitive function, skin health	Capsules, powder, tea
Lavender	Calming, skin healing	Anxiety, insomnia, minor burns	Tea, essential oil, bath
Rosemary	Memory enhancement, hair health	Mental fatigue, hair growth, digestion	Tea, essential oil, cooking
Sage	Cognitive support, menopausal relief	Memory, hot flashes, sore throat	Tea, gargle, cooking
Thyme	Respiratory support, antimicrobial	Coughs, infections, digestive issues	Tea, cooking, gargle
Dandelion	Liver support, diuretic	Detoxification, water retention, digestion	Tea, tincture, salad greens
Nettle	Nutritive, allergy relief	Seasonal allergies, joint pain, anemia	Tea, capsules, cooked greens
Lemon Balm	Calming, antiviral	Anxiety, cold sores, insomnia	Tea, tincture, topical
Calendula	Skin healing, lymphatic support	Wounds, skin inflammation, digestion	Topical, tea, tincture
Elderberry	Immune support, antiviral	Cold and flu, respiratory infections	Syrup, tea, tincture
St. John's Wort	Mood support, nerve pain relief	Mild depression, nerve pain, wound healing	Tea, tincture, topical oil

How to Use This Chart

- Identify your health concern or desired benefit.
- Look for herbs that address that need.
- Note the common preparation methods.
- Always check safety guidelines and potential interactions before use.
- Start with a small amount to test your reaction.



REMEMBER

- Herbs can be powerful and should be used with respect and caution.
- Some herbs can interact with medications or affect certain health conditions.
- If pregnant, nursing, or have a medical condition, consult a healthcare provider before use.
- This chart is a general guide. Individual responses to herbs can vary.
- Quality and preparation method can significantly affect the potency and efficacy of herbs.



Substitution Guides

Essential Oil Substitutions

Use this guide when you need an alternative to a specific essential oil. Remember that while these substitutes share similar properties, they may not be exact matches in scent or therapeutic effects.

Original Oil	Possible Substitutes
Lavender	Lavandin, Marjoram, Clary Sage
Peppermint	Spearmint, Eucalyptus, Rosemary
Tea Tree	Niaouli, Cajeput, Manuka
Eucalyptus	Peppermint, Rosemary, Cajeput
Lemon	Lime, Grapefruit, Bergamot
Frankincense	Myrrh, Elemi, Sandalwood
Rosemary	Basil, Peppermint, Eucalyptus
Chamomile	Lavender, Marjoram, Clary Sage
Ylang Ylang	Jasmine, Geranium, Rose
Bergamot	Lemon, Lime, Grapefruit

Substitution Guides

Herbal Substitutions

Use this guide when you need an alternative to a specific herb. While these substitutes may share similar properties, they may not be exact matches in flavor or therapeutic effects.

Original Herb	Possible Substitutes
Chamomile	Lemon Balm, Lavender, Catnip
Peppermint	Spearmint, Catnip, Lemon Balm
Echinacea	Elderberry, Astragalus, Goldenseal
Ginger	Turmeric, Cayenne, Cinnamon
Turmeric	Ginger, Saffron, Cumin
Lavender	Chamomile, Lemon Balm, Rose
Rosemary	Thyme, Sage, Oregano
Sage	Rosemary, Thyme, Marjoram
Thyme	Oregano, Marjoram, Sage
Dandelion	Chicory Root, Burdock Root, Milk Thistle

Tips for Substituting

- Consider the purpose: Are you substituting for aroma, flavor, or therapeutic properties?
- Start with small amounts: When using a substitute, begin with less than you would use of the original.
- Research safety: Always check for any contraindications or safety concerns with the substitute.
- Blend if necessary: Sometimes a combination of two or more substitutes can better mimic the original.
- Adjust expectations: Remember that substitutes may not provide exactly the same results as the original.



Remember, these are general guidelines. The effectiveness of substitutions can vary depending on the specific application and individual needs. When in doubt, consult with a qualified aromatherapist or herbalist.



Recipe Section

Use this section to record your favorite essential oil blends and herbal formulations. Include ingredients, proportions, and usage instructions for easy reference.

ESSENTIAL OIL BLENDS

Blend Name:

Purpose:

Ingredients:

Carrier Oil:

Amount:

Notes:

Instructions for use:

HERBAL FORMULATIONS

Formula Name:

Purpose:

Ingredients:

Preparation Method: Tea Tincture Capsules Other:

Instructions for preparation:

Dosage and frequency:

Notes:

QUICK REFERENCE TABLE

Blend/Formula Name	Main Ingredients	Purpose	Page #



REMEMBER

- Always note the date you created the blend or formula.
- Record any modifications you make and their effects.
- Be precise with measurements for consistency.
- Include any safety precautions or contraindications.
- Leave space for future notes on effectiveness.

This recipe section is designed to be duplicated as needed throughout your planner. Use it to build your personal apothecary of trusted blends and formulas over time.



Usage Tracker

Use this tracker to record your use of herbs and essential oils, noting their effects and any observations. This will help you identify what works best for you over time.

ESSENTIAL OIL USAGE

Date	Oil Used	Method of Use	Purpose	Effects/Notes

HERBAL USAGE

Date	Herb Used	Form (Tea, Tincture, etc.)	Purpose	Effects/Notes

MONTHLY SUMMARY

Month:

Year:

Most Frequently Used:

- Essential Oil:
- Herb:

Most Effective For:

- Emotional Well-being:
- Physical Well-being:

Areas for Further Exploration:

REFLECTION QUESTIONS

Which oils/herbs seemed most effective this month?

Did you notice any unexpected effects (positive or negative)?

Are there any patterns in your usage or effects?

What would you like to try or adjust next month?



REMEMBER

- **Be consistent in your tracking for the most useful data.**
- **Note any changes in brand, quality, or preparation method.**
- **Include details on dilution ratios for essential oils.**
- **Record any complementary practices (e.g., meditation, exercise) that may influence effects.**
- **If you experience any adverse reactions, discontinue use and consult a healthcare professional.**

This usage tracker is designed to be duplicated for each month. Over time, it will provide valuable insights into your personal responses to different herbs and essential oils.



Monthly Herb Profile

[Month]

Featured Herb: *[Herb Name]*

Botanical Name: *[Latin name]*

Family: *[Plant family]*

Parts Used: *[e.g., leaves, roots, flowers]*

DESCRIPTION

[Brief description of the herb's appearance, aroma, and general characteristics]

HISTORICAL USE

[Short paragraph on the herb's traditional uses and cultural significance]

MEDICINAL PROPERTIES

COMMON USES

PREPARATION METHODS

Tea: *[Instructions for preparing as a tea]*

Tincture: *[Instructions for making or using as a tincture]*

Topical: *[Instructions for topical application, if applicable]*

Other: *[Any other relevant preparation methods]*

DOSAGE

[General dosage guidelines, noting that these can vary based on individual needs and should be confirmed with a healthcare provider]

SAFETY CONSIDERATIONS

POTENTIAL INTERACTIONS

[List any known interactions with medications or health conditions]

GROWING TIPS

[Brief tips on how to grow this herb, if applicable]

RECIPE OF THE MONTH

[Simple recipe incorporating this herb]

PERSONAL NOTES

Use this space to record your experiences with this herb:



REMEMBER

- Always consult with a qualified herbalist or healthcare provider before using herbs medicinally, especially if you have existing health conditions or are taking medications.
- This profile is for educational purposes and should not be considered medical advice.
- Your personal experience with herbs may vary. Always start with small amounts and observe how your body responds.

MONTHLY WELLNESS SUMMARY

Overall Health Rating This Month (1-10):

Areas of Improvement:

Challenges Faced:

Most Effective Herbs/Oils:

ADDITIONAL NOTES

SPECIFIC HEALTH CONCERNS TRACKER

Use this section to monitor specific health concerns and the herbs/oils used to address them.

Health Concern	Herbs/Oils Used	Frequency of Use	Observed Effects	Notes

MONTHLY WELLNESS SUMMARY

Exercise (type and frequency):	Diet Changes:	Stress Management Techniques:
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Storage Guidelines

Proper storage is crucial for maintaining the quality, potency, and safety of your herbs and essential oils. Follow these guidelines to ensure your botanical allies remain effective.

Essential Oil Storage

- **Container:** Store in dark glass bottles (amber or cobalt blue) to protect from light degradation.
- **Temperature:** Keep in a cool place, ideally between 59-77°F (15-25°C). Avoid direct sunlight and heat sources.
- **Air Exposure:** Ensure caps are tightly closed after each use to prevent oxidation.
- **Moisture:** Store in a dry area to prevent water contamination.
- **Location:** Keep oils out of reach of children and pets, preferably in a locked cabinet.
- **Labeling:** Clearly label each bottle with the oil name and purchase date.
- **Shelf Life:** Most oils last 1-2 years, but citrus oils may only last 6-12 months. Check individual oil guidelines.

Herb Storage

Dried Herbs	<ul style="list-style-type: none">• Store in airtight glass jars or metal tins.• Keep in a cool, dark, dry place.• Label with herb name and purchase/drying date.• Most dried herbs maintain potency for 6-12 months.
Fresh Herbs	<ul style="list-style-type: none">• Store hardy herbs (rosemary, thyme) in the refrigerator, wrapped in slightly damp paper towels.• Store tender herbs (basil, cilantro) in a glass of water at room temperature, changing water daily.• Use fresh herbs within 1-2 weeks.
Tinctures and Extracts	<ul style="list-style-type: none">• Store in dark glass bottles with tight-fitting lids.• Keep in a cool, dark place.• Most tinctures last 2-5 years if properly stored.
Powdered Herbs	<ul style="list-style-type: none">• Store in airtight containers away from light and heat.• Use within 6 months for best potency.

General Tips

- **Inventory:** Regularly check your stock and rotate older items to the front.
- **Cleanliness:** Keep storage areas clean and free from dust.
- **Separation:** Store herbs and essential oils separately to prevent cross-contamination.
- **Avoid Plastic:** Glass or metal containers are preferable to plastic, which can degrade over time.
- **Refrigeration:** Some oils and herbs benefit from refrigeration. Check individual guidelines.

Signs of Degradation

Essential Oils	Herbs
<ul style="list-style-type: none">• Change in color or consistency• Cloudy appearance• Unpleasant or "off" smell	<ul style="list-style-type: none">• Loss of color or aroma• Presence of mold or insects• Unusual odor

If you notice any of these signs, it's best to discard the product.



Remember, Proper storage not only maintains the quality of your herbs and oils but also ensures their safe use. When in doubt, err on the side of caution and replace items that may have degraded.



Shelf Life Chart

Use this chart as a general guide for the shelf life of your essential oils and herbs. Remember that proper storage conditions can significantly impact longevity.

Essential Oils Shelf Life

Shelf Life	Essential Oils
1-2 Years	Citrus oils (Lemon, Lime, Orange, Bergamot), Lemongrass, Tea Tree
2-3 Years	Lavender, Peppermint, Eucalyptus, Rosemary, Geranium, Frankincense
3-4 Years	Patchouli, Sandalwood, Ylang Ylang, Cedarwood, Vetiver
4-8 Years	Patchouli (aged), Sandalwood (aged)

Note: These are general guidelines. Actual shelf life can vary based on storage conditions and oil quality.

Dried Herbs Shelf Life

Shelf Life	Herbs
6-12 Months	Leafy herbs (Basil, Oregano, Thyme, Sage)
1-2 Years	Root herbs (Ginger, Turmeric), Flower herbs (Chamomile, Lavender)
2-3 Years	Bark herbs (Cinnamon, Slippery Elm), Seeds (Fennel, Coriander)

Note: For optimal potency, use dried herbs within one year of purchase or drying.

Other Herbal Preparations

Preparation	Shelf Life
Tinctures	2-5 Years

Preparation	Shelf Life
Glycerites	14-24 Months
Herbal Oils	6-12 Months
Herbal Vinegars	3-6 Months
Herbal Syrups	3-6 Months (refrigerated)

Factors Affecting Shelf Life

- **Storage Conditions:** Cool, dark, and dry environments extend shelf life.
- **Air Exposure:** Frequent opening of containers can shorten shelf life.
- **Quality:** Higher quality products generally last longer.
- **Processing Method:** Some extraction methods produce longer-lasting products.

Signs It's Time to Replace

Essential Oils	Dried Herbs
<ul style="list-style-type: none"> • Altered scent • Thickened consistency • Cloudy appearance 	<ul style="list-style-type: none"> • Loss of color • Diminished aroma • Presence of mold or insects

Best Practices

- Label all products with purchase date.
- Store properly (refer to Storage Guidelines).
- Use older products first.
- Perform regular inventory checks.
- When in doubt, replace the product.



Remember: These are general guidelines. Always use your senses (sight, smell) to assess the quality of your oils and herbs. If you're unsure about a product's safety or efficacy, it's best to replace it.



Brand Evaluation Checklist

Use this checklist when evaluating new brands or reassessing current ones for your essential oils and herbs. Quality and transparency are crucial for ensuring the safety and efficacy of your botanical products.

Essential Oil Brand Evaluation

Criteria	Yes/No	Frequency of Use
Provides Latin names for each oil	<input type="radio"/> Yes <input type="radio"/> No	
Lists country of origin	<input type="radio"/> Yes <input type="radio"/> No	
Specifies extraction method	<input type="radio"/> Yes <input type="radio"/> No	
Offers batch-specific GC/MS reports	<input type="radio"/> Yes <input type="radio"/> No	
Provides clear information on purity/additives	<input type="radio"/> Yes <input type="radio"/> No	
Has a clear return/quality guarantee policy	<input type="radio"/> Yes <input type="radio"/> No	
Offers organic or wild-crafted options	<input type="radio"/> Yes <input type="radio"/> No	
Provides safety and usage guidelines	<input type="radio"/> Yes <input type="radio"/> No	
Has positive third-party reviews	<input type="radio"/> Yes <input type="radio"/> No	
Transparent about sourcing practices	<input type="radio"/> Yes <input type="radio"/> No	

Herb Brand Evaluation

Criteria	Yes/No	Frequency of Use
Provides Latin names for each herb	<input type="radio"/> Yes <input type="radio"/> No	
Lists country of origin	<input type="radio"/> Yes <input type="radio"/> No	
Specifies if organic or wild-crafted	<input type="radio"/> Yes <input type="radio"/> No	
Offers information on harvesting practices	<input type="radio"/> Yes <input type="radio"/> No	
Provides clear information on processing methods	<input type="radio"/> Yes <input type="radio"/> No	
Has a clear return/quality guarantee policy	<input type="radio"/> Yes <input type="radio"/> No	
Offers whole herb options (not just powders)	<input type="radio"/> Yes <input type="radio"/> No	
Provides safety and usage guidelines	<input type="radio"/> Yes <input type="radio"/> No	
Has positive third-party reviews	<input type="radio"/> Yes <input type="radio"/> No	
Transparent about testing for contaminants	<input type="radio"/> Yes <input type="radio"/> No	

Additional Considerations

Company History and Reputation:

How long has the company been in business?

Are they respected in the aromatherapy/herbalism community?

Customer Service:

How responsive is their customer support?

Do they provide educational resources?

Sustainability Practices:

Does the company have eco-friendly initiatives?

Do they support fair trade practices?

Product Range:

Do they offer a wide variety of oils/herbs?

Do they have unique or hard-to-find products?

Price Point:

How do their prices compare to other quality brands?

Do they offer bulk purchasing options?

Overall Evaluation

Brand Name:

Strengths:

Areas of Concern:

Final Decision: Recommend Need More Information Do Not Recommend



REMEMBER

- No brand is perfect, but transparency and quality should be non-negotiable.
- Price isn't always an indicator of quality; look at the overall picture.
- Trust your instincts and experiences with the products.
- It's okay to use different brands for different products based on their strengths.

Use this checklist as a starting point and adapt it based on your specific needs and priorities in selecting essential oil and herb brands.

Care Provider Contact Sheet

Use this sheet to record contact information for your healthcare providers, including those who support your use of herbs and essential oils. Having this information readily available can be crucial in case of emergencies or when seeking advice.

Primary Care Physician

Name:	
Phone:	Email:
Address:	
Special Notes:	

Herbalist/Naturopath

Name:	
Phone:	Email:
Address:	
Special Notes:	

Aromatherapist

Name:	
Phone:	Email:
Address:	
Special Notes:	

Pharmacist

Name:	
Phone:	Email:
Address:	
Special Notes:	

Specialist (e.g., Dermatologist, Allergist)

Name:	
Specialty:	
Phone:	Email:
Address:	
Special Notes:	

Emergency Contact

Name:	
Relationship:	
Phone:	Email:
Address:	
Special Notes:	

Poison Control

Phone:
Website:

Local Emergency Services

Emergency Number:
Non-Emergency Police:
Non-Emergency Fire:

Overall Evaluation

Name	Specialty/Relationship	Phone	Email

Important Medical Information

Allergies	
Chronic Conditions	
Current Medications	
Blood Type	



REMEMBER

- Keep this information up to date.
- Consider sharing your use of herbs and essential oils with all your healthcare providers.
- In case of an emergency related to herb or essential oil use, contact Poison Control or your local emergency services immediately.
- Respect the privacy of your healthcare providers by keeping their contact information confidential.